

TRAMPOLINE INSTRUCTION MANUAL

IMPORTANT
READ AND FOLLOW ALL SAFETY INFORMATION AND
INSTRUCTIONS. KEEP FOR FUTURE REFERENCE.



WARNING! CHOKING HAZARD-SMALL PARTS.
NOT FOR CHILDREN UNDER 3 YEARS.



WARNING! MAXIMUM WEIGHT SHOULD
NOT EXCEED 155 LBS.



WARNING! DO NOT USE ON SLIPPERY
FLOOR.

LIABILITY

While every attempt is made to embody the highest degree of protection in all equipment, we cannot guarantee freedom from injury. The user assumes all risk of injury due to use. All merchandise is sold on this condition, which no representative of the company can waive or change.

ESSENTIAL INFORMATION

- Recommended for children 5+ years.
 - Do not leave child unattended while in use.
 - CAUTION: Use only under adult supervision.
 - Good safety practices should be followed at all times.
 - Read all instructions before using this product.
1. Misuse and abuse of this trampoline is dangerous and can cause injuries .
 2. Trampolines, being rebounding devices, propel the performer to unaccustomed heights and into a variety of body movements.

3. All purchasers or persons assembling and using the trampoline must become familiar with the manufacturer's recommendations for the proper assembly, use, and care of the trampoline. Also, be alert to the user's limitations in the execution of trampoline techniques and progressions. Suggestions for the care and maintenance are included to promote safe, enjoyable use of this product.
4. It is the responsibility of the owner to insure that all users of the trampoline are adequately informed of all warnings and safety instructions .
5. Always check with your doctor before starting any exercise program.
6. This item has small parts, not for children under 5 years old.
7. Adult assembly required. Care should be taken in the unpacking & assembly of the trampoline.

INSTALLATION INSTRUCTIONS

- Adequate overhead clearance is essential. A minimum of 10 ft. from ground level is recommended. Provide clearance for wires, ceiling fans and other possible hazards.
- Lateral clearance is essential. Place the trampoline away from walls. Structures, furniture, and other play areas, Maintain a clear space on all sides of the trampoline. A minimum of 6 ft. from frame edge is recommended.
- The trampoline is under heavy tension. Two adults are required to set it up. Use appropriate clothing and shoes. Failure to follow these instructions may lead to injury or damage to the trampoline.
- Place the trampoline on a level surface before use.
- Use the trampoline in a well lighted area. Artificial illumination maybe required.
- Remove any obstructions from beneath the trampoline.
- The owner and supervisors of the trampoline are responsible to make all users aware of practices specified in the use instructions.

CARE AND MAINTENANCE INSTRUCTIONS

Inspect the trampoline before each use and replace any worn, defective or missing parts. The following conditions could represent potential hazards:

1. Missing, improperly positioned or insecurely attached frame padding.
2. Punctures, frays, tears or holes worn in the bed or frame padding.
3. Deterioration in the stitching or fabric of the bed or frame padding.
4. Ruptured band.
5. A bent or broken frame.
6. A sagging bed.
7. Sharp protrusions on the frame or suspension system.
8. Loosened or missing legs.
9. For extra protection, periodically apply a silicone spray on stretch-band straps to prevent deterioration.

USE INSTRUCTIONS

- Do not allow more than one person on the trampoline. Use by more than one person at the same time can result in serious injuries.
- Keep objects away which could interfere with the performer. Maintain a clear area around the trampoline. Do not allow foreign objects or animals on the trampoline.
- Use trampoline only with mature, knowledgeable supervision.
- The trampoline should be assembled in its entirety before each use, The frame cover should be positioned correctly at all times. By doing this you will prolong the life of the bands by shielding it from the elements and at the same time make the trampoline safer.
- Inspect the trampoline before each use, Make sure the frame cover is correctly and securely positioned. Replace any worn, defective, or missing parts.
- The metal frame of the trampoline will conduct electricity. Lights, extension cords, and all such electrical equipment must never be allowed to come in contact with the trampoline.
- Wear comfortable clothing. Remove jewelry, necklaces ,and earrings.
- Step on and off the trampoline. It is a dangerous practice to jump from the trampoline to the ground or floor when dismounting, or to jump onto the trampoline when mounting. Do not use the trampoline as a springboard to other objects.
- Stops bounce by flexing knees as feet come in contact with the trampoline bed. Learn this skill before attempting others.
- Avoid bouncing too high, Stay low until bounce control and repeated landing in the center of the trampoline can be accomplished. Control is more important then height.
- While keeping the head erect, focus eyes on the trampoline toward the perimeter, This will help control bounce.
- Avoid bouncing when tired.
- Do not use the trampoline while under the influence of alcohol or drugs.
- For additional information concerning the trampoline equipment ,contact the manufacturer
- Bounce only when the surface of the bed is dry.
- Once the circular steel frame is assembled, it may not be taken apart.

TRAMPOLINE SAFETY AND ACCIDENT PREVENTION

As in most recreational sport, participants may be injured, This section covers the most common accidents. Responsibilities of the supervisors and jumpers in accident prevention are also outlined.

The following are reasons why accidents happen:

- Attempting somersaults. Landing on the head or neck can cause serious injury, paralysis, or death, even when landing the middle of the bed.

- More than one person on the trampoline. Use by more than one person at the same time can result in serious injuries.
- Incorrect mounting and dismounting. Carefully step out of and onto the trampoline bed. Do not jump off to the ground. Do not jump from a table, or other object onto the ground, Do not step onto the suspension system.
- Hitting the frame. Stay in the center of the trampoline when jumping. Injury may result from hitting the frame when control is lost. Be sure the frame cover is always on. Do not jump into the frame pad.
- Loss of control. A jumper who loses control will increase his /her chance of injury. To regain control and stop your jump, bend your knees sharply as you land.
- Alcohol and drug use. Because alcohol and drug use impairs the jumper's coordination, loss of control as well as injuries are greatly increased.
- Foreign objects. Please make sure there is nothing sharp under and around the trampoline. Hitting objects under the trampoline can cause injury, Jumping with a foreign object can also increase the chances of getting injured .Be sure there is adequate clearance 10 feet above and 10 feet around the trampoline. Be careful of overhead wires, ceiling fans etc.
- Poor maintenance of the trampoline. Make sure you inspect the trampoline before every use, Check for punctures on the bed, sharp burrs on the frame, stitching that has gone bad or loose elastic bands, If a replacement part is needed, please call store to order.
- Storage. Once the circular frame is assembled, it may not be taken apart, Remove legs & store entire frame when not in use.

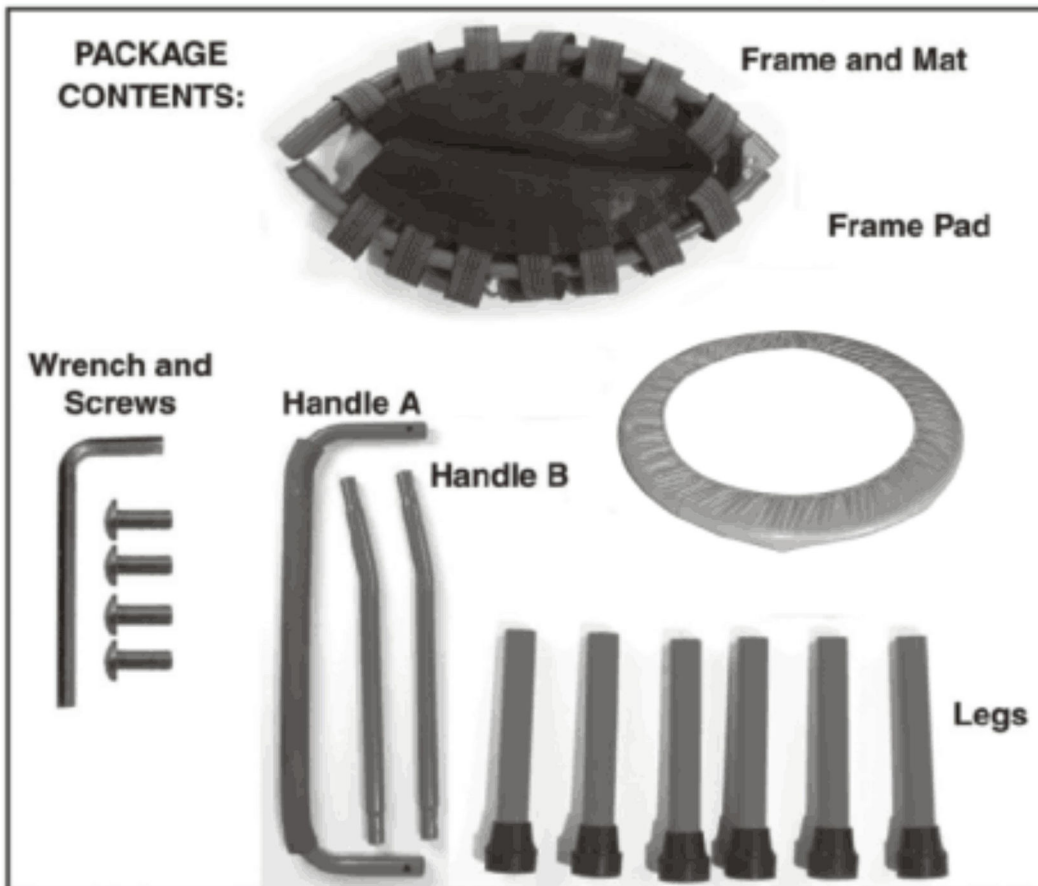
ASSEMBLY INSTRUCTIONS

- Place all from the box in a cleared area and position them on the floor in front of you.
- Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning.

WARNING:

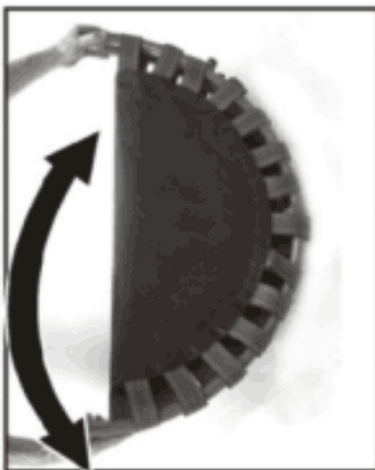
Two adults in good physical condition are required for the following assembly. Wear proper shoes and maintain balance to prevent a fall, Failure to follow all instructions and warnings exactly may result in serious injury.

1. Keep children away from the trampoline during assembly.
2. Keep finger away from the ends of the rails in the hinge area when unfolding the trampoline. The trampoline will snap into the unfold position. Serious injury can occur if fingers are caught between the ends of the rails.
3. When unfolding the trampoline, the RAILS will try to spring back to the folded position if they are released before they snap into place.

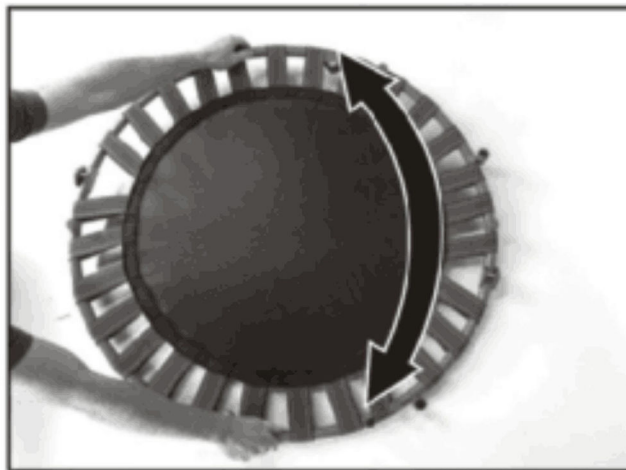


WARNING: Keep fingers away from the end of the rails near the hinged area when unfolding the trampoline.

1. Lay the folding trampoline on the floor, in its still folded position (look like a football). Push out the ends so the trampoline expands and look like a half moon (Image 1). Make sure the larger outside hinges touching the floor. (See Step 1.)
2. Firmly grasp both halves of the frame at the midpoint of each half circle.



Step 1



Step 2: Press open trampoline base until it opens fully.

NOTE: Frame will snap open so please read step No. 3 carefully. Please keep all fingers away from hinge area when opening and closing.

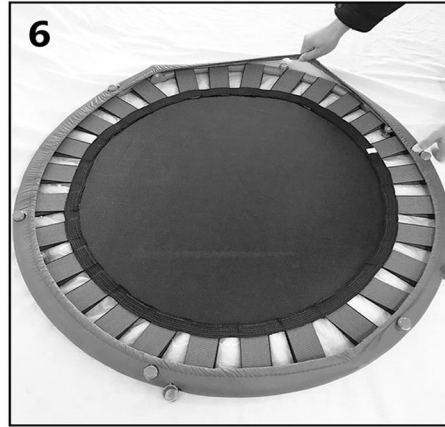
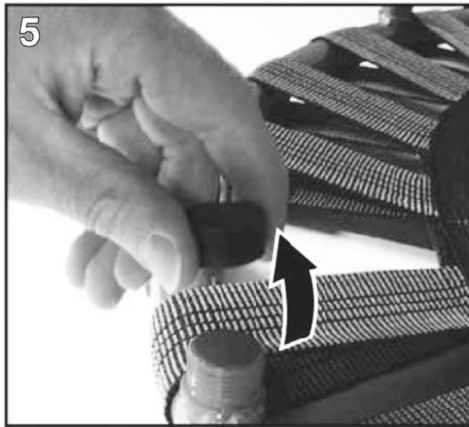
3. Using steady pressure, with hands open and fingers extended, use palm of hands to push top side of frame up, over and down to open position. (See Step 2.)

4. With the folding trampoline now open and still upside down, turn on each leg.

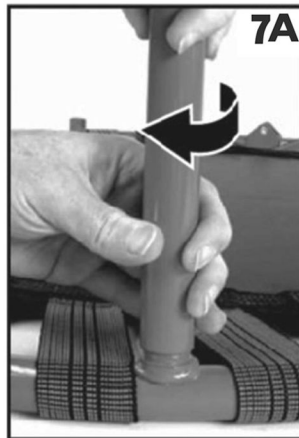
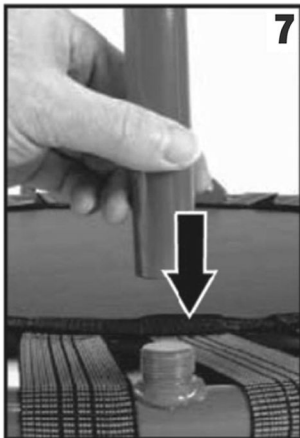
NOTE: If the screw thread on the end of legs is not visible, please pull off the rubber END CAP to check if the END CAP is covering the end of legs with screw thread.

5. Remove protective caps from threaded posts located underneath trampoline base. (See Step 5.)

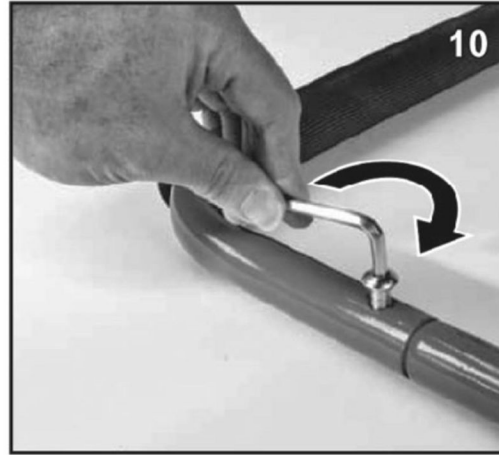
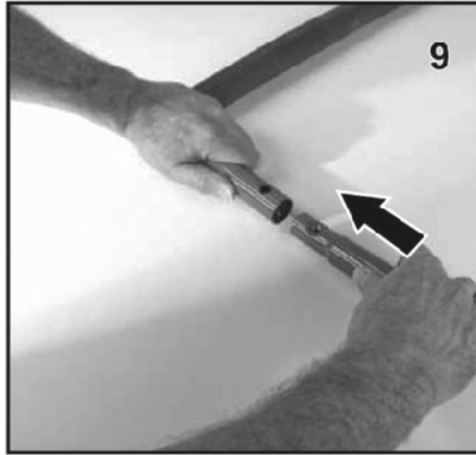
6. Put protective cover on the base of the trampoline. (See Step 6)



7. Attach all six legs securely to threaded posts (See Step 7 and 7A).



9. Slide handle supports into handle making sure holes are aligned. (See Step 9.)
10. Using the hex wrench and two screws provided, secure the handle supports to the handle. (See Step 10.)



11. Insert handle into trampoline base handle brackets. Make sure holes are aligned.
12. Using hex wrench and two screws provided, secure the handle to the trampoline.
13. Please follow the care and maintenance instruction to inspect the trampoline before use.
14. Your First Fitness Trampoline is ready to ENJOY!



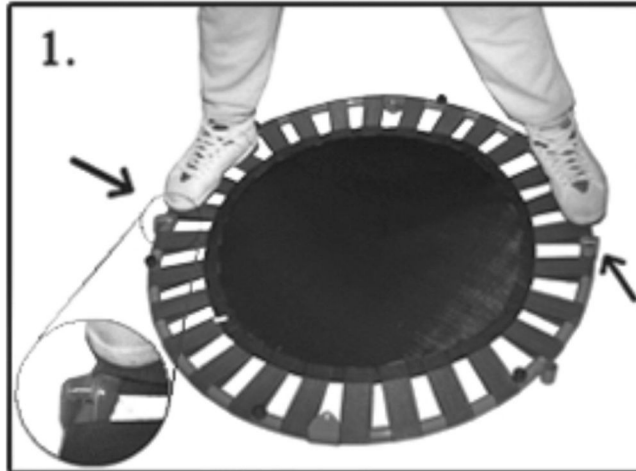
ADDITIONAL FOLDING INSTRUCTIONS

Warning: You need to follow all the safety instructions from previous sections. Please keep your face away from the trampoline while folding because it may cause serious injuries.

- Unscrew the legs and the handle before starting folding the base.

Step 1

1. Put trampoline base upside down on floor (with large part of the hinges facing down).
2. Put your feet two inches below the center hinges.



Step 2

Reach with your hands to the other side of the trampoline base.



Step 3

Firmly grasp and pull up other half to fold.

