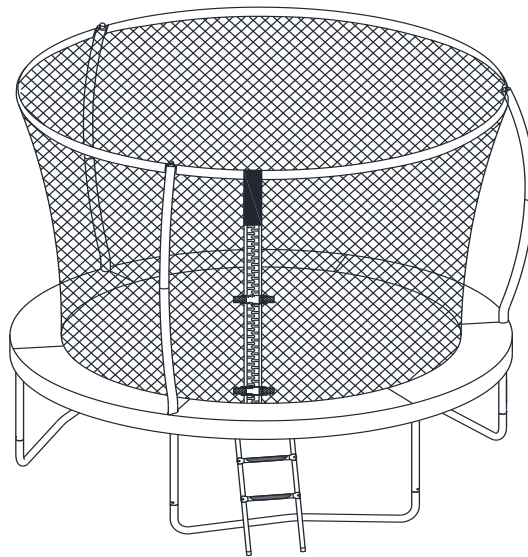




Assembly, Installation, Care, Maintenance and Use Instructions  
Zero Gravity Ultima 4 8ft/244cm Trampoline with Enclosure

## USER MANUAL



### **WARNING**

- YOU MUST THOROUGHLY READ AND UNDERSTAND THE INSTRUCTIONS IN THIS MANUAL BEFORE ASSEMBLING AND USING THIS TRAMPOLINE.
- SAVE THIS MANUAL FOR FUTURE REFERENCE.
- MAXIMUM WEIGHT OF USER MUST NOT EXCEED 165LB (75KG).
- DO NOT ALLOW MORE THAN ONE PERSON ON THE TRAMPOLINE AT A TIME.
- DO NOT ALLOW YOUNG CHILDREN TO USE UNLESS SUPERVISED BY AN ADULT.
- THE ENCLOSURE FORMS PART OF THE STRUCTURAL INTEGRITY OF THE TRAMPOLINE, THE TRAMPOLINE MUST NOT BE USED WITHOUT THE ENCLOSURE ERECTED.
- FOR OUTDOOR DOMESTIC USE ONLY

Zero Gravity Trampolines  
Unit 19 Mayfield Avenue Industrial Park, Fyfield Road, Weyhill,  
Hampshire, SP11 8HU, United Kingdom

For Customer Service, please call 01264 771247

or visit

[www.ZeroGravityTrampolines.com](http://www.ZeroGravityTrampolines.com)

**! WARNING**



No more than one user at a time. Maximum weight 75kg/165lbs.



Do not perform somersaults or flips as paralysis or death can result if you land on your neck or head.



Do not allow children of 3 years or under to use this trampoline.



Do not use this trampoline if you have a previous leg, arm, head or back injury.



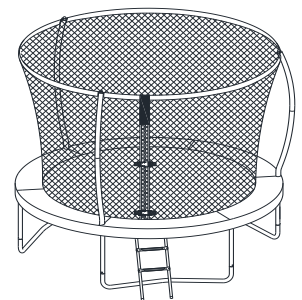
Do not use this trampoline without the consent of your doctor if pregnant.



Remove all sharp or hard objects from your person before using this trampoline. This includes jewelry, glasses and hairclips.

**Inspect daily before use:**

- Inspect legs and framework for correct attachment or cracks
- Inspect netting, pads and mattress for tears or damage
- Inspect for loose or damaged springs
- Ensure legs are vertical



# Table of Contents

Introduction .....	3
Before you start to assemble .....	4
Before using the trampoline .....	4
Important safety instructions .....	5-8
Parts list .....	9-10
Assembly instructions .....	11-31
Lowering the trampoline enclosure .....	32-33
Moving the trampoline .....	34
Care and maintenance .....	35-36
Instructions for use .....	37-39
Fundamental trampolining skills .....	40-41
Product warranty .....	42-43

## Introduction

Thank you for purchasing this Zero Gravity Ultima 4 Trampoline. This trampoline was manufactured using the highest quality materials and skills gained over decades of trampoline production. If proper care and maintenance is provided then we're sure that it will provide years of fun and exercise for the whole family.

We cannot state how important it is for the owners and users of this trampoline to have a thorough understanding of the rules for proper use. Children must be supervised at all times by a knowledgeable and mature adult while using the trampoline. When there is to be no adult supervision available then take precautions to prevent access to the trampoline by children or unauthorized users who do not have your consent to use the trampoline.

Carefully read and understand all of the instructions and warnings in this guide before assembling and using this product. It is the responsibility of the owner of this trampoline to ensure that all users of this product are fully informed on the proper use and the inherent risks of jumping on a trampoline, failure to do so can result in serious injury or death. In particular, under no circumstances should you attempt or allow flips, somersaults or any similar behaviour. Landing on the head or neck can cause serious injury, paralysis, or death. Never allow more than one person on the trampoline at any time as this can dramatically increase the risk of injury.

To reduce the risks associated with a user falling off the trampoline, the enclosure netting must be properly installed and used at all times. The trampoline enclosure entrance must be closed during use to prevent the user from falling off the trampoline. Although your trampoline enclosure netting is manufactured with UV resistant material, exposure to the elements will weaken the netting over time. Therefore the netting and mattress must be inspected prior to every use and maintained regularly as detailed in this guide.

Location of the trampoline is extremely important in order to reduce the risk of injury. The intended site for the trampoline must be completely flat and level. If the ground is not completely flat then it can cause movement in the frame and put stress on the joint sections which could cause damage to the trampoline and make it unsafe for use with the risk of causing serious injury. The trampoline must only be located on a soft surface such as grass or cushioned play area. Siting the trampoline on a hard or slippery surface such as paving, concrete, decking or astroturf will cause damage to the trampoline and put users at risk. The trampoline must be clear from overhead hazards such as power cables and tree limbs with at least 8 metres overhead clearance from ground level. Site the trampoline at least 2.5 metres away from any structure or obstacle.

The trampoline must never be used in windy conditions as this can cause unexpected movement of the product. Wind can cause the trampoline to be lifted from the ground and become airborne presenting a danger to individuals and to property. We always recommend that you anchor or secure the trampoline to prevent it from moving as a result of the wind. We highly recommend consulting a local licensed tradesman to best determine how to implement an anchor system for your specific conditions. Even with anchors in place a trampoline can be lifted by strong winds. If high winds are forecast the trampoline should be disassembled and stored away safely until the weather conditions improve. Damage from the wind or other severe weather is not covered by the manufacturer's warranty.

Only genuine Zero Gravity replacement parts sold through an authorized dealer should be used. Replacement parts produced by any other manufacturer may not have met the design and extensive safety testing standards used in the production of this Zero Gravity trampoline. As a result of this Zero Gravity Trampolines will not guarantee the performance and safety of the product when non-genuine replacement parts are used. The use of non-genuine Zero Gravity replacement parts may affect any warranty claim on the product, as allowed by the law in your jurisdiction.

**FOR CUSTOMER SERVICE OR REPLACEMENT PARTS, PLEASE CALL +44(0)1264 771247  
OR VISIT  
[www.ZeroGravityTrampolines.com](http://www.ZeroGravityTrampolines.com)**

## Before you start to assemble

- Check the contents of your package against the parts list in this guide. If any parts are missing please contact your supplier or Zero Gravity Trampolines customer service for assistance.
- If any parts are missing or damaged then do not erect or use the trampoline until replacement parts have been received.
- When choosing the location for your trampoline please ensure that the area is completely flat and level. The trampoline should be clear from obstructions overhead; we recommend 8 metres clearance from ground level. Ensure that there is a minimum of 2 metres clearance from any structure or obstruction around the edge of the trampoline. There should be no obstructions underneath the trampoline and it is preferable to select a well-lit area.
- DO NOT install or position this trampoline on a hard surface such as concrete, tarmac, decking, astroturf or paving. Suitable surfaces are grass, sand or a play area covered with an appropriate depth of play bark material.
- Two adults are required to erect the trampoline.
- We recommend wearing heavy duty work gloves and eye protection when assembling the trampoline.
- The trampoline has passed extensive safety testing. Do not modify the design of the product in any way nor use non-original Zero Gravity parts.
- The packaging does contain some small parts which are a choking hazard for small children. It is therefore recommended that children under the age of 3 years should be kept away when the trampoline is being assembled.
- Ensure that you keep this instruction manual for future reference.

## Before using the trampoline

- Use of this trampoline requires constant adult supervision. Use the trampoline only with mature and knowledgeable **ADULT** supervision.
- Ensure that the trampoline enclosure has been assembled correctly, as per the instructions in this manual and that the zipper and buckles located at the entrance are fully closed before use.
- Trampolines over 20 in. (51 cm) tall are not recommended for use by children under 6 years of age.
- There must be no more than one person at a time on the trampoline.
- Maximum weight of the user must NOT exceed 165lbs/75kg for this product.
- This product is for household and family domestic use only – It is not for use in schools, playgrounds, rental or commercial use.
- It is of particular importance to follow the maintenance instructions at the beginning of every season. Neglecting regular maintenance can lead to a risk for users.

## Important Safety Instructions



Carefully read these warnings before using this product. Failure to follow these warnings can result in serious injury or death.

### **DANGER**

- The enclosure forms part of the structural integrity of the trampoline. The trampoline must not be used without the enclosure erected.
- Only one user at any one time! Multiple users can cause loss of control, collision or falls on the trampoline. This could result in serious injury to legs, arms, back, neck or head.
- Do not use the trampoline when under the influence of alcohol, drugs or medication, as this may impair the jumper's judgement.
- Always consult your physician before performing any kind of physical activity.
- Do not use the trampoline if you have high blood pressure.
- Do not use the trampoline if you have a medical history of neck or back injuries or mental or physical conditions that could cause injury.
- Do not use if the user has any broken bones (casts) or has recently been in the hospital for extensive treatments (operations, severe wounds, stitches, back injury or concussion).
- If pregnant, do not use without the consent of your physician.
- Do not use the trampoline if the user or the trampoline surface is wet. These conditions can cause the user to lose control and fall resulting in serious injury.
- The product must not be used in windy conditions as wind can cause unexpected movement of the product. Wind can cause the trampoline to be lifted off the ground and become airborne. This can present a danger to individuals and to property. Winds can be especially strong in open areas, areas between homes that create wind tunnels and anywhere else where local weather conditions can create high winds. We recommend that you anchor the trampoline or otherwise secure the trampoline to prevent it from moving as a result of the wind. One possible way to anchor the trampoline is to secure the trampoline to a concrete footing under each leg. We recommend consulting a local licensed contractor to best determine how the anchor system should be constructed for your specific conditions. When anchoring the trampoline, straps must always be connected to the top ring of the trampoline, not the feet, as legs could be separated from the main frame in strong winds. Even with anchors a trampoline can be lifted, just like anything else, by strong winds. If the winds are anticipated to be very strong, the trampoline should be disassembled and stored away safely until the weather conditions improve. Damage from the wind or other severe weather is not covered by the manufacturer's warranty. Because the manufacturer warranty does not cover wind or weather related damage and damage can be caused to your property or the property of others by a windblown trampoline, it is strongly advised that you provide site specific anchoring through a licensed local contractor.
- Only use trampoline with mature, knowledgeable adult supervision.
- Do not attempt or allow somersaults. Landing on the head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the mat.

- Do not allow more than one person on the trampoline. Use by more than one person at the same time increases the chance of injury.



**Carefully read these warnings before using this product. Failure to follow these safety instructions can result in serious injury or death.**

## **WARNING**

### **Proper Play Conditions:**

- The enclosure forms part of the structural integrity of the trampoline. The trampoline must not be used without the enclosure erected.
- Always use the product in a well-lit area. Do not use without lighting during dawn, dusk or in complete darkness.
- The trampoline must be placed on a surface that is **COMPLETELY FLAT AND LEVEL**. If the ground is uneven, this could cause movement in the frame, stress on the joined sections and could damage the trampoline and/or can cause serious injury.
- **DO NOT** install or position this trampoline on a hard surface such as concrete, tarmac, decking, astroturf or paving. Suitable surfaces are grass, sand or a play area covered with an appropriate depth of play bark material.
- **ALWAYS** ensure the trampoline is on level ground with a minimum of 8.2ft (2.5 metres) clear space from any structure or obstruction such as a fence, garage, house, overhanging branches, laundry lines or electrical wires.
- Adequate overhead clearance is essential. A minimum of 26.25 ft (8 metres) from ground level is recommended. Provide clearance for wires, tree limbs, and other possible hazards.
- Do not use the trampoline indoors, as this product is intended for outdoor home use only.

### **Appropriate Use Conditions:**

- Children must always be supervised while they are playing on the trampoline and must be instructed not to use the trampoline in an inappropriate or hazardous manner. Take precautions to prevent access to the trampoline by children when there is no adult supervision.
- Restrict access to the trampoline by any unauthorized users.
- Trampolines are rebounding devices which propel the user to unaccustomed heights and into a variety of body movements. Rebounding off of the trampoline, striking the frame or springs, or improperly landing on the trampoline mat may cause serious injury.
- Always start and maintain your jump at the centre of the trampoline mat in order to reduce the risk of landing on the frame or springs or falling off the trampoline. When you land more than 1ft away from the edge of the Zero Gravity logo in the centre of the mat stop your jump immediately. Restart your jump at the centre of the mat.
- Avoid bouncing too high. Stay low until you can control your bounce and land consistently in the middle of the trampoline mat.

- Ensure the trampoline frame and springs are fully covered by the frame pad to avoid any direct contact with metal parts.
- Do not stand or jump on the springs while using the trampoline. The springs are not designed to support such stress and weight. This can result in serious injuries and/or product damage. If you see any signs of stretched or damaged springs, do not use the trampoline until replacement springs are properly installed. Please contact our customer service representatives to order original Zero Gravity replacement parts.
- The trampoline is several feet off the ground. Jumping off the trampoline to the ground or any other surface may result in injury. Smaller children may need assistance getting up onto or down from the trampoline. Mounting and dismounting properly should be followed as a strict rule. Users should climb onto the trampoline by placing their hands on the frame and stepping or rolling up onto the frame, across the springs and onto the mat. Do not step directly on the frame pad or grasp the frame pad when mounting or dismounting the trampoline. To dismount, jumpers should walk to the side of the mat, bend over and place their hands on the frame, then step from the mat to the ground. Users should always place their hands on the frame while mounting or dismounting.
- Do NOT use the trampoline as a springboard to jump onto other objects.
- Remove all objects not designed for use with the trampoline from the trampoline before use. Do not let children take toys or other items onto the trampoline.
- Do not eat while jumping.
- The trampoline should not be buried or sunken into the ground.
- During winter period, the snow load and the very low temperature can damage the trampoline. It is recommended to remove the snow and store the mat and the enclosure indoors.
- Do not jump or step onto the frame pad as it was not designed to support the weight of a person.
- Do not use the trampoline while holding or wearing any type of sharp or pointed objects such as jewellery, watches, rings, eyewear and necklaces before using this product. This will prevent the jewellery from tearing the mat or getting caught in the enclosure netting.
- Do not wear loose fitting clothing that may catch or snag during play.
- Never wear footwear (e.g. shoes) when using the trampoline.
- Always tie back long hair so that it does not block user's vision or get caught in the enclosure netting.
- FRAME PADS – Frame pads are there to protect user from any fall or landing on the springs and frame. On no account should people be permitted to sit or stand on them when the trampoline is in use. You should also make sure that smaller users do not use the inside edges of the pads as a “handle” when getting up on to the trampoline.
- Never use the trampoline without the frame pad being securely attached. Properly tie down the frame pad before each use. Improper assembly of the frame pad may lead to injury.
- Always check to ensure there are no obstructions or objects under the trampoline that could cause injury or obstruct movement of jump mat. Also check that there are no pets or other people underneath the trampoline.
- Do not jump on the trampoline with a snowboard, skateboard, roller blades, bicycle or any other equipment. DO NOT hold any foreign objects not authorized by the manufacturer in your hand and DO NOT place any objects on the trampoline while anyone is jumping on it. Please be aware of your




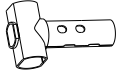

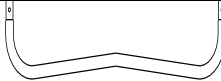
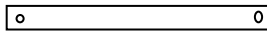
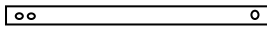
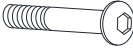









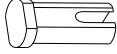

surroundings to ensure there are no objects that could cause harm when you are playing on the trampoline.






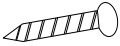

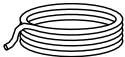

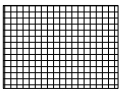

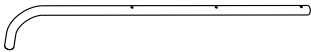







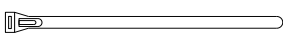
- The frame of your trampoline is made of steel and it will conduct electricity. No electrical equipment (lights, heaters, extension cords, household appliances, etc.) should be permitted in, on or around the trampoline under any circumstances to avoid the risk of electrocution.
- Always jump in the middle of the mat.

### **Enclosure Netting and Mat – Appropriate Use Conditions**

- Children **MUST NEVER** be left unattended inside the enclosure at any time.
- The enclosure is **ONLY** intended to be used to reduce the risk of injury from falling off the trampoline. Do not intentionally kick, bounce against, climb on, hang from, jump over or crawl under the netting.
- Enter and exit the enclosure only through the zipper door. Do not go through the gap between the netting and the mat. Trying to exit this way poses a risk of strangulation, especially for young children.
- The enclosure netting and mat must be inspected prior to each use. If there are any signs of weakness, you must stop using the trampoline immediately, properly store the trampoline and restrict access by users until a new Zero Gravity authorized replacement netting or pad is installed. Please refer to the Trampoline Net & Pad – Maintenance Requirements section contained in this manual for further details.
- The enclosure forms part of the structural integrity of the trampoline. The trampoline must not be used without the enclosure erected.

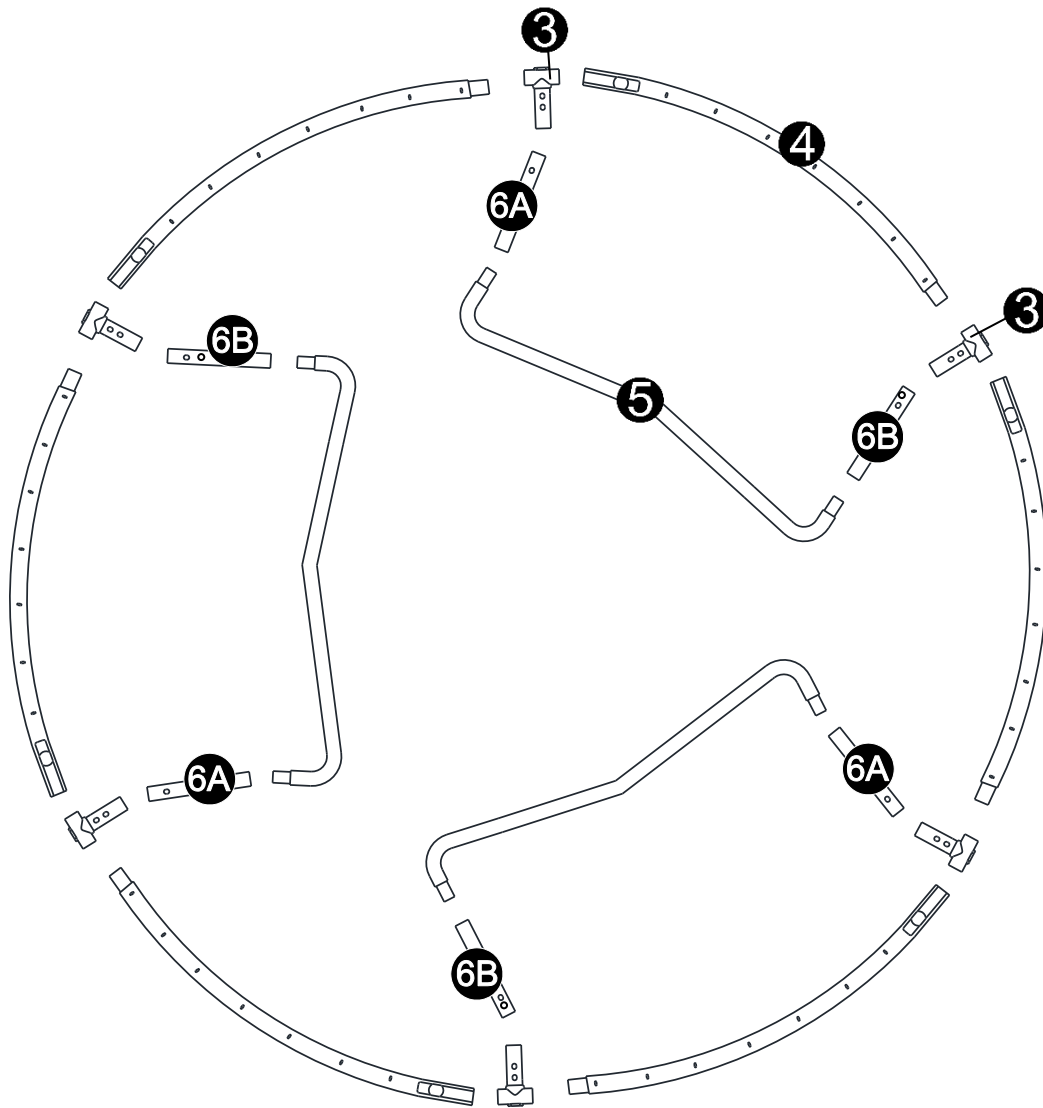
## Parts List

Part Number	Image	Description	Qty
1		Trampoline Mat	1
2		Frame Pad	1
3		T-joint	6
4		Top Rail	6
5		Leg Base	3
6A		Leg Extension (2 holes)	3
6B		Leg Extension (3 holes)	3
7		Bolt (43mm)	6
8		Cap Nut	6
9		Spring Washer	9
10		Arc Washer	15
11		Self-Locking Screw	6
12		Small Spring Washer	9
13		Galvanized Spring	42
14		Wrench	1
15		Spring Loading Tool	1
16		Allen Wrench	1
17		Frame Securing Peg	3
18		Trampoline Safety Instruction Placard	1

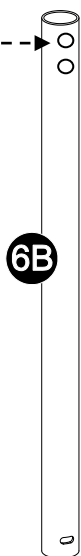
Part Number	Image	Description	Qty
A		Upper Enclosure Pole with Foam	3
B		Lower Enclosure Pole with Foam	3
C		Cable Wire	6
D		Enclosure Pole Cap	3
E		Enclosure Pole Cap Cover	3
F		Self-Locking Screw	6
G		Screw Lock	3
H		Cord	7
H1		Short cord	3
I		Enclosure Netting	1
J		Enclosure Safety Instruction Placard	1
L-1		Cane Shaped Frame Tube	2
L-3		Foot Tread	2
L-4		Bolt (40mm)	4
L-5		Cap Nut	4
L-6		Arc Washer	8
L-7		Spring Washer	4
L-8		End Cap	4
L-9		Safety Instruction Placard	1
L-11		Cable Ties	4

# Assembly Instructions

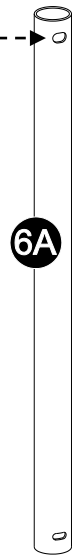
## STEP 1 - LAY OUT FRAME



Two circular holes at top



One circular hole at top



## STEP 2 – ATTACH T-JOINTS TO TOP FRAME

**Tips:**

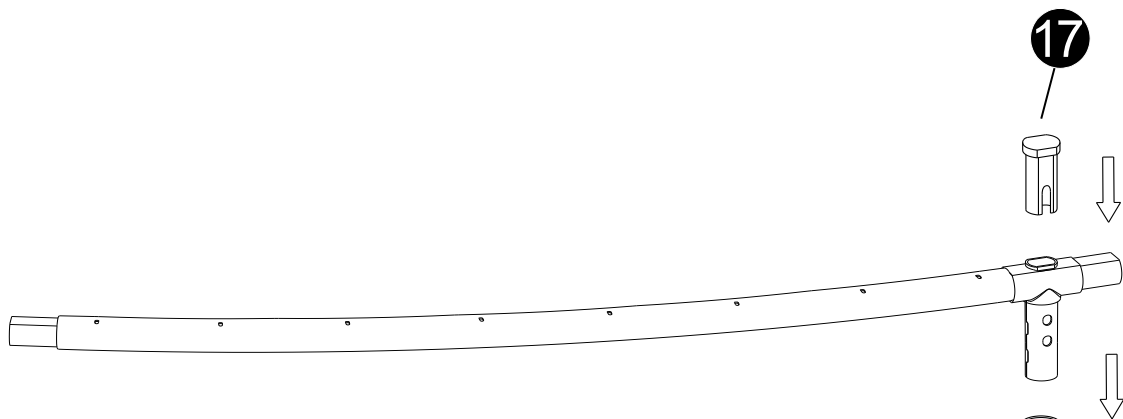
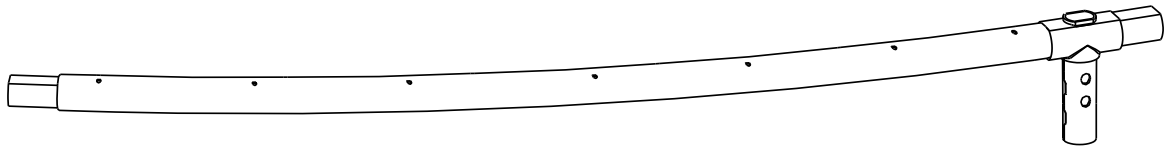
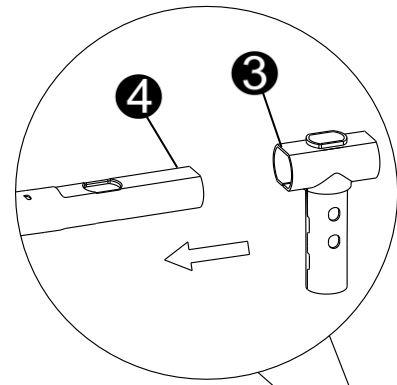
The fitting is very tight.

If you struggle to fully engage the T-joint, try tapping it on with a leg (Part 6B).

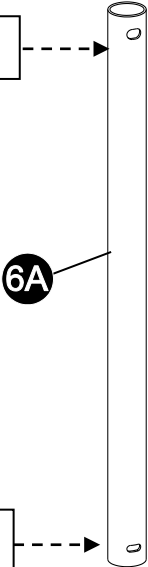
**Instruction video available online:**

[https://www.youtube.com/watch?v=PdFCgUK\\_kt0](https://www.youtube.com/watch?v=PdFCgUK_kt0)

<https://www.youtube.com/watch?v=s2dj1UC4xNU>



One circular hole at top

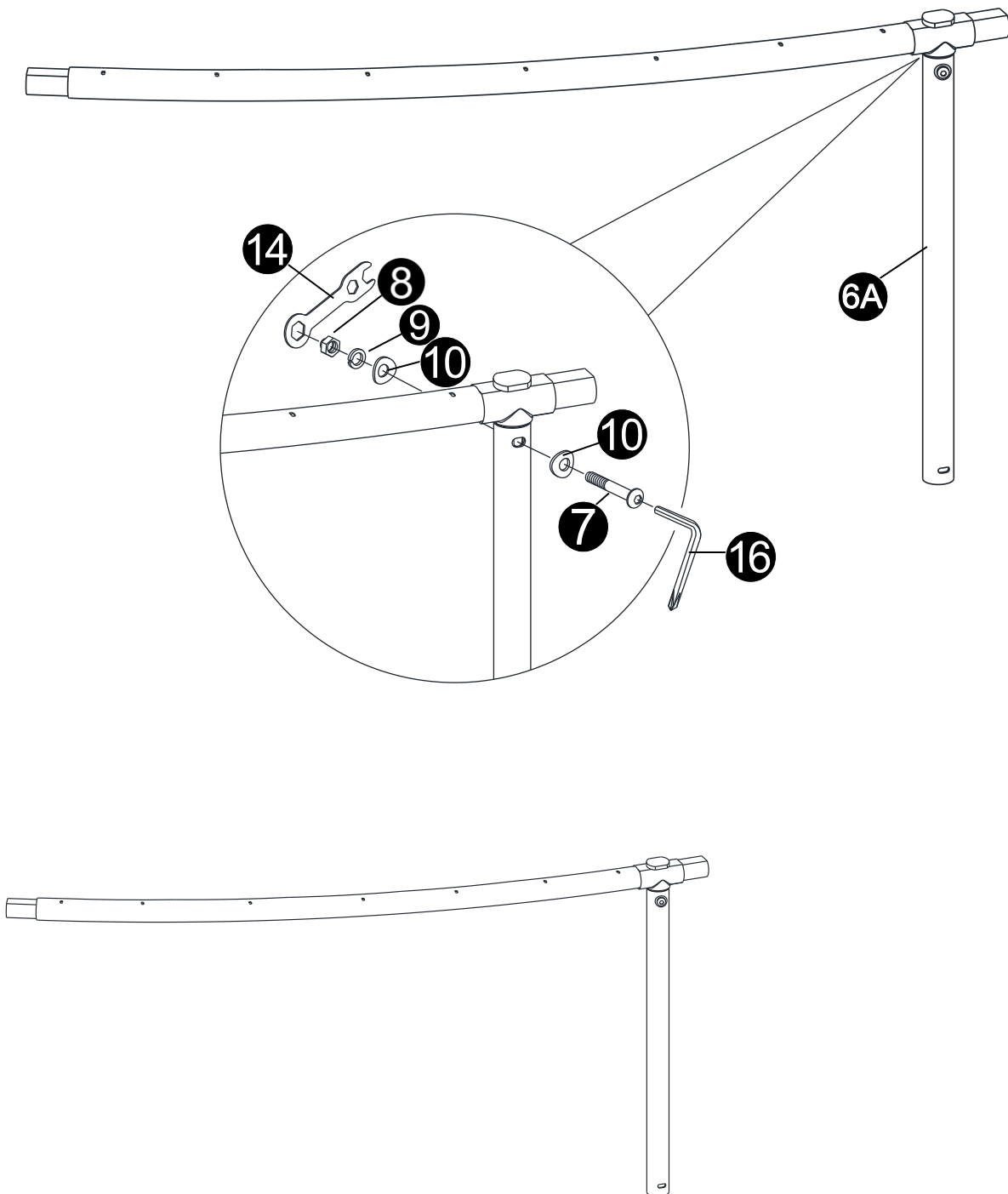


The oval hole MUST face outward

**Tip:**  
Make sure the holes on all the steel tubing parts are aligned and the oval hole at the bottom of the leg faces outward.

**Note:**  
Repeat this step to assemble two more leg sections.

### STEP 3 – CONNECT LEG TO T-JOINT



**Note:**

Repeat step to complete assembly of two more leg sections.

Do not over-tighten the screws at this point. The screws should only be tightened fully once all of the springs have been installed (step 8).

## STEP 4 – ATTACH T-JOINTS TO TOP FRAME

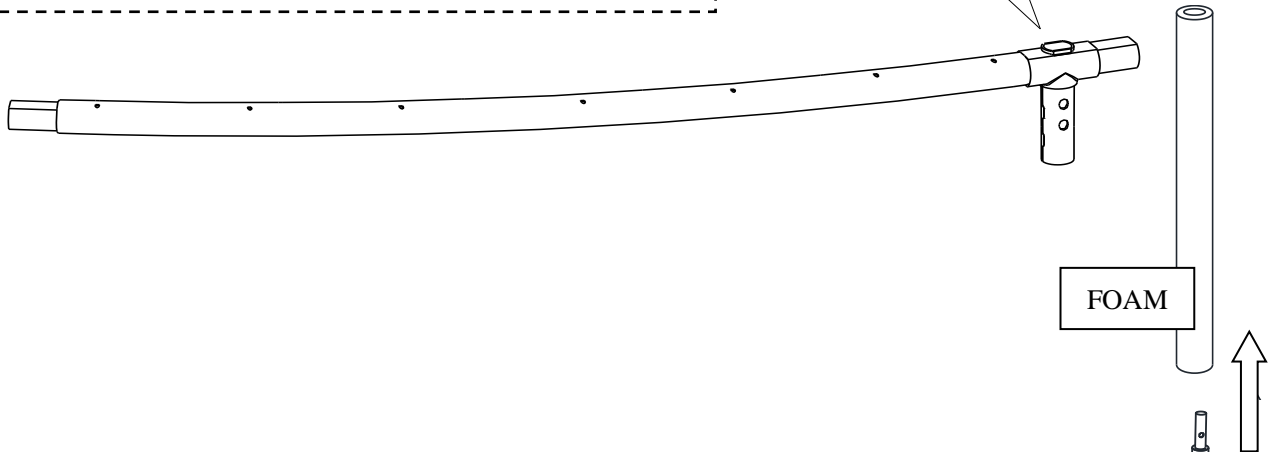
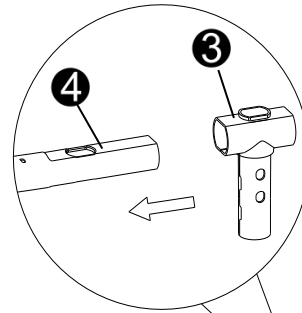
**Tip:**

The fitting is very tight.  
If you struggle to fully engage the T-joint,  
try tapping it on with a leg (Part 6B).

**Instruction video available online:**

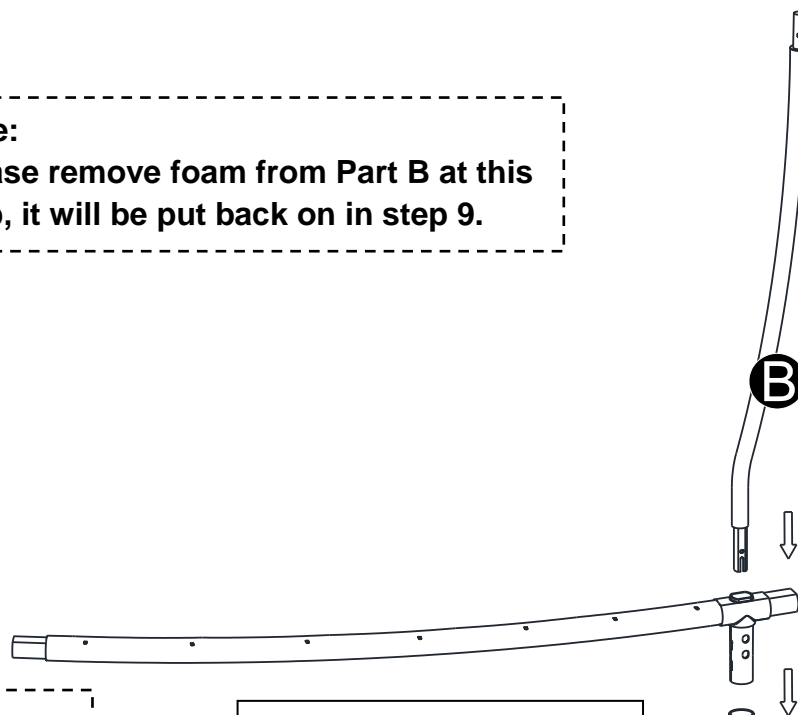
[https://www.youtube.com/watch?v=PdFCgUK\\_kt0](https://www.youtube.com/watch?v=PdFCgUK_kt0)

<https://www.youtube.com/watch?v=s2dj1UC4xNU>



**Note:**

Please remove foam from Part B at this  
step, it will be put back on in step 9.



**Tip:**

Make sure the holes on all the  
steel tubing parts are aligned and the oval hole at the bottom  
of the leg faces outward.

**Note:**

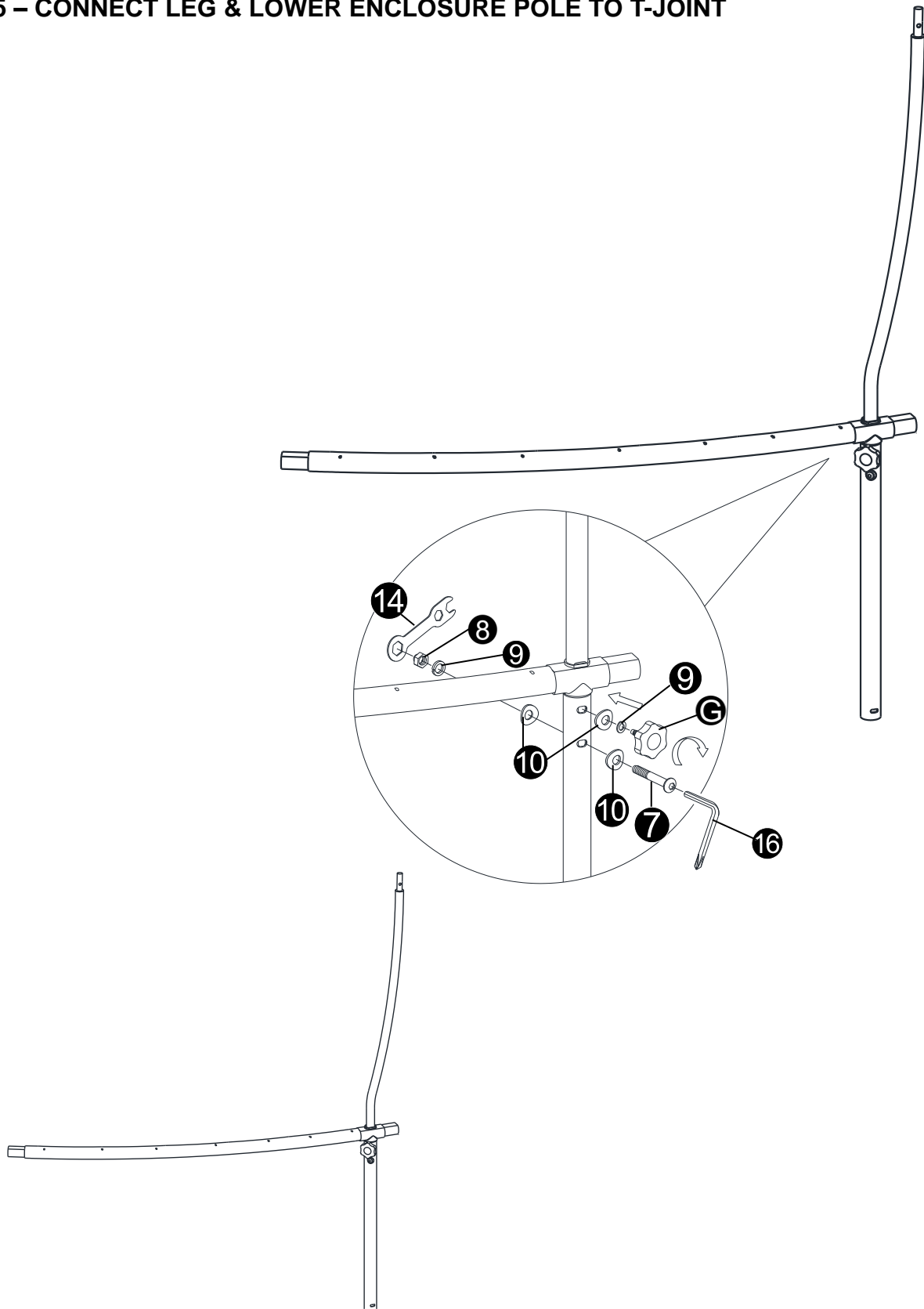
Repeat this step to assemble  
two more leg sections.

Two circular holes at top

6B

The oval hole  
MUST face outward

## STEP 5 – CONNECT LEG & LOWER ENCLOSURE POLE TO T-JOINT



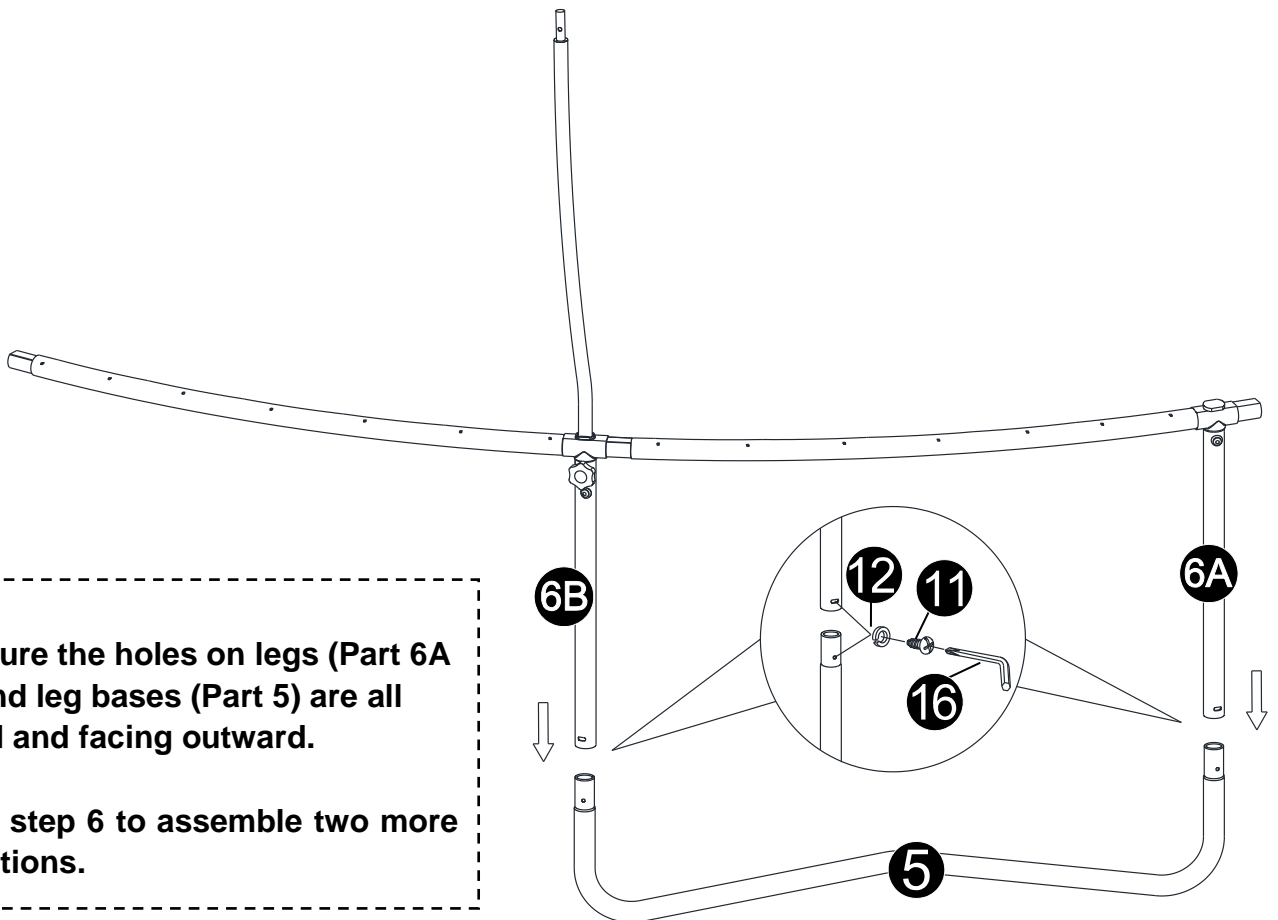
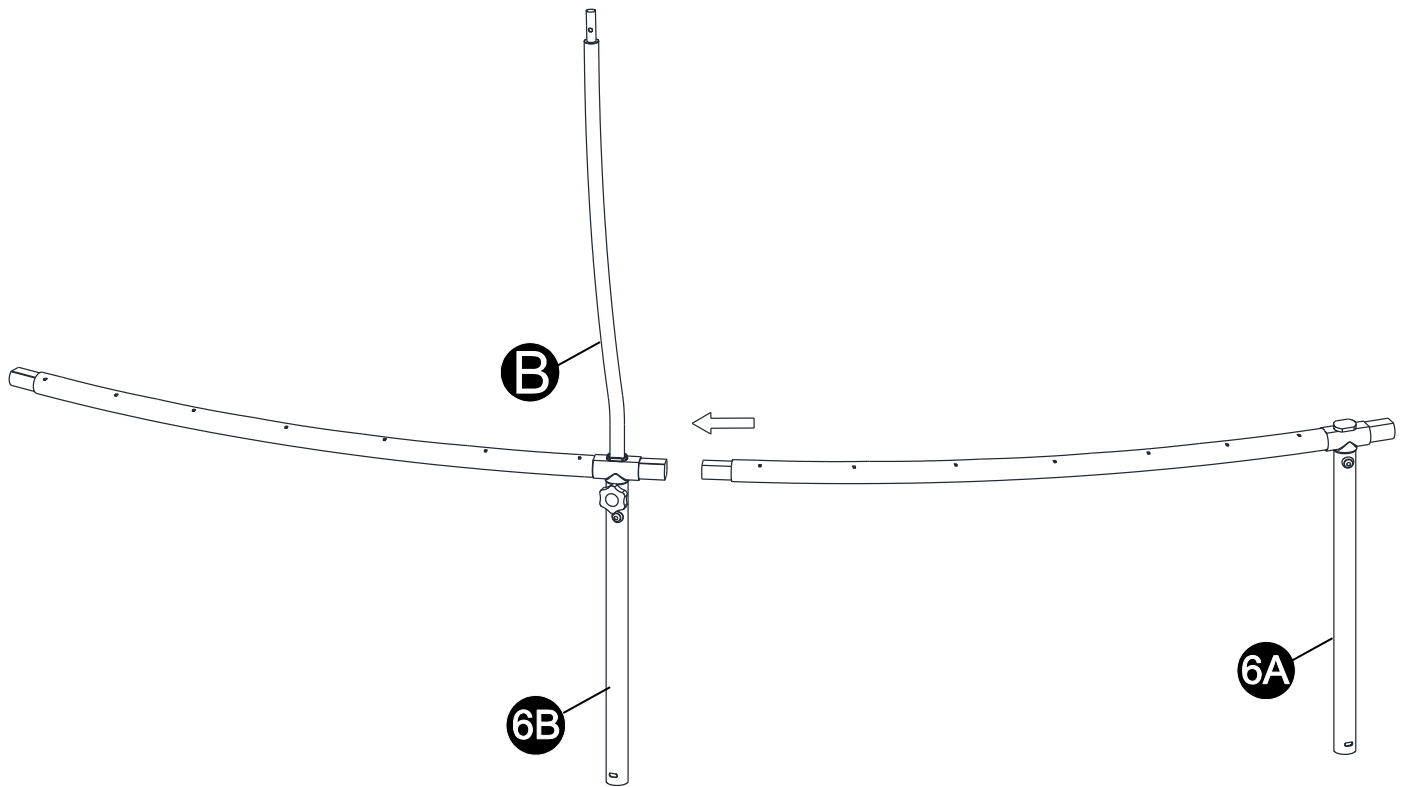
**Note:**

Repeat step to complete assembly of two more leg sections.

Do not over-tighten the screws at this point. The screws should only be tightened fully once all of the springs have been installed (step 8).



## STEP 6 – ATTACH FEET TO LEGS

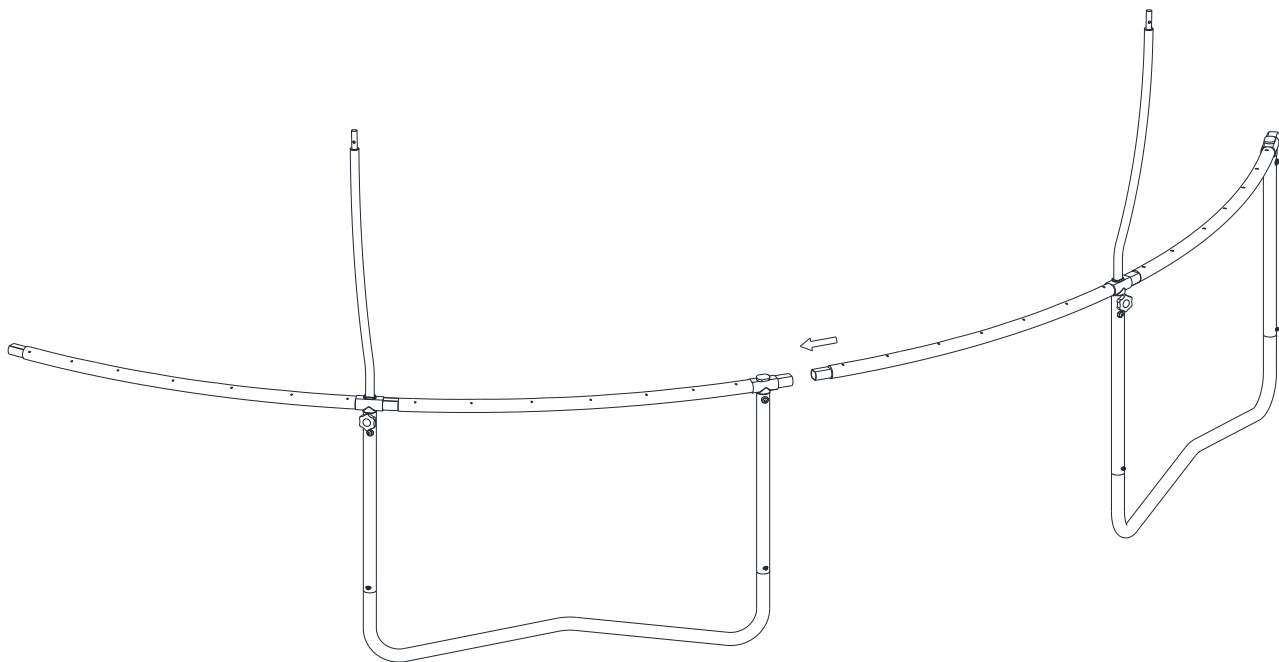


**Tip:**

Make sure the holes on legs (Part 6A / 6B) and leg bases (Part 5) are all aligned and facing outward.

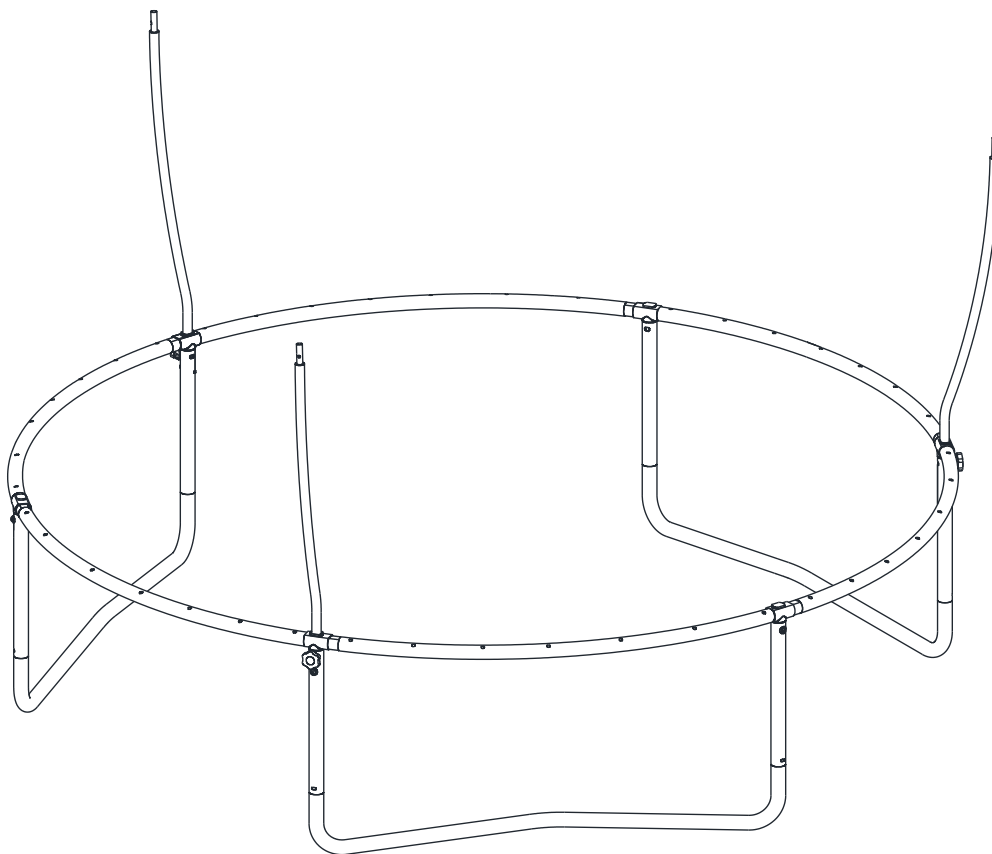
Repeat step 6 to assemble two more leg sections.

## STEP 7 – CONNECT FRAME INTO A CIRCLE



**REMARK:**

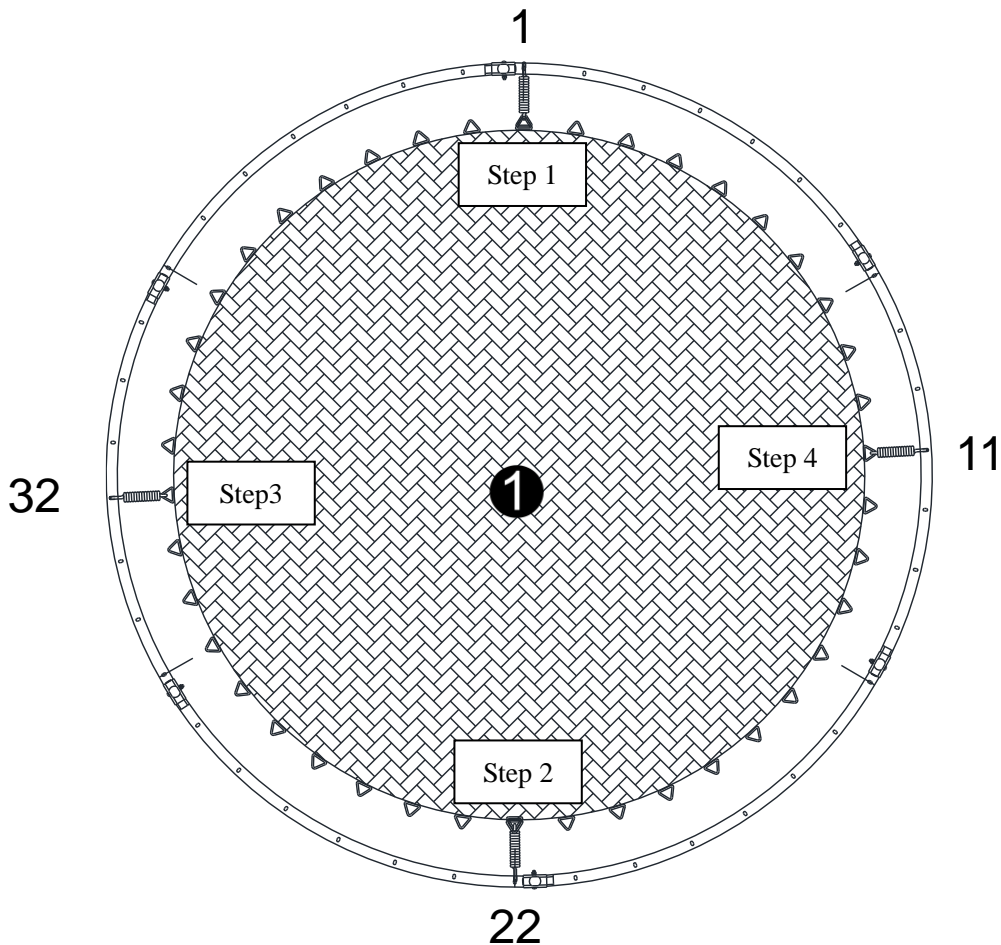
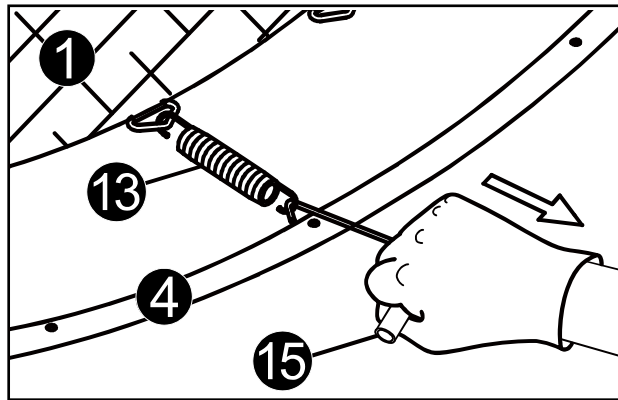
Don't worry if the components are loose or don't hold together, once the mattress is fitted it will pull the frame together.



## STEP 8 – SPRING ASSEMBLY

**Please note:** It is important to follow these steps accurately as incorrectly installing the springs could damage the trampoline mattress and overstretch the springs.

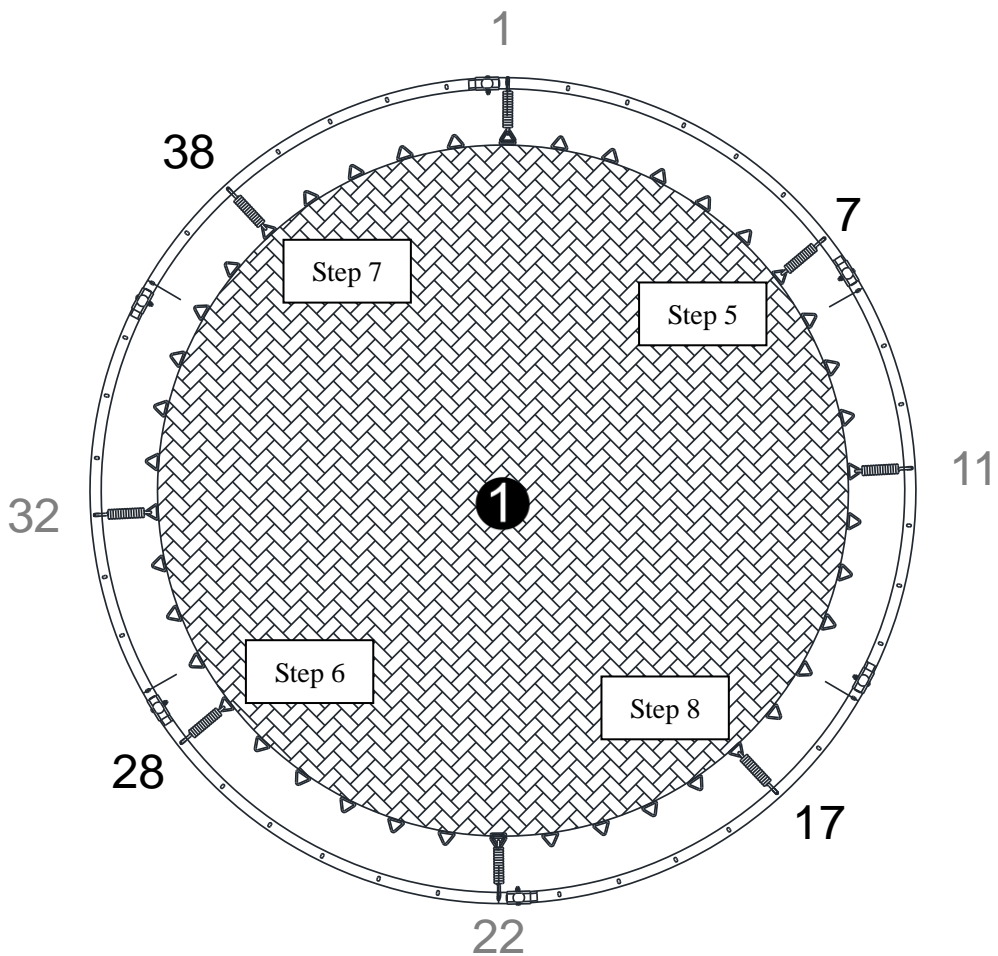
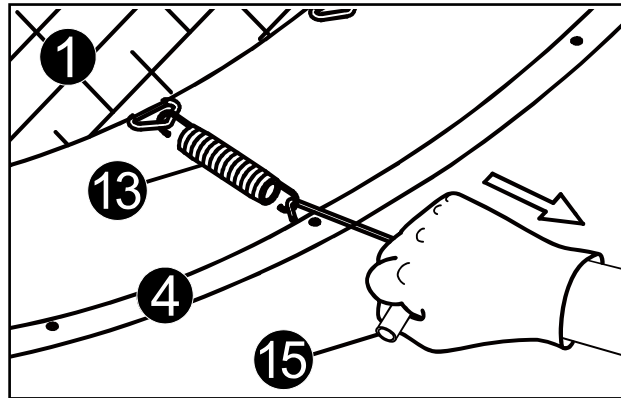
There are 42 v-rings on the trampoline mattress which correspond to the 42 holes on the trampoline frame. Install the first spring into any hole on the frame using the spring loading tool as pictured. This will become position 1. Ensure you remember where position 1 is as you will use this to count from when installing the remaining springs. Count from position 1 to position 22 (opposite) making sure you are counting both the holes and the v-rings and then install spring. Next count from position 22 to position 32 and install spring. Go back to position 1 and count round to position 11. Install spring.



## STEP 8 – SPRING ASSEMBLY (Continued)

To ensure even tension on the mattress and springs you must continue to install springs at regular intervals and in opposite pairs as pictured.

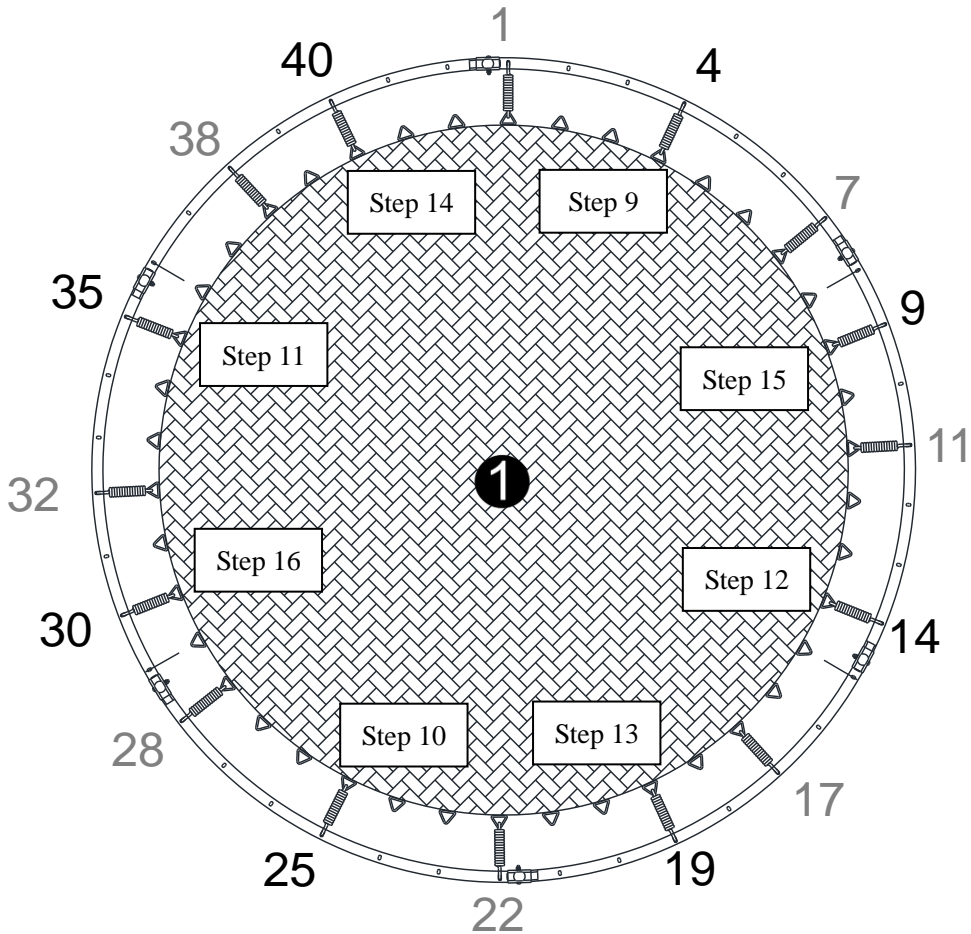
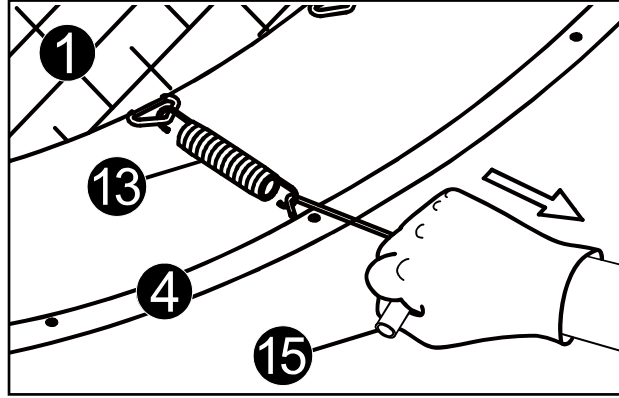
Install position 7 then 28, position 38 then 17.



## STEP 8 – SPRING ASSEMBLY (Continued)

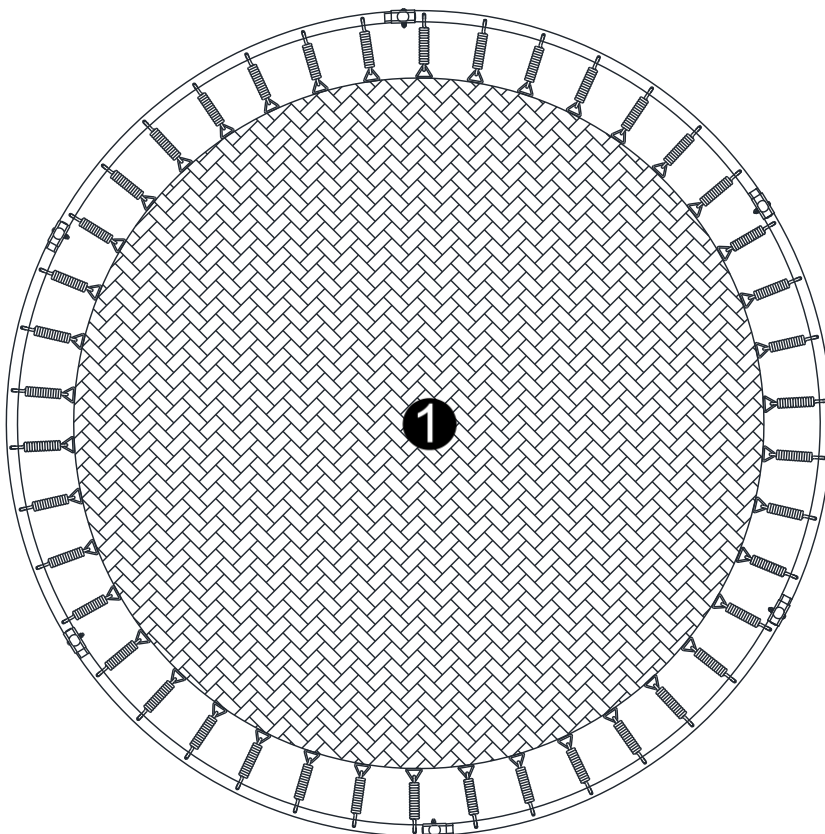
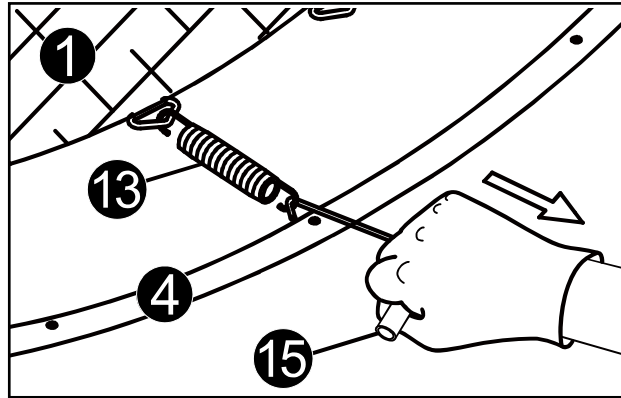
To ensure even tension on the mattress and springs you must continue to install springs at regular intervals and in opposite pairs as pictured.

Install position 4 then 25, position 35 then 14, position 19 then 40, position 9 then 30.



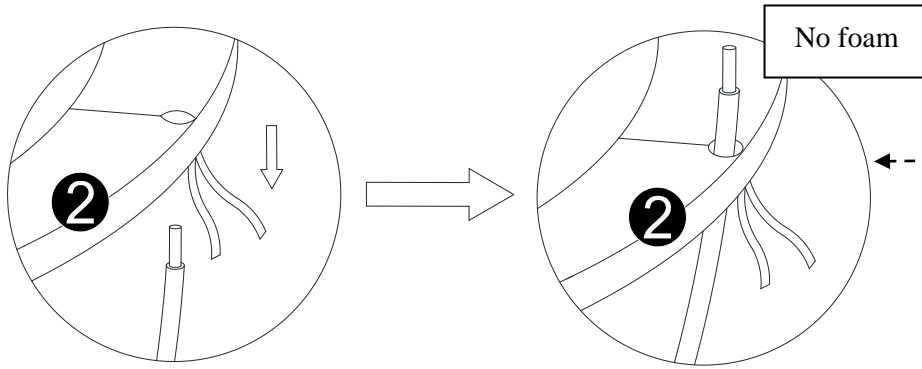
## STEP 8 – SPRING ASSEMBLY (Continued)

Continue to attach the remaining 26 springs in the same manner to complete the spring assembly.



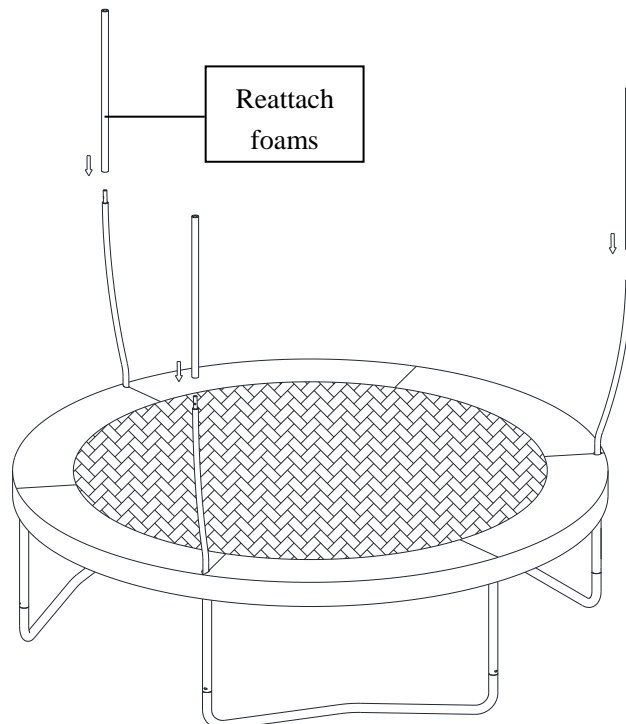
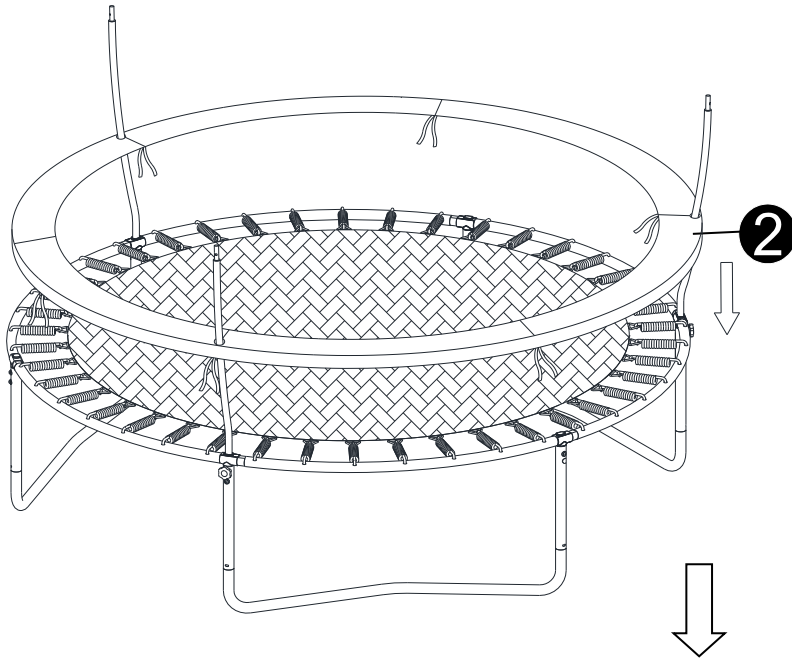
**IMPORTANT: Once all the springs are properly installed, you must tighten all nuts, bolts and screws previously installed.**

## STEP 9 – FIT PADDING

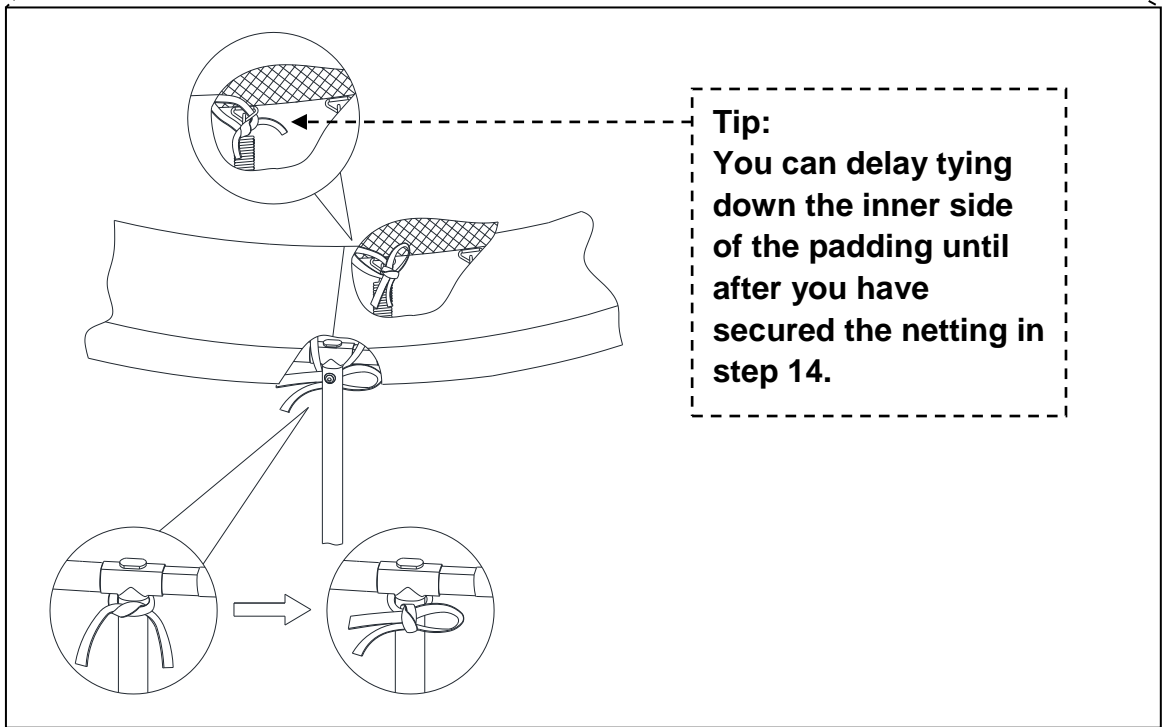
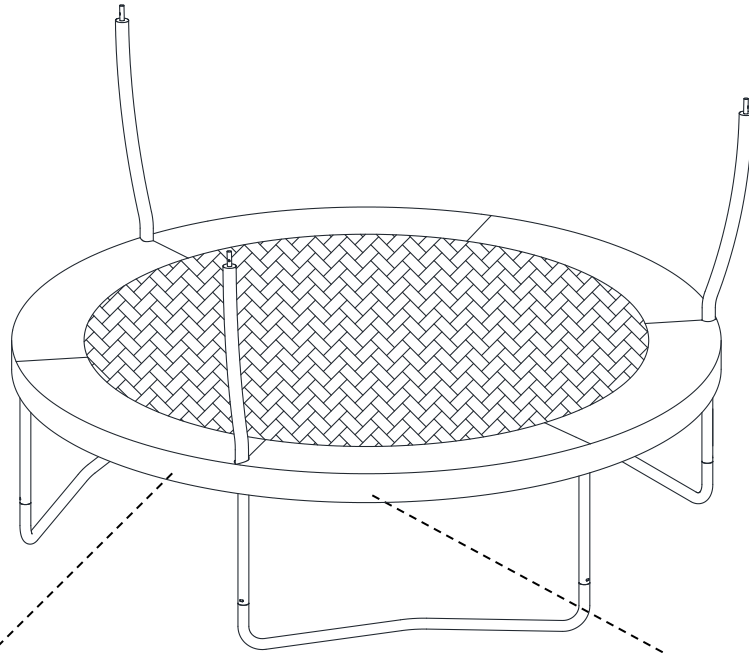


**Note:**  
Lay the frame pad on the mat with blue PVC side on top. Align the slits in the pad with the lower enclosure poles.

**Tip:**  
Only slide the padding all the way down when all poles are located within the slits.

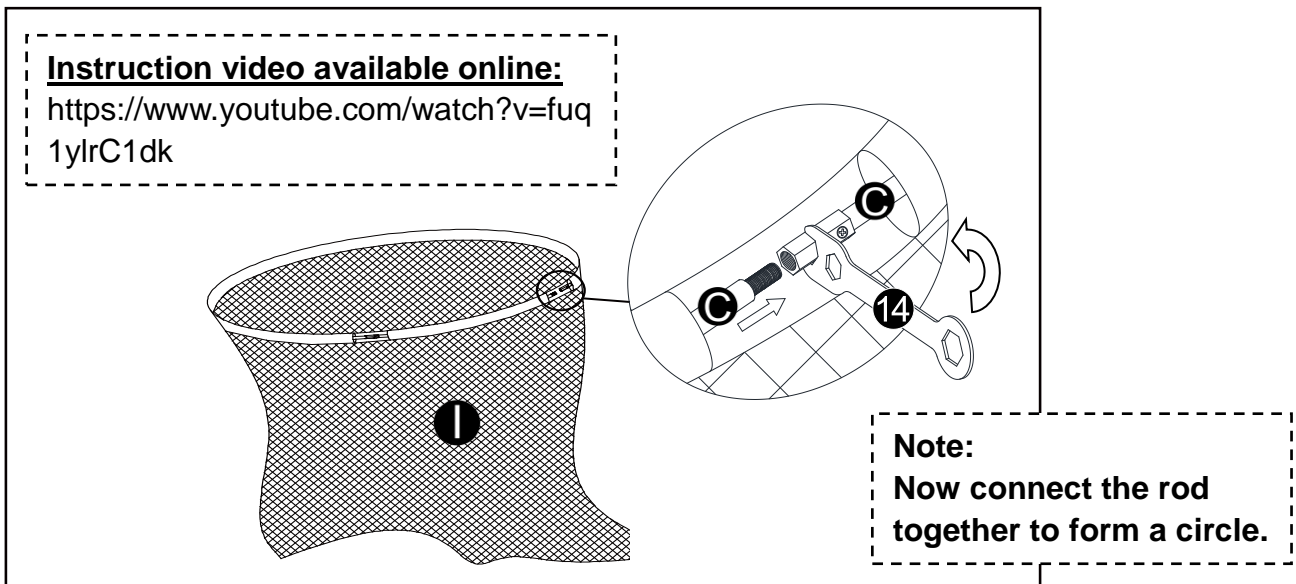
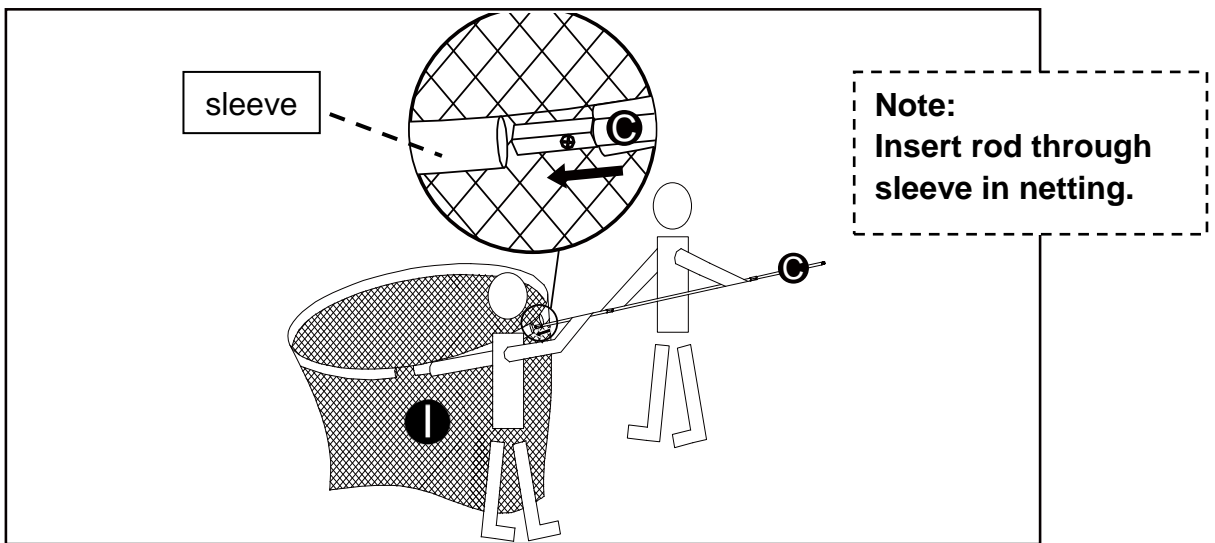
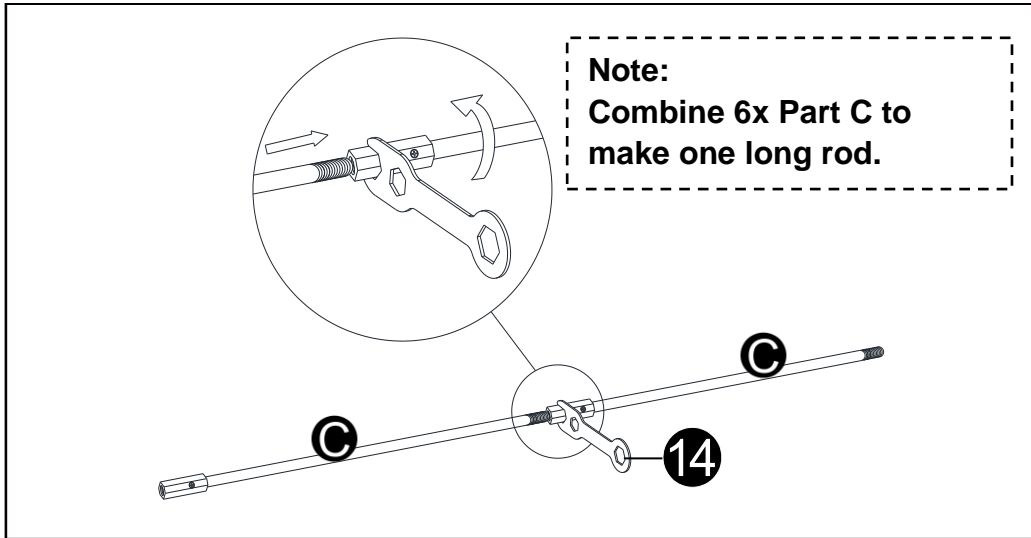


## STEP 10 – SECURE PADDING



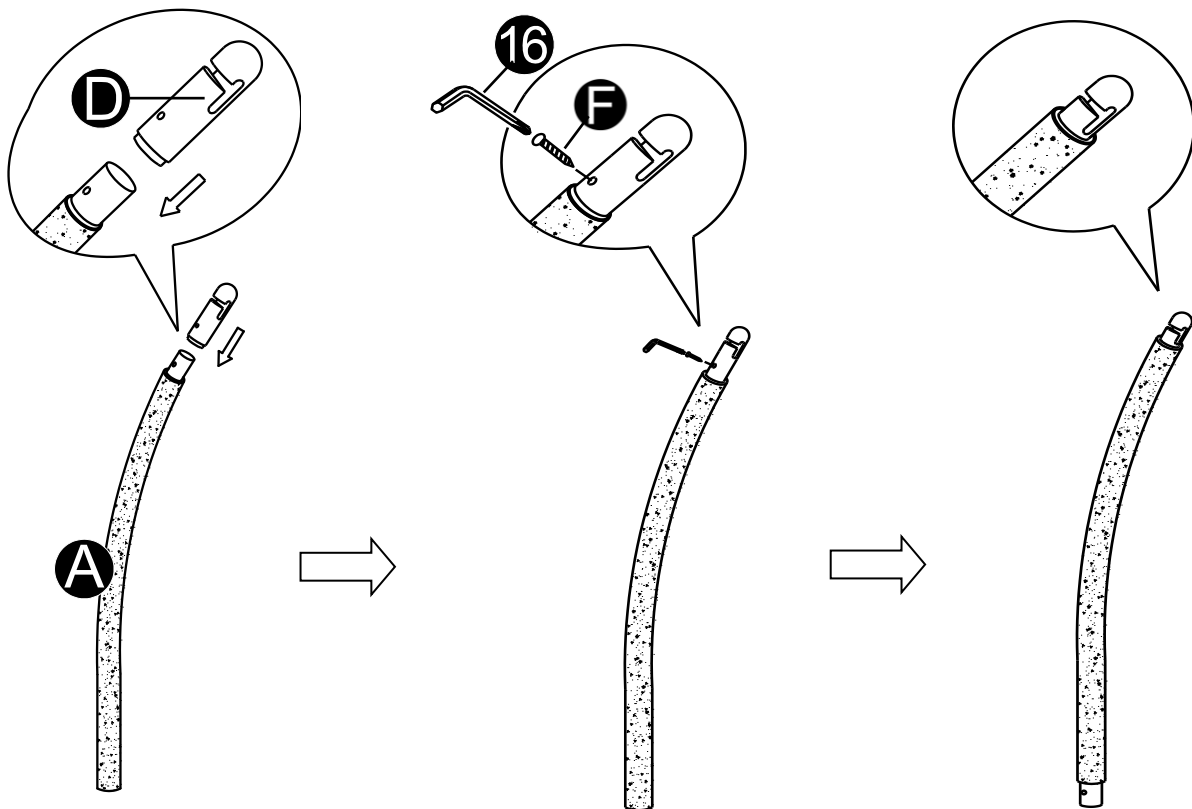
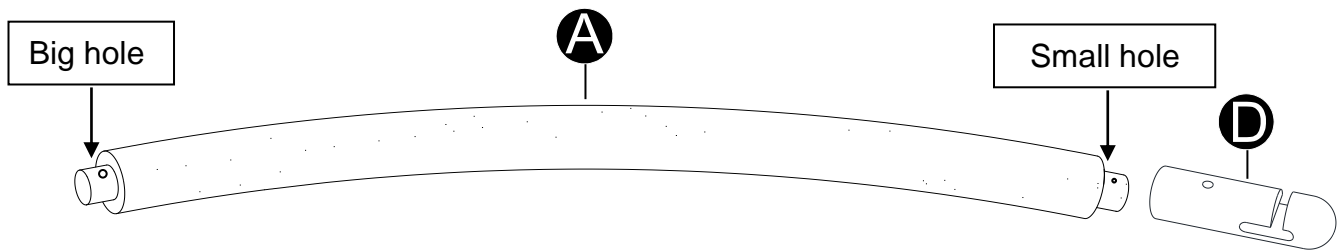


## STEP 11 – BUILD ENCLOSURE TOP RING



**WARNING: THE ENCLOSURE FORMS PART OF THE STRUCTURAL INTEGRITY OF THE TRAMPOLINE. THE TRAMPOLINE MUST NOT BE USED WITHOUT THE ENCLOSURE ERECTED.**

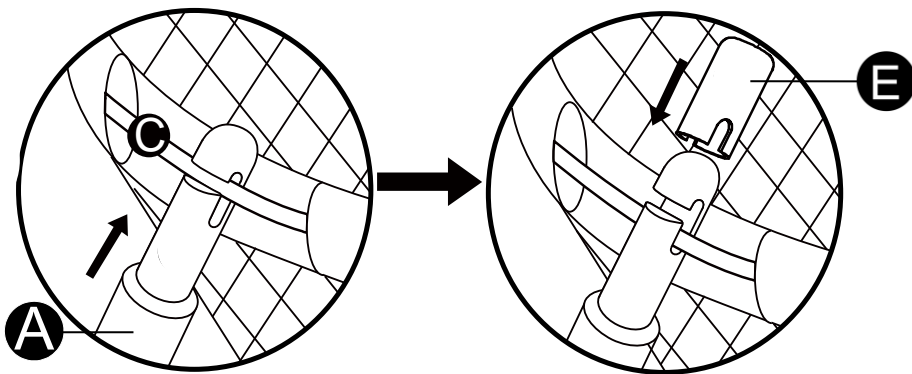
## STEP 12 – ASSEMBLE TOP ENCLOSURE POLE



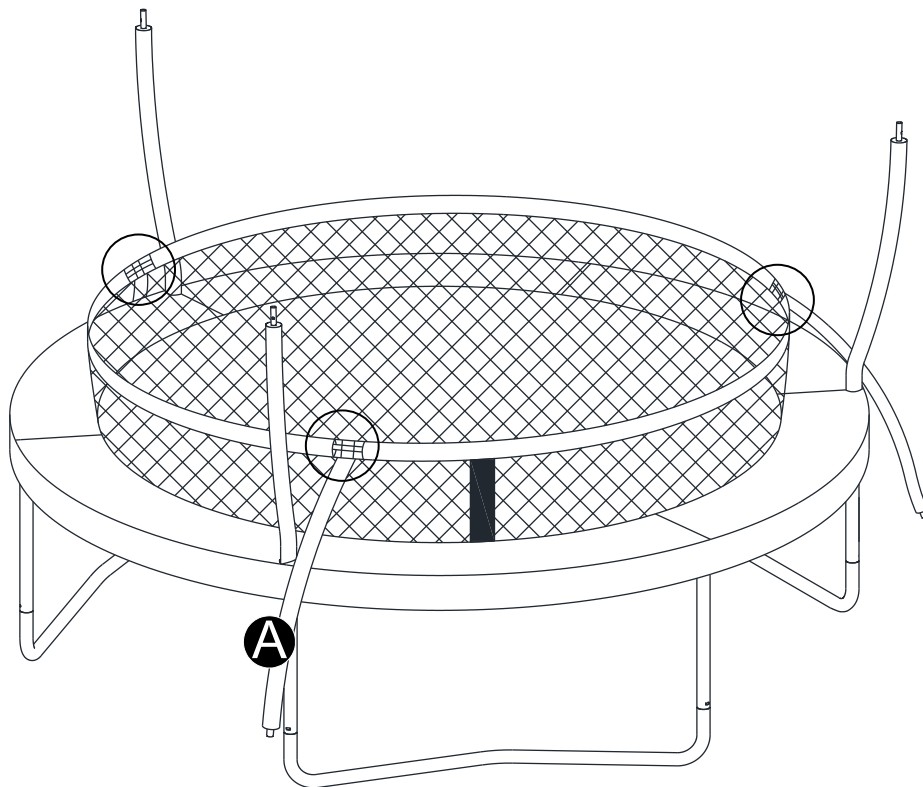
**Note:**  
Repeat step 12 to assemble two more enclosure pole sections.

**WARNING: THE ENCLOSURE FORMS PART OF THE STRUCTURAL INTEGRITY OF THE TRAMPOLINE. THE TRAMPOLINE MUST NOT BE USED WITHOUT THE ENCLOSURE ERECTED.**

**STEP 12 – ASSEMBLE TOP ENCLOSURE POLE (Continued)**



**Note:**  
Attach the enclosure pole end cap on to the cable wire and then fit enclosure cap cover. Repeat this step for the remaining 2 poles.

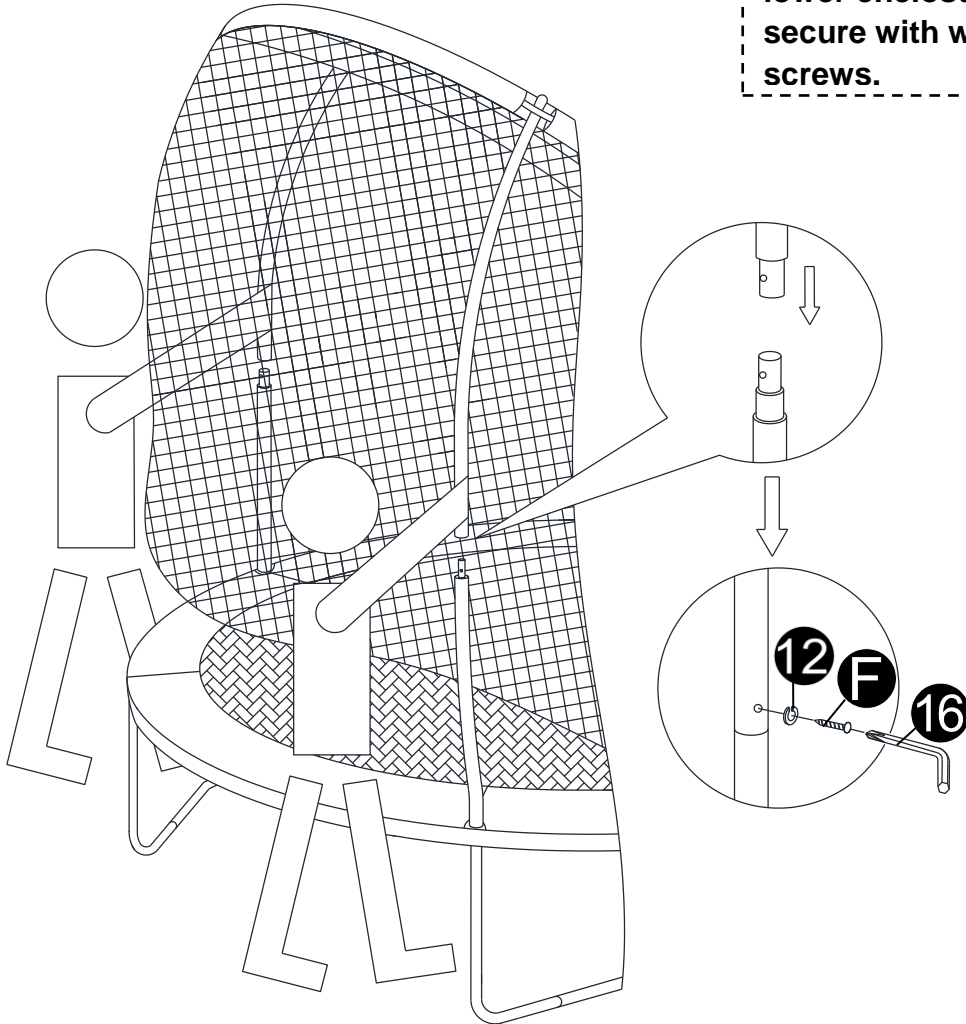


**WARNING: THE ENCLOSURE FORMS PART OF THE STRUCTURAL INTEGRITY OF THE TRAMPOLINE. THE TRAMPOLINE MUST NOT BE USED WITHOUT THE ENCLOSURE ERECTED.**

## STEP 13 – ATTACH ENCLOSURE POLES

**Note:**

Slide each of the upper enclosure poles on to the lower enclosure poles and secure with washer and screws.

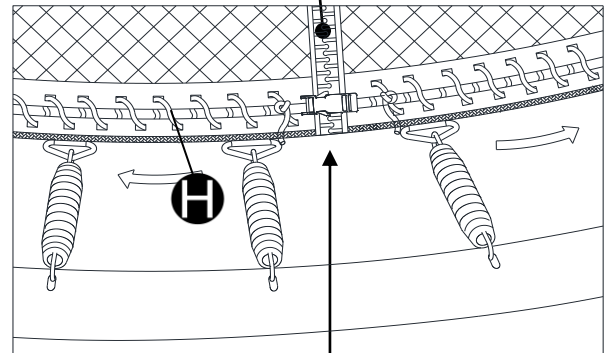
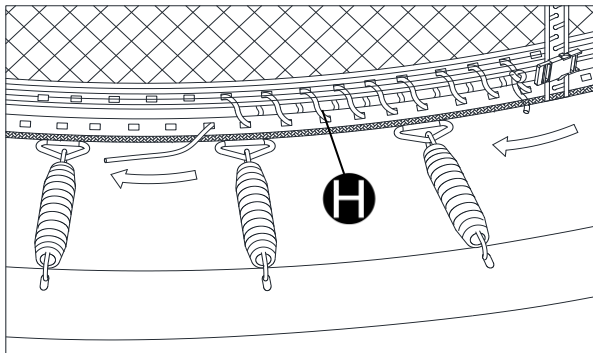
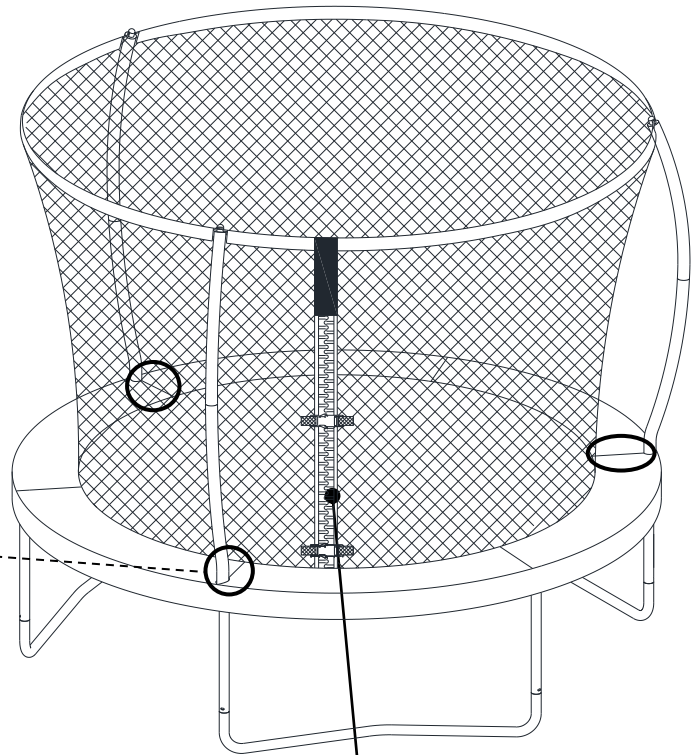
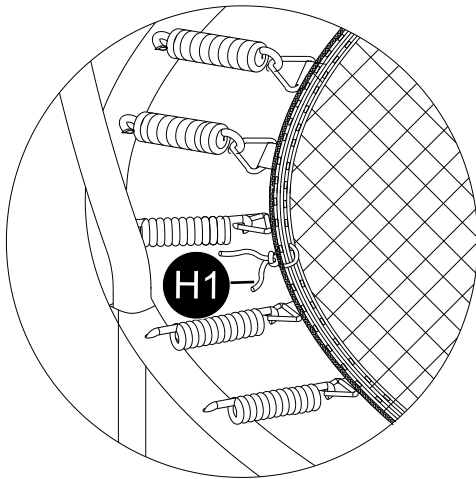


**WARNING: THE ENCLOSURE FORMS PART OF THE STRUCTURAL INTEGRITY OF THE TRAMPOLINE. THE TRAMPOLINE MUST NOT BE USED WITHOUT THE ENCLOSURE ERECTED.**

## STEP 14 – SECURE NETTING

**Note:**

Before starting ensure the zip is closed and hanging straight. Using short cords (H1) secure the netting at 3 points as shown. This will ensure that the netting is evenly distributed around the mattress.



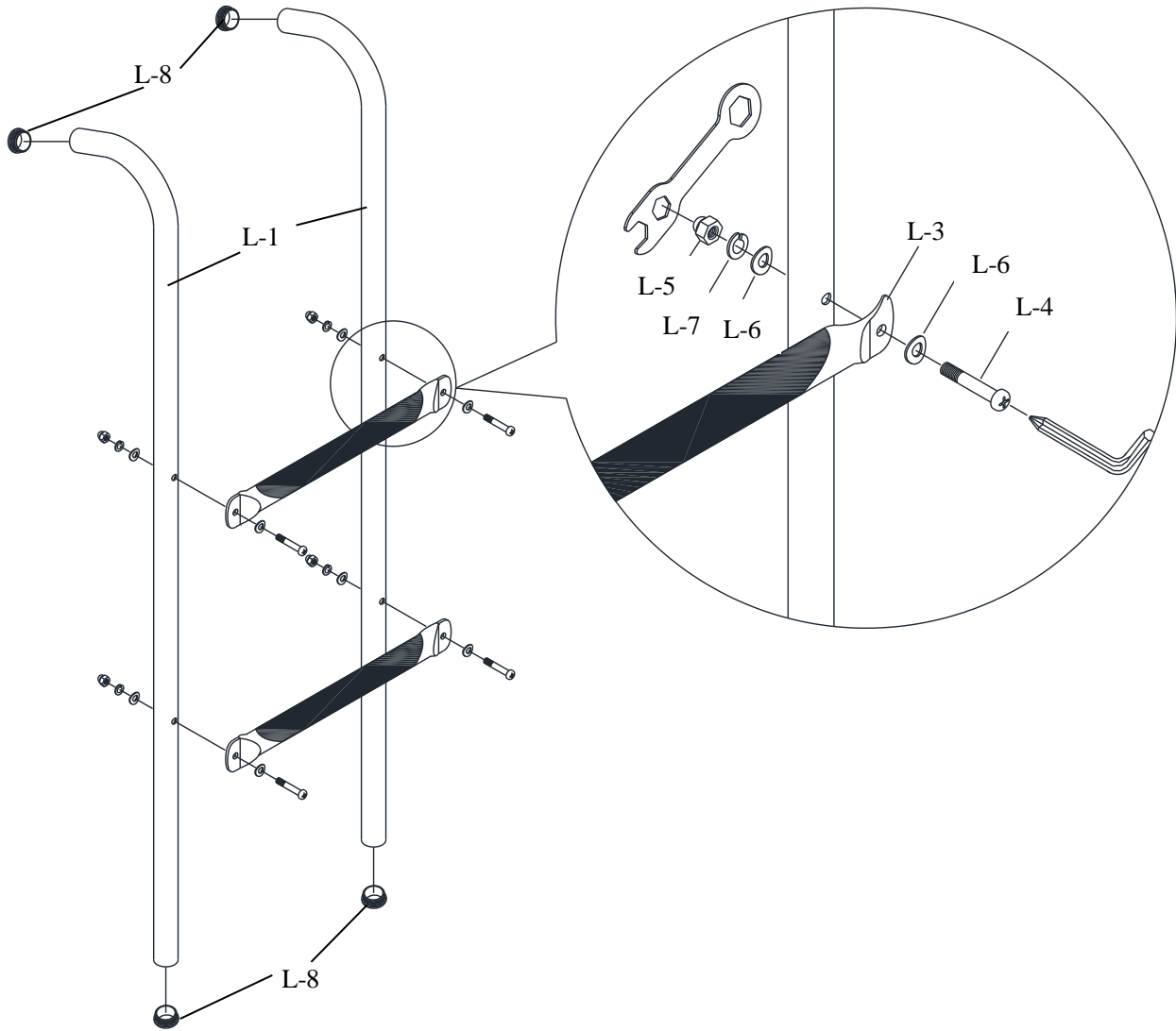
Enclosure Entrance

**Note:**

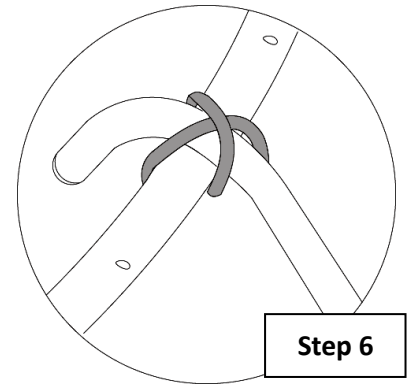
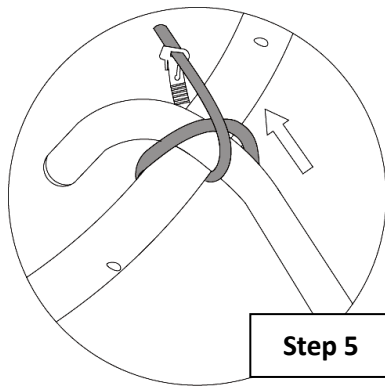
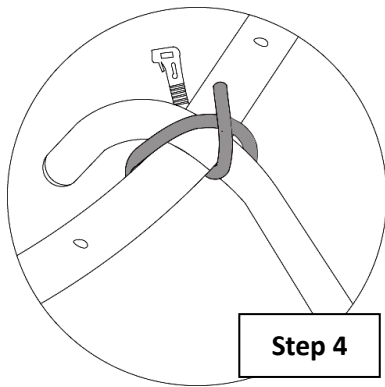
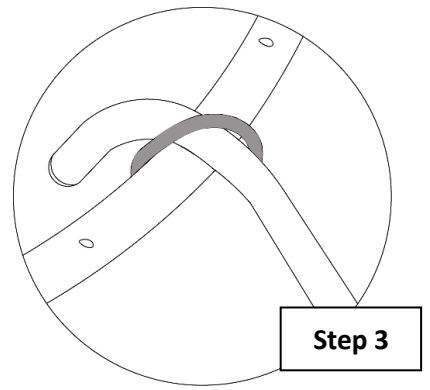
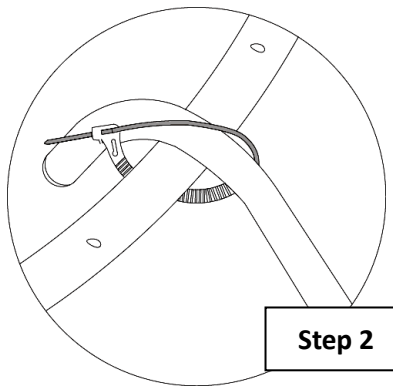
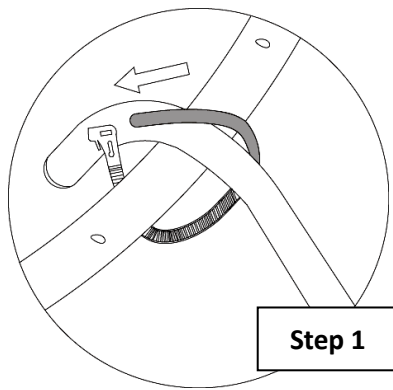
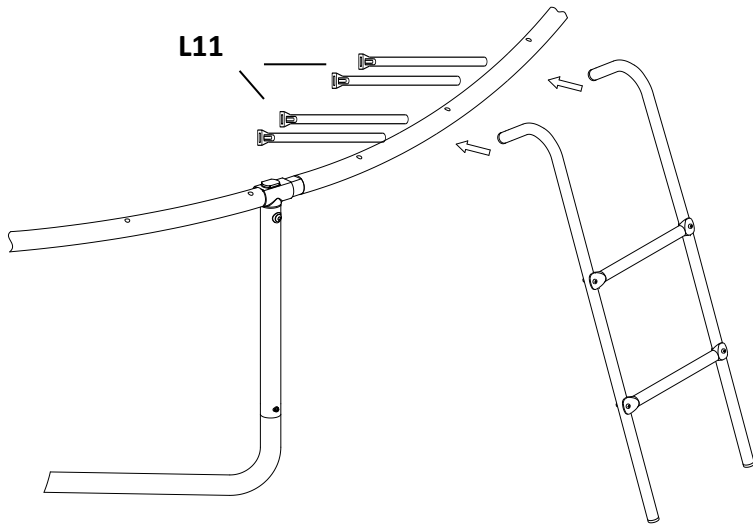
Start by tying a cord either side of the zip so that zip is locked in place. Now start threading the cords through the holes in the netting onto the corresponding holes in the mattress webbing. There is not a 1:1 ratio of holes so you may need to skip the occasional hole on either the mattress or the netting. Once you have completed tying the netting down ensure that the padding is still secured in place. Tighten padding straps if required.

**WARNING: THE ENCLOSURE FORMS PART OF THE STRUCTURAL INTEGRITY OF THE TRAMPOLINE. THE TRAMPOLINE MUST NOT BE USED WITHOUT THE ENCLOSURE ERECTED.**

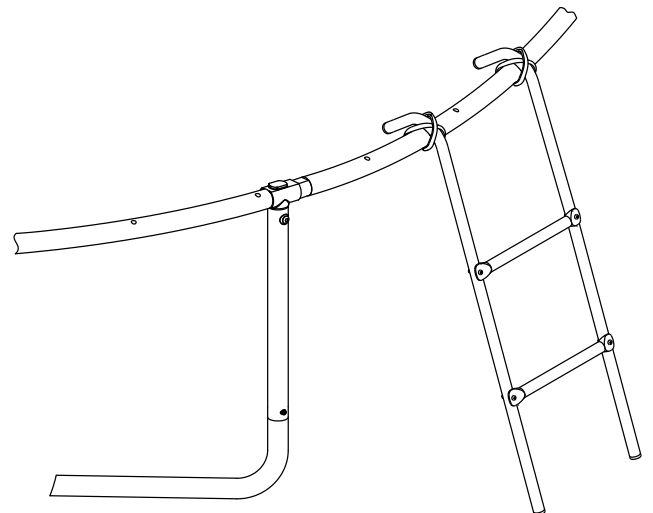
# STEP 15 – LADDER ASSEMBLY



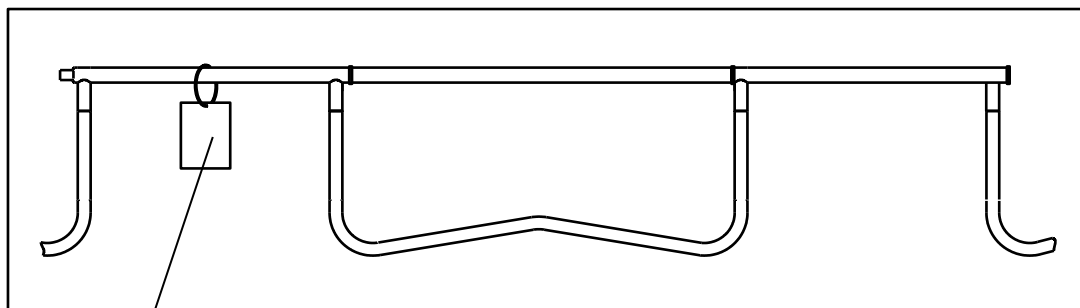
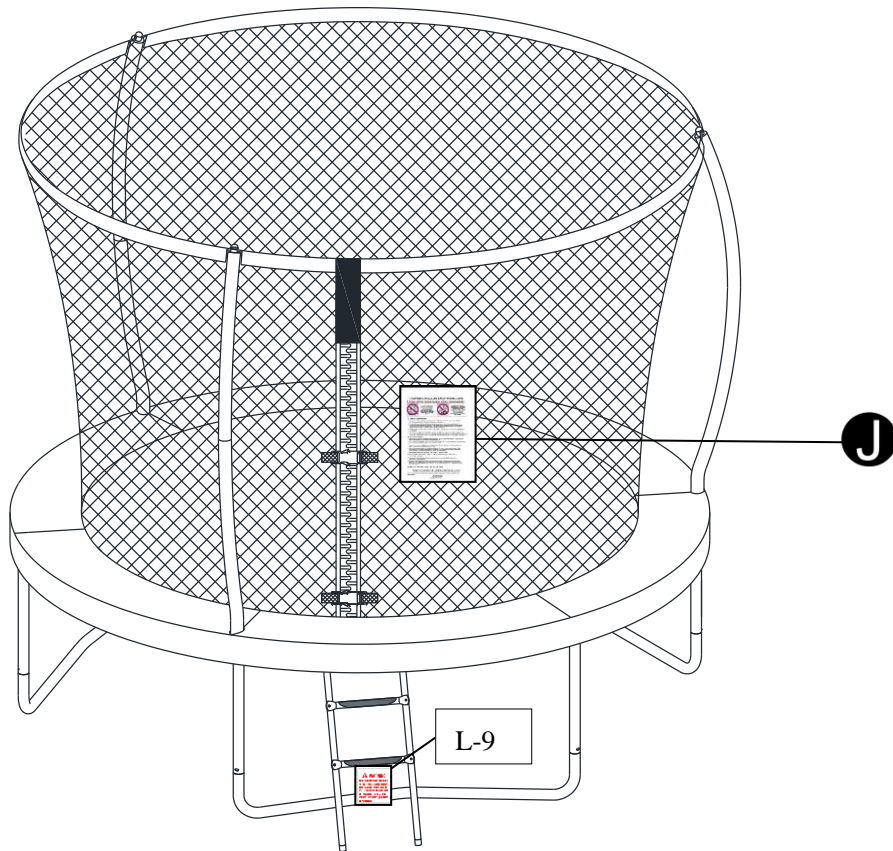
# STEP 16 – ATTACH LADDER TO TRAMPOLINE



Repeat these steps for the second ladder arm.



## STEP 17 – ATTACH SAFETY PLACARDS



### Important

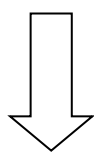
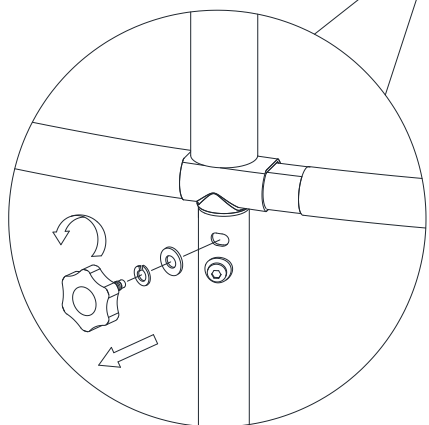
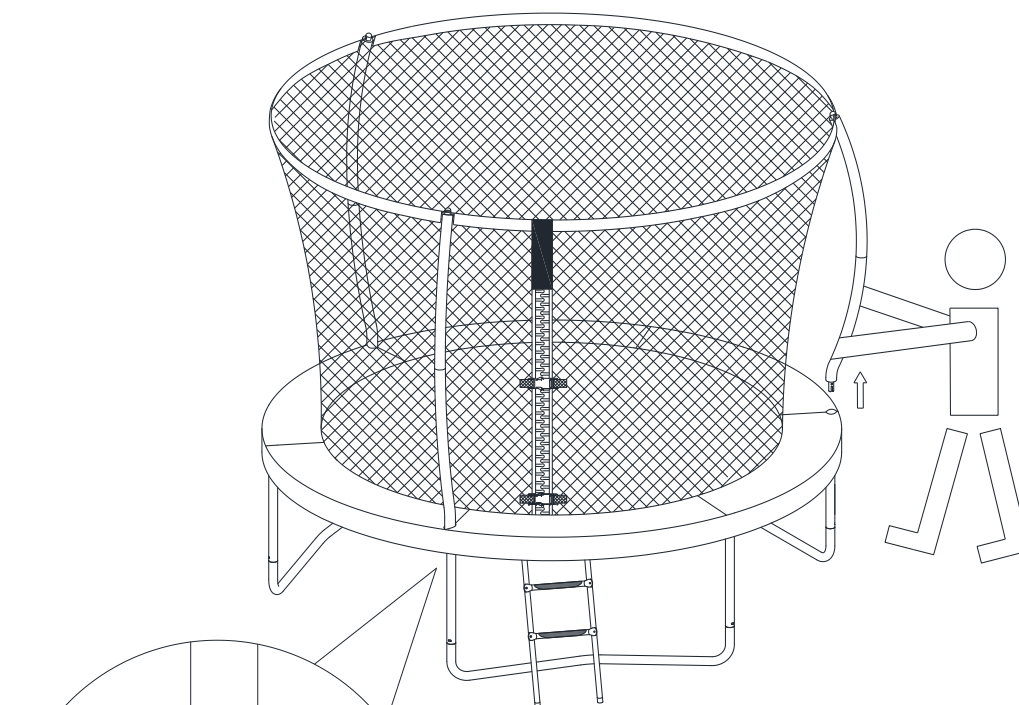
Once you have finished the assembly of the trampoline go back over all of the nuts and bolts and properly tighten before using.

Read this entire manual and make sure all of the users completely understand all of the safety rules printed within this guide and on the numerous warning signs that you have attached to the trampoline. Instruct all users in the basic bounces described in this guide and remember that adult supervision is required at all times.

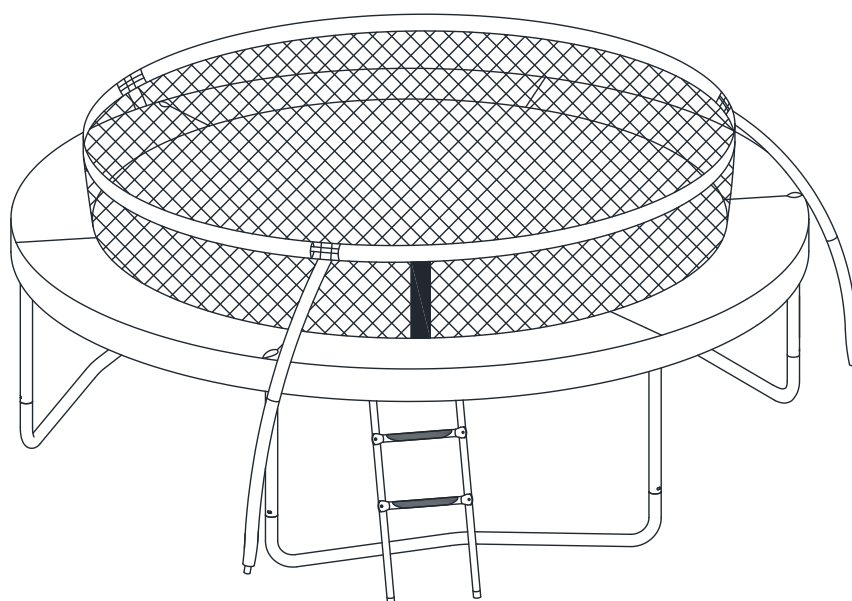


# Lowering the Trampoline Enclosure

## STEP 1



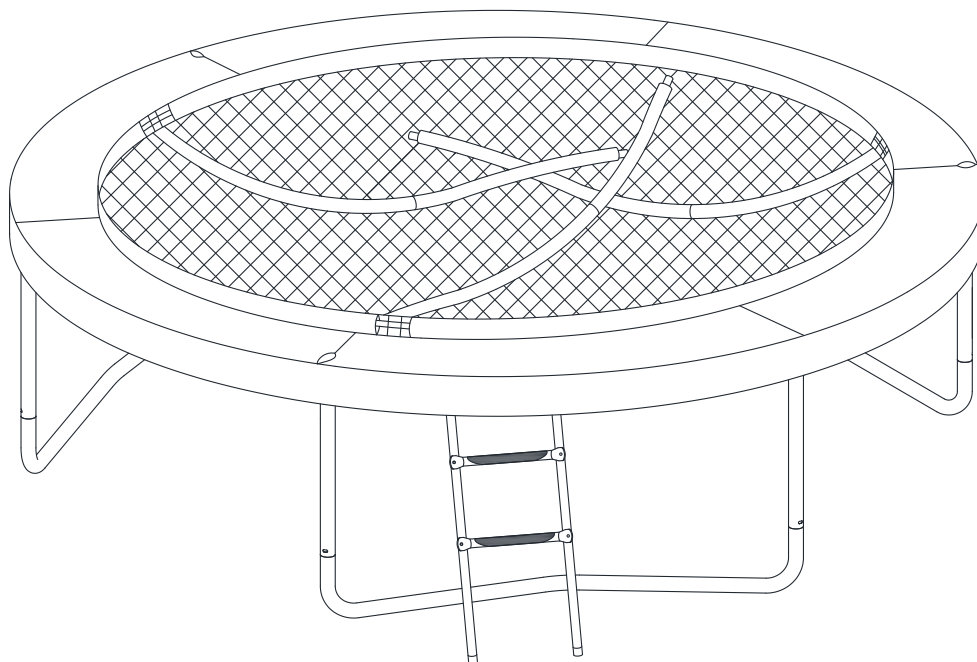
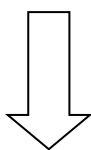
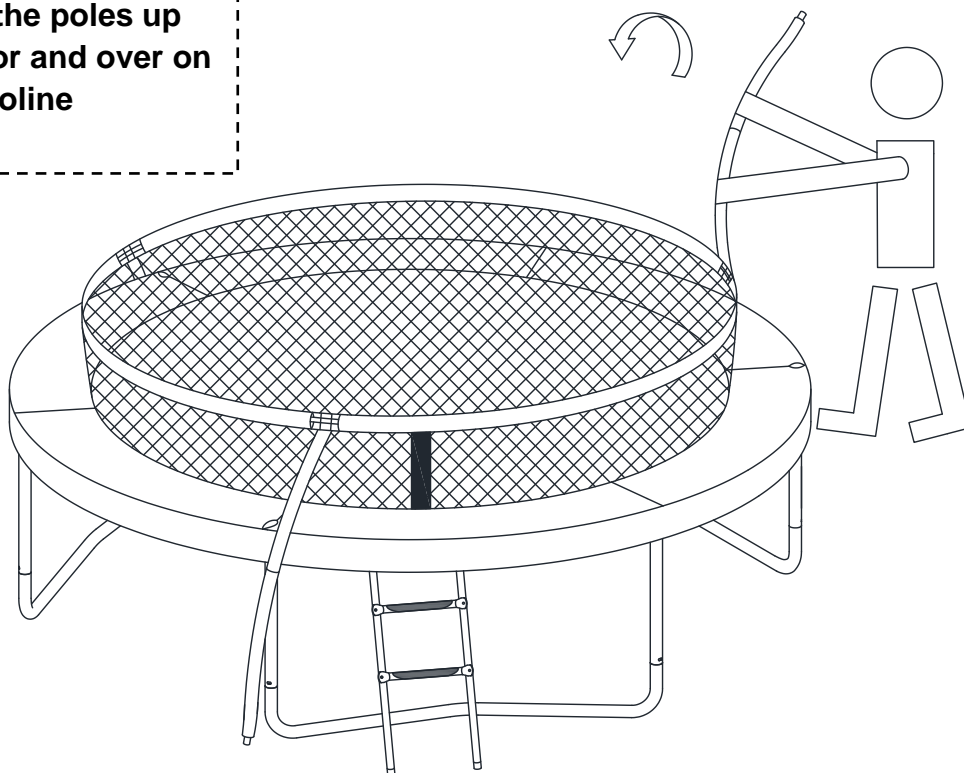
**Note:**  
Enclosure poles can be stiff to remove if not taken down frequently. If tight, spray a small amount of lubricant such as WD40 or silicon spray around the pole and shake the pole so lubricant gets in to the joint.



## STEP 2 – STOW ENCLOSURE POLES

**Note:**

Lift each of the poles up from the floor and over on to the trampoline mattress.



## **Moving the Trampoline**

To move the trampoline we strongly recommend that the trampoline be disassembled and then reassembled in the new location. If however you only require the trampoline to be moved a short distance two people lifting is required. Do not pick up the frame more than 2 inches from the ground, raising it too high can cause the frame to warp. If the frame does warp then put the trampoline down and press down on the part that is warped. The tension in the springs will flatten the frame.

On no account should the trampoline be dragged across the ground as this can damage the structure of the trampoline. The trampoline must be kept steady and horizontal during the move. Failure to follow these instructions can result in a leg joint being damaged or coming loose which, when the trampoline is in use, may cause serious injury or death.

## Care and Maintenance



Failure to follow these instructions to ensure proper operational condition of your trampoline may lead to serious injury or death.

Enclosure netting, mattress and padding will be prone to wear. Gradual deterioration of the material will occur; the speed of which will depend on a number of factors including the level of exposure to UV rays, airborne pollution and outdoor weather conditions such as rain and wind.

The net, mattress and padding needs to be properly maintained and checked by following the Maintenance Schedule set out in these instructions. When the material shows any signs of weakness, you must stop using the trampoline immediately, properly store the trampoline and restrict access by users until replacement of the worn component is properly installed.

Official Zero Gravity replacement parts can be purchased from our website:

[www.zerogravitytrampolines.com](http://www.zerogravitytrampolines.com)

### Maintenance Requirement for Trampoline Frame

Check that legs are in a vertical position, all nuts and bolts are secured, and that all frame securing pegs are in place.

### Maintenance Requirement for Trampoline Mattress

Visually check for any material deterioration, tears or burn holes (falling embers from a fire will burn through the mattress) in the mattress. Check the spring connecting V-Rings for any damage to stitching. The mattress must be immediately replaced if any faults are found.

### Maintenance Requirement for Trampoline Pad

Walk around the whole perimeter of the trampoline to visually check for any material deterioration, tears, looseness, loss of elasticity in securing ties or other damage in the pad. The padding must be immediately replaced if any faults are found.

### Maintenance Requirement for Enclosure Net

The netting is exposed to outdoor elements including sunlight, wind and rain. The net surrounding the trampoline must be checked prior to each use. This includes, but is not limited to inspecting the net for cracks, excess wear, brittleness, and stretching. In addition you will need to inspect all connections and the entire enclosure for overall integrity. The net must be immediately replaced if it shows any signs of wear, damage, stretching, cracking, looseness, brittleness or other losses in integrity. The following Maintenance Schedule must be followed:

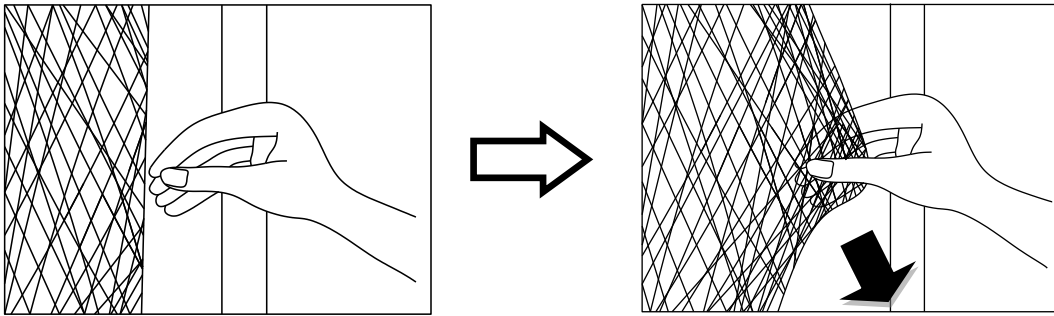
1 to 3 Months	3 to 6 Months	6 to 12 Months
Inspect the enclosure (net, net hanger, and straps) prior to every use.	Thorough inspection for UV damage and prior to every use for net, net hanger and straps.	Thorough inspection before every use on net, net hanger, straps, zippers, ties and strings. Replace after 24 months or earlier if necessary.

**IT IS RECOMMENDED THAT THE NET BE REPLACED ON TWO YEARLY BASIS UNDER NORMAL USE, EVEN IF IT DOES NOT SHOW ANY VISIBLE SIGNS OF DAMAGE.**

### **How to Inspect the Trampoline Net for Structural Integrity**

Always check the entire enclosure netting for signs of UV damage, deterioration, brittleness, cracking, and tearing every time before using the trampoline and enclosure.

Step 1 - Inspect the enclosure netting before **EACH** use for wear or tear by pinching and pulling a section of the netting between fingers and pulling downward. Please see diagram below.



If it produces any tear, cracking or ripping sound, then the net is unsafe and **MUST** be taken down immediately. **STOP USING THE TRAMPOLINE ENCLOSURE IF YOU FIND ANY SIGNS OF WEAR OR TEARING ON THE NETTING.**

It is recommended that you replace the trampoline enclosure net and pad every 24 months. Replace the enclosure net and pad earlier if there are any signs of wear, tear, brittleness, cracking, stretching or any other signs of weakness. New enclosure netting and pads can be purchased through Zero Gravity Trampolines customer service or on our website [www.ZeroGravityTrampolines.com](http://www.ZeroGravityTrampolines.com)

## Instructions for use



**Read and understand the instructions for use in this manual prior to using this product. Failure to do so can result in serious injury or death.**

### **Responsibilities of the user**

The key here is to stay in control of your jumps. DO NOT move onto more complicated, more difficult manoeuvres until you have mastered the basic, fundamental bounce. Read, understand, and practice all precautions and warnings prior to using the trampoline. A controlled jump is when you land and take off from the same location. For additional tips and instructions, contact a certified trampoline instructor.

### **Supervisor's or owner's role in preventing injuries**

It is the responsibility of the supervisor(s) of the trampoline users to provide knowledgeable and mature supervision. They need to know and enforce all the rules and warnings set forth in this manual in order to minimize the likelihood of accidents and injuries and to inform users of these rules. During the periods of time when supervision is unavailable or inadequate, the trampoline should be disassembled and stored in a secure place to prevent unauthorized use. The supervisor is also responsible to ensure that the safety placard is placed on the trampoline and that the jumpers are informed of these warnings and instructions.



### **All jumpers need to be supervised, regardless of skill level or age.**

- DO NOT attempt or allow somersaults. Landing on the head or neck can cause serious injury, paralysis or death, even when landing in the middle of the mat.
- 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.
- Trampolines over 20 inches (51 cm) tall should not be used by children under six (6) years of age.
- Wear clothing free of drawstrings, hooks, loops or anything that could get caught while using the trampoline/enclosure and result in entanglement or strangulation, or both.
- Climb on and off the trampoline. It is a dangerous practice to jump from the trampoline to the floor or ground when dismounting, or to jump onto the trampoline when mounting. Do not use the trampoline as a springboard to other objects.
- Keep enclosure tightly fastened to the trampoline in accordance with the manufacturer's instructions. Failure to properly assemble and maintain a tight, secure trampoline/enclosure boundary may result in serious injury, strangulation or death.
- Completely close the opening of the enclosure before jumping. Close the opening of the enclosure after using the trampoline.
- Do not use the trampoline while under the influence of alcohol or drugs.

- Do not attempt to jump over the enclosure netting.
- Do not intentionally rebound off the enclosure netting.



**Read and understand the use instructions in this manual prior to using this product. Failure to do so can result in serious injury or death.**

## **WARNING**

- Read all instructions before using the trampoline. Warnings and instructions for the care, maintenance and use of this trampoline are included to promote proper and enjoyable use of this equipment.
- Inspect the trampoline before each use. Make sure the frame padding, enclosure and the enclosure support (frame) padding is correctly and securely positioned. Replace any worn, defective or missing parts before using.
- Use trampoline only with mature, knowledgeable adult supervision.
- Lateral clearance is essential. Place the trampoline away from walls, structures, fences and other play areas.
- Maintain a clear space of 2.5 metres on all sides of the trampoline. For safe use of the trampoline, please be aware of the following when selecting a place for your trampoline.
- Place the trampoline on a level surface before use, illumination may be required for shady areas.
- Secure the trampoline against unauthorised and unsupervised use.
- 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.
- Not suitable for children under 3 years. Small parts are a choking hazard and long cords are a strangulation hazard.
- Only one user at a time. Collision hazard.
- Adult supervision required.
- No somersaults.
- All nuts and bolts must be checked for tightness and if necessary must be retightened.
- If self-locking nuts are used, it should be noted that these are only suitable for one assembly and must therefore be replaced.
- Check all coverings for burrs and sharp edges and replace affected parts if necessary.
- Check for loose cords and gaps. Users may become entangled in or strangled by loose cords or in gaps between trampoline and enclosure.
- Use trampoline only when the surface of the mat is dry. Wind or air movement should be calm to gentle. The trampoline must not be used in gusty or severe winds.

- Keep objects away which could interfere with the jumper. Maintain a clear area under, above, and around the trampoline.
- Do not attempt to crawl under the netting.
- Do not hang from, kick, cut or climb on the netting.
- Do not attach anything to the netting that is not a manufacturer-approved accessory or part of the enclosure system.
- Enter and exit the enclosure only at the enclosure door.
- Learn fundamental bounces and body positions thoroughly before trying more advanced skills. A variety of trampoline activities can be carried out by performing the basic fundamentals in various series and combinations, performing one fundamental after another, with or without feet bounces between them.
- Stop bounce by flexing knees as feet come into contact with the trampoline mat. Learn this skill before attempting others.
- Avoid bouncing too high. Stay low until bounce control and repeated landing in the centre of the trampoline can be accomplished. While keeping the head erect, focus eyes on the trampoline toward the perimeter, this will help control the bounce. Control is more important than height.
- Avoid bouncing when tired. Keep turns short.
- Limit the time of continuous usage. Make regular stops. Do not jump when tired.
- Properly secure the trampoline when not in use. Protect it against unauthorized use. If a trampoline ladder is used, the supervisor should remove it from the trampoline when leaving the area to prevent unsupervised access by children under six (6) years of age.
- For information concerning skill training, contact a certified trampoline instructor.
- For additional information concerning the trampoline equipment, contact the manufacturer.
- The trampoline shall be assembled by adults in accordance with the assembly instructions and thereafter checked before the first use.
- Empty pockets and hands before jumping.
- Do not exit by a jump.



# Fundamental trampolining skills

The following lessons are suggested in order to learn basic steps and bounces before moving onto more difficult, complicated bounces. Before actually getting on and using the trampoline, you should read and understand all safety instructions. A complete discussion and demonstration of body mechanics and trampoline guidelines should occur between the supervisor and student as well.

## Lesson 1

- A. Mounting and Dismounting-Demonstration of proper techniques
- B. The Basic Bounce-Demonstration and practice
- C. Braking (Check the Bounce-Demonstration) and practice. Learn to brake on command
- D. Hands and knees-Demonstration and practice. Stress should be on four-point landing and alignment

## Lesson 2

- A. Review and practice of techniques learned in Lesson 1
- B. Knees Bounce-Demonstration and practice. Learn the basic down to knee and back up before trying half twist to left and right
- C. Seat Bounce-Demonstration and practice. Learn basic seat bounce then add a knee bounce, hands and knees; repeat

## Lesson 3

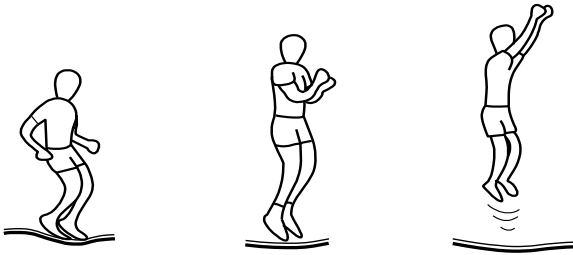
- A. Review and practice skills and techniques learned in previous lessons
- B. Front Drop-To avoid mat burns and teach the front bounce position, all students should be requested to assume the prone position (face down on the ground) while the instructor checks for faulty positions that could cause injury
- C. Start with a hands and knees bounce and then extend body into prone position, and on the mat and return to feet
- D. Practice Routine-Hands and knees Bounce, Front Bounce, back to feet, seat bounce, back to feet, seat bounce, back to feet

After completing this lesson, the student now has a basic foundation of trampoline bounces. Jumpers should be encouraged to try and develop their own routines with the emphasis on control and form.

A certified trampoline instructor should be contacted to further develop your trampoline skills.

# BASIC TRAMPOLINE BOUNCES

## THE BASIC BOUNCE



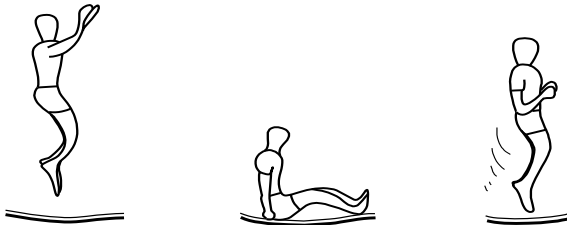
1. Start from standing position. Feet are shoulder width apart with head up and eyes on mat.
2. Swing arms forward, up and around in a circular motion.
3. Bring feet together while in mid-air and point toes downward.
4. Keep feet shoulder width apart when landing on mat.

## KNEE BOUNCE



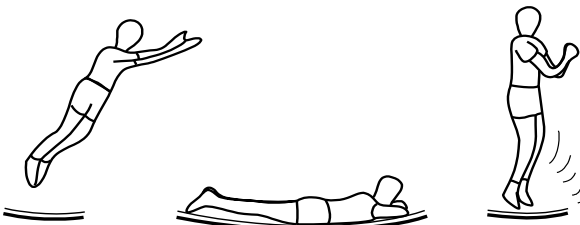
1. Start with basic bounce and keep it low
2. Land on knees keeping back straight, body erect and use your arms to maintain balance
3. Bounce back to basic bounce position by swinging arms up

## SEAT BOUNCE



1. Land in a flat sitting position.
2. Place hands on mat beside hips, do not lock your elbow.
3. Return to erect position by pushing with hands.

## FRONT BOUNCE



1. Start with a low bounce.
2. Land in prone (face down) position and keep hands and arms extended forward on mat.
3. Push off the mat with arms to return to standing position.

## Product Warranty

Zero Gravity Trampolines warrants its products to be free from defects in material and workmanship under normal use and service conditions for three hundred and sixty five (365) days after the date of purchase.

All warranty coverage extends only to the original purchaser of the product and is not assignable or transferable. The original store or online purchase receipt must be kept as proof of purchase in order for the warranty to be valid. These documents must be presented in the event of making a warranty claim.

During the warranty period, Zero Gravity Trampolines will provide repair or replacement of defective equipment or parts thereof covered by the warranty. Any handling, transportation, delivery and other incidental charges in respect of the servicing of the equipment shall be borne by the Purchaser. If the product includes a number of accessories, only the defective part or accessory will be replaced.

The warranty will become void if any defects or damages are associated with the use of unauthorised replacement parts. All replacement parts must be obtained from authorized Zero Gravity Trampoline agents.

All decisions made by Zero Gravity Trampolines made in respect of the servicing of the equipment (including repairs, replacements or issues relating to defects of workmanship or materials) shall be conclusive and the Purchaser agrees to be bound by such decisions. Any defective equipment or part thereof replaced shall become the property of Zero Gravity Trampolines.

In the event of a product or accessory being replaced during the guarantee, the guarantee on the replacement will expire at the original date, i.e. 365 days from the original purchase date.

This warranty excludes defects caused by the product not being used in accordance with instructions, accidental damage, misuse or being tampered with by unauthorised persons.

The Zero Gravity Trampolines Warranty does not cover:

- a) Products used for commercial or rental purposes.
- b) Loss or damage to product due to:
  - i. Abuse, repairs and/or tampering by any person other than the authorised personnel of Zero Gravity Trampolines
  - ii. Negligence and/or misuse (including foreign objects, accidents, improper storage, exposure to sun/moisture, excessive temperature, sand, dust, dirt, other pollution or other environmental conditions and failure to follow precautions or proper operating instructions stated in the User's Manual such as improper installations)
  - iii. Fire, flood, lightning strike, wind storm or other acts of God
  - iv. Freight or improper transport damages, and
  - v. Improper usage (including use by underage, overweight or excessive number of users permitted as stated in the User's Manual).
- c) Defects, damages or accidents due to the malfunction, connection to or use of non-Zero Gravity Trampolines or unauthorized parts. In such event, Zero Gravity Trampolines reserves the right to cancel the Limited Warranty coverage immediately.

To the extent allowed by the applicable local law, the remedies in the Limited Warranty are the Purchaser's sole and exclusive remedies.

ZERO GRAVITY TRAMPOLINES ARE NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUE OR PROFITS, LOSS OF ENJOYMENT OR USE, COST OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES.

THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. THIS WARRANTY IS VALID ONLY IN THE UNITED KINGDOM.

PLEASE NOTE: ANY REPAIRS OR REPLACEMENTS MUST BE MADE USING AUTHORIZED ZERO GRAVITY TRAMPOLINE PARTS IN ORDER FOR THIS WARRANTY TO BE VALID.

**DO NOT RETURN PRODUCT TO THE STORE. PLEASE CONTACT OUR CUSTOMER SERVICE FOR PARTS OR ASSEMBLY INSTRUCTIONS. STORES ARE NOT EQUIPPED TO PROVIDE CUSTOMER SERVICE FOR THIS PRODUCT.**

**For Customer Service, please call +44(0)1264 771247**

**or visit**

**[www.ZeroGravityTrampolines.com](http://www.ZeroGravityTrampolines.com)**

**Monday - Friday 9:00AM - 4:00PM**