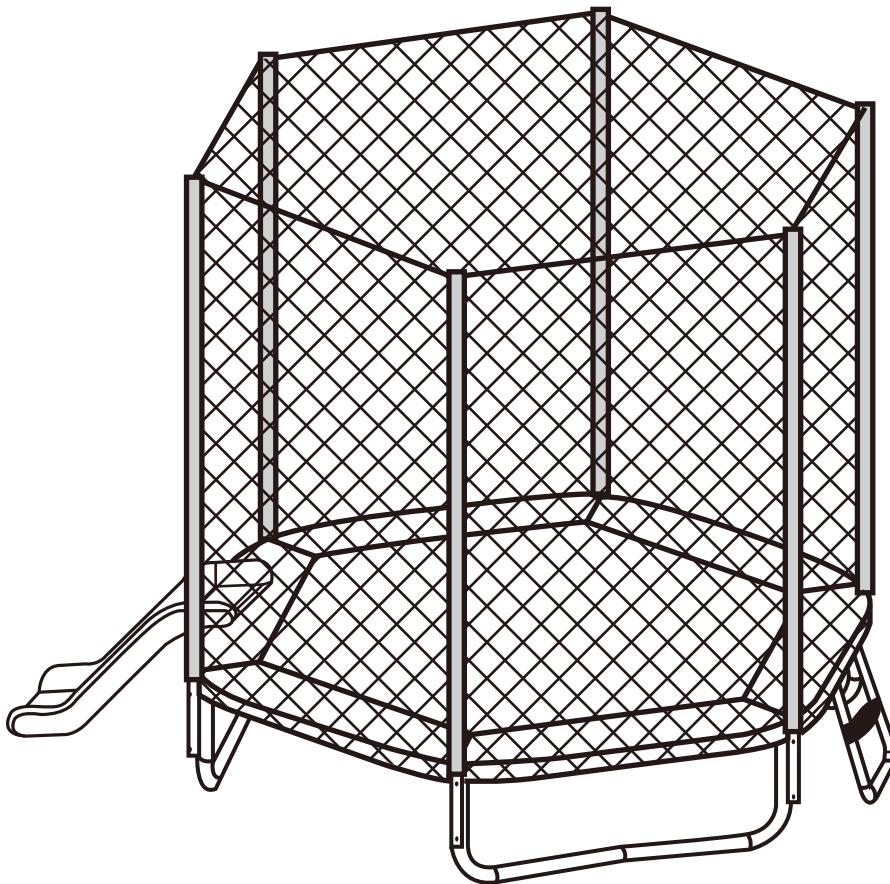


Hexagonal 7FT Trampoline with Safety Net, Ladder and Slide



⚠ WARNING

The instructions are important for your safety. Please read them thoroughly before you assemble or use the trampoline. Retain this manual for future reference.

DO NOT attempt somersaults or flips. Paralysis or death can result if you land on your head or neck!
No more than one person on the trampoline at a time. Multiple users increase the risk of injury.
Use trampoline only under the supervision of an adult with knowledge of use.

PLEASE DO NOT RETURN TO STORE



**Please do not return this product to the retailer!!
We are able to assist you in ANY way**

If you find that you have any trouble with assembly or missing or damaged parts please contact the seller.

! DANGER



NO SOMERSAULTS or FLIPS – a fall on the head or neck can result in paralysis or even death.



No more than ONE user at the same time.



Do not use if in case of plaster or any injury to the leg, arm, head, neck or back.



Remove all hard or sharp objects including jewelry, glasses, sunglasses or hair clips before jumping.



In case of pregnancy, do not use it without your doctor's consent.

Important Warnings


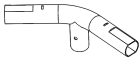
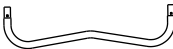

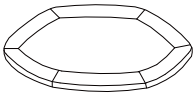



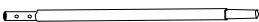



Carefully read these warnings before using this product. Failure to follow these warnings can result in serious injury or death.

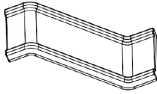
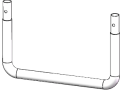

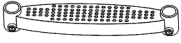
DANGER

- Only one user at any one time! Multiple users can cause loss of control, collision or falls on the trampoline. This could result in serious injury to legs, arms, back, neck or head.
- Do not use the trampoline when under the influence of alcohol, drugs or medication, which may impair the jumper's judgement.
- Always consult your physician before performing any kind of physical activity.
- Do not use the trampoline if you have high blood pressure.
- Do not use the trampoline if you have a medical history of neck or back injuries or mental or physical conditions that could cause injury.
- Do not use if the user has any broken bones (casts) or has recently been in the hospital for extensive treatments (operations, severe wounds, stitches, back injury or concussion).
- Do not use without the consent of your physician, if pregnant.
- Do not use the trampoline during windy conditions or if the user or the trampoline surface is wet. These conditions can cause the user to lose control and fall resulting in serious injury.
- The product must not be used in windy conditions as wind can cause unexpected movement of the product. Wind can cause the trampoline to be lifted off the ground and become airborne. This can present a danger to individuals and to property. Winds can be especially strong in open areas, foothills, mountains, locations subject to hurricanes and tornadoes, areas between homes that create wind tunnels and anywhere else where local weather conditions can create high winds. We recommend that you anchor the trampoline or otherwise secure the trampoline to prevent it from moving as a result of the wind. One possible way to anchor the trampoline is to secure the trampoline to a concrete footing under each leg. We recommend consulting a local licensed contractor to best determine how the anchor system should be constructed for your specific conditions. The licensed contractor can also advise you of other options such as below ground installation. Even with anchors, a trampoline can be lifted, just like anything else, by strong winds. If the winds are anticipated to be very strong, the trampoline should be disassembled and stored away safely until the weather conditions improve. Damage from the wind or other severe weather is not covered by the manufacturer's warranty. Because the manufacturer warranty does not cover wind or weather related damage and damage can be caused to your property or the property of others by a windblown trampoline, it is strongly advised that you provide site specific anchoring through a licensed local contractor.






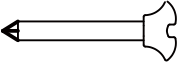

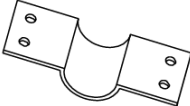
Trampoline and Enclosure Parts List

Part Number	Part Picture	Description	Quantity
1		Top Rail	6
2		Corner Top Rail with Socket	6
3		Leg Base	3
4		Trampoline Mat, stitched with Triangle-Rings	1
5		Trampoline Pad	1
6		Enclosure Netting	1
7		Galvanized Spring	36
8		Spring Loading Tool	1
9		Lower Enclosure Pole with Foam	6
10		Upper Enclosure Pole with Foam	6

Ladder and Slide Parts List

11		Slide	1
12		Ladder "U" Shape Tube	1
13		Ladder "L" Shape Tube	2
14		Plastic Pedal	1

Hardware Parts List

Key Number	Part Picture	Description	Quantity
A		Long Bolt (M6X75MM)	12
B		Plastic Spacers	12
C		Arc Washer	12
D		Self-Locking Screw	10
E		Cap Nut (M6)	14
F		Wrench	1
G		Bolt (M6X75MM)	2
H		Slide Fixing Iron Plate	1

Assembly and Installation Instructions

Step 1. Frame Assembly

Lay out all frame parts on a dry flat surface as shown in FIGURE 1. Make sure the side with holes on the steel tubing parts face UP for springs installation.

WARNING

Make sure that you have plenty of space and a clean dry area suitable for the assembly of this trampoline. It should be assembled where the trampoline is to be used. The trampoline can become unstable if it is moved after it is assembled. **IT IS ESSENTIAL THAT THE INTENDED SITE FOR THIS TRAMPOLINE IS COMPLETELY FLAT AND LEVEL.** If the ground is uneven, this could cause movement in the frame and stress on the joined sections of the frame, which may damage the trampoline and/or cause serious injury.

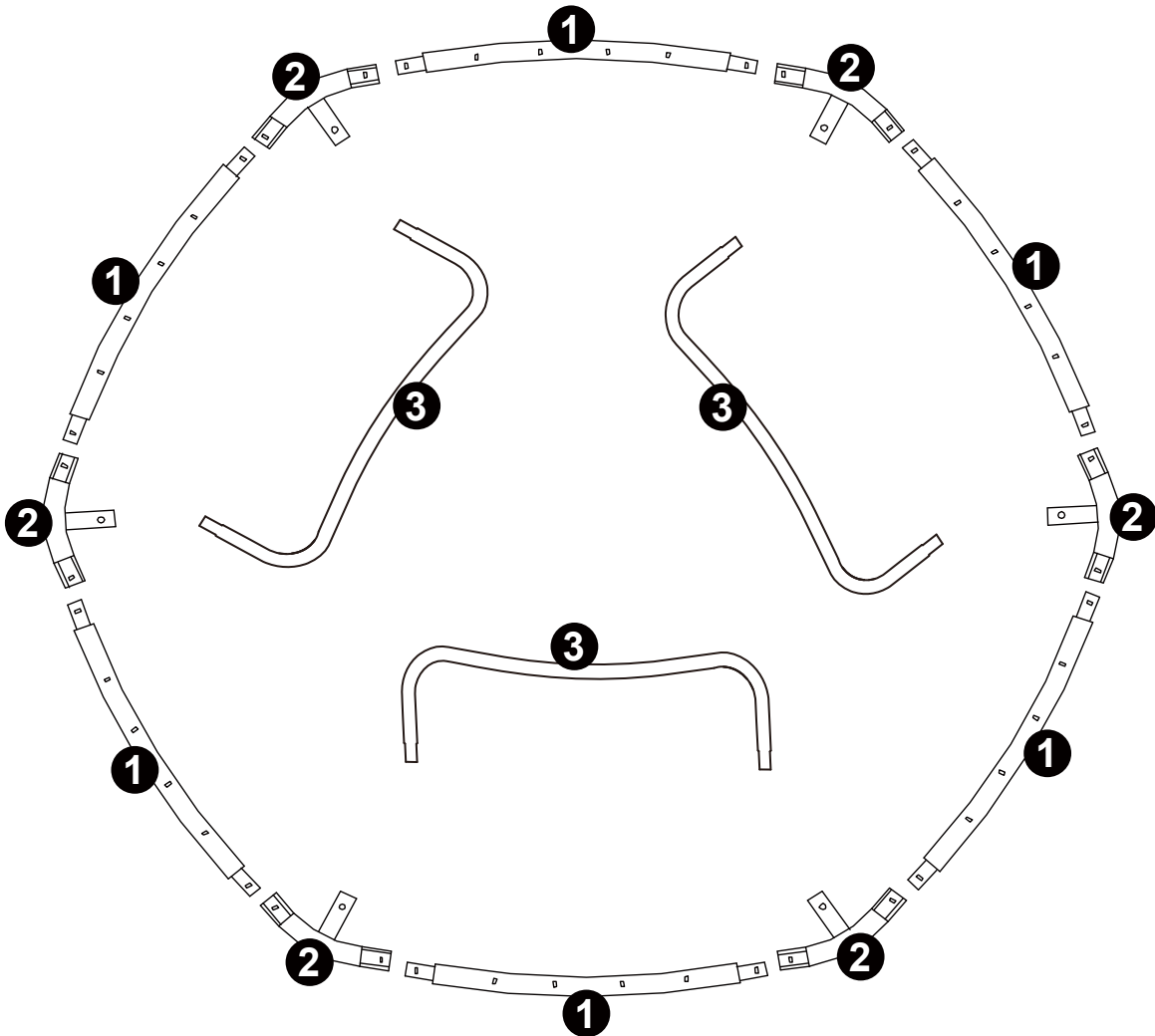


FIGURE 1

STEP 2. Leg Support Assembly

Attach Corner Top Rails with Sockets (#2) to both ends of Top Rail (#1). Connet the Lege Base (#3) to the socket (#2). Repeat this process for all three legs.

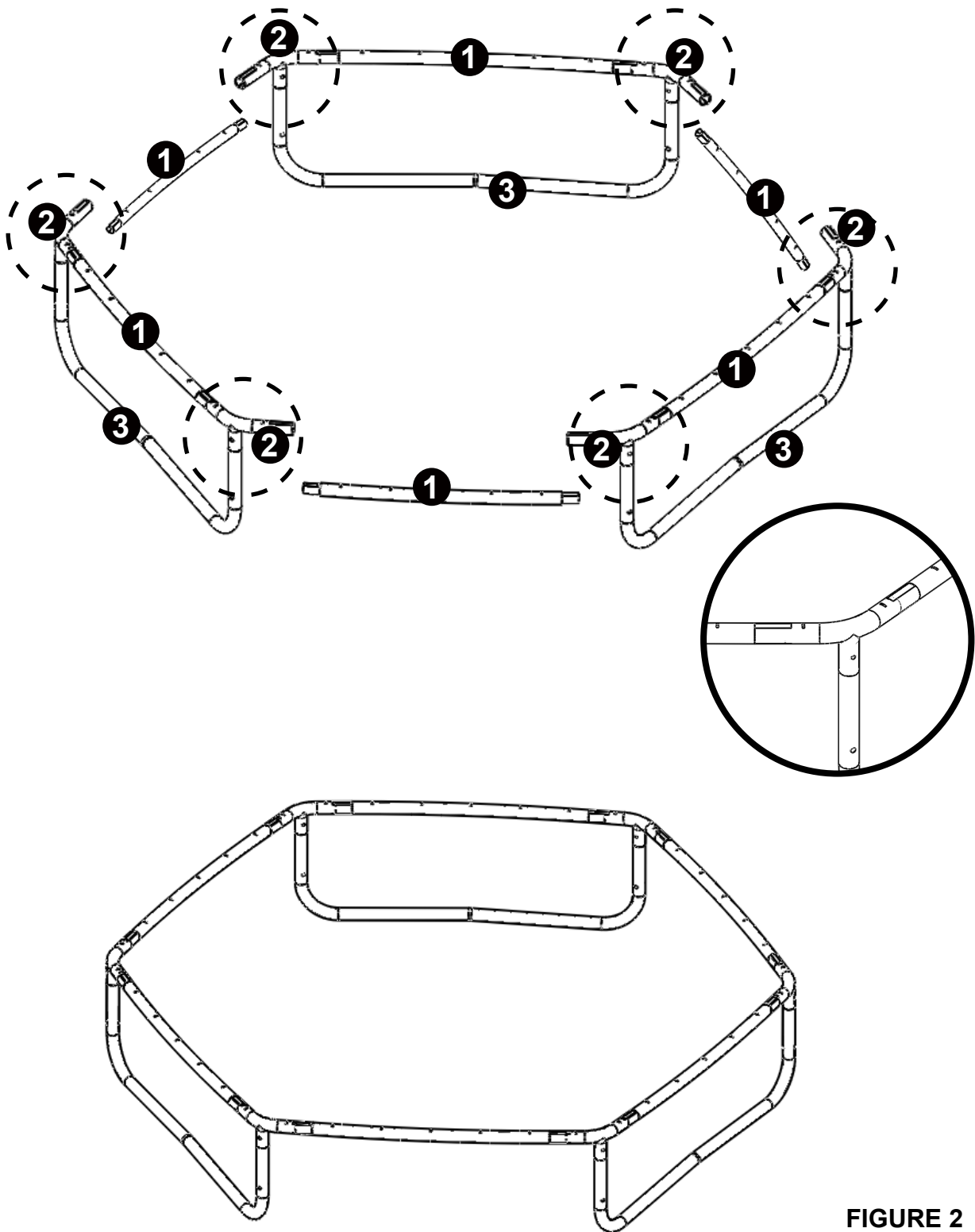


FIGURE 2

! WARNING

When attaching the springs, do not place your hands, arms, legs or any body parts close to the connector points (i.e. joints connecting the steel tubes). The connector points can become pinch points as the trampoline springs tighten up. Wear heavy duty working gloves to protect your hands from pinching by the springs and protective goggles to avoid injuries to the eyes. Stay steady when installing the springs as it can rebound and fly off if you inadvertently let go or springs not hooked properly. Make sure no children are nearby when installing the trampoline.

STEP 3. Springs Assembly

Note: the two ends of the spring are different. Make sure to install the correct ends to the mat and rail as shown below.

Starting from point "one", hook the mat end of the Spring (#7) into the Triangle-Ring on the mat (#4). Holding Spring Loading Tool (# 8) under hand, pull the other end of the spring and lock it into the corresponding hole on the rail as shown in FIGURE 3.

After you have secured the spring at point "1", attach springs to all Corner Top Rails (# 3) as shown in FIGURE 3. For even distribution of spring tension and ease of assembly, the springs must always be installed on opposite sides of the mat in an alternating manner, i.e. Position 1, 36 followed by Position 18, 19; Position 6, 7 followed by Position 24, 25; Position 12, 13 followed by Position 30, 31 as shown below.

Hint: Tap on the Springs (# 7) by the Spring Loading Tool handle so springs can securely be latched into the hole of the rail.

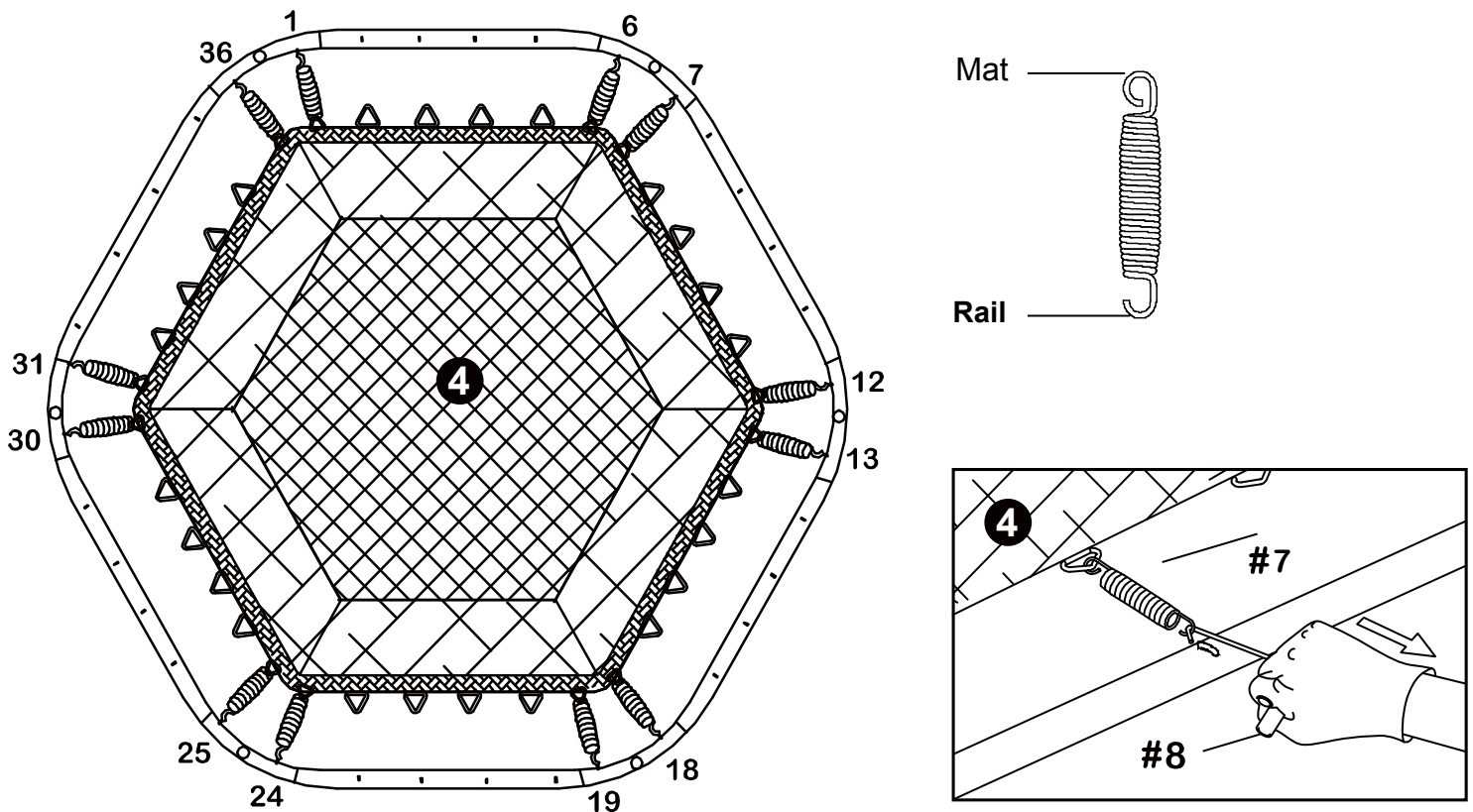


FIGURE 3

Step 4. Springs Assembly

Attach two more springs in the midpoint between the corner rails. For even distribution of tension and easy assembly, the springs must be placed on the opposite sides of the mat in an alternating manner, i.e. Position 3,4 then Position 21,22. Continue in this manner until all the springs are installed as shown in FIGURE 4.

Hint: The number of triangle-rings sewn onto the Mat is equal to the number of holes on the frame. If you notice that you have miscounted a hole or a triangle-ring, remove and reinstall the springs is necessary while maintaining an even distribution of tension as explained above.

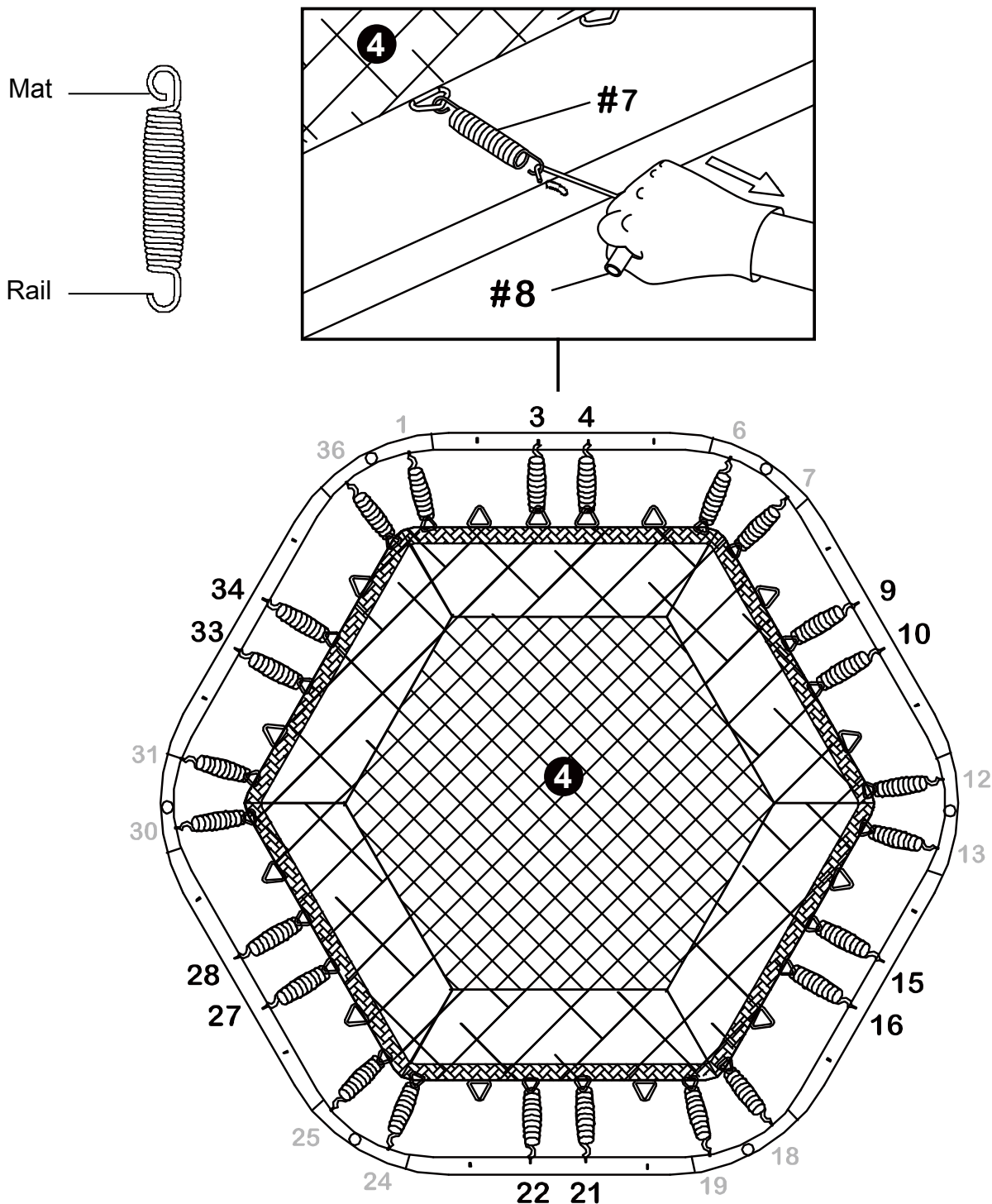


FIGURE 4

Step 5. Springs Assembly

Continue to attach all the remaining springs in the same manner as above.

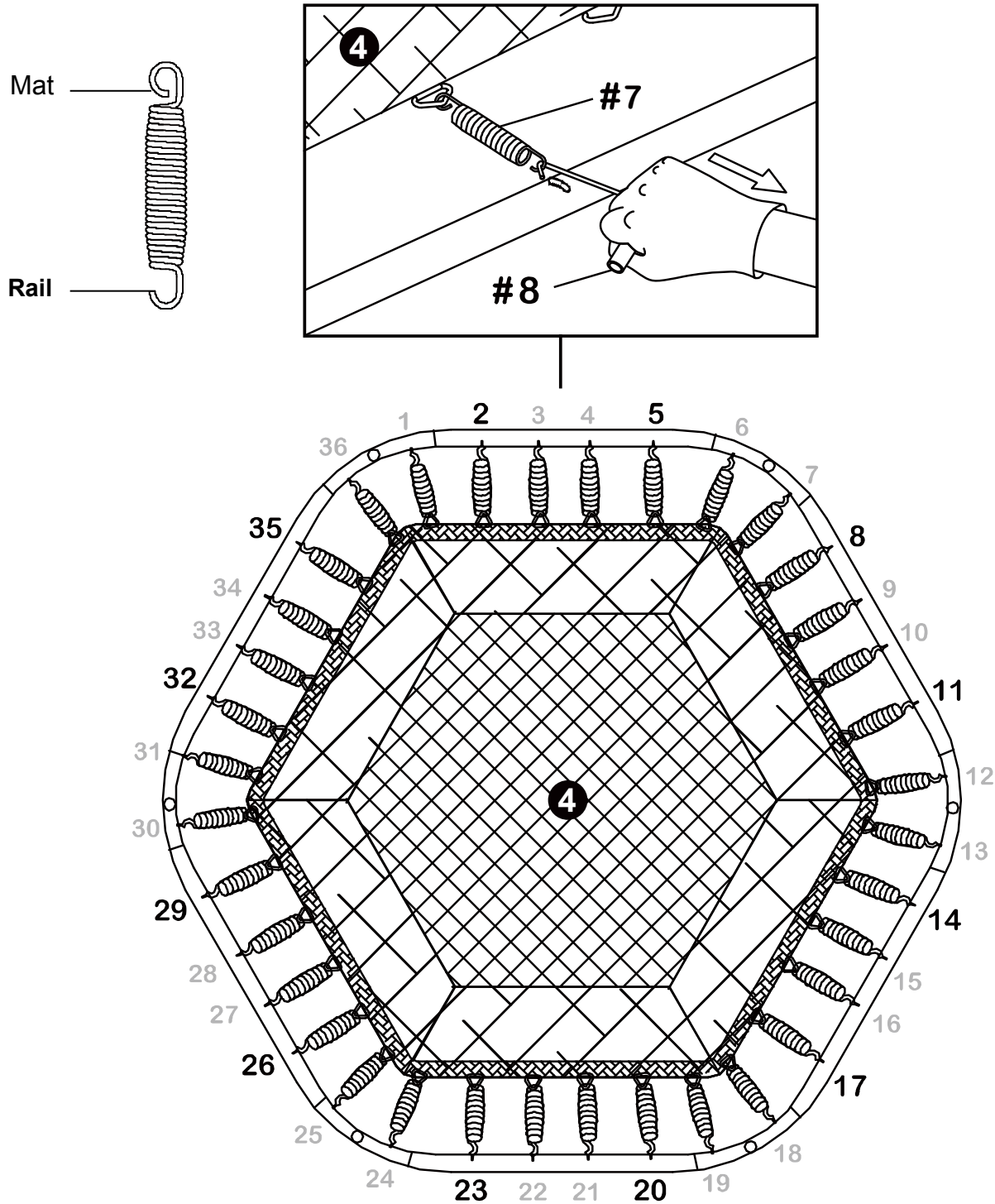


FIGURE 5

⚠ WARNING

Never use the trampoline without the frame pad. The frame pad reduces the risk of getting injured by hitting the metal frame or the springs. Inspect the frame pad before use to ensure all exposed metal parts are fully covered!

Step 6. Frame Pad Assembly

Lay out the protective pad on the jumping mat as indicated and use tapes of it to attach to the top rails as shown in FIGURE 6.

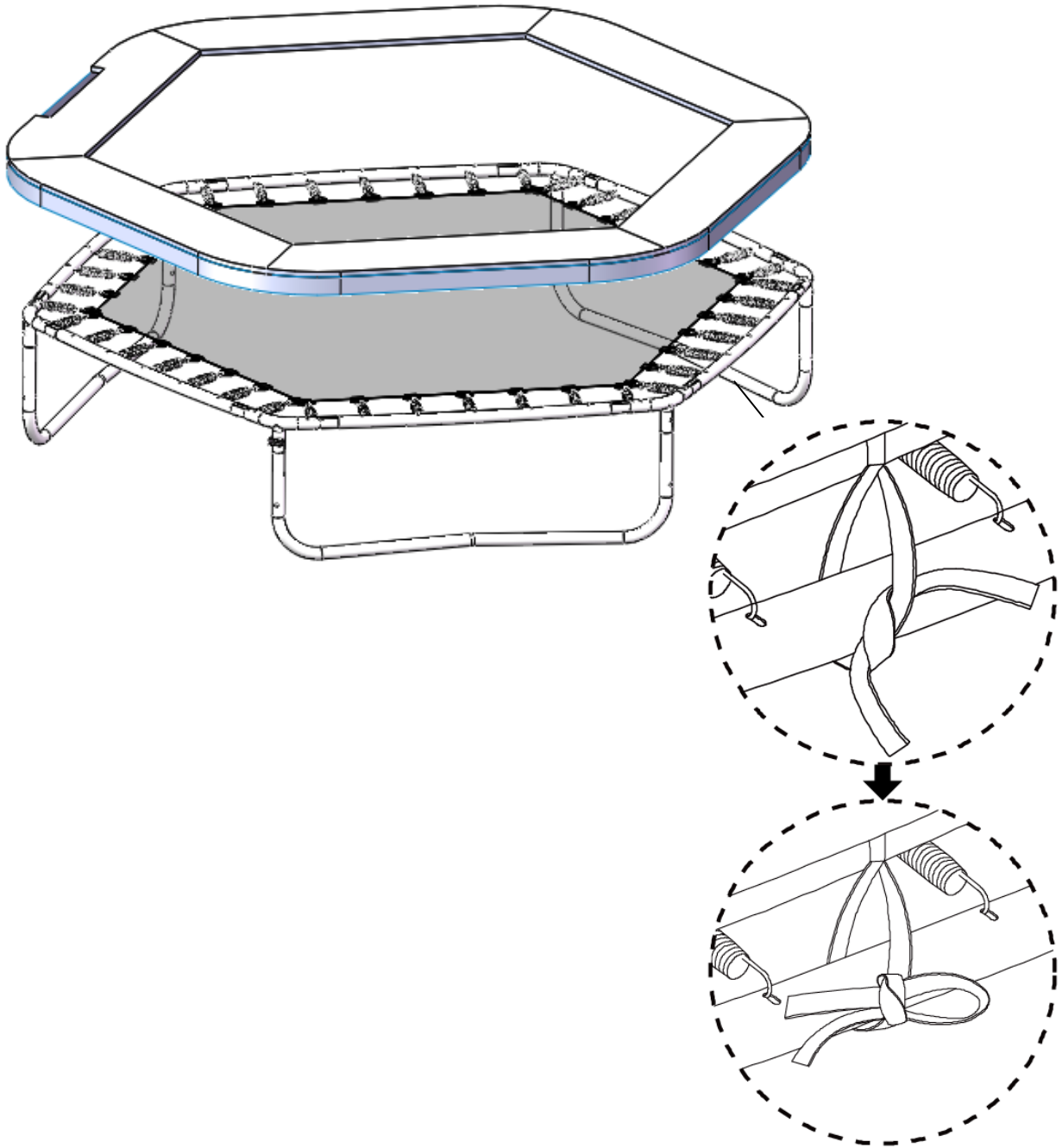


FIGURE 6

Step 7. Assemble Lower Enclosure Poles

Align lower holes, secure the poles with Long Bolt (# A), Plastic Spacer (# B), Arc Washer (# C) and Cap Nut (# E) as shown in FIGRE 7.

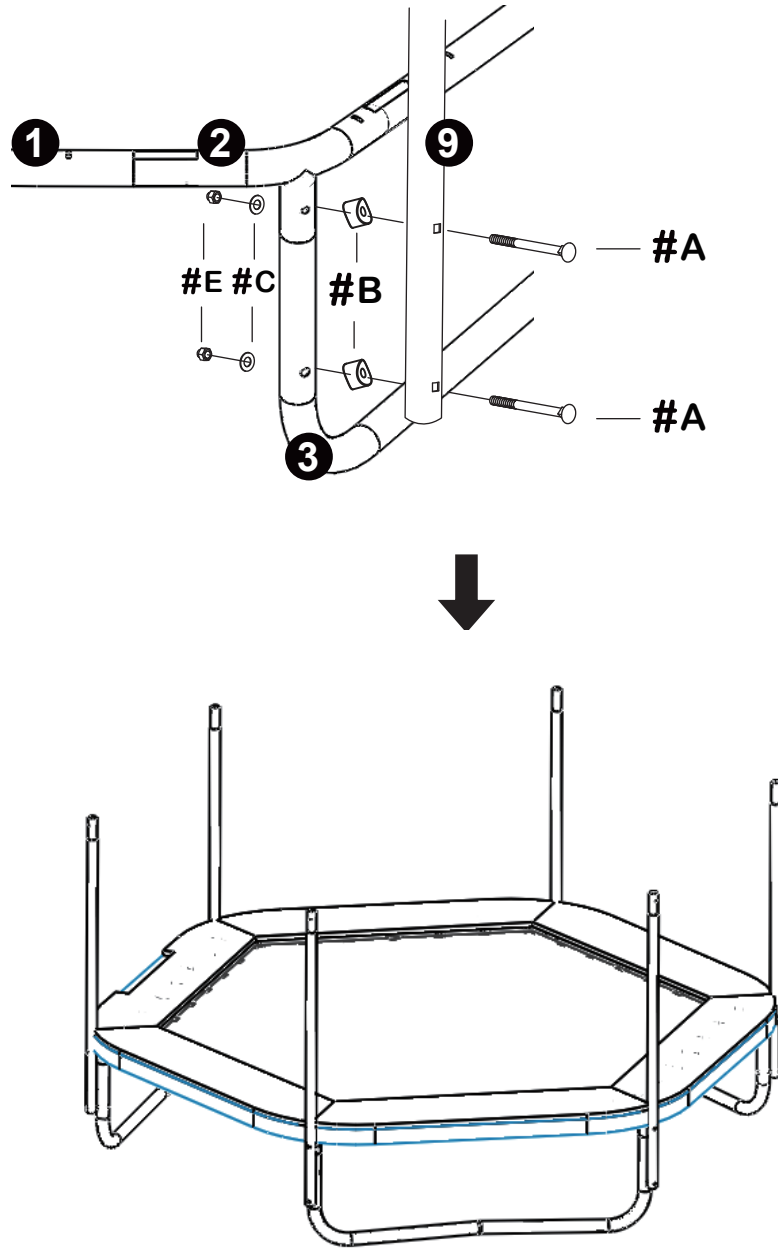
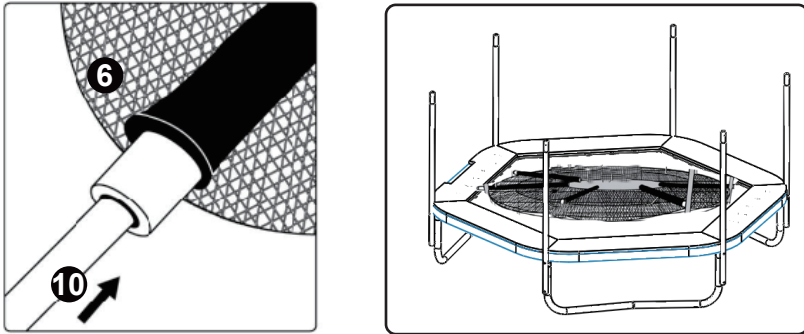


FIGURE 7

Step 8. Assemble Upper Enclosure Poles

Spread the Safety Net (#6) on the trampoline's jumping mat, and slide the Upper Pole (#10) into the sleeves of the safety net.



Connect the Upper Pole (#10) and Lower Pole (#9) with six Screw (#D). Carefully and evenly pull down the safety net.

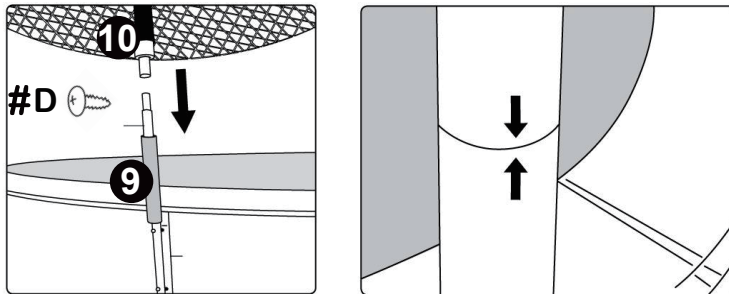


FIGURE 8

Step 9. Assemble the Safety Net

Fasten the safety net to the bottom of the trampoline. Hook the elastic fastening ties to the triangle ring on the jumping mat. Make sure the hook won't fall out if greater openings occurs.

Close the safety net zipper on the safety net and hook in the security fastener as shown in FIGURE 9.

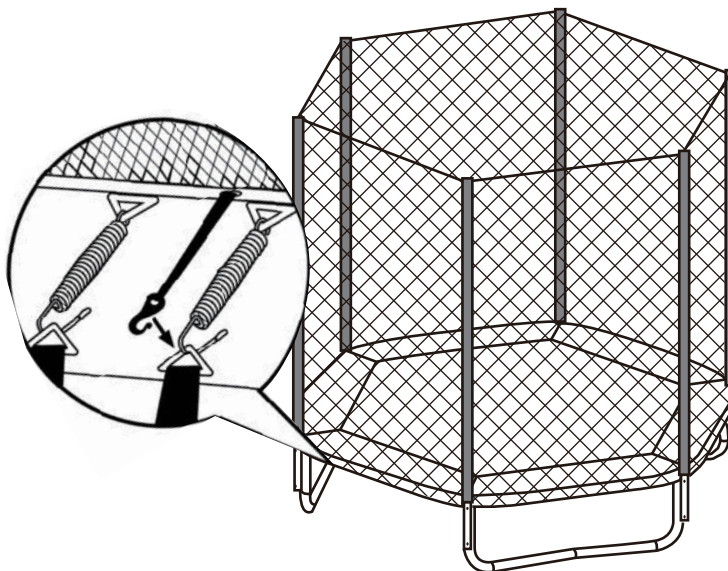


FIGURE 9

Step 10. Slide Assembly

Use four Self-Locking Screws (#D) to lock the Slide Fixing Iron Plate (# H) to the top rail as shown below in FIGURE 10.

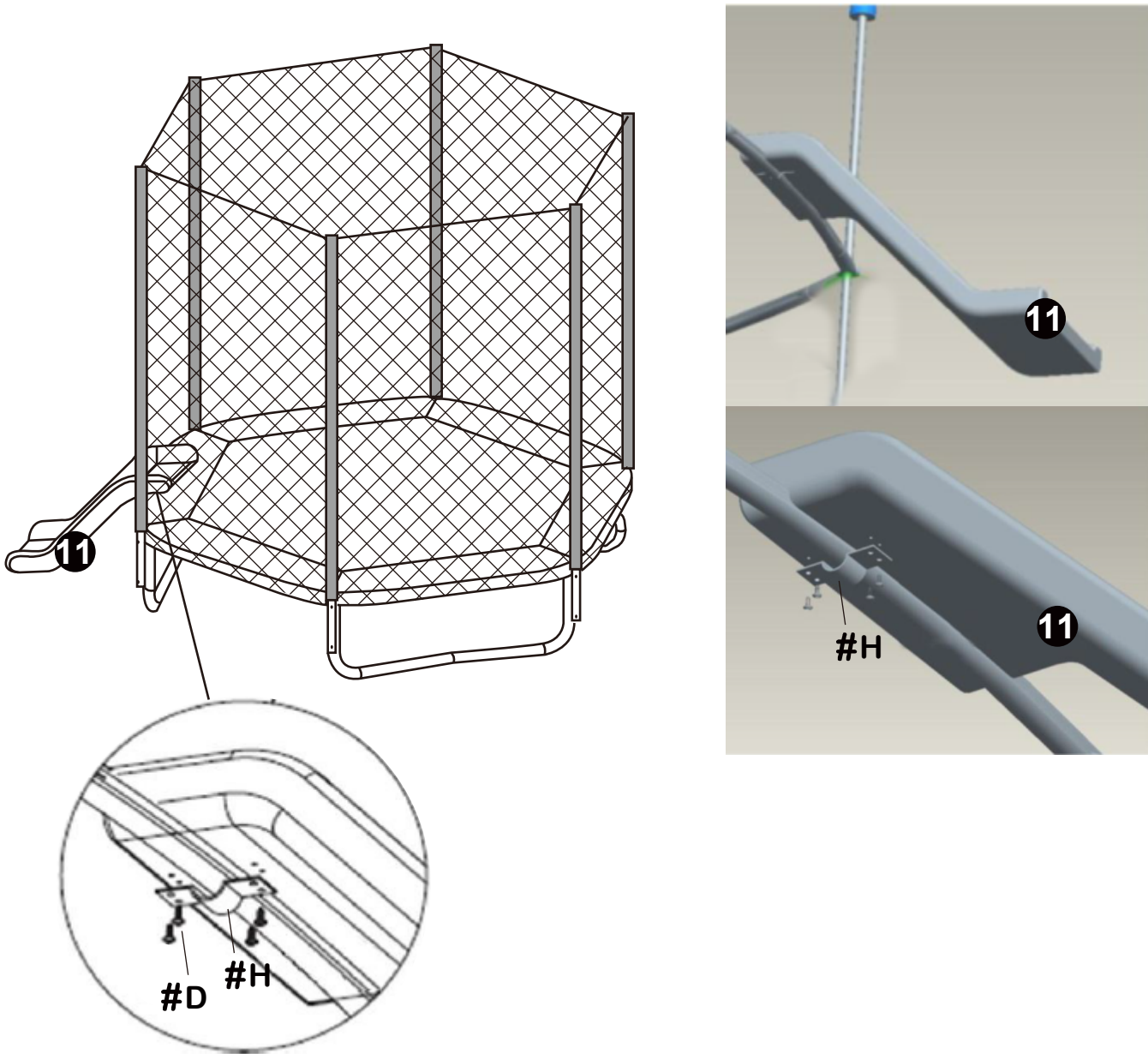


FIGURE 10

Step 11. Ladder Assembly

Connect Plastic Pedal (#14) and two Ladder L Shape Tubes (#13) to Ladder U Shape Tube (#12), tighten them with two Bolts (#G) and two Cap Nuts (#E) as shown in FIGURE 11.

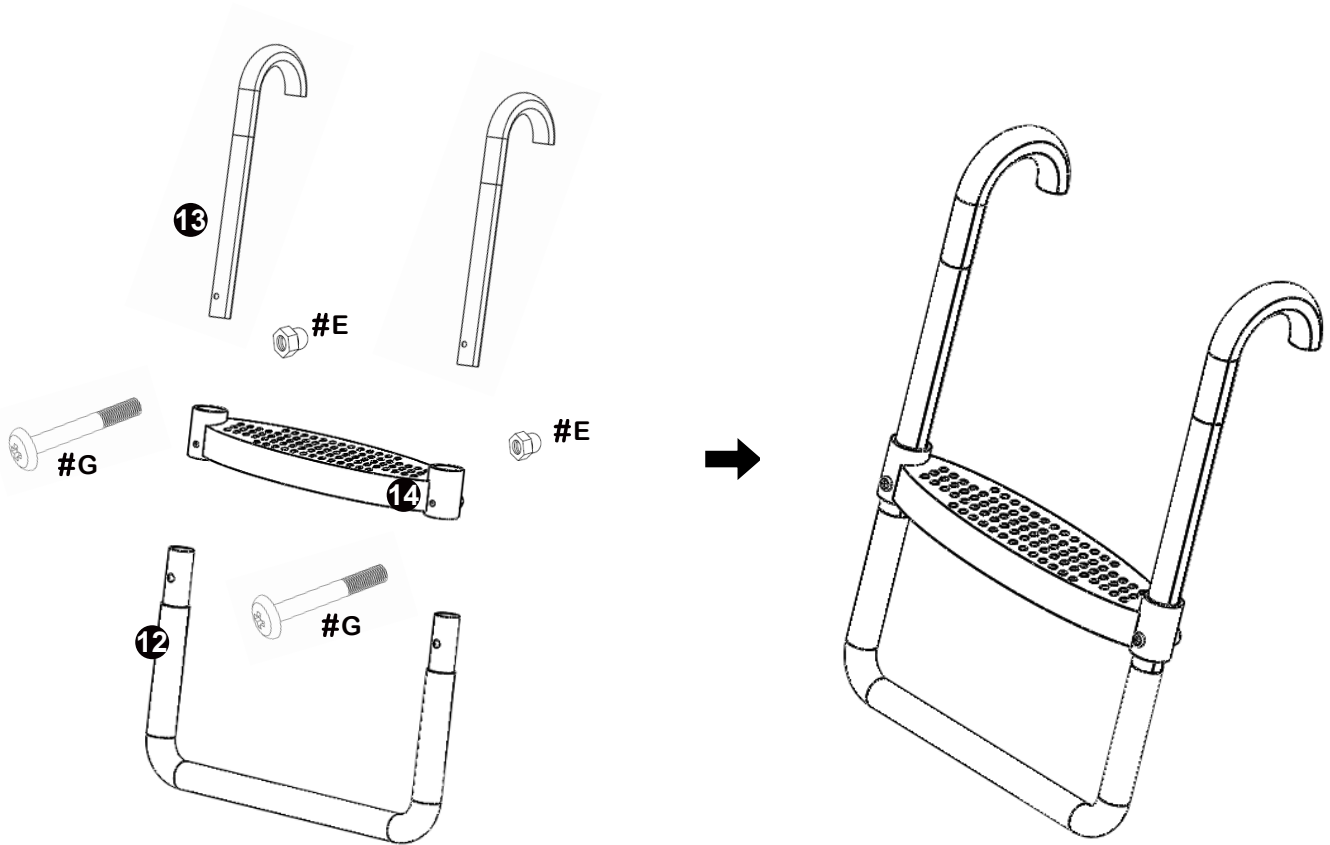


FIGURE 11

Learning the Fundamental Trampoline Skills

The following lessons are suggested for you to learn basic steps and bounces. Before using the trampoline, you should read and understand all warnings. A complete discussion and demonstration of body mechanics and trampoline guidelines should occur between the supervisor and student as well. The bounces are diagrammed on the following page.

Lesson 1

- A. Mounting and Dismounting – Demonstration of proper techniques
- B. The Basic Bounce – Demonstration and practice
- C. Braking (Check the Bounce – Demonstration) and practice. Learn to brake on command
- D. Hands and Knees Bounce – Demonstration and practice. Stress should be on four-point landing and alignment

Lesson 2

- A. Review and practice of techniques learned in Lesson 1
- B. Knee Bounce – Demonstration and practice. Learn the basic down to knee and back up before trying half twist to left and right
- C. Seat Bounce – Demonstration and practice. Learn basic seat bounce then add a knee bounce, hands and knees repeat

Lesson 3

- A. Review and practice skills and techniques learned in the previous lessons
- B. Front Drop – To avoid mat burns and teach the front bounce position, all students should be requested to assume the prone position (face down on the ground) while the instructor checks for faulty positions that could cause injury
- C. Start with a Hands and Knees bounce and then extend body into prone position and on the mat and return to feet
- D. Practice Routine – Hands and Knees Bounce, Front Bounce, return to feet, Seat Bounce, return to feet, Seat Bounce, return to feet

Lesson 4

- A. Review and practice skills and techniques learned in previous lessons
- B. Half – Turn
 - i. Start from front drop position and as you make contact with mat, push off with arms in either the right or left direction and turn head and shoulders in same direction
 - ii. During turn, be sure to keep back parallel to mat and head up
 - iii. After completing turn, land in the Front Drop position

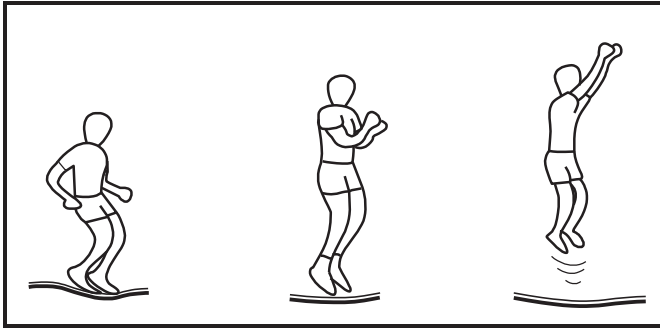
After completing this lesson, the student now has a basic foundation of trampoline bounces. Jumpers should be encouraged to try and develop their own routines with the emphasis on control and form.

A game that can be played in order to encourage students to try developing routines is “BOUNCE”. In this game, players count off from 1 to X. Player one starts with a maneuver. Player two has to do Player one’s maneuver and add on another. Each player must do the routine properly in the correct sequence. The first person to miss receives the letter “B”. This continues until someone spells out the word “BOUNCE”. The last remaining contestant is deemed the winner! Even when playing this game, it is important to perform your routines under control and not try difficult or highly skilled bounces that you have not yet mastered.

A certified trampoline instructor should be contacted to further develop your trampoline skills.

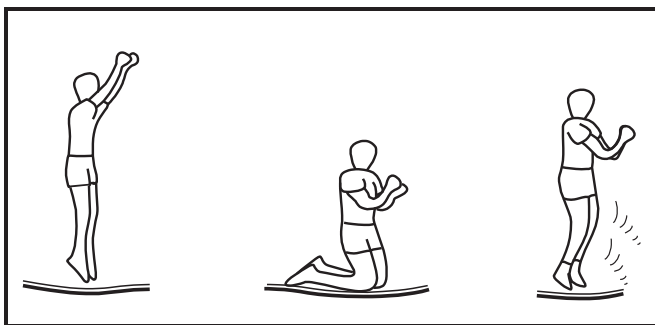
BASIC TRAMPOLINE BOUNCES

BASIC BOUNCE



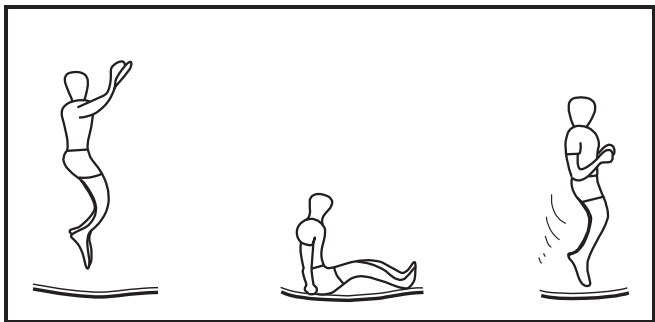
1. Start from a standing position with your head erect and your eyes on the frame pad.
2. Swing your arms forward and up in a circular motion.
3. Bring your feet together and point your toes downwards while in the air.
4. Keep your feet about 15 inches apart when landing on the mat.

KNEE BOUNCE



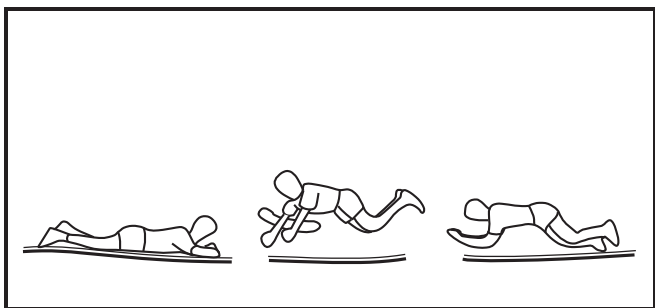
1. Start bouncing from a standing position, keeping your eyes on the frame pad.
2. Land on your knees while keeping your back straight and body erect.
3. Bounce back to basic bounce position by swinging arms up.

SEAT BOUNCE



1. Land in a flat sitting position.
2. Place your hands on the mat beside your hips.
3. Push with your hands to return to an erect position.

180 DEGREE BOUNCE



1. Start from a low bounce and land on the mat in a prone position.
2. Keep your head up and your arms extended forward.
3. Push with your arms to return to an erect position.