

# KENSONE FITNESS TRAMPOLINE

## User Manual

### 40INCH without Bar



#### Product Quality Warranty:

We offer you 12-month quality warranty, If you have any quality issues of the fitness trampoline, please do not hesitate to contact us immediately. Please provide us with the ORDER NUMBER and photos or video of the defective parts of the trampoline in the message, then we can confirm the issue better.

KENSONE CUSTOMER SERVICE TEAM will respond within 24 hours with appropriate solutions.

Email Address: [info@kensonetrampoline.com](mailto:info@kensonetrampoline.com)

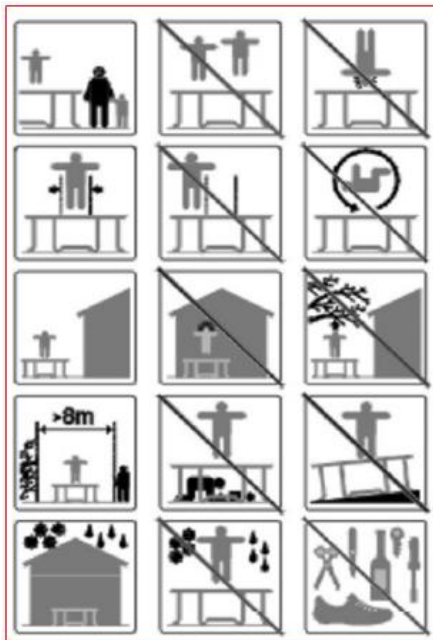
# INTRODUCTION

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.

- This manual is a part of the product. Therefore, keep this manual for future reference. In case you want to give the product to another person, please always give this manual.
- Misuse and abuse of this trampoline is dangerous and can cause serious injury or death!
- 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. Make sure no part is lost.
- Proper assembly, care and maintenance of product, safety tips, warnings, and proper techniques in jumping and bouncing are 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 physical limitations and only perform jumps and bounces corresponding to their own abilities.

**Before the start of the training seek doctor advice if trampoline jumping is suitable for you.**

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.



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

# **ASTM F381-16 TERMS**

**8.3.3.1 Do not attempt or allow somersaults. Serious injuries, paralysis, or death may result.**

**8.3.3.2 Do not allow more than one person on the trampoline at a time.**

**8.3.3.3 Use trampoline only with mature, knowledgeable supervision.**

**8.3.3.4 Not recommended for children under 6 years of age.**

**8.3.3.5 Inspect before use. Keep frame padding in place.**

**8.3.3.6 Climb on and off the trampoline. Do not use the trampoline as a springboard.**

**8.3.3.7 Stop bounce by flexing knees as feet come in contact with the bed.**

**8.3.3.8 Learn fundamental bounces and body positions thoroughly.**

**8.3.3.9 Avoid bouncing too high. Maintain control.**

**8.3.3.10 While keeping the head erect, focus eyes on the trampoline toward the perimeter.**

**8.3.3.11 Bounce in the center of the bed.**

**8.3.3.12 Avoid bouncing when tired.**

**8.3.3.13 Secure the trampoline against unauthorized use.**

**8.3.3.14 Keep objects away which could interfere with the performer.**

**8.3.3.15 Do not use the trampoline while under the influence of alcohol or drugs.**

**8.3.3.16 For equipment information, contact the manufacturer.**

**8.3.3.17 For skill training information, contact a trainer certification organization.**

**8.3.3.18 Do not use when trampoline is wet or in windy conditions.**

**8.3.3.19 Read instructions before use.**

**8.3.4 For trampolines not requiring frame padding, the instruction sign may omit the words**

**“Keep frame padding in place” from 8.3.3.5.**

# TRAMPOLINE GUIDELINES

## 1. GENERAL INSTRUCTION

### 1.1. PURPOSE

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

Model	Weight Capacity	Frame height	Total diameter	Total height
40 INCH	330LB/150KG	9 INCH	40 INCH	9 INCH

### 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 and ensure the packaging materials in disposed properly. There is a danger of suffocation.
- This trampoline is not recommended for children under 6 years old. Children cannot recognize potential dangers from this product. The product has to be stored out of reach of children.

### 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.
- Note, always check the suitability for use of this product, for example checking for the parts that can be damaged.

### 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.
- Check with the parts list that no parts are missing. Dispose of the packaging material when the assembly in completed.
- After installing the product acceding 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.
- 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.
- Do not place any objects under the trampoline.
- When assembling or disassembling, please use gloves to protect your hands.

## 2. MAINTENANCE

Regular maintenance is required. A neglect of regular maintenance can endanger the user. Observe the following instructions. It is particularly important that you follow the beginning of

each season and periodically during the use season, the maintenance instructions.

- Check all nuts and bolts for tightness and tighten if necessary after this.
- Check that the ends of all springs are still intact and cannot come loose during use.
- Check all covering for bolts and sharp edges. Replace them if necessary please.
- Do not make any changes on the trampoline. Use only original spare parts. Repairs should be performed only by qualified persons. Improper repairs may put the safety of the trampoline. Use this product only as described in this manual.

### 3. CLEANING




Wipe the trampoline with a soft cloth. Do not use an abrasive or other chemical detergent.

### 4. PACKING

This trampoline is protected against transport damaged by an appropriate package. Most of the packing material is recyclable. Please dispose of it in an appropriate way.



### 5. PARTS LIST



**ATTENTION:** If any part is missing, distorted or broken when you receive the package, please contact us directly "[info@kensonetrampoline.com](mailto:info@kensonetrampoline.com)" with your order number, we will send the replacement part to you as soon as possible.

Item No.	Parts Name	Picture	40INCH
1	Trampoline base	 A black trampoline base with a red mat and silver springs.	1
2	Oxford spring cover	 A crumpled, grey, textured fabric cover for the springs.	1
3	PVC spring cover	 A black, circular, textured PVC cover for the springs.	1

3	Leg		6
4	Leg rubber sleeve		6
5	Leg suction cup		6

## 6. ASSEMBLY STEPS

	
<p>1. Expand the trampoline frame correctly.</p>	<p>2. Flatten the trampoline base on the even ground and make sure all the triangle rings are in right status.</p>

	
<p>3. Put on the Oxford spring cover or PVC spring cover according to your personal preference.</p>	<p>4. Screw in all the trampoline legs, please make sure legs are tighten enough.</p>

	
<p>5. Put on the leg suction cups or rubber sleeves according to your personal preference.</p>	<p>6. The installation is finished and ready to jump and bounce.</p>

**ATTENTIONS:**

1. Please make sure all the triangle rings are in good shape and status before jumping. If not, please fold the trampoline again and adjust triangle rings to the right status like step 2 shows.
- 2.If you have any assembly issues, please contact us directly, we will send you more assembly videos for your reference.