



Assembly, Installation, Care, Maintenance, and Use Instructions

WARNING

Read these materials prior to assembling and using this Trampoline/Trampoline enclosure.



Questions or Comments?

We are here to help!

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SereneLife



SLTRA10BL



SLTRA10PNK

SLTRA10BL - SLTRA10PNK **Home Backyard Sports Trampoline**

USER GUIDE

**IMPORTANT SAFETY INFORMATION.
PLEASE READ AND KEEP FOR FUTURE REFERENCE**

Features:

- Outdoor Jumping Trampoline
- Backyard Home Sports Trampoline Style
- Large Wide-Diameter Jumping Surface
- Perfect for Kids, Children, Teens & Young Adults
- Tall Protective Safety Net Cage Enclosure System
- Waterproof Rated & Weather-Resistant Design
- Reinforced Bouncy Jumping Mat Surface
- Rugged & Durable Leg Base Frame Construction
- Stable Platform Base for Driveway and Grass Placement
- Family Fun, Recommended for Ages 3+ and Up
- Lab Tested and Safety Certified
- Some Assembly Required

What's in the Box:

- Outdoor Trampoline
- Safety Net Enclosure
- Trampoline Jumping Mat
- Installation Hardware

Technical Specs:

- Trampoline Style: Outdoor, Safety Net
- Frame Size: 10 Feet
- Pad Type: Foam Pad
- Jumping Mat Material: Reinforced Polypropylene
- Construction Material: Engineered Galvanized Metal
- Trampoline Height (from Floor): 30" -inches
- Jumping Mat Diameter Size: 104" -inches
- Total Weight Support: Up to 264 lbs. Max
- Total Assembled Trampoline Size (L x W x H): 120.0" x 120.0" x 100.8" - inches

California Prop 65 Warning

⚠️ WARNING:

This product may expose you to chemicals, which is known to the state of California to cause cancer, birth defects and other reproductive harm. Do not ingest.

For more info go to: www.P65warnings.ca.gov

WARNING

YOU MUST CAREFULLY READ AND UNDERSTAND THESE OPERATING INSTRUCTIONS BEFORE PUTTING TOGETHER AND USING THIS TRAMPOLINE. KEEP THESE OPERATING INSTRUCTIONS SO THAT YOU CAN REFER BACK TO THEM LATER OR PASS THEM ON IF YOU SELL THIS TRAMPOLINE. THIS TRAMPOLINE MAY ONLY BE USED TOGETHER WITH THE NET THAT COMES WITH IT.

ATTENTION!

- Only for domestic use
- This toy is designed for outdoor use
- Trampoline over 20 in. (51 cm) tall are not recommended for children under 6 years of age
- Only one user at a time. Risk of collision
- **Product dimensions:**
 - Jumper 180: Ø 182.9 cm X (H)239 cm
 - Jumper 251: Ø 251.5 cm X (H)239 cm
 - Jumper 305: Ø 305.0 cm X (H)256 cm
 - Jumper 366: Ø 366.0 cm X (H)270 cm
 - Jumper 430: Ø 426.7 cm X (H)270 cm

INTRODUCTION

Before you use this trampoline, carefully read all information in these operating instructions and make sure you follow it. Just like any other leisure activity, there is a risk of injury. To avoid injuries, ensure that you observe the corresponding safety regulations and tips. Misuse of this trampoline is dangerous and can lead to serious injuries!

- Trampolines are bouncy appliances that transport the user into unusual heights and different postures.
- Check the trampoline before every use for a worn mat or loose or missing parts.
- These operating instructions provide tips on the correct assembly, care and maintenance, safety, warnings and the right jumping techniques. All users and spotters must familiarize themselves with these operating instructions. Everyone who decides to use this trampoline must be aware of their own limitations with regard to the various jumps on this trampoline.

WARNING

CONSULT YOUR DOCTOR PRIOR TO ANY KIND OF PHYSICAL TRAINING



THE TRAMPOLINE SHOULD ONLY BE USED BY ONE PERSON AT A TIME! IF THERE ARE SEVERAL TRAMPOLINISTS, THERE IS A GREATER RISK OF BREAKING YOUR NECK, LEG OR BACK.



FALLING ON YOUR HEAD OR NECK MAY RESULT IN PARALYSIS OR DEATH! DO NOT PERFORM ANY SUMMERSAULTS AS THIS INCREASES THE RISK OF FALLING ON YOUR HEAD OR NECK!

WARNING

Assembly and Installation Instructions

- Adequate overhead clearance is essential. A minimum clearance of 24 ft. from ground level is recommended. Provide clearance for wires, tree limbs, and other possible hazards.
- Lateral clearance is essential. Place the trampoline away from walls, structures, fences, and other play areas. Maintain a clear space on all sides of the trampoline.
- Place the trampoline on a level surface before use.
- Use the trampoline in a well-lighted area. Artificial illumination may be required for indoor or shady areas.
- Secure the trampoline against unauthorized and unsupervised use.
- Remove any obstructions from beneath the trampoline.
- The owner and supervisors of the trampoline are responsible to make all users aware of practices specified in the use instructions.

Use Instructions

- Do not attempt or allow somersaults. Landing on the head and neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed.
- Do not allow more than one person on the trampoline at a time.
Use by more than one person at the same time can result in serious injuries.
- Use trampoline only with mature, knowledgeable supervision.
- Trampolines over 20 in. (510 mm) tall are not recommended for children under 6 years of age.
- Inspect the trampoline before use. Make sure the frame padding is correctly and securely positioned. Replace any worn, defective, or missing parts.
- 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.

- Stop bounce by flexing knees as feet come in contact with the bed.
Learn this skill before attempting others.
- Learn fundamental bounce 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 serious and combinations, performing one fundamental after another, with or without feet bounces between them.
- 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.
- While keeping the head erect, focus eyes on the trampoline toward the perimeter. This will help control bounce.
- Avoid bouncing when tired. Keep turns short.
- Properly secure the trampoline when not in use. Protect against unauthorized use. If a trampoline ladder is used, the supervisor should remove it from the trampoline when leaving the area to prevent the unsupervised access by children under 6 years of age.
- Do not use or stand near the trampoline in windy or gusty conditions. A trampoline can become airborne when exposed to sustained wind or gusting wind conditions. This can result in serious injury, paralysis, or death, as well as property damage. To reduce these risks, disassemble the trampoline and enclosure and store them until weather conditions improve. Anchoring a trampoline frame may prevent the trampoline from moving as a result of the wind, but even anchored trampolines can become airborne or damaged. Consult a qualified contractor to determine what type of anchor works best in your location.
- Keep objects away which could interfere with the performer.
Maintain a clear area around the trampoline.
- Do not use the trampoline while under the influence of alcohol or drugs.
- For additional information concerning the trampoline equipment, contact manufacturer or instructor.
- For information concerning skill training, contact a trainer certification organization.
- Bounce only when the surface of the bed is dry. Wind or air movement should be calm to gentle. The trampoline must not be used in gusty or severe winds.
- Read all instructions before using the trampoline. Warnings and instructions for the care, maintenance, and use of this trampoline are included to promote safe, enjoyed use of the equipment.

WARNING

- 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.
- Do not allow more than one person on the trampoline. Use by more than one person at the same time can increase the chance of injury.
- Use trampoline only with mature, knowledgeable supervision.

Care and Maintenance Instructions

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

- Missing, improperly positioned, or insecurely attached frame padding.
- Punctures, frays, tears, or holes worn in the bed or frame padding.
- Deterioration in the stitching or fabric of the bed or frame padding.
- Ruptured springs.
- A bent or broken frame.
- A sagging or worn bed.
- Sharp protrusions on the frame or suspension system.

IF YOU COME ACROSS ANY OF THE ABOVE CONDITIONS OR ANYTHING ELSE THAT YOU THINK COULD LEAD TO ANY DAMAGE TO A USER, THE TRAMPOLINE MUST BE DISMANTLED OR PUT OUT OF OPERATION UNTIL THE PROBLEM(S) HAS/HAVE BEEN SOLVED.

WIND

In the event of strong wind, the trampoline can be blown away. If you are expecting strong wind, the trampoline must be placed in a sheltered position or dismantled. Another option is to secure the round outer part (top frame) of the trampoline in the ground with the help of ropes and stakes. Make sure that the connection at the bottom reaches to the middle of a frame part. For a secure positioning, at least three connections must be placed in the ground. Don't just secure the feet of the trampoline in the ground as these can be pulled out of the frame holders.

Trampolines higher than 51 cm are not suitable for use by children under the age of three. **DO NOT USE INSIDE.**

INFORMATION ON USING THE TRAMPOLINE

- To brake a jump, you just have to rapidly bend your knees before these come into contact with the trampoline mat. This technique should be practiced while learning the individual basic jumps. The braking technique should always be used if you lose your balance or control of your jump.
- First get used to the feeling of jumping on the trampoline. Concentrate on the basic body positions and practice every jump (the basic jumps) until you can perform them easily and in a controlled manner.
- First learn the easiest jump and master this before moving on to a more difficult and more advanced jump. A controlled jump is a jump in which your starting and landing point on the mat are identical. If you move on to the next jump without mastering the first, you risk injuring yourself.
- Don't jump too long on the trampoline as exhaustion increases the risk of injury. Only jump for a short time and then allow others to take part in the fun!
The trampoline should only be used by one person at a time.
- The trampolinist should wear T-shirt, shorts or a pull over, as well as proper gym shoes, heavy socks or go barefoot. If you are a beginner, to protect yourself from scratches and grazes you should wear a long-sleeve T-shirt and long pants until you have mastered the correct landing positions and forms. When on the trampoline do not wear shoes with hard soles, such as tennis shoes, as these excessively wear down the material of the mat.
- Always climb properly on and off the trampoline to avoid injury. To get on properly, put your hand on the frame and climb on or roll yourself on to the frame, across the springs and on to the trampoline mat. Always remember to put your hands on the frame when getting on and off. Don't grab or climb directly on to the frame padding. To correctly dismount, move to the side of the trampoline, put your hand on the frame to support it and climb from the mat on to the floor. Small children should be supported when getting on and off the trampoline.
- Don't practice any daredevil jumps on the trampoline as this increases the risk of injury. The key for safety and fun on the trampoline is the control and mastery of the various jumps. Never try to jump higher than another trampolinist!
Never use the trampoline on your own without a spotter.

TYPES OF ACCIDENTS

- **Getting on and off:** Be very careful getting on and off the trampoline. Do NOT get on the trampoline by grabbing hold of the frame padding, standing on the springs, or jumping from another object (e.g.a terrace, a roof or a ladder) on to the trampoline mat. This increases the risk of injury! Do NOT get off the trampoline by jumping on to the floor, irrespective of the structure of the floor. If little children are jumping on the trampoline, they may need help getting on and off.
- **Consumption of alcohol or medications:** Do NOT consume alcohol or medication if you use this trampoline! This increases the risk of injury as these foreign substances can affect your judgment, your reaction time, and your overall body control.
- **One trampolinist at a time:** If there are several trampolinists on the trampoline (more than one trampolinist at the same time on the trampoline), this increases your risk of Injury. Injuries can occur if you fall off the trampoline, lose control, collide with another trampolinist, or land on the springs. In general, the lightest person on the trampoline is the one to be injured.
- **Touch the frame or the springs:** When jumping on the trampoline, stay in the MIDDLE of the mat. This decreases the risk of injury by landing on the frame or springs. The frame padding must always cover the trampoline frame. Do NOT jump or climb directly on the frame padding as it is not suitable for bearing the weight of a person.
- **Loss of control:** Do not try ANY (difficult) exercises before mastering the previous exercise or if you have just starting learning how to jump on a trampoline. Otherwise you increase your risk of landing on the frame, on the springs, or even outside of the trampoline altogether. A controlled jump is a jump in which your starting and landing point on the mat are identical. If you lose control when jumping on the trampoline, bend your knees as you land. This enables you to regain control and stop the jump.
- **Somersaults:** Do not perform ANY somersaults (front or backwards) on this trampoline. If you make a mistake when doing a somersault, you can land on your head or neck. This can lead to a broken neck or back, which could result in death or paralysis.
- **Other objects:** Do NOT use the trampoline if animals, other people, or any objects are under the trampoline. This can otherwise increase the risk of injury. Don't hold ANY objects and do NOT put anything on the trampoline while someone is jumping on it. Pay attention to what is over your head when you are jumping on the trampoline. Branches, cables, and other objects above the trampoline increase the risk of injury.

- **Poor maintenance of the trampoline:** A trampoline in poor condition increases your risk of injury. Please check the trampoline before every use for bent steel tubes, loose or broken springs and the general stability of the trampoline.
- **Weather:** When using the trampoline, pay attention to the weather. When the trampoline mat is wet, the trampolinist can slip and get injured. If it is too windy, the trampolinist can lose control.

TIPS TO REDUCE THE RISK OF ACCIDENTS

- **The role of the trampolinist in the prevention of accidents:**

It is vital to keep control while jumping. Do NOT move on to more complicated, more difficult exercises before mastering the basic jumps. Education is also very important for safety. Read, understand, and practice all safety precautions and warnings before the use of the trampoline. A controlled jump is a jump in which your starting and landing point on the mat are identical. For further safety tips and instructions, please contact a qualified trampoline teacher.

- **The role of the spotter in the prevention of accidents:**

Spotters must understand and implement all safety rules and guidelines. The spotter is responsible for providing advice and instructions to all trampolinists on the trampoline. If there are no or sufficient spotters available, the trampoline should be stored in a safe place, dismantled to prevent unauthorized usage or covered with a heavy tarpaulin that is secured with a chain or a lock. The spotter is also responsible for ensuring that the safety badge is attached to the trampoline and that the trampolinists are informed of the warnings and instructions.

TRAMPOLINE SAFETY INFORMATION

TRAMPOLINIST:

- Do not use the trampoline when under the influence of drugs or alcohol.
- When using the trampoline, trampolinists may not carry any hard or sharp objects with them.
- Get off the trampoline carefully and in a controlled manner. Never jump on or off the trampoline and never use the trampoline to jump on or into another object.
- First always learn the basic jumps and master every single jump this before moving on to more difficult jumps. Refer to the section on **Basic Trampoline Jumps** to learn the basics.
- To stop the jump, bend your knees when you land on the mat with your feet.

- Always keep control while jumping on the trampoline. A controlled jump is a jump in which your starting and landing point on the mat are identical. If you ever feel you are losing control, try to stop the jump.
- Do not jump for a long time or perform very high jumps right after each other.
- Focus your eyes on the mat to ensure you maintain control. Otherwise, you risk losing balance or control.
- The trampoline should only be used by one person at a time.
- When the trampoline is used by children, there must always be a spotter.

SPOTTERS: Familiarize yourself with the basic jumps and safety information. To avoid or reduce the risk of injury, implement all safety regulations and ensure that new trampolinists learn the basic jumps before attempting more difficult, advanced jumps.

- All trampolinists must have a spotter Irrespective of their skills and age.
- Never use the trampoline if it is wet, damaged, dirty or worn. The trampoline should be checked before a trampolinist begins jumping.
- Keep all objects far away that could get in the way of the trampolinist. Pay attention to what is over, under and around the trampoline.
- The trampoline should be secured if it is not in use in order to prevent unauthorized usage and usage without a spotter.

LESSON PLAN: The following lessons are suggested for learning of the basic steps and jumps before passing to more difficult and more complicated jumps. Read and understand all safety information before actually getting on the trampoline and using it. In addition, the spotter and pupil should fully discuss body movements and trampoline safety information and the spotter should perform a demonstration.

Lesson 1

- A. Performing the right techniques for getting on and off the trampoline
- B. Performing and practicing the basic jumps
- C. Stopping (see jump demonstrations) with exercise.
Learning to stop on command.
- D. Hand and knee demonstration and practice. The focus should be placed on the four-point landing and position.

Lesson 2

- A. Repetition and practice of the techniques learned in Lesson 1.
- B. Demonstration of knee jump and practice. Learn to go up and down on your knees before attempting to perform a half twist to the left and right
- C. Seat drop demonstration and practice. Learn the basic seat drop and follow it with a knee drop with hands and knees;
- D. Repetition

Lesson 3

- A. Repetition and practice of the skills and techniques learned in the previous lessons.
- B. Front drop -to avoid grazes on the mat and to teach the front drop position, all pupils should be instructed to lie on their stomach (face down to the floor) while the trainer checks the positions for mistakes that could lead to injuries.
- C. Start with the hands and knees drop and then go face down on the mat and get back on your feet.
- D. Practice the hands and knees drop, perform a front drop, get back to your feet, seat drop, back to your feet. seat drop and back to your feet until you have learned the routine.

Lesson 4

- A. Repetition and practice of the skills and techniques learned in the previous lessons.
- B. **Half twist**
 - Start with the front drop position and when you touch the mat either push your self left or right with your arms and twist your head and shoulders in the same direction.
 - Make sure that during the twist your back is parallel to the mat and your head is held high.
 - After the twist, land In the front drop position.

After completing this lesson, the pupil has learned the basic trampoline jumps. Trampolinists should be encouraged to try out and develop their own combinations whilst paying attention to control and form.

To encourage the pupils to develop combinations, you can play the "JUMP" game. This game has one to 10 players. Player one starts with a combination.

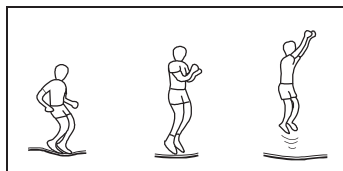
Player two repeats the jump of player one and adds a jump of their own.

The players must perform the combination in the right order. The first player to make a mistake is given the letter "S".

The game ends when someone says the word "JUMP". The final remaining player is the winner! During the game, it is important to perform the combinations in a controlled manner and not to perform any difficult jumps that you haven't already mastered.

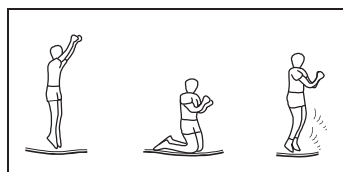
Contact a qualified trampoline teacher to improve your trampolining skills.

BASIC TRAMPOLINE JUMPS



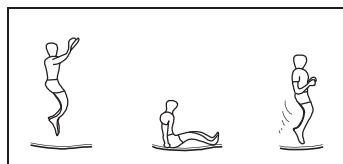
BASIC JUMP

1. Start out standing with your feet a shoulder's width apart, your head held up high and your eyes focused on the mat.
2. Swing your arms to the front and up in a circular shape.
3. Put your feet together in mid air and point your toes down.
4. When you land on the mat, position your feet a shoulder's width apart.



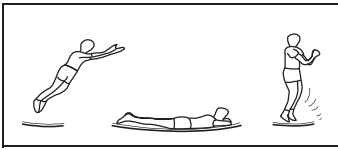
KNEE DROP

1. Start with the basic jump and perform a low jump.
2. Land on your knees with a straight back and upright body and keep your balance with your arms.
3. Jump back into the basic jumping position by swinging your arms upwards.



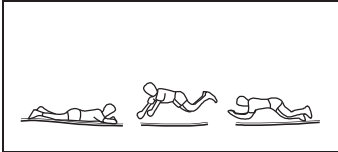
SEAT DROP

1. Land in a flat seated position.
2. Place your hands on the mat next to your hips and keep your elbows relaxed.
3. Return to the upright position by pushing off with your hands.



FRONT DROP

1. Start with a low jump.
2. Land on your stomach (face down) and hold your hands and arms stretched out to the front on the mat. Push yourself off the mat with your arms to return to standing position.



180-DEGREE SWIVEL

1. Start lying on your stomach.
2. Push yourself off with your right or left arm (irrespective of the direction in which you would like to twist).
3. Stretch your head and shoulders in the same direction and hold your back parallel to the mat and your head up high.
4. Land on your stomach and return to a standing position by pushing off with your arms.

WARNING

ALWAYS START YOUR JUMP IN THE MIDDLE OF THE MAT. IF YOU ARE MORE THAN 30CM OUTSIDE OF THE MIDDLE OF THE TRAMPOLINE MAT, IMMEDIATELY STOP YOUR JUMP!! START YOUR JUMP AGAIN IN THE MIDDLE OF THE MAT!

PUTTING UP THE TRAMPOLINE

There must be a space of at least 7.3m above the trampoline. With regard to the space at the sides, please ensure that there are no dangerous objects such as branches, other leisure appliances (e.g. swing, swimming pool), electricity cables, walls, fences, etc. near the trampoline.

To ensure safe use of the trampoline, be aware of the following when choosing where to put it:

- Make sure it is placed on a level surface.
- The area is well lit
- There are no obstacles on the trampoline

If you do not follow these instructions, you increase the risk of somebody being injured.

ASSEMBLY INSTRUCTIONS

To assemble this trampoline, you need the special spring tension tool included with the trampoline. When it is not in use, this trampoline can be easily dismantled and stored. Please read the assembly instructions before starting. It is recommended that this product is assembled by at least two people.

BEFORE THE ASSEMBLY

Refer to the parts descriptions and parts numbers on this page.

To make it easier for you, these descriptions and numbers are used in the assembly steps. Make sure that you have all listed parts. Refer to this page for how to obtain parts that are missing. Please use gloves during the assembly in order to avoid hurting your hands by trapping them.

LIST OF PARTS

| PURCHASE NO. | DESCRIPTION | 180cm | 251cm | 305cm | 366cm | 430cm |
|---------------------|--|--------------|--------------|--------------|--------------|--------------|
| 1 | Trampoline mat with sewn on eyelets | 1 | 1 | 1 | 1 | 1 |
| 2 | Frame padding/ Protective pad | 1 | 1 | 1 | 1 | 1 |
| 3 | Top bar with leg supports | 3 | 3 | 4 | 4 | 4 |
| 4 | Top bar | 3 | 3 | 4 | 4 | 4 |
| 5 | Base/Foot | 3 | 3 | 4 | 4 | 4 |
| 6 | Vertical leg extender | 6 | 6 | 8 | 8 | 8 |
| 7 | Galvanized springs | 36 | 48 | 64 | 72 | 88 |
| 8 | Spring clamps | 1 | 1 | 1 | 1 | 1 |
| 9 | Instructions | 1 | 1 | 1 | 1 | 1 |
| 10 | Fastening Cables | 4 | 6 | 7 | 8 | 0 |

REMEMBER TO WEAR GLOVES DURING THE ASSEMBLY IN ORDER TO AVOID TRAPPING YOUR HANDS. AT LEAST TWO PEOPLE ARE REQUIRED TO ASSEMBLE THE TRAMPOLINE.

ASSEMBLY INSTRUCTIONS

STEP 1 - Frame Assembly

To assemble the frame, a total of 15 or 20 tube parts are required. All parts with the same part number are interchangeable and can be used on both the left or right. To connect the parts, push the thinner end of a tube into the wider end of another tube. These connections are called connection points. Lay out all parts as shown in figure 1.1 (Jumper 180/251) and Figure 1.2 (Jumper 305/366/430)

A. Lay out all the frame parts as shown. In this step, pay attention to the order.

B. You must have the following parts:

1. Top bar with leg supports (#3, 4 items)
2. Top bar (#4, 4 items)
3. Base (#5, 4 items)

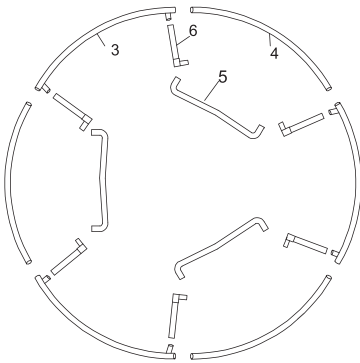


Figure 1.1

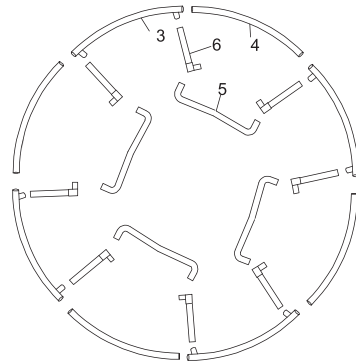


Figure 1.2

STEP 2 - Assembly of the Support

Push all vertical leg extenders (#6) into the base (#5), as shown in FIGURE 2.

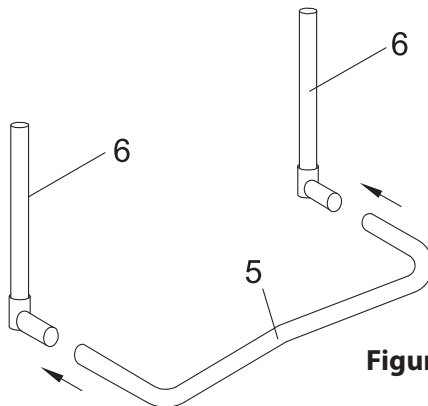


Figure 2

STEP 3 - Assembly of the top bars

Two people are required to assemble the trampoline in this step. Lift one of the support components from Step 2 into the vertical position. Insert the top bar with the leg base into one end of the support component. Insert the opposite end of the top bar with leg base into a second support group, as shown in FIGURE 3. Repeat this step until all support groups have been attached to the top bars with leg base.

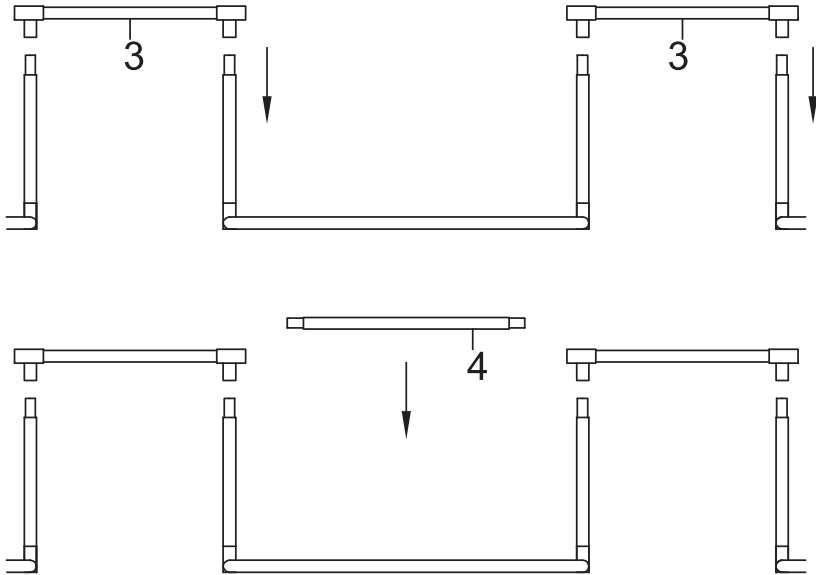


Figure 3

Attach the top bar (#3/#4) into the gaps between the vertical leg extenders by inserting these into the gaps, as shown in FIGURE 4. The upper mail must be connect by two different supports.

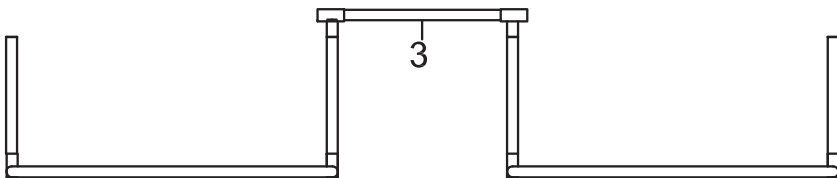


Figure 4

STEP 4 - Attaching the trampoline mat

A. Lay the trampoline mat (#1) in the frame. The logo must face upwards as shown in FIGURE 5.

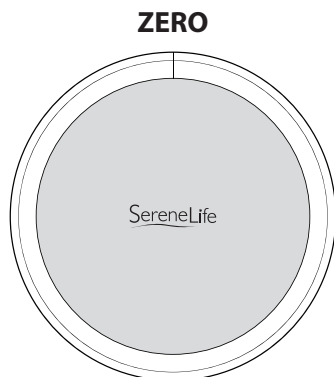


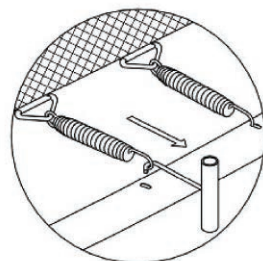
Figure 5

- B. In total Jumper 180 has -> 36 triangular eyelets sewn on the mat and 36 holes in the frame of the top bars. Jumper 251 has -> 48 triangular eyelets sewn on the mat and 48 holes in the frame of the top bars. Jumper 305 has 64 triangular eyelets and 64 holes in the frame. Jumper 366 has 72 triangular eyelets and 72 holes in the frame and Jumper 430 has 88 eyelets and 88 holes. None of these eyelets or holes are numbered. Please carefully follow the instructions to ensure correct assembly.
- c. Choose a random point on the frame of the top bars (call it ZERO), as shown in FIGURE 5. First, attach the springs (#7) in the direction and angle (as shown) of the main frame. The springs only fit in one direction, so please be careful. Once you have attached the hooks of the springs into the main frame, twist the springs in the direction of the mat, as shown below. Use the specially enclosed tool to pull together the springs and the mat and attach the hooks to the frame. Please note the zero point as you will later use this point to attach the springs.

INSTRUCTIONS TO TENSE THE SPRINGS

⚠ CAUTION

- Two adults are needed for this step.
- **CAUTION:** While attaching the springs, do not put your hands, legs or bodies close to the connection points. The connection points can trap your hands as the trampoline tenses.
- Wear heavy work gloves to protect your hands.
- Only use the special spring tension tool provided.



- D. For Jumper 180, count -> 18 holes (Jumper 251 -> 24; Jumper 305 -> 32; Jumper 366 -> 36; Jumper 430 -> 44) from Point ZERO on the top bars and the corresponding eyelets to move on to Point 18 for Jumper 180 (Jumper 251 -> 24 Jumper 305 -> 32; Jumper 366-> 36; Jumper 430-> 44). Attach a spring to this point, as shown In FIGURE 6. Now this is Point B.
- E. For Jumper 180, count ->9 holes from Point ZERO on the top bars and the corresponding eyelets to move on to Point 9. Attach a spring to this point, as shown in FIGURE 6. For Jumper 251, please count 12 holes to move on to Point 12; for Jumper 305, please count 16 holes to move on to Point 16. For Jumper 366, please count 18 holes to move on to Point 18; and for Jumper 430 counts 22 holes to move on to Point 22. Now this is Point A.
- F. For Jumper 180 -> 9 holes from Point ZERO on the top bars and the corresponding eyelets to move on to Point C. For Jumper 251, please count 12 holes from Point ZERO; for Jumper 305, please count 16 holes; and for Jumper 366, please count 18 holes; and for Jumper 430, please count 22 holes. Attach a spring to this point, as shown in FIGURE 6. By this time you should have attached four springs to the points ZERO, A, B, and C. This even distribution of the tension is important for the correct and easy assembly of the trampoline ma as shown in FIGURE 6.

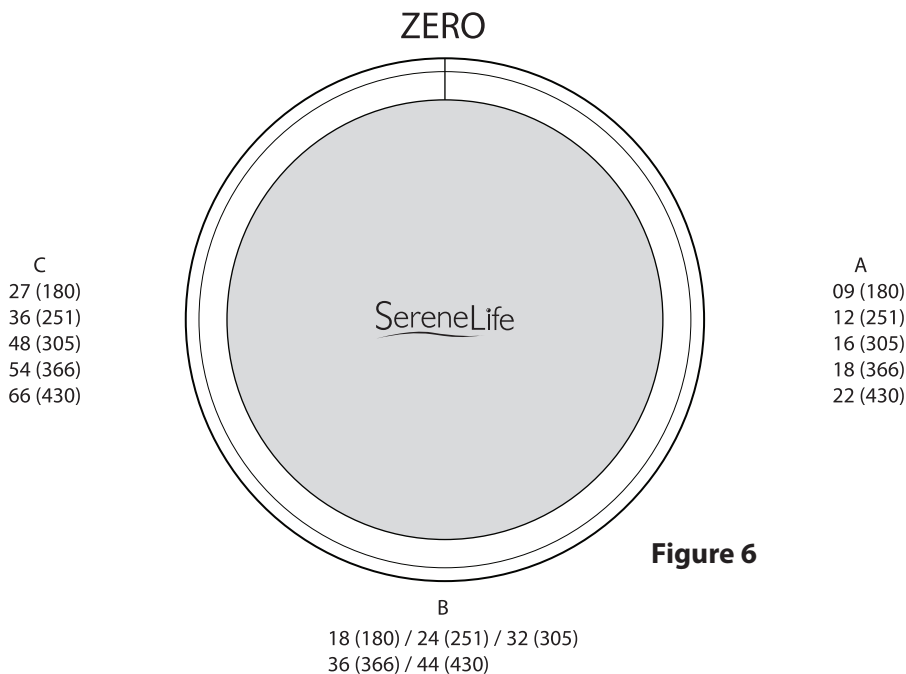
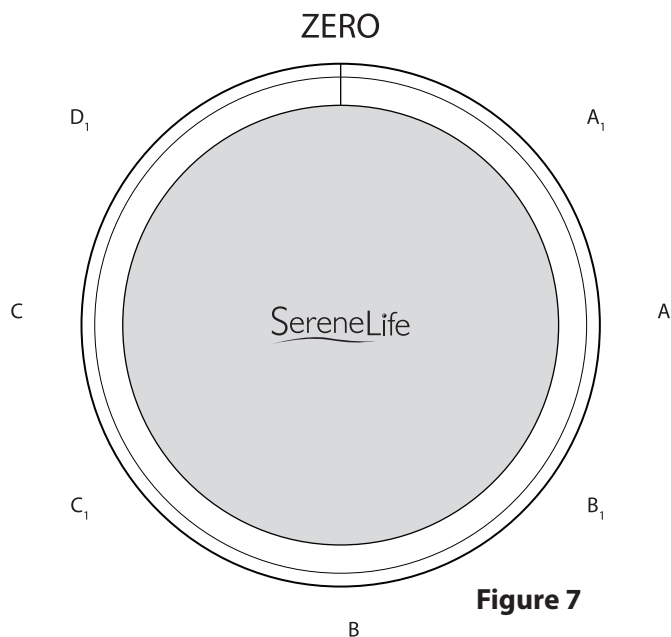


Figure 6

G. For Jumper 180, 251 and 305, every eight holes attach a spring to the corresponding eyelets; for Jumper 366, every nine holes attach a spring; for Jumper 430, every 11 holes attach a spring. For even distribution of the tension and an easier assembly, each of the springs should be attached to the opposite sides of the mat of the frame, i.e. first A1 and then C1, B1 then D1, etc. In addition to the previously attached springs, you should have springs at ZERO, A1, A, B1, B, C1, C and D1, as shown in FIGURE 7.



H. Jumper 180/251

Attach a spring to hole 4 of the corresponding eyelet and from there attach a spring every eight holes. For even distribution of the tension and an easier assembly, each of the springs should be attached to the opposite sides of the mat/the frame, i.e. first 4 then 36, 12 then 44, etc. In addition to the previously attached springs, you should have springs at 4, 12, 20, 28, 36, 44, and 48.

Jumper 305

Attach a spring to hole 4 of the corresponding eyelet and from there attach a spring every eight holes. For even distribution of the tension and an easier assembly, each of the springs should be attached to the opposite sides of the mat/the frame, i.e. first 4 then 36, 12 then 44, etc. In addition to the previously attached springs, you should have springs at 4, 12, 20, 28, 36, 44, 52 and 60.

Jumper 366

Attach a spring to hole 5 of the corresponding eyelet and from there attach a spring every nine holes. For even distribution of the tension and an easier assembly, each of the springs should be attached to the opposite sides of the mat/the frame, i.e. first 5 then 41, 14 then 50, etc. In addition to the previously attached springs, you should have springs at 5, 14, 23, 32, 41, 50, 59 and 68.

Jumper 430

Attach a spring to hole 6 of the corresponding eyelet and from there attach a spring every nine holes. For even distribution of the tension and an easier assembly, each of the springs should be attached to the opposite sides of the mat/the frame, i.e. first 6 then 50, 17 then 61, etc. In addition to the previously attached springs, you should have springs at 6, 17, 28, 39, 50, 61, 72 and 83.

- I. Now attach a spring every four holes or to the corresponding eyelets. For even distribution of the tension and an easier assembly, each of the springs should be attached to the opposite sides of the mat/the frame.
- J. Then attach all remaining springs by using the same method of counting down equal holes.

CAUTION

If you realize you have lost count, recount and remove or attach the necessary springs to obtain the necessary number of springs.

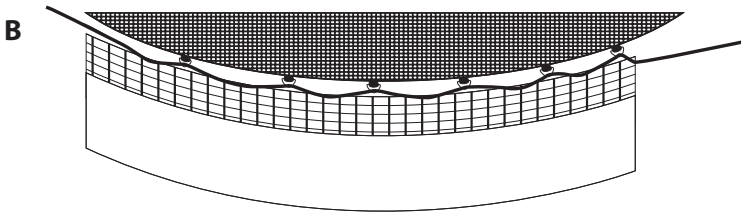
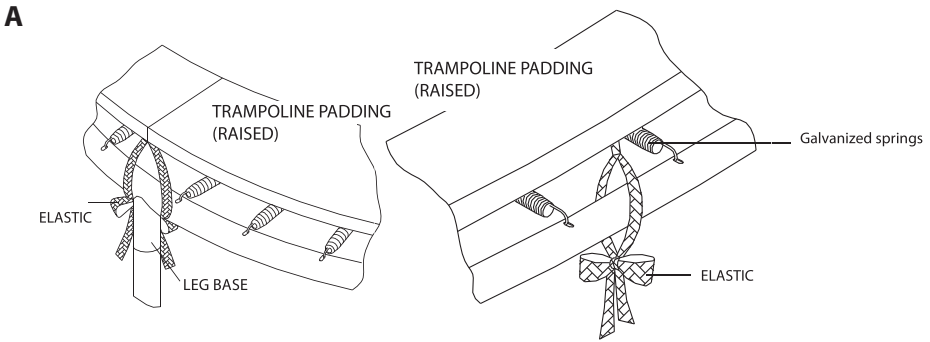
Attaching the frame padding

WARNING

Never use the trampoline without the frame padding attached tie the frame padding down properly before every use! Make sure that the safety padding of the trampoline is securely positioned on the trampoline.

Step 5 - Instructions for assembly of frame padding

- A. Place the frame pad (112) on the steel ring frame and tie the elastic to the leg base as shown in the drawing.



B. Tie one cord (#10) end to one of the eyelets of the jumping mat, then run the other end of the cord through the mesh of the padding and back to the next eyelet, one by one until the cord is finished. Once you have reached the end of the cord, tie it to the last eyelet in reach. Continue with the next piece of cord by fixing it to the last eyelet of the previous cord and proceed fixing the mesh of the padding, until all the eyelets are firmly connected with the mesh.

Perform a full check of the trampoline to ensure that all parts are correctly attached.

Read the operating instructions in full and ensure that all trapeolinists fully understand all safety information printed in these operating instructions and on the various warning signs. Teach all trapeolinists the basic jumps described in these operating instructions.

IMPORTANT NOTE: Before using the trampoline, make sure that the frame padding is correctly attached to the frame and that it fully covers the frame and all springs. Do not use the trampoline if just one spring or a triangular ring is damaged or missing. The trampoline is neither designed nor suitable to be installed in-ground.

YOU MUST CAREFULLY READ THE INSTRUCTIONS FOR CARE AND MAINTENANCE BEFORE USING THE TRAMPOLINE!

Trampoline Enclosure for the Jumper 180/251/305/366

Assembly and Installation Instructions

- Adequate overhead clearance is essential. A minimum clearance of 24 ft. from ground level is recommended. Provide clearance for wires, tree limbs, and other possible hazards.
- Lateral clearance is essential. Place the trampoline enclosure away from walls, structures, fences, and other play areas. Maintain a clear space on all sides of the trampoline enclosure.
- Place the trampoline and trampoline enclosure on a level surface before use.
- Use the trampoline and trampoline enclosure in a well-lighted area. Artificial illumination may be required for indoor or shady areas.
- Secure the trampoline and trampoline enclosure against unauthorized and unsupervised use.
- Remove any obstructions from beneath the trampoline and trampoline enclosure. The trampoline enclosure is only to be used as an enclosure for trampoline of a size for which the enclosure is designed.

Care and Maintenance Instructions

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

- Missing, improperly positioned, or insecurely attached barrier or enclosure support system (frame) padding and pole caps.
- Punctures, frays, tears, or holes worn in the barrier or support system (frame) padding.
- Deterioration in the stitching or fabric of the barrier or support system (frame) padding.
- Bent or broken support system (frame).
- Sagging barrier.
- Sharp protrusions on the support (frame) or suspension system.

WARNING

PLEASE OBSERVE ALL OF THE ABOVE INSTRUCTIONS WHEN USING THE NET WITH THE TRAMPOLINE. THE SAFETY NET AND THE JUMPING MAT MUST BE REPLACED EVERY 2 YEARS.

User Instructions

- DO NOT attempt or allow somersaults. Landing on the head and neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed.
- Do not allow more than one person inside the trampoline enclosure. Use by more than one person at the same time can result in serious injury.
- Inspect the trampoline enclosure before each use. Make sure the barrier and the enclosure support (frame) padding is correctly and securely positioned. Replace any worn, defective, or missing parts.
- Users may become entangled in or strangled by loose cords or in gaps between trampoline and enclosure.
- Keep enclosure tightly fastened to the trampoline in accordance with the manufacturer's instructions. Failure to properly assemble and maintain a tight, secure trampoline/enclosure boundary may result in serious injury, strangulation, or death.
- Do not attempt to jump over the barrier.
- Do not attempt to crawl under the barrier.
- Do not intentionally rebound off the barrier.
- Do not hang from, kick, cut or climb on the barrier.
- Wear clothing free of drawstrings, hooks, loops or anything that could get caught while using the trampoline/enclosure and result in entanglement or strangulation, or both.
- Do not attach anything to the barrier that is not a manufacturer-approved accessory or part of the enclosure system.
- Enter and exit the enclosure only at the enclosure door or barrier opening designated for that purpose.
- Read all instructions before using the trampoline enclosure.
Warnings and instructions for the care, maintenance, and use of the trampoline enclosure are included to promote, safe, enjoyable use of this equipment.

LIST OF PARTS

| NO | DESCRIPTION | 180/251 | 305/366 |
|----|----------------------------|---------|---------|
| A | Foam-covered tube (top) | 6 | 8 |
| B | Foam-covered tube (bottom) | 6 | 8 |
| C | End cap of net tube | 6 | 8 |
| D | Screw | 6 | 8 |
| E | Screw | 6 | 8 |
| F | Spacer | 12 | 16 |
| G | Washer | 12 | 16 |
| H | Nut | 12 | 16 |
| I | Safety net | 1 | 1 |

REMEMBER TO WEAR GLOVES DURING THE ASSEMBLY IN ORDER TO AVOID TRAPPING YOUR HANDS. AT LEAST TWO PEOPLE ARE REQUIRED TO ASSEMBLE THE TRAMPOLINE.

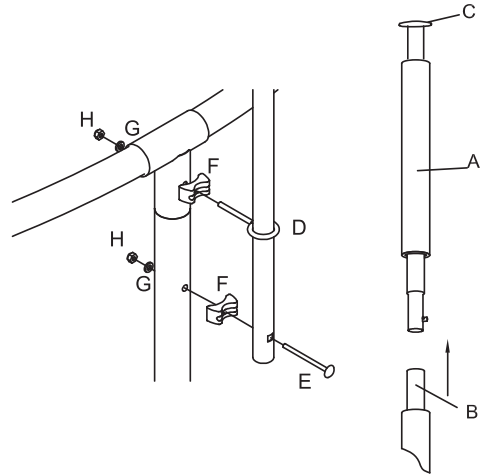
ASSEMBLY INSTRUCTIONS

STEP 1

Ensure end cap (C) is placed on the upper tube (A). Put the upper tube (A) and the bottom tube (B) together as shown in the illustration. Perform this step for all tubes.

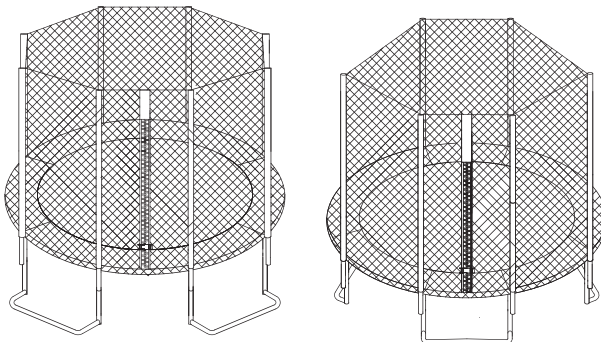
STEP 2

For this step, we recommend you get help from another person as it is; otherwise, too difficult to hold the tube and fasten the tube. Take the lower tube piece (B), a screw (D & E), a washer (G), a nut (H) and a spacer (F). Hold the spacer between the supporting leg of the trampoline and the tube for it, so that the end cap of the lower tube is at the lower end. Tighten the screws. Make sure that the foam cushioning is tightly attached to the respective tube above the screw connection.



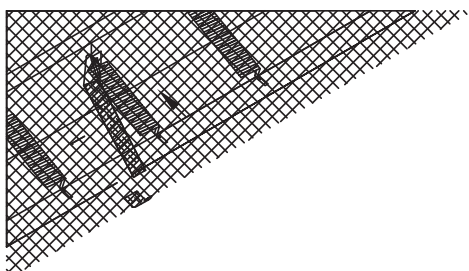
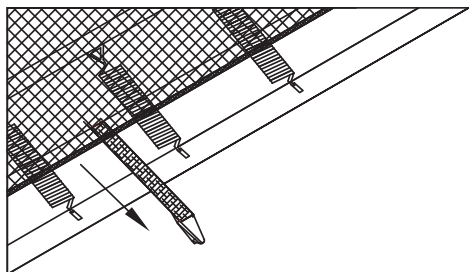
STEP 3

Ensure that the entrance is located between two trampoline support legs, then place the safety net (I) pole cover into the installed tubes. Starting from the entrance, go left in a clockwise direction from tube to the net.



STEP 4

Pull the elastic with buckle at the ends of the safety net (I) over the edge of the trampoline and hook this over the end of a trampoline jumping mat eyelet as shown in the following illustrations. Do this so that all elastic is evenly distributed and the net (I) is stretched out.



DISMANTLING

To dismantle the net, simply follow STEP 1 to 4 in the reverse order until you have dismantled the enclosure.

WARNING

CARE AND MAINTENANCE Instructions

This trampoline was designed and manufactured with quality materials and handcraftsmanship. If proper care and maintenance is performed, all trampolinists can benefit from this with years of practice, fun and enjoyment, as well as a lower risk of injury. Please follow the instructions below:

This trampoline is suitable for withstanding a certain amount of weight and usage. Please ensure that the trampoline is only used by one person at a time. When using the trampoline, trampolinists should either wear socks or gym shoes or go barefoot. Be aware that you shouldn't wear ANY walking or tennis shoes when using the trampoline. To avoid cuts and other damage on the trampoline mat. Keep animals away from the mat. When using the trampoline, trampolinists may not carry any sharp objects with them. No sharp or pointed objects may be placed near the trampoline mat.

Check the trampoline and enclosure before every use for a worn mat or loose or missing parts. Certain circumstances can increase the risk of an injury, in particular:

- Missing, improperly positioned, or insecurely attached frame padding or barrier and pole caps.
- Punctures, frays, tears, or holes worn in the bed or frame padding or barrier
- Deterioration in the stitching or fabric of the bed or frame padding or in the barrier
- Ruptured springs.
- A bent or broken frame or support system.
- A sagging or worn bed or barrier.
- Sharp protrusions on the frame or suspension system.

WIND

In the event of strong wind, the trampoline can be blown away. If you are expecting strong wind, the trampoline must be placed in a sheltered position or dismantled. Another option is to secure the round outer part (top frame) of the trampoline in the ground with the help of ropes and stakes. For a secure positioning, at least three connections must be placed in the ground. Don't just secure the feet of the trampoline in the ground as these can be pulled out of the frame holders.

MOVING THE TRAMPOLINE

Two people are required to move the trampoline. All connection points must be wrapped and secured with weatherproof tape, e.g. insulation tape. This keeps the frame intact during movement and prevents the connection points from shifting and separating. To move the trampoline, lift it off the ground and keep it horizontal. For all other types of movement, the trampoline must be dismantled.

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