

SereneLife



SLSPT438

Portable Body Fitness Trampoline

Pro Aerobics Trampoline with Adjustable Handrail

USER MANUAL

READ AND FOLLOW THE SAFETY INSTRUCTIONS.

FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS INJURY.

Product images are for illustrative purposes only and may differ from the actual product.

⚠️ WARNING

1. **DO NOT** attempt or allow somersaults. Landing on the head or neck can cause serious injury, paralysis, or death even when landing in the middle of the bed.
2. **DO NOT** allow more than one person on the trampoline.
Use by more than one person at the same time can result in serious injury.
3. Use trampoline only with mature knowledgeable supervision.
4. Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment.
5. If you feel faint or dizzy, immediately discontinue use of this equipment.
6. Serious bodily injury or death can occur if the above warnings are not followed or if this equipment is not assembled and used according to all instructions.
7. Keep others and pets away from equipment when in use.
8. Always make sure all parts are securely tightened prior to each use.
9. This trampoline is not recommended for those under ages of 14 years old.
10. Weight on this trampoline should not exceed 220 lbs.

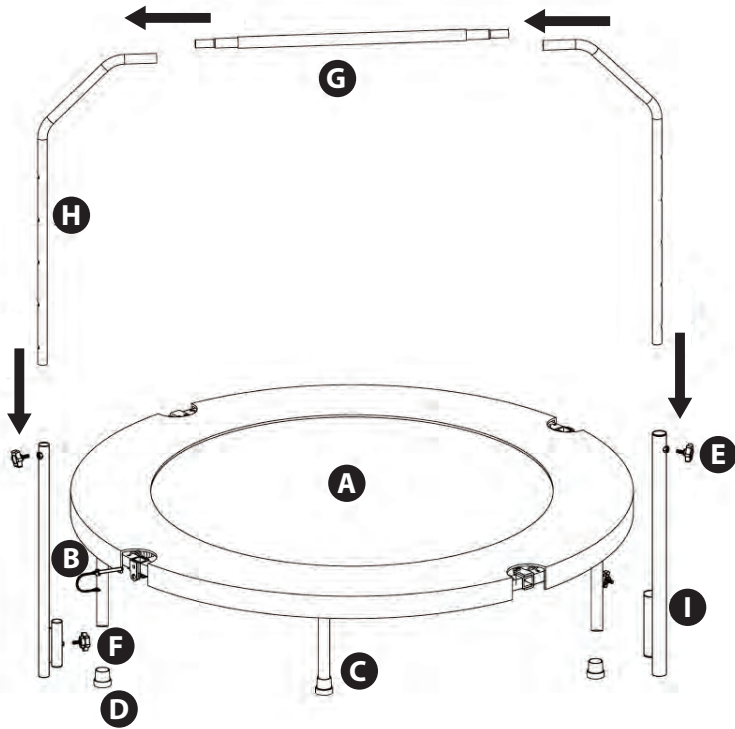
BEFORE YOU BEGIN

We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise.

The **Portable Body Fitness Trampoline** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing and familiarize yourself with the parts that are labeled. Read this manual carefully before using the **Portable Body Fitness Trampoline**.

PRODUCT PARTS DRAWING



Part Description

- A. Trampoline Frame (Cover pre-assembled)
- B. D-Shape Safety Lock
- C. Foot
- D. Foot Cap
- E. Big Knob Screw
- F. Small Knob screw
- G. Grab Tube
- H. Handrail Connecting Tube
- I. Handrail Support Tube

Qty

- 1
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Assembly Instruction

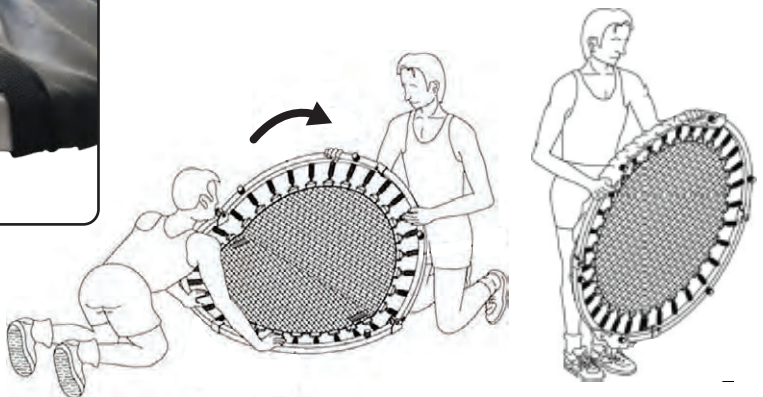
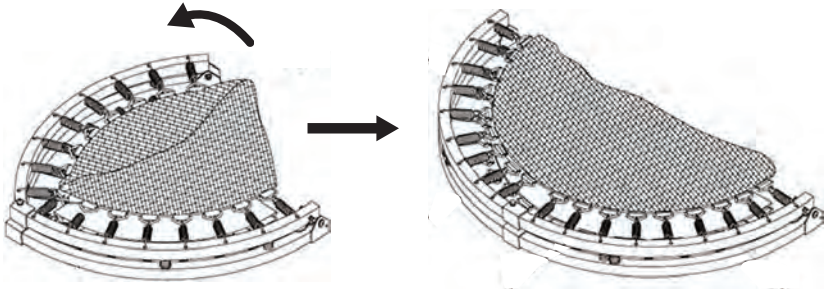
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning.

⚠️ WARNING

1. Keep children away from the trampoline during assembly.
2. The trampoline could possibly bounce back without the D-Shape Safety Lock inserted after the trampoline is unfolded. D-Shape Safety Lock is very necessary.
3. The pre-assembled cover must be used.
4. Use two or more strong people to unfold and fold the trampoline.

STEP 1:

Place Trampoline Frame (A) on the ground and press it downwards to a flat position. Insert D-Shape Safety Lock (B) into the fold at one end of the trampoline frame entirely.

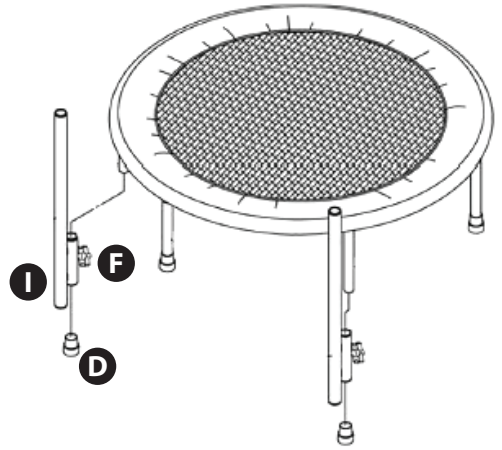
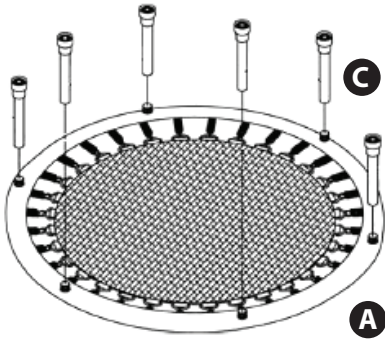


STEP 2:

Screw the 6 Foot(C) to the 6 threaded connectors.

STEP 3:

Place the trampoline in the normal use position. Remove the two Foot Cap (D) from two Foot (C) and these two feet are randomly chosen but there is one foot between these two feet. Slide the Handrail Support Tube (I) onto the two Foot (C), and then press the Foot Cap (D) back on these two Foot (C). Do not tighten the Small Knob Screw (F) until STEP 5.

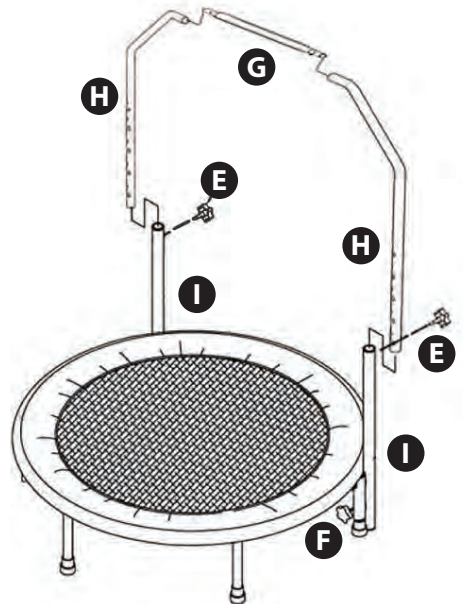


STEP 4:

Slide both ends of the Grab Tube (G) into the 2 Handrail Connecting Tube (H). Slide the two Handrail Connecting Tube (H) into the Handrail Support Tube (I) and lock in position with the Big Knob Screw (E).

STEP 5:

Tighten all Big Knob Screw (E) and Small Knob Screw (F).



⚠️ WARNING

The trampoline cover (A) must be securely attached to the frame before using the trampoline. It must be properly positioned.

INSTALLATION INSTRUCTIONS

1. Adequate overhead clearance is essential. A minimum of 24 feet from ground level is recommended for large outdoor trampolines. Provide clearance for ceilings, ceiling lights, ceiling fans, wires, tree limbs, and other possible hazards.
2. Lateral clearance is essential. Place the trampoline away from walls, structures, fences, play areas, furniture, and other exercise equipment. Maintain a clear space on all sides of the trampoline
3. Place the trampoline on a level surface before use.
4. Use the trampoline in a well lighted area. Artificial illumination may be required for indoor or shady areas.
5. Secure the trampoline against unauthorized and unsupervised use.
6. Remove any obstructions from beneath the trampoline.
7. The owner and supervisors of the trampoline are responsible to make all users aware of practices specified in the user manual.

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 worn in the bed or frame padding.
3. Deterioration in the stitching or fabric of the bed or frame padding.
4. Ruptured springs.
5. A bent or broken frame.
6. A sagging bed.
7. Sharp protrusions on the frame or suspension system.

SAFETY INSTRUCTIONS

WARNING

To reduce the risk of serious injury, read the following Safety Instructions before using the Portable Body Fitness Trampoline.

1. Misuse and abuse of this trampoline is dangerous and can cause serious injuries.
2. Trampolines, being rebounding devices, propel the performer to unaccustomed heights and into a variety of body movements.
3. When unfolding or folding the trampoline, the rails will try to spring into the folded position.
4. Always use two or more strong people to unfold or fold the **Portable Body Fitness Trampoline**. Failure to use two or more strong people may allow the rails to spring back into the folded position and strike someone which can cause serious bodily injury or death.
5. All purchasers and all persons using the **Portable Body Fitness Trampoline** must become familiar with the manufacturer's recommendations for proper assembly, use and care of the **Portable Body Fitness Trampoline**, as well as being alert to the performer's own limitations in the execution of trampoline skills. Assembly Instructions, Safety Instructions, Trampoline Fundamentals, and Warning Labels are included to promote safe, enjoyable use of the **Portable Body Fitness Trampoline**.
6. The owner and supervisors of the trampoline are responsible to make all users aware of the Safety Instructions and practices in the use instructions.
7. Place the **Portable Body Fitness Trampoline** on a level surface before use.
8. Use the **Portable Body Fitness Trampoline** in a well lighted area. Artificial illumination may be required for indoor or shady areas.
9. Do not place the **Portable Body Fitness Trampoline** on an elevated surface. The trampoline should be at floor level or ground level.
10. Inspect your **Portable Body Fitness Trampoline** before each use. Make sure the safety pad is correctly and securely positioned. Replace any worn, defective, or missing parts.
11. Make sure the floor or ground around the **Portable Body Fitness Trampoline** is clear of all objects that may cause injury if you step on them when dismounting.
12. Adequate overhead clearance is essential. 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.

A minimum of 24 feet is recommended for outdoor trampolines.

13. Do not allow children to use the **Portable Body Fitness Trampoline**.

The trampoline is not a toy, it is for use by adults only. Use the trampoline only with mature knowledgeable supervision.

14. Lateral clearance is essential. Place the **Portable Body Fitness Trampoline** away from walls, structures, fences, play areas, furniture, and other exercise equipment. Maintain a clear space on all sides of the trampoline.

15. Keep small children and pets away from the **Portable Body Fitness Trampoline** at all times including use and assembly of the trampoline.

16. The weight limit on the **Portable Body Fitness Trampoline** is 220 lbs.

17. Do not use the **Portable Body Fitness Trampoline** with socks only.

Good traction is very important when mounting, using, and dismounting the trampoline. Bare feet are acceptable but we recommend good footwear with rubber non-skid soles such as walking, running or cross-training shoes.

18. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the trampoline.

19. The trampoline should be used by only one person at a time.

20. Remove any obstructions from beneath the **Portable Body Fitness Trampoline**.

21. The surface of the bed should be dry.

22. Be careful to maintain your balance when mounting, using, dismounting, or assembling the trampoline. Loss of balance may result in a fall and serious bodily injury.

23. Do not step on the safety pad when mounting, using or dismounting the **Portable Body Fitness Trampoline**.

24. Do not attempt any gymnastic or acrobatic maneuvers on the trampoline.

25. Stop exercising before attempting to dismount the trampoline. To avoid sprains and broken bones, come to a complete stop before dismounting.

26. Use the **Portable Body Fitness Trampoline** only as described in this manual.

27. Always store the **Portable Body Fitness Trampoline** indoors in a dry place.

28. Secure the trampoline against unauthorized and unsupervised use.

29. Remove the safety pad before folding the **Portable Body Fitness Trampoline** for storage. Failure to remove the safety pad before folding will result in damage to the safety pad.

USE INSTRUCTIONS

WARNING

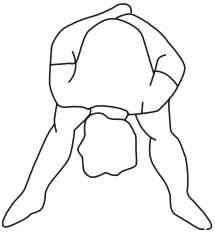
1. **DO NOT** attempt or allow somersaults. Landing on the head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed.
2. Do not allow more than one person on the trampoline. Use by more than one person at the same time can result in serious injuries.
3. Use trampoline only with mature, knowledgeable supervision.
4. This trampoline is not recommended for children.
5. Inspect the trampoline before each use. Make sure the frame padding is correctly and securely positioned. Replace any worn, defective, or missing parts.
6. Climb on and off the trampoline. It is a dangerous practice to jump from the trampoline to the floor or ground when dismounting, or to jump onto the trampoline when mounting. Do not use the trampoline as a springboard to other objects.
7. Stop bounce by flexing knees as feet come in contact with the trampoline bed. Learn this skill before attempting others.
8. Learn fundamental bounces and body positions thoroughly before trying more advanced skills. A variety of trampoline activities can be carried out by performing the basic fundamentals in various series and combinations, performing one fundamental after another, with or without feet bounces between them.
9. Avoid bouncing too high. Stay low until bounce control and repeated landing in the center of the trampoline can be accomplished. Control is more important than height.
10. While keeping the head erect, focus eyes on the trampoline toward the perimeter. This will help control bounce.
11. Avoid bouncing when tired. Keep turns short.
12. Properly secure the trampoline when not in use. Protect it against unauthorized use. Protect it against use by children.
13. Keep objects away which could interfere with the performer. Maintain a clear area around the trampoline.
14. Do not use the trampoline while under the influence of alcohol or drugs.
15. For additional information concerning the trampoline equipment, contact the manufacturer.
16. For information concerning skill training, contact a certified trampoline instructor.
17. Bounce only when the surface of the bed is dry. Wind or air movement must be calm to gentle. The trampoline must not be used in gusty or severe winds.
18. Read all instructions before using the trampoline. Warnings and instructions for the care, maintenance, and use of the trampoline are included to promote safe, enjoyable use of this equipment.

WORKOUT PROGRAM

Stretching

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

Suggested Stretching Exercises *(Perform stretches slowly)*



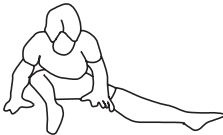
Lower Body Stretch

Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. **DO NOT BOUNCE!** When the pull on the back of the legs lessens, gradually try a lower position.



Floor Stretch

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds. **DO NOT BOUNCE!** Do this stretch 10 times. Repeat the stretch with the left leg.



Bent Torso Pulls

While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.



Bent Over Leg Stretch

Stand with feet shoulderwidth apart and lean forward as illustrated. Using the arms, gently pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

Remember to always check with your physician before starting any exercise program

WARM-UP AND COOL-DOWN

Warm-Up: The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place. Below are specific warm-up exercises for the trampoline workout.

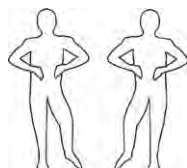
Cool-Down: The purpose of cooling down is to return the body to its normal, or near-normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the previously mentioned stretches and the same warm-up exercises listed below.

Warm-Up and Cool-Down Exercises *(Do each movement 10 times)*



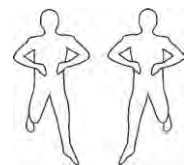
Contact Bounce

Place your feet shoulder width apart and bend at the knees. Place your hands on your waist. Start bouncing very gently without your feet leaving the mat. This movement is to get you comfortable with being on the mat.



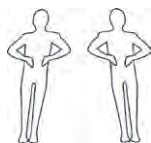
Foot Tap

While in the Contact Bounce position, shift your weight towards the right and tap your left foot out to the side. Bring your left foot back to shoulder width. Shift your weight to the left tap your right foot out to the side. Repeat the movement back and forth.



Hamstring Curls

While bouncing, shift your weight to the right and bring your left foot up to your left buttock. Bring your left foot down and shift your weight to the left and bring your right foot up to your right buttock. Repeat the movement back and forth.



Side To Side

In this movement, place both feet together and bounce from one side of the mat to the other side of the mat. Repeat the movement back and forth.

Jog in Place

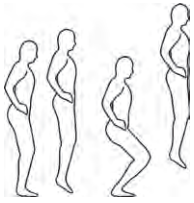
While standing in the center of the mat, jog in place as you would on the ground.

Jog Bounce

While jogging in place, bounce twice on one leg before switching to the other leg.

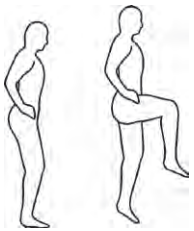
BASIC WORKOUT

Basic Workout Exercises *(Do each movement 10 times)*



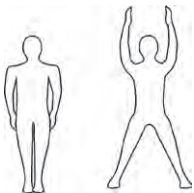
Contact Bounce, Big Bounce

Place your feet shoulder-width apart and bend at the knees. Place your hands on your waist. Start bouncing very gently without your feet leaving the mat. On your second bounce, bounce high enough that your feet leave the mat; only bounce as high as you feel comfortable bouncing. Continue to alternate your bounces back and forth. A variation can be done by raising your forearms as if you are doing biceps curls.



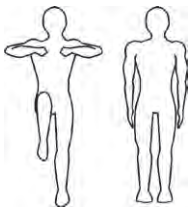
Knee Raises

While in the Contact Bounce position, alternately raise your right and left knees to just above waist height. Repeat the movement back and forth. You can add your own variations to this movement such as raising your arms out to the sides or to the front.



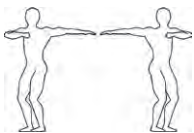
Jumping Jacks

With your feet together in the center of the mat, simultaneously bounce and land with your feet shoulder width apart. At the same, raise your arms out to the sides and overhead. Then, bounce and land with your feet back together and your arms resting at your sides. Repeat the movement.



Upright Row

While in the Contact Bounce position, alternately raise your knees to just above waist height. At the same time, perform an upright row with your arms to chin height each time you raise a knee. Repeat the movement.



Twist Bounce

With your feet together in the center of the mat bounce and twist your lower body to the right, simultaneously twisting your upper body to the left. Then bounce and twist your lower body to the left, simultaneously twisting your upper body to the right. Repeat the movement. Repeat the movement.

Basic Workout Program

Jogger Warm-Up

Do each exercise 10 times

1. Contact Bounce
2. Foot Tap
3. Hamstring Curls
4. Side to Side
5. Contact Bounce
6. Jog in Place
7. Jog Bounce
8. Jog in Place
9. Contact Bounce

Jogger Cool-Down

Do each exercise 10 times

1. Contact Bounce
2. Jog in Place
3. Jog Bounce
4. Jog in Place
5. Contact Bounce
6. Side to Side
7. Hamstring Curls
8. Foot Tap
9. Contact Bounce

Basic Workout

Do each exercise 10 times

1. Contact Bounce, Big Bounce (Hands on waist)
2. Contact Bounce, Big Bounce (Hands, Triceps/biceps movement)
3. Jog in Place
4. Knee Raises (Hands and Shoulder movement)
5. Jumping Jacks
6. Upright Row
7. Jog in Place
8. Front/Back jumps (Lateral and Forward shoulder raise)
9. Twist Bounce
10. Knee Raises (Hands on waist)
11. Jog in Place



Features:

- Professional Aerobics Round Trampoline Style
- Portable and Lightweight
- Excellent Low-Impact Aerobic Workout
- Adjustable Height Sturdy Handrail
- Durable Leg Base Frames and Padded Handlebar
- Waterproof and Weather-Resistant Construction
- Reinforced Spring Connection between Jumping Mat and Tubes
- Anti-pinch Patent
- Recommended for Ages 14 and Up
- For Indoor Use Only
- Simple and Hassle-Free to Assemble
- *Some Assembly Required

What's in the Box:

- Trampoline Folded Frame (Cover Pre-assembled)
- D-Shape Safety Lock
- Grab/Handrail Connecting/ Handrail Support/Leg Tubes
- Installation Accessories

Technical Specs:

- Handrail Height Setting: 35.4" x 47.2" -inches
- Weight Capacity: Up to 220 lbs.
- Construction Material: Galvanized Tube and Reinforced Polypropylene (Jumping Mat)
- Trampoline Height (from Floor): 8.9" -inches
- Jumping Mat Diameter Size: 30" -inches
- Total Assembled Trampoline Size (L x W x H): 40" x 40" x 47.2"-inches



SereneLife

Questions? Issues?

We are here to help!

Phone: (1) 718-535-1800

Email: support@pyleusa.com

