



TRAMPOLINE

MODEL: TPL-B-55IN



USER MANUAL

Please read this user manual carefully before assembling and using the product. Please retain this user manual for future reference.

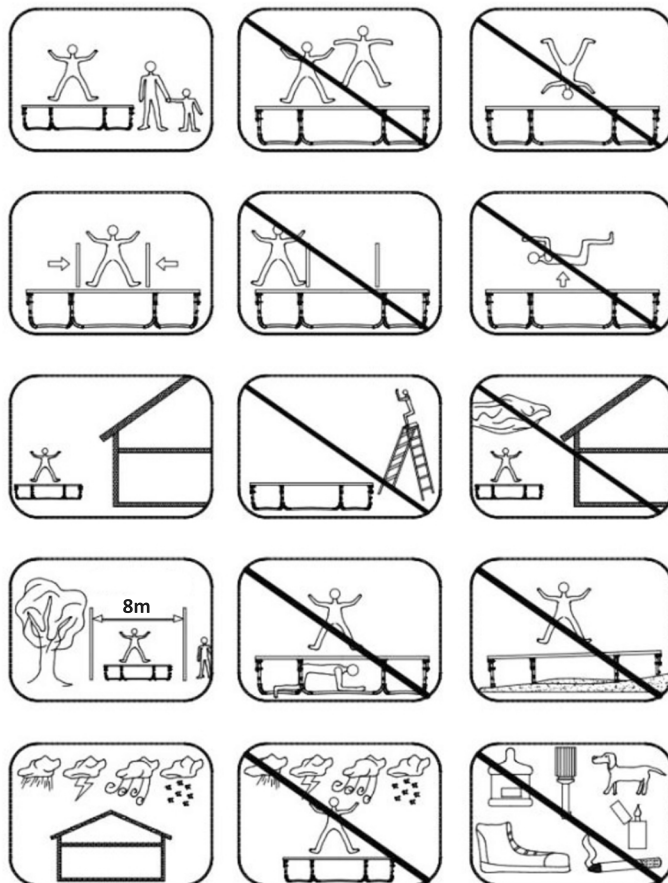
INTRODUCTION

Before you begin to use the trampoline, please read all information and instructions in this user manual. Just like any other type of physical recreational activity, participants can get injured. To reduce the risk of injury, please follow the appropriate safety rules and tips.

ATTENTION

- Misuse and abuse of this trampoline is dangerous and can cause serious injury.
- Trampolines are rebounding devices which can propel the performer to unaccustomed heights through a variety of movements. Always use caution when playing on a trampoline.
- Always inspect the trampoline before each use.
- Proper assembly, care and maintenance of the product, safety tips, warnings and proper techniques in jumping and bouncing are all included in this user manual. All users and supervisors must read and familiarise themselves with these instructions.
- Maximum weight capacity is 80kg.
- Adult supervision required. For use by children aged 3 to 6 only.
- Do not intentionally jump into the safety net. The net is only designed to stop persons from falling over the trampoline. Intentionally jumping into the net may cause the trampoline to tip over or damage the net. Abuse of the safety net is considered as negligent use and is not covered by the warranty.

DOS AND DON'TS OF TRAMPOLINE USE



SAFETY INSTRUCTIONS

- Do not attempt or allow someraults on the trampoline. Landing on the head or neck can cause serious injury, paralysis or death.
- Only one person shall use the trampoline at a time.
- Keep objects away which could interfere with the user. Maintain a clear area around the trampoline.
- Do not allow foreign objects or pets onto the trampoline.
- Children should only use the trampoline with adult supervision. The trampoline is only for use by children aged 3 to 6.
- The trampoline should be assembled in its entirety before each use. All suspension cords must be attached to the frame. The frame cover must be correctly positioned.
- Never set up the trampoline in heavy rain, wind or storm conditions, especially lightning storms. It is recommended to disassemble the trampoline and stored in bad weather.
- The metal frame of the trampoline enclosure will conduct electricity. Never allow electrical cables, extension cords and other electrical equipment to come in contact with the enclosure.
- Enter and exit the enclosure only at the enclosure door or barrier opening designed for that purpose. It is danegrous practice to jump from the trampoline to the ground when dismounting. Do not use the trampoline as a springboard to other devices.
- Properly secure the trampoline when it is not in use. Protect it against unauthorised use.
- The adult supervisor must not be under the influence of alcohol or drugs (including medication).
- The trampoline must be examined for damage, wear and tear or defective parts before each usage as it may impair the overall safety of the trampoline. Damage, worn or defective parts must be replaced immediately before it can used. In the meantime, the trampoline must be restricted from access.
- No clothes with hooks should be worn when using the trampoline to prevent any clothes entanglement.
- The trampoline must be set up only on a flat and even ground and on non-slippery surfaces.
- Please be aware that jumping into the trampoline, hitting the frame or cover pads or incorrect landing on the trampoline can lead to injuries.
- Never use the trampoline near any water body.
- Beware of moving parts of the trampoline which can capture a user's arms and legs.
- Do not allow anyone or any object to go under the trampoline while someone is jumping on the trampoline. The moving jumping mat may cause serious injury to that person under it.

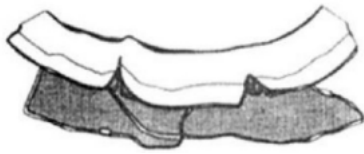
OWNER'S AND SUPERVISOR'S RESPONSIBILITIES

The supervisor's role is to make sure that all users know the safety rules as well as learn the basic fundamental bounces. They need to enforce all safety rules and warnings in this manual and on the frame and labels. It is the supervisor's responsibility that the placards with the Trampoline Safety Tips and Enclosure Safety Tips are reviewed and all jumpers are informed about the tips.

USER'S RESPONSIBILITIES

- The jumper must first learn all of the basic fundamental bounces before attempting more difficult ones. Low, controlled bounces are a good start before learning the basic landing positions and combinations.
- Jumpers need to understand that control is key to a successful jump.
- If required, seek a trained trampoline teacher for more exercise options.

PARTS AND HARDWARE LIST



A



B



C



D



E



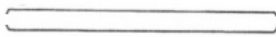
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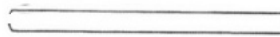
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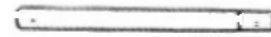
H



I



J



K

PART	DESCRIPTION	QTY
A	Frame cover with skirt	1
B	Jump mat/Safety net/Tie rope	1
C	Suspension cord	30
D	Screw	30
E	Screwdriver	1
F	Top rail	6
G	Lower enclosure pole	6
H	Upper enclosure pole	6
I	Wain (lower) foam	6
J	Embossed (upper) foam	6
K	Leg tube	6

ASSEMBLY INSTRUCTIONS

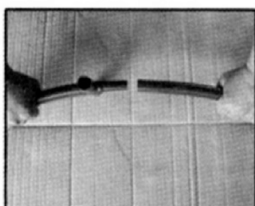
- Adult assembly required. The packaging contains small parts, sharp point and edges.
- Small parts are choking hazards for children. Keep young children below 3 years old away from assembly area.
- Adequate overhead clearance is essential. A minimum of 2.4m from the ground level is recommended.

Please provide clearance for electrical cables, tree branches and other potential hazards.

- Lateral clearance is essential. Place the trampoline and trampoline enclosure away from walls, structures, fences and other play areas. Maintain a clear space of 1.8m on all sides of the trampoline and trampoline enclosure.
- Never set up the trampoline in heavy rain, wind or storm conditons, especially lightning storms. It is recommended that the trampoline be disassembled and stored in bad weather.
- Remove any obstruction from beneath the trampoline and trampoline enclosure.
- The following conditions could represent potential hazards:
 1. Missing, improperly positioned or insecurely attached frame padding, barrier or enclosure support system (frame) padding and pole caps.
 2. Punctures, frays, tears or holes in the frame padding, barrier or enclosure support (frame) system padding and pole caps.
 3. Deterioration in the stitching or fabric of the frame padding, barrier or enclosure support (frame) system padding and pole caps.
 4. Ruptured suspension cords.
 5. Bent or broken frame or support system.
 6. A sagging barrier or suspension system.
 7. Loosed or missing hardware. Always ensure that all connections are tight before each use.

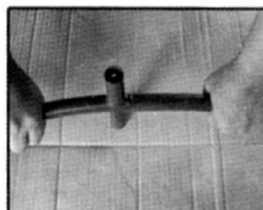
ASSEMBLY STEPS

1



Assemble the 2 top rails to form an arc.

2



Continue to form a circle by attaching the other 4 top rails to the ones from Step 1.

3



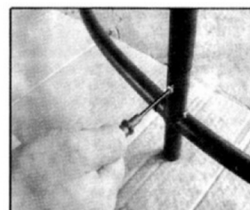
To complete the circle, you may have to stand frame up and press downwards to join the two semi-circles.

4



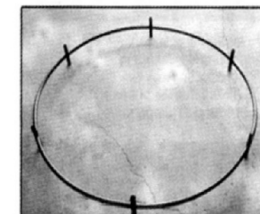
Lay the assembled top rail on the floor and insert the tapered end of each of the 6 legs into the designated sockets.

5



Align the screw holes on the leg with the frame and use a screw to secure them. Do not over tighten. Repeat for all 6 legs.

6



After attaching all 6 legs, turn the top frame over so that all the legs are facing downwards.

ASSEMBLY STEPS

7



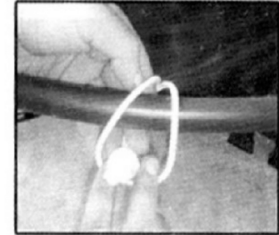
To ensure the enclosure mesh connectors are properly aligned with the enclosure poles, hold up the nylon mesh with the grommet from one of the nylon patches. Then connect it to a nylon loop on the jump mat directly below it.

8



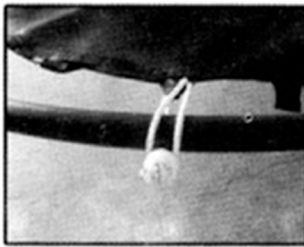
Lay out the jump mat in the centre of the frame with the enclosure mesh facing up. Then slide a suspension cord from left to right through the nylon loop from Step 7. When securing the cord, always position your left hand under and right hand over the frame.

9



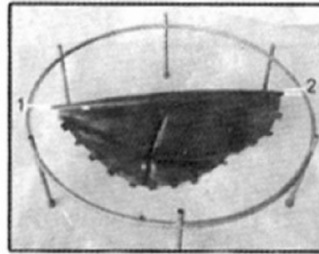
Use your right hand to stretch the loop end of the cord over the top rail and use your left hand to pull the knob end of the cord under the top rail. Next, pass the knob through the loop.

10



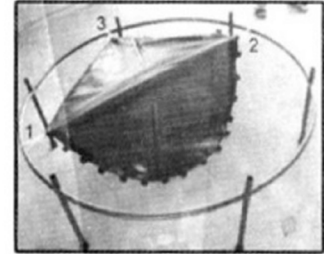
Slowly release the loop end of the cord so that it captures the knob and locks the suspension cord in place.

11



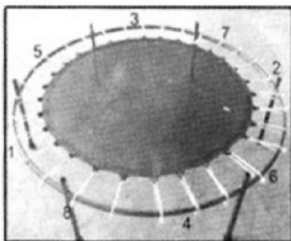
From the first attached cord, count to the 16th loop and repeat Steps 8 to 10. Attach the second cord directly across from the first.

12



Repeat Steps 8 to 10 to attach the third cord about halfway between the first and second cords.

13



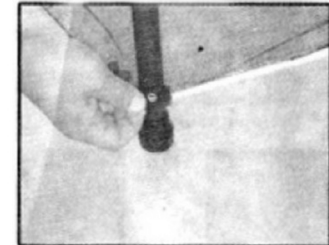
Repeat Steps 8 to 10 to attach the fourth cord as shown. Continue to connect the remaining cords. Always connect one cord and switch to the opposite to connect another. This will allow an even tension around the jump mat. Remember to keep the enclosure mesh gathered in the centre of the mat

14



Lay the pad cover with the air zone facing up over the suspension cord. Carefully position each of the 6 openings in the pad over their corresponding enclosure pole sockets as shown.

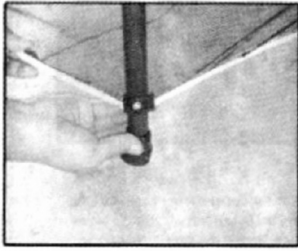
15



Carefully work the lower mesh skin (attached to the pad cover) down and around the entire perimeter of the trampoline on the outside legs.

ASSEMBLY STEPS

16



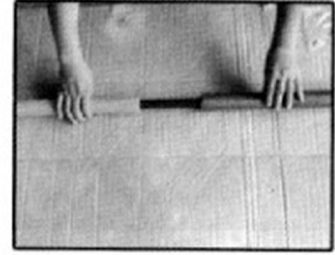
Align the grommet attached to the bottom of the lower mesh skirt with the hole near the base of the leg and secure the assembly with a screw. Do not overtighten.

17



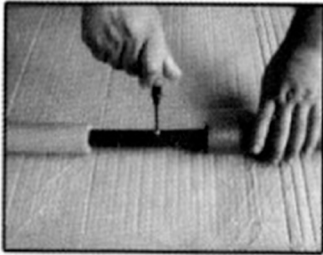
Repeat Step 16 with the remaining 5 grommets in the lower mesh skirt and their corresponding legs.

18



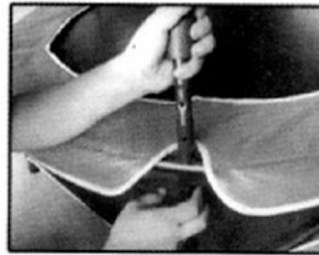
Insert the smaller diameter end of a lower enclosure pole and align the screw holes. You may need to slide the pre-installed foam sleeves to gain access to both ends of the poles.

19



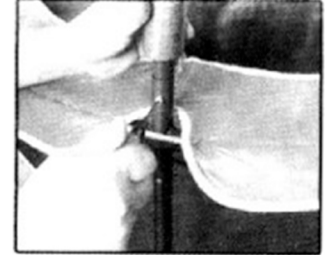
Use a screw and secure the assembly. Do not overtighten. Repeat Steps 18 and 19 to assemble the remaining 5 sets of upper and lower enclosure poles.

20



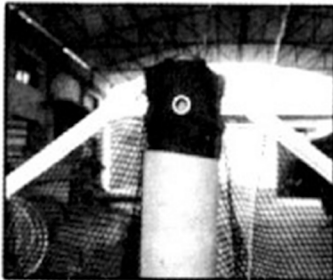
Insert the bottom end of the enclosure pole assembly into the socket on the frame as shown. Align the screw holes.

21



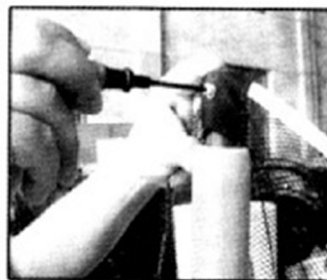
Secure the assembly with a screw. Do not overtighten. Repeat Steps 20 and 21 with the remaining 5 enclosure pole assemblies.

22



Locate the 6 nylon patches with the grommets sewn at the top edge of the mesh. Select a nylon patch that aligns with a pole. Carefully slip one of the patches over the top of the enclosure pole so that the grommet is aligned with the screw hole.

23



Secure the assembly with a screw. Do not overtighten. Repeat Steps 22 and 23 for the remaining 5 patches. When done, the enclosure mesh should be hanging straight and not twisted inside the enclosure poles.

24



Locate the upper and lower set of the hook and loop fasteners sewn on the enclosure mesh. There are 6 upper and 6 lower sets of hook and loop fasteners.

25



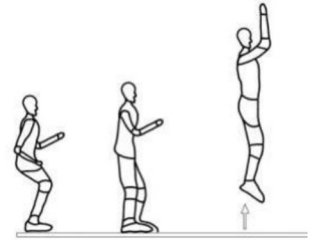
Fasten the hook and loop fasteners to the enclosure pole foam to secure the mesh in place. Repeat the steps for all the other hook and loop fasteners.

FUNDAMENTAL BOUNCE TECHNIQUES

All trampoline users are recommended to understand and perfect these fundamental bounces.

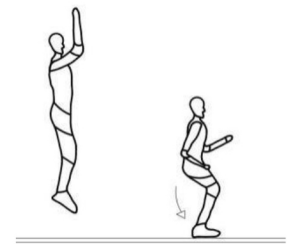
BASIC BOUNCE

- Start from a standing position with the feet at a shoulder's width apart and your head and eyes facing the mat.
- Swing your arms forward, up and around in a circular motion.
- When you jump up, bring your feet together while in mid air and point your toes downward.
- Keep the feet at a shoulder's width apart when you land on the mat.



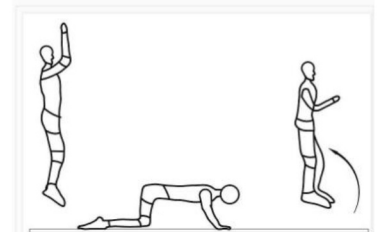
BRAKING MANOEUVRE

- Occasionally you may lose control of your jump and bounce wildly.
- Performing the braking manoeuvre will allow you to regain control of the jump and your balance.
- Start with a basic bounce.
- As you land, bend your knees sharply and this will allow you to stop the jump.



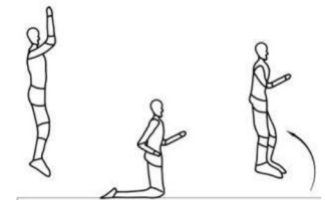
HANDS AND KNEES BOUNCE

- Start with a low, controlled basic bounce.
- Land on your hands and knees while keeping your back straight.
- Emphasis should be directed at a good 4-point landing and not jumping to height.



KNEES BOUNCE

- Start with a low, controlled basic bounce.
- Land on your knees while keeping your back straight and body erect. Use your hands to maintain balance.
- Bounce back to the basic bounce position by swinging your arms up.



SEAT BOUNCE

- Land on a flat sitting position.
- Place your hands beside your hips.
- Return to an erect position by pushing up with your hands.

