



Assembly, Installation, Care, Maintenance and Use Instructions.



**Trampoline
User Manual**

SAFETY INSTRUCTIONS

The necessary assembly instructions, safety instructions, trampoline fundamentals and warning labels have been included with your Product to promote safety and enhance enjoyment and effectiveness.

Carefully read the following instructions BEFORE using the your Product. This safety information was carefully created to reduce risk of injury.

Every individual using the Trampoline must be familiar with the manufacturer's recommendations for proper assembly, use and care of the Trampoline. Additionally, each user should be aware of his or her own physical and skill limitations. Do not attempt to exceed your physical or skill level limitations.

FOLDING TRAMPOLINE USER GUIDELINES

- The weight limit of the folding trampoline is 250 pounds.
- Your folding trampoline is to be used by only one person at a time.
- The folding trampoline is not a toy and should not be used by children without adult supervision. Use the trampoline only with mature, knowledgeable supervision.
- Your folding trampoline is intended for consumer use only and is NOT intended for public or semipublic facilities.
- Keep children and pets of all kinds away from the folding trampoline at all times including during usage and assembly activities.

PROPER USAGE

- Wear clothing appropriate for exercising; do not wear clothing that could become caught in your folding trampoline.
- Be careful to maintain your balance when mounting, using, dismounting or assembling your folding trampoline. Loss of balance may result in a fall and serious injury.
- Excellent traction is a must when mounting, using and dismounting the folding trampoline. Bare feet are acceptable, but we recommend wearing high quality footwear with rubber non-skid soles such as walking, running or cross-training shoes.
- Do not step on the safety pad when mounting, using or dismounting your folding trampoline.
- Do not attempt to perform gymnastic or acrobatic maneuvers on your folding trampoline.
- Stop all activity before attempting to dismount your folding trampoline. To avoid sprains and broken bones, please come to a complete stop before dismounting your folding trampoline.
- All exercises must be performed while the Trampoline is in the flat position. Angled positions are strictly intended for use with the medicine ball only.
- Your Product is a trampoline, which means it is a rebound device. Please note a trampoline can propel you to unaccustomed heights and into a variety of positions and body movements. Use caution at all times.
- Use your folding trampoline ONLY as described in this manual and observe all safety precautions.

SET-UP GUIDELINES

- Upon folding or unfolding your trampoline, the rails will attempt to spring into the folded position. This can result in injury.
- Two or more strong and agile adults should be used to unfold and fold the trampoline.
- The owners and supervisors of trampoline are responsible to make certain that all trampoline users are aware of trampoline safety instructions and practices.
- Do NOT place your folding trampoline on an elevated surface. Your trampoline should always be at floor level or ground level.
- Always use your folding trampoline exclusively in a well-lit area. Artificial illumination may be necessary for indoor or shaded areas.
- The surface of the trampoline bed should always be dry.
- Inspect the area around your folding trampoline to make certain that the area is clear of any and all objects. Objects around the trampoline pose a danger.

ACHIEVING PROPER CLEARANCE

- Before using your folding trampoline, inspect the area to make certain that adequate overhead clearance is available. Do not use the folding trampoline unless adequate overhead clearance is available. Ceilings, ceiling lights, ceiling fans, hanging wires and structural elements such as beams and tree limbs are some of the potential overhead hazards that must be evaluated.
- Failure to establish proper folding trampoline clearance may result in head or neck injury.
- A minimum of 9 feet of overhead clearance is recommended for the use of all outdoor trampolines.
- Lateral clearance is also of great importance. Please place your folding trampoline away from walls, structures, fences, play areas, furniture, other exercise equipment or any object that could be of potential harm.
- Maintain a clear space on all sides of the trampoline at all times.
- Remove all obstructions and objects from underneath your folding trampoline before using. This includes objects such as balls, other exercise equipment, shoes or any other objects.
- If an object, person or animal is under your folding trampoline while in use, stop using it immediately and remove the object, person or animal.

PROPER MAINTENANCE PROCEDURES

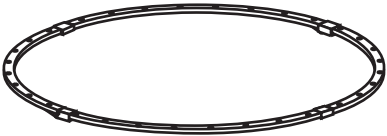

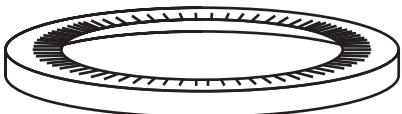


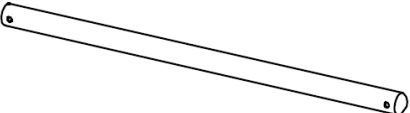

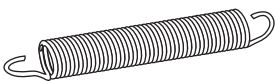
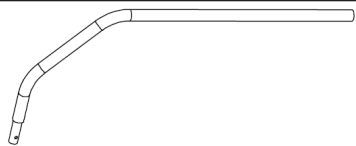
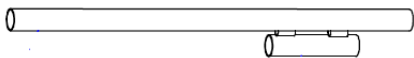
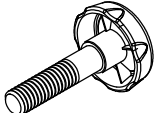
- Inspect your folding trampoline before each use. During inspection, make sure that the safety pads are in place.
- Immediately replace any worn, defective or missing folding trampoline parts. Do not use your trampoline until the parts have been properly replaced and carefully tested.
- Always store your folding trampoline indoors and in a dry location.
- Store your folding trampoline in a secure location to guard against unauthorized and unsupervised use.

WARNING: Please consult with a physician before beginning any exercise or conditioning program. You should have a complete physical exam before beginning this or any other exercise or conditioning program. This is particularly true if you are over the age of 35, have never exercised before, are pregnant or currently suffer from any injury.

NOTE:

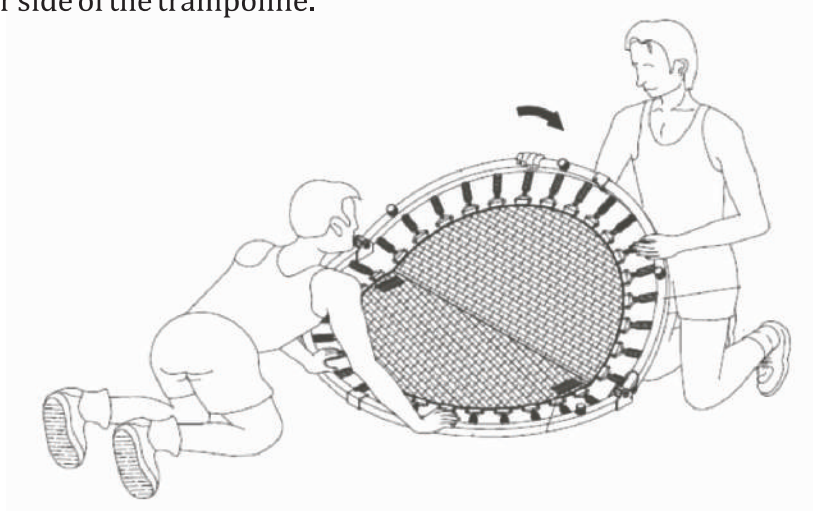
READ AND FOLLOW ALL SAFETY INSTRUCTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.

PRODUCT PARTS LIST AND DRAWING

PART #	IMAGE	ITEM	
1,2,3,4		Rail A,B,C,D	1
5		Mat	1
6		Safety Pad	1
7		Leg	6
8		Leg Cap	6
9		Handle Tube 1	1
10		Secure Pin	1
11		Spring	36
12		Handle Tube 2	2
13		Handle Tube 3	2
14		Knob	4

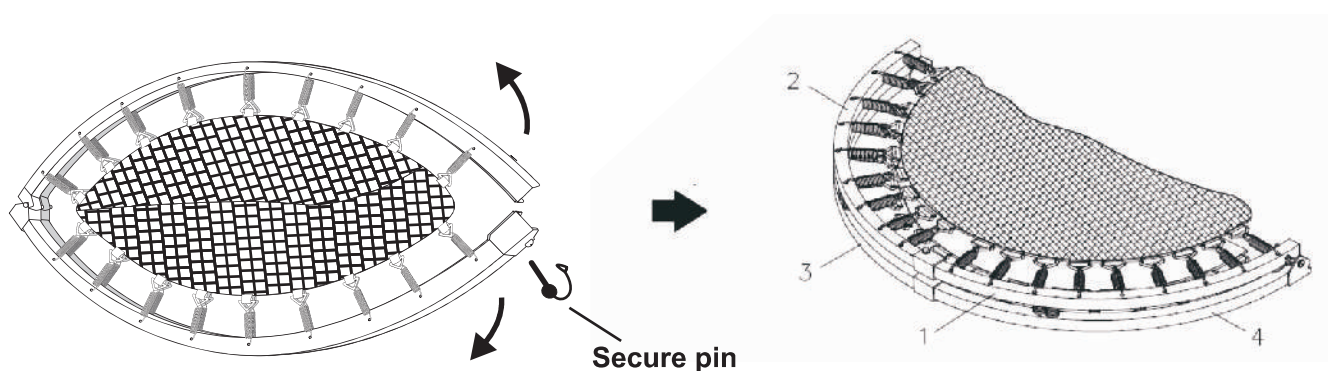
To unfold and fold the trampoline you will need 2 people.

- Opening the trampoline requires the application of some pressure. It is strongly suggested that you use 2 people for this part of the process, with one individual on one side of the trampoline and the second on the other side of the trampoline.

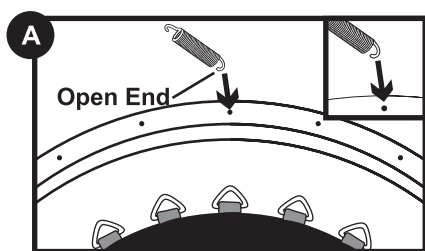


HOW TO OPEN THE FOLDING TRAMPOLINE

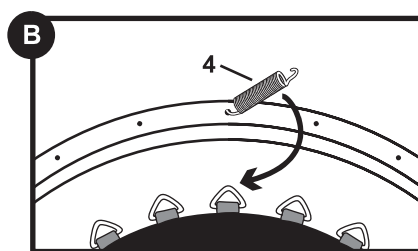
1. Lay the trampoline on the floor and remove the secure pin illustrated in the first picture below. Then open the rails as shown in the pictures to the right.



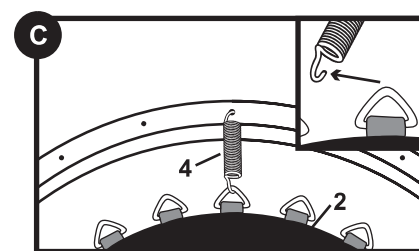
Note: Check that all the springs are attached before continuing to assemble the trampoline. If any spring is not attached or damaged Then follow this process -



Find the open end of the **SPRING ④** and hook this end into the hole on the **RAIL (1,2,3,4)**. Refer to illustration A.

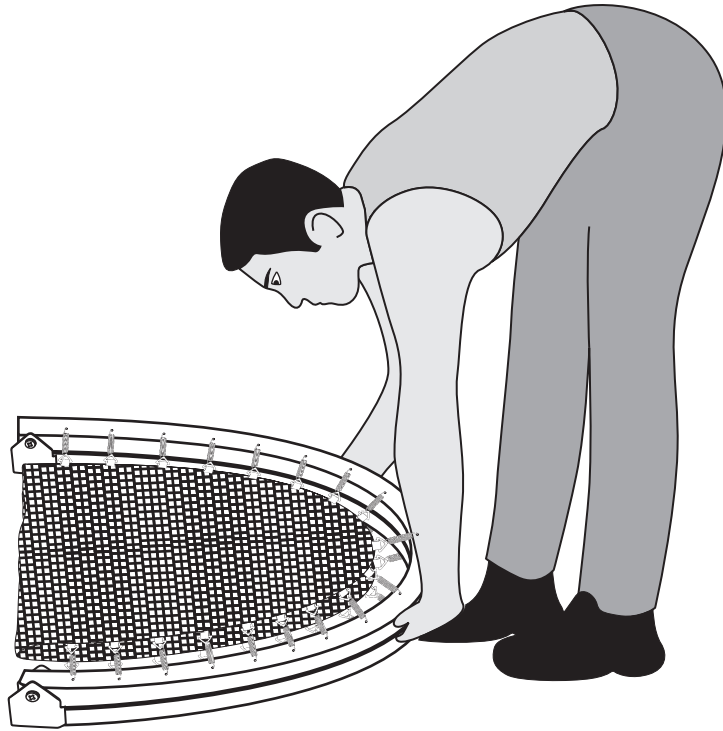


Swing the **SPRING ④** to face inside of the trampoline. Refer to illustration B.



Slide the metal loop on the **MAT ②** into the spring hook as shown in illustration C.

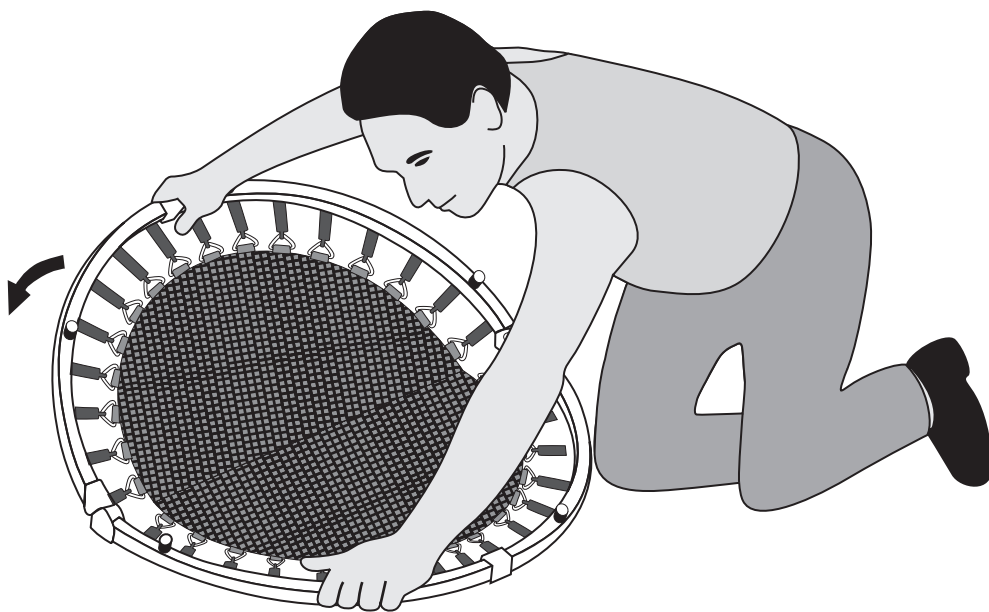
2) Next, firmly grasp both halves of the frame at the midpoint of each half circles.



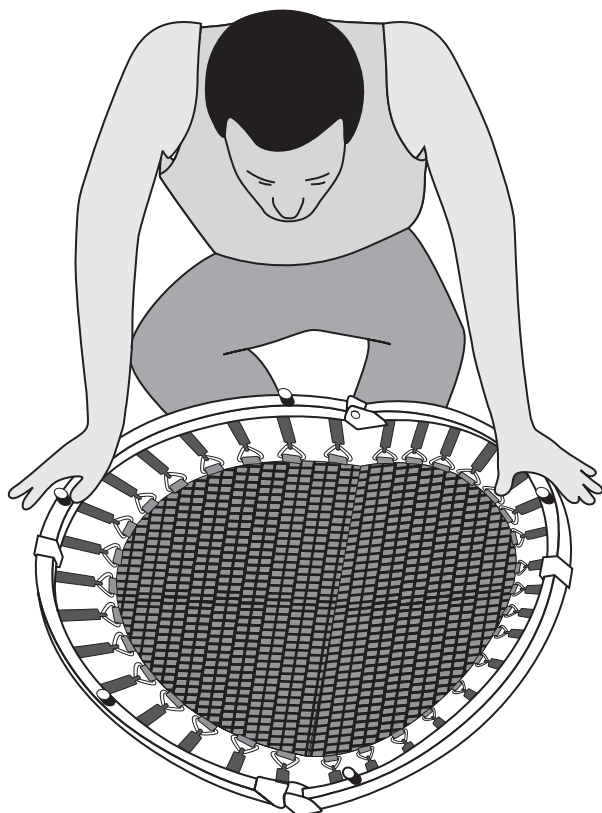
⚠ CAUTION:

When unfolding your new trampoline, you will note a lot of resistance. We design our trampolines in this manner because we do not want them to accidentally fold while in use. This tension will eventually release after repeated use of the product.

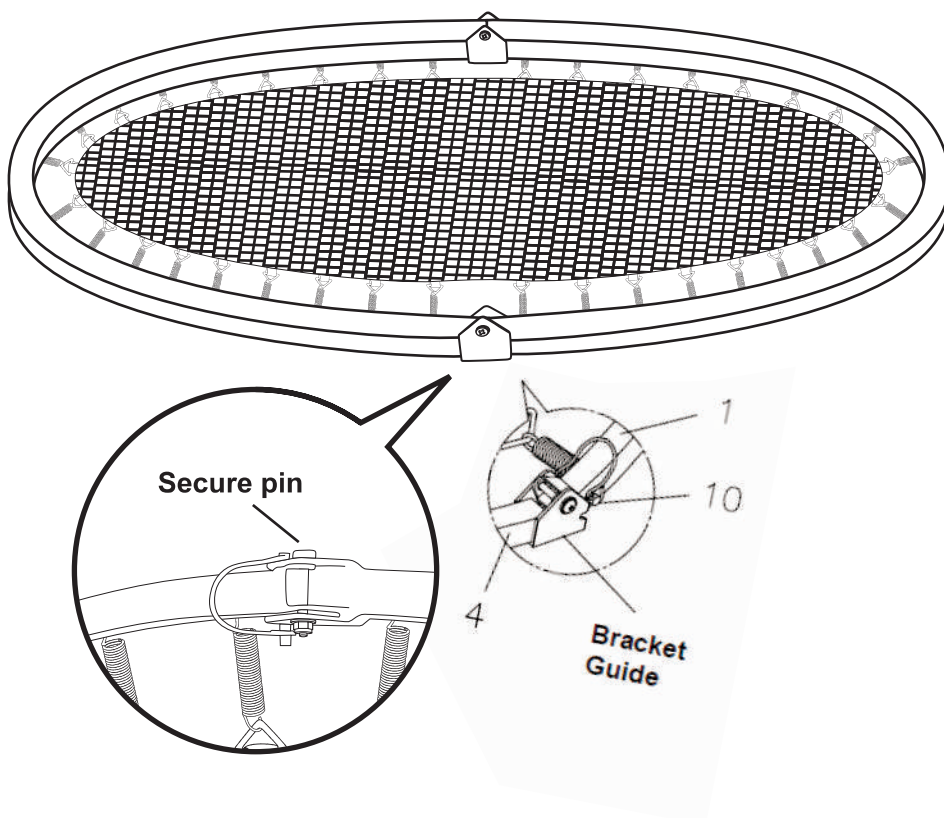
3) As one side of the trampoline is lifted slowly upwards, be sure that the other side remains on the ground.



- 4) Using steady pressure, with hands open and fingers extended, use the palm of the hands to push the top side of the frame down to the open position.

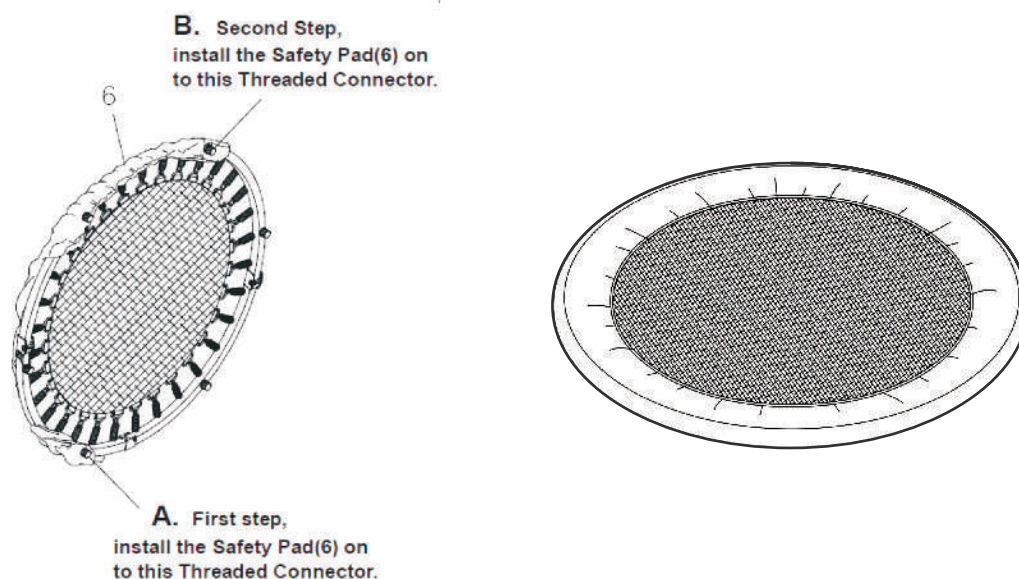


- 5) Once the frame is completely opened, Insert the Secure Pin (10) into the end of the RAIL (1) and properly secure it by the wire ring.



6) Slide the SAFETY PAD(6) over the rails of the frame. Make sure the holes in the SAFETY PAD (6) fit over the threaded leg connectors properly this is on the bottom of the trampoline as shown in the illustration below.

Note: The Safety Pad (6) Must also cover the springs around the MAT (5) as shown in the illustration below.

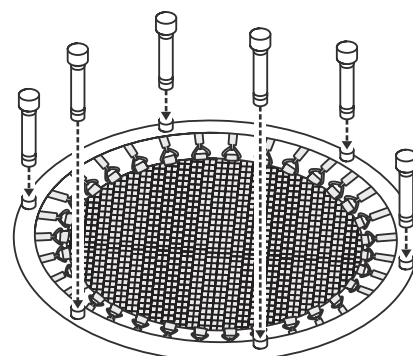


7) Remove the black caps that cover the leg holes. (It is the small threaded pieces that extends from the frame.)

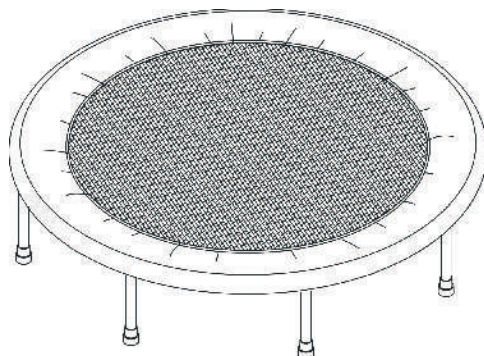
8) Tightly screw the legs into the designed holes - the leg connectors, as shown in the illustration below.

Note:

If you see that one of the legs doesn't have the threads to roll it on the trampoline frame, you will have another small step to do. There is no leg without thread, the only thing is that it might be covered by the rubber cap. So you will need to remove the rubber cap from the trampoline leg, and place it on the opposite side leg- the side without the thread.



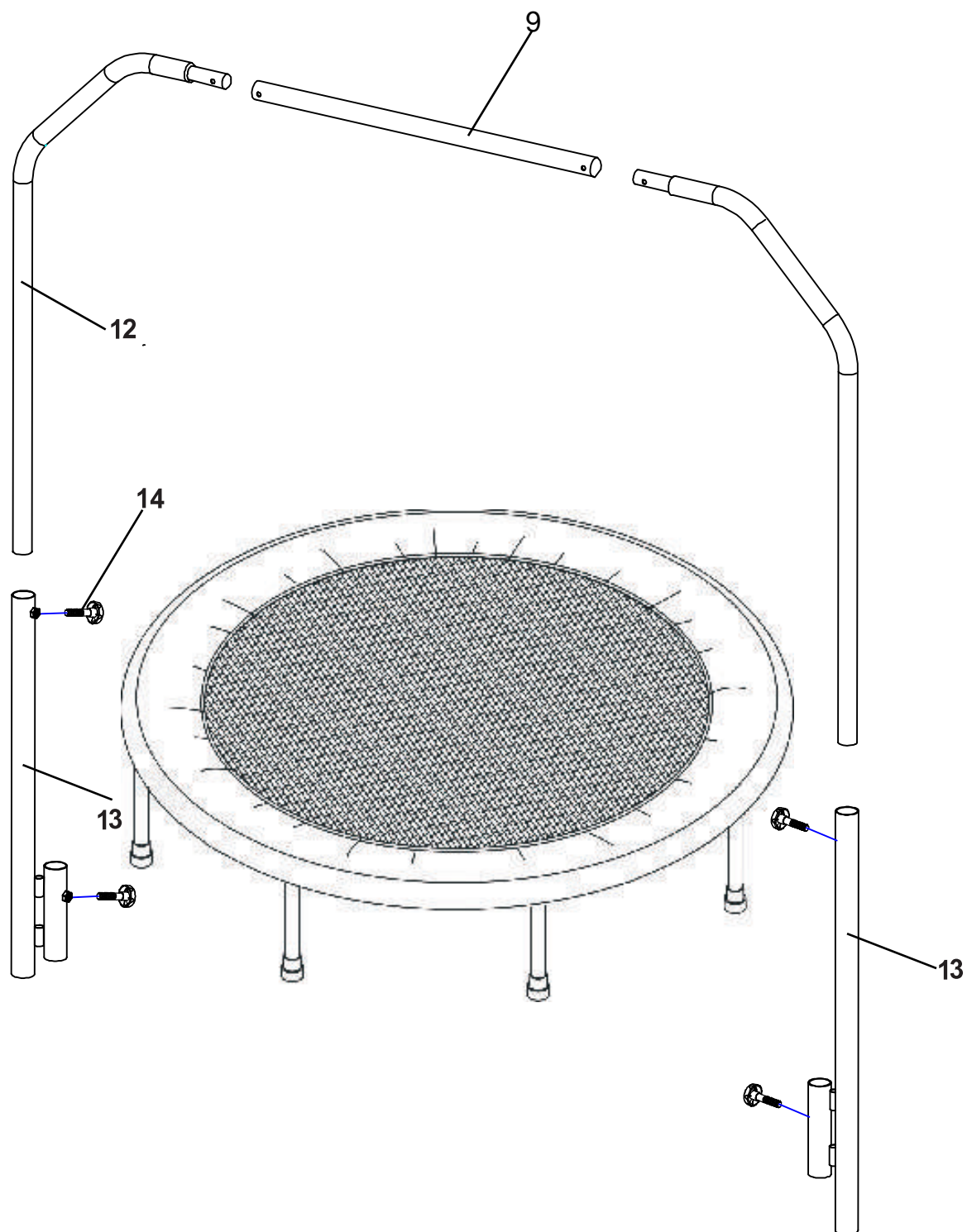
9) Turn the trampoline the right side up. Stand on the trampoline to ensure that the legs stand secure and flat on the floor.



⚠ WARNING:

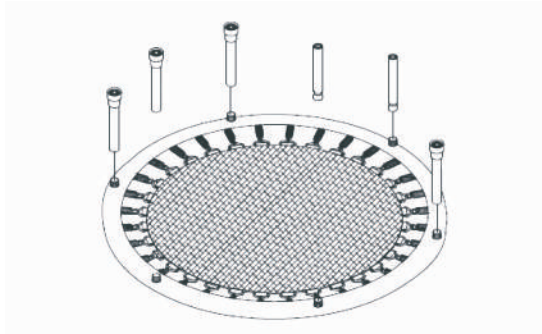
The Safety Pad ① must be securely attached to the frame before using the trampoline.

10) Assembly the Handle Tube as the picture show,locked with knob(14).



HOW TO CLOSE THE FOLDING TRAMPOLINE

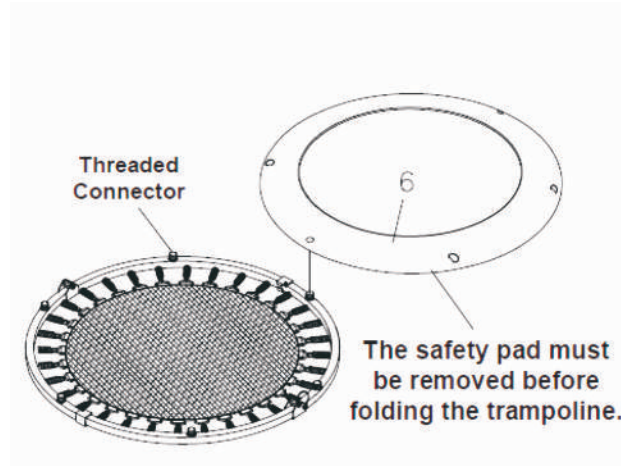
- 1) Turn the trampoline upside down and lay it flat.
- 2) Next unscrew each leg from the threaded connectors in the frame.



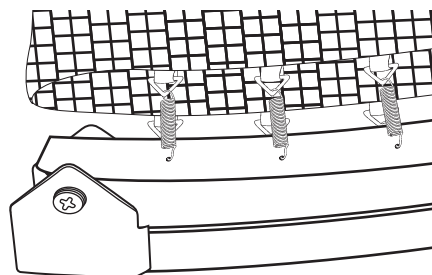
⚠ CAUTION

Your folding trampoline has strong spring tension while in its open position. Upon closing, this powerful spring will have a tendency to snap towards the closed position. It is very important that you follow the instructions and maintain a firm and steady grip. Go slowly while closing your folding trampoline. Keep your head clear of frame movement.

- 3) Remove the SAFETY PAD(6) from the frame. After the SAFETY PAD(6) is removed, place the trampoline on the floor with the threaded connectors pointing up. Refer to illustration Step 2.

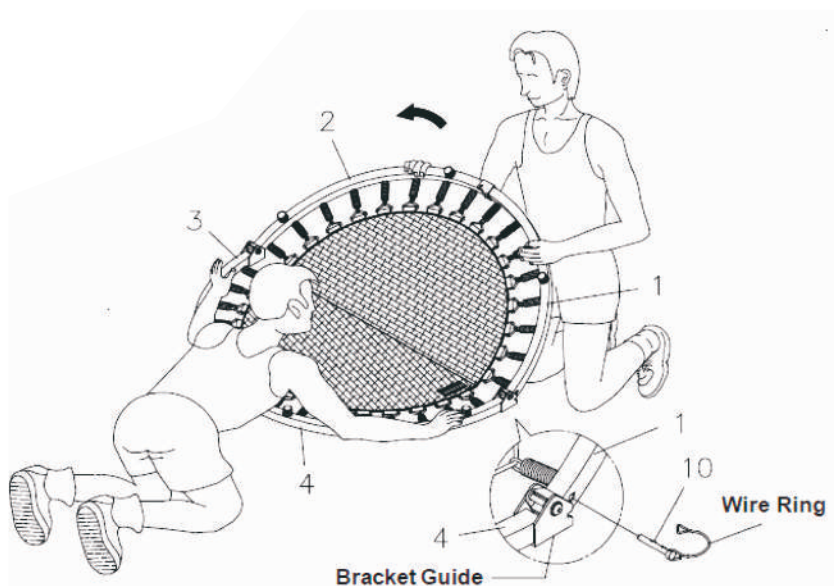


- 4) Determine the bottom half of the frame by locating the side that has the welded, larger outer hinges.

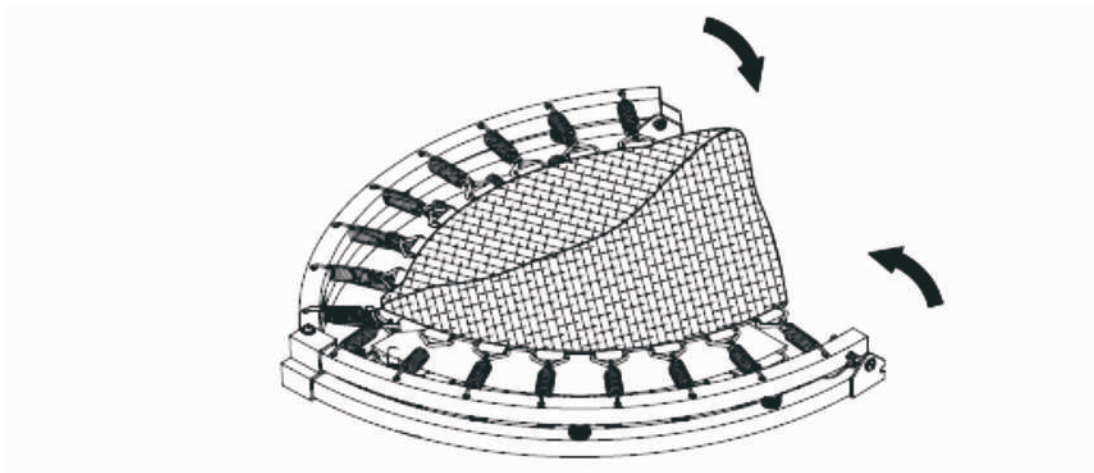


Welded part here

- 5) To prevent the trampoline from snapping into the folded position, push down the rails. Then unhook the wire ring and remove the SECURE PIN (10) from the rail. Firmly grasp both sides of the trampoline and fold the trampoline upward at the bracket guide as shows in the illustration below.



- 6) Fold the trampoline again as shown in illustration Step 5.



- 7) Insert the secure pin at the end of the frame where the rails connect.

