

SereneLife

by **PYLE**



SLSPT409

40" Fitness Trampoline
USER MANUAL

SAFETY INSTRUCTIONS

1. Misuse and abuse of this trampoline is dangerous and can cause serious injuries.
2. All trampoline type exercises must be done with the Fitness Trampoline in the flat position.
The angle positions are for use with a medicine ball.
3. All purchasers and all persons using the Fitness Trampoline must become familiar with the manufacturer's recommendations for proper assembly, use and care of the Fitness Trampoline.
4. The owner and supervisors of the trampoline are responsible to make all users aware of the Safety Instructions.
5. Place the Fitness Trampoline on a level surface before use.
6. Inspect your Fitness Trampoline before each use. Make sure the safety pad is in place.
Replace any worn, defective, or missing parts.
7. The Fitness Trampoline is not a toy. Do not allow children to use the Fitness Trampoline. Keep small children and pets away from the Fitness Trampoline at all times (including assembly).
8. Make sure to provide adequate clearance for ceilings, ceiling lights, ceiling fans, wires and tree limbs.
Failure to provide adequate head clearance can result in head or neck injury.
9. Place the Fitness Trampoline away from walls, structures, fences, play areas, furniture and other exercise equipment. Maintain a clear space on all sides of the trampoline. Remove all obstructions from beneath the Fitness Trampoline.
10. Good traction is very important using the Fitness Trampoline.
Bare feet are acceptable but we recommend good footwear with rubber non-skid soles.
11. The Fitness Trampoline should be used by only one person at a time.
12. Do not attempt any gymnastic or acrobatic maneuvers on the Fitness Trampoline. Use the Fitness Trampoline only as described in this manual.
13. Always store the Fitness Trampoline indoors in a dry place and make sure that the surface of the bed is always dry before using.
14. Secure the Fitness Trampoline against unauthorized and unsupervised use. The Fitness Trampoline is for consumer use only. Public or semipublic use is not allowed.
15. The maximum user weight is 220 LBS.

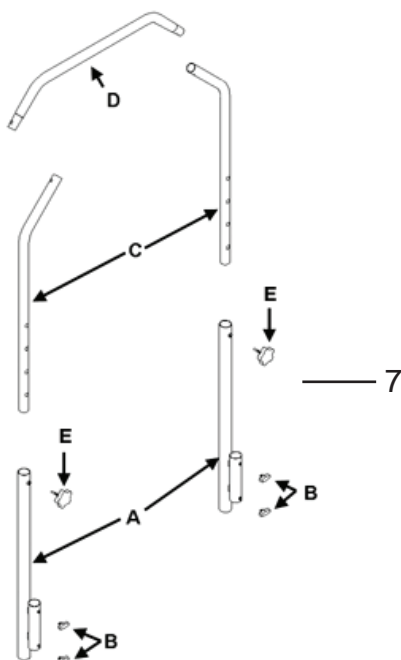
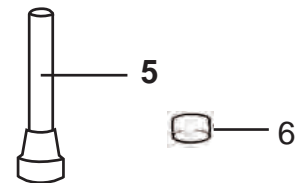
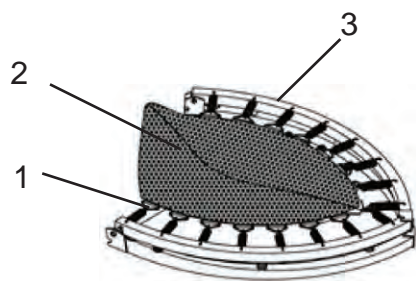
WARNING: Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness.

 **WARNING**
For 15+ years of age
220 lbs weight limit
Proper adult assembly required

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

Parts List

Nr.	Parts Description	Quantity
1	Frame	1
2	Jumping Mat	1
3	Spring	32
4	Protective Padding	1
5	Leg	6
6	Covering Cap	6
7	Handrail Tube	5
8	Kitbag	1



Before Assembly

Check all springs **BEFORE** assembly. If any spring is not attached or damaged, pls follow below processes to attach or replace the spring.

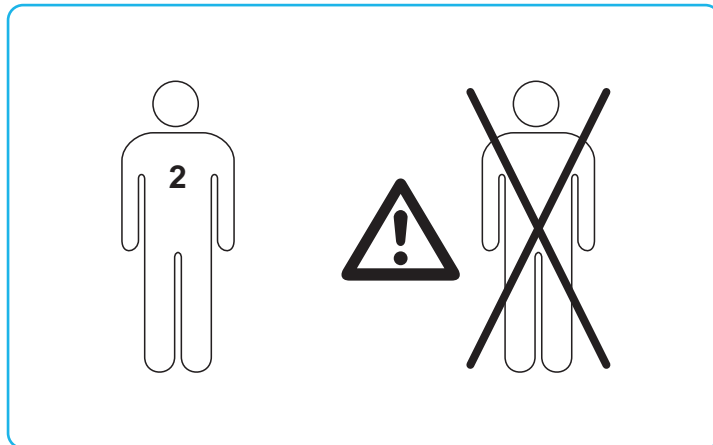
- A. Find the open end of the SPRING (#3) and hook this end into the hole on the Rail.
- B. Swing the SPRING (#3) to face inside of the trampoline.
- C. Attach the metal loop on the MAT (#2) to the spring hook.



Assembly Instruction

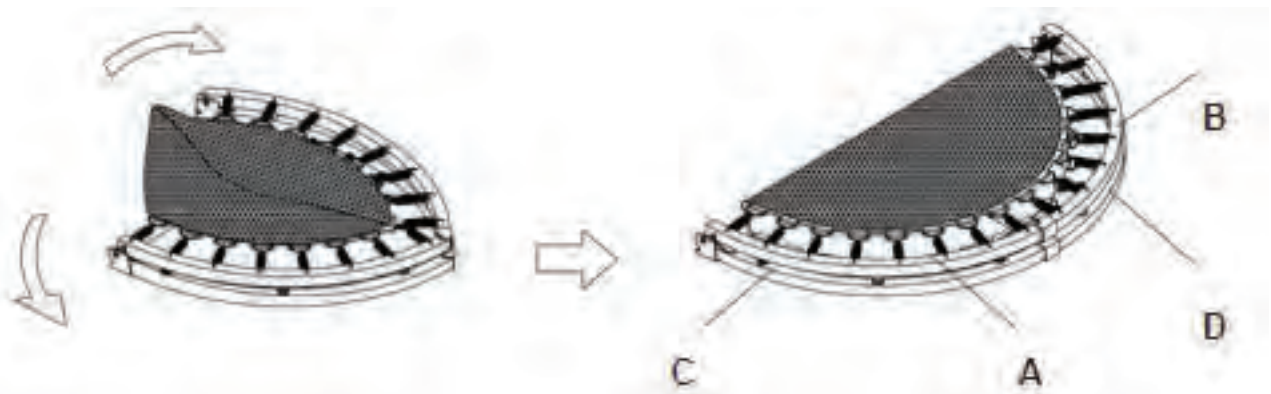


- 1. Keep children away from the trampoline during assembly.
- 2. Keep fingers away from the ends of the rails in the hinge area when unfolding the trampoline.
The RAILS will try to spring back to the folded position if they are released before the snap into place.
Serious injury can occur if fingers are caught between the ends of the RAILS.
- 3. Assembly and disassembly must be carried out by two people to minimise the risk of injury.



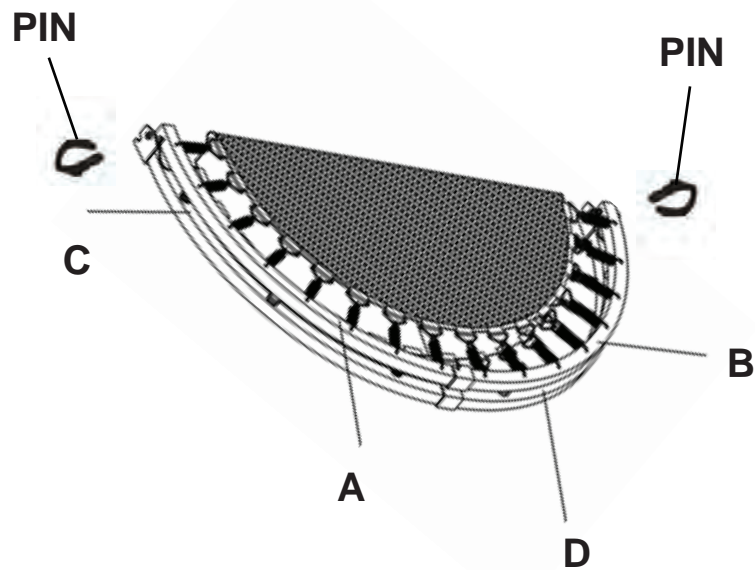
STEP 1

Lay the folding trampoline on the floor in its still folded position. Push out the ends so the trampoline forms a semi-circle.

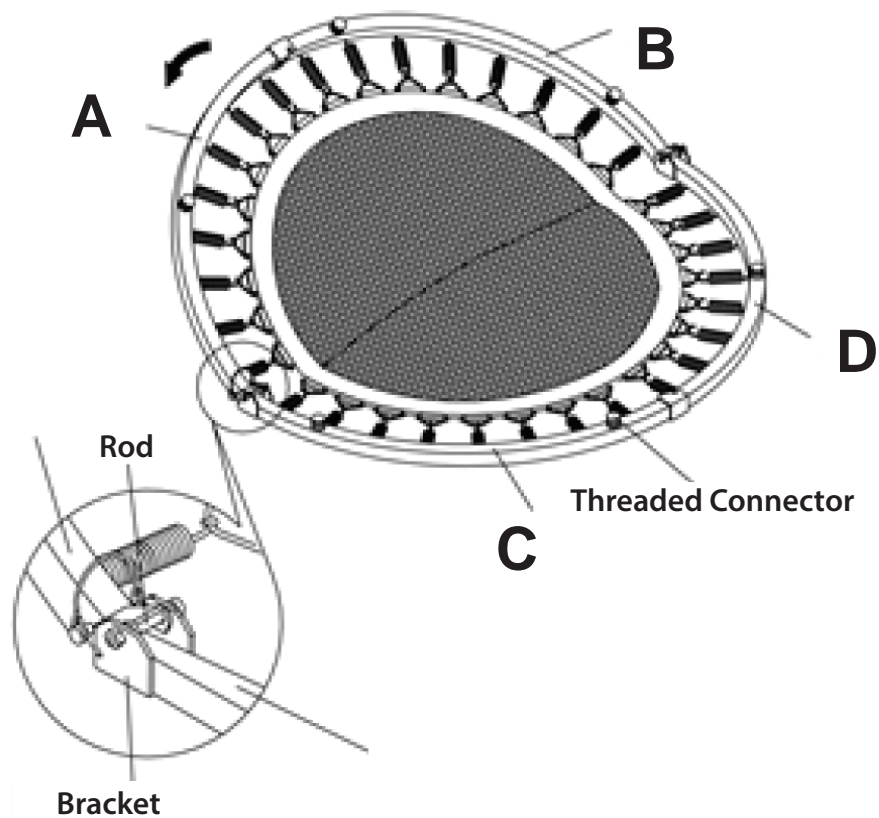


STEP 2

Remove the bracket pin from both ends of the trampoline, and place them to the side.

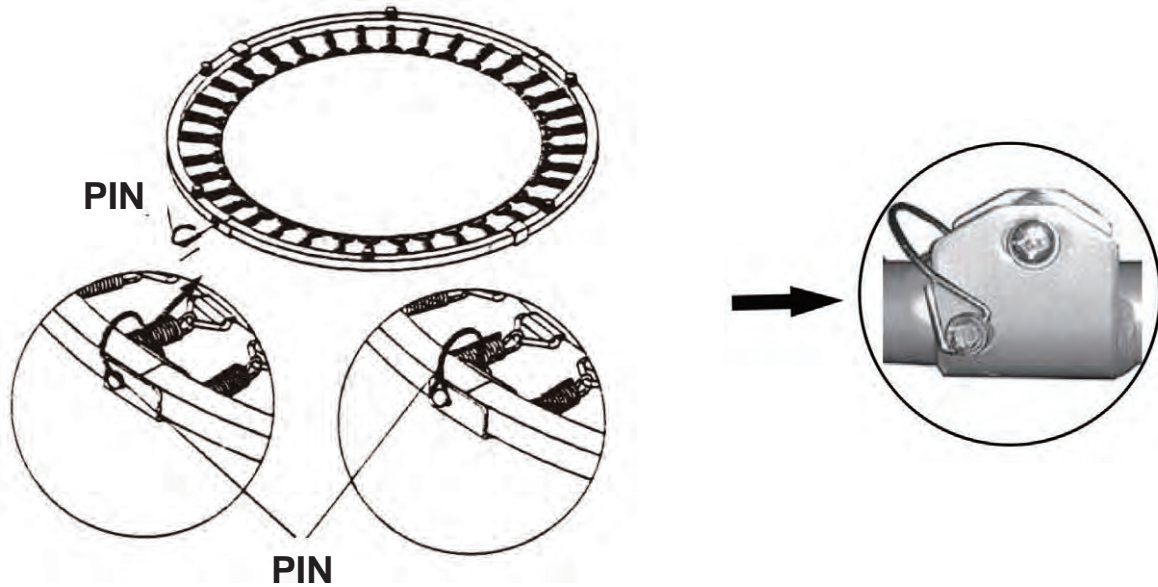
**STEP 3**

Both persons press rails C and D, and using steady pressure, with hands open and fingers extended, use palm of hands to push rails A and B down until they touch the ground. Make sure that all joints are locked into place.



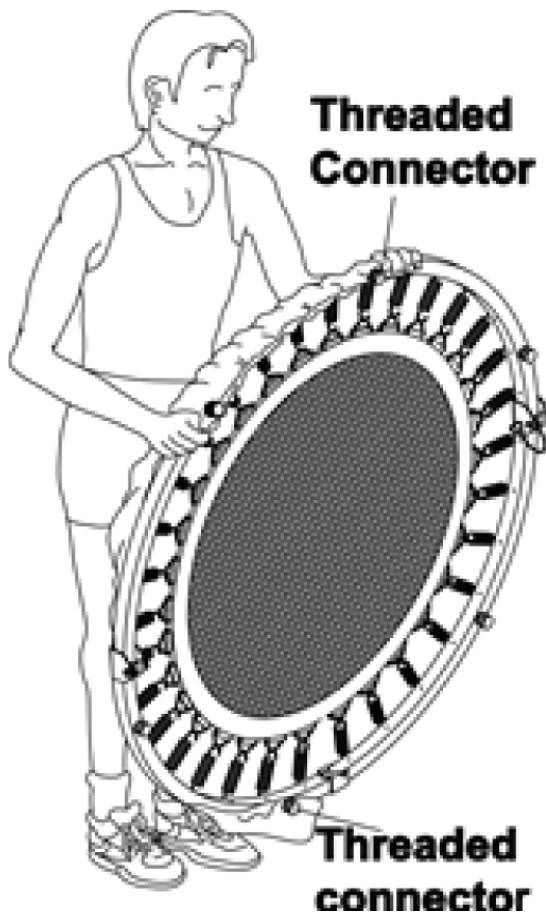
STEP 4

Insert the PIN back to the bracket to prevent rails from snapping together when you reach the flat position



STEP 5

Remove the covering cap on the threaded connector, and slide the protective padding (#4) over the unfolded frame. Make sure the holes on the underside of the protective padding are positioned exactly over the threaded connector for the feet. Make sure handle brackets are visible.

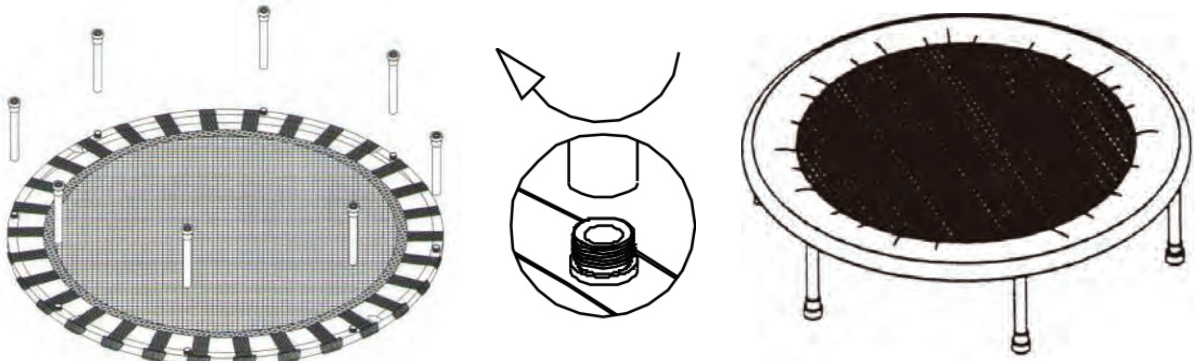


WARNING:

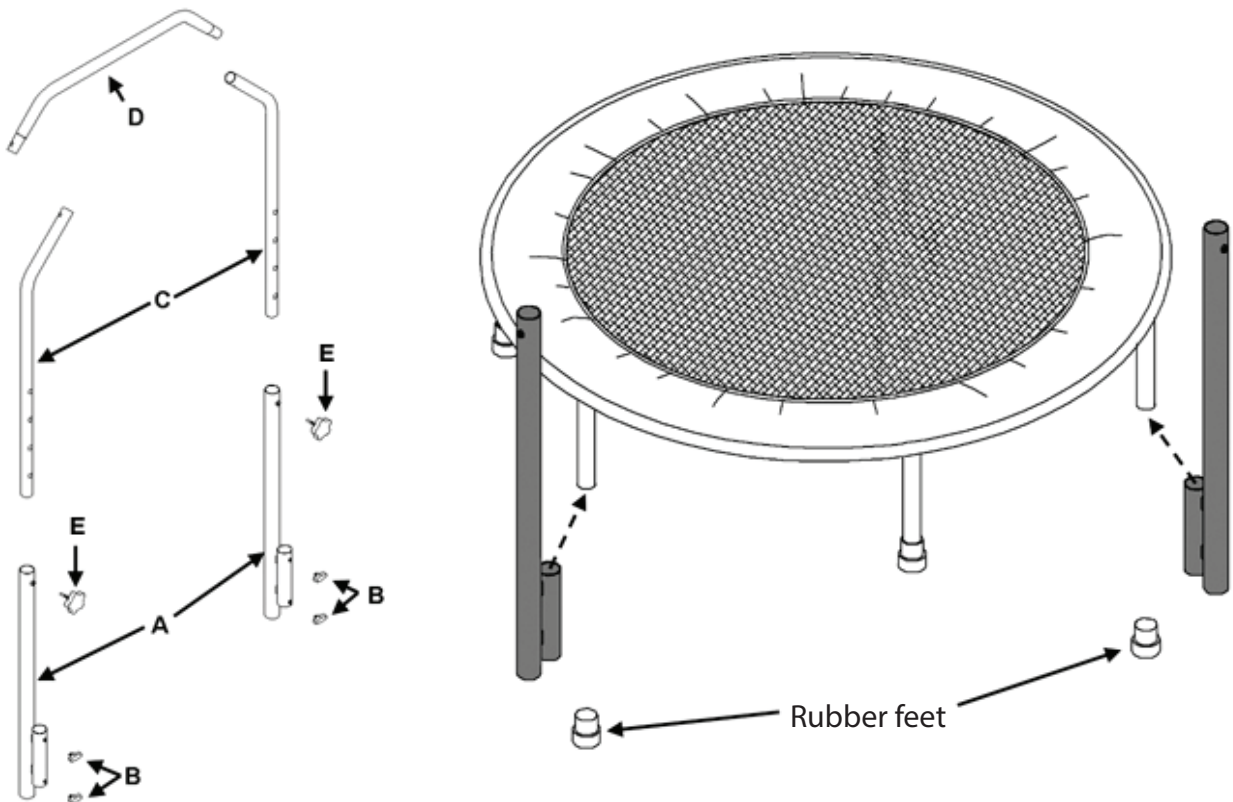
The protective pad must be securely attached to the frame before using the trampoline. It must be properly positioned

STEP 6

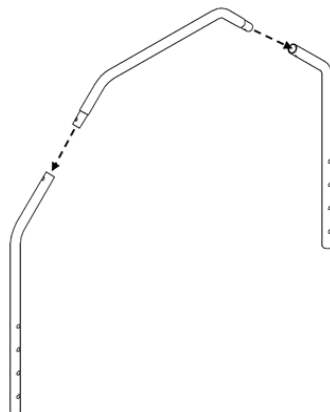
Turn the frame upside down. Screw the six feet on to the threaded connectors on the underside of the frame. Turn the trampoline over and place it on its feet.

**STEP 7**

Remove rubber "feet" from bottom of 2 legs, next place tube A over each leg, then replace rubber feet.

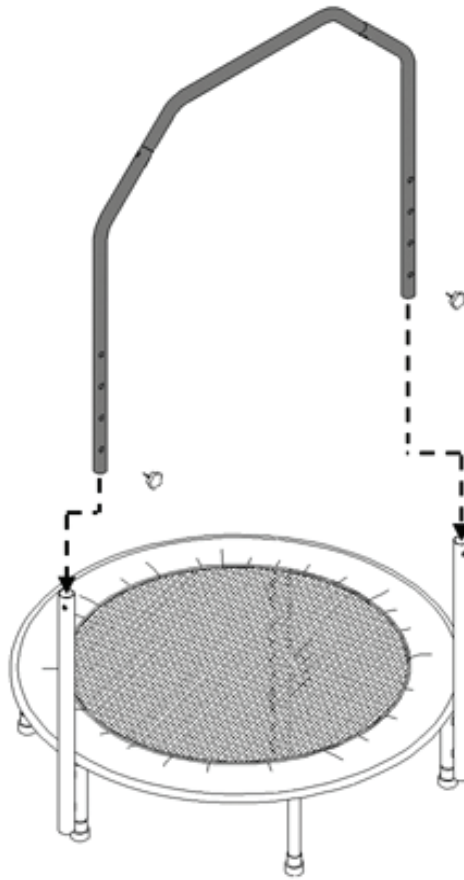
**STEP 8**

Connect tube D to top of both C tubes. Use spring button to secure C and D together. You now have a "top assembly".



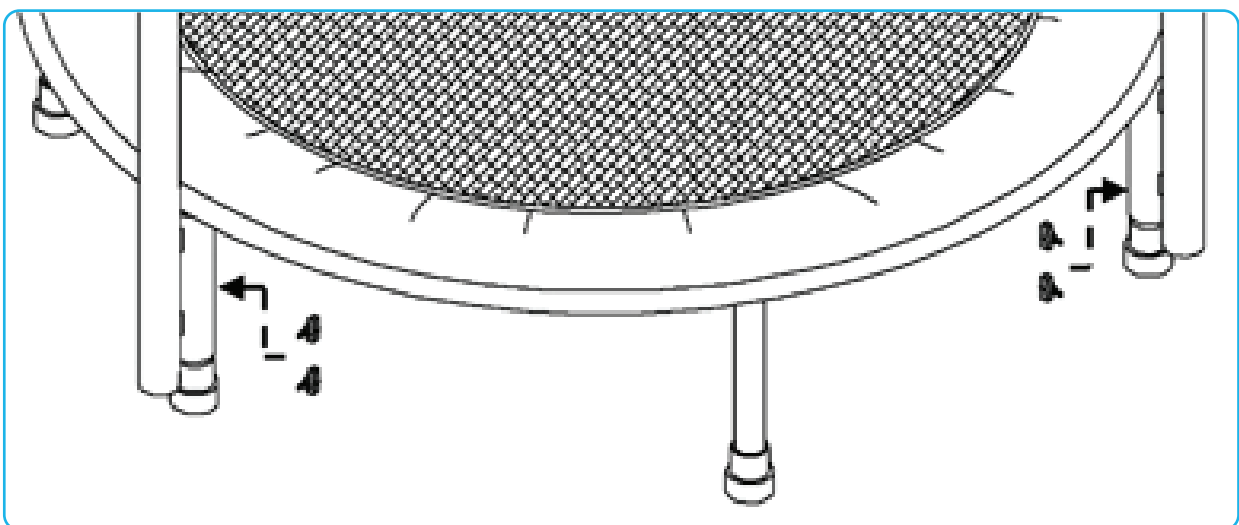
STEP 9

Lower top assembly into both A tubes until bottom hole in top assembly lines up with hole at top of each A tube. You may have to rotate each A tube for top assembly to fit. Secure top assembly in place with E knob.



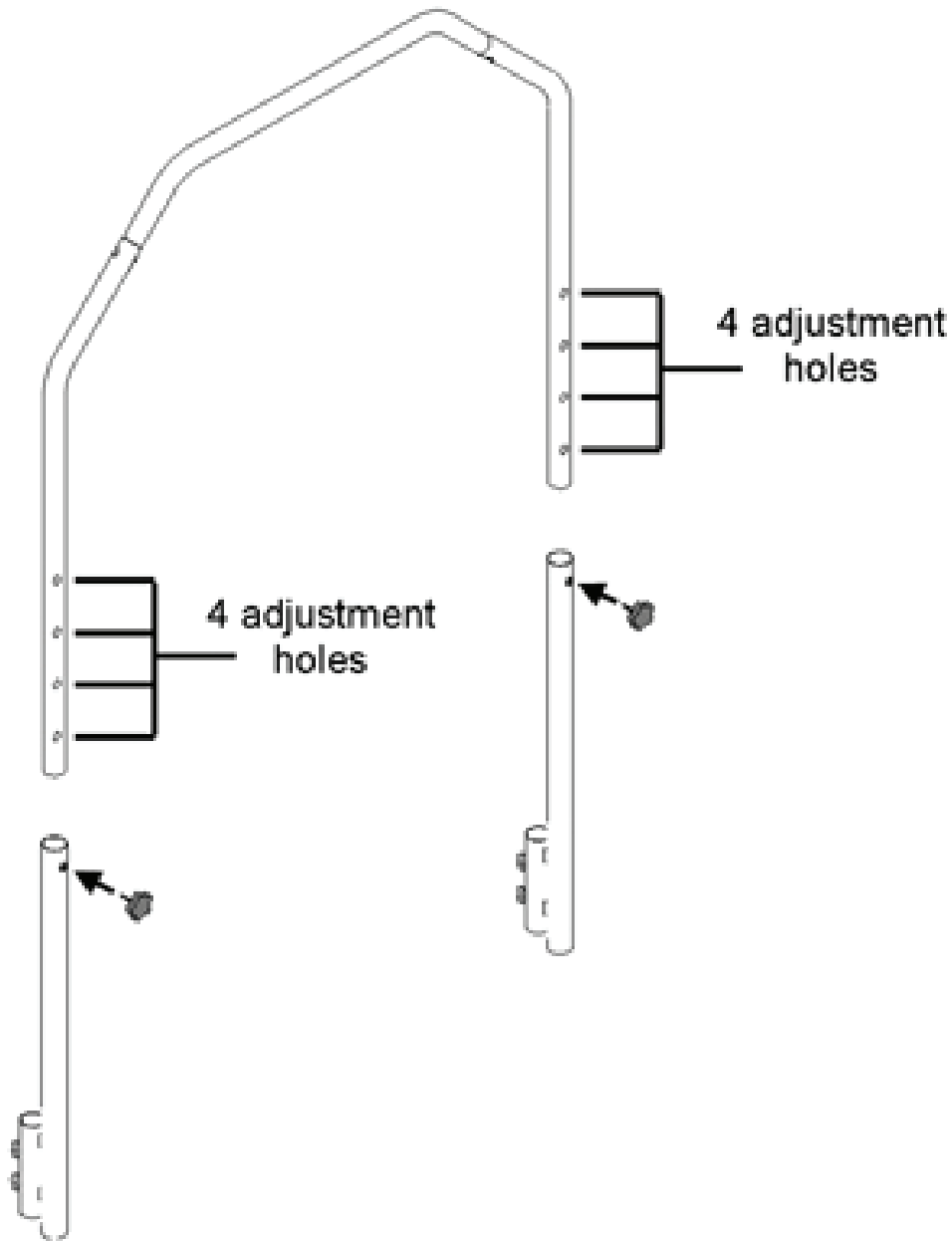
STEP 10

Secure B knob to bottom of both A tubes.



STEP 11

To change height of handrail bar, remove E knob, move top assembly to desired height, then screw E knob back in place. There are 4 different height adjustments for the handrail.

**CARE AND MAINTENANCE**

Inspect the trampoline before each use and replace any worn, defective or missing parts. The following conditions could represent potential hazards:

1. Missing, improperly positioned, or insecurely attached frame padding.
2. Punctures, frays, tears, or holes in the bed, or frame padding.
3. Deterioration in the stitching or fabric of the bed or frame padding.
4. A bent or broken frame.
5. A sagging bed.
6. Sharp protrusions on the frame of suspension system.

⚠️ WARNING ⚠️
IMPORTANT – PLEASE READ!
WARNING – GENERAL SAFETY ADVICE

- Please read the instructions before use and retain for future reference.
- Ensure the trampoline has been assembled correctly, as per the instructions in the manual.
- It is essential that the intended site for this trampoline is completely flat and level.
If the ground is un-level this will cause movement in the frame and could cause stress on the joined sections.
- **DO NOT** exceed the recommended **MAXIMUM WEIGHT** limit of **220 LBS**.
- **DO NOT** allow more than one person on the trampoline at a time.
- **DO NOT** wear glasses or helmets when using the trampoline.
- **DO NOT** fall or bounce on your knees, this can cause injury.
- **DO NOT** use the trampoline in wet or windy conditions.
- **DO NOT** somersault – this can cause serious injury.
- **DO NOT** allow other persons to go under, sit, stand or lie on the frame pads whilst the trampoline is in use.
- **DO NOT** use the trampoline when under the influence of alcohol, drugs or medication which may impair the jumper's judgement.
- **ALWAYS** wear socks when using the trampoline.
- **ALWAYS** remove jewellery before using the trampoline.
- **ALWAYS** jump in the middle of the trampoline bed.
- **ALWAYS** follow the safety warnings stated with your trampoline instructions in conjunction with using enclosure.
- **NEVER** wear footwear (e.g. shoes) when using the trampoline.
- Children **MUST NEVER** use the trampoline unless supervised by a responsible adult with knowledge of trampoline use.
- Before trampolining, inspect and replace any worn, defective or missing parts.
- Ensure the trampoline is on level ground with a minimum of 2.5M clear space around the sides, 8M clear height space above and that nothing is under the trampoline.
- Mount and dismount the trampoline with care as injury may result.
- Please read and refer to other warnings and use information in the instructions before use.

Please retain this information for future reference.



VISIT US ONLINE:

Have a question?

Need service or repair?

Want to leave a comment?

[PyleUSA.com/ContactUs](https://www.PyleUSA.com/ContactUs)

PYLE