

TRAMPOLINES

USER MANUAL

EVRE



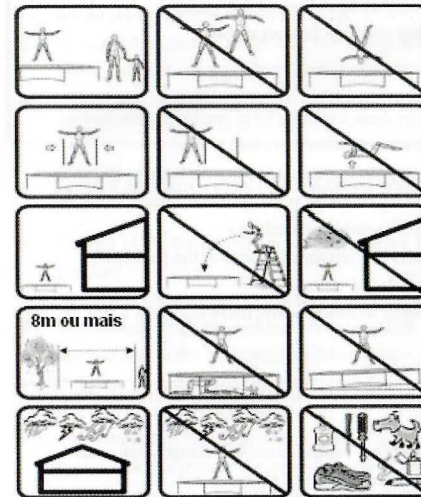
The use of trampoline is taken at your own risk! The operator is responsible only to the good condition of the trampoline!

INTRODUCTION

Before you begin to use this trampoline. You must read all the information in this manual. Just like any other type of physical recreational activities, Participants can be injured. To reduce the risk of injury is sure to follow the appropriate safety rules and tips.

- Misuse and abuse of this trampoline is dangerous and can cause serious injury!
- Trampolines are rebounding devices which propel the performer to unaccustomed heights through a variety of movements. So always use caution when playing on a trampoline.
- Always inspect the trampoline before each use.
- Proper assembly, care and maintenance of product, safety tips, warnings, and proper techniques in jumping and bouncing are all included in this manual. All users and supervisors must read and familiarize themselves with these instructions. Anybody who chooses to use this trampoline must be aware of their own limitations in regards to performing various jumps and bounces with this trampoline.

Initially, you should get accustomed to the feel and bounce of the trampoline. The focus must be on your body position and you should practice each fundamental bounce until you can do each skill with bounce before moving on to more difficult and advanced bounces. Do not bounce recklessly on the trampoline, emphasis must be made on good control and the mastering of various bounce techniques



No more than one person is allowed on the trampoline! Multiple jumpers increase the risk of injury resulting from min-air collisions.



Don not performs somersaults (flops) as this will increase the chances of landing on your head or neck. Paralysis or even death can result

TRAMPOLINE GUIDELINES

1. GENERAL INSTRUCTIONS

1.1 PURPOSE

- The product is intended for home/domestic use only and is not suitable for professional or medical uses.
- The maximum weight is 150kg. Overloading the trampoline above the recommended user weight will cause damage to the trampoline which is not covered by the warranty

1.2 DANGER FOR CHILDREN

- Do not let unsupervised children near this product. Carry out the necessary safety precautions and supervise all trampoline activities. Be aware that the packaging material is not suitable for children. There is a danger of suffocation!
- Trampolines over 51cm (20inches) in height are not recommended for children under 6 years of age. Children do not recognize potential dangers from this product. Keep children away from this product, it is not a toy. The product has to be stored out of reach of children and pets.

1.3 ATTENTION - PRODUCT DAMAGES

- Do not alter the product. Only use original spare parts. Repairs should only be carried out by qualified technicians. Improper repairs can compromise the safety of your trampoline. Use this product only as described in this manual
- Protect the product against humidity and high temperatures.

1.4 ADVICE FOR THE ASSEMBLY

- The assembly of the product must be done carefully by at least two able-bodied adults. If in any doubt, ask a technically qualified person.
- Before you start assembling the trampoline, read all the instructions in this manual.
- Remove all packaging materials and lay down all parts on a free space. This gives you an overview and simplifies the assembly procedure.
- Check with the parts list that no parts are missing. Dispose of the packaging material when the assembly is completed
- Beware that when using tools or doing technical work, there is always a risk of injury.
- Therefore assemble the product carefully.
- Create a danger free environment, for example: do not let tools lie around the workspace.
- Store the packaging material in a way that cannot cause any danger. Foils and plastic bags are dangerous for children (danger of suffocation)!

- After installing the product according to the instruction manual, please make sure that all screws, bolts and nuts are correctly installed and tightened and that all joints are tightly fixed.
- A clearance space of at least 7.3m is necessary above the trampoline. An appropriated clearance must be kept between the trampoline and possible sources of danger, such as electric cables, tree branched, playing devices, swimming pools and fences.
- The trampoline must be set up properly before use.
- Never set up the trampoline in rainy, windy or stormy conditions, especially lighting conditions..It is recommended that the trampoline be taken apart and stored in bad weather.
- The metal frame of the trampoline will conduct electricity. Lightning, extension cords and all electrical equipment must never be allowed to come in contact with the trampoline.
- The trampoline must always be used in a well-lit area.
- Do not place any objects under the trampoline.
- The trampoline in the vicinity of other leisure devices and constructions must not be used.
- When assembling or disassembling, please use gloves to protect your hands.

WARNING

1. Please ensure that the safety enclosure net zipper is 100% closed and all three entrance hooks are re-hooked before jumping.
2. Do not intentionally jump into the safety net, it is only designed to stop persons from falling off the trampoline. Intentional jumping into the safety net may cause the trampoline to top over, or may damage your net. Abuse of the safety net is considered negligent use which is not covered by the warranty, please refer to the disclaimer.

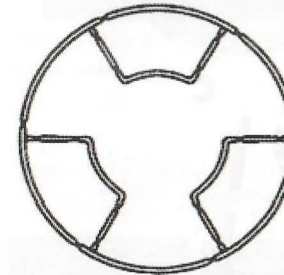
2. SAFETY INSTRUCTIONS FOR TRAMPOLINES

- All user of the trampoline need a supervisor. Regardless of the age and the experience of the user.
- The safety instructions of the trampoline should always be considered and obeyed.
- Somersaults must be avoided. Incorrect landings on the trampoline can lead to injuries, particularly to the back, neck or head. Injured may include paralysis. Or even death.
- Only one person should use the trampoline at a time. Multiple users on the trampoline will increase the risk of collision.
- The trampoline has to be examined for damaged, wearing or defective part before each usage, as it can impair the overall safety of the trampoline. The damaged, wearing or defective parts should be replaced immediately. In the meantime the trampoline must be restricted from access.
- No clothes with hooks or parts may be carried when jumping on the trampoline, in order to avoid hooks getting caught.

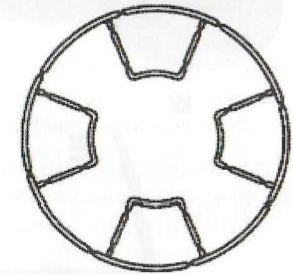
- The trampoline must be set up only on a flat ground and non-slippery surfaces/
- Strong winds can blow the trampoline away. If strong winds are predicted. The trampoline must be moved to a protected place, and taken apart. Or fastened to the ground with cords and herrings. At least three anchorages are necessary. It is not enough to anchor the pennants in the ground since the can tear out of the patch cords.
- Try to avoid the moving the assembled trampoline, because it could bend during transportation. Should it be necessary to move the trampoline, please consider the following: at least four people must be evenly spaced around the frame 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 in shape.
- Trampolines are jumping devices, enabling the user to jump to unusual heights as well as into a multiplicity of body movements. Jumping into the trampoline. Hitting the frame, cover pads or incorrect landing on the trampoline can lead to injury.
- Users should be familiar with the user manual. This manual contains assembly instructions... selected precautionary measures as well as recommendations for servicing and maintenance of the trampoline. In order to ensure a secured and fun use of the trampoline.
- It is the responsibility of the owner of the supervisor to guarantee that all users of the trampoline are informed sufficient space around it as a safety precaution.
- Never use it near water and keep sufficient space around it as a safety precaution.
- Beware of moving parts. Which could catch your arms and legs?
- Do not stick any foreign objects in to the trampoline,
- Do not allow anyone or any object to go under the trampoline whilst someone is jumping on the mat. The jumping mat is flexible and downwards force create by someone jumping can cause serious injury to a person.
- Implement all safety rules and make yourselves familiar with the information in the user manual
- The trampoline can be only used, if the jumping mat is clean and dry. Worn or damaged jumping mats should immediately be replaced.
- Object, which could be dangerous to the used, should be vacated from the area
- Avoid unauthorized and unsupervised use of the trampoline.
- Do not use the trampoline under influence of alcohol or drugs (including medicines)
- Learn the fundamental jumping techniques thoroughly. Before trying difficult jumps. For more information. See section-fundamental bounce techniques.
- Climb on the trampoline. Do not jump on it directly. Do not use the trampoline as jump board for other articles. For more information, see section-accident categories: mounting and dismounting
- For further information or exercise documents, you can turn to a trained trampoline teacher.

TRAMPOLINE PARTS LIST BOTTOM FRAME

ITEM	MODEL	6'QT Y	8'QT Y	10'QTY	12'QTY	14'QTY	16'QTY
A	TOP RAIL	6	6	6	8	8	12
B	COVER PADS	1	1	1	1	1	1
C	JUMPING MAT	1	1	1	1	1	1
D	SPRINGS	36	48	60	72	80	108
E	LEG EXTENSION	0	0	6	8	8	12
F	LEG BASE	3	3	3	4	4	6
G	SPRING FIXING TOOL	1	1	1	1	1	1
H	Screw	0	0	6	8	8	12



6' & 8' 10 Trampoline (3 legs)

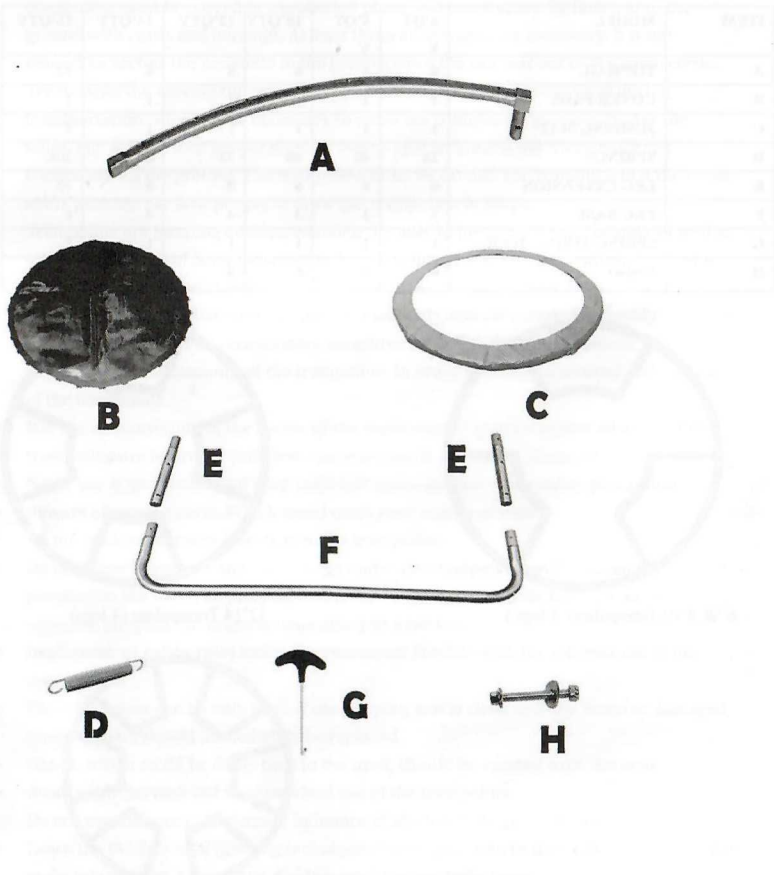


12' 14 Trampoline (4 legs)



16' Trampoline (6 legs)

CONTINUE ... TRAMPOLINE PARTS LIST

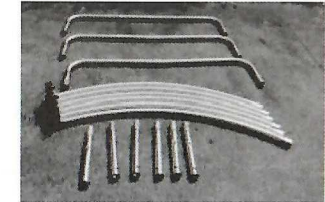
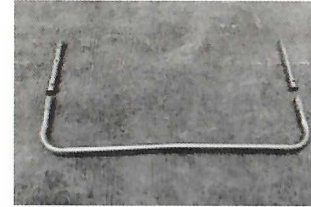


TRAMPOLINE ASSEMBLY

Refer to PARTS LIST for identification of parts.

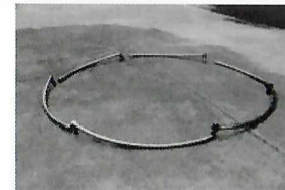
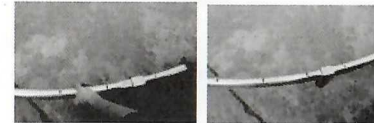
WARNING: Two adults in good physical condition are required for the following assembly. For your safety, you should wear proper shoes and clothing. Failure to follow these instructions and warnings may result in injury.

NOTE: Picture may vary slightly with different trampoline models



1. Lay out all the trampoline parts in groups, as shown above.

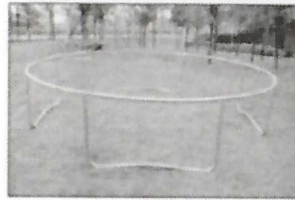
2. Attach the leg extensions to a leg base and secure together with the screws. Repeat for all leg supports.



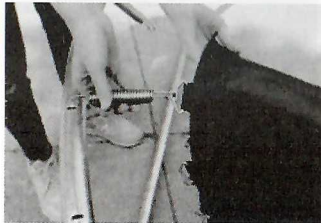
3. Attach all the top rails to form a large circle, joining the last link may require two people. The second person should hold the opposite side, while you bring both ends of the circle together.



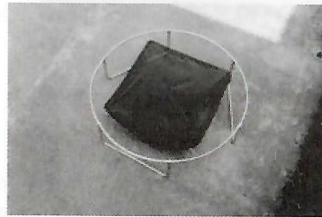
4. Attach the all leg supports you assembled in STEP 2 to the top frame.



5. Attach the leg support to leg extension tightly secure together with the screws.

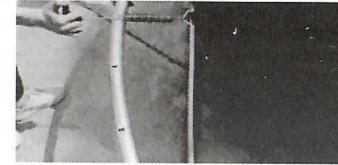


6. At this stage the trampoline should like the picture above.

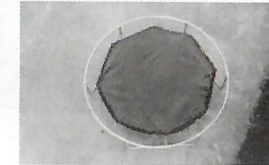


ENCLOSURE PART 1ST

7. With stitching portion facing down, lay jumping mat inside frame and attach a spring into one of the triangle rings on the mat. Then attach the other end of the spring to the frame.



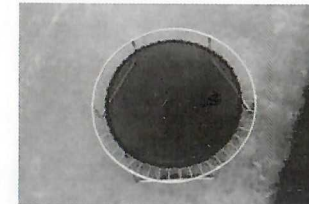
8. Repeat STEP 7 directly across from where you attach the first spring. Then attach two more springs half distance between the first two springs, directly across from each other. This will ensure equal tension is distributed between the springs.



9. Repeat process for the remaining springs. Use the spring tool, as shown above.

10. Springs under heavy tension may require adjacent springs to be attached at every four or five holes, so the spring tension is distributed equally.

Warning: During spring assembly, please be careful where you place your hands other parts of your body as connector points.



11. Attach the remaining springs until all springs are attached onto the frame.



12. Lay the cover pads on the outer edge so the springs are covered.



13. Attach the cover pads by means of straps on the springs

ENCLOSURE PARTS LIST

Item	Model	6'	8'	10'	12'	14'	16'	
A	Quick Clamp	12	12	12	16	16	24	
B	Lower Pole&foam tube	6	6	6	8	8	12	
C	Upper pole&foam tube	6	6	6	8	8	12	
D	SafetyEnclosure	1	1	1	1	1	1	
E	Assembly tool	2	2	2	2	2	2	



B



C



A



D



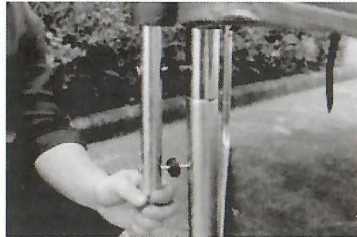
E

SAFETY ENCLOSURE ASSEMBLY

Refer to PARTS LIST for identification of parts.

WARNING: Two adults in good physical condition are required for the following assembly. For your safety, you should wear proper shoes and clothing. Failure to follow these instructions and warning may result in injury.

NOTE: picture may vary slightly with the different trampoline models.



1. Insert two screws into the holes of pole, and seal it with wrench. Repeat for all poles.



2. All poles are attached in to the legs



3. Inset the pole cap into the upper pole and insert the pole into the sleeves, repeat all poles.



3. Put the upper pole into the low pole. repeat it all



4. Insert the upper pole into the lower one, and repeat it with all poles

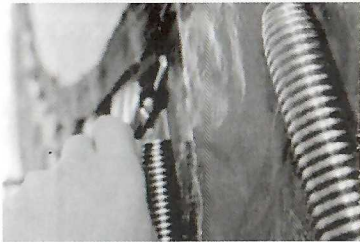


4. Repeat STEP 3 to STEP 4 for the remaining poles.



5. Pull the safety net gently till the end of the pole, and repeat it all

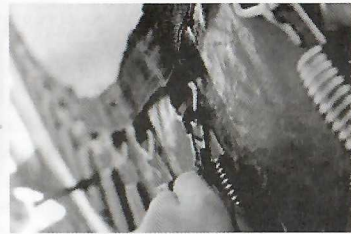




6. Attach the hooks to the nearest triangle ring of the mat. If you find it difficult to attach the hooks to the triangle rings go to STEP 12.



8. Zip the entrance close, and fasten all the entrance hooks. Supervisors must re-zip and re-hook all the entrance hooks securely before jumping begins.



7. repeat it all the rest



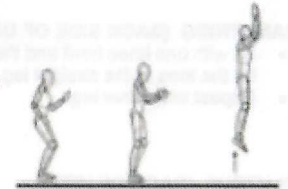
9. Proceed to Testing the Trampoline section of this manual before jumping on the trampoline.

FUNDAMENTAL BOUNCES TECHNIQUES

All trampoline users are recommended to understand and perfect these fundamental bounces.

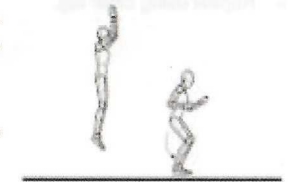
THE BASIC BOUNCE

- Start from a standing position, feet shoulder width apart with head and eyes on the mat
- Swing your arms forward and up and around in a circular motion.
- Bring feet together while in mid-air and point toes downward.
- Keeping feet shoulder width apart when landing on mat.



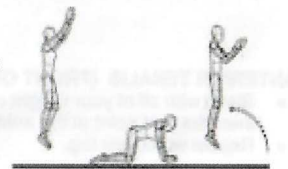
THE BRAKING MANOEUVRE

- Occasionally the may lose control of their jump and bounce wildly. Performing the braking maneuvered will allow the user to regain control of the jump and their balance.
- Start with a basic bounce.
- As you land, bend your knees sharply and this will allow you to stop your jump.



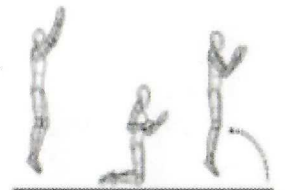
THE HANDS AND KNEES BOUNCE

- Start with a low controlled basic bounce.
- Land on your hands and knees keeping your back straight.
- Emphasis should be directed at a good four-point landing. And not on jumping height.



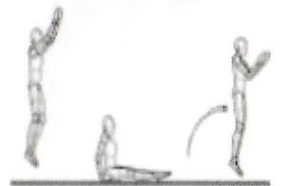
KNEE BOUNCE

- Start with a low controlled basic bounce.
- Land on your knees keeping back straight. Body erect and use your arms to maintain balance.
- Bounce back to the basic bounce position by swing your arms up.



SEAT BOUNCE

- Land in a flat sitting position.
- Please hands on mat beside your hips.
- Return to erect by pushing with your hands.



ereta.

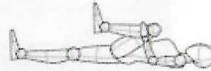
HAMSTRING (BACK SIDE OF UPPER LEG)

- » Sit with one knee bent and the other leg stretched out straight. Reach for the toes of the straight leg with both hands.
- » Repeat with other leg.



GLUTEUS (BACK OF HIP)

- » Lie on your back. Pull one knee up to your chest while keeping the opposite leg down on the floor with the straight knee. The same stretch can be performed standing.
- » Repeat using other leg.



ANTERIOR TIBIALIS (FRONT OF SHINE)

- » Stand with all of your weight on one leg. Extend the other leg forward, then flex and point at the ankle.
- » Repeat with other leg.

