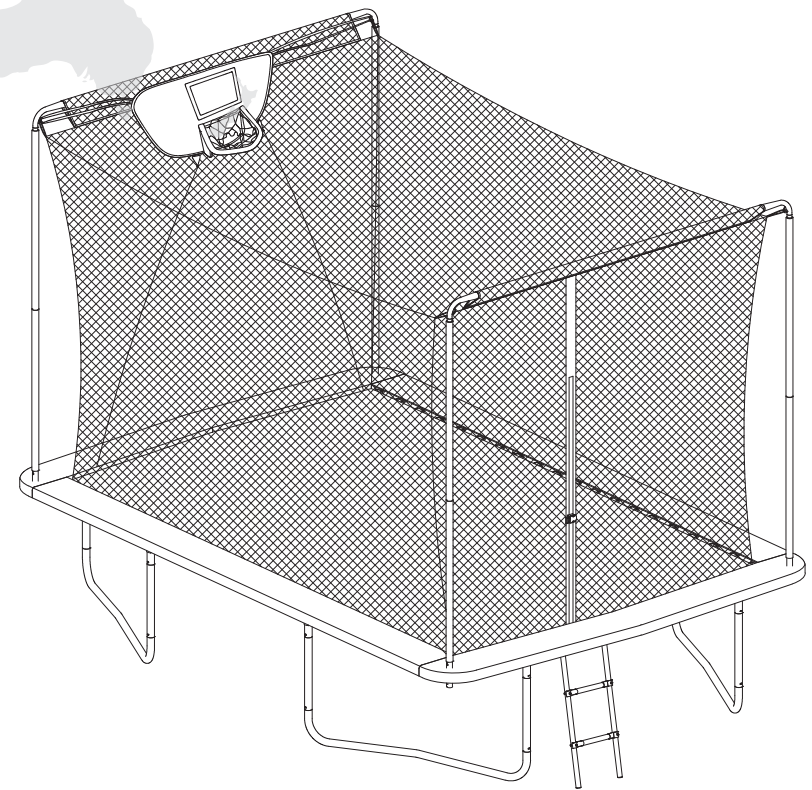




8X12FT TRAMPOLINE

ASSEMBLY MANUAL



Manufacturer and Address:
Jiangsu Baoxiang Sports Equipment Co., Ltd
No. 2 Renmin Road, Yinji Town, Jintu County.
Huai'an City, 211644 Jiangsu P.R. China

WARNING

YOU MUST CAREFULLY READ AND UNDERSTAND THESE OPERATING INSTRUCTIONS BEFORE PUTTING TOGETHER AND USING THIS TRAMPOLINE. KEEP THESE OPERATING INSTRUCTIONS SO THAT YOU CAN REFER BACK TO THEM LATER OR PASS THEM ON IF YOU SELL THIS TRAMPOLINE. THIS TRAMPOLINE MAY ONLY BE USED TOGETHER WITH THE NET THAT COMES WITH IT.

ATTENTION!

- Only for domestic use
- This toy is designed for use outdoors
- Not suitable for children under 6 years of age.
- Maximum user weight: 264 lbs

- Only one user at a time. Risk of collision.

- Assembled Dimensions

Width: 96inch
Length: 144inch
Height: 101inch

Dear Sir, Madam

The manufacturer is constantly improving all types and models. Please understand that changes to the delivered product in terms of form, features and technology are thus possible at any time. Therefore no claims may be derived from the information, illustrations and descriptions in this manual. Reprint, duplication or translation, also of excerpts, is not permitted without the written permission of the manufacturer. All rights according to the law or to copyright law are expressly reserved by the manufacturer.

Subject to alterations.

INTRODUCTION

Before you use this trampoline, carefully read all information in these operating instructions and make sure you follow it. Just like any other leisure activity, there is a risk of injury. To avoid injuries, ensure that you observe the corresponding safety regulations and tips.

Misuse of this trampoline is dangerous and can lead to serious injuries!

- Trampolines are bouncy appliances that transport the user into unusual heights and different postures.
- Check the trampoline before every use for a worn mat or loose or missing parts.
- These operating instructions provide tips on the correct assembly, care and maintenance, safety, warnings and the right jumping techniques. All users and spotters must familiarize themselves with these operating instructions. Everyone who decides to use this trampoline must be aware of their own limitations with regard to the various jumps on this trampoline.

WARNING

CONSULT YOUR DOCTOR PRIOR TO ANY KIND OF PHYSICAL TRAINING



THE TRAMPOLINE SHOULD ONLY BE USED BY ONE PERSON AT A TIME! IF THERE ARE SEVERAL TRAMPOLINISTS, THERE IS A GREATER RISK OF BREAKING YOUR NECK, LEG OR BACK.



FALLING ON YOUR HEAD OR NECK MAY RESULT IN PARALYSIS OR DEATH! DO NOT PERFORM ANY SOMERSAULTS AS THIS INCREASES THE RISK OF FALLING ON YOUR HEAD OR NECK!

- Make sure there is sufficient space for you to jump up high. A space of at least 7.3 m from the floor is recommended. Make sure that neither cables, branches or other sources of danger jut into the space.
- It is necessary to have space to the side. Don't place the trampoline near walls, buildings or fences and other games facilities. Make sure there is sufficient space on all sides of the trampoline.
- Prior to use, place the trampoline on a level surface. In shady places or inside, lighting may be necessary
- Secure the trampoline against unauthorized and unsupervised usage.
- Remove all obstacles below the trampoline.
- The owner and the spotter of the trampoline are responsible for all users being familiar with the methods described in these instructions.
- Do not attempt or permit any somersaults. If you land on your head or neck, this can lead to serious injuries, paralysis or death even if you land in the middle of the trampoline.
- The trampoline should only be used by one person at a time. Simultaneous use by more than one person can lead to serious injuries.
- Only use the trampoline with an experienced, skilled spotter.
- The trampoline is neither designed nor suitable to be installed in-ground.
- Contact the manufacturer for additional information about the trampoline.

WARNING

- Trampolines higher than 51 cm are not suitable for use by children under the age of 6.
- Check the trampoline before every use. Make sure that the frame padding is properly and securely positioned. Replace any worn, defective or missing parts.
- Climb on the trampoline or down from it. It is a dangerous exercise to jump from the trampoline on to the floor or from the floor on to the trampoline. Do not use the trampoline as a springboard to jump on to other objects. Do not use after a meal.
- Stop jumping by bending your knees as soon as your feet touch the trampoline surface. Learn this exercise first before trying out other exercises.
- Learn carefully thought out jumps and movements before attempting more advanced exercises. A large number of trampolining exercises can be performed by the combination and different sequence of basic jumps and movements.
- Do not jump too high. Stay low until you have mastered jumping and repeatedly landing in the middle of the trampoline. Self-control is more important than height.
- Focus your eyes on the outline of the trampoline and keep your head upright. This helps you to control your jumping.

- Do not jump if you are tired. Keep the exercise times short.
- Properly secure the trampoline when it is not in use. Secure it against unauthorized usage. If a ladder is being used, the spotter should remove this from the trampoline if they leave the area in order to prevent unauthorized access by children under the age of six.
- Trampolines are not suitable for children under the age of 6
- Keep objects faraway that could get in the way of the trampolinist. Keep the space around the trampoline free.
- Do not use the trampoline if you have drunk alcohol or taken medicine.
- For information on practicing exercises, please contact a qualified trampolining teacher.
- Only jump if the surface of the trampoline is dry. Wind or an air current should be even and slow. The trampoline may not be used in gusty or strong wind.
- Before using the trampoline, read all instructions, warnings and tips on care, maintenance and use of this trampoline that are enclosed here to ensure the safe and enjoyable use of the trampoline.

WARNING

Do not place the trampoline on a concrete floor, a stone floor (e.g. rock) or a slippery surface. Do not use inside.

If you do not follow these instructions, you increase the risk of somebody being injured.

This trampoline was designed and manufactured with quality materials and handcraftsmanship. If proper care and maintenance is performed, all trampolinists can benefit from this with years of practice, fun and enjoyment, as well as a lower risk of injury. Please follow the instructions below:

This trampoline is suitable for withstanding a certain amount of weight and usage. Please ensure that the trampoline is only used by one person at a time. When using the trampoline, trampolinists should either wear socks or gym shoes or go barefoot. Be aware that you shouldn't wear ANY walking or tennis shoes when using the trampoline. To avoid cuts and other damage on the trampoline mat, keep animals away from the mat. When using the trampoline, trampolinists may not carry any sharp objects with them.

No sharp or pointed objects may be placed near the trampoline mat.

Check the trampoline before every use for a worn mat or loose or missing parts. Certain circumstances can increase the risk of an injury, in particular:

- Tears, fraying, rips or holes in the trampoline surface or the frame padding.
- A drooping trampoline mat
- A loose seam or a worn mat
- Twisted or broken frame parts (legs and/or bars)
- Broken, missing or damaged springs
- Damaged, missing or insufficiently attached frame padding
- Any kinds of parts sticking out (in particular those with sharp edges) on the frame, springs or mat

IF YOU COME ACROSS ANY OF THE ABOVE CONDITIONS OR ANYTHING ELSE THAT YOU THINK COULD LEAD TO ANY DAMAGE TO A USER, THE TRAMPOLINE MUST BE DISMANTLED OR PUT OUT OF OPERATION UNTIL THE PROBLEM(S) HAS/HAVE BEEN SOLVED.

WIND

In the event of strong wind, the trampoline can be blown away. If you are expecting strong wind, the trampoline must be placed in a sheltered position or dismantled. Another option is to secure the round outer part (top frame) of the trampoline in the ground with the help of ropes and stakes. Make sure that the connection at the bottom reaches to the middle of a frame part. For a secure positioning, at least three connections must be placed in the ground. Don't just secure the feet of the trampoline in the ground as these can be pulled out of the frame holders.

Trampolines higher than 51 cm are not suitable for use by children under the age of 6.

DO NOT USE INSIDE.

INFORMATION ON USING THE TRAMPOLINE

- To brake a jump, you just have to rapidly bend your knees before these come into contact with the trampoline mat. This technique should be practiced while learning the individual basic jumps. The braking technique should always be used if you lose your balance or control of your jump.
- First get used to the feeling of jumping on the trampoline. Concentrate on the basic body positions and practice every jump (the basic jumps) until you can perform them easily and in a controlled manner.
- First learn the easiest jump and master this before moving on to a more difficult and more advanced jump. A controlled jump is a jump in which your starting and landing point on the mat are identical. If you move on to the next jump without mastering the first, you risk injuring yourself.
- Don't jump too long on the trampoline as exhaustion increases the risk of injury. Only jump for a short time and then allow others to take part in the fun! The trampoline should only be used by one person at a time.
- The trampolinist should wear a T-shirt, shorts or a pullover, as well as proper gym shoes, heavy socks or go barefoot. If you are a beginner, to protect yourself from scratches and grazes you should wear a long-sleeve T-shirt and long pants until you have mastered the correct landing positions and forms. When on the trampoline, do not wear shoes with hard soles, such as tennis shoes, as these excessively wear down the material of the mat.
- Always climb properly on and off the trampoline to avoid injury. To get on properly, put your hand on the frame and climb on or roll yourself on to the frame, across the springs and on to the trampoline mat. Always remember to put your hands on the frame when getting on and off. Don't grab or climb directly on to the frame padding. To correctly dismount, move to the side of the trampoline, put your hand on the frame to support it and climb from the mat on to the floor. Small children should be supported when getting on and off the trampoline.
- Don't practice any daredevil jumps on the trampoline as this increases the risk of injury. The key for safety and fun on the trampoline is the control and mastery of the various jumps. Never try to jump higher than another trampolinist! Never use the trampoline on your own without a spotter.

TYPES OF ACCIDENTS

- Getting on and off Be very careful getting on and off the trampoline. Do NOT get on the trampoline by grabbing hold of the frame padding, standing on the springs or jumping from another object (e.g. a terrace, a roof or a ladder) on to the trampoline mat. This increases the risk of injury! Do NOT get off the trampoline by jumping on to the floor, irrespective of the structure of the floor. If little children are jumping on the trampoline, these may need help getting on and off.
- Consumption of alcohol or medicines: Do NOT consume alcohol or medicine if you use this trampoline! This increases the risk of injury as these foreign substances can affect your judgment, your reaction time and your overall body control.
- One trampolinist at a time: If there are several trampolinists on the trampoline (more than one trampolinist at the same time on the trampoline), this increases your risk of injury. Injuries can occur if you fall off the trampoline, lose control, collide with another trampolinist or land on the springs. In general, the lightest person on the trampoline is the one to be injured.
- Touch the frame or the feathers: When jumping on the trampoline, stay in the MIDDLE of the mat. This decreases the risk of injury by landing on the frame or springs. The frame padding must always cover the trampoline frame. Do NOT jump or climb directly on the frame padding as it is not suitable for bearing the weight of a person.
- Loss of control: Do not try ANY (difficult) exercises before mastering the previous exercise or if you have just starting learning how to jump on a trampoline. Otherwise, you increase your risk of landing on the frame, on the springs or even outside of the trampoline altogether. A controlled jump is a jump in which your starting and landing point on the mat are identical. If you lose control when jumping on the trampoline, bend your knees as you land. This enables you to regain control and stop the jump.
- Somersaults: Do not perform ANY somersaults (front or backwards) on this trampoline. If you make a mistake when doing a somersault, you can land on your head or neck. This can lead to a broken neck or back, which could result in death or paralysis.

- Other objects: Do NOT use the trampoline if animals, other people or any objects are under the trampoline. This can otherwise increase the risk of injury. Don't hold ANY objects and do NOT put anything on the trampoline while someone is jumping on it. Pay attention to what is over your head when you are jumping on the trampoline. Branches, cables and other objects above the trampoline increase the risk of injury.
- Poor maintenance of the trampoline: A trampoline in poor condition increases your risk of injury. Please check the trampoline before every use for bent steel tubes, loose or broken springs and the general stability of the trampoline.
- Weather: When using the trampoline, pay attention to the weather. When the trampoline mat is wet, the trampolinist can slip and get injured. If it is too windy, the trampolinist can lose control.

TIPS TO REDUCE THE RISK OF ACCIDENTS

- The role of the trampolinist in the prevention of accidents
It is vital to keep control while jumping. Do NOT move on to more complicated, more difficult exercises before mastering the basic jumps.
Education is also very important for safety. Read, understand and practice all safety precautions and warnings before the use of the trampoline. A controlled jump is a jump in which your starting and landing point on the mat are identical. For further safety tips and instructions, please contact a qualified trampolining teacher.
- The role of the spotter in the prevention of accidents
Spotters must understand and implement all safety rules and guidelines. The spotter is responsible for providing advice and instructions to all trampolinists on the trampoline. If there are no or insufficient spotters available, the trampoline should be stored in a safe place, dismantled to prevent unauthorized usage or covered with a heavy tarpaulin that is secured with a chain or a lock. The spotter is also responsible for ensuring that the safety badge is attached to the trampoline and that the trampolinists are informed of the warnings and instructions.

TRAMPOLINE SAFETY INFORMATION

TRAMPOLINIST:

- Do not use the trampoline if you have drunk alcohol or taken medicine.
- When using the trampoline, trampolinists may not carry any hard or sharp objects with them.
- Get off the trampoline carefully and in a controlled manner. Never jump on or off the trampoline and never use the trampoline to jump on or into another object.
- First always learn the basic jumps and master every single jump this before moving on to more difficult jumps. Refer to the section on Basic Trampoline Jumps to learn the basics.
- To stop the jump, bend your knees when you land on the mat with your feet.
- Always keep control while jumping on the trampoline. A controlled jump is a jump in which your starting and landing point on the mat are identical. If you ever feel you are losing control, try to stop the jump.
- Do not jump for a long time or perform very high jumps right after each other.
- Focus your eyes on the mat to ensure you maintain control. Otherwise, you risk losing balance or control.
- The trampoline should only be used by one person at a time.
- When the trampoline is used by children, there must always be a spotter.

SPOTTERS

- Familiarize yourself with the basic jumps and safety information. To avoid or reduce the risk of injury, implement all safety regulations and ensure that new trampolinists learn the basic jumps before attempting more difficult, advanced jumps.
- All trampolinists must have a spotter irrespective of their skills and age.
 - Never use the trampoline if it is wet, damaged, dirty or worn. The trampoline should be checked before a trampolinist begins jumping.
 - Keep all objects faraway that could get in the way of the trampolinist. Pay attention to what is over, under and around the trampoline.
 - The trampoline should be secured if it is not in use in order to prevent unauthorized usage and usage without a spotter.

LESSON PLAN

The following lessons are suggested for learning of the basic steps and jumps before passing to more difficult and more complicated jumps. Read and understand all safety information before actually getting on the trampoline and using it. In addition, the spotter and pupil should fully discuss body movements and trampoline safety information and the spotter should perform a demonstration.

Lesson 1

- Performing the right techniques for getting on and off the trampoline
- Performing and practicing the basic jumps
- Stopping (see jump demonstrations) with exercise. Learning to stop on command.
- Hand and knee demonstration and practice. The focus should be placed on the four-point landing and position.

Lesson 2

- Repetition and practice of the techniques learned in Lesson 1.
- Demonstration of knee jump and practice. Learn to go up and down on your knees before attempting to perform a half twist to the left and right.
- Seat drop demonstration and practice. Learn the basic seat drop and follow it with a knee drop with hands and knees;
- Repetition.

Lesson 3

- Repetition and practice of the skills and techniques learned in the previous lessons.
- Front drop – to avoid grazes on the mat and to teach the front drop position, all pupils should be instructed to lie on their stomach (face down to the floor) while the trainer checks the positions for mistakes that could lead to injuries.
- Start with the hands and knees drop and then go face down on the mat and get back on your feet.
- Practice the hands and knees drop, perform a front drop, get back to your feet, seat drop, back to your feet, seat drop and back to your feet until you have learned the routine.

Lesson 4

- Repetition and practice of the skills and techniques learned in the previous lessons.
- Half twist
 - Start with the front drop position and when you touch the mat either push yourself left or right with your arms and twist your head and shoulders in the same direction.
 - Make sure that during the twist your back is parallel to the mat and your head is held high.
 - After the twist, land in the front drop position.

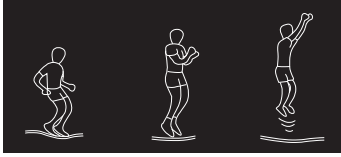
After completing this lesson, the pupil has learned the basic trampoline jumps. Trampolinists should be encouraged to try out and develop their own combinations whilst paying attention to control and form.

To encourage the pupils to develop combinations, you can play the "JUMP" game. This game has one to 10 players. Player one starts with a combination. Player two repeats the jump of player one and adds a jump of their own. The players must perform the combination in the right order. The first player to make a mistake is given the letter "S". The game ends when someone says the word "JUMP". The final remaining player is the winner! During the game, it is important to perform the combinations in a controlled manner and not to perform any difficult jumps that you haven't already mastered.

Contact a qualified trampoline teacher to improve your trampolining skills.

BASIC TRAMPOLINE JUMPS

BASIC JUMP



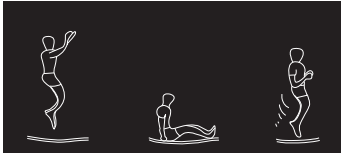
1. Start out standing with your feet a shoulder's width apart, your head held up high and your eyes focused on the mat.
2. Swing your arms to the front and up in a circular shape.
3. Put your feet together in mid air and point your toes down.
4. When you land on the mat, position your feet a shoulder's width apart.

KNEE DROP



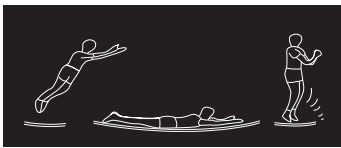
1. Start with the basic jump and perform a low jump.
2. Land on your knees with a straight back and upright body and keep your balance with your arms.
3. Jump back into the basic jumping position by swinging your arms upwards.

SEAT DROP



1. Land in a flat seated position.
2. Place your hands on the mat next to your hips and keep your elbows relaxed.
3. Return to the upright position by pushing off with your hands.

FRONT DROP



1. Start with a low jump.
2. Land on your stomach (face down) and hold your hands and arms stretched out to the front on the mat.
3. Push yourself off the mat with your arms to return to a standing position.

180-DEGREE SWIVEL



1. Start lying on your stomach.
2. Push yourself off with your right of left arm (irrespective of the direction in which you would like to twist).
3. Stretch your head and shoulders in the same direction and hold your back parallel to the mat and your head up high.
4. Land on your stomach and return to a standing position by pushing off with your arms.

ASSEMBLY INSTRUCTIONS

To assemble this trampoline all you need is our special spring loading tool provided with this product. During periods of non-use, this trampoline can be easily disassembled and stored. Please read the assembly instructions before beginning to assemble the product.

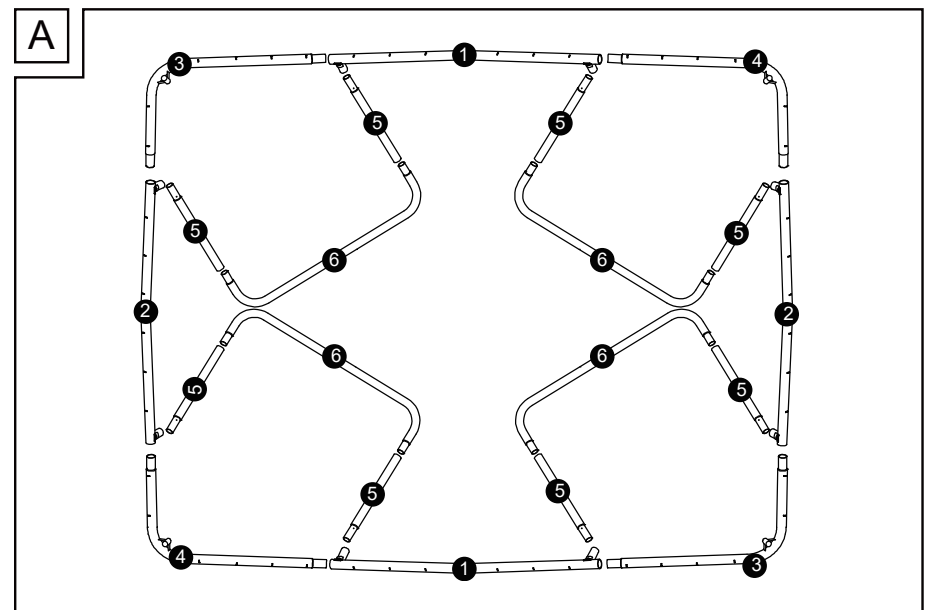
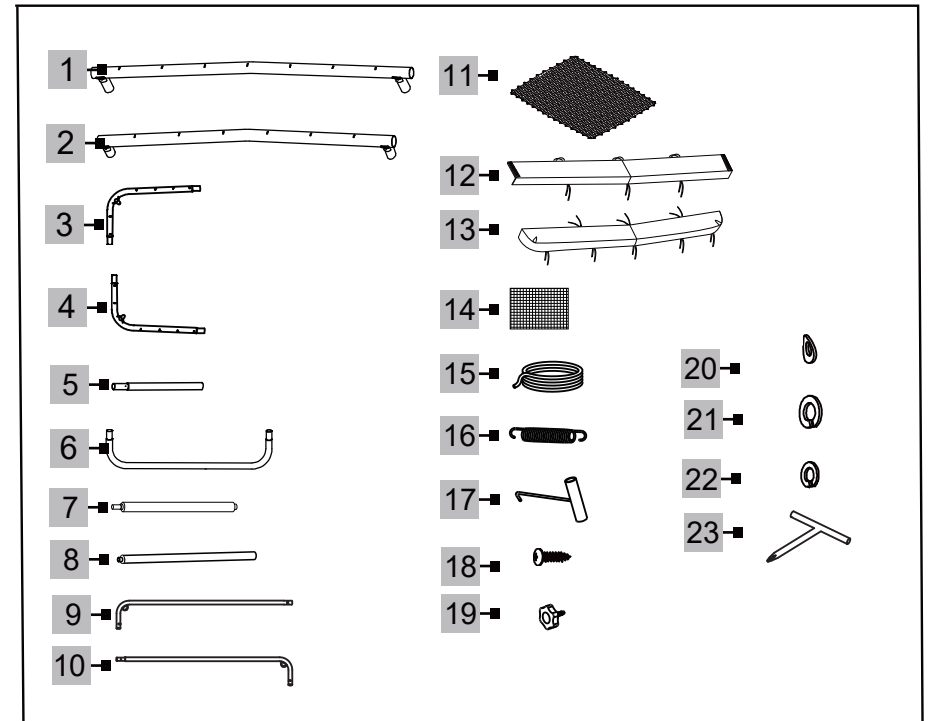
PRIOR TO ASSEMBLING

Please refer to page for part descriptions and numbers. The assembly steps use these descriptions and numbers as reference for your convenience.

Make sure that you have all parts listed. If you are missing any parts, please refer to page for Instructions on how to attain any parts.

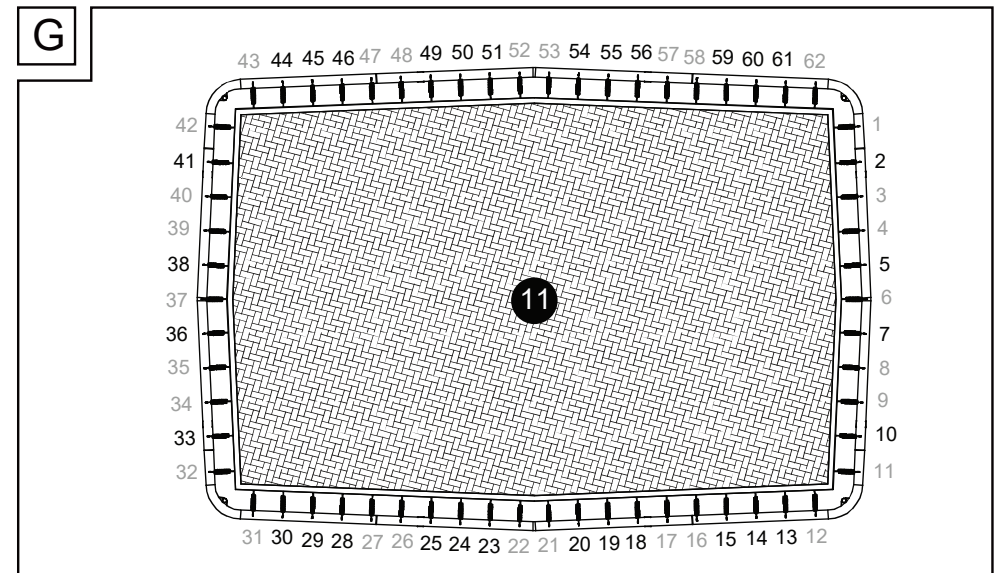
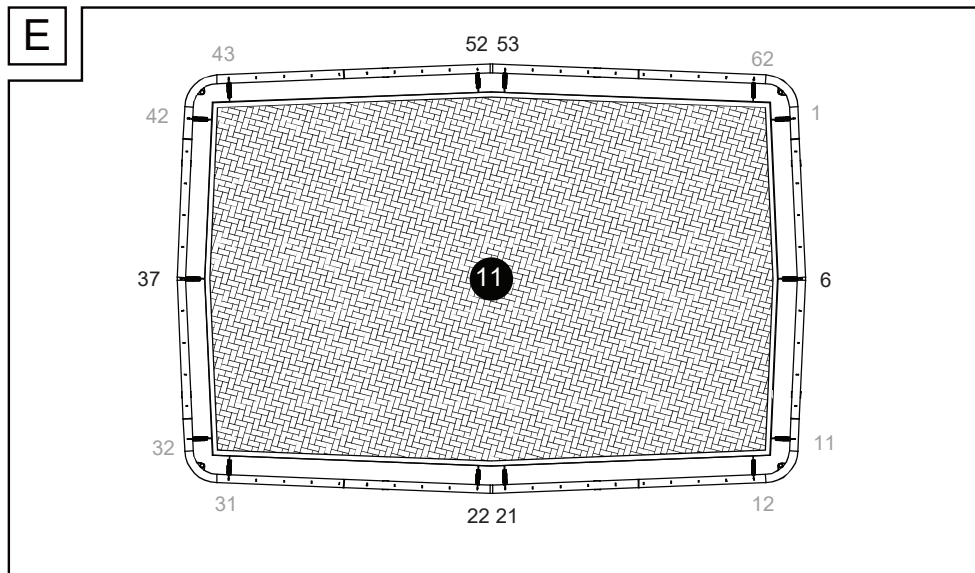
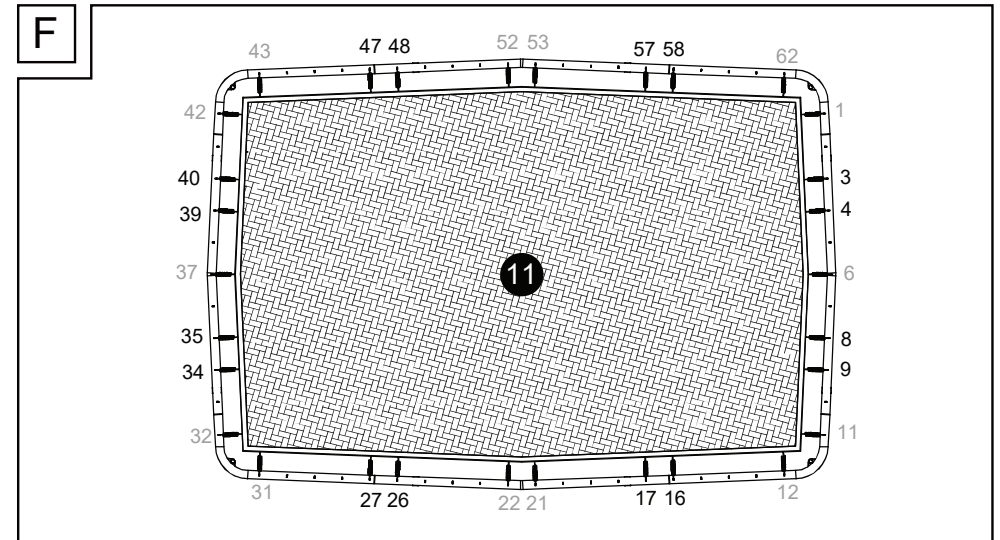
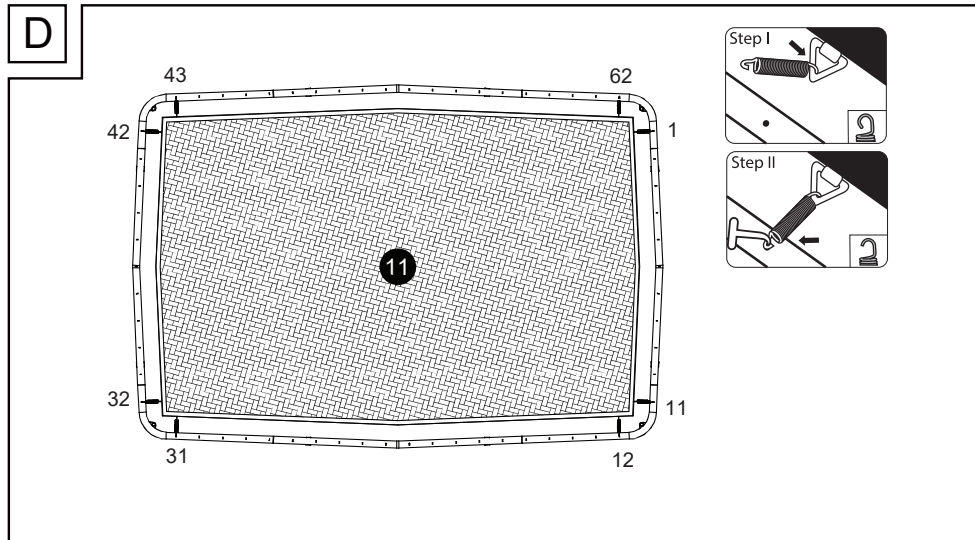
To prevent any injuries to your hands from pinch points during assembly, please use gloves to protect your hands.

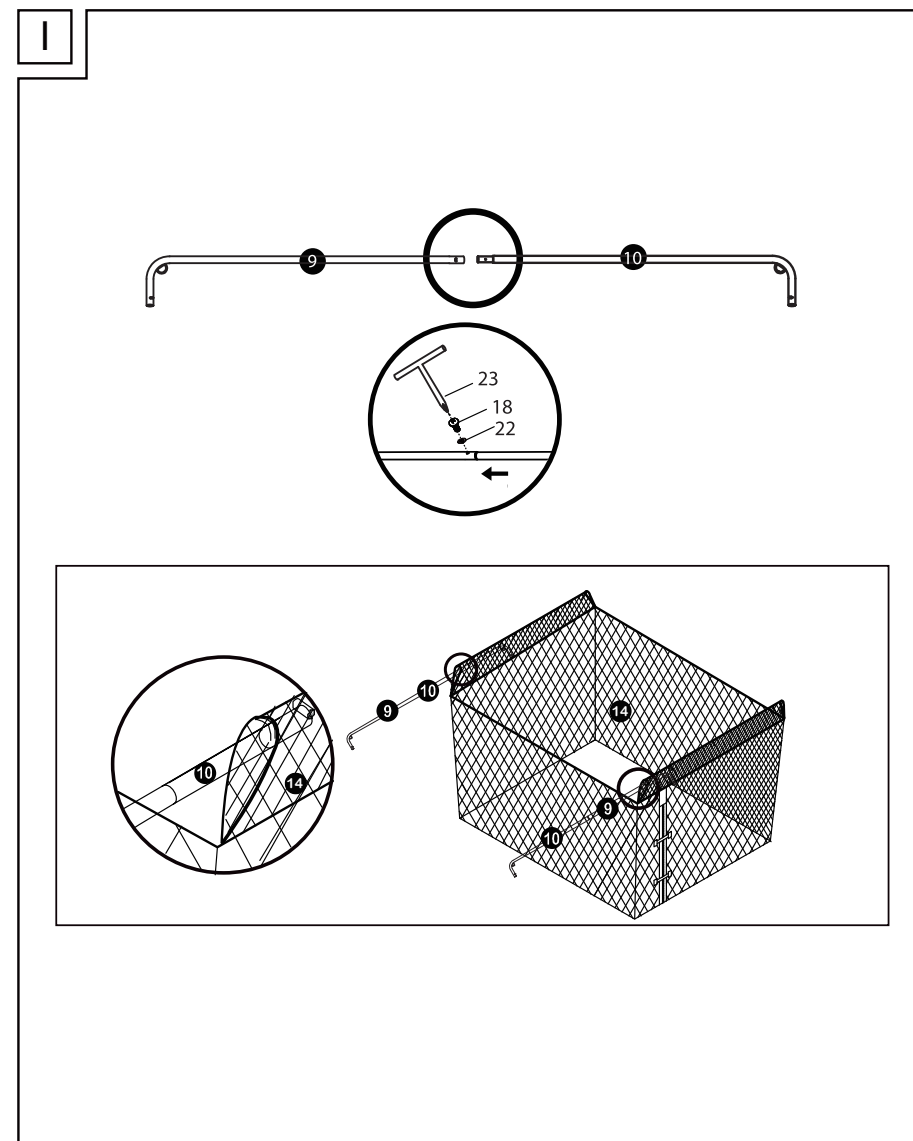
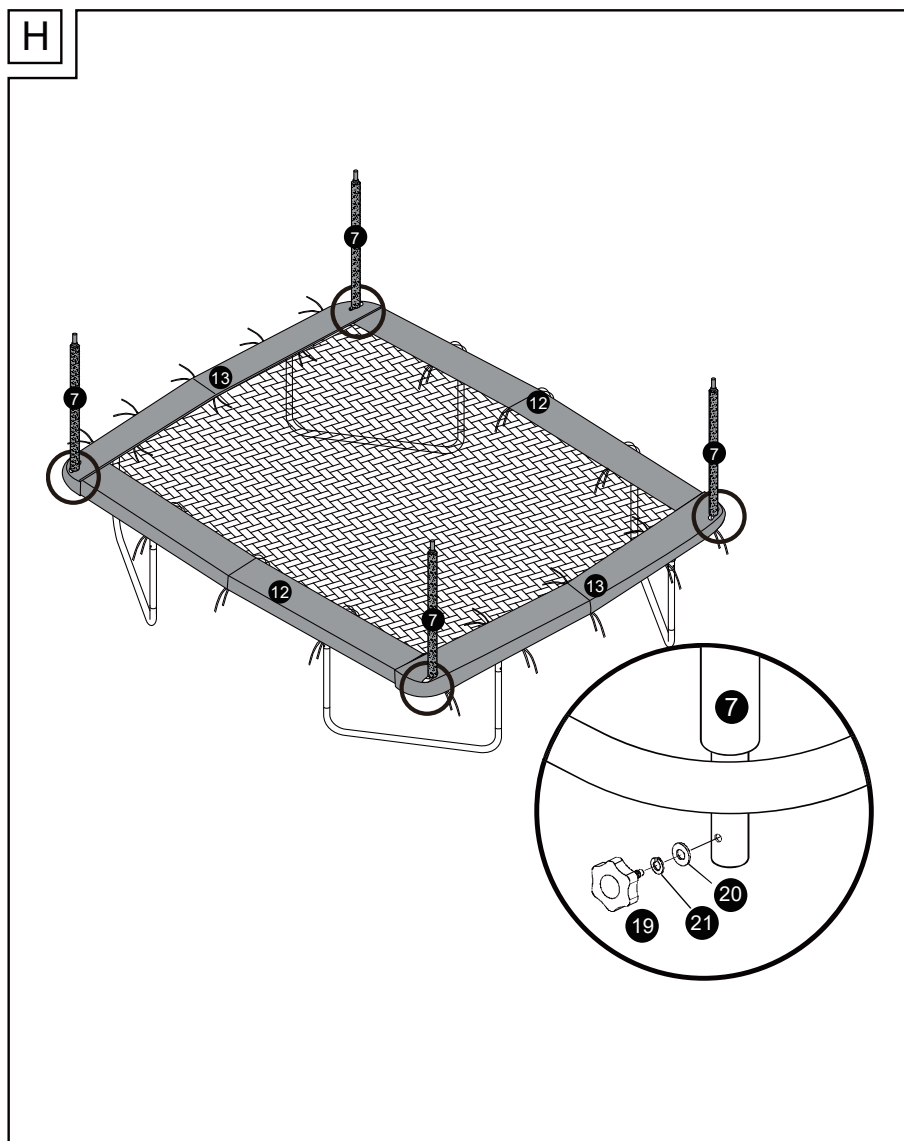
PARTS LIST



ASSEMBLY DRAWING

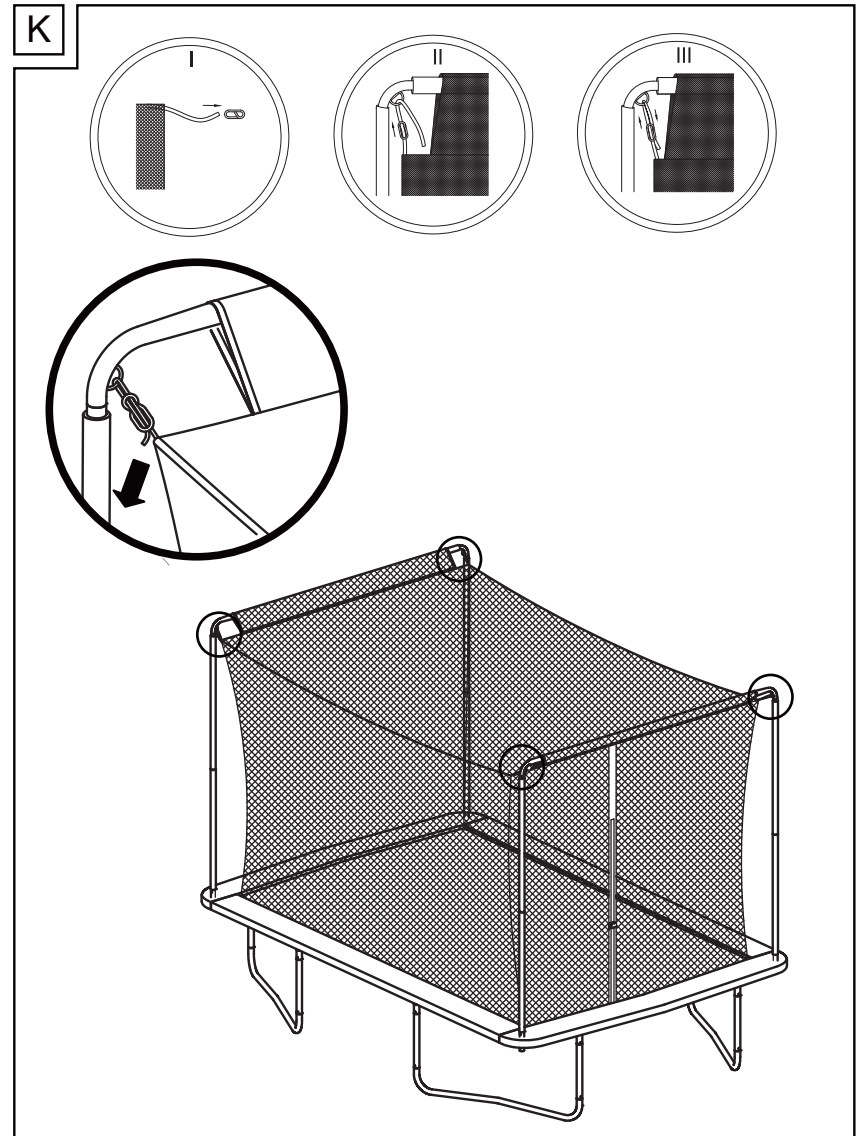
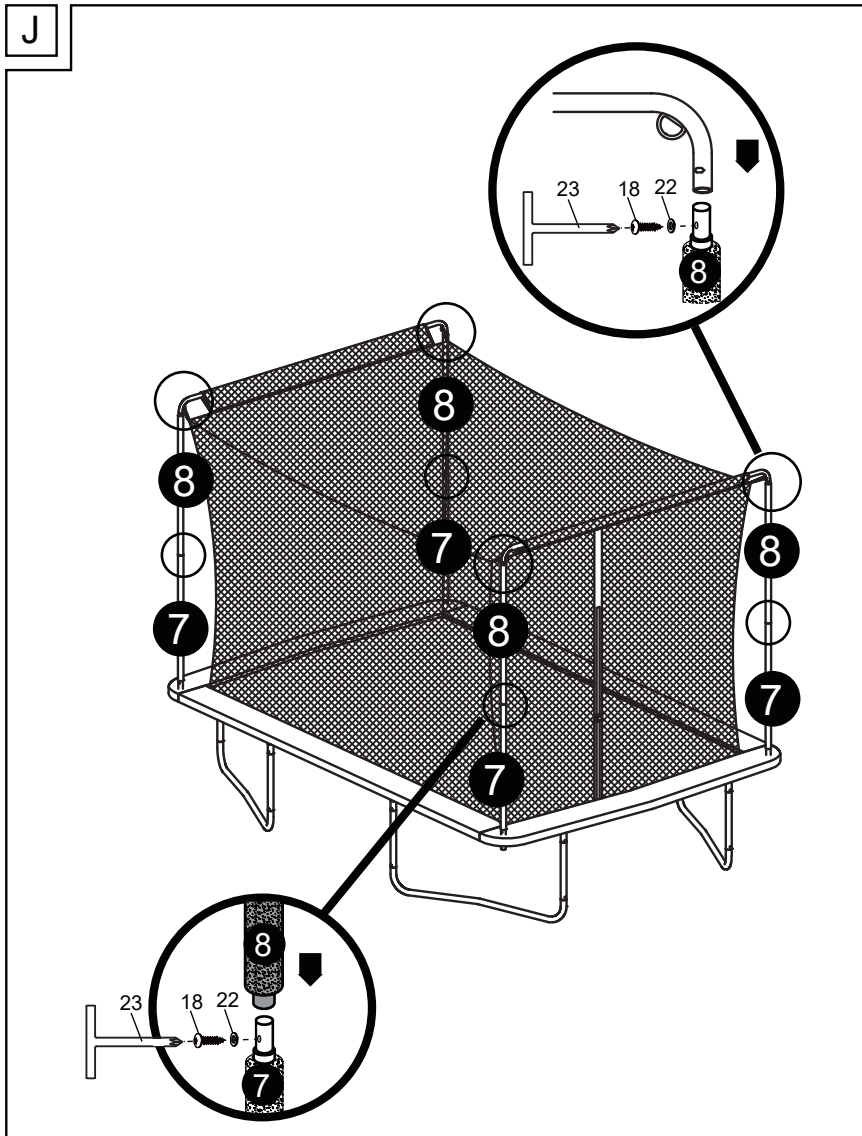
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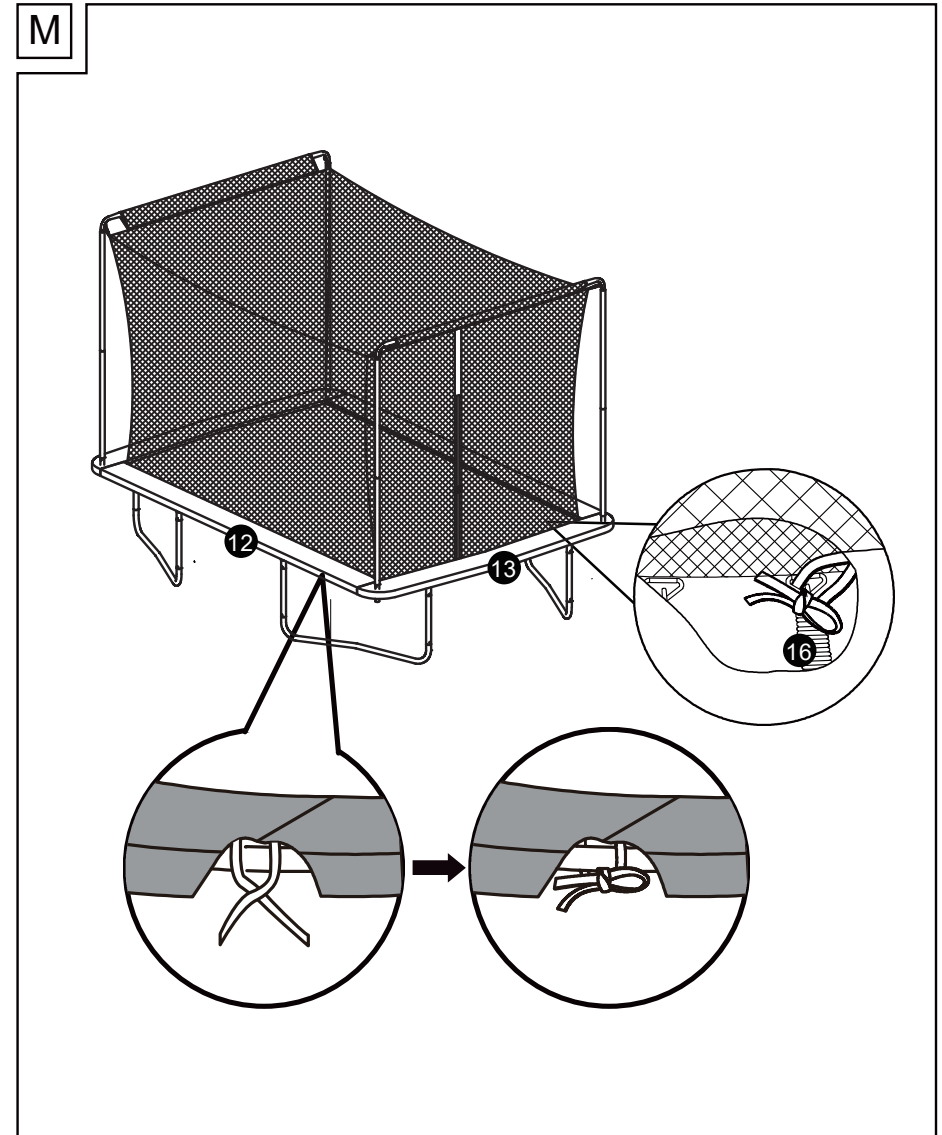
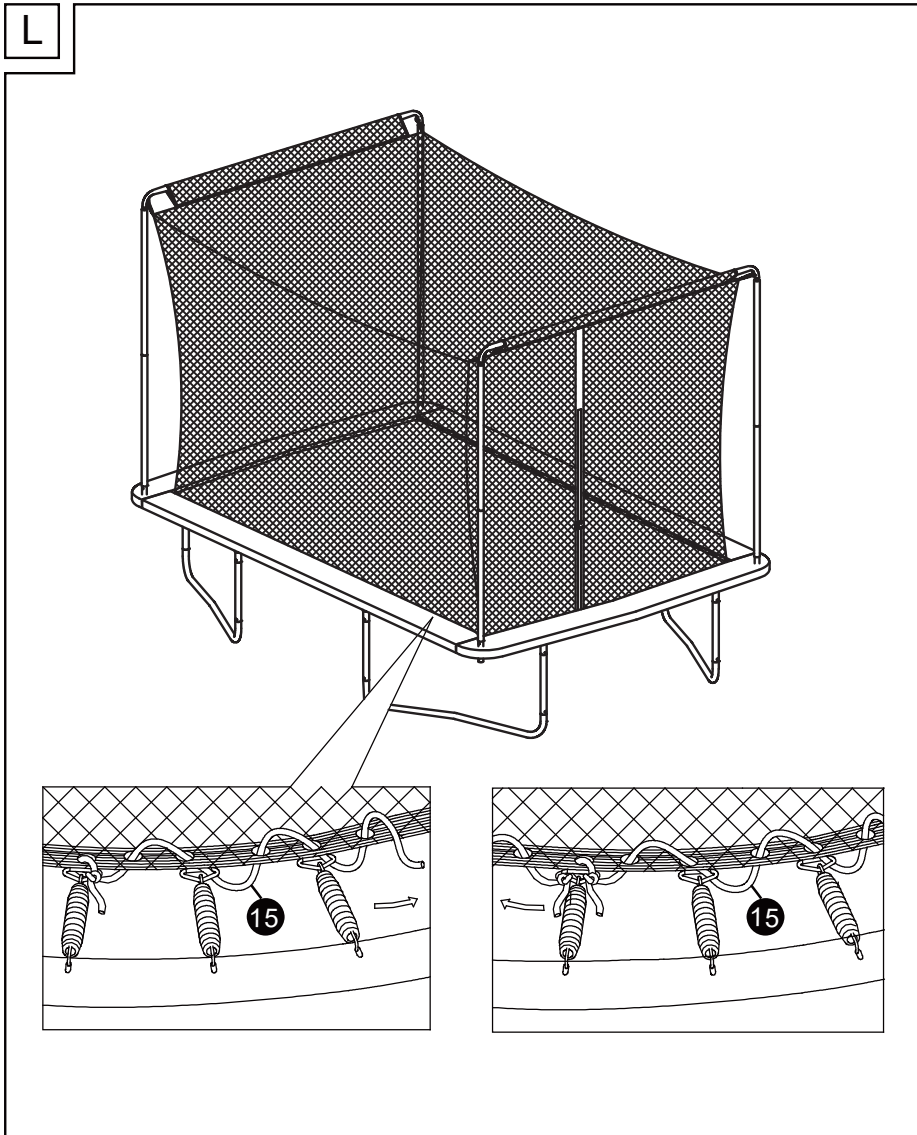
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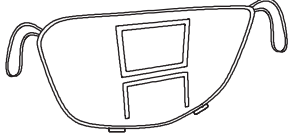
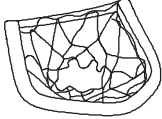

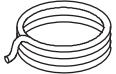
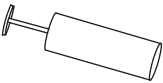

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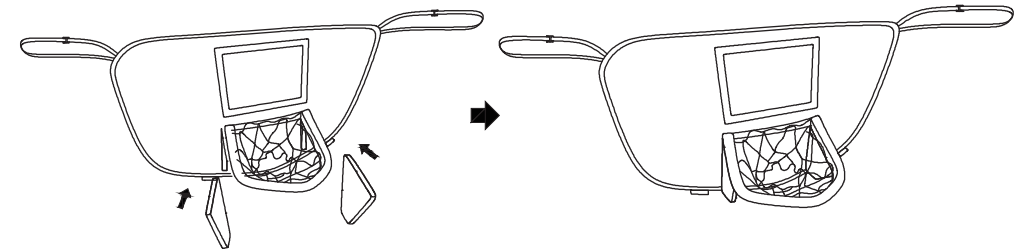
BASKETBALL BASKET PARTS LIST

ASSEMBLY DRAWING

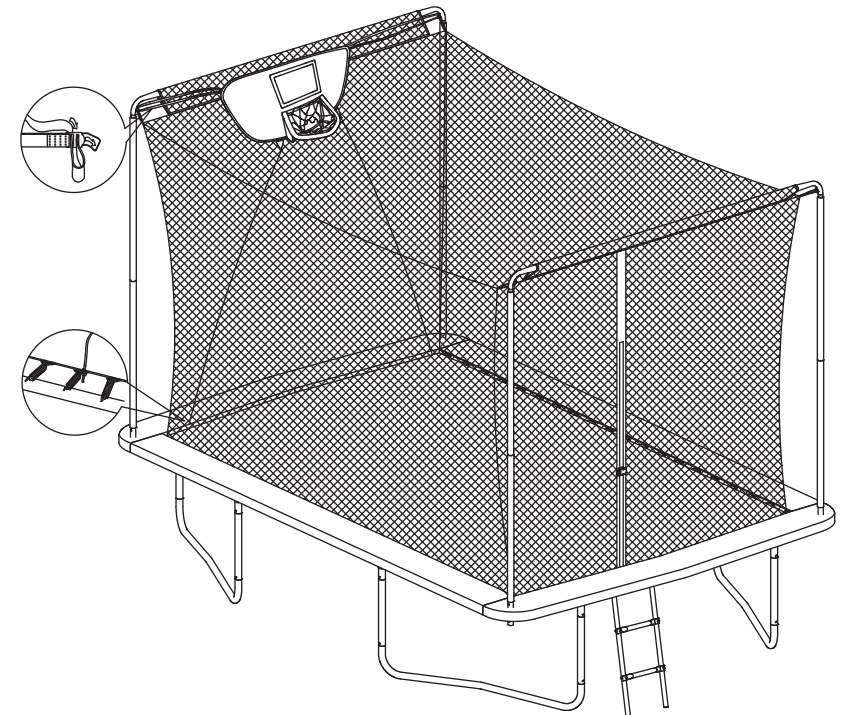
Parts List

NO.	Diagram	Description	QTY
1		Backboard	1
2		Basketball net	1
3		Side board	1
4		Rope	2
5		pump	1
6		Basketball	1

Basketball hoop system assembly diagram






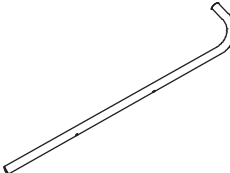
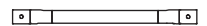

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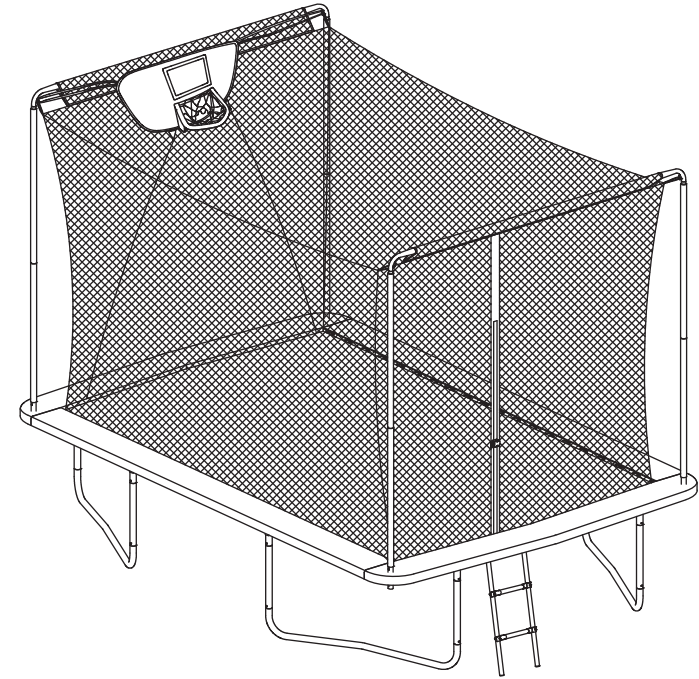
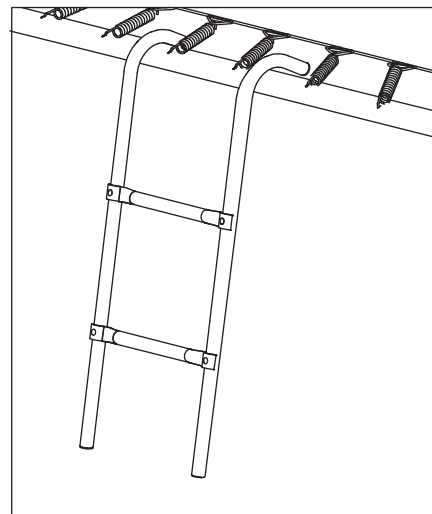
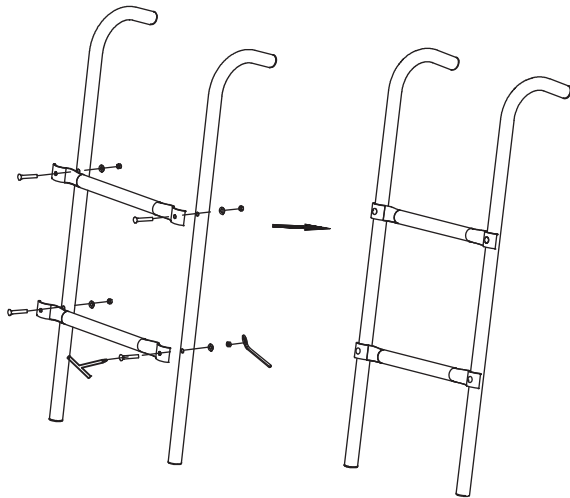


TWO-STEP LADDER ASSEMBLY INSTRUCTIONS

CARE AND MAINTENANCE

Parts List

x4  M6 bolt	x4  M6 washer	x4  M6 screw nut
x2  metal tube	x2  metal tube	x1  Wrench



This trampoline is designed and manufactured with quality material and craftsmanship. If proper care and maintenance is provided, it will provide all jumpers with years of exercise, fun, and enjoyment as well as reduce the risk of injury. Please follow the guidelines listed below:

This trampoline is designed to withstand a certain amount of weight and use. Please make sure that only one person at any one time uses the trampoline. Jumpers should either wear socks, gymnastics shoes, or be barefoot when using the trampoline. Please be aware that street shoes or tennis shoes should not be worn while using the trampoline. In order to prevent the trampoline mat from getting cut or damaged please do not allow any pets on the mat. Also, jumpers should remove all sharp objects prior to using the trampoline. Any type of sharp or pointed objects should be kept off the trampoline at all times.

Try to avoid moving the assembled trampoline, it could bend during transportation. Should it be necessary to move the trampoline, please consider

the following:

All connector points should be wrapped secured with weather resistant tape, such as duct tape. This will keep the frame intact during the move and prevent the connector pins from dislocating and separating.

At least four people, evenly spaced around the frame, are needed to lift the trampoline off the ground. The trampoline must be carried horizontally, and if the frame shifts position, use four people to draw the trampoline back into. The best way to move trampoline is to disassemble it and then you can move the parts freely!