



## SIZE

- Ø 183 cm
- Ø 244 cm
- Ø 305 cm
- Ø 366 cm

## NUMBER OF SPRINGS

- |                             |                             |
|-----------------------------|-----------------------------|
| <input type="checkbox"/> 42 | <input type="checkbox"/> 48 |
| <input type="checkbox"/> 54 | <input type="checkbox"/> 60 |
| <input type="checkbox"/> 66 | <input type="checkbox"/> 72 |

# WARNINGS

- Max 120 kg
- Only one user. Collision hazard
- Always close the net opening before practice
- Practice without shoes
- Do not use the mat when it is wet
- Empty pockets and hands before practice
- Always jump in the middle of the mat
- Do not exit the mat by a jump
- Limit the time of continuous usage (make regular stops)

## MAINTENANCE INSTRUCTIONS

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 for bolts and sharp edges and replace when required.



# INTRODUCTION

Thank you for purchasing our product. **Before using this trampoline, please read all information provided in this manual carefully.** To reduce the risk of injury, please follow appropriate safety rules and tips.

- \* Misuse and abuse of this trampoline is dangerous and can result in serious injury!
- \* Inspect the trampoline before each use for wear and tear, loose or missing parts.
- \* Assembly, care and maintenance of product, safety tips, warnings, and proper techniques in jumping and bouncing are all included in this manual. All users and supervisors must read and familiarize themselves with these instructions. All users must be aware of their own limitations when performing jumps and bounces with this trampoline.
- \* This trampoline is only used for recreation purposes

## WARNING

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ALWAYS USE THE TRAMPOLINE UNDER ADULT SUPERVISION

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No more than one person at a time on the trampoline! Multiple jumpers increase the risk of injury such as broken neck, leg, back or head injury



Do not perform somersaults (flips) as this will increase risk of landing on head or neck resulting in increased risk of serious injury or death.

Please retain this information for future reference.



# INFORMATION ON USE OF THE TRAMPOLINE

Initially, get accustomed to the feel and bounce 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 perform each with ease and control ( SEE PAGE 10)

**To brake a bounce, flex your knees sharply before your feet come in contact with the mat.**

This technique should be practiced as you are learning each of the basic bounces.

The skill of braking should be used whenever you lose balance or control of your jump.

Always learn the simplest bounce first and be consistent with the control of your bounce before moving on to 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 risk of injury.

Do not bounce on the trampoline for extended periods of time as fatigue can increase your risk of injury. Bounce only for a brief period of time. Only one person should bounce on the trampoline at a time.

Jumpers should wear a t-shirt, shorts or sweats, and regulation gymnastics shoes, 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.

You should always mount and dismount properly in order to avoid injury. To mount properly, you should place your hand on the frame and step or roll up onto the frame, over the springs, and onto the trampoline mat. Always remember to place your hands onto the frame while mounting or dismounting. Do not step directly onto the frame pad or grasp the frame pad. To dismount properly, move to the side of the trampoline and place your hand onto the frame as a support and step from the mat to the ground. Smaller children should be assisted when mounting and dismounting.

Do not bounce recklessly on the trampoline as this will increase your risk of injury. 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 supervision.



# ACCIDENT CLASSIFICATION

**Mounting and Dismounting:** Be very careful when getting on and off the trampoline. **DO NOT** mount the trampoline by grabbing the frame pad, by stepping onto the springs, or by jumping onto the mat from any surface (e.g. a deck, roof, or ladder) as this will increase your risk of injury. **DO NOT** dismount by jumping off the trampoline. If small children are playing on the trampoline, they may need help in mounting and dismounting.

**Use of Alcohol or Drugs:** **DO NOT** consume any alcohol or drugs before or while using this trampoline as this will impair your judgement, reaction time, and overall physical coordination.

**Striking the Frame or Springs:** When playing on the trampoline, **STAY** in the center of the mat. This will reduce your risk of injury from the frame or springs. Always keep the frame pad on the frame **DO NOT** jump or step onto the frame pad as it is not intended to support the weight of a person.

**Loss of Control:** **DO NOT** try difficult manoeuvres until you have mastered the previous manoeuvre as this will increase your risk of injury. A controlled jump is when your take off point and landing point is the same spot on the mat. If you lose control when you are jumping on the trampoline, bend your knees sharply when you land and this will allow you to stop your jump and regain control.

**Somersaults (Flips):** **DO NOT PERFORM** somersaults of any type (backwards or forwards) on this trampoline as this will increase your risk of injury to your neck or back, which may result in death or paralysis.

**Foreign Objects:** **DO NOT** use the trampoline if there are pets, other people, animals or any objects underneath above or near the trampoline as this will increase the risk of an injury occurring. **DO NOT** hold any foreign objects in your hand and **DO NOT** place any objects on the trampoline. Please be aware of what is overhead when you are using the trampoline. Tree branches, wires, or other objects located above the trampoline may result in injury.



**Poor Maintenance of Trampoline:** A trampoline in poor condition will increase your risk of injury. 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. Do not use trampoline if the mat is wet. Do not use the trampoline in windy conditions.

**Limiting Access:** When the trampoline is not in use, always store the access ladder in a secure place to prevent unauthorized and unsupervised access.

## SAFETY INSTRUCTIONS

In this package you will find a plastic card which are the safety instructions for using your trampoline safely. Attach this card at your trampoline and read the instructions carefully before using your trampoline.

## TIPS TO REDUCE THE RISK OF ACCIDENTS

### SUPERVISORS

Educate yourself about the basic jumps and safety rules. 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.

### Jumper's role in accident prevention

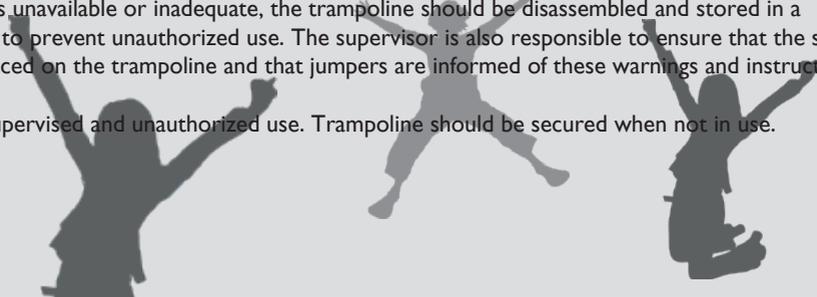
Stay in control of your jumps. DO NOT move onto more complicated, or more difficult manoeuvres until you have mastered the basic, fundamental bounce.

Education is also key to safety. 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 point on the mat. For additional safety tips and instructions, contact a certified trampoline instructor.

### Supervisor's Role in Accident Prevention

Supervisors must understand and enforce all safety rules and guidelines. It is the responsibility of the supervisor to provide knowledgeable advice and guidance to all jumpers. If supervision is unavailable or inadequate, the trampoline should be disassembled and stored in a secure place to prevent unauthorized use. The supervisor is also responsible to ensure that the safety placard is placed on the trampoline and that jumpers are informed of these warnings and instructions.

Prevent unsupervised and unauthorized use. Trampoline should be secured when not in use.



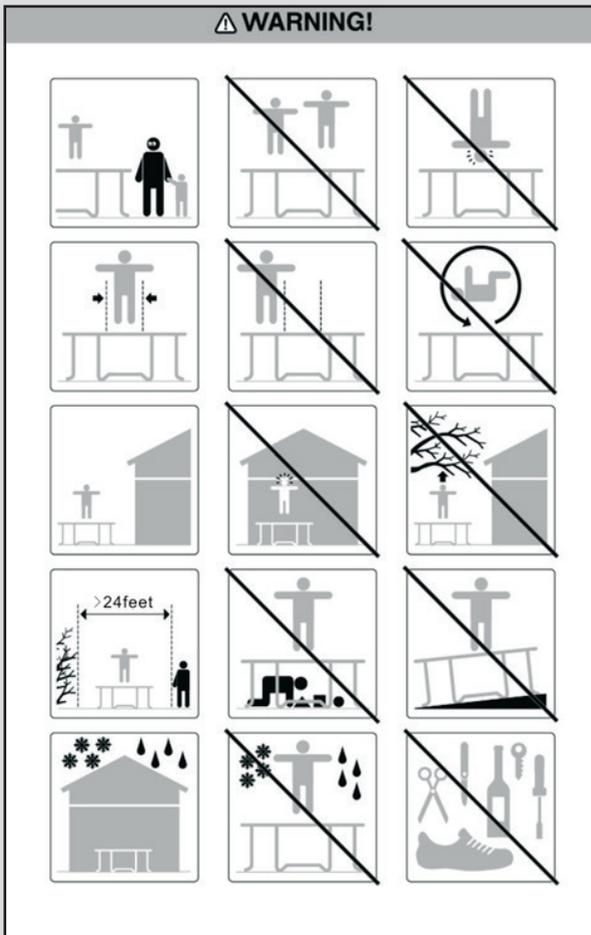
# TRAMPOLINE PLACEMENT

The minimum overhead clearance required is 24 feet (7.3 meters). Ensure that no hazards or obstructions are near the trampoline such as tree branches, swing sets, swimming pools, electrical power wires, walls, fences, etc.

Please be aware of the following when selecting a place for your trampoline:

- Trampoline must be placed on a level surface
- The area must be well-lit.
- All obstructions from overhead, underneath or around the trampoline must be removed.

You increase the risk of someone getting injured if you do not follow these guidelines.



# LESSON PLAN

The following lessons are recommended in order to learn basic steps and bounces before moving onto more difficult, complicated bounces. You should read and understand all safety instructions before mounting the trampoline.

## The basic bounce

1. Start from standing position, feet shoulder width apart and head up and eyes on mat
2. Swing arms forward, 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

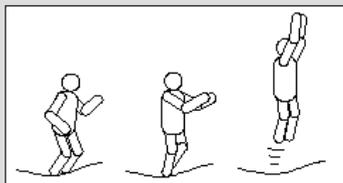


Figure 1

## The knee bounce

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

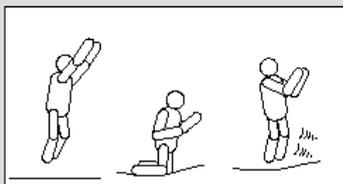


Figure 2

## The Seat bounce

1. Land in a flat sitting position.
2. Place hands on mat besides hips
3. Return to erect position by pushing with hands.

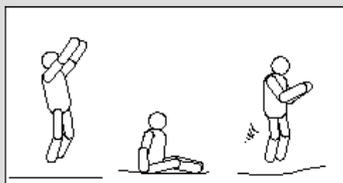


Figure 3



## Front bounce

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

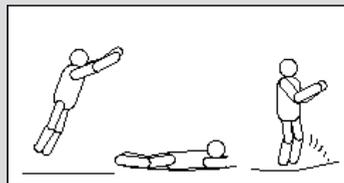


Figure 4

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

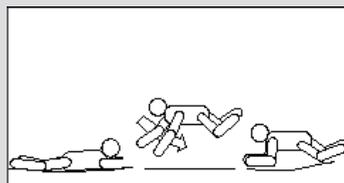


Figure 5



# ASSEMBLY INSTRUCTIONS - TRAMPOLINE

To assemble this trampoline all you need is our 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 the product**

## PRIOR TO ASSEMBLING

Please refer to the table for part descriptions and numbers. The assembly instruction use these descriptions and numbers as reference . Make sure you have all parts listed. If you are missing any parts, please contact place of purchase or Consumer service ( only in the Netherlands) 0900-22 333 00.

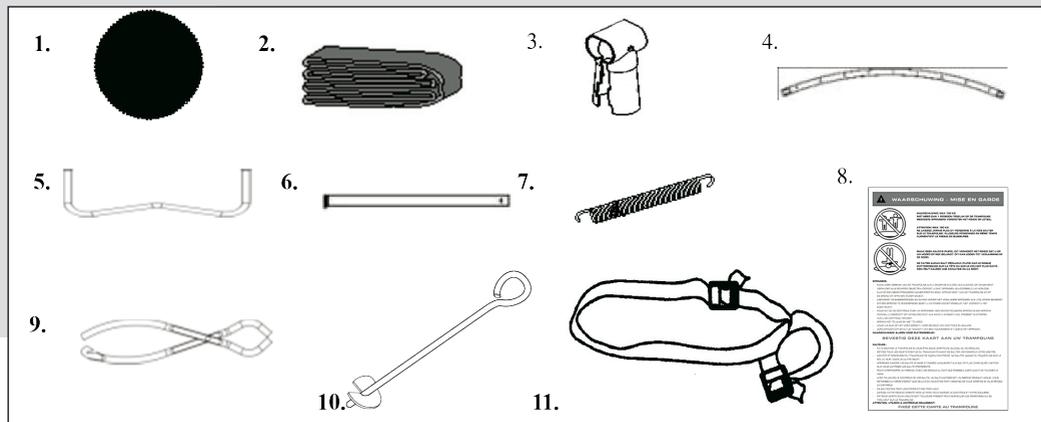


**Please use gloves to protect your hands from pinch points during assembly. Always assemble with two persons!**

Please select your trampoline and its size.

## PARTS LIST MEGA JUMP TRAMPOLINES

Parts	Description	183 cm	244 cm	305 cm	366 cm
1	Trampoline mat stitched with V-rings	1	1	1	1
2	Frame pad	1	1	1	1
3	Toprail	6	6	6	8
4	T-shape section	6	6	6	8
5	Legbase	3	3	3	4
6	Vertical leg extension	0	6	6	8
7	Springs	please see the front page of this manual			
8	Safety Instruction Placard	1	1	1	1
9	Clip with springtool	1	1	1	1
10	Auger stakes	0	3	3	0
11	Tie-down straps	0	3	3	0



## STEP I – Frame Layout

Check that you have received all parts using the relevant illustrations below. These illustrations are a general instruction. All parts with the same part are interchangeable and do not have "right" or "left" orientation. To connect the parts, simply slide a section of tubing into the adjacent section. These joints are called "T shape section".

A. The round trampolines consists the following parts:

- I. T-shape section (nr. 4)
- II. Toprail (nr. 3)
- III. Legbase (nr. 5)
- IV. Vertical leg extension (nr. 6)

Put the different pieces together circlewise as shown in figure I.

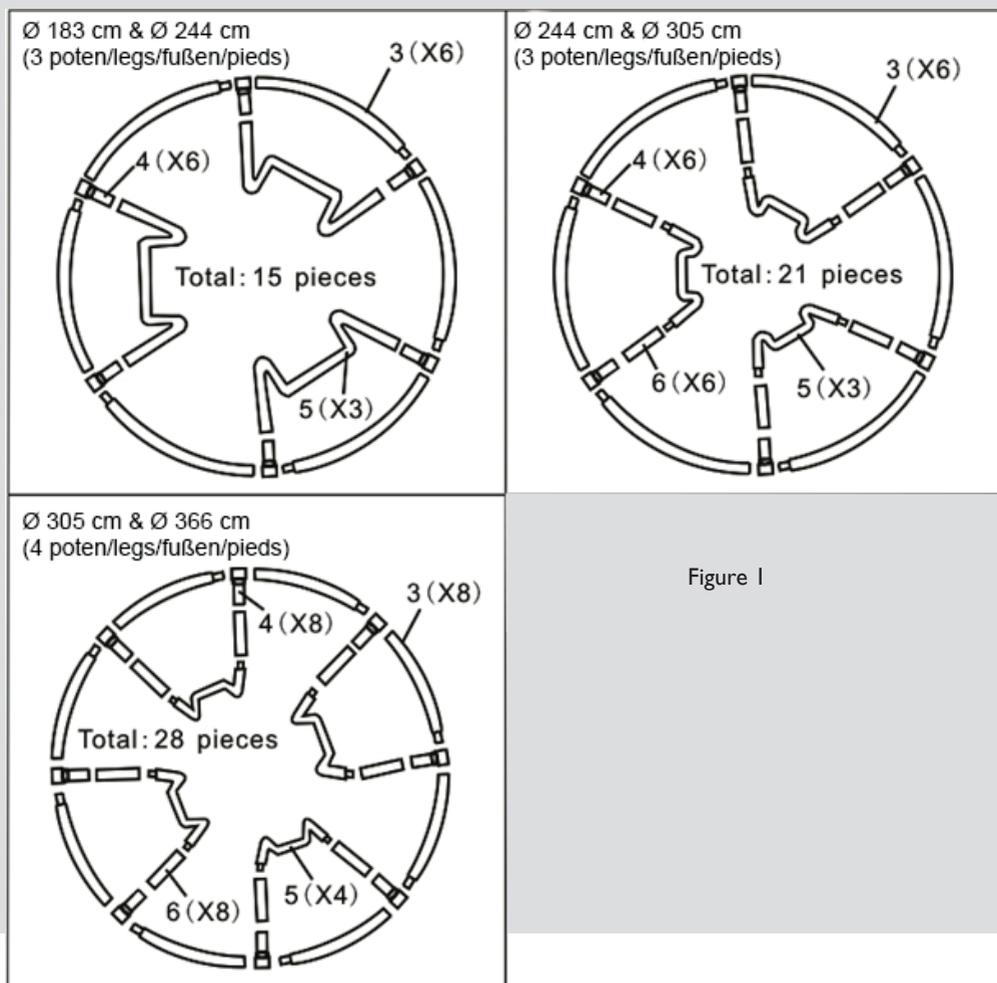
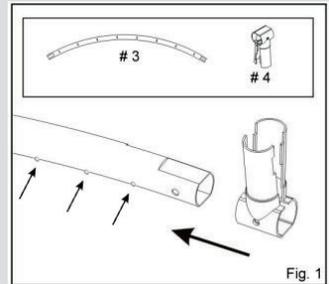


Figure I

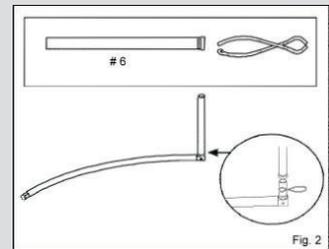
## STEP 2 – Frame assembly

Follow the pictures to assemble the frame and to connect all legs. Always assemble with two persons.

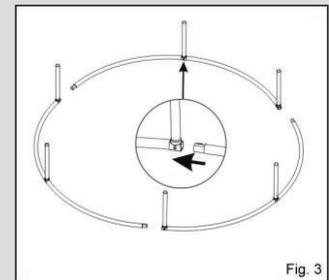
Insert T-section (#4) into one end of top rail (#3). Ensure the hole in the T-section matches the hole in the rail. Use a rubber mallet if necessary. Use the spring hook tool to help you to spread the T-section if necessary. Repeat for the other T-sections, but do not connect the top rail sections together yet.



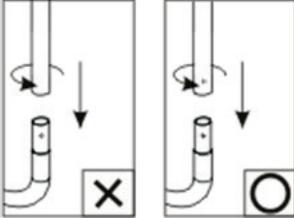
Fit the leg tubes (#6) onto the T-sections using the spring hook tool to compress the T-section. The T-sections must be fitted to the wider end of the leg tubes. Take care not to pinch your fingers when compressing the T-sections. When assembling the trampoline's supporting leg, ensure that the **square holes** into which the net's stands will be inserted, are on the outside of the trampoline. It will be difficult to turn them later.



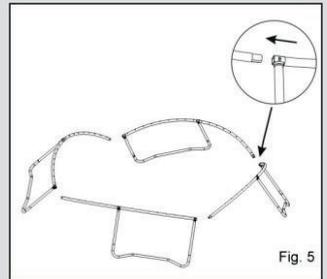
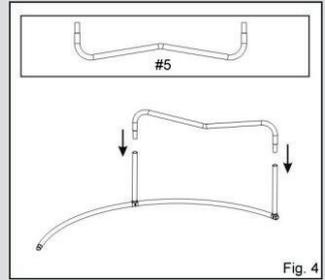
Connect 2 top rail sections together. Repeat for the other top rail sections as shown in Fig 3.



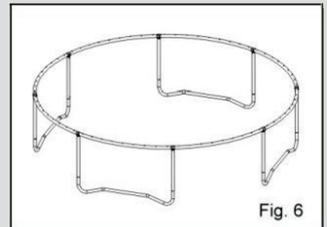
Fit the W-shape tube onto the leg tubes as shown in figure 4. Make sure they fit. Fit the remaining tubes.



Turn over the 4 sub-assembled sections and connect them together. Note that at this stage the sections can still be parted. The assembly will become rigid only when the trampoline mat is assembled.



The completed skeleton should be the same as fig.6.



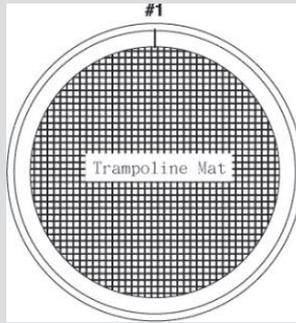
**IMPORTANT** - It is essential that the intended site for this trampoline is completely flat and level. If the ground is un-level this will cause movement in the frame and could cause stress on the joined sections.



# STEP 3 - Trampoline Mat Assembly

Take care when attaching springs to the trampoline mat. You will need another person to help you with this part of the assembly. **ATTENTION**-When attaching the Springs, the Connector Points can pinch as the trampoline is tightening up.

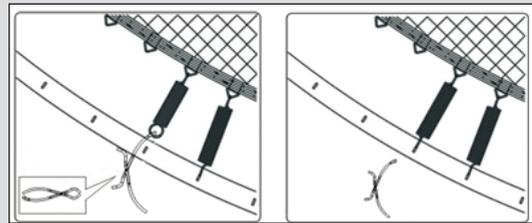
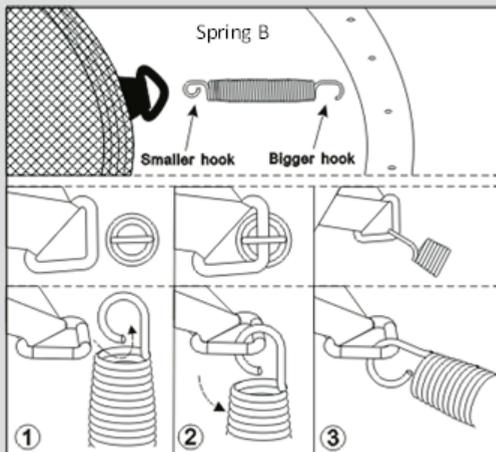
- A. Lay out the Trampoline Mat (1) inside the frame  
The white cross and safety labels should be facing upwards



- B. How to use the springtool

**STEP 1:** Position the spring on the edge of jumping mat. Attach tool and link up to the spring hook with hook end of the tool.

**STEP 2:** Pull the tool and attach the spring hook link up to the frame.



Step 1

Step 2

Be careful where you place your hands etc. during spring assembly as connector points can pinch!

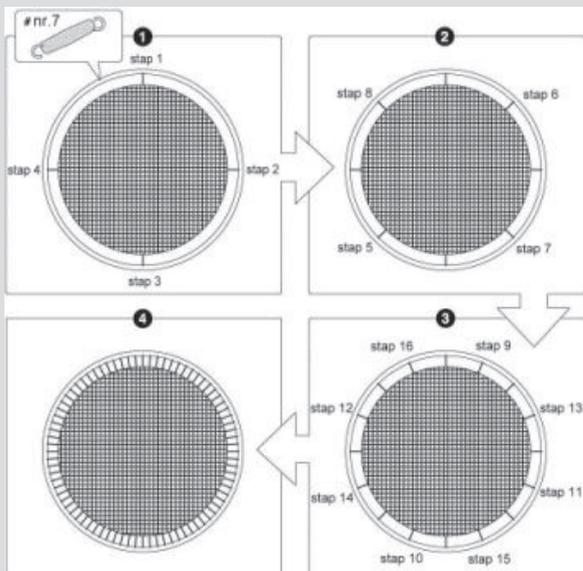
C. The following figures tell you how to connect the springs most easily and tighten the trampoline mat as steady as possible.

D. Choose a connecting point on the frame of the trampoline. Use the clock as help and choose the point that points 12 o'clock. Position the spring on the edge of jumping mat. Attach tool and link up to the spring hook with hook end of the tool. Pull the tool and attach the spring hook link up to the frame. Repeat this at the 6 o'clock point. Assemble in the same way the first 4 springs at 12,6,3 and 9 o'clock.

E. Repeat (D) to attach the remaining springs in the same way. Take notice that the tightness of the trampoline mat should be shared equally. Therefore attach always two springs across. This is a very important issue for you will not manage to attach all springs, because of the tightness of the trampoline mat will increase with the numbers of attached springs.

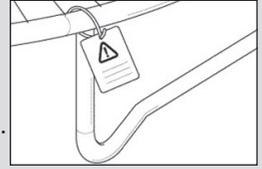
Finally after assembly the space between all springs should be equal.

If you notice that you have skipped a hole and V Ring connection, recount and remove or attach any springs required to maintain the count of springs.



## STEP 4 -Safety placard Attachement

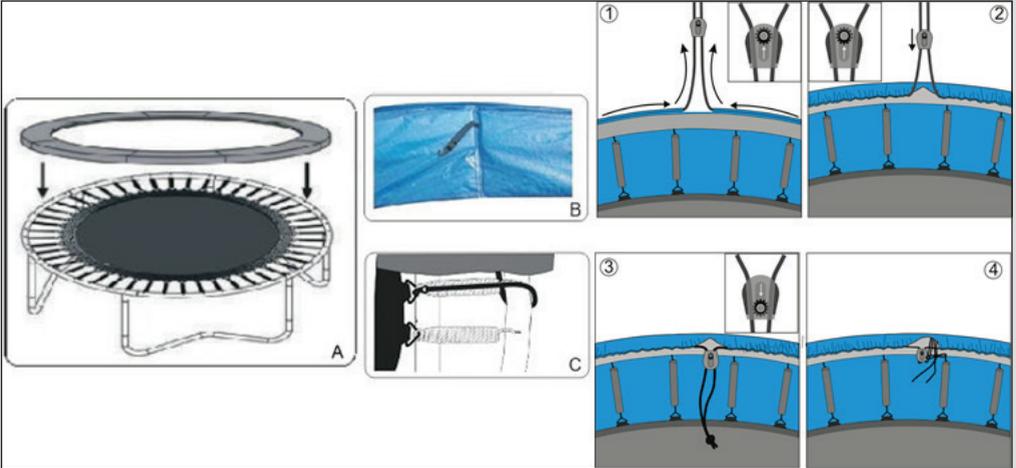
Using the tie wrap, attach the Safety Instruction Placard (8) to the trampoline. The tie wrap should go around the Vertical Frame joint and the Top Rail to ensure it remains attached.



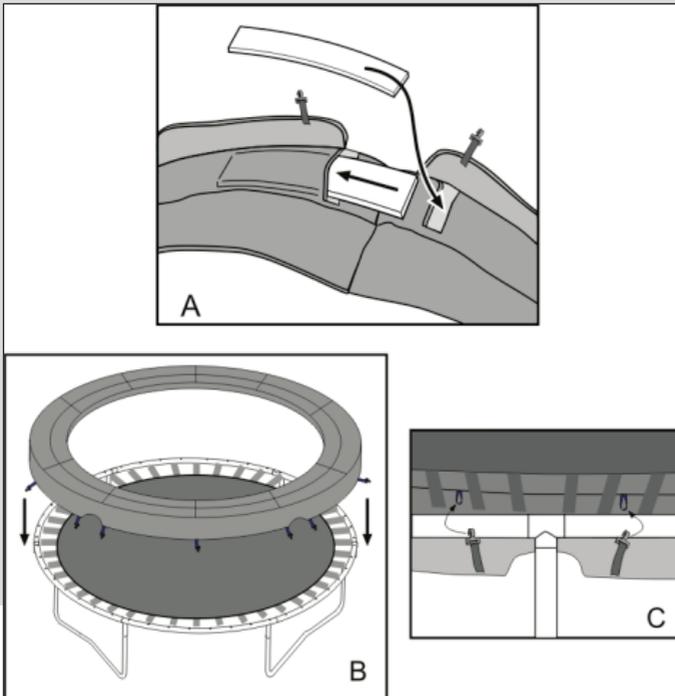
## STEP 5 Frame Pad Assembly

Assemble the pad by choosing your type below and the following the figures.

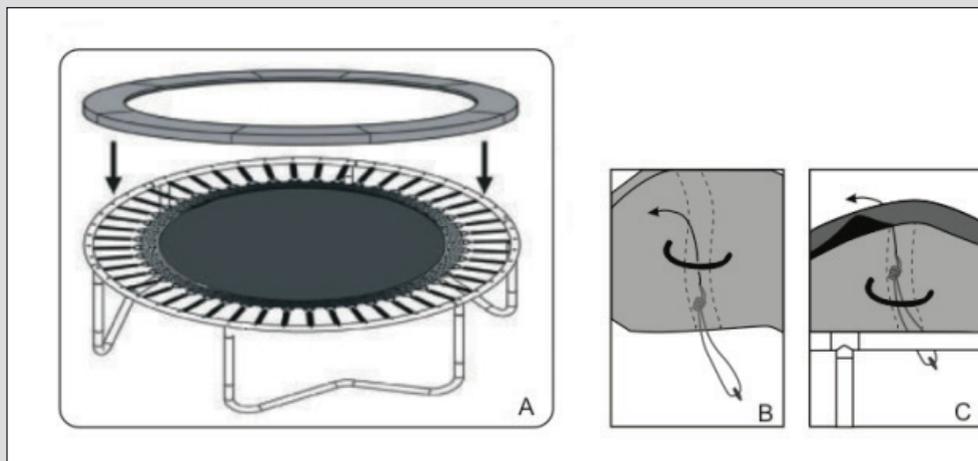
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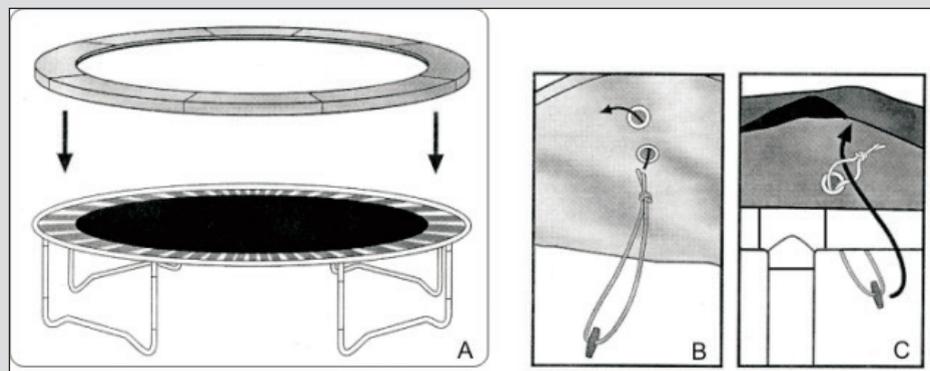
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3



4



# ASSEMBLY INSTRUCTION - ANCHOR SET

(only applicable if your trampoline is delivered with an anchor set)

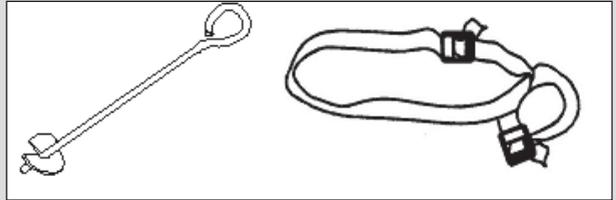
This set is designed to be used on any trampoline. It will help to root your trampoline into the ground with its auger stakes.

***Different soil conditions and weather conditions could influence the function of the installation using this kit.***

## **Contents:**

Tie down straps - 3 pcs

Auger stakes - 3 pcs



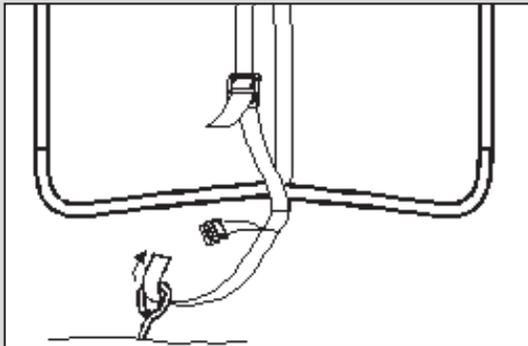
## **Attention before installation:**

Make sure there are no underground utilities (electrical, gas, phone, water or sprinkler) before installing the auger stakes.

## **Straps**

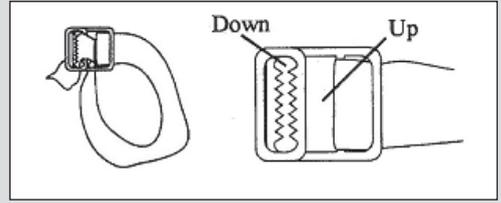
Each tie down strap consists of two loop straps that are joined with a steel toothed buckle. The large loop goes around the top frame and the foot of the leg and does not allow the legs to drop down or separate when the trampoline is moved or used. Tie the leg to the top frame.

The small loop goes through the auger stake “ring” and it fixes the trampoline to the ground with auger stakes.



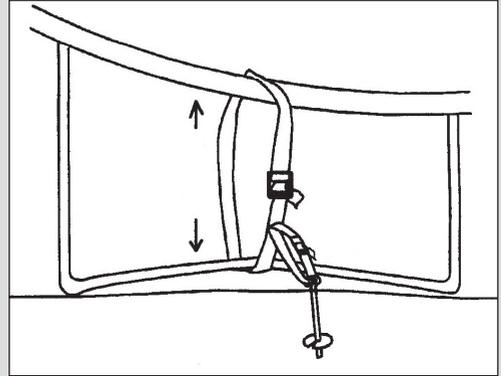
## Buckles

The end of each loop strap is threaded through the buckle as shown. The strap comes “up” through the non “toothed” opening and back through the “toothed” opening. The sliding piece on the buckle applies or releases tension on the strap end.



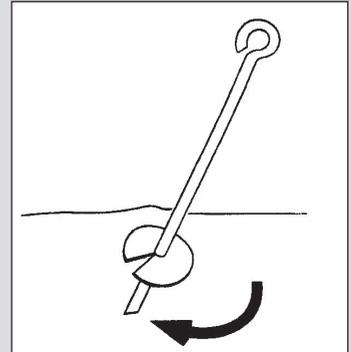
## Leg Tie Down

At each leg of the trampoline, run the large loop strap around the top frame and the foot of the leg. Put the strap end through the buckles and “clinch” the piece together by tightening the strap (see the following drawing).



## Trampoline tie down

Select a suitable position near each foot and rotate the auger stakes into the ground. To fix the auger stakes with the ground, it may be necessary to use a straight tool such as a screw driver and place it through the stake “eye” to form a “T” handle to assist in rotating the stakes. After installing the auger stakes, put the end of the small loop of the straps through the stake’s “eye” and buckle and clinch the piece together as the mentioned method above.



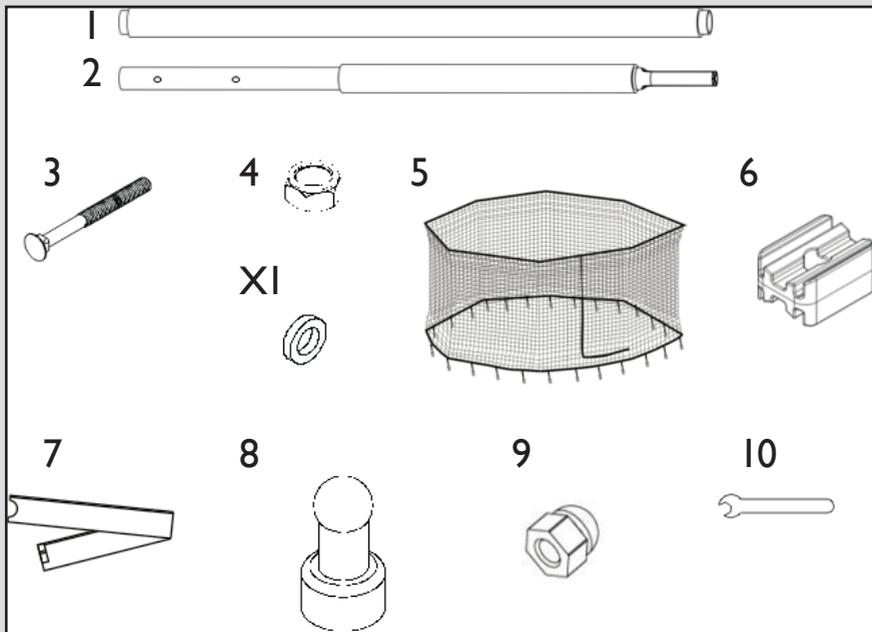
# ASSEMBLY INSTRUCTION - SAFETY NET

Please select your trampoline and its size.

## PARTS LIST

Parts	Description	183/244/305 cm (3 Legs)	366 cm (4 Legs)
1	Steel Pipe	6	8
2	Steel Pipe	6	8
3	Screw	12	16
4	Screw Set	12	16
X1	Nylon Washer	12	16
5	Safety Net	1	1
6	Spacer	12	16
7	Pole Cover	6	8
8	CAP	6	8
9	Safety Nut	12	16
10	Spanner	1	1





**STEP I:**

Connect poles #1 and #2 together as shown in figure 1, ensuring the locking mechanism clicks into place. Pull the foam pole cover into the poles as shown in figure 2.

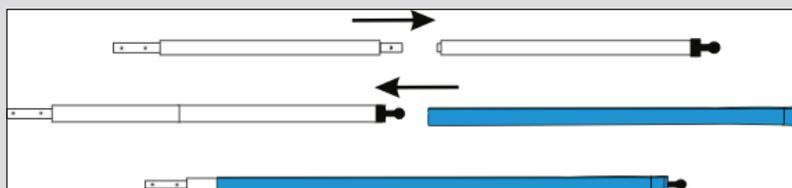


figure 1

figure 2

figure 3



## STEP 2:

Use the screws (see A1 and A2). The support poles should reach the base of the trampoline legs. Once the assembly has been completed properly, the support poles should look like figure 4.

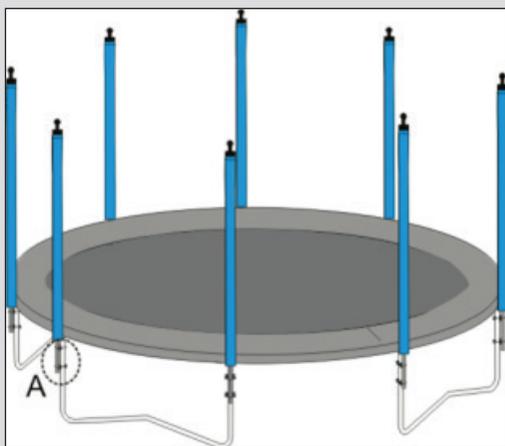
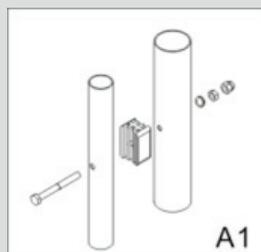
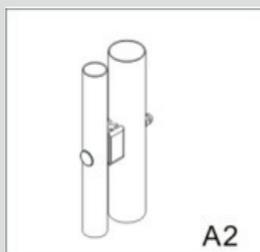


figure 4



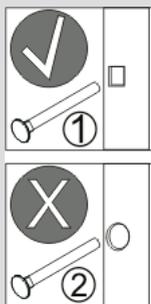
### A1:

Fix the support pipes onto the trampoline legs with a screw, spacer and tighten them, using a nylon washer and the screw set. One support pipe needs to use two screw sets.



### A2:

Finished, as shown in A2. (Note: the screw needs to go through the square hole of the support pipes).

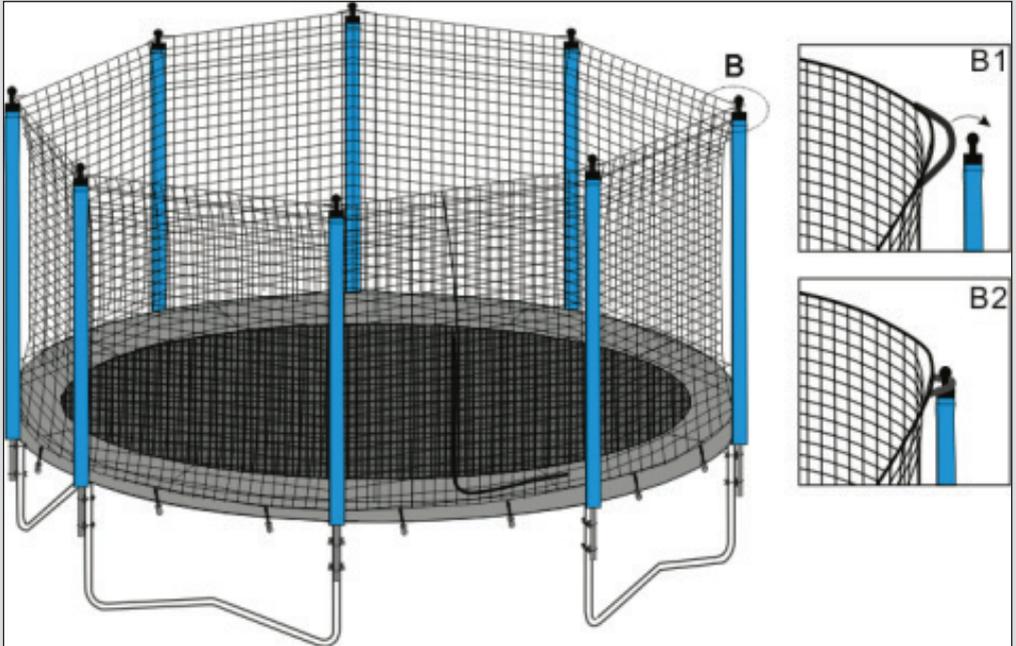


The screw set must be on the inside, underneath the trampoline.

**IMPORTANT** - Do not attach the upper screw to the "T" piece on the frame. The screw must be located on the leg only.

**STEP 3:**

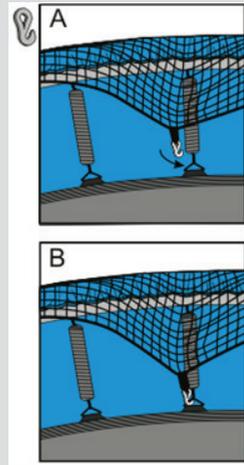
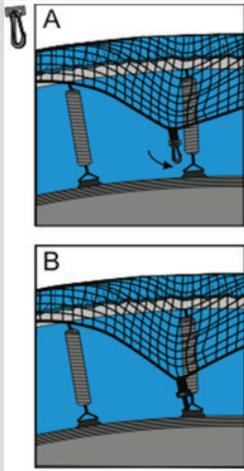
Installation of the net (#5). Locate the panel with the doorway and align the net as to where you would like to get in and out of the trampoline. The edge with the pre-sewn hanging loop is the upper part of the net and will be hooked at the top of the pole. (See B)



**STEP 4: select your method**

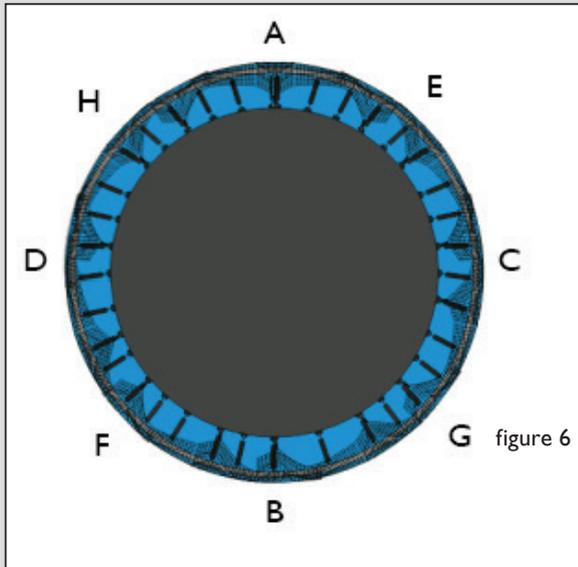
Attach the end of the hook to the V-ring as shown A and B.

Attach the end of the hook to the V-ring as shown in A and B.



**STEP 5**

Hook the net to the V-rings, as shown in figure 6.



The net is now attached to the base of the trampoline (near where the mat is attached). Open the zip on the net to reduce the tension. Start attaching the net near the zip. This is point A. Now insert the hooks into the rings on the mat. Attach the hooks crossways, so attach point B after point A, etc. Note: the net is assembled on the outside of the trampoline frame, with the net falling over the edge. See figure 7.

**STEP 6:**

Attach the net, as is shown in figure 7. For the last hooks, you need force to pull down the net: maybe you have to ask 2 adults for help. The net will fit very tight.

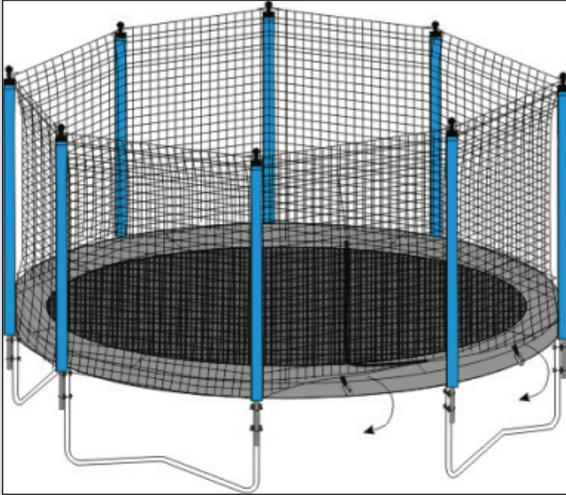


figure 7

Now, please check if all attachment hooks are tight. Also, double check whether you have fastened the jigs tightly, so the safety net stands sturdy.

# CARE AND MAINTENANCE

This trampoline was designed and manufactured with quality materials and craftsmanship. With proper care and maintenance, it will provide all jumpers with years of exercise, fun, and enjoyment. Please follow the guidelines below:

This trampoline is designed to withstand a specific weight and usage. Ensure only one person uses the trampoline at any one time. Persons over 120kgs / 264 pounds should not use the trampoline. Jumpers should wear socks, gymnastics shoes, or be barefoot when using the trampoline. Street shoes or tennis shoes should NOT be worn while using the trampoline. To limit damage do not allow pets onto the mat. Jumpers should remove all sharp objects from their person prior to using the trampoline. All sharp or pointed objects should be kept off the trampoline mat at all times.

Always inspect the trampoline before each use for worn, damaged or missing parts. Please be aware of:

- Punctures, holes, or tears in the trampoline mat
- Sagging trampoline mat
- Loose stitching or any kind of deterioration of the mat
- Bent or broken frame parts, such as the legs
- Broken, missing, or damaged springs
- Damaged, missing, or insecurely attached frame pad
- Protrusions of any types (especially sharp types) on the frame, springs, or mat

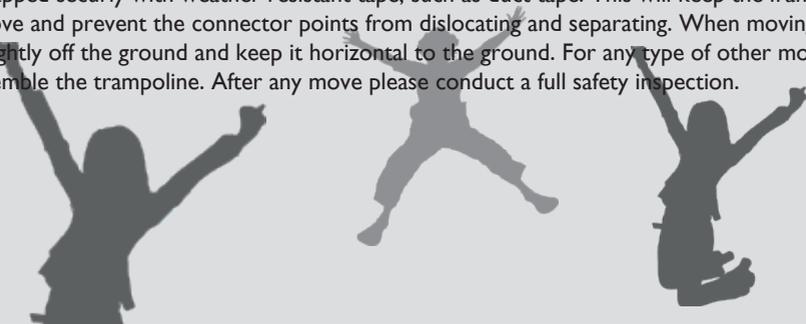
IF YOU FIND ANY OF THE PREVIOUS CONDITIONS, OR ANYTHING ELSE THAT YOU FEEL COULD CAUSE HARM TO ANY USER, THE TRAMPOLINE SHOULD BE DISASSEMBLED OR SECURED FROM USE UNTIL THE CONDITION(S) HAS BEEN RECTIFIED.

## WINDY CONDITIONS

In severe wind conditions, the trampoline can be blown about. If you expect windy weather conditions, the trampoline should be moved to a sheltered area or disassembled. To ensure security in normal weather conditions, at least three (3) tie downs should be used. Secure the trampoline frame to the ground. It is insufficient to secure only the legs of the trampoline to the ground as they can pull out the frame sockets.

## MOVING THE TRAMPOLINE

When moving the trampoline, you will require the assistance of another adult. All connector points should be wrapped securely 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. When moving, lift the trampoline slightly off the ground and keep it horizontal to the ground. For any type of other move, you should disassemble the trampoline. After any move please conduct a full safety inspection.

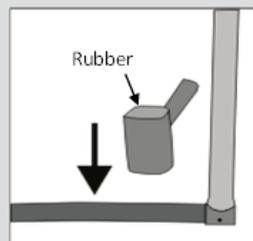


## DISASSEMBLING THE TRAMPOLINE

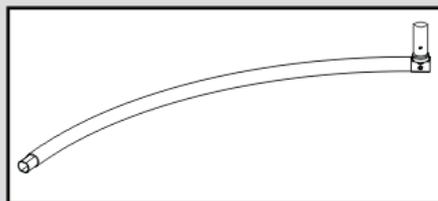
REMARKS: If you want to disassemble the trampoline, some parts maybe you need a rubber mallet (not supplied).

1. Maybe the leg tubes (#6) with T-section (#4) are very tight, not easy to disassemble. Please use the rubber mallet and hit the top rail (#3). This way, you can easy disassemble this part.

**Note:** hold the rounded frame section about 10 cm from the ground when striking the rounded frame section with the rubber hammer.



2. When you disassemble as same as below, please don't disassemble the T-section (#4) and the top rail (#3), you can keep it as the picture. When you assemble the trampoline next time, it will be easier and faster than the first assemble.



# ACCESSOIRES

Optional accessories are available. Please contact your dealer.



## Ladder

To help mounting and dismounting.  
with lobsided, non skid steps and rust preventing frame.



## Pads

We offer a wide range of pads, in various qualities and colours.



# GAME ON SPORT