

USER MANUAL

(TRAMPOLINE)



TRAMPOLINE SIZE:

- 6ft/183cm
- 8ft/244cm
- 10ft/305cm
- 12ft/366cm
- 13ft/396cm
- 14ft/427cm
- 15ft/457cm
- 16ft/487cm

LEGS QUANTITY:

- 3 legs
- 4 legs
- 5 legs
- 6 legs

SPRINGS:

- 36 48 54 60 64 66
- 72 80 84 88 90 96
- 100 104 108 110 120 132

IN CASE OF MISSING OR BROKEN PARTS, PLEASE CONTACT PLACE OF PURCHASE FOR ASSISTANCE

Warning: We are not liable for any injuries that may occur when using the trampoline.

MAXIMUM USER WEIGHT:
6FT: 50KG 8FT: 80KG 10FT: 100KG
12FT: 120KG 14FT: 120KG

GENERELLA SÄKERHETSANVISNINGAR



Läs manualen innan du använder studsattan.

Som med all idrott och andra typer av fysiska aktiviteter finns en viss skaderisk. Var noga med att följa säkerhetsanvisningarna för att undvika skador.

- Rådfråga alltid en läkare innan du utför någon form av fysisk aktivitet.
- Kontrollera alltid studsattan före användning. Var särskilt uppmärksam på bultar, hoppmatta och dynor. Använd inte studsattan om den saknar delar eller om du anar slitage.
- Använd alltid det medföljande säkerhetsnätet när du använder studsattan.
- Max en person får använda studsattan åt gången.
Studsattan ska alltid användas med en vuxen närvarande som håller barnet under uppsikt.
- Sluta omedelbart att hoppa på studsattan om du känner dig sjuk eller om det smärtar i muskler och leder.
- Yrsel är ett tecken på trötthet. När du upplever yrsel bör du omedelbart sluta hoppa.
- Bär lämpliga kläder när du använder studsattan, helst träningskläder och strumpor. HA ALDRIG PÅ DIG SKOR NÄR DU HOPPAR PÅ MATTAN!
- Studsattan använder sig av fjädrar för att du ska kunna hoppa högre än vad du kan göra annars. Se till att du klarar av att hoppa lågt innan du börjar hoppa högt.
- Hur man monterar studsattan korrekt, om skötsel och underhåll av produkten, säkerhetsanvisningar, varningar och korrekta tekniker för att hoppa på din studsatta ingår i den här manualen. Följ anvisningarna för din säkerhets skull och för en utökad livslängd för produkten. Den som använder studsattan måste vara medveten om sina egna begränsningar i avseende på hens begränsningar i avseende på vad hen kan göra på studsattan på studsattan.
- Säkerhetsnätet finns till för att förhindra fall och ska inte utsättas för onödig påfrestning.
- Studsattan ska monteras på gräs eller på en BSI-godkänd säkerhetsmatta.

GENERELLE SIKKERHETSANVISNINGER



Les manualen før du bruker trampolinen.

Som med all idrett og fysisk aktivitet, foreligger det en viss risiko for skade. Vær nøye med å følge sikkerhetsanvisningene for å unngå skader.

- Sørg for at du er skadefri, og i god form, før du begynner med en fysisk aktivitet.
- Kontroller alltid trampolinen før bruk. Vær spesielt oppmerksom på boltene, hoppematten og putene. Ikke bruk trampolinen om den mangler deler, eller om du mistenker at den er slitt eller defekt på noen måte.
- Bruk alltid sikkerhetsnettet som inngår.
- Kun 1 person om gangen skal bruke trampolinen.
- Trampolinen skal alltid brukes under tilsyn av en voksen.
- Slutt umiddelbart å hoppe på trampolinen, dersom du føler deg syk eller har smerter i muskler og ledd.
- Svimmelhet er et tegn på tretthet. Om du blir svimmel, bør du umiddelbart slutte å hoppe på trampolinen.
- Bruk passende klær når du hopper på trampolinen, helst treningsklær og sokker. **BRUK ALDRI SKO NÅR DU HOPPER PÅ TRAMPOLINEN!**
- Trampolinen har fjærer, så du skal kunne hoppe høyere enn du vanligvis er i stand til. Sørg for at du mestrer lave hopp på trampolinen, før du begynner å hoppe høyt.
- I manualen kan du lese om hvordan man monterer trampolinen korrekt, om vedlikehold, sikkerhetsanvisninger, advarsler og korrekte hoppeteknikker. Følg anvisningene for din egen sikkerhets skyld, og for å sikre lenger brukstid for produktet ditt.
Den som bruker trampolinen må være klar over sine egne begrensninger og opptre deretter. Hopp forsiktig og ikke prøv for vanskelige triks osv.
Sikkerhetsnettet er til for å forhindre fall. Det skal ikke utsettes for unødvendig belastning. Ikke lek med/i sikkerhetsnettet.
- Trampolinen skal monteres på gress eller på en BSI-godkjent sikkerhetsmatte.

GENERELLE SIKKERHEDSINSTRUKTIONER.



Læs denne vejledning grundigt, før du bruger trampolinen.

Ved fysisk aktivitet og sport er der altid risiko for at komme til skade. Følg disse sikkerhedsregler for at undgå skader.

- Sørg for at du er sund og rask, før du begynder på en fysisk aktivitet.
- Tjek altid trampolinen før brug. Hold især øje med at skruer, springdug og kantbeskyttelsen sidder som de skal. Brug ikke trampolinen, hvis den er slidt eller der mangler dele.
- Brug altid trampolinen med det medfølgende sikkerhedsnet.
- Kun en person på trampolinen ad gangen.
- Hold altid trampolinen under opsyn af en voksen, når børnene leger på den.
- Stop med det samme, hvis du føler dig utilpas eller har ømme muskler og led.
- Stop med at hoppe og læg dig ned, hvis du følger dig svimmel.
Sørg for at have passende tøj på, når du hopper på trampolinen. Vi anbefaler sportstøj og sokker.
- **BRUG ALDRIG SKO PÅ SPRINGDUGEN!**
- Vær forsigtig med at hoppe på trampolinen i begyndelsen, da man kommer til at hoppe højere end normalt.
- Følg vejledning for montering, vedligeholdelse, brug, sikkerhed og advarsler for at undgå skader og sikre at produktet holder længere. Alle brugere bør kende disse instruktioner.
Alle der vælger at bruge trampolinen, skal kende deres egne færdigheder og grænser.
Der må ikke hoppes direkte og unødvendigt ind i sikkerhedsnettet.
- Trampolinen skal samles på en græsoverflade eller på et BSI-sikkerhedsgodkendt underlag.

YLEISIÄ TURVALLISUUSOHJEITA



Ennen trampoliinin käyttöä on tärkeää, että luet ja ymmärrät tämän ohjekirjan sisällön.

Kuten kaikissa urheilulajeissa ja aktiviteeteissa, myös tätä tuotetta käytettäessä saattaa saada vammoja. Jotta vammoilta vältyttäisiin ja tuotteesta voisi huoletta nauttia, on tärkeää, että luet nämä ohjeet sekä vinkit tarkasti läpi.

- Konsultoi aina lääkärin kanssa ennen urheilusuoritusta.
- Tarkista trampoliinin kunto aina ennen sen käyttöä. Kiinnitä erityistä huomiota jousiin, mattoon ja kiinnikkeisiin. Älä käytä trampoliinia, jos jokin osa puuttuu, on rikki tai kulunut.
- Käytä aina turvaverkkoa.
- Varmista, että trampoliinia käyttää kerrallaan vain yksi henkilö.
- Tuotteen käyttö on sallittua vain aikuisen valvonnan alaisuudessa.
- Tuotteen käyttäminen on lopetettava välittömästi käyttäjän voidessa pahoin tai tuntiessa lihas- tai nivelkipua.
- Pyörtymisen tunne on merkki väsymyksestä, jolloin on käytävä maahan lepäämään. Trampoliini kanssa on käytettävä asianmukaista vaatetusta, mieluiten urheiluvaatteita ja sukkia. **TRAMPOLIINILLA EI SAA OLLA KENGÄT JALASSA!**
- Huomioithan, että jousituksen ansiosta trampoliinilla voi hyppiä tavallista korkeammalle. Siksi trampoliinin käyttöön kannattaa totutella pienillä hypyillä.
- Turvallisuuden ja tuotteen kestävyuden takaamiseksi mukana olevissa ohjeissa on tietoa trampoliinin kokoamisesta, huoltamisesta, turvallisuudesta, varoituksista sekä oikeanlaisesta hyppytekniikasta.
- Kaikkien tuotetta käyttävien tulee tutustua näihin ohjeisiin ennen tuotteen käyttöä. Jokaisen trampoliinia käyttävän on tunnettava omat kykynsä ja taitonsa. Turvaverkkoa on käytettävä, sillä se estää trampoliinin käyttäjiä putoamasta pois trampoliinilta. Turvaverkkoa vasten ei saa hyppiä.
- Trampoliinia on käytettävä nurmikolla tai muulla turvallisella alustalla.

ALLGEMEINE SICHERHEITSHINWEISE



Bitte lesen Sie sich dieses Handbuch vor Erstgebrauch des Trampolins sorgfältig durch und vergewissern Sie sich, dass Sie alle Hinweise verstanden haben.

Wie bei jeder Art sportlicher Freizeitgestaltung können Benutzer verletzt werden. Um dauerhaft Vergnügen am Trampolin zu haben und um das Unfallrisiko zu vermindern, müssen die Sicherheitshinweise strikt befolgt werden.

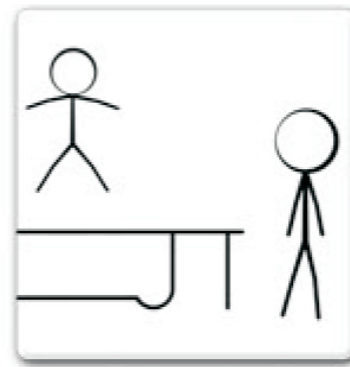
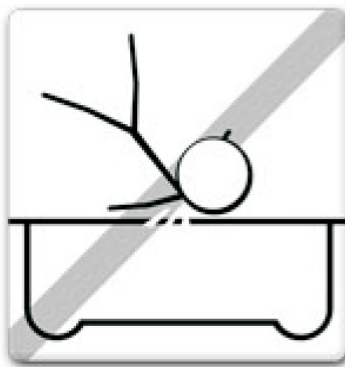
- Halten Sie bitte wie vor sportlicher Betätigung jeder Art zuerst Rücksprache mit einem Arzt.
- Das Trampolin muss vor jeder neuen Benutzung auf eventuelle Mängel kontrolliert werden. Kontrollieren Sie hier insbesondere die Schrauben, das Sprungtuch und die Schutzpolster. Bei sichtbaren Schäden oder Verschleiß beenden Sie die Nutzung des Geräts bitte unverzüglich.
- Verwenden Sie bei jeder Nutzung des Trampolins das mitgelieferte Sicherheitsnetz.
- Es darf immer nur eine Person auf dem Trampolin springen.
- Alle Springer müssen beaufsichtigt werden, unabhängig von ihren Fähigkeiten oder ihrem Alter.
- Beenden Sie das Training umgehend, sollten Sie sich unwohl oder Schmerzen in den Gelenken oder Muskeln spüren. Schwindel ist ein Zeichen von Müdigkeit, hören Sie deshalb auch dann mit dem Training auf und legen sich ruhig auf den Boden.
- Stellen Sie sicher, dass Sie in passender Kleidung trainieren, vorzugsweise Sportkleidung und Socken.
- **TRAGEN SIE AUF DEM TRAMPOLIN NIEMALS SCHUHE!**
- Trampoline sind Schleudervorrichtungen, die Sie in ungewohnte Höhen stoßen können. Bitte bedenken Sie dies und machen sich zuerst mit niedrigen Sprüngen vertraut.
- Vor der Benutzung des Gerätes muss sich jeder Benutzer mit allen in dieser Anleitung erwähnten Wartungs-, Pflege-, Bedienungs-, Trainings-, Montage- und Sicherheitshinweisen vertraut machen. Jeder Benutzer muss sich seiner eigenen Grenzen bei der Nutzung des Trampolins bewusst sein. Das Sicherheitsnetz dient dazu, eventuelle Stürze abzufangen. Springen Sie deshalb nicht beabsichtigt hinein.
- Das Trampolin darf nur auf ebenen Flächen wie Gras oder auf durch die BSI (British Standards Institution) dafür zugelassenen Bodenbelägen aufgebaut werden.

GENERAL SAFETY INSTRUCTIONS



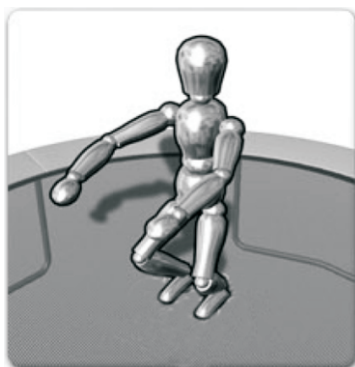
Before you start using your trampoline: Read and understand all information provided to you in this manual. As with all physical sports and activities there is the risk of participants receiving an injury. To ensure your future enjoyment and the prevention of injury, be sure to follow appropriate safety rules and tips.

- Always consult a doctor/physician before performing any kind of physical activity.
- Always check your trampoline before use. Paying specific attention to all the bolts, jump mat and pads position. Do not use the trampoline if any parts are missing or if they show wear and tear.
- Always use the provided safety enclosure when using the trampoline
- Always ensure that the trampoline is used by one person at a time.
- Always ensure that whenever the trampoline is used by anyone at any skill level, to do so under supervision.
- Stop exercising immediately should you feel unwell or if you feel pain in your joints and muscles. Dizziness is a sign of fatigue and you should stop bouncing and lay down on the ground should you feel dizzy.
- When using this trampoline ensure that appropriate clothing is worn, preferably sports wear and socks. **NEVER WEAR SHOES ON THE MAT!**
- Please be warned that the trampoline is spring based and will allow the user to jump to a greater height than that on the ground, so please bear this in mind and ensure that you are comfortable bouncing at low heights first.
- Proper assembly, care and maintenance of product, safety tips, warnings, and proper techniques for jumping on your trampoline are included in this manual for your safety and an extended product life span. All users and supervisors should therefore familiarize themselves with these instructions. Anybody who chooses to use the trampoline must be aware of their own limitations with regards to performing skills on this trampoline.
- The safety enclosure is there to prevent the user falling off the trampoline, and is not to be jumped into unnecessarily.
- Trampoline should be assembled on grass or BSI approved safety matting.



INFORMATION ON THE USE OF THE TRAMPOLINE:

- INITIALLY, you should get accustomed to your trampoline and understand how much spring is in each bounce. The focus at this point should be body position and technique until each skill can be completed with ease and control.



- BEFORE YOU TRY TO JUMP TOO HIGH the technique for stopping should be learnt as this will help prevent injury should you feel you are jumping out of control.
- As the user lands on the bed knees should be bent so that they stop and absorb the spring in the mat. The position is shown in the image to the left. Arms are held out for increased level of balance.
- This skill is used when the trampoline user wishes to stop bouncing on the trampoline due to fatigue, loss of control, etc.



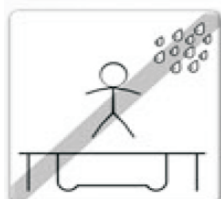
SOMERSAULTS (FLIPS): DO NOT PERFORM somersaults of any type (backwards or forwards) on this trampoline. If you make a mistake when trying to perform a somersault, you could land on your head or neck. This will increase your chances of your neck or back being broken, which could result in death or paralysis.



FOREIGN OBJECTS : DO NOT use the trampoline if there are pets, other people, or any objects underneath the trampoline. This will increase the chances of an injury occurring. DO NOT hold any foreign objects in your hand and DO NOT place any objects on the trampoline while in use. DO NOT place the trampoline under over-hanging objects like tree branches, wires, etc as these will increase your chances of being injured.



POOR MAINTENANCE OF TRAMPOLINE: A trampoline in poor condition will increase your risk of being injured. Please inspect the trampoline before each use for bent steel tubes, torn mat, loose or broken springs and overall stability of the trampoline.

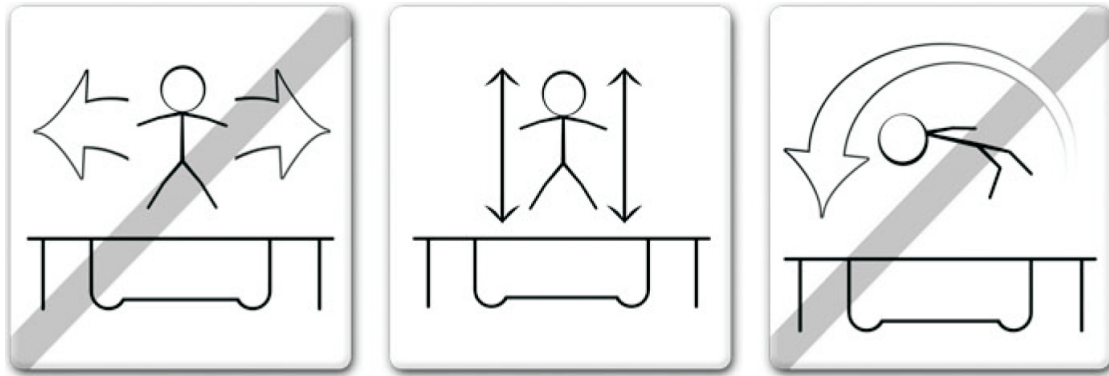


WEATHER CONDITIONS: Please be aware of the weather conditions when using the trampoline. If the mat of the trampoline is wet, the user could slip and injure himself / herself. If it is too windy, the user could lose control.



RESTRICTING ACCESS: When the trampoline is not in use, always store the access ladder in a secure place so that unsupervised children can not play on the trampoline.

TIPS TO REDUCE THE RISK OF ACCIDENTS:



In order to reduce the risk of accidents the "TRAMPOLINE USER" should:

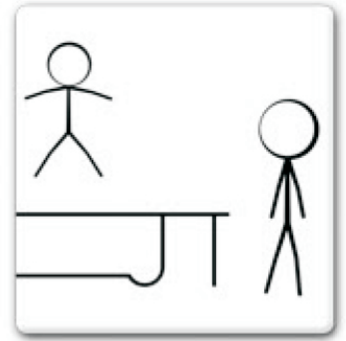
- Always remain in control of their jumps and body position at all times.
- Not attempt to perform skills that are beyond their own level of competence.
- Always control their jump by taking off and landing in the middle of the trampoline.
- Always jump vertically and refrain from bouncing towards the springs in any direction.
- Always consult a professional certified trampoline instructor before attempting anything beyond basic techniques.

In order to reduce the risk of accidents the "SUPERVISOR" should:

- Fully understand and enforce all the safety rules and guidelines.
- Advise the trampoline user and provide knowledge in what they are doing right and wrong to ensure the safety of the trampoline user.
- Be aware and advise the trampoline user of all the safety warnings.

IMPORTANT: If the Trampoline can not be supervised there should be a method for securing it and preventing anyone from using the product until supervision is available.

TRAMPOLINE SAFETY INSTRUCTIONS: **ADVISORY PRECAUTIONS WHILST USING THE TRAMPOLINE**



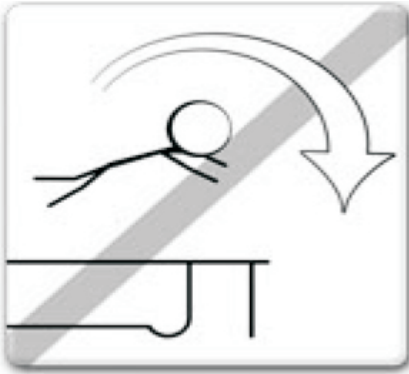
- Do not use the trampoline if you have consumed alcohol or narcotic substances.
- You should climb on and off the trampoline in a controlled and careful manner. Never jump onto or off the trampoline and never use the trampoline as a means to bounce onto or into another object.
- Always learn the basic bounce and master each type of bounce before trying more difficult types of bounces. Review the basic skills section to learn how to do the basics.
- To stop your bounce, flex your knees when you land on your feet.
- Always be in control when you are bouncing on the trampoline. A controlled jump is when you land at the same spot that you took off from. If at any time you feel out of control, stop bouncing immediately.
- Do not jump or bounce for prolonged periods of time or too high for a number of jumps. Keep your eyes on the mat to maintain control. If you do not, you could lose your balance.
- Never have more than 1 person on the trampoline at any one time.

ADVISORY PRECAUTIONS WHILST SUPERVISING THE TRAMPOLINE

IMPORTANT: Familiarize yourself with the basic jumps and safety rules. To prevent and reduce the risk of injuries, ensure that all safety rules are enforced and the new users learn the basic bounces before trying more advanced techniques.

- **ALL USERS** need to be supervised, regardless of skill level or age.
- Never use the trampoline when it is wet, damaged, dirty or worn out. The trampoline should be inspected before use.
- Keep all objects that could interfere during use away from the trampoline at all times. Be aware of what is overhead, underneath and around the trampoline.
- To prevent unsupervised and unauthorized use, the trampoline should be secured at all time.

ACCIDENT CLASSIFICATION & IDENTIFICATION:



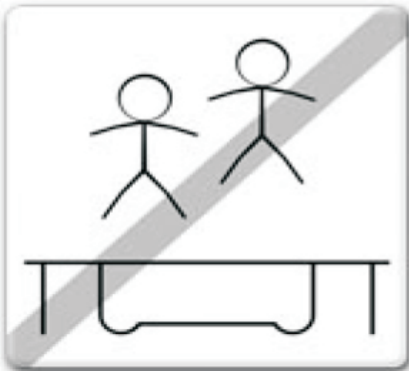
MOUNTING AND DISMOUNTING:

Be very careful when getting on and off the trampoline. **DO NOT** mount the trampoline by grabbing the frame pad, stepping onto the springs or by jumping onto the mat of the trampoline from an object (eg. A deck, roof, or ladder). This is considered highly dangerous! **DO NOT** dismount by jumping off the trampoline and landing on the ground. If small children are playing on the trampoline, they may need help in mounting and dismounting.



USE OF ALCOHOL OR DRUGS:

DO NOT consume any alcohol or take any drugs (this includes medication that could affect the users co-ordination) when using this trampoline. This is considered highly dangerous since these foreign substances impair your judgements, reaction time and overall physical co-ordination.



MULTIPLE USERS:

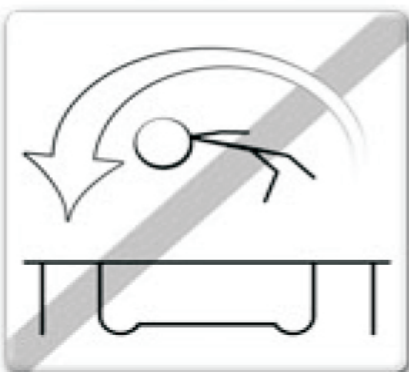
If you have multiple users (more than one person on the trampoline at any one time), you increase the chance of being injured. Injuries can occur when you fly off the trampoline, lose control, collide with other jumper(s), or land on the springs .



STRIKING THE SPRING FRAME:

When playing on the trampoline, **STAY** in the centre of the trampoline mat. This will reduce the risk of being injured by landing on the spring frame. Always keep the frame pads covering the frame of the trampoline.

DO NOT jump or step onto the frame pad directly since it is not intended to support the weight of a person.



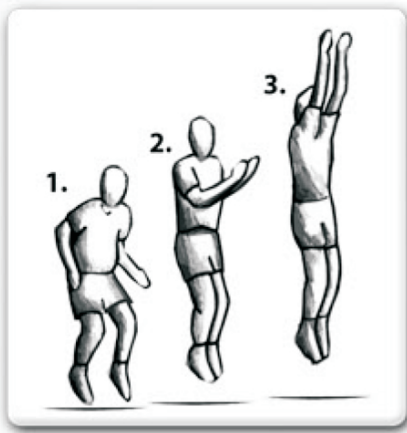
LOSS OF CONTROL:

DO NOT try difficult manoeuvres until you have mastered the basics. If you do not follow these guidelines, you increase the risk of someone being injured.

TRAMPOLINE TECHNIQUES:

BASIC SKILLS

BASIC SKILL 1: The basic bounce



- Start from a standing position, with feet shoulder width apart, head up and eyes on the trampoline bed.
- Swing arms forward and up above head in a circular motion.
- Bring legs and feet together in “mid-air” position and point toes.
- Land back on the mat with feet shoulder width apart (same as start position).
- Why not try moving onto the next skill once comfortable and proficient.

BASIC SKILL 2: The knee drop

- Start with a low basic bounce (as detailed in BASIC SKILL 1).
- Land on knees shoulder width apart, keeping back straight and a strong body position using arms out to the side or in front to maintain balance.
- Bounce back to basic bounce position by using bounce momentum and swinging arms above head.
- Once mastered at this height try bouncing a little higher, but remember to always stay in control of your height.



BASIC SKILL 3: The seat drop



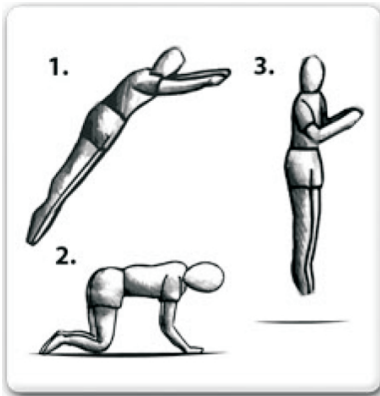
- Start with a low basic bounce (BASIC SKILL 1) in the normal position.
- Land with legs out straight in front of you, with hands either side of your hips and back straight in a strong body position.
- Use the bounce momentum aided with a push from hands to return to a standing position.
- Once mastered at this height try bouncing a little higher, but remember to always stay in control of your height.

IMPORTANT: Please consult a trained trampoline instructor before attempting any more advanced skills to ensure highest possible safety levels are maintained.

TRAMPOLINE TECHNIQUES:

ADVANCED SKILLS

ADVANCED SKILL 1: The basic bounce



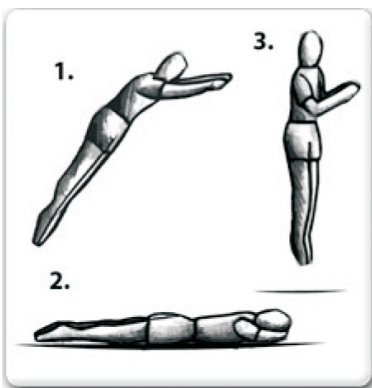
- Start with a low basic bounce (BASIC SKILL 1) in the normal position.
- Land on your hands and knees at the same time, ensure that your back is horizontal when bouncing the mat and hands & legs are shoulder width apart.
- Use the momentum of bounce and push off hands to regain the standing position.
- Once mastered at this height try bouncing a little higher, but remember to always stay in control of your height.
- Try moving onto the next skill once comfortable and proficient.

ADVANCED SKILL 2: Hands and knees to front drop

- Land on your hands and knees at the same time, ensure the back is horizontal to the bounce mat and hands & legs are shoulder width apart also.
- Maintain strong body position with back horizontal to mat and straighten legs behind and fold arms in front of face in mid-air ready to land on the mat in a lying down position.
- Ensure the landing is done with all of body touching the mat at same time.
- Push off hands and recover the standing position.
- Once mastered at this height try bouncing a little higher, but remember to always stay in control of your height. Trying moving onto the next skill once comfortable and proficient.



ADVANCED SKILL 3: The front drop



- Start with a low basic bounce (BASIC SKILL 1) in the normal position.
- Maintain a strong body position with back horizontal to mat and straighten legs behind and fold arms in front of face in mid-air ready to land on the mat in a lying down position.
- Ensure the landing is done with all of the body touching the mat at the same time.
- Push off hands and recover the standing position.
- Once mastered at this height try bouncing a little higher, but remember to always stay in control of your height.

IMPORTANT: Should you wish to progress any further and learn more advanced techniques for trampoline, please consult a qualified and registered instructor.