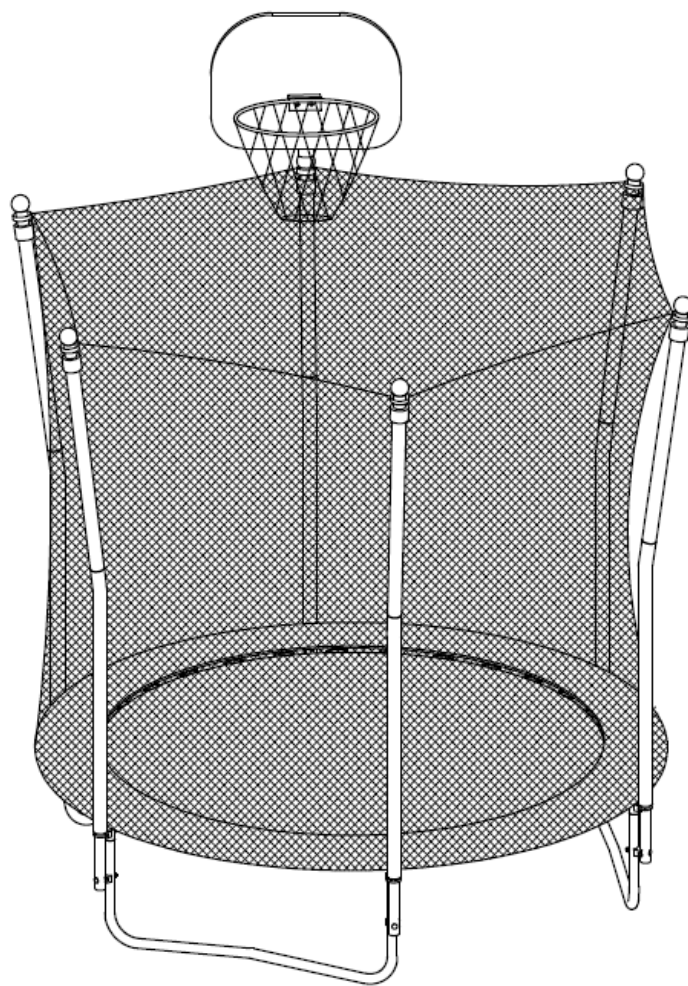


# **5FT Trampoline**

## **with Safety Net and Basketball Hoop**



## **Introduction**

Thank you for purchasing this product. We hope that you will enjoy it. Please note that it is usual to take more than an hour to assemble this product, so please be patient and enjoy this process with your kids, friends or family.

You have chosen a high quality product. Familiarize yourself with the product before using it for the first time. In addition, please refer to the operating instructions and the safety advice below. Only use the product as instructed and only for indicated field of application. Keep these instructions in a safe place for further reference. If you pass the product on to anyone else, please ensure that you also pass on all the documentation with it.

 **Failure to follow the safety instructions could lead to serious injury.**

## **Intended use**

This product is designed exclusively for personal use.

The product is not suitable for therapeutic or commercial use. The product is neither designed nor suitable to be buried into the ground.

## **WARNING! ONLY FOR HOUSEHOLD USE**

### **Safety notes**

#### **WARNINGS!**

- Warning! The trampoline shall be assembled by adults in accordance with the assembly instructions and thereafter checked before the first use.
- Warning! Collision hazard. Only one user at a time on the trampoline.
- Warning! Always close the net opening before jumping
- Warning! The user should wear T-shirt, shorts, or a pull over, as well as proper gym shoes, heavy socks or go barefoot.
- Warning! Do not use the mat when it is wet.
- Warning! Empty pockets and hands before jumping
- Warning! Always jump in the middle of the mat.
- Warning! Do not eat while jumping.
- Warning! Do not exit by a jump.
- Warning! Limit the time of continuous usage (make regular stops).
- Warning! Adult supervision required.
- Warning! No somersaults.
- Warning! Read the instruction.
- Warning! Do not use in strong wind conditions and secure the trampoline.
- Warning! Place the trampoline on a level surface at least 6.5ft from any structure or obstruction such as a fence, garage, houses, overhanging branches, laundry lines or electrical wires.
- Warning! Trampoline shall neither be installed over concrete, asphalt or any other hard surface nor at proximity of other conflicting installations (e.g. paddling pools, swings, slides, climbing frames).
- Warning! No modification to the original trampoline (e.g. the adding of an accessory) is allowed.

### **CAUTION! RISK OF INJURY!**

- The product may only be used under adult supervision.
- Consult with your doctor before you begin using the trampoline. Make sure that you are in suitable health for the exercise.
- Always remember to warm up before exercising and exercise in accordance with your current abilities. Serious injury can occur if you exert yourself too much and over exercise. Cease exercising immediately if you experience discomfort, weakness, or fatigue and consult a doctor.
- Keep the operating instructions with the exercise descriptions to hand at all times.
- If this weight limit is exceeded it can lead to damage to the product and compromise its function.
- A free area of not less than 6.5ft shall remain around the exercising area in the directions from which the equipment is accessed. No barrier above the trampoline (e.g. branch).
- Free standing equipment shall be installed on a stable base and properly leveled.
- Do not use the product in the vicinity of stairs or steps.
- Never use the product in the vicinity of open fire or ovens.
- This trampoline is not intended to be buried into the ground;
- Place the trampoline on a level surface at least 6.5ft from any structure or obstruction such as a fence, garage, houses, overhanging branches, laundry lines or electrical wires;
- Trampolines shall neither be installed over concrete, asphalt or any other hard surface nor at proximity of other conflicting installations (e.g. paddling pools, swings, slides, climbing frames);
- Modification of trampoline is not allowed.
- The self-locking nuts are for one-time use only and new nuts must be used each time the product is assembled.



### **Particular caution – Risk of injury for children**

- Keep the packaging materials away from children. There is a risk of suffocation!
- Parents and other supervisors should be aware of their responsibility as situations and conduct may arise for which the exercising equipment was not designed due to the playfulness and experimentation that is natural in children.
- If you allow your children to use the product, you should take their mental and physical development into account and, most importantly, their temperament. Supervise the children and always instruct them on how to use the product correctly.
- Store the product out of the reach of children when not in use.

### **Risk from wear**

- The product may only be used when in perfect condition. Examine the product for damage and wear before each use. The safety of the product can only be guaranteed if it is examined regularly for damage and wear. Discontinue use if damage is found.

### **Avoiding damage to property**

- Avoid contact with sharp, hot, pointed, or hazardous objects. Please ensure that your exercising area is free of pointed objects.

### **Prior to assembling**

- To assemble this product, the only tools you need are the wrench and special spring loading tool provided with this product.
- During periods of non-use the product can be easily disassembled and stored.
- Please read the assembly instructions before beginning to assemble the product.
- Please refer to page for part descriptions and numbers. The assembly steps use these descriptions and numbers as reference for your convenience.
- Make sure that you have all parts listed. If you are missing any parts, please contact the seller.
- To prevent any injuries to your hands from pinch points during assembly, please use gloves to protect your hands.

### **Moving the trampoline**

To move the trampoline, you should have as many helpers as the trampoline has feet. Prior to lifting, all used fasteners (pegs, etc.) should be removed. Caution! Due to the spring tension, there is a possible risk that the frame can be twisted as a result of uneven lifting. You and your helpers should therefore be respectively positioned between two feet of the trampoline and then lift the trampoline at the same time. Lift the trampoline off the ground slightly and keep it horizontal with the floor. To move the trampoline in a different way, disassemble it completely. To disassemble, follow instructions for assembly backwards.

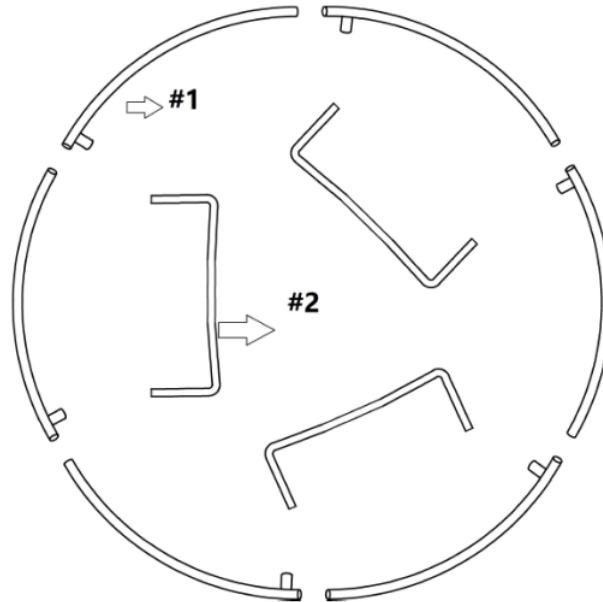
## Part List

No.	Part Name	QTY	No.	Part Name	QTY
1	Frame Tube	6	16	Safety Net	1
2	Leg Tube	3	17	L-Shape Wrench	1
3	Spring	30	18	Wrench	1
4	Jumping Mat	1	19	Spring Loading Tool	1
5	Padding Cover	1	20	Plastic Cap A	5
6	Rope	3	21	Plastic Cap B (Open-ended)	1
7	Upper Net Pole (with Spring Clip)	5	22	Basketball Board Connecting Tube	1
8	Upper Board Pole (with hole)	1	23	Basketball Board	1
9	Lower Net Pole	6	24	Basketball Hoop	1
10	Inner Hexagonal Bolt M6*16mm	1	25	Basketball Net	1
11	Bolt	6	26	PVC Ball	1
12	Eye Bolt	6	27	Inflator	1
13	Washer	15	28	Inner Hexagonal Bolt M6*25mm	2
14	Plastic Spacer	12	29	Locknut	2
15	Nut	12			

# Assembly Instruction

## Step 1. Frame Assembly

Lay out all Frame Tubes (#1) and Leg Tubes (#2) as shown. Insert the Leg Tubes into the sockets of the Frame Tubes.

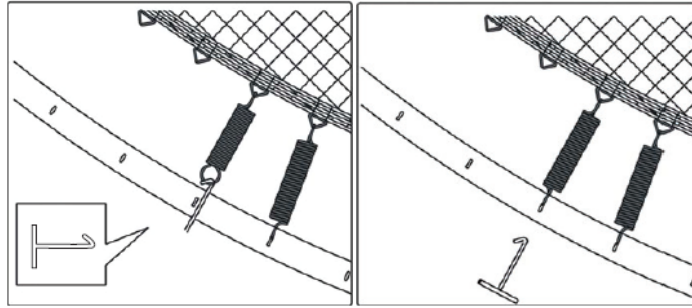


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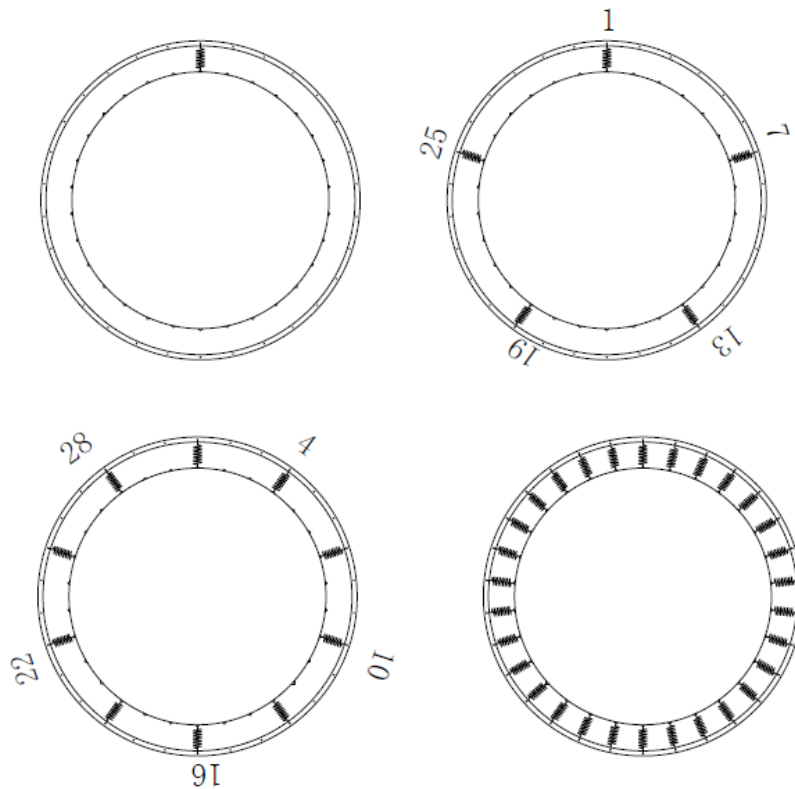
1. All parts with the same part number are interchangeable.
2. The side with holes on the Frame tubes (#1) should be facing upwards, in the following steps.
3. While inserting Leg tubes (#2) into Frame tubes (#1), ensure the screw holes on both parts align.

## Step 2. Trampoline Mat Assembly

- When attaching Springs (#3) to Jumping mat (#4), please ask another person to help you with this.
- Lay out the Jumping Mat (#4) inside the frame. The surface of the mat is smoother than the other side.
- To make sure the tension on the mat balanced, please follow the instructions below to attach the springs.
- Select an arbitrary point on Frame Tube (#1) and designate it as point 1. To hook the first Spring (#3), attach one end to the triangle ring sewn on the Jumping Mat (#4) and the other end to point 1 on Frame tube (#1) with Spring Loading Tool (#19).

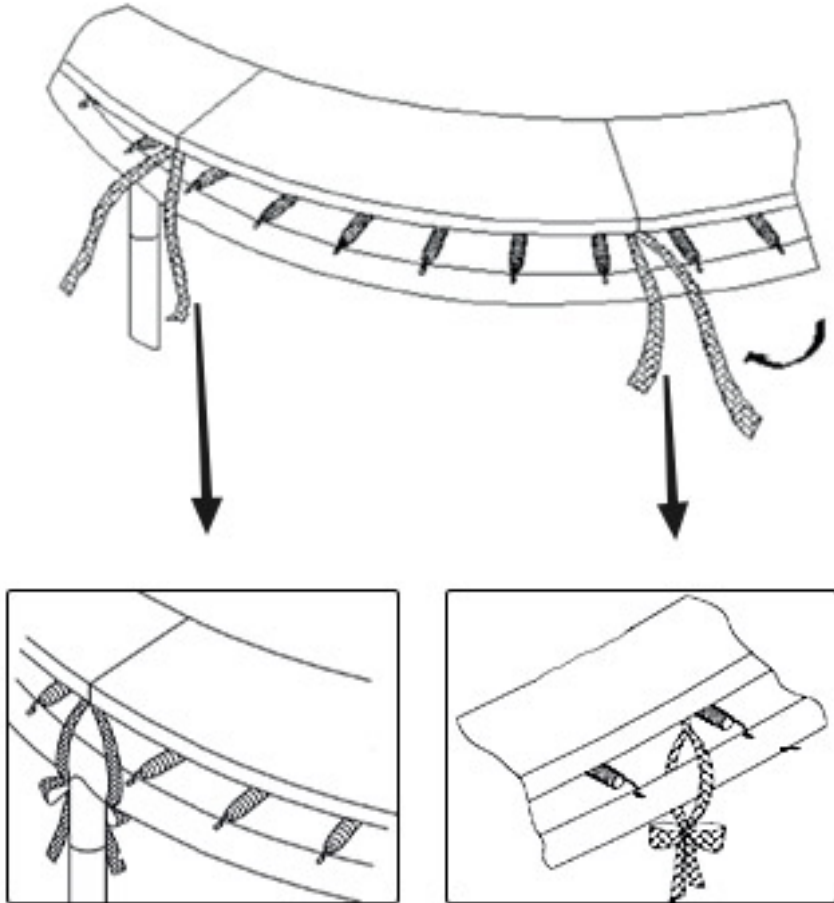


- From point 1, count exactly 7 holes on the Frame Tube (#1) and 7 triangle rings on the Jumping Mat (#4), attach the second spring. Repeat the same step to hook the 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> spring to point 13, 19 and 25.
- Again, count 4 holes from point 1 to attach the 6<sup>th</sup> spring. Repeat the step the hook the springs to point 10, 16, 22 and 28.
- Continue to attach the remaining springs between the previously attached springs.



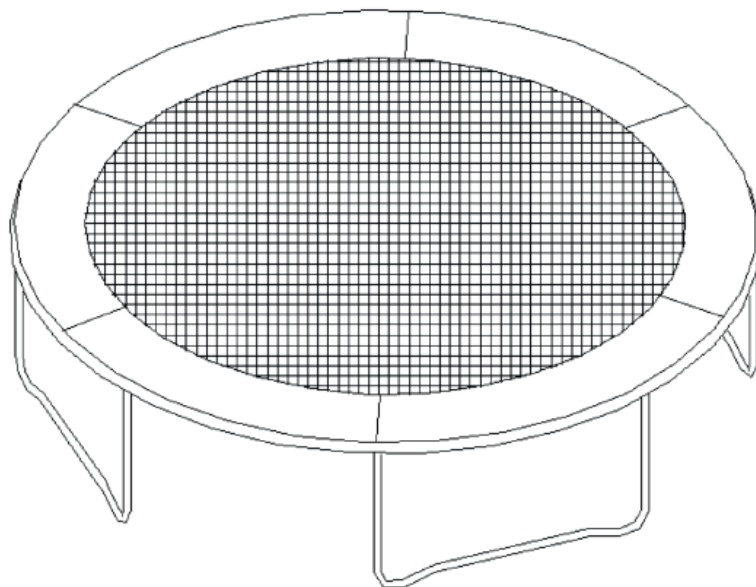
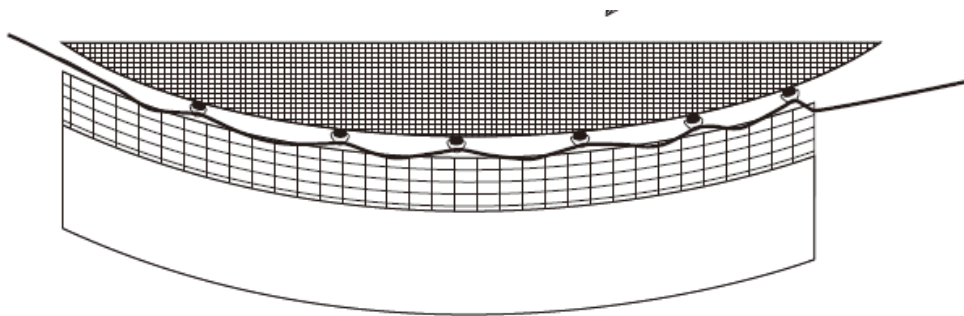
### Step 3. Frame Cover Assembly

- Place the Padding Cover (#5) over the frame and springs.
- Tie the elastic strap underneath the cover to Frame Tube (#1) as shown.



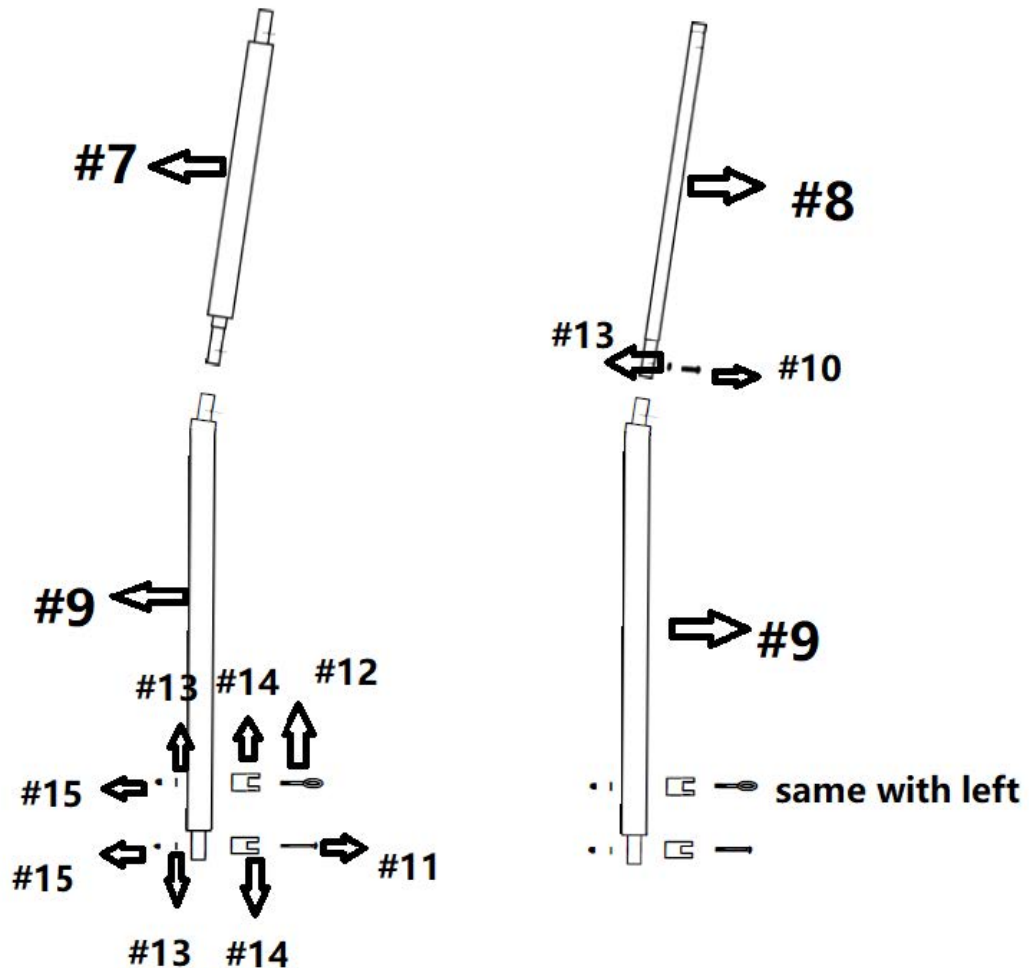


- To make sure there's no gap left between the Jumping Mat (#4) and the Padding Cover (#5) to prevent foot getting caught during use, "sew" these two pieces together with Rope (#6).
- Tie one end of the rope to one of the triangle rings of the jumping mat, and thread the other end through the mesh skirt of the padding, then to the next triangle ring, the mesh skirt... until you reach the end of the rope. Tie it to the last eyelet in reach.
- Continue the same step with the 2 Ropes (#6) left by fixing it to the last triangle ring where the previous Rope (#6) ends. until all the eyelets are firmly connected with the mesh.

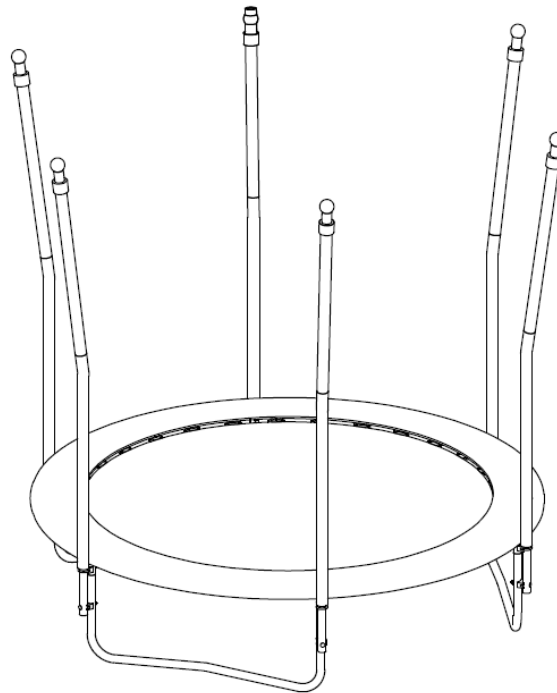
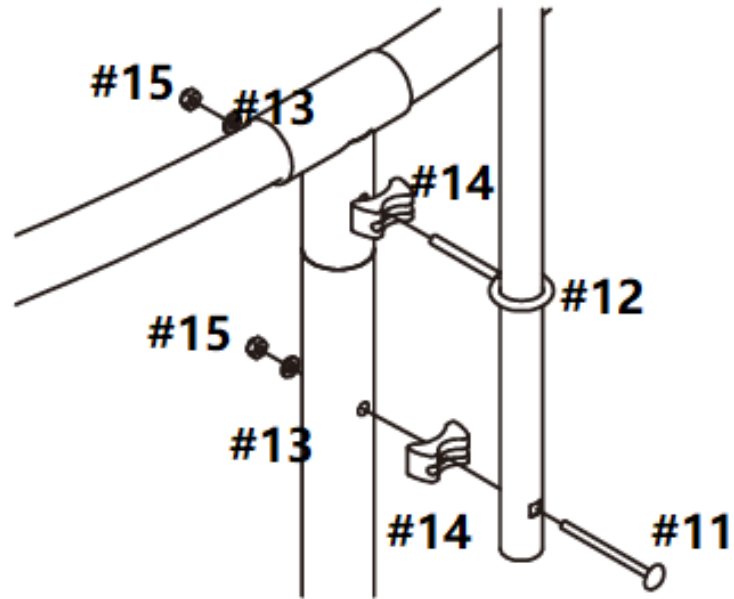


## Step 4. Safety Poles Assembly

- Plastic Caps (#20, 21) are pre-attached to the top of Upper Poles (#7, 8).
- Slide the Upper Net Poles (#7) into Lower Net Poles (#9), 5 sets in total.
- Connect Upper Board Pole (#8) to Lower Net Pole (#9) with Inner Hexagonal Bolt M6\*16mm (#10) and Washer (#13), secure with L-Shape Wrench (#17).



- Place the Lower Net Pole (#9) next to the Frame Tube (#1) and Leg Tube (#2). Slide the Eye bolt (#12) from the bottom of the Lower Net Pole (#9), and insert it through the Plastic Spacer (#14) and the top hole on frame, secure it with Washer (#13) and Nut (#15) by Wrench (#18).
- Secure the bottom hole with Bolt (#11), Plastic Spacer (#14), Washer (#13) and Nuts (#15) with Wrench (#18).

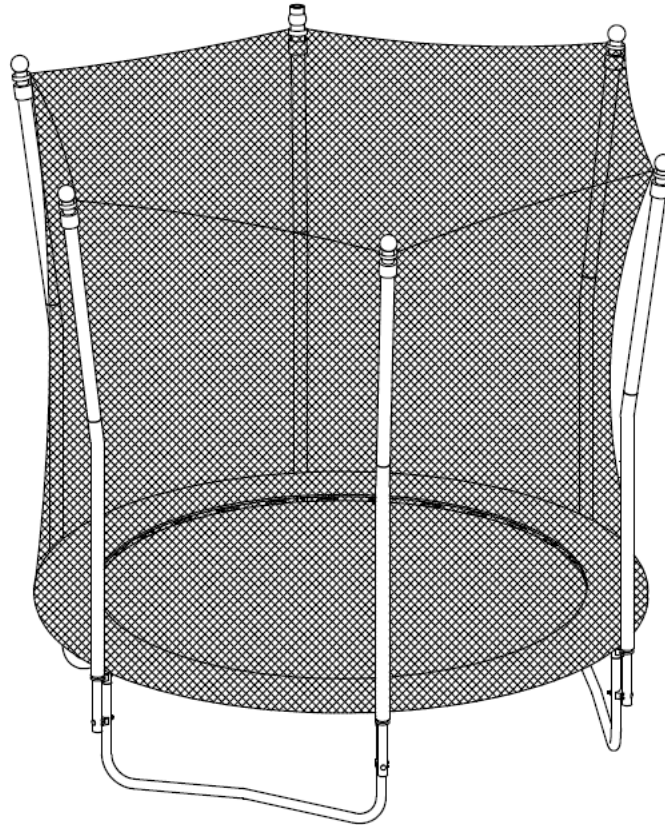


**Note:**

1. Compared with Plastic Cap A (#20), Plastic Cap B (#21) is open-ended for fixing Basketball Board Connecting Tube (#22).
2. Upper Net Pole (#7) and Lower Net Pole (#9) are connected by an inserted one-ended snap.
3. Upper Board Pole (#8) and Lower Net Pole (#9) are connected by an Inner hexagonal bolt M6\*16mm (#10) and a washer (#13), secured by L-Shape wrench (#17).

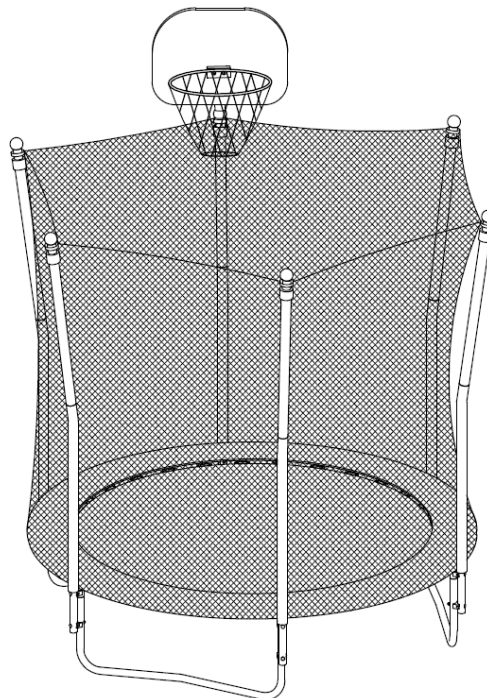
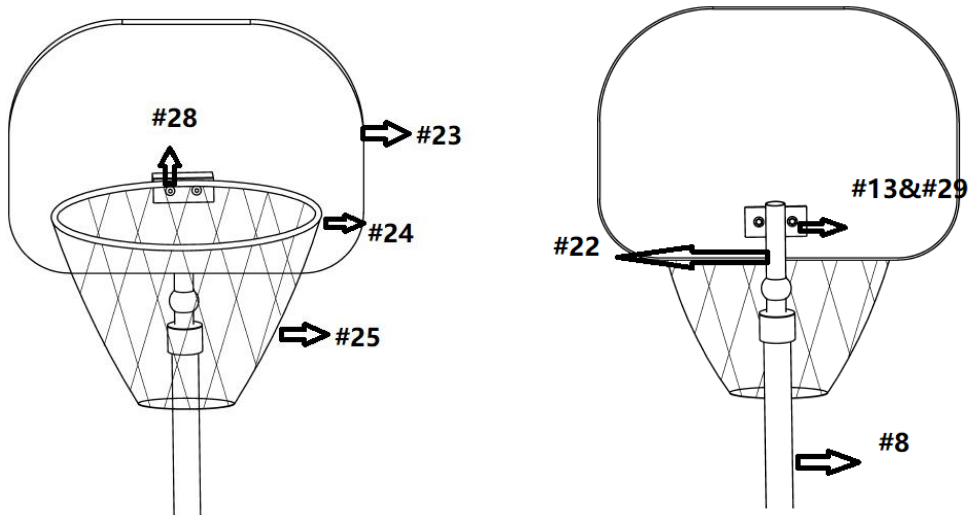
## Step 5. Safety Net Assembly

- Attach the 6 straps sewn on top of Safety Net (#16) around the thinnest part of Plastic Cap A & B (#20, 21).
- Attach the plastic hooks on the bottom of Safety Net (#16) to the triangle rings of Jumping Mat (#4).



## Step 6. Basketball System Assembly

- Connect the Basketball Hoop (#24), Basketball Board (#23) and Basketball Board Connecting Tube (#22) with Inner Hexagonal Bolt M6\*25mm (#28), Washer (#13) and Locknut (#29), tighten them with L-Shape wrench (#17) and Wrench (#18).
- Put the assembled Basketball board above Upper Net Pole (#8), slide it into Upper Board Pole (#8) until you hear a crackling sound, which means the hole of the Basketball Board Connecting Tube (#22) has been aligned with the double-ended snap (as shown) on Upper Net Pole (#8). **Make sure that the board is well connected to the Upper Net Pole (#8), otherwise the board may fall down and do harm to the user.**



## **Exercising Notes**

- Warm up well before each exercising session.
- Wear comfortable sports clothing.
- Choose appropriate level of exercise intensity based on your physical condition. Start slowly 2 to 3 times a week for 10 minutes at a time, and increase the frequency and the exercise intensity gradually. The more frequently and regularly you carry out the exercises, the fitter and better you will feel.

### **CAUTION! Avoid exercising too intensely!**

- When you first begin exercising, 2-3 minutes are sufficient per exercise. If you exercise every day the duration can be increased to 5-10 minutes after approximately one week. The maximum exercising time should, however, not exceed 1 hour.
- Take sufficient breaks between exercises and keep hydrated.

### **CAUTION!**

**Stop exercising immediately if you experience discomfort or feel unwell and consult your doctor.**

## **Warming Up**

Warming up before each exercising session. The following includes descriptions of some simple exercise for this purpose. Repeat these exercises 2 to 3 times each.

## **Recommended Exercises**

### **Basic Bounce (Fig 1)**

1. Stand with your feet shoulder width apart, head up and eyes on mat
2. Swing arms forward and up and around in a circular motion.
3. Bring feet together while in mid-air and point toes downward.
4. Keep feet shoulder width apart when landing on mat.



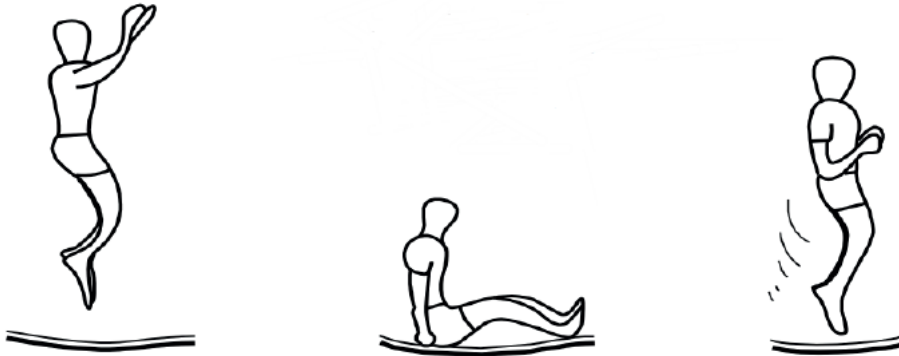
### **Knee Bounce (Fig 2)**

1. Start with basic bounce and keep it low.
2. Land on knees, keep your back straight, body erect and use your arms to maintain balance.
3. Bounce back to basic bounce position by swinging arms up.



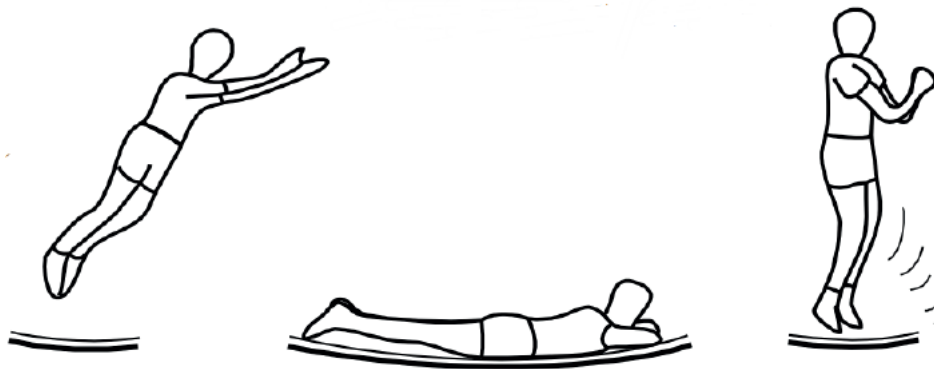
### Seat Bounce (Fig 3)

1. Start with basic bounce and keep it low.
2. Land in a flat sitting position with your legs parallel to the mat.
3. Place hands on mat beside hips, do not lock you elbow.
4. Return to erect position by pushing with hands.



### Front Bounce (Fig 4)

1. Start with a low bounce.
2. Land in prone (face down) position and keep hands and arms extended forward on mat.
3. Push off the mat with arms to return to standing position.





### **180-Degree Bounce (Fig 5)**

1. Start with front bounce position.
2. Push off with left or right hands and arms (depending on which way you wish to turn).
3. Maintain head and shoulders in the same direction and keep back parallel to mat and head up.
4. Land in prone position and return to standing position by pushing up with hands and arms.



### **Stretching**

Take sufficient time after each exercising session to stretch. The following illustrates a simple exercise for this purpose. You should carry out the stretching exercise 3 times on each side for 30-40 seconds.

#### **Neck muscles**

1. Stand in a relaxed position. Pull your head gently to the left and to the right using one hand. This exercise stretches the sides of your neck.

#### **Arms and shoulders**

1. Stand up straight with your knees slightly bent.
2. Put your right arm behind your head until your right hand is between your shoulder blades.
3. Hold your right elbow with your left hand and pull it backwards.
4. Change sides and repeat the exercise.

#### **Leg muscles**

1. Stand up straight and lift one foot off the ground.
2. Slowly circle your foot, first in one direction and then in the other.
3. Change feet after a while.

**Important: Please ensure that your thighs stay parallel next to one another. Push your hips forward and keep your upper body upright.**

### **Maintenance, storage**

- Carry out checks and maintenance of the main parts (frame, suspension system, mat, padding, and enclosure) at the beginning of each season and also at regular intervals. **WARNING!** If these checks are not carried out, the trampoline could become dangerous.

- Check all nuts and bolts for tightness and tighten when required.
- Check that all spring-loaded (pit pin) joints are still intact and cannot become dislodged during play.
- Check all coverings and sharp edges and replace when required.
- Retain the maintenance instruction manual.
- Outdoor trampolines should be equipped with a device that in strong wind conditions avoid displacement due to wind (e.g. steel bars in the ground or loads like sand bag or water bags) and/or items catching wind like net and mat should be removed.
- In certain countries during winter period, the snow load and the very low temperature can damage the product. It is recommended to remove the snow and store the mat and the enclosure indoor.
- Check that mat, padding and enclosure are without defects.  
Note: Sunlight, rain, snow and extreme temperatures reduce the strength of these parts over time.
- Make sure that the hook-and-loop fasteners are closed correctly during use of product.
- In strong wind condition, keep the trampoline in a location that is sheltered from the wind to prevent it from being blow away or falling over.

### **Cleaning and Care**

Only use clean or soapy water to clean the product. Never use harsh detergent.

### **Disposal**

The packaging is made entirely of recyclable materials, which you may dispose of at local recycling facilities.

Contact your local refuse disposal authority for more details of how to dispose of your worn-out product.