

LIMITED WARRANTY

The Little Tikes Company makes fun, high quality toys. We warrant to the original purchaser that this product is free of defects in materials or workmanship for one year * from the date of purchase (dated sales receipt is required for proof of purchase) and all other parts are free of defects in material or workmanship for 90 days*. At the sole election of The Little Tikes Company, the only remedies available under this warranty will be the replacement of the defective part or replacement of the product. This warranty is valid only if the product has been assembled and maintained per the instructions. This warranty does not cover abuse, accident, cosmetic issues such as fading or scratches from normal wear, or any other cause not arising from defects in material and workmanship.

*Trampoline Warranty:

We warrant to the original purchaser that the frame of this product is free of defects in materials or workmanship for 1 year from the date of purchase, and all other parts are free of defects in material or workmanship for 90 days from the date of purchase (dated sales receipt is required for proof of purchase).

U.S.A and Canada: For warranty service or replacement part information, please visit our website at www.littletikes.com, call 1-800-321-0183 or write to: Consumer Service, The Little Tikes Company, 2180 Barlow Road, Hudson OH 44236, U.S.A. Some replacement parts may be available for purchase after warranty expires—contact us for details.

Outside U.S.A and Canada: Contact place of purchase for warranty service. This warranty gives you specific legal rights, and you may also have other rights, which vary from country/state to country/ state. Some countries/states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

PLEASE SAVE SALES RECEIPT FOR PROOF OF PURCHASE

Please keep this manual as it contains important information.



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Visit our website at
www.littletikes.com
to register your product and
to enter our sweepstakes.
(No purchase necessary)



Huge Bounce™ 14ft Trampoline

ENG

640865M

AGES: 6+ YEARS
ADULT ASSEMBLY AND SUPERVISION REQUIRED



Illustrations are for reference only. Styles may vary from actual contents.

⚠ WARNING

- ADULT ASSEMBLY REQUIRED
- Keep these instructions for future reference.
- This product is intended for outdoor domestic family use only.
- Adult supervision required. Do not leave children unattended.
- Prior to assembly, this package contains small parts: hardware which is a choking hazard and may contain sharp edges and sharp points. Keep away from children until assembled.
- To prevent serious injury, children must not use the equipment until it is properly installed.
- You must thoroughly read these materials prior to assembling and using this trampoline / trampoline enclosure.
- Save this manual for future reference.
- This product is intended for use by children ages 6+.
- Maximum weight per child: 220 lbs. (100 kg). Limit 1 child on trampoline at a time.
- Place this product on level ground and at least 6.6' (2 m) away from any object. Objects to be avoided include, but are not limited to, fences, buildings, overhead branches, laundry lines or electrical wires.
- It is recommended that at least two people participate in the assembly of this product.
- Always close the enclosure opening before jumping.
- Do not hold anything while jumping and empty pockets prior to using the trampoline.
- Please remove all packaging including tags, ties & tacking stitches before giving this product to a child.
- Do not eat while jumping.

IMPORTANT INFORMATION

Trampolines are great fun when used correctly. Most injuries are caused during the use of the trampoline, not because of their construction.

Read these instructions and warnings carefully and ensure you follow them at all times. Follow all assembly and maintenance instructions closely to ensure the equipment is safe to use and lasts as long as possible.

⚠️ WARNING - GENERAL

Read all instructions before using the trampoline and trampoline enclosure. Warnings and instructions for the care, maintenance, and use of this trampoline and trampoline enclosure are included to promote safe, enjoyable use of this equipment.

- This trampoline is only suitable for domestic family use. For outdoor use ONLY!
- The trampoline is not intended to be buried into the ground.
- Not recommended for use by children under 6 years of age. Max. weight limit: 220 lbs (100kg).
- Trampolines over 20 in. (51 cm) tall are not recommended for use by children under 6 years of age.
- The trampoline is designed for installation on flat surfaces with at least 6'6" (2m) clear space around the trampoline.
- Do not place on a hard surface (i.e. concrete or asphalt). Serious injury may occur.
- Above the trampoline, ensure there is clear and free space to the expected jumping height. It is strongly advised not to place the trampoline under the canopy of surrounding trees.
- Inspect the trampoline and trampoline enclosure before use. Make sure the frame padding is correctly and securely positioned. Replace any worn, defective, or missing parts.
- For further information or additional instruction materials on skill training, contact a competent trampoline instructor.

⚠️ WARNING - USAGE

- Observing the following statements and warnings reduces the likelihood of serious or fatal injury.
- Do not attempt or allow stunts including somersaults. These are dangerous moves that should only be performed in the presence of a skilled trainer, and with appropriate equipment. Serious injury is likely to occur if stunts are attempted on this trampoline. Landing on the head or neck can cause serious injury, paralysis or death.
- Children and unpracticed users must always jump under supervision by an experienced person. It is strongly recommended to use spotters at all times.
- Do not allow more than one person on the trampoline (inside the trampoline enclosure). Use by more than one person at the same time can result in serious injury.
- Use trampoline and trampoline enclosure only with mature, knowledgeable supervision.
- Do not use if you are suffering from an injury i.e. ankle or knee injury) or while pregnant.
- Remove glasses, watches, jewelry and chains, ornaments, clasps and other sharp objects. Empty your pockets before starting to jump.
- Do not use the trampoline in the dark.
- Do not put any objects or toys on the trampoline and trampoline enclosure.
- Animals are not allowed on the trampoline and trampoline enclosure.
- Do not smoke while using the trampoline.
- Do not allow children to use or climb on product when it is wet.
- Do not use the trampoline while under the influence of alcohol or drugs.

To assemble this trampoline, you need a Phillips screwdriver and the special spring loading tool provided with this product.

During periods of non-use, this trampoline can be easily disassembled and stored.

Please read the assembly instructions before beginning to assemble this product.

It is recommended that at least two people participate in the assembly of this product.

- Dress children appropriately: do not allow children to wear loose fitting clothing including ponchos, scarves and garments with drawstrings.
- Instruct children on proper use of this product, only after properly placed, and not in a manner other than intended.
- Instruct children to remove their bike or other sports helmet before playing on this product.
- Instruct children not to attach items to the product that are not specifically designed for use with the product such as, but not limited to, jump ropes, clotheslines, pet leashes, cables and chains, as they may cause a strangulation hazard.
- Jumpers must wear socks, gymnastic shoes, or be barefoot when using the trampoline. Please be aware that street shoes or tennis shoes should NOT be worn while using the trampoline.
- Jumpers should remove all sharp objects from themselves prior to using the trampoline. Any type of sharp or pointed objects should be kept off the trampoline at all times.
- Initially, jumpers should get accustomed to the feel and bounces of the trampoline. The focus must be on the fundamentals of your body position and you should practice each bounce (the basic bounces) until you can do each with skills and control.
- To break a bounce, all you need to do is flex your knees sharply before they come in contact with the mat of the trampoline. This technique should be practiced while you are learning each of the basic bounces. The skill of braking should be used whenever you lose balance or control of your jump. Learn this skill before attempting others.
- Always learn the simplest bounce first and be consistent with the control of your bounce before moving onto more difficult and advanced bounces. A controlled bounce is when your take "off" point and landing point is the same spot on the mat. If you move up to the next bounce without first mastering the previous, you increase your chances of getting injured.
- Do not bounce on the trampoline for extended periods of time because fatigue can increase your chance of injury.
- Misuse and abuse of this trampoline is dangerous and can cause serious injury. Trampolines being a rebounding device, propel the performer to unaccustomed heights and into a variety of body movements.
- Always inspect the trampoline and trampoline enclosure for a worn-out mat and loose or missing parts before each use.
- 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.
- 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.
- Keep objects away from the mat which could interfere with the jumper. Maintain a clear area around the trampoline.
- Bounce only when the surface of the mat is dry. Wind or air movement should be calm and gentle. The trampoline must not be used in gusty or severe winds.
- Bounce in the center of the mat.
- Avoid bouncing when tired and do not bounce for an extended period of time.
- Properly secure the trampoline and trampoline enclosure when not in use. Protect it against unauthorized use.
- For additional information concerning the trampoline equipment, contact the manufacturer.
- Users may become entangled in or strangled by loose cords or in gaps between trampoline and trampoline enclosure.
- Keep trampoline 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 trampoline enclosure.
- Do not attempt to crawl under the trampoline enclosure.
- Do not intentionally rebound off the trampoline enclosure.
- Do not hang from, kick, cut or climb on the trampoline enclosure.
- Enter and exit the trampoline enclosure at the opening(s) designated for that purpose.

Care, Maintenance and Use Instructions MUST be read carefully before using the trampoline!

Care and Maintenance

WARNING:

Failure to perform periodic checks could cause this product to overturn or cause a fall. The following checks should be performed at the beginning of each season and twice monthly during the usage period:

- Reinstall any plastic parts, such as swing seats or any other items that were removed for the cold season.
- Tighten all hardware.
- If applicable, lubricate all metallic moving parts at the beginning of the play season and twice per month during the play season.
- Check all protective coverings on bolts, pipes, edges, and corners. Replace if they are loose, cracked, or missing.
- If applicable, check all moving parts including swing seats, ropes, cables, and chains for wear, rust, or other deterioration. Replace if any of these conditions exist.
- Check metal parts for rust. If found, sand and repaint using a non lead-based paint meeting the requirements of 16 CFR 1303.
- Rake and check depth of loose fill protective surfacing materials to prevent compaction and to maintain appropriate depth. Replace as necessary.
- Take this product indoors or do not use when temperatures fall below 0°F/-18°C.

This trampoline and trampoline enclosure were designed and manufactured with quality materials and craftsmanship. If proper care and maintenance is provided, it will provide all jumpers with years of exercise, fun, and enjoyment as well as reduce the risk of injury. Please follow the guidelines listed below:

- This trampoline is designed to a certain amount of weight and use. Jumper should weigh less than 220 lbs. (100 kg).
- Please make sure that only one person at any one time uses the trampoline.
- In order to prevent the trampoline mat from getting cut or damaged, please do not allow any pets onto the mat.
- Always inspect the trampoline and enclosure before each use for worn, defective or missing parts. A number of conditions could arise that may increase your chances or getting injured. Please be aware of:
 - Missing, improperly positioned, or insecurely attached frame padding, trampoline enclosure or frame padding and pole caps.
 - Punctures, frays, tears, or holes worn in the mat, barrier, or support system (frame) padding.
 - Deterioration in the stitching or fabric of the bed, barrier or support system (frame) padding.
 - Bent or broken frame.
 - Ruptured springs.
 - A sagging trampoline bed.
 - Broken, missing, or damaged springs.
 - Protrusions of any types (especially sharp) on the frame, springs, or mat.
- In certain countries during the winter months, the snow load and the very low temperature can damage the trampoline. Remove the snow and store the mat and the enclosure indoors.
- Replace the enclosure net after two years of use.

Carry out checks and maintenance of the main parts (frame, suspension system, mat, pads and enclosure) at regular intervals. If these checks are not carried out, the trampoline could become dangerous.

It is of particular importance that these be followed at the beginning of each season, as well as at regular intervals during the usage season.

- Check all nuts and bolts for tightness and tighten when required.
- Check all spring loaded (pit-pin) joints are still intact and cannot come undone during play.
- Check all coverings for bolts and sharp edges and replace when required.
- Check for evidence of wear or deterioration and replace if needed in accordance with these instructions.
- Make sure all parts are dry enough for storage.

High Winds

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.

If you expect high winds, the trampoline should be moved to a sheltered location, taken apart, or tied down to the ground with ropes and stakes (not included). At least three ropes and three stakes should be used. Make sure to attach the ropes to the top of the frame; do not simply secure the legs or the bases to the ground, as they can separate from the frame sockets. The top of the stakes should be covered, if necessary, so that users will not be injured by falling onto the stakes.

Moving the Trampoline

If the trampoline needs to be moved, it should be moved by two people, kept horizontal, and lifted slightly. All connector points should be wrapped and secured with weather resistant tape, such as duct tape. This will keep the frame intact during the move and prevent the connector points from dislocating and separating. If necessary, the trampoline can be taken apart for moving. To take the trampoline apart, follow the assembly steps in reverse order. Do not attempt to take the frame sections, legs or bases apart before the mat and springs have been removed.

Assembly and Moving Tips

Select a location where you want the trampoline permanently prior to assembly. Do not pick up the frame more than two inches off the ground. Picking it up too high can cause the frame to warp.

If the frame does warp, put the trampoline down and press down on the part that is warped. The tension of the springs will flatten the frame.

Disassembly

To disassemble the trampoline, follow assembly STEP 1 through STEP 7 in reverse order. Do not attempt to disassemble any frame components before the springs and the mat have been removed. Use gloves to protect your hands from pinch points during disassembly.

Disposal

Disassemble and dispose of equipment in such a manner that no hazardous conditions such as, but not limited to, small parts and sharp edges exist at the time equipment is discarded.

ASSEMBLY INSTRUCTIONS - CONTINUED



IMPORTANT NOTICE

NEVER use the trampoline without attaching the frame pad. Properly tie down the frame pad before each use!

Flip up the safety pad stitched with the trampoline mat. Tie the elastic straps over the frame, and make sure the safety pad covers the frame and all springs.

DO NOT use the trampoline if even one spring or triangle-ring is damaged or missing.

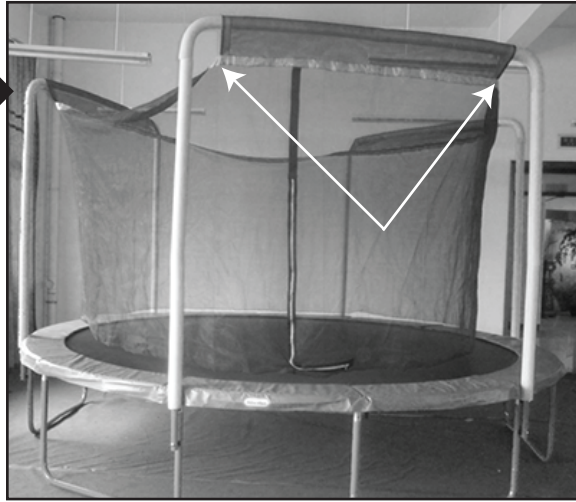
Perform a complete inspection of the trampoline to make sure all parts are assembled and attached properly.

Read this entire manual and make sure all jumpers completely understand all of the safety rules printed in the manual and on the various warning signs. Instruct all jumpers in the basic bounces described in the manual.

STEP 6 - Enclosure Assembly



With the openings for the screws facing outward, lift each enclosure arch assembly onto the lower enclosure net poles (I). NOTE: Two people are needed for this step. Using a screwdriver (Q), secure all of upper enclosure net poles (J) to the lower enclosure net poles (I) with screws (M). Slide the small enclosure net pole foam (W) over the screws.



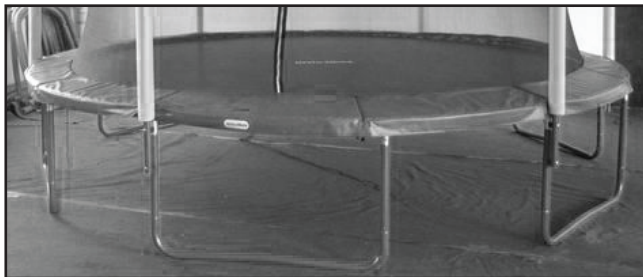
Adjust netting arch sleeve so that it is centered on the curved arch tube assembly.



Locate the triangle ring closest to the zipper on the enclosure netting (B). Thread one end of the rope (X) through the lower edge of the netting above the triangle ring and then downward through the triangle ring. Tie the netting to the triangle ring and make a double knot.



Thread the rope (X) through the lower edge of the netting (B) half way between the first triangle ring and the triangle ring to the left. Keep the rope taught and continue this process until the rope is threaded through all 84 triangle rings. Thread the rope back through the first triangle ring and secure with a double knot. Cut off any remaining rope or secure it so that it does not hang down from the trampoline.



Pull the safety pad (C) over the springs and secure it to the top rail (H) with the attached ties.



Attach elastic ties on the shoe bag (Y) by tying to the trampoline frame.

TRAMPOLINE PLACEMENT

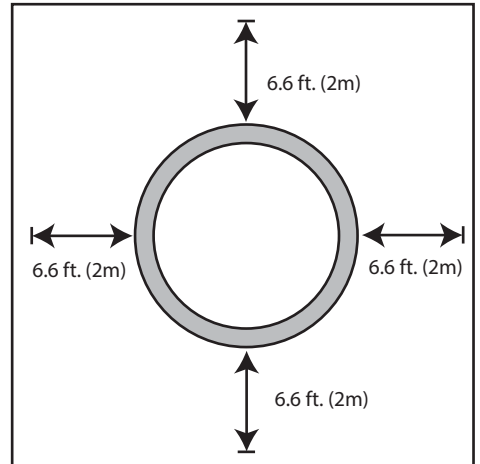
Please read the entire instruction booklet before you assemble or use this trampoline! Make sure the assembled trampoline is on level ground.



 WARNING - PLACEMENT - OUTDOOR USE ONLY

- Place the trampoline on a level surface before use.
- Lateral (sideways) clearance is also essential. Place the trampoline away from walls, structures, fences, and other play areas. Maintain a clear space on all sides of the trampoline and trampoline enclosure.
- Use the trampoline and the trampoline enclosure in a well-lighted area.
- It is recommended that the orientation of the assembled product be such that direct sunlight is minimized on surfaces intended for standing or sitting.
- Remove any obstructions from beneath the trampoline.
- Secure trampoline and trampoline enclosure against unauthorized and unsupervised use.
- The trampoline enclosure is only to be used as an enclosure for a trampoline of a size for which the enclosure is designed.
- The owner and supervisors of the trampoline are responsible to make all users aware of practices specified in this manual.

- Adequate overhead clearance is essential. A minimum of 24 ft. from ground level is recommended. Provide clearance from wires, tree limbs, and other possible hazards. Please be aware of the following when selecting a place for your trampoline:
 - Place this product on level ground and at least 6.6' (2 m) away from any object. Objects to be avoided include, but are not limited to, fences, buildings, overhead branches, laundry lines or electrical wires.
-
- The diagram shows a circular trampoline with a thick grey border. Four double-headed arrows point from the center of the trampoline to the top, bottom, left, and right edges, each labeled '6.6 ft. (2m)'. This indicates the required clearance from any object or structure.



LABELING

TRAMPOLINE SAFETY INSTRUCTIONS



WARNING:

This trampoline is intended for outdoor use only.
Adult supervision required.
Always close the net opening before jumping.
The net should be replaced every two years.



ONLY ONE PERSON AT A TIME IN THE TRAMPOLINE ENCLOSURE. MULTIPLE JUMPERS INCREASE THE CHANCES OF LOSS OF CONTROL AND THIS CAN RESULT IN BROKEN HEAD, NECK, BACK OR LEG



DO NOT LAND ON HEAD OR NECK. PARALYSIS OR DEATH CAN RESULT, EVEN IF YOU LAND IN THE MIDDLE OF THE TRAMPOLINE MAT (BED). DO NOT DO SOMERSAULTS (FLIPS).

A. NOTICE TO SUPERVISOR

1. Enforce all safety rules and be familiar with all the information provided in the manual prior to allowing any users on the trampoline and use the trampoline and trampoline enclosure. To prevent and reduce the risk of injuries, educate yourself with the basic jump and ensure that new jumpers learn the basic bounces before trying more difficult and advanced jumps.
2. No trampoline users shall use the trampoline and trampoline enclosure unsupervised, regardless of skill level or age.
3. To prevent unsupervised and unauthorized use, the trampoline should be secured. Secure the trampoline against any unauthorized use.
4. Keep all objects away from the jumpers and the trampoline that may interfere with jumpers or be potentially hazards. Be aware of what is overhead, underneath, and around the trampoline.
5. This trampoline enclosure system is not recommended for use by children under 6 years or any one weighing more than 220 lbs. (100 kg).
6. Use only when the trampoline mat (bed) is clean and dry. Inspect the trampoline and enclosure prior to each use and replace any worn or damaged parts. Use only when the enclosure has no holes, pole clamps are tightly secured to the poles and the support (frame), and the trampoline enclosure is properly suspended.
7. Do not use when trampoline is wet or in windy conditions.
8. Use only when the trampoline has no any worn, defective or missing parts.

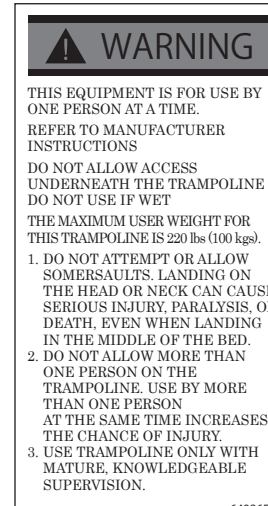
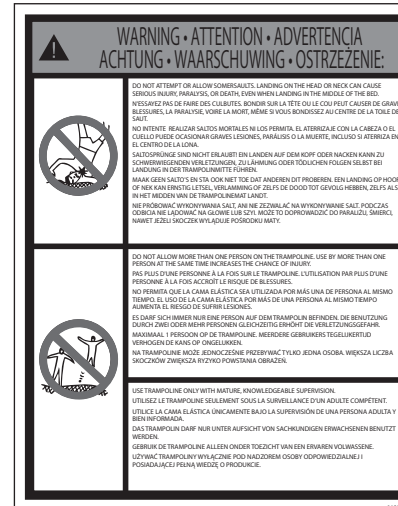
9. Users may become entangled in or strangled by loose cords or in gaps between trampolines and enclosure.
10. Use trampoline only with mature, knowledgeable supervision.
11. Keep enclosure tightly fastened to the trampoline in accordance with the manufacturer's instructions. Failure to properly assemble and maintain a tight, secure trampoline/enclosure boundary may result in serious injury, strangulation or death.

B. NOTICE TO JUMPER

1. Do not use the trampoline and trampoline enclosure when under influence of alcohol or drugs. Do not smoke while using the trampoline and the trampoline enclosure.
2. Inspect before use. Keep frame padding in place.
3. Always have a supervisor watching you when you using the trampoline, do not jump unsupervised.
4. No more than one person should jump on the trampoline at one time.
5. Avoid jumping or bouncing for prolonged periods of time or too high for a number of jumps. Maintain control. Do not try to jump over the barrier. Do not intentionally rebound off the barrier. Do not hang from, kick cut, or climb on the barrier while using product. While keeping the head erect, focus eyes on the trampoline toward the perimeter. Avoid jumping or bouncing when tired.
6. Climb on and off the trampoline at the enclosure door or barrier opening in a control and careful manner. Never jump on or off the trampoline and never use the trampoline as device to bounce into or onto another objects. Do not crawl under the barrier. Do not use the trampoline as a springboard to other objects.
7. Always Learn fundamental bounces and body positions thoroughly before trying more difficult types of bounces. Review the Basic Skills section to learn how to do the basics.
8. Bouncing in the center when you are bouncing on the trampoline. A controlled jump is when you land at the same spot that you took off from. If at any time you feel out of control, try to stop your bouncing.
9. 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.
10. Do not attach anything to the barrier that is not a manufacturer approved accessory or part of the enclosure system.
11. Stop bounce by flexing knees as feet come in contact with the bed.
12. For equipment information, contact the manufacturer.
13. For skill training information, contact a trainer/certification organization.
14. Read the instructions before use.
15. Bounce in the center of the bed.
16. Do not jump from other objects, building, or surfaces, onto the trampoline, or into or over the trampolines enclosure.

The Little Tikes Co.

640865M-0



IMPORTANT INFORMATION - LESSONS

TIPS TO REDUCE THE RISK OF ACCIDENTS

All jumpers need to be supervised, regardless of skill level or age.

Jumpers role in accident prevention:
The key here is to stay in control of your jumps. DO NOT move onto more complicated, more difficult maneuvers until you have mastered the basic, fundamental bounce. Education is also key to safety and is very important. Read, understand, and practice all safety precautions and warnings prior to using the trampoline. A controlled jump is when you land and take off from the same location on the mat. For additional safety tips and instructions, contact a certified trampoline instructor.

Supervisor’s or owner’s role in accident prevention:
Supervisors need to understand and enforce all safety rules and guidelines. It is the responsibility or the supervisor to provide knowledgeable advice and guidance to all jumpers on the trampoline. If supervision is unavailable or inadequate, the trampoline should be stored in a secure place, disassembled to prevent unauthorized use, or covered with a heavy tarp that can be locked or secured with locks or chains.

ADDITIONAL TRAMPOLINE SAFETY INSTRUCTIONS
JUMPERS

- Do not use the trampoline if you have consumed alcohol or drugs.
- Remove all hard and sharp objects from the jumper before using the trampoline and trampoline enclosure. You should climb on and off in a controlled and careful manner. Never jump on or off the trampoline and never use the trampoline as a device to bounce onto or into another object.
- Always learn the basic bounce and master each type of bounce before trying more difficult types of bounces. Review the “Basic Trampoline Bounces” section to learn how to do the basics.
- To stop your bounce, flex your knees when you land on the mat with your feet.
- Always be in control when you are bouncing on the trampoline. A controlled jump is when you land at the same spot that you took off from. If at any time you feel out of control, try to stop bouncing.
- Do not jump or bounce for prolonged periods of time or too high for a number of jumps.
- Keep your eyes on the mat to maintain control. If you do not, you could lose balance or control.
- Never have more than one person on the trampoline at any one time.
- Always have a supervisor watching you when you are on the trampoline.

SUPERVISORS

- Educate yourself with the basic jumps and safety rules. To prevent and reduce the risk of injuries, enforce all safety rules and ensure that new jumpers learn the basic bounces before trying more difficult and advanced jumps.
- All jumpers need to be supervised, regardless of skill level or age.
- Never use the trampoline when it is wet, damaged, dirty, or worn out. The trampoline should be inspected before any jumpers start bouncing on it.
- Keep all objects that could interfere with the jumper away from the trampoline. Be aware of what is overhead, underneath, and around the trampoline.
- To prevent unsupervised and unauthorized use, the trampoline and trampoline enclosure should be secured when not in use.

JUMPERS

The following lessons are suggested in order to learn basic steps and bounces before moving onto more difficult, complicated bounces. Before actually getting on and using the trampoline, you should read and understand all safety instructions. A complete discussion and demonstration of body mechanics and trampoline guidelines should occur between the supervisor and student as well.

Lesson 1

- A. Mounting and Dismounting
- B. The Basic Bounce-Demonstration and practice.
- C. Braking (Check the Bounce-Demonstration) and practice. Learn to brake on command.
- D. Hands and knees-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 the left and right.
- C. Seat Bounce-Demonstration and practice. Learn the basic, seat bounce then add a knee bounce, hands and knees; repeat.

Lesson 3

- A. Review and practice skills and techniques learned in 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 on the mat and return to feet.
- D. Practice routine hands and knees bounce, front bounce, back to feet, seat bounce, back to feet, seat bounce, back to feet.

Lesson 4

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

After completing these lessons, 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.

ASSEMBLY INSTRUCTIONS - CONTINUED

STEP 5 - SAFETY PAD AND FRAME ASSEMBLY



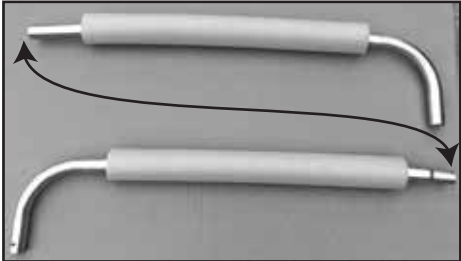
Pull the safety pad (C) over the mat (A), but do not secure it to the top rail (H).



Insert two bolts (L) through a red lower enclosure net pole with foam (I). The openings for the screws should face outward. Then, place a bracket (O) over each bolt. Hold the brackets against the lower enclosure net pole (I) and slide the bolts (L) through the leg extension with opening (E). Once the bolts are completely through the leg extensions with openings (E), slide one arc washer (P) over each bolt (L) and loosely secure with cap nuts (N). Push the foam down towards the top bolt so that it fits tightly next to the safety pad (C).



Once the foam is secure next to the safety pad, use the included wrench (R) to tightly secure the cap nuts (N) onto the bolts (L). Repeat the installation process for remaining lower enclosure net poles (I).



Slide foam (V) over the left and right curved arch tubes (T, U). Connect a left arch tube (T) and a right arch tube (U). To connect parts, simply slide the section of tubing that is smaller on one end into the adjacent tube.



Secure two curved arch tubes together using a self locking screw (M). Tighten with a screwdriver (Q). Then, slide the foam pieces (V) together to cover the screw.



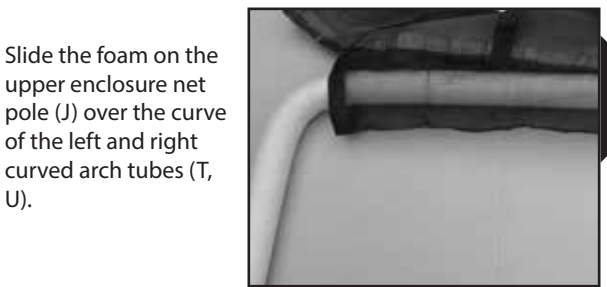
Guide the arch assembly with foam through the sleeve of the enclosure netting (B). Repeat for all arches. Make sure the zipper on the enclosure netting faces outward.



Assemble an upper enclosure net pole with foam (J) onto the right curved arch tubes (U). Secure each with a screw (M) and tighten with a screwdriver (Q).



Assemble an upper enclosure net pole with foam (J) onto the left curved arch tubes (U). Secure each with a screw (M) and tighten with a screwdriver (Q).



Slide the foam on the upper enclosure net pole (J) over the curve of the left and right curved arch tubes (T, U).



Slide small enclosure net pole foam (W) onto the bottom of all six upper enclosure net poles (J).

ASSEMBLY INSTRUCTIONS - CONTINUED

STEP 3 - MAT ASSEMBLY



Lay out trampoline mat (A) flat. Place trampoline in the center of the assembled frame. Triangle-rings should be underneath the safety pad.

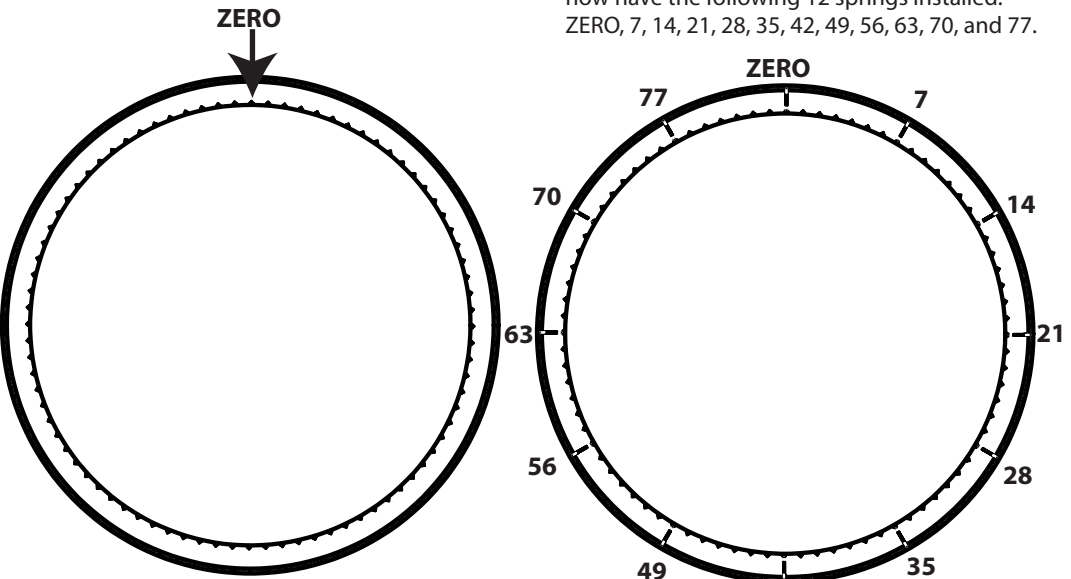
SPRING LOADING CAUTIONS

- Two adults are required in this assembly step.
- CAREFUL- When attaching the springs, please do not put your hands, legs, or body close to the connector points.
- Wear heavy duty work gloves to protect your hands.
- For ease of assembly, use special spring loading tool (S).

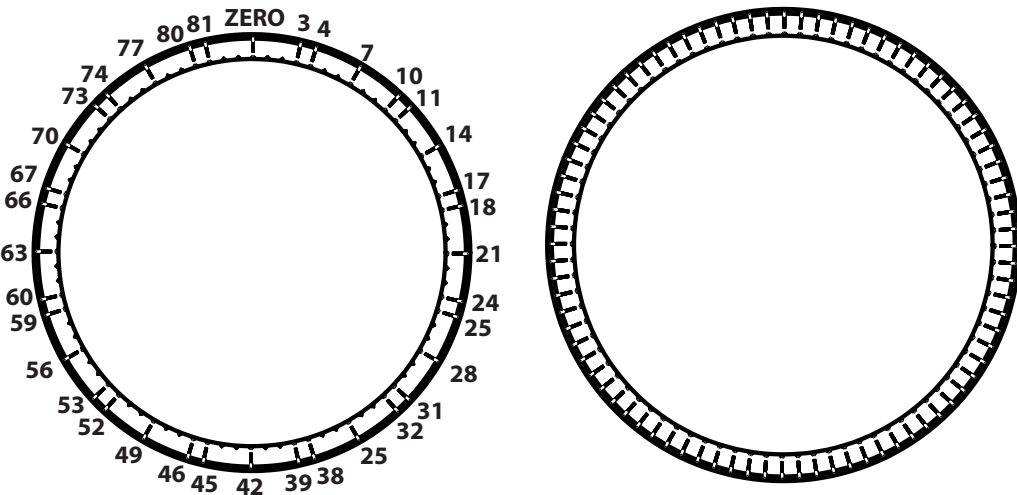
STEP 4 - SPRING LOADING

There are a total of 84 triangle-rings sewn on the mat (A) and 84 holes on the top rail frame. None are numbered, so please follow the instructions carefully to ensure proper installation. Now, select an arbitrary point on the top rail frame, and call this point ZERO.

Attach springs to the top rails as shown in the diagram below. For even distribution of tension and ease of assembly, springs should be placed on opposite side of the mat/ frame. For example, 7 then 49. Complete spring installation for numbers below. You should now have the following 12 springs installed. ZERO, 7, 14, 21, 28, 35, 42, 49, 56, 63, 70, and 77.



Attach a spring at every 3 and 4 openings and corresponding triangle-rings. For even distribution of tension and ease of assembly, springs should be placed on opposite side of the mat/ frame. For example 3, 4 then 45, 46 etc. In addition to the previously installed springs, you should have springs at 3, 4, 10, 11, 17, 18, 24, 25, 31, 32, 38, 39, 45, 46, 52, 53, 59, 60, 66, 67, 73, 74, 80, and 81 as shown.



ATTACHING SPRINGS

Attach the "R" hook end of a galvanized spring (K) to the triangle-ring on the mat as shown. Keep the spring at a 45° angle in relation to the mat for easier installation. Hold the spring loading tool (S) underhand and pull the spring hook towards the opening on the top rail frame. Drop the hook into the frame opening until it latches on completely and remove the spring loading tool. Tap the spring down if the hook is not completely in the opening.

CAUTION

If you notice that you have miscounted a hole and triangle-ring connection, recount and remove or attach any springs required to maintain the count of springs.

Then, attach the remaining 48 springs by using the same theory of counting equal openings as shown.

BASIC TRAMPOLINE BOUNCES

The Basic Bounce

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

Knee Bounce

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

Seat Bounce

1. Start with basic bounce.
2. Land in a flat, sitting position.
3. Place hands on mat beside hips, do not lock your elbows.
4. Return to erect position by pushing with hands.

Front Bounce

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

180° Bounce

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 the mat and head up.
4. Land in prone position and return to standing position by pushing up with hands and arms.

- Jumpers should wear T-shirts, shorts or sweats, and regulation gymnastic shoes with heavy socks or be barefoot. If you are just beginning, you may want to wear long sleeve shirts and pants to protect against scrapes and abrasions until you master correct landing positions and form. Do not wear hard sole shoes such as tennis shoes on the trampoline as this will cause excessive wear on the mat material.
- You should always mount and dismount properly to avoid injury.
- Do not bounce recklessly on the trampoline since this will increase your chances of getting injured. The key to safety and having fun on the trampoline is control and mastering the various bounces. Never try to out-bounce another bouncer in terms of height. Never use the trampoline without adult supervision.
- Not recommended for use by children under 6 years of age.

Mounting and Dismounting: Be very careful when getting on and off the trampoline. DO NOT mount the trampoline by grabbing the safety pad, stepping onto the springs, or by jumping onto the mat of the trampoline from any object (i.e. deck, roof, or ladder). This will increase your chances of getting injured. DO NOT dismount by jumping off the trampoline and landing on the ground, regardless of the makeup of the ground. If small children are playing on the trampoline, they may need help dismounting.

Use of Alcohol and Drugs: DO NOT consume any alcohol or drugs when using this trampoline. This will increase your chances of getting injured since these foreign substances impair your judgment, reaction time, and overall physical coordination.

Multiple Jumpers: Multiple jumpers (more than one person on the trampoline at any one time) increase the chance of getting injured. Injuries could occur when you fly off the trampoline, lose control, collide with the other jumper(s), or land on the springs. Generally, the lightest person on the trampoline will get injured. **No more than one person at a time on the trampoline.**

Striking the frame or springs: When playing on the trampoline, STAY in the center of the mat. This will reduce your risk of getting injured by landing on the frame or springs. Always keep the safety pad covering the frame of the trampoline. DO NOT jump or step onto the safety pad directly since it was not intended to support the weight of a person.

Loss of Control: DO NOT try new or complex maneuvers until you have mastered the previous maneuver, or if you are just learning how to jump on a trampoline. If you do, you will increase your risk of getting injured by landing on the frame, springs, or off the trampoline completely because you might lose control of your jump. A controlled jump is considered landing on the same spot that you took off. If you do lose control when you are jumping on the trampoline, bend your knees sharply when you land and this will allow you to regain control and stop your jump.

Somersaults (flips): DO NOT PERFORM somersaults of any type (backwards or forwards) on this trampoline. If you make a mistake when trying to perform a somersault, you could land on your head or neck. This will increase your chances of getting your neck or back broken, which could result in death or paralysis.

Foreign Objects: DO NOT use the trampoline if there are pets, other people, or any objects underneath the trampoline. This will increase the chances of an injury occurring. DO NOT hold any foreign objects in your hand and DO NOT place any objects on the trampoline while anyone is playing on it. Please be aware of what is overhead when you are playing on the trampoline. Tree limbs, wires, or other objects located over the trampoline will increase your chances of getting injured.









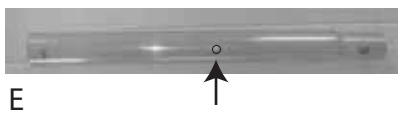
















Poor Maintenance of Trampoline: A trampoline in poor condition will increase your risk of getting injured. Please inspect the trampoline before each use for bent steel tubes, torn mat, loose or broken springs, and overall stability of the trampoline.

Weather Conditions: Please be aware of the weather conditions when using the trampoline. If the mat of the trampoline is wet, the jumper could slip and injure him or herself. If it is too windy, jumpers could lose control. Use the trampoline only when the jumping mat is clean and dry. A wet jumping mat is extremely slick and prevents a stable landing.

When the trampoline is not in use, store it in a secure place so that unsupervised children cannot play on the trampoline.

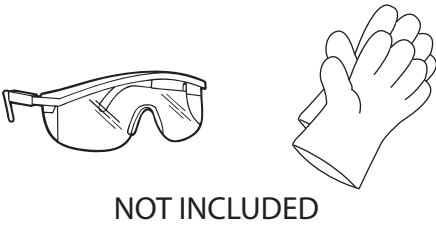
PARTS LIST

Please refer to this page for part descriptions and letters. The assembly steps use these descriptions and letters as reference for your convenience. Make sure that you have all parts listed prior to assembly.

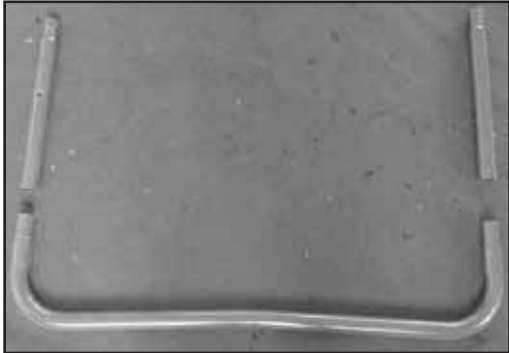
A 	QTY -1 Trampoline Mat stitched with triangle-rings	M 	QTY -33 Self-locking Screw
B 	QTY -1 Trampoline Enclosure	N 	QTY -12 Cap Nut
C 	QTY - 1 Safety pad	O 	QTY - 12 Bracket
D 	QTY -6 Horizontal leg bases	P 	QTY -12 Arc Washer
E 	QTY -6 Leg Extension with Opening	Q 	QTY -1 Screwdriver
F 	QTY -6 Leg Extension without Opening	R 	QTY -1 Wrench
G 	QTY -6 Top Rail with Connectors	S 	QTY -1 Spring Loading Tool
H 	QTY -6 Top Rail	T 	QTY -3 Left Curved Arch Tube
I 	QTY -6 Lower Enclosure Net Pole (red) with Foam	U 	QTY -3 Right Curved Arch Tube
J 	QTY -6 Upper Enclosure Net Pole with Foam	V 	QTY -6 Foam for left and right Curved Arch Tubes
K 	QTY -84 Galvanized Springs	W 	QTY -6 Small Enclosure Net Pole Foam
L 	QTY -12 Bolt	X 	QTY -1 Rope
		Y 	QTY -1 Shoe Bag

ASSEMBLY INSTRUCTIONS

ADULT ASSEMBLY REQUIRED. At least two people are required to assemble the trampoline. Remember to use gloves during assembly to avoid pinching. Safety glasses should be worn during assembly.



STEP 1 - SUPPORT ASSEMBLY



Connect one leg extension with opening (E) to the left side of the horizontal leg base (D). Then, connect one leg extension without opening (F) to the right side. Repeat for remaining 5 horizontal leg bases (D). NOTE: The screw openings should face upward.

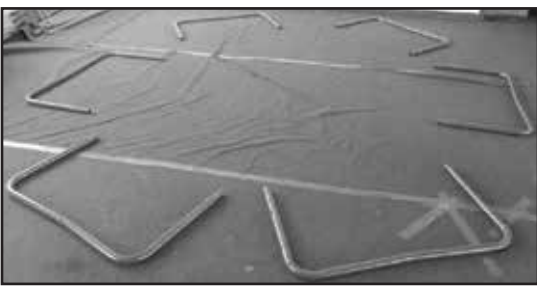


Secure the leg extension with opening (E) to the horizontal leg base (D) with a screw (M). Then, loosely secure the leg extension without opening (F) to the horizontal leg base (D) with a screw (M). Repeat for the remaining five horizontal leg bases (D). NOTE: The screw openings should face upward.



STEP 2 - FRAME LAYOUT

There are a total of 12 pieces of tubing and 6 sets of support assemblies that are needed to assemble the frame.



Lay out 6 sets of support assemblies from STEP 1 as shown above. IMPORTANT: the leg extensions without openings (F) should always be on the left side of the support assembly. NOTE: The screws should face upward while laying flat.



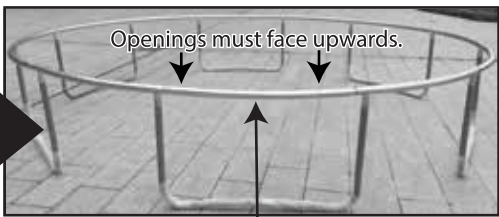
Place a top rail with connectors (G) over two support assemblies as shown.



Insert a top rail (H) into the top rail with connectors (G). To connect parts, simply slide the section of tubing that is smaller on one end into the adjacent rail.



Connect another top rail with connectors (G) to the top rail (H). Then, connect the top rail with connectors (G) to the adjacent support assembly. Repeat until the circle is complete.



Be sure the curve of the top rails (H) and top rail with connectors (G) faces outward.



Align the screw openings on the leg extensions with openings (E) and the leg extensions without openings (F) with the screw openings on the top rail with connectors (G). Secure the top rail with connectors (G) to the leg extensions without openings (F) with screws (M). IMPORTANT: Once top rails are secured to the leg extensions, securely tighten the bottom screw on the leg extensions without openings (F) from Step 1.