

14FT (426CM) TRAMPOLINE AND "STEEL FLEX"

METAL RING ENCLOSURE COMBO SET

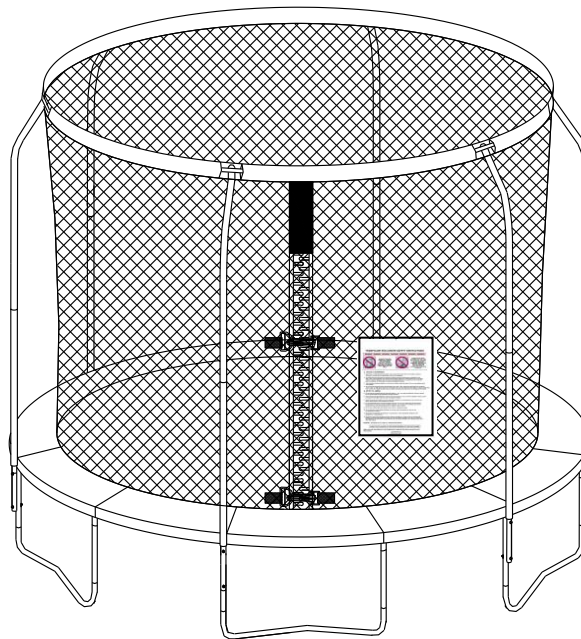
Assembly, Installation, Care, Maintenance and Use Instructions

USER'S MANUAL

MODEL NUMBER # TR-14-FLEX-FZ

KEY CODE: 41790038

**DO NOT ALLOW
MORE THAN ONE
PERSON ON THE
TRAMPOLINE AT A
TIME.**



WARNING

SAFETY INFORMATION, INSTALLATION AND MAINTENANCE INSTRUCTIONS:

READ THESE MATERIALS PRIOR TO ASSEMBLING AND USING THE TRAMPOLINE. THESE INSTRUCTIONS ARE IMPORTANT TO MINIMIZE CHANCES OF INJURY. PLEASE READ EACH OF THEM THOROUGHLY BEFORE YOU ASSEMBLE AND USE THIS TRAMPOLINE. RETAIN THIS MANUAL FOR FUTURE REFERENCE.

DO NOT ALLOW CHILDREN TO USE UNLESS SUPERVISED BY AN ADULT

MAXIMUM WEIGHT OF THE USER SHALL NOT EXCEED 220LBS (100KG).

TRAMPOLINE MUST ALWAYS BE USED WITH THE ENCLOSURE.

ALL OF THE PARTS ARE ONLY TO BE USED AS FOR TRAMPOLINE.

NOTICE

SOME FOAM TUBE DEFORMATION MAY TAKE PLACE DURING TRANSPORT. IT'S NORMAL AND IT SHOULD RECOVER OVER TIME.

CUSTOMER SERVICE

Toll Free: 1-800-333-061

MONDAY-FRIDAY, 9 A.M. - 5 P.M. CENTRAL TIME

Thank you for purchasing this product! This trampoline was designed and manufactured with quality materials and craftsmanship, providing fun and exercise in the enjoyment of your own backyard.

It is very important that the owners and users of this trampoline have adequate knowledge of techniques and rules for proper use. In particular, children must be supervised at all times by a knowledgeable and mature adult while using the trampoline. Take precautions to prevent access to the trampoline by children when there is no adult supervision. Also restrict access to any unauthorized users without your consent.

Carefully read and understand all of the instructions and warnings in the User Manual before assembling and using this product. It is the responsibility of the owner of this trampoline to ensure that all users of this product are fully informed on the proper use and the inherent risks of jumping on a trampoline. Failure to do so can result in serious injury or death. In particular, under no circumstances should you attempt or allow flips, somersaults or any similar conduct. Landing on the head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the mat. Also, do not allow more than one person on the trampoline under any circumstances. Use by more than one person at the same time increases the chance of injury.

To reduce risks associated with users falling off the trampoline, enclosure netting must be properly installed and used at all times. The trampoline enclosure must be closed during use to prevent the user from falling off the trampoline. Your trampoline enclosure netting is manufactured with UV resistant material. Despite this, exposure to harsh elements (sunlight, wind, moisture, animals, etc) will weaken the netting. The netting and mat must be inspected prior to every use and maintained regularly as detailed in this User's Manual.

Please also ensure proper placement of this product to avoid injuries. 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 that could damage the trampoline and/or can cause serious injury. Do not position this trampoline on hard surface such as concrete, tarmac or paving. Suitable surfaces include flat dirt or grass, sand or play area covered with an appropriate depth of play bark material, with no obstructions above, below or near the product.

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.

IMPORTANT SAFETY INSTRUCTIONS

BEFORE YOU BEGIN: Review all steps before beginning assembly and read all precautions before using the trampoline. The owner and supervisors of the trampoline are responsible to make all users aware of practices specified in these instructions. Save this manual for future reference.



WARNING !

Read these materials prior to assembling and using this trampoline.

- **DO NOT** attempt or allow somersaults. Landing on the head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed.
- **DO NOT** allow more than one person on the trampoline at any time.
- Read and understand all the instructions and inspect the equipment before using the trampoline. It is your responsibility to familiarize yourself with the proper use of this equipment and the inherent risks of jumping on a trampoline, such as falling on your head or neck, pinching, entrapment, or equipment failure. It is the responsibility of the owner to ensure that all users of the product are fully informed about the proper use of the equipment and all warnings.
- Do not use trampoline without mature, and knowledgeable supervision.
- Trampolines over 20 inches (500mm) tall are not recommended for use by children under six years of age.
- **DO NOT** use if you are over 220lbs (100kg).
- **DO NOT** jump on trampoline with snow board, skateboard, roller blades, bicycle or any other equipment not authorized by the trampoline maker.
- The frame of your trampoline is made of steel and it will conduct electricity. No electrical equipment (lights, heaters, extension cords, household appliances, etc.) should be permitted in or on the enclosure under any circumstances to avoid the risk of electrocution.
- **Do not** jump onto or off of the trampoline. 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.
- This product is for household and family domestic use only – It is not for use in schools, playgrounds, rental or commercial use.
- **DO NOT** use the trampoline while holding or wearing any type of sharp or pointed objects such as jewelry, watches, rings, eyewear and necklaces before using this product. This will prevent the jewelry from tearing the mat or getting caught in the enclosure netting.
- **DO NOT** allow any pets onto the mat in order to prevent the trampoline mat from being damaged.
- **DO NOT** allow any pets or children to go under the jump mat.
- **ALWAYS** ensure adequate overhead clearance. Recommended overhead clearance is 26.25ft (8 meters) from ground level. Provide clearance for wires, tree limbs and other possible hazards.
- **ALWAYS** ensure the trampoline is on level ground with a minimum of 2m clear space from any structure or obstruction such as fence, garage, house, overhanging branches, laundry lines or electrical wires.
- Do not use the trampoline indoors, as this product is intended for outdoor home use only.
- Do not allow any activity underneath the trampoline.

- **ALWAYS** maintain clear space on all sides of the trampoline. Place the trampoline away from walls, structures, fences and other play equipment. Clear any obstructions beneath or around the trampoline, for example tree limbs or trunks, wires or other possible hazards.
- Keep away objects which could interfere with the user. Maintain a clear area around, above and under the trampoline.
- Learn fundamental bounces and body positions thoroughly before trying more advanced skills.
- **ALWAYS** protect enclosure net from extreme temperatures. Extreme temperatures may damage the net and cause it to tear and cause injury.
- **ALWAYS** make sure that the trampoline enclosure netting is installed and used properly at all times. The trampoline enclosure should be closed during use to prevent the user from falling off of the trampoline.
- **ALWAYS** consult your physician before performing any kind of physical activity.
- **ALWAYS** use the trampoline in a well-lit area. Artificial illumination may be required.
- The trampoline and enclosure must be stored away during harsh weather conditions including extreme wind, heat and freezing temperatures.
- Always properly store away the trampoline and enclosure when not in use and secure from any unauthorized use.
- **ALWAYS** use the trampoline wearing comfortable clothes and socks or barefoot.
- **Do not** use the trampoline when wet.
- **Do not** use a trampoline while under the influence of alcohol or drugs.
- Inspect the trampoline before each use. Make sure the frame padding is correctly and securely positioned. Replace any worn, defective, or missing parts.
- Avoid bouncing when tired. Keep turns short.
- Properly secure the trampoline when not in use. Protect it against unauthorized use. If a trampoline ladder is used, the supervisor should remove it from the trampoline when leaving the area to prevent unsupervised access by children under six (6) years of age.
- **ALWAYS** close the net opening before using the product.
- 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.
- **DO NOT** use unauthorized parts to assemble the trampoline. This may damage the integrity of the product and will void the manufacturer's warranty.

WARNING

ALWAYS START YOUR JUMP AT THE CENTER OF TRAMPOLINE MAT.



NO MORE THAN ONE
PERSON AT A TIME ON THE
TRAMPOLINE!
MULTIPLE JUMPERS
INCREASE SERIOUS RISK
OF INJURY TO HEAD, NECK,
LEG OR BACK.



PARALYSIS OR DEATH CAN
RESULT IF YOU LAND ON
YOUR HEAD OR NECK!
DO NOT PERFORM
SOMERSAULTS (FLIPS) AS
THIS WILL INCREASE YOUR
CHANCES OF LANDING ON
YOUR HEAD OR NECK!



IMPORTANT INSTRUCTIONS FOR ENCLOSURE NETTING AND PAD

TRAMPOLINE NET & PAD – MAINTENANCE REQUIREMENTS



Failure to follow these instructions to ensure proper operational condition of your trampoline may lead to serious injury or death.

1. Maintenance of Trampoline Enclosure Net, Mat and Pad

Enclosure nets, mat and padding are prone to wear and tear like tires on a car. Gradual deterioration of the material will occur; the speed of which will depend on the level of exposure to UV rays, airborne pollution and outdoor weather conditions such as rain and wind.

The net and padding needs to be properly maintained and checked by following the Maintenance Schedule set out in these instructions. When the material shows any signs of weakness, you must stop using the trampoline immediately, properly store the trampoline and restrict access by users until a new replacement net or padding is properly installed.

2. Maintenance Requirement for Enclosure Net

Your trampoline enclosure netting is manufactured with UV resistant material. Despite this the netting is exposed to the outdoor elements including sunlight, wind, rain and wildlife. The net surrounding the trampoline must be checked prior to each use. This includes, but is not limited to inspecting the net for cracks, excess wear, brittleness, and stretching. Also inspect all connections and the entire enclosure for overall integrity. The net must be immediately replaced if it shows any signs of wear, damage, stretching, cracking, looseness, brittleness or other losses in integrity. The following Maintenance Schedule must be followed:

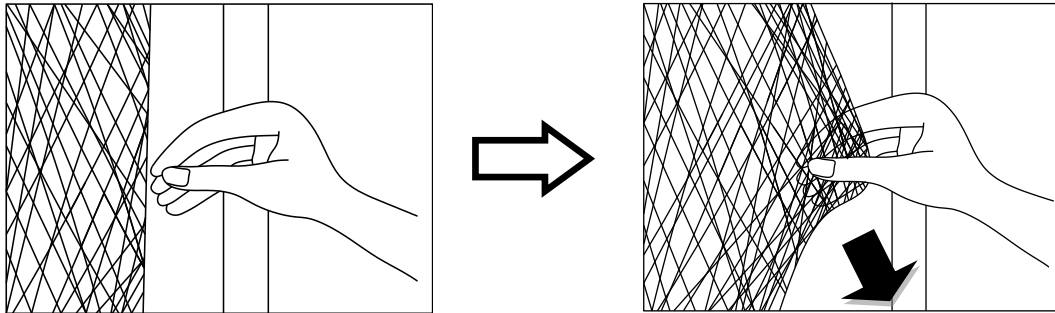
1 to 6 Months	3 to 6 Months	6 to 12 Months
Inspect the enclosure (net, net hanger, and straps) prior to every use.	Thorough inspection for UV damage and prior to every use for net, net hanger and straps.	Thorough inspection before every use on net, net hanger, straps, zippers, ties and strings. Replace after 12 months or earlier if necessary.

IT IS RECOMMENDED THAT THE NET BE REPLACED ON A YEARLY BASIS OR EARLIER UNDER NORMAL USE, EVEN IF IT DOES NOT SHOW ANY VISIBLE SIGNS OF DAMAGE.

How to Inspect the Trampoline Net for Proper Use

Always check the enclosure netting for signs of UV damage, deterioration, brittleness, cracking, and tearing every time before using the trampoline and enclosure.

Step 1 - Inspect the enclosure netting before **EACH** use for wear or tear by pinching and pulling a section of the netting between fingers and pulling downward. Please see diagram below.



If it produces any tear or cracking or ripping sound, then the net is unsafe and **MUST** be taken down immediately. **STOP USING THE TRAMPOLINE ENCLOSURE IF YOU FIND ANY SIGNS OF WEAR OR TEARING ON THE NETTING.**

Step 2 - Walk around the whole perimeter of the trampoline to visually check for material deterioration or other damage.

3. INSTRUCTIONS FOR TRAMPOLINE NET

- Do not attempt to jump over or crawl under the netting.
- Do not intentionally bounce off the netting.
- Do not hang from, kick, cut or climb on the netting.
- Wear clothing free of drawstrings, hooks, loops or anything that could get caught in the netting.
- Do not attach anything to the netting that is not a manufacturer-approved accessory or part of the enclosure system.
- Enter and exit the enclosure only at the enclosure door or netting opening designated for that purpose.
- A trampoline enclosure installed on a trampoline is raised off the ground. The height of the enclosure increases the risk of a fall when a jumper is entering or exiting the enclosure. Young children in particular may have difficulty getting into and out of the enclosure. To reduce the risk of falling, help young children to get into and out of the enclosure.
- Enter and exit the trampoline enclosure only through the opening of the enclosure (the opening in the netting walls). The trampoline mat and nettings walls of the enclosure are separate pieces; jumpers, particularly young children, must not exit the enclosure by going out between the mat and the netting walls. Trying to exit in this way poses a risk of strangulation from being caught between the trampoline frame and the netting walls.
- Do not attach anything to the netting that is not a manufacturer-approved accessory or part of the trampoline enclosure.
- Please do not hang on the top ring, this action may cause injury.

4. Maintenance Requirement for Trampoline Pad

Walk around the whole perimeter of the trampoline to visually check for material deterioration, tears, looseness, loss of elasticity or other damage in the pad.

It is recommended that you replace the trampoline enclosure net and pad every 12 months. Replace the enclosure net and pad earlier if there are any signs of wear, tear, brittleness, cracking, stretching or any other signs of weakness.

ASSEMBLY AND INSTALLATION INSTRUCTIONS



Review all steps before assembly and read all precautions before using this product. Failure to do so can result in serious injury or death.

During periods of non-use, this trampoline and trampoline enclosure can be easily disassembled and stored by reversing the order of installation.

- At least two people are required to assemble the trampoline and trampoline enclosure.
- Protective gloves must be used during assembly to avoid pinching by the springs
- Protective goggles must be worn to avoid injuries to the eyes.

LOCATION OF TRAMPOLINE

For proper use of the trampoline, please assemble the trampoline in a location that meets the following conditions:

- Adequate overhead clearance is needed. A minimum of 26.25 ft (8 meters) from ground level is recommended. Provide clearance for wires, tree limbs and other possible hazards.
- Lateral clearance is essential. Place the trampoline away from walls, structures, fences and other play areas. Maintain a clear space on all sides of the trampoline.
- Place the trampoline on a flat and level surface before use.
- Do not install this trampoline on hard surfaces. Suitable surfaces include grass or sand.
- Use the trampoline in a well-lit area. Artificial illumination may be required for indoor or shady areas.
- The trampoline should be installed in an area where access can be restricted from unauthorized and unsupervised use.
- Remove any obstructions from beneath the trampoline.
- 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 the use instructions section.
- Users may become entangled in or strangled by loose cords or in gaps between trampoline and enclosure. 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.

If you do not follow these guidelines, you increase the risk of someone getting injured.



WARNING



NO MORE THAN ONE PERSON AT A TIME ON THE TRAMPOLINE! MULTIPLE JUMPERS INCREASE THE RISK OF INCREASED SERIOUS RISK OF INJURY TO HEAD, NECK, LEG OR BACK.

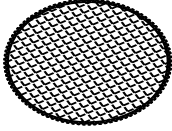
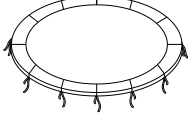

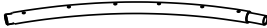




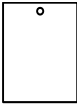


PARALYSIS OR DEATH CAN RESULT IF YOU LAND ON YOUR HEAD OR NECK! DO NOT PERFORM SOMERSAULTS (FLIPS) AS THIS WILL INCREASE YOUR CHANCES OF LANDING ON YOUR HEAD OR NECK!




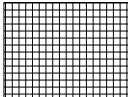
PRIOR TO ASSEMBLING

Before assembly, please ensure that you have all the parts required to assemble the product. If you are missing any parts, please contact our Customer Support agents.

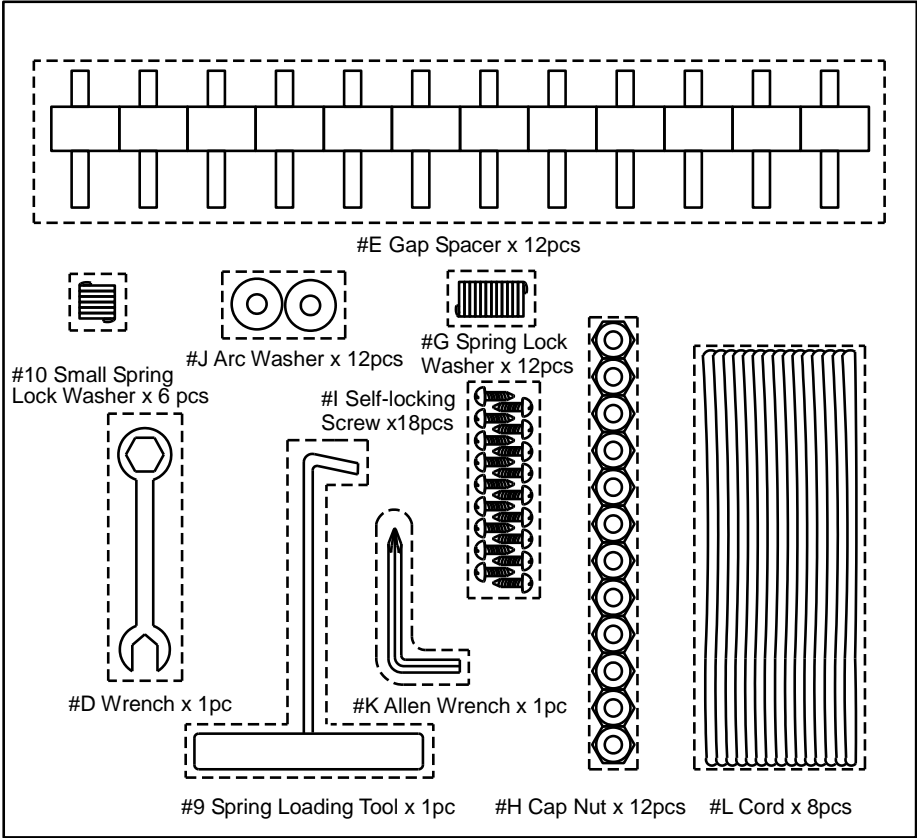
PART LIST FOR TRAMPOLINE

Key Number	Part Number		Description	Quantity
1	TM-14-72-28		Trampoline Mat, stitched with Triangle-Rings	1
2	TFP-14-28-PE		Frame Pad	1
3	TRLS-14-72-42		Top Rail with Leg Sockets	6
4	TR-14-72-42		Top Rail	6
5	TLB-14-38.1		Leg Base	6
6A	TVL-14-38.1		Vertical Leg Extension(one hole)	6
6B	TVLH-14-38.1		Vertical Leg Extension (two holes)	6
7	T28N		Galvanized Springs – 28N(5-1/2")	72
8	TSP-14		Trampoline Safety Instruction Placard	1

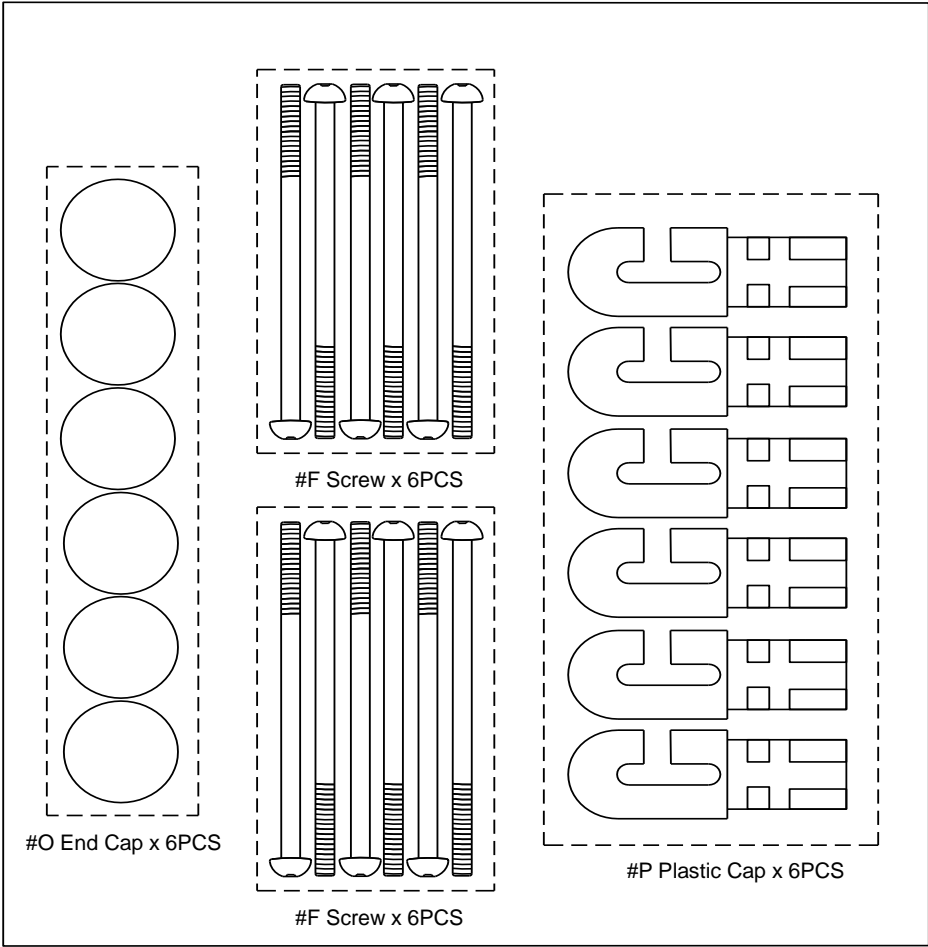
PART LIST FOR TRAMPOLINE ENCLOSURE

Key Number	Part Number		Description	Quantity
A	EUT-14-6P-31.8		Upper Frame Tube with Foam	6
B	ELT-14-6P-31.8		Lower Frame Tube with Foam	6
C	ECW-14-6P-N		Cable wire	12
M	EN-14-6P		Enclosure Netting	1

HARDWARE USE FOR TRAMPOLINE AND ENCLOSURE



Key Number	Part Number
9	TSLT
D	Wrench
E	EGS2W-14
G	ESLW-14
H	ECN-14
I	ESLS-14
J	EAW-14
K	Allen Wrench
L	EC-14
10	TSLW-14-S



Key Number	Part Number
F	ES-14
O	EEC-14-31.8
P	EPC-31.8

TRAMPOLINE FRAME ASSEMBLY

STEP 1 – Leg Support Assembly

There are a total of 30 pieces of steel tubing parts that are needed to assemble the trampoline frame. All parts with the same part # are interchangeable and have no “right” or “left” orientation. To connect the parts, simply slide a section tubing that is smaller on one end into the adjacent section that has a larger opening. These joints are called “connector points”.

- A. Lay out all frame sections in a circle as shown (see FIGURE 1)
- B. You should have the following parts:
 - i. Top Rail (# 4) 6 pieces
 - ii. Top Rail with Leg Sockets (# 3) 6 pieces
 - iii. Leg Base (# 5) 6 pieces
 - iv. Vertical Leg Extension (# 6A, 6 pieces)
 - v. Vertical Leg Extension (# 6B, 6 pieces)

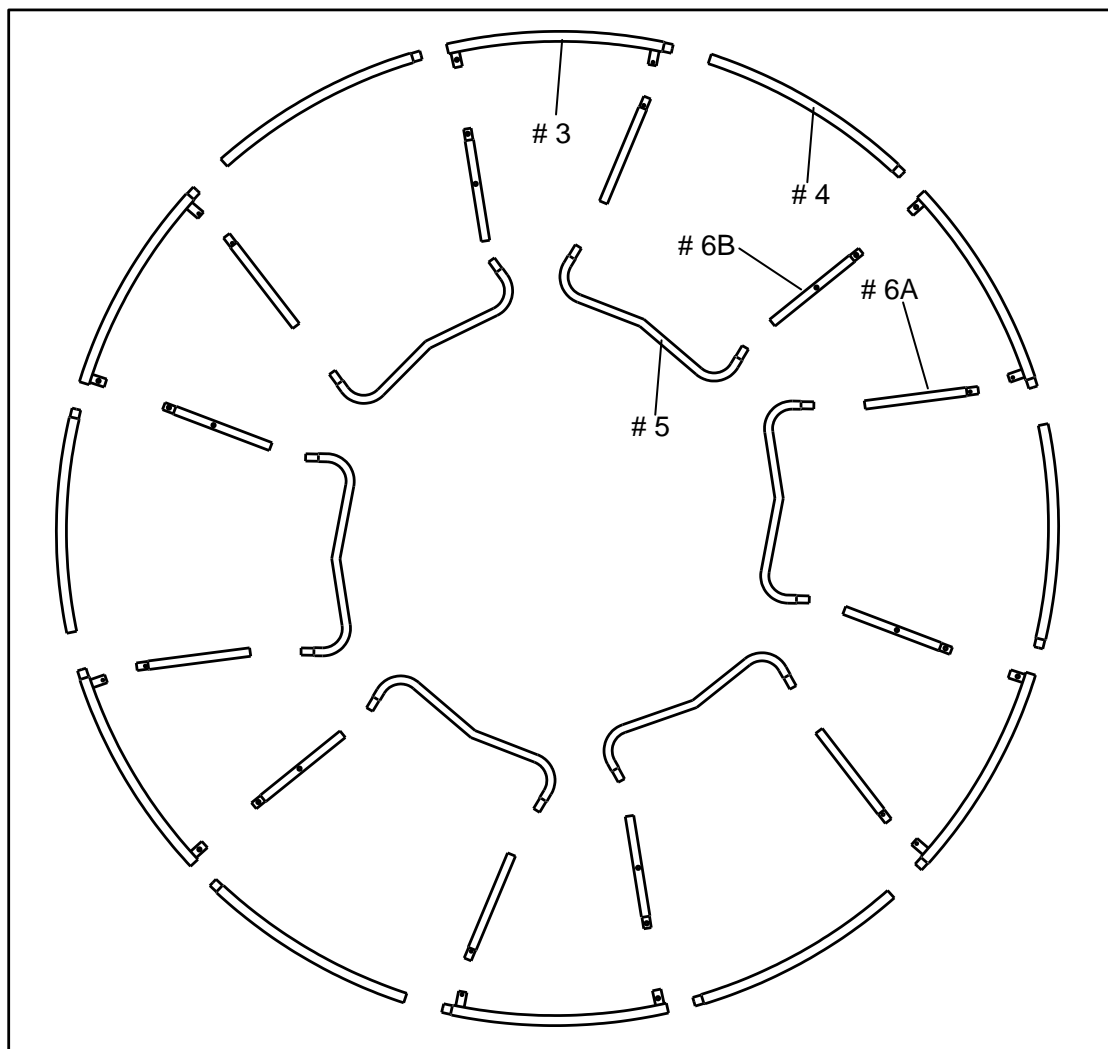


FIGURE 1

STEP 2 – Support Assembly

Slide one Vertical Leg extension (# 6A) and the other one Vertical Leg extension (two holes) (# 6B) into the Leg Base (# 5) as shown in FIGURE 2. Repeat this step for all the Leg bases.

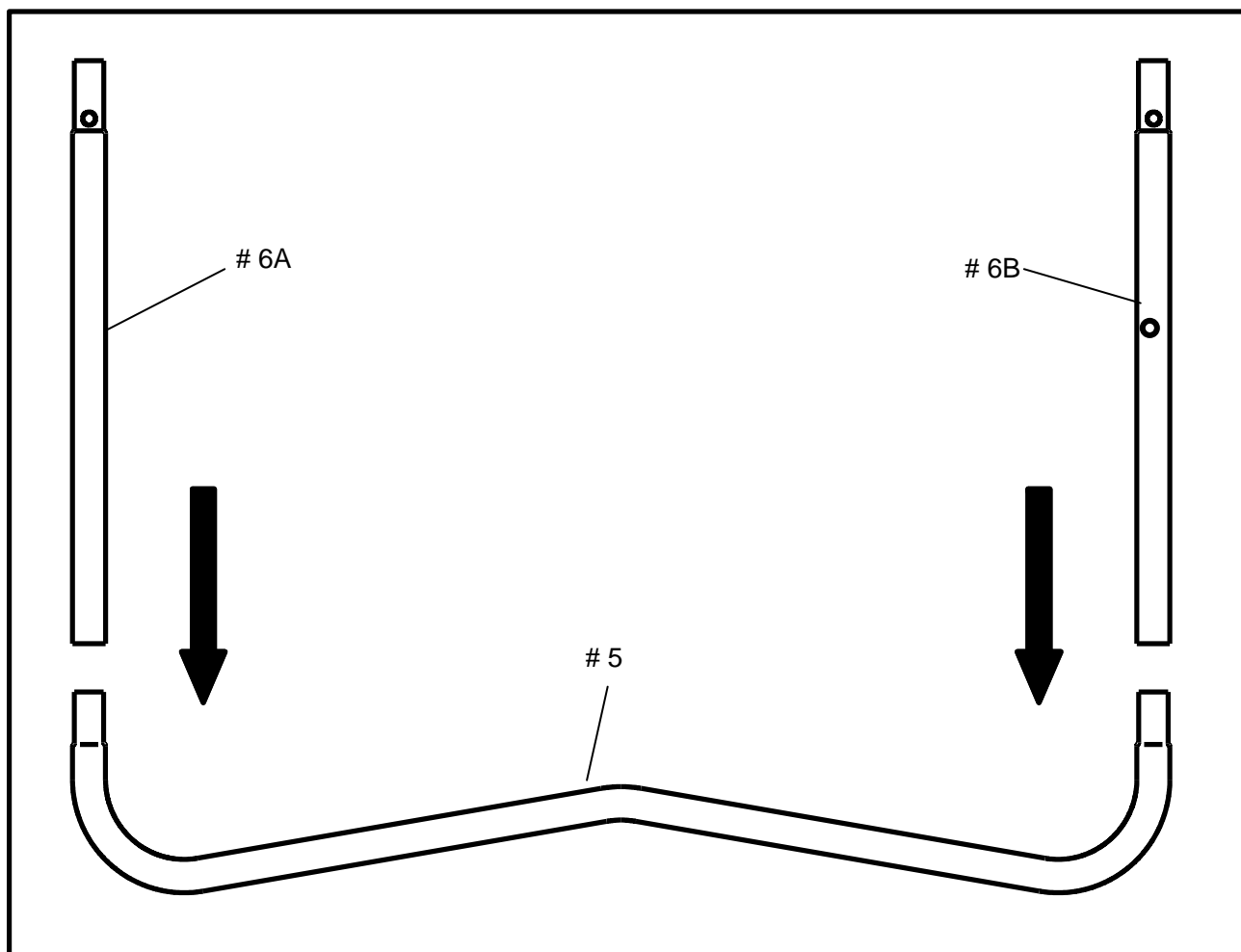


FIGURE 2

STEP 3 – Top Rail Assembly

- A. Two people will be necessary at this point to assemble the trampoline. One person lifts the Support assembly from STEP 2 to a standing (vertical) position and inserts one of the sockets of the Top Rail with Leg Sockets (# 3) into the Vertical Leg Extension portion of the Support Assembly. The other person holds the other end and inserts that portion into the other Support Assembly as shown. You should now have two Support Assemblies held together by one Top Rail with Leg Socket as shown in FIGURE 3. Repeat the above step until all the support assemblies have been attached to the Top Rail with Leg Socket.

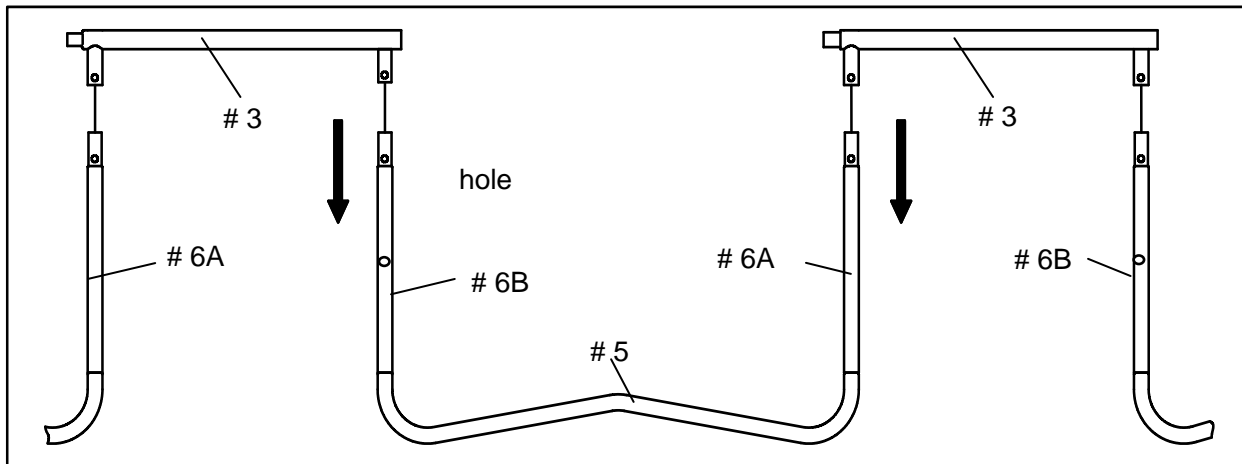


FIGURE 3

- B. Now, install the other Top Rails (# 4) into the gaps between the Vertical Leg Extensions by inserting them into the slots as shown in FIGURE 4.

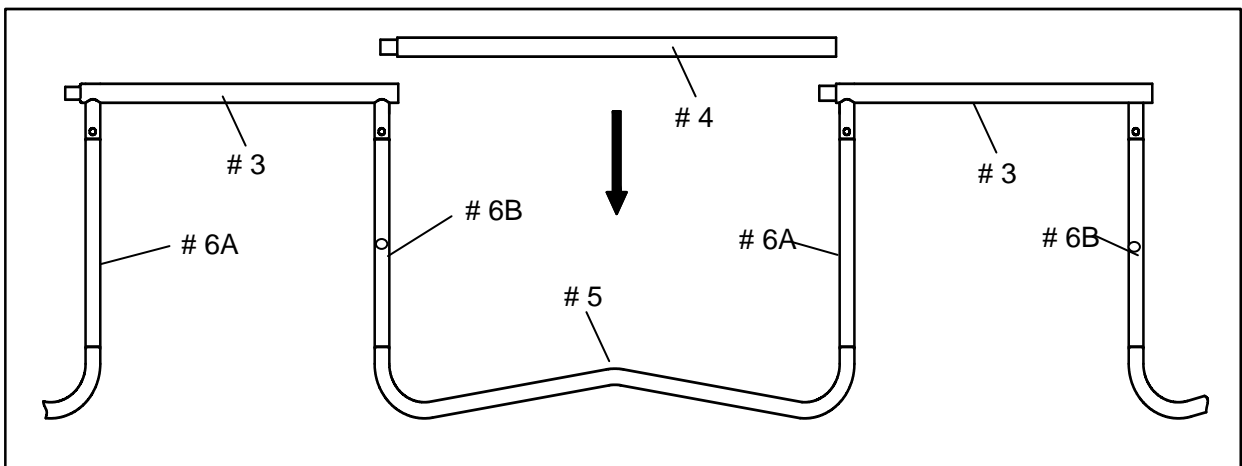


FIGURE 4



Important Notice

Make sure the holes on the Top Rail with Leg Sockets and the holes on the Vertical Leg Extension are aligned while the indented mark on the Vertical Leg Extension is facing you.

- C. Screw in the Self-locking Screw (# I) and Small Spring Washer (# 10) with Allen Wrench (# K) as shown in FIGURE 5. Don't completely tighten the Self-Locking Screws until instructed in the next step. After the next step is completed and all springs are attached, the Self-Locking Screws will need to be tightened completely.

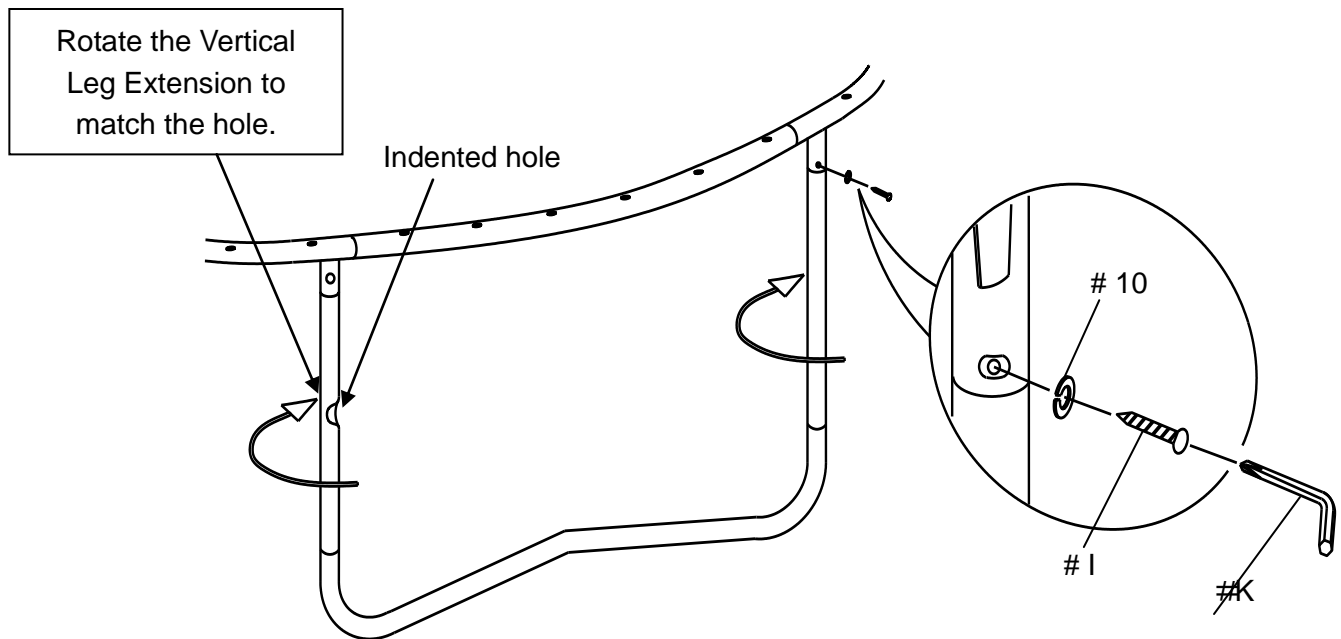


FIGURE 5

STEP 4 – Trampoline Mat Assembly

- A. Lay out the Trampoline Mat (# 1) inside the frame with warning labels facing up as shown in FIGURE 6. There are total of 72 Triangle-Rings sewn on the mat and 72 holes on the Top Rail Frame. None are numbered, so please follow the instructions carefully to ensure proper installation.

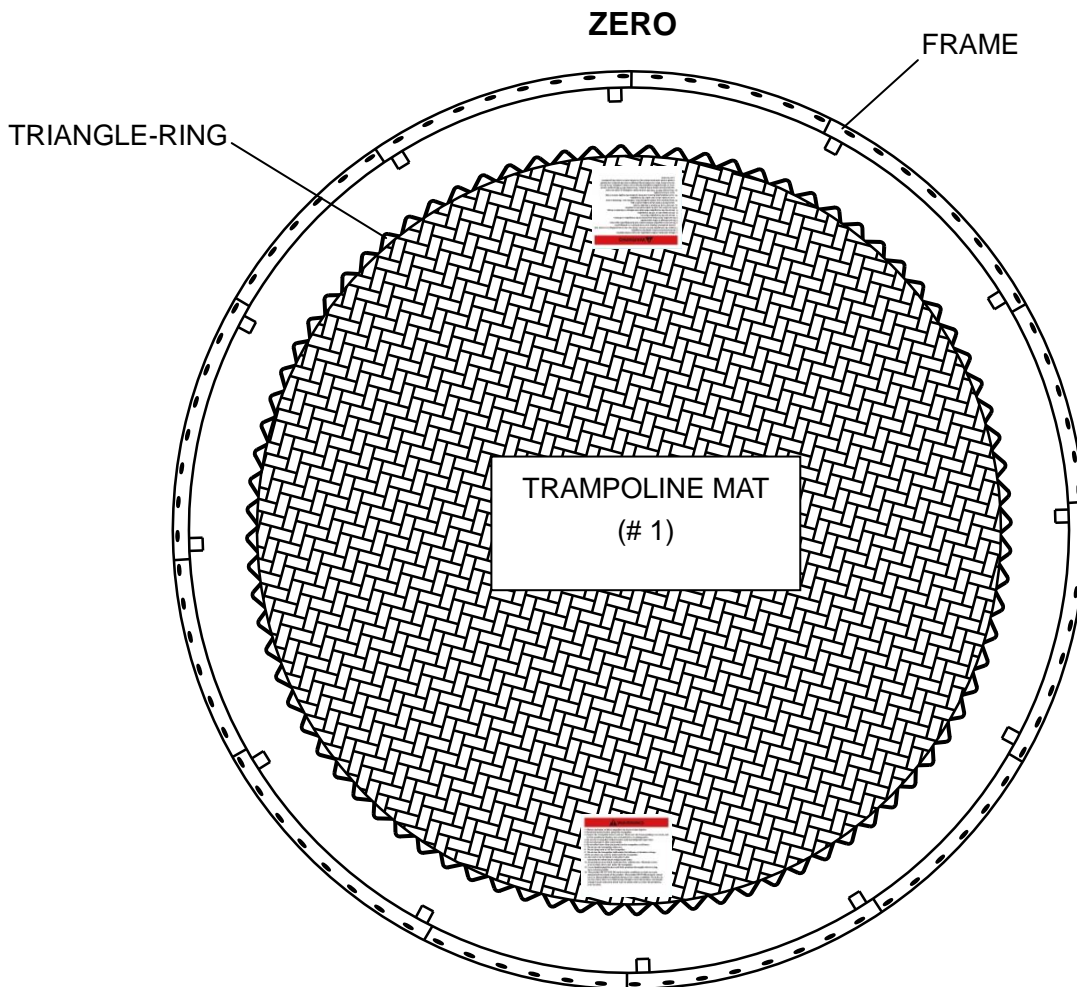


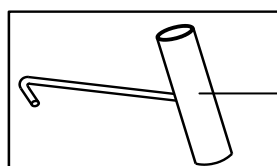
FIGURE 6

SPRING LOADING INSTRUCTION



CAUTION

- Two adults are required in this assembling step.
- CAREFUL - When attaching the springs, please do not put your hands, legs, or body close to the connector points. The connector points can become pinch points since the trampoline is tightening up.
- Wear heavy duty working gloves to protect your hand.
- Use the special spring loading tool included.



SPRING LOADING TOOL (# 9)

- B. Select an arbitrary point on the Frame (call it Point "ZERO"). Hook one end of the Spring (# 7) into the triangle-ring on the Mat (# 1). Holding the Spring Loading Tool underhand, pull the other end of the Spring towards point "ZERO" and drop the hook into the hole on the Frame as shown in FIGURE 7. Tap on the Spring to make sure it is securely latched into the hole.

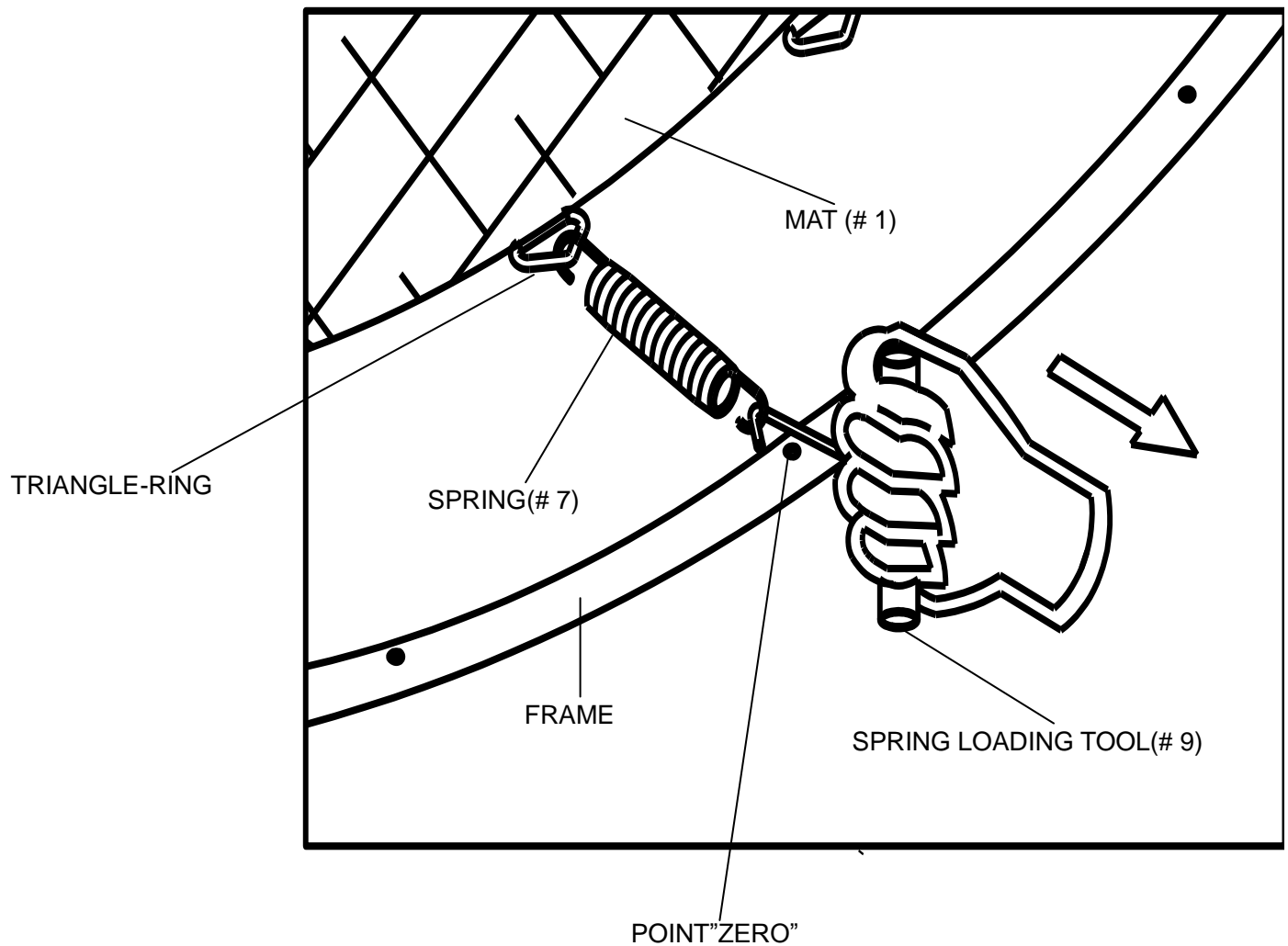


FIGURE 7

- C. Count holes 36 on the Top Rail and corresponding Triangle-Rings, you should be at point 36. Attach a spring at this point as shown in FIGURE 8

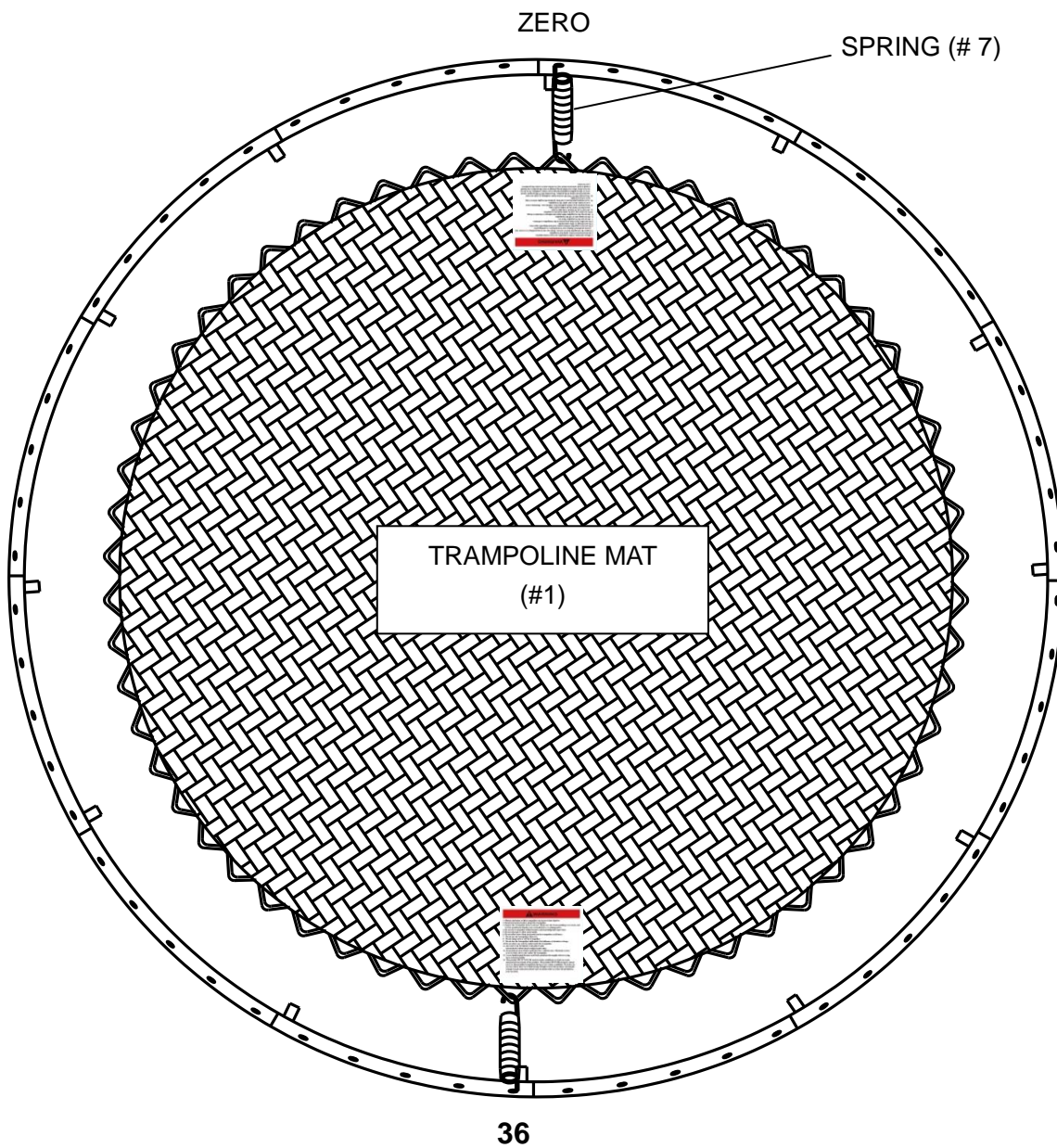


FIGURE 8

- D. From point 36, count back 18 holes on the Top Rail and Triangle-Rings, you should be at point 18. Attach a spring at this point as shown in FIGURE 9.

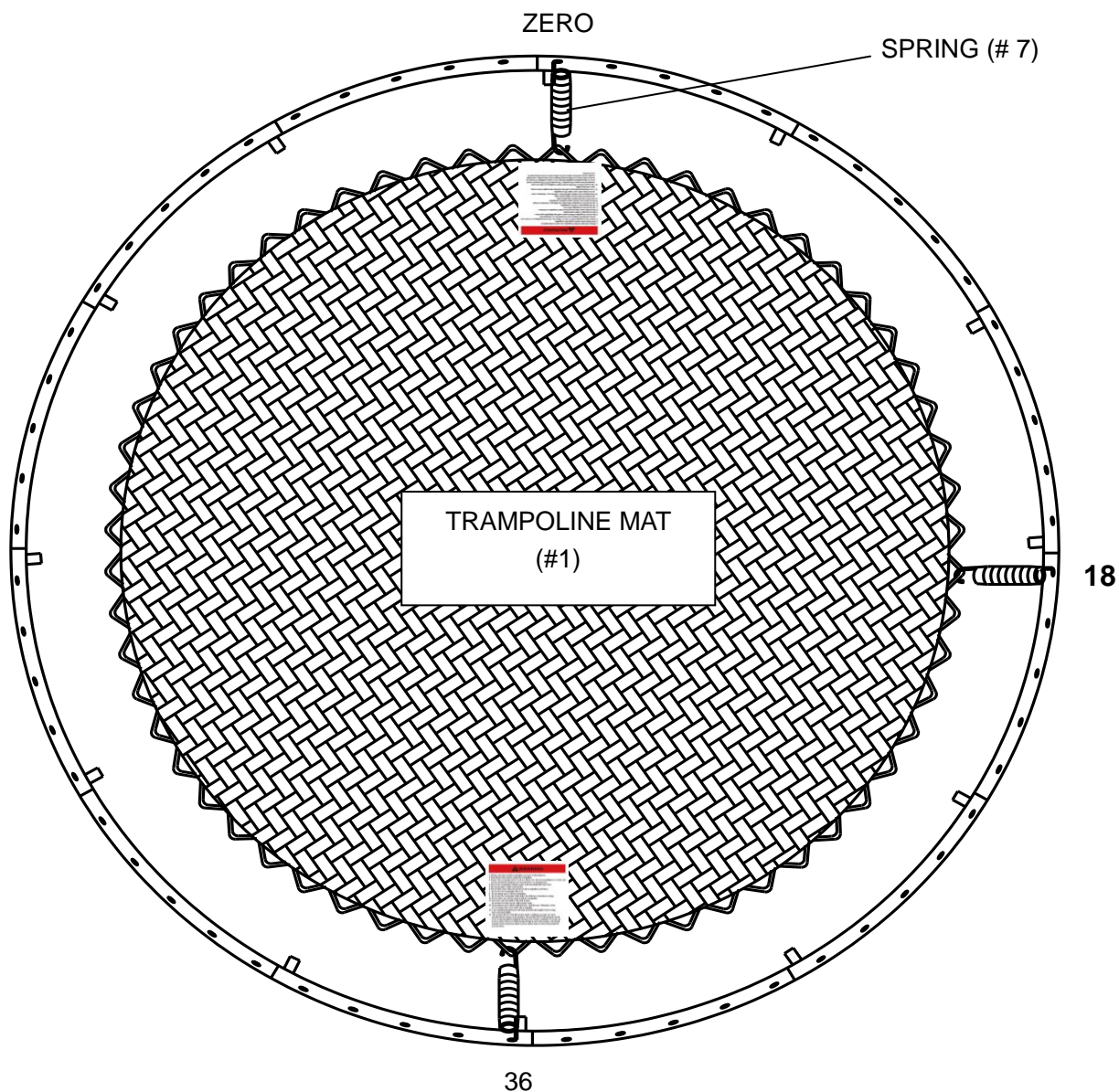


FIGURE 9

- E. Count another 18 holes from point 36 on the Top Rail and Triangle-Rings, you should be at point 54. Attach a spring at this point as shown. At this point in assembly, you should have 4 springs install at ZERO, 18, 36 and 54. This even **distribution** of tension is critical to proper assembly of the rest of the trampoline mat as shown in FIGURE 10.

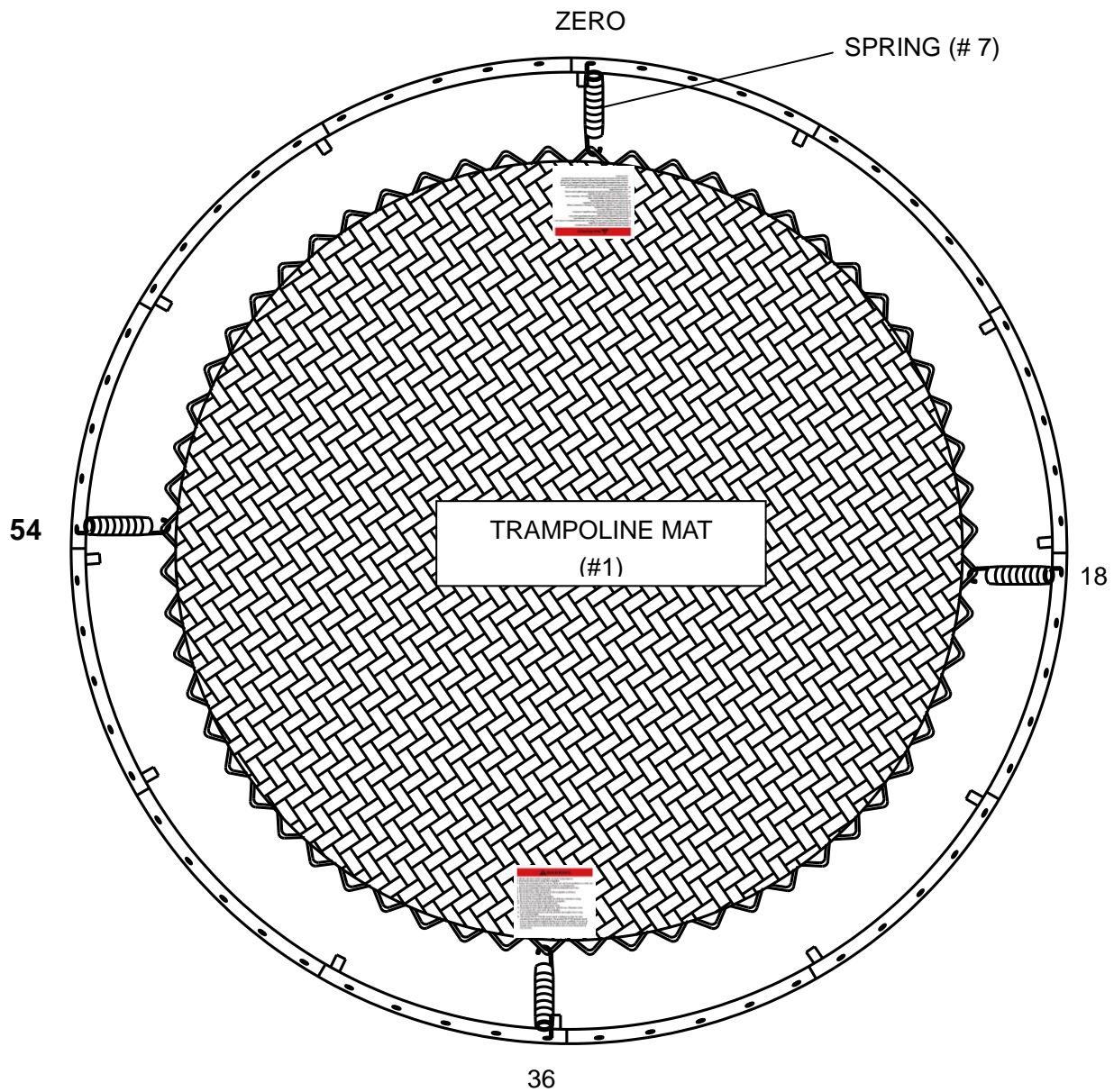


FIGURE 10

F. Attach a spring at every 6 holes and corresponding Triangle-Rings. For even distribution of tension and ease of assembly, springs should be placed on opposite sides of the mat/frame.....i.e. 6 then 42, 12 then 48, 60 then 24, 66 then 30, etc. In addition to the previously installed springs, you should have springs at 6, 12, 24, 30, 42, 48, 60 and 66 as shown in FIGURE 11.

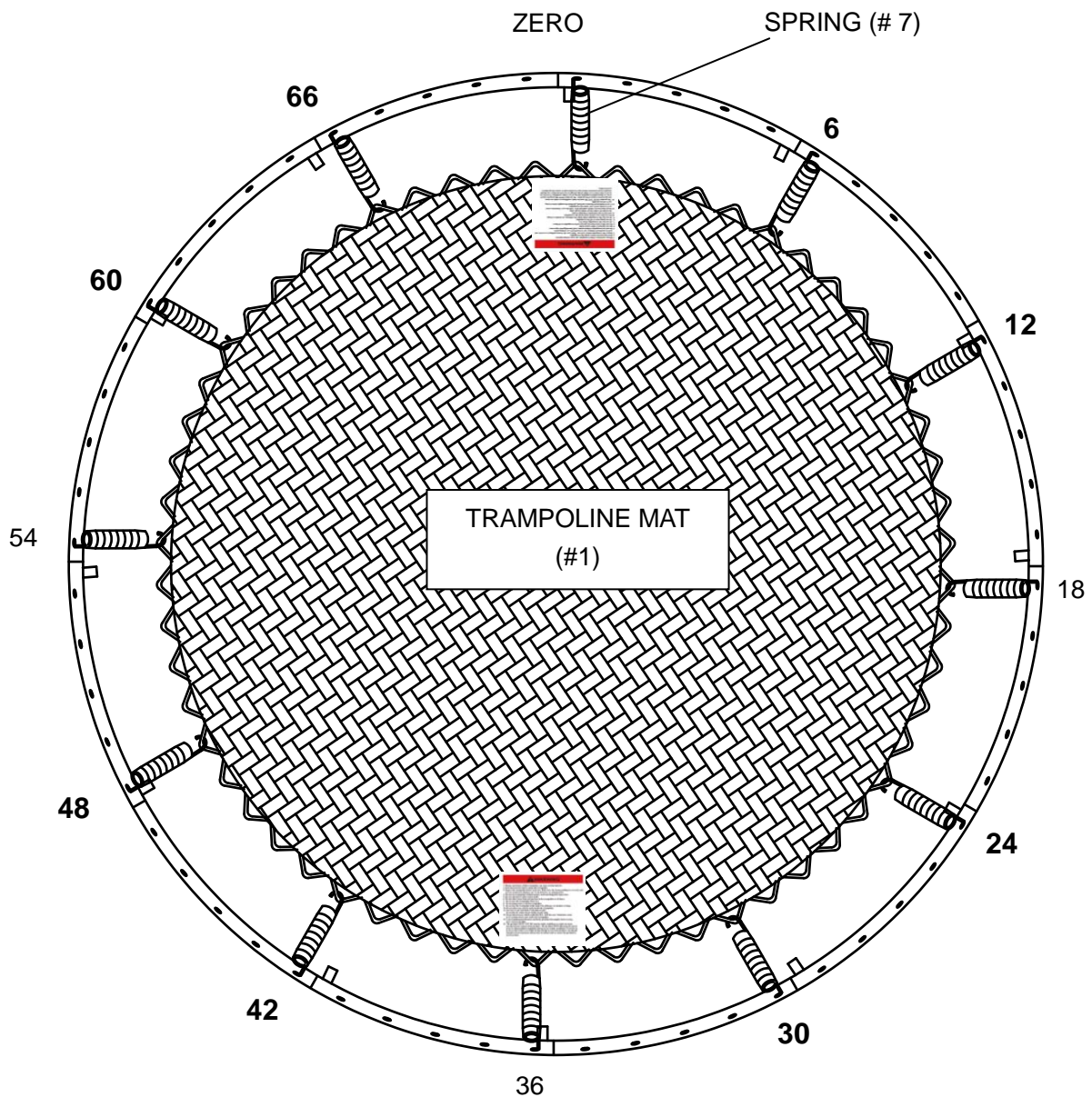


FIGURE 11



CAUTION:

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

- G. Attach a spring every 3 holes and corresponding Triangle-ring. For even distribution of tension and ease of assembly, springs should be placed on opposite sides of the mat/frame. i.e. 3 then 39, 57 then 21, etc. In addition to the previously installed **springs**, you should have springs at 3, 9, 15, 21, 27, 33, 39, 45, 51, 57, 63 and 69 as shown in FIGURE 12.

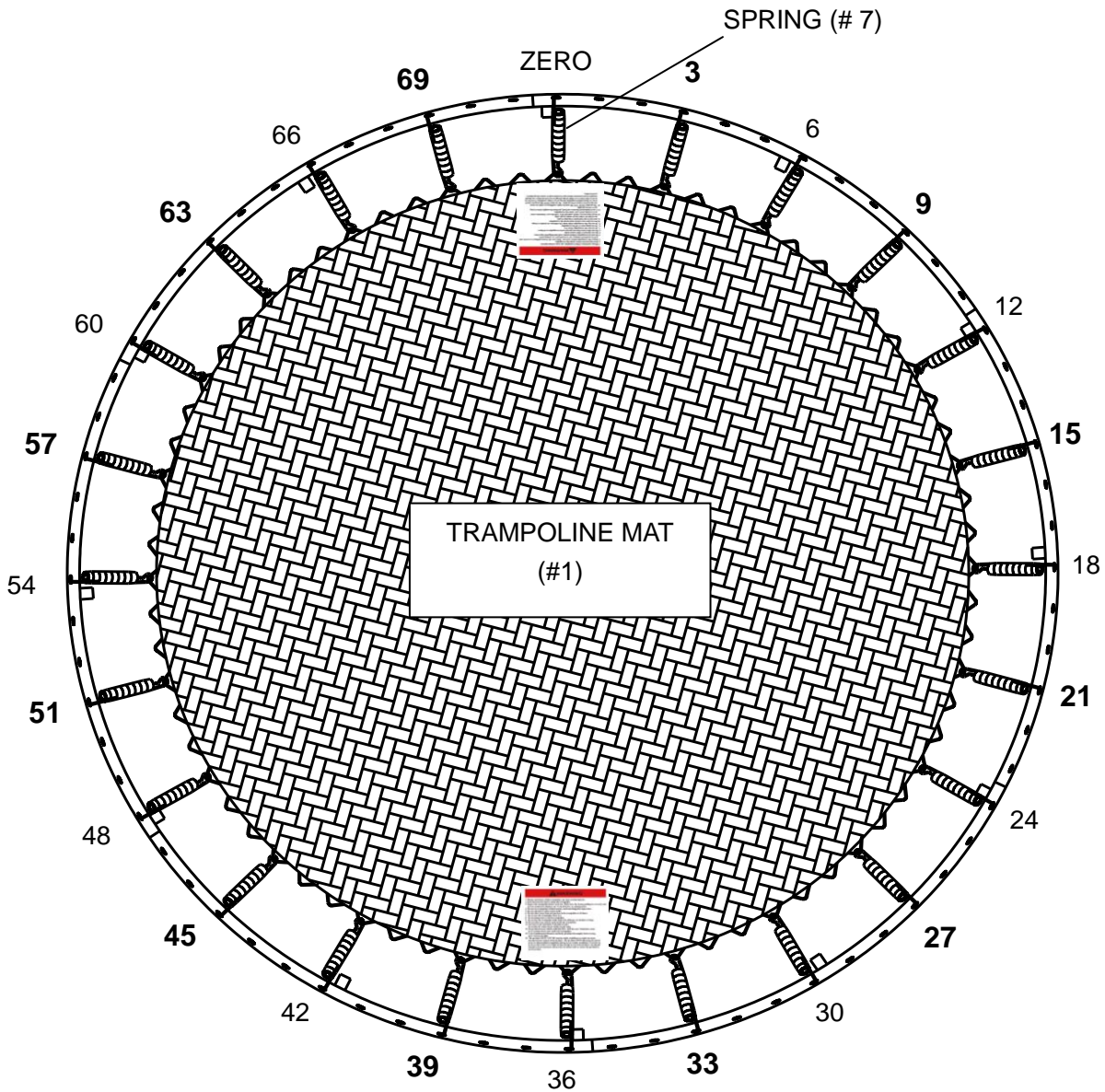


FIGURE 12

H. Then, attach the remaining 48 springs by using the same theory of counting equal holes as shown in FIGURE 13.

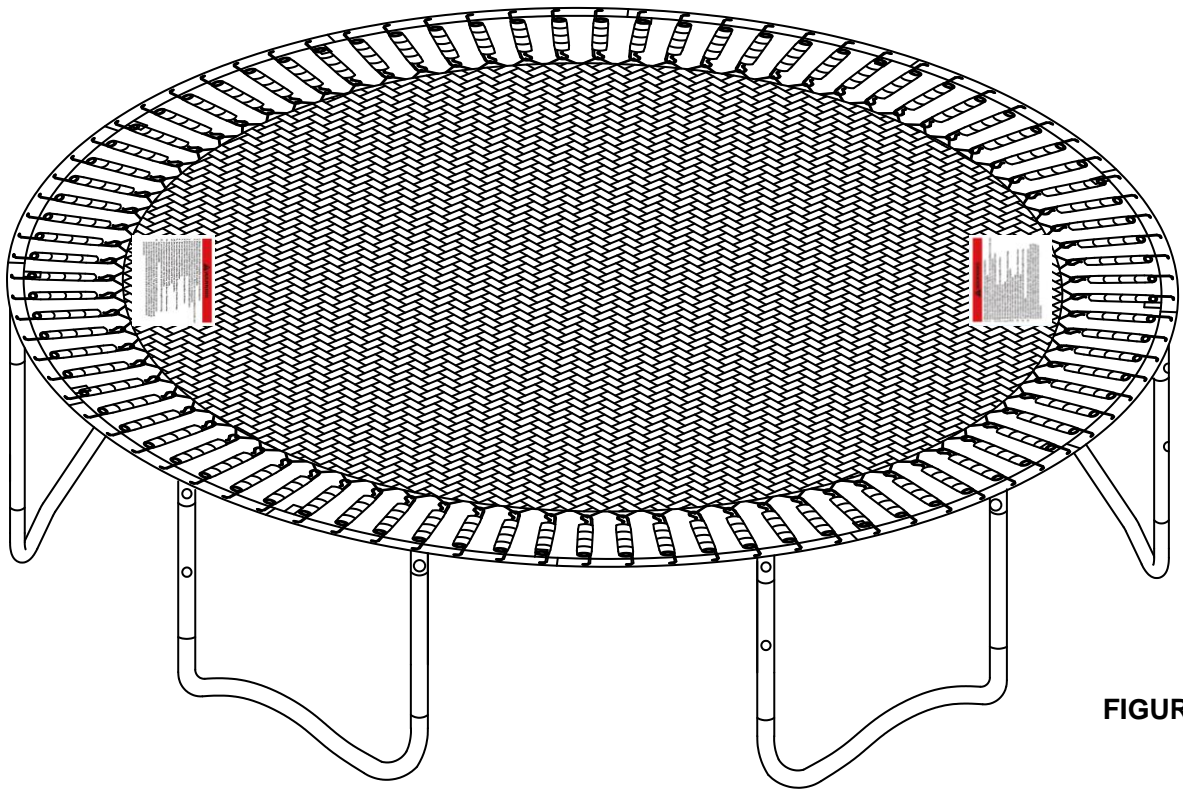


FIGURE 13

STEP 5 – Trampoline Safety Placard Attachment

Using the tie wrap, attach the Trampoline Safety Instruction Placard (# 8) to the trampoline. The tie wrap should go around the Vertical Frame Joint and the Top Rail to ensure that it doesn't slide off the trampoline.

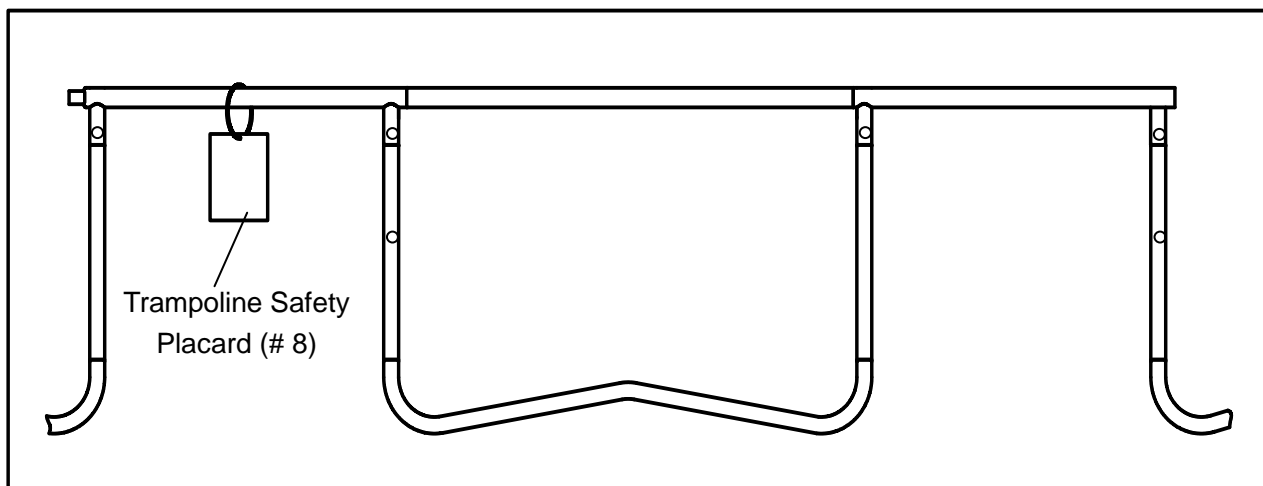


FIGURE 14

FRAME PAD ASSEMBLY



WARNING

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

STEP 6

- A. Lay the Frame Pad (# 2) over the trampoline so that the springs and steel frame are fully covered. Please ensure that the Frame Pad covers all metal parts. Line up the elastic straps with the leg sockets and wrap the elastic straps **BEHIND** the leg sockets. First tie a knot, and then tie it into a one-sided bow as shown in FIGURE 15.

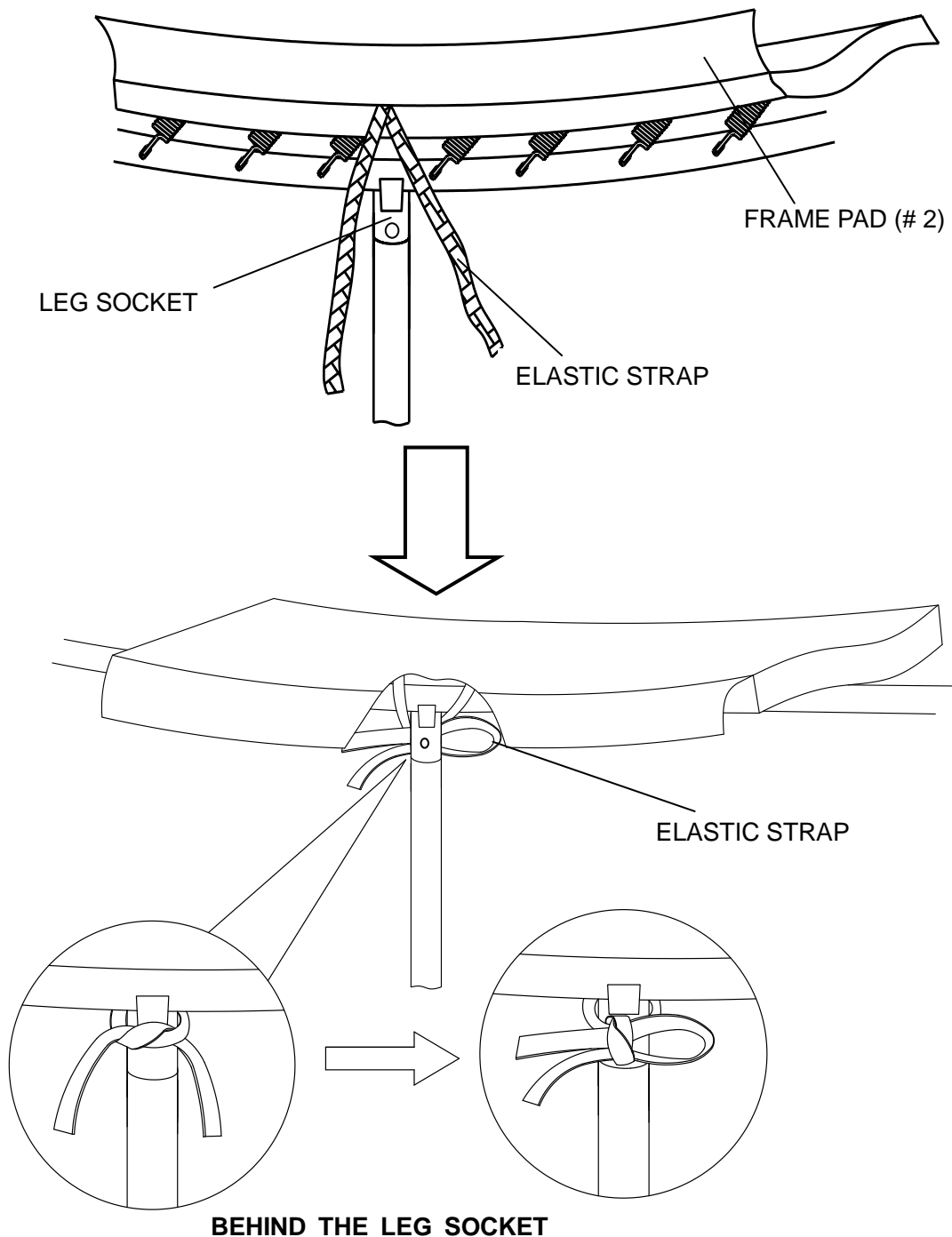
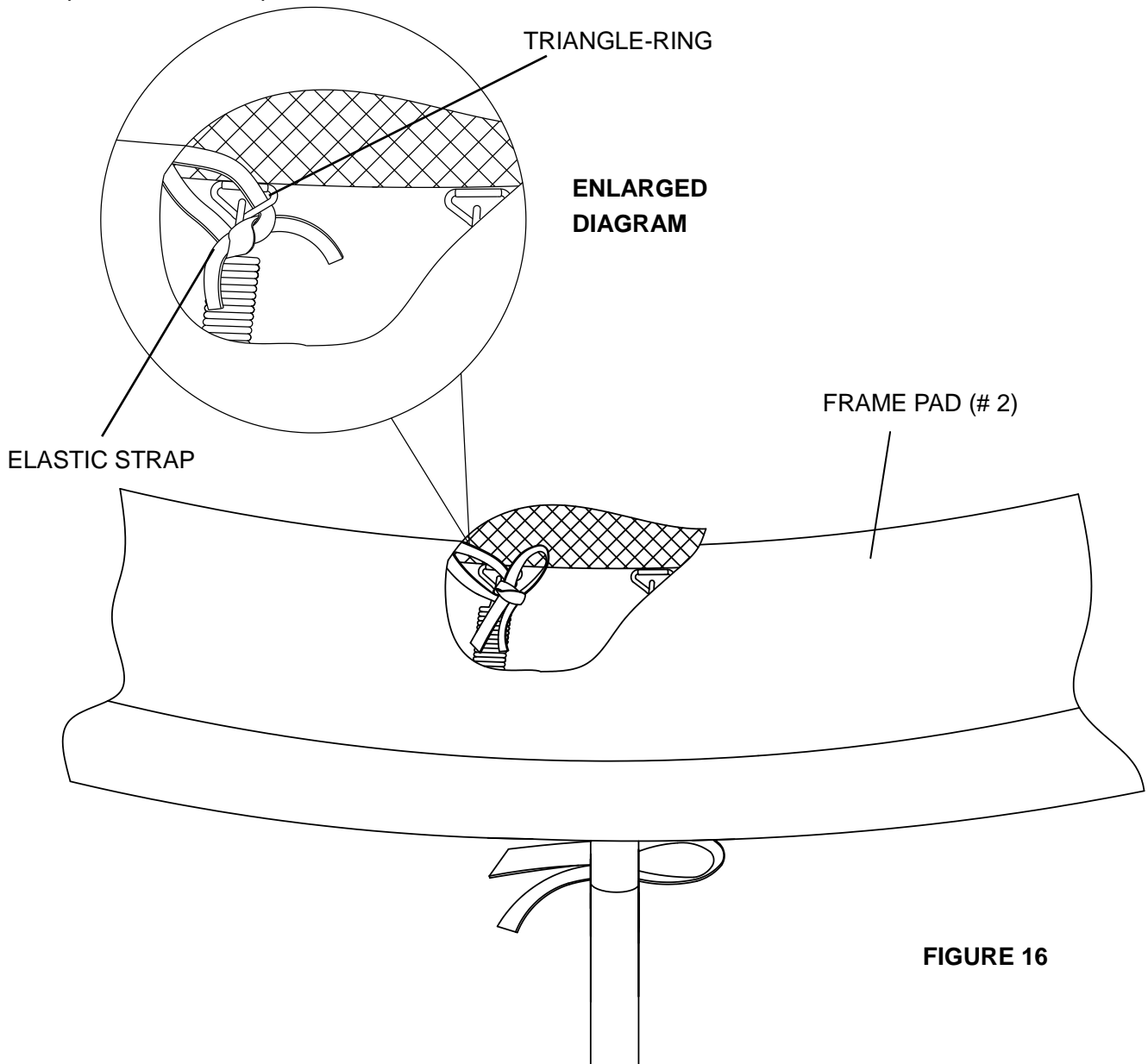


FIGURE 15

- B. Finally, wrap the inner elastic straps around the Triangle-Rings and tie a knot first as shown in ENLARGED DIAGRAM, then tie it into a one-sided as shown in FIGURE 16. Make sure that both the knot and the bow are tight and that the Frame Pad is securely attached to the trampoline. Repeat this step for all of the straps.



IMPORTANT NOTICE: Make sure the frame pad is securely attached to the frame and completely covers the frame and all springs before using this trampoline. Do not use 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 on the basic bounces described in the manual.

DISASSEMBLY OF TRAMPOLINE

To disassemble the trampoline, follow all the above steps in reverse order. Do not attempt to disassemble any frame components before the springs and the mat have been removed. Use heavy duty gloves to protect your hands from pinch points during disassembly.

TRAMPOLINE ENCLOSURE ASSEMBLY

BEFORE YOU BEGIN: Review all steps before beginning the assembly and read all precautions before using the trampoline. All the tools needed are included with this package. At least two adults are required to assemble the trampoline. **NOTICE: SOME FOAM TUBE DEFORMATION MAY TAKE PLACE DURING TRANSPORT. THIS IS NORMAL AND SHOULD NATURALLY RECOVER OVER TIME.**



CAUTION:

At least two people are required to assemble the trampoline enclosure. Protective gloves should be used during assembly to avoid pinching and goggles should be worn to avoid injuries to the eyes.

STEP 7

- A. Attach End Cap (# O) to the Lower Frame Tube with Foam (# B); please make sure that the End Cap (# O) is inserted to the side closer to the hole on the Frame Tube as shown in FIGURE 17.

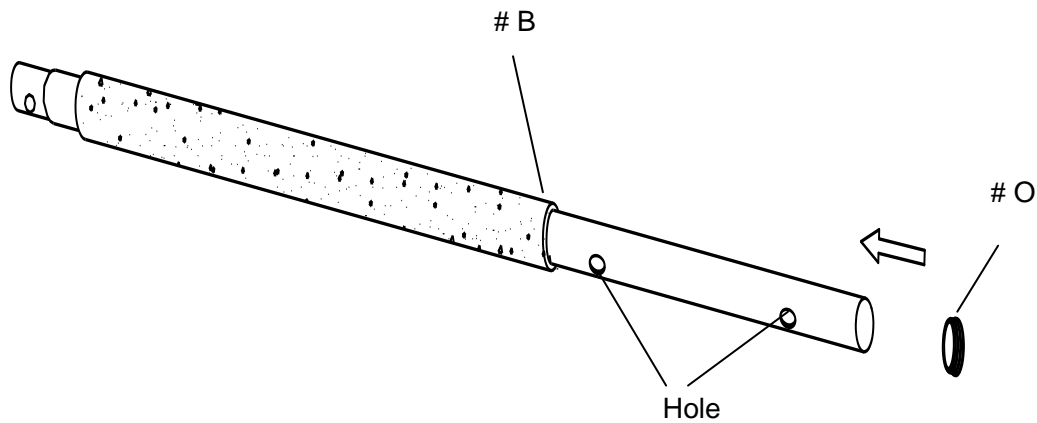


FIGURE 17

- B. Pull the foam downward a little bit to locate the hole at the curved end of Upper Frame Tube with Foam (# A).
- Attach the Plastic Cap (# P) to Upper Frame Tube with Foam (# A), secure by using Self-Locking Screw (# I) and Allen Wrench (# K) as shown in FIGURE 18. Then push the foam back to its original position. Repeat this step for all Upper Frame Tubes and Plastic Caps.

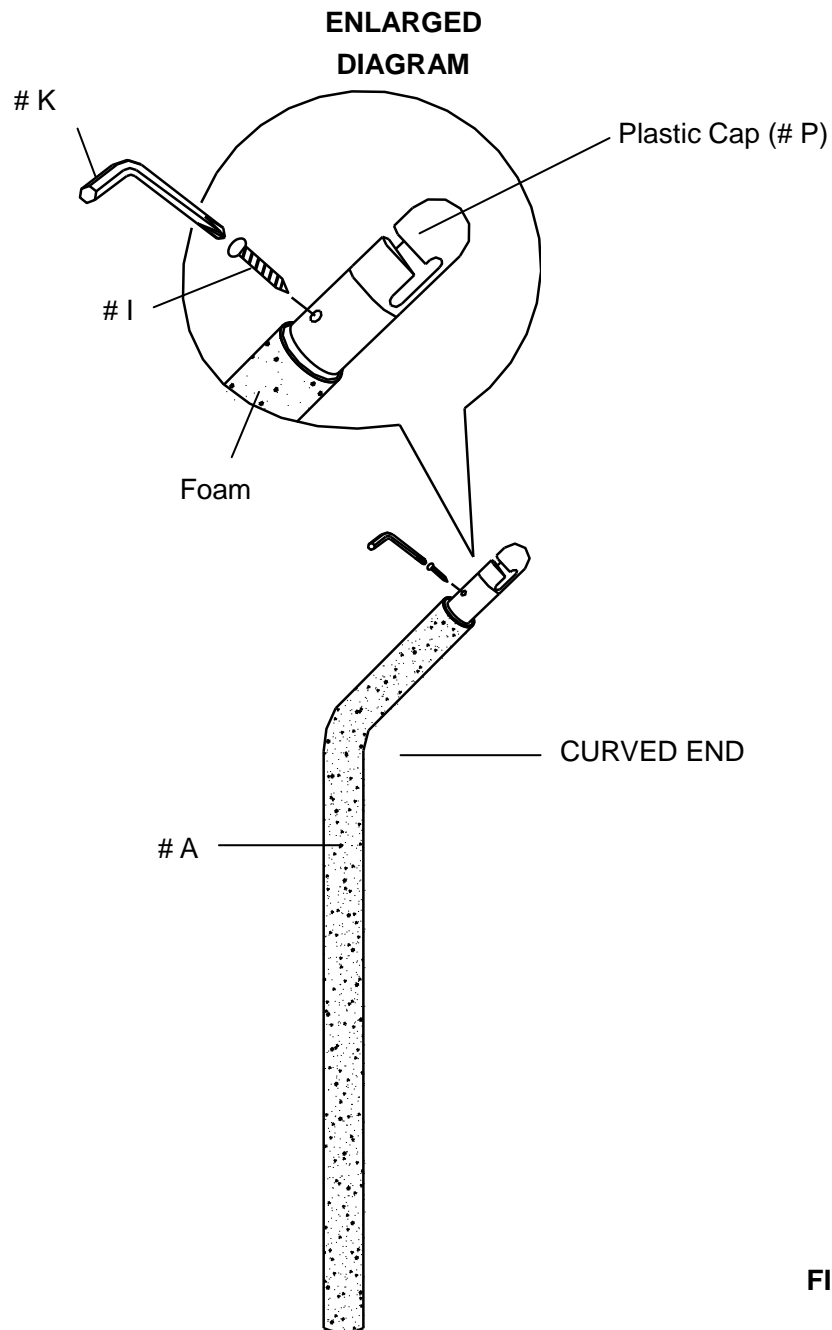


FIGURE 18

C. Connect the Lower Frame Tube with Foam (# B) to the trampoline Leg Frame as shown in FIGURE 19. One person will need to hold the Leg Frame steadily while another installs the Frame Tube.

1. Align the holes on the Lower Frame Tube with Foam (# B) with the Leg Frame.
2. Insert Screw (# F) through the Lower Frame Tube with Foam (# B), then the Gap Spacer (# E), and finally the Leg Frame of the trampoline. Secure using Arc Washer (# J), Spring Lock Washer (# G) and Cap Nut (# H) as shown in FIGURE 18. Repeat this step for all six (6) frame tubes.

NOTE: Please make sure the side of Gap Spacer (# E) with the plastic tube is inserted into the hole of the Lower Frame Tube with Foam (# B). This is an important safety feature to the structure. Also, the smaller arc of the Gap Spacer (# E) needs to face the Lower Frame Tube with Foam (# B).

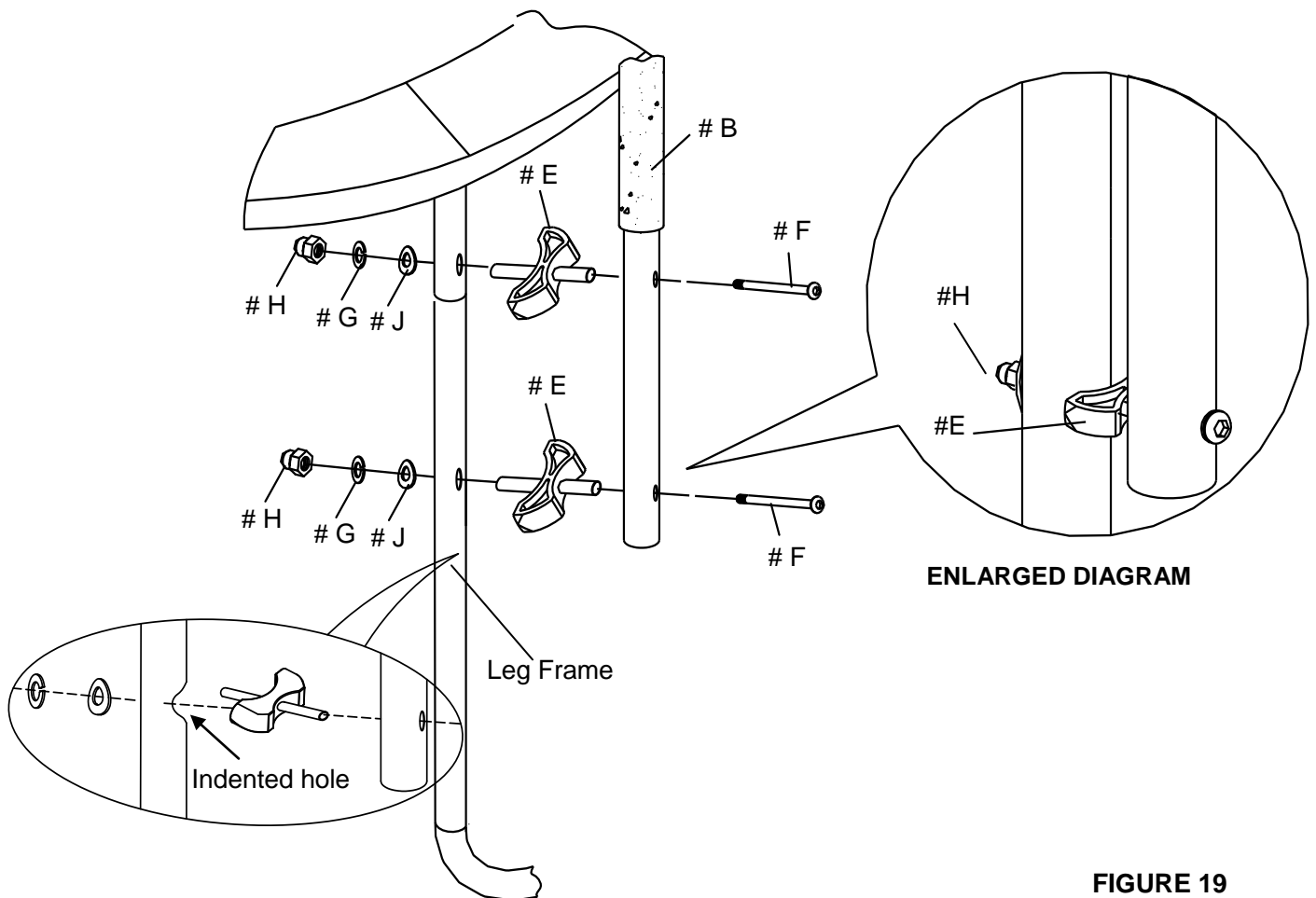


FIGURE 19

! IMPORTANT NOTICE:

Please ensure all the three holes on the Lower Frame Tube with Foam (# B) are facing outward. The two holes not covered by the foam tube are used for attachment to the Leg Frame. The other hole located at the opposite end (may be covered by the foam) is for connection to the Upper Frame Tube with Foam (# A) at a later step.

D. Separate all the Cable Wire (# C) into two groups and assemble them with Wrench (# D) as shown in FIGURE 20.



CAUTION: TWO ADULTS ARE REQUIRED

Please ensure that all connection points of the Cable Wires are securely tightened together by Wrench.

Failing to do so, might increase the chance of injury during assembly and disassembly.

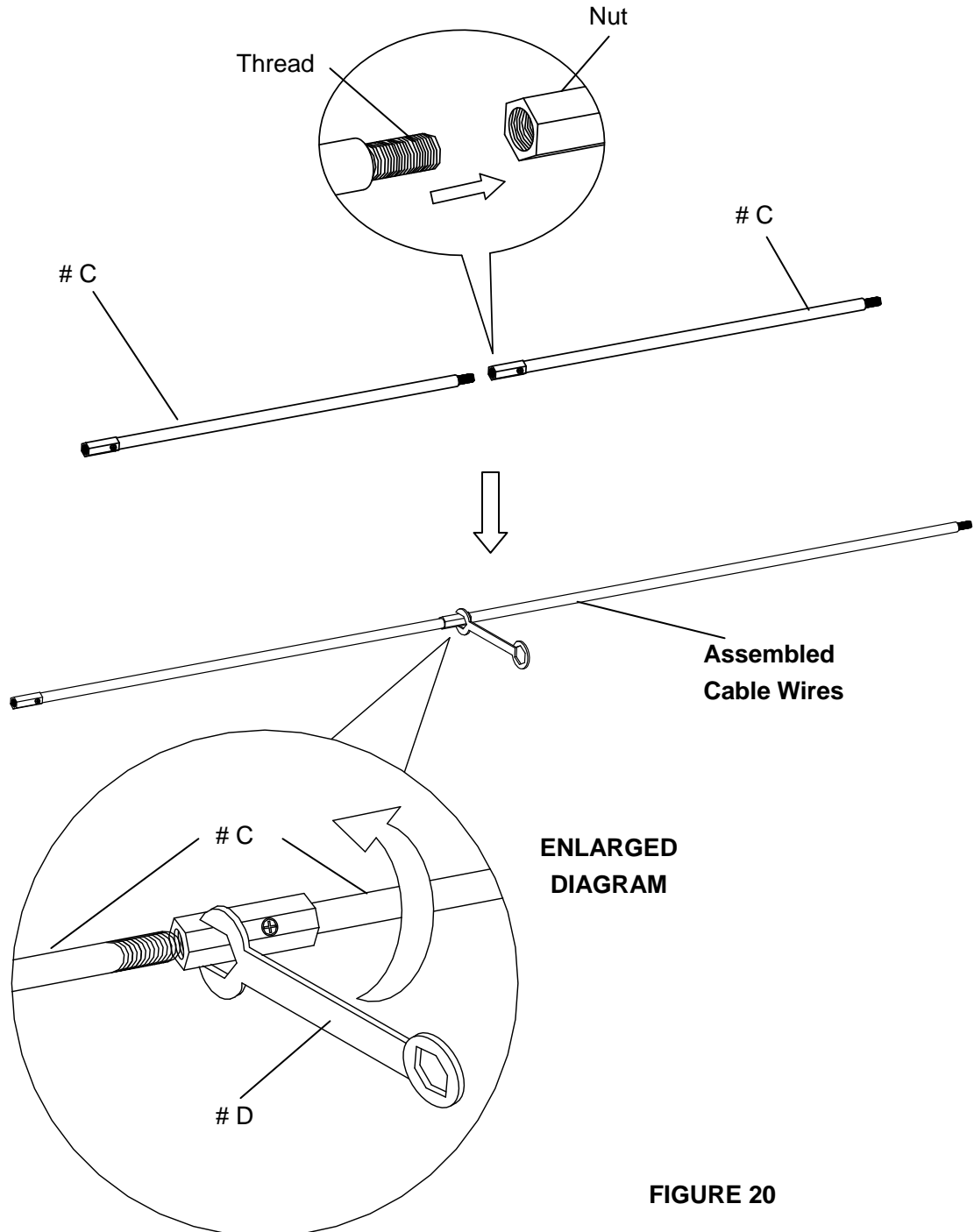


FIGURE 20

- E** Insert the two groups of Cable Wires into the sleeves as shown in FIGURE 21. By doing so, all the top sleeves will be divided into two groups with each one having a group of Cable Wires in it.

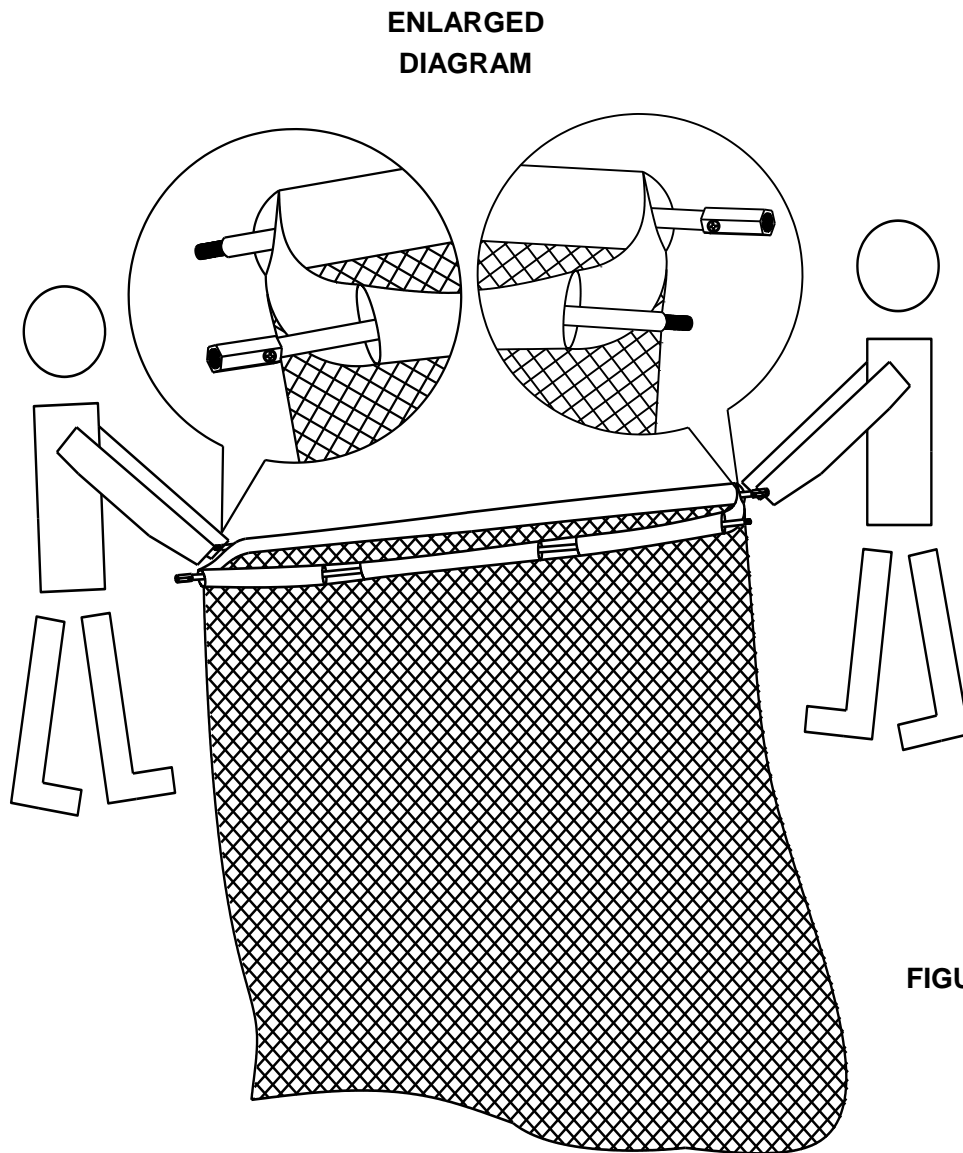


FIGURE 21

- F. Two people will be needed to complete this step. Slide the 2 assembled Cable Wires through the sleeve at the top of the Enclosure Netting (# M) as shown in FIGURE 22 and then connect the two ends of the assembled Cable Wires together using Wrench (# D).

! IMPORTANT WARNING: For this assembly step, the two ends of the assembled Cable Wires need to be pushed inward to form a circle in order to secure the ends. Please hold the wires firmly to avoid the cable wires from flexing back and causing injury.

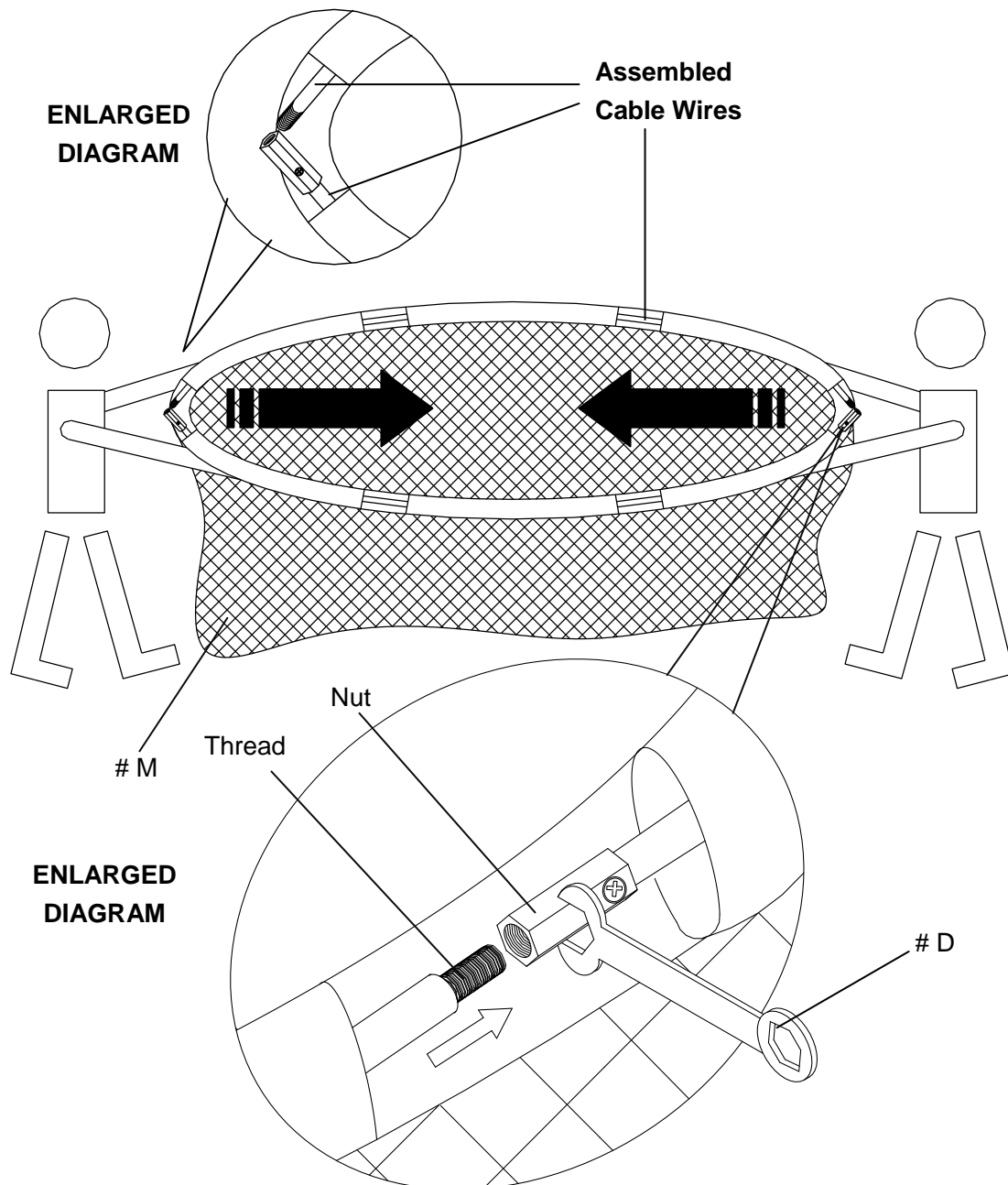


FIGURE 22

Now place the Enclosure Netting with the Cable Wire attached on top of the trampoline mat in preparation for the next step.



CAUTION: TWO ADULTS ARE REQUIRED

G. Attach Upper Frame Tube with Foam (# A) with the Plastic Cap (installed in STEP 6 PART B above) to the Cable Wire as shown in FIGURE 23. Make sure that the Cable Wire fits into the slot properly. Repeat in the same manner for all six frame tubes. The final result should look like FIGURE 24 when completed.

NOTE: Please place the door in the middle of one Leg Support as shown in FIGURE 24.

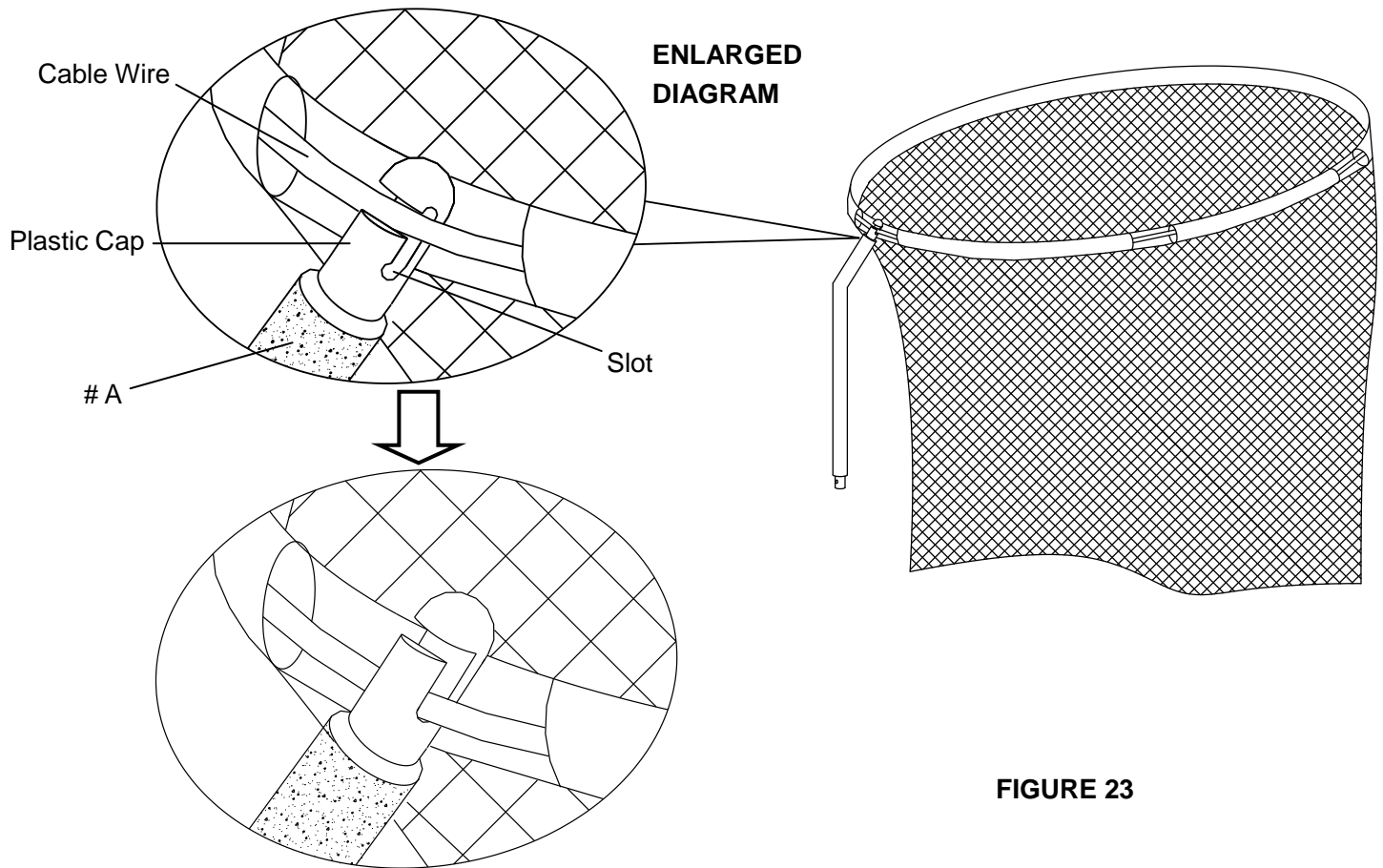


FIGURE 23

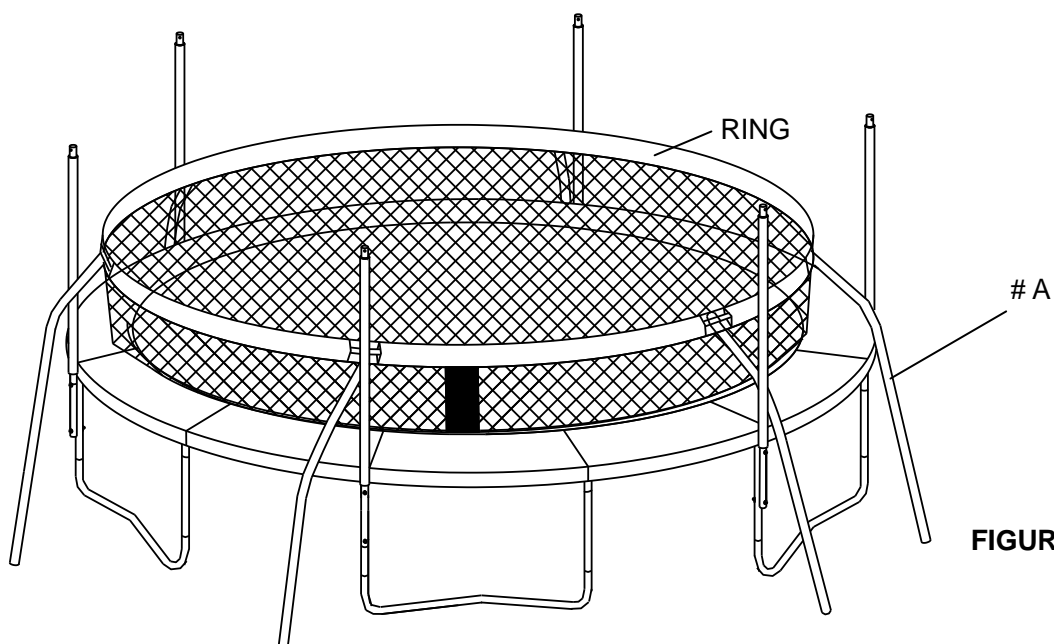


FIGURE 24

H. Now, connect the assembled Upper Frame Tube with Foam (# A) with the Enclosure Netting (attached in the earlier step) to the Lower Frame Tube with Foam (# B) as shown in FIGURE 25.

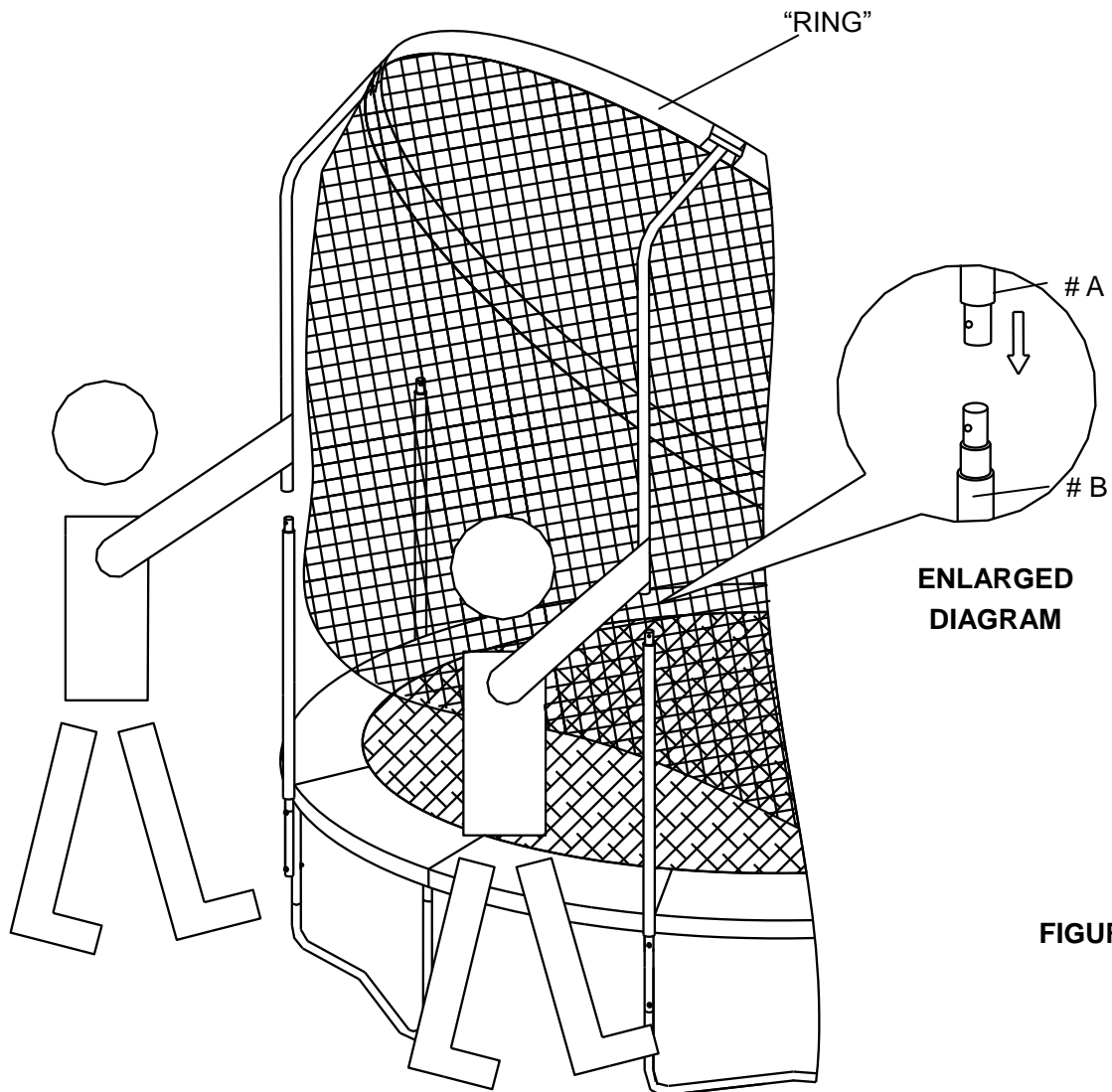


FIGURE 25

- I. Secure Upper Frame Tube with Foam (# A) to Lower Frame Tube with Foam (# B) by inserting Self-Locking Screw (# I) and tighten using Allen Wrench (# K) as shown in FIGURE 26.

Hint: In order to locate the holes to fit the screw, the foam on the Upper Frame Tube with Foam (# A) and Lower Frame Tube with Foam (# B) may need to be pushed aside

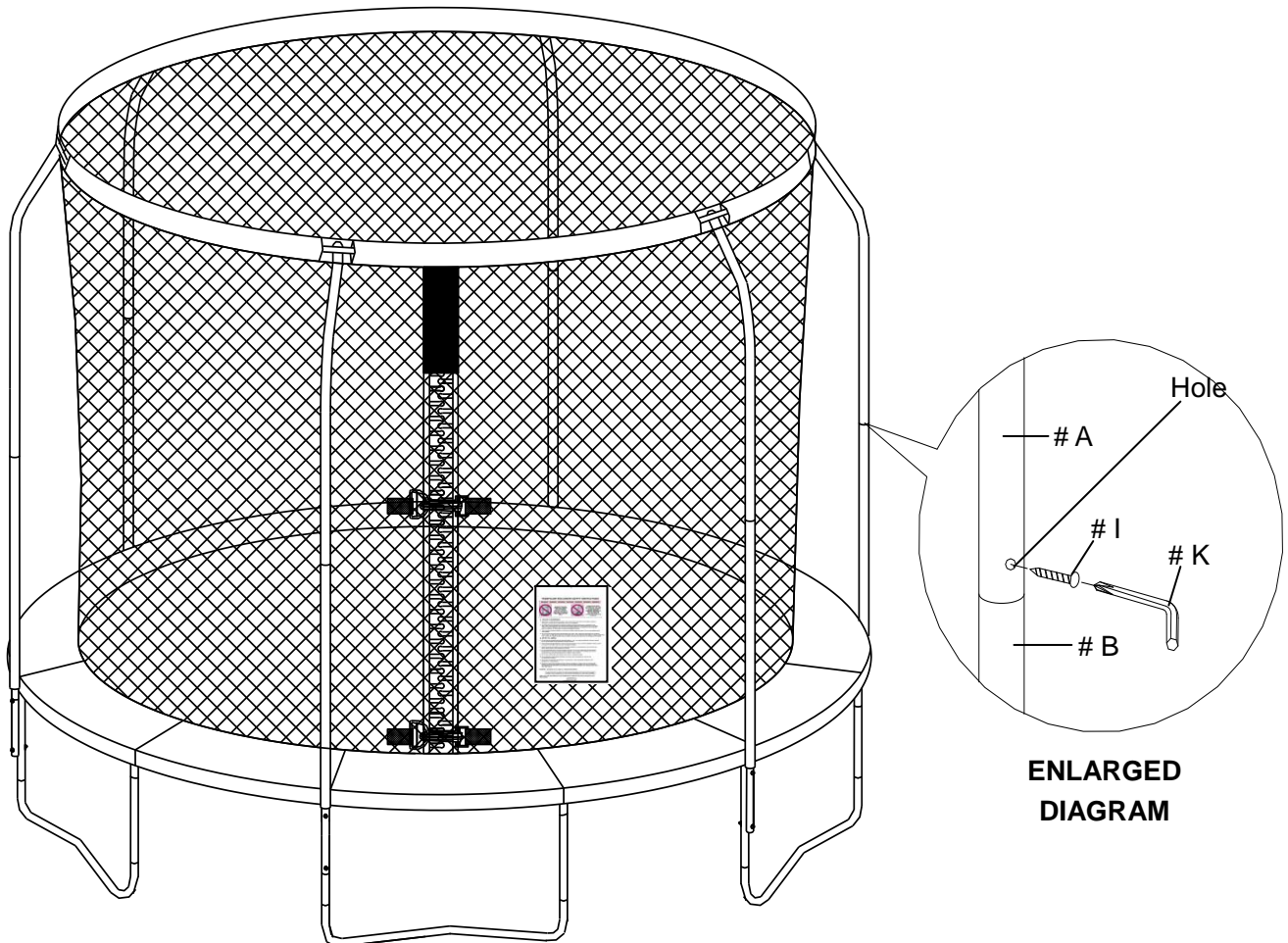


FIGURE 26

J. Fasten the bottom of the trampoline netting to the trampoline.

1. Lift the Trampoline pad and tie one end of Cord (# L) to the Triangle-Ring on the Trampoline Mat Triangle- Ring as shown in FIGURE 27.
2. Loop the other end of the cord through a hole on the edge of the net and then strand through the adjacent triangle-ring on the mat. Continue in the same manner until the cord has been entirely looped around the trampoline net, securing the enclosure net to the trampoline mat.

Note: Please make sure to pull the Cord (# L) through the hole at the edge of the net as shown in the enlarged diagram below.

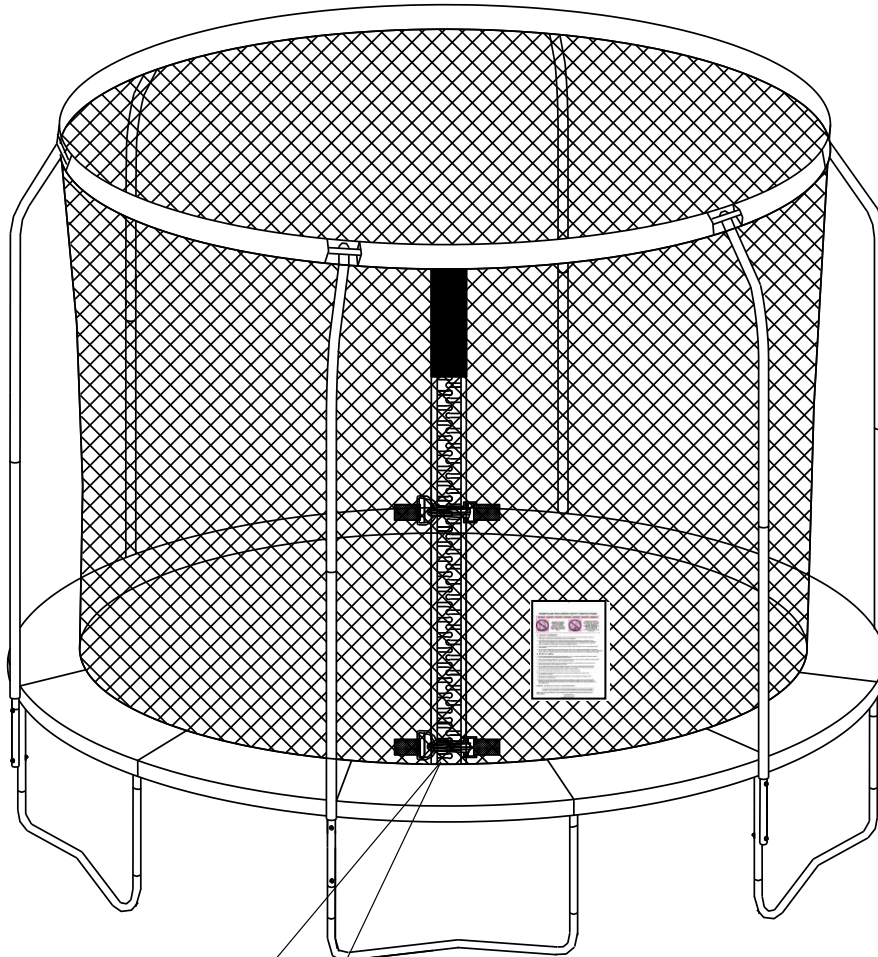
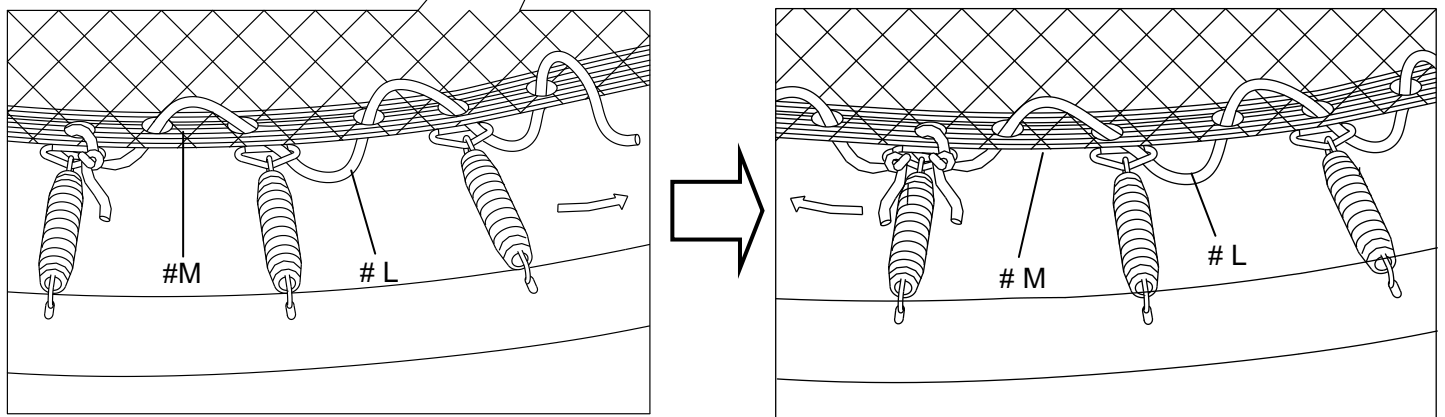


FIGURE 27



- K. Close the zip of the Enclosure Netting of the door which should be located center above a Leg Base of the trampoline, then snap both of the buckles as shown (the lower buckle is not shown) in FIGURE 28.

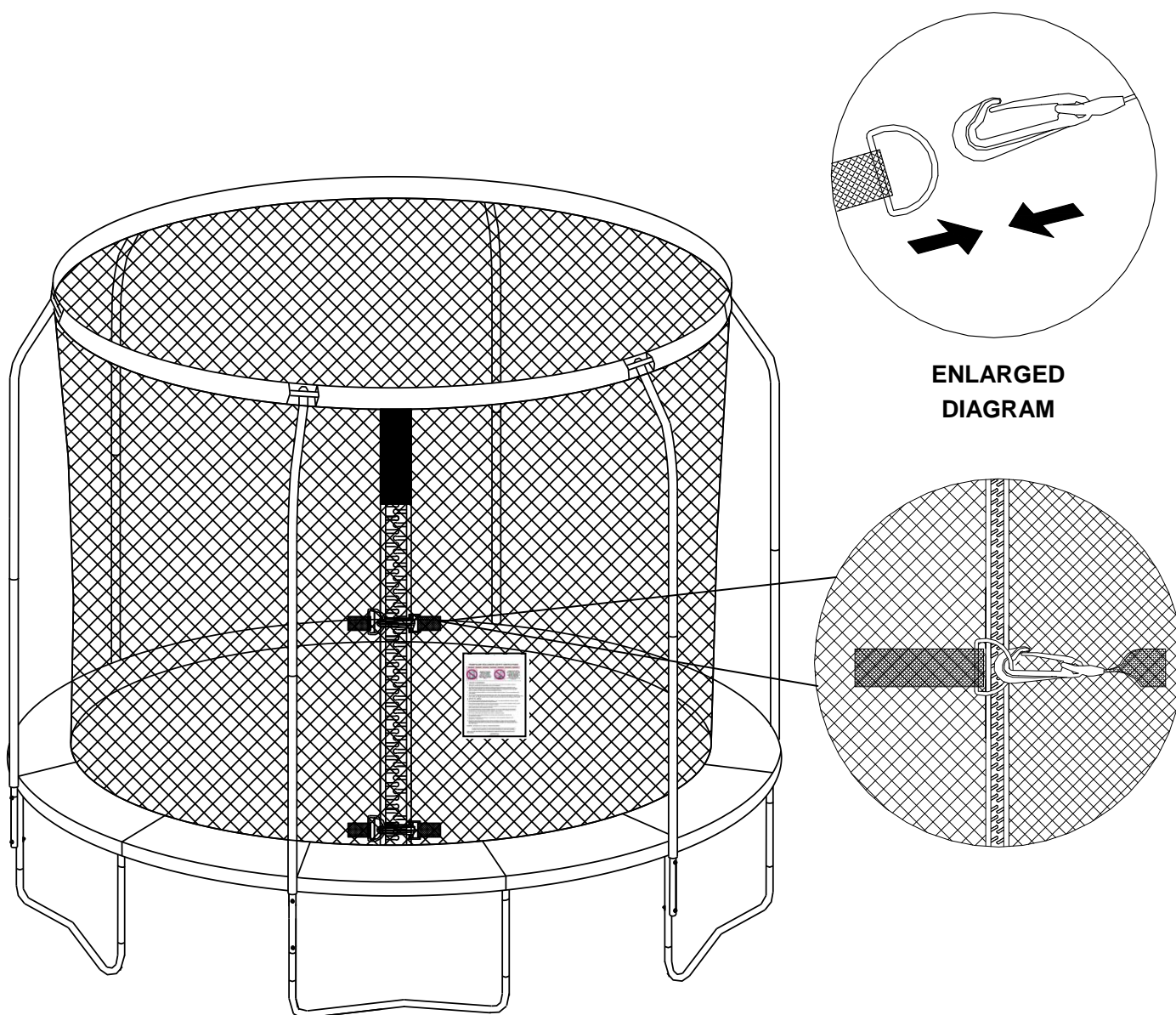


FIGURE 28

DISASSEMBLY OF TRAMPOLINE ENCLOSURE

To disassemble the enclosure netting, simply follow the above instructions in reverse order.

Warning!



Failure to follow these instructions to ensure proper operational condition of your trampoline may lead to serious injury or death.

- The springs, trampoline legs and enclosure netting must be inspected prior to every use. The legs should be locked securely into place, all the springs attached to the frame and there should be no tears in the enclosure netting.
- If any part becomes damaged or worn, please stop using the trampoline immediately until this part is replaced with manufacturer authorized parts.
- Please do not use unauthorized parts to assemble the trampoline. This may damage the integrity of the product and can cause injuries during use.
- To move the trampoline, it is recommended for the trampoline to be disassembled and then reassembled in the new location. However, if you need to move the trampoline a short distance for any reason, you must use duct tape or heavy industry tape to tape all leg joints together. To move the trampoline requires two or more people to lift the trampoline from contact with the ground. Do not drag the trampoline along the ground. The trampoline must be kept steady and horizontal to the ground during the move. Failure to follow these instructions may result in the leg support coming loose which may cause serious injury or death.
- Inspect the trampoline before each use and replace any worn, defective or missing parts.
- The following conditions could represent potential hazards:
 - (i) Missing, improperly positioned or insecurely attached frame padding.
 - (ii) Punctures, frays, tears or holes worn in the bed or frame padding.
 - (iii) Deterioration in the stitching or fabric of the bed or frame padding.
 - (iv) Broken or stretched springs.
 - (v) A bent or broken frame.
 - (vi) A sagging bed.
 - (vii) Sharp protrusions on the frame, padding or suspension system.
 - (viii) Damaged or degraded padding.

IF YOU FIND ANY OF THE ABOVE SIGNS OR ANYTHING OTHER INDICATIONS OF WEAKNESS IN THE INTEGRITY OF THE TRAMPOLINE, THE TRAMPOLINE SHOULD BE DISASSEMBLED OR SECURED FROM USE UNTIL THE CONDITION(S) HAS BEEN RESOLVED.

REGULAR INSPECTION OF THE TRAMPOLINE ENCLOSURE NET:

Your trampoline enclosure netting is manufactured with UV resistant material. Despite this the netting is exposed to the outdoor elements including sunlight, wind, rain and wildlife. Because of this the netting must be inspected prior to every use. Please see more details under Section "Important Warning about Enclosure Netting and Pad" contained in this manual.

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 suffer injuries. 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. Trampoline should be stored away during harsh weather conditions including extreme heat and snow or freezing temperature. Extreme temperature may cause damages and tears o the mat and netting and cause injury.

WINDY WEATHER:

The product must not be used in windy conditions as wind can cause unexpected movement of the product. The product must be properly stored away or disassembled completely during severe windy conditions. If you live in an area where there are winds strong enough to move the product, you should consult a local contractor about ways to secure the product in your location. Please readjust product to the lowest height and store it safely when not in use or before bad weather with severe wind.

LIMIT ACCESS:

Always properly store away the trampoline and enclosure when not in use and secure from any unauthorized use. When the trampoline is not in use, always store the access ladder in a secure place so that unsupervised children cannot play on the trampoline.

PROPER USE INSTRUCTIONS



Read and understand the use instructions in this manual prior to using this product. Failure to do so can result in serious injury or death. •

MAXIMUM USER WEIGHT:

Maximum weight of user should not exceed 220lbs (100kg). Trampolines over 20 inches (500mm) tall are 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. a deck, roof or ladder). This will increase your chance 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 should be assisted when 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:

No more than one person should jump on the trampoline at any one time. Multiple jumpers increase the chance of injuries being suffered, such as jumpers bumping into each other or being pushed off the trampoline or onto 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 frame pad covering the frame of the trampoline. DO NOT jump or step onto the frame pad directly since it was not intended to support the weight of a person.

MAINTAIN CONTROL:

DO NOT try difficult maneuvers, or any 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 from. 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. This can cause serious injuries, including broken neck or back and even death or paralysis.

FOREIGN OBJECTS:

DO NOT use the trampoline if there are pets, people, or any objects underneath the trampoline. Also, do not jump on the trampoline with snow board, skateboard, roller blades, bicycle or any other equipment not authorized by the manufacturer. 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 chance of getting injured.



Read and understand the use instructions in this manual prior to using this product. Failure to do so can result in serious injury or death. •

Responsibilities of the user

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. Read, understand, and practice all precautions and warnings prior to using the trampoline. A controlled jump is when you land and take off from the same location. For additional tips and instructions, contact a certified trampoline instructor.

Supervisor's or owner's role in preventing injuries

It is the responsibility of the supervisor(s) of the trampoline users to provide knowledgeable and mature supervision. They need to know and enforce all the rules and warnings set forth in this manual in order to minimize the likelihood of accidents and injuries and to inform users of these rules. During the periods of time when 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 the jumpers are informed of these warnings and instructions.

Warning!

- Read all instructions before using the trampoline.
- DO NOT attempt or allow somersaults. Landing on the head or neck can cause serious injury, paralysis or death, even when landing in the middle of the bed.
- Allow only one person on the trampoline at any time. Use by more than one person at the same time can result in serious injury.
- Use the trampoline only with mature, knowledgeable supervision at all times.
- Inspect the trampoline before each use. Make sure the frame padding is correctly and securely positioned. Replace any worn, defective or missing parts.
- Keep objects away which could interfere with the jumper. Maintain a clear area around, above and under the trampoline.
- Learn fundamental bounces and body positions thoroughly before trying more advanced skills.
- Trampolines over 20 inches (51 cm) tall should not be used by children under six (6) years of age.
- 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.
- Climb on and off the trampoline. 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.
- 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.
- Completely close the opening of the enclosure before jumping. Close the opening of the enclosure after using the trampoline.
- Do not use the trampoline while under the influence of alcohol or drugs.
- Do not attempt to jump over the enclosure barrier.
- Do not intentionally rebound off the enclosure barrier.

LESSON PLAN

WARNING:

ALWAYS START YOUR JUMP AT THE MIDDLE OF TRAMPOLINE MAT INDICATED BY WHITE CIRCLE

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 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

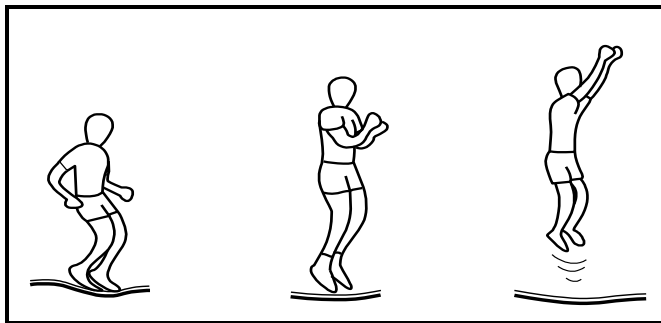
After completing this lesson, the student now has a basic foundation of trampoline bounces. Jumpers should be encouraged to try and develop their own routines with the emphasis on control and form.

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.

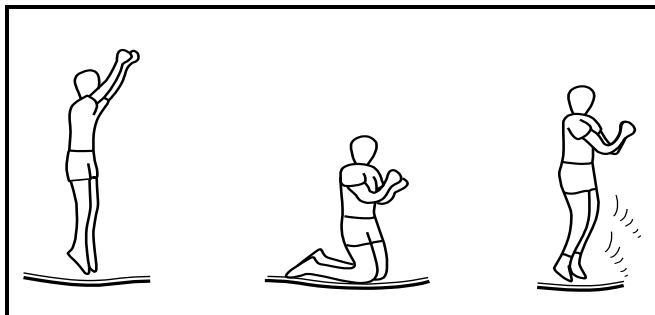
BASIC TRAMPOLINE BOUNCES

THE BASIC BOUNCE



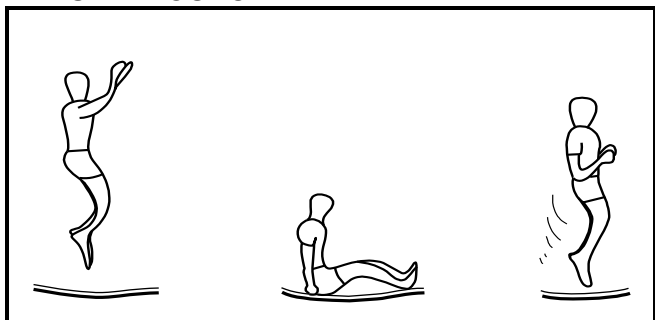
1. Start from the standing position, with your feet having shoulder width apart and with head up and eyes on mat
2. Swing arms forward and up in a circular motion
3. Bring feet together while in mid-air and point toes downwards.
4. Keep the feet shoulder width apart when landing on mat

THE KNEE BOUNCE



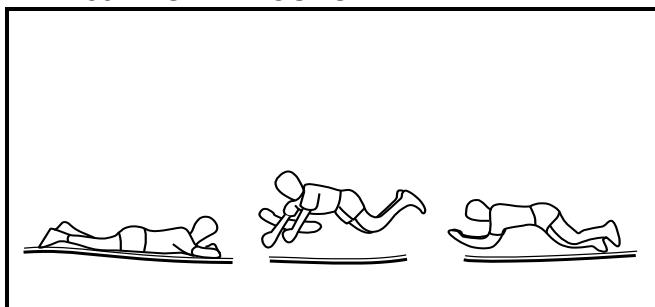
1. Start with the basic bounce and keep it low
2. Land on knees while keeping your back straight and body erect while using your arms to maintain balance
3. Bounce back to basic bounce position by swinging arms up

THE SEAT BOUNCE



1. Land in a flat sitting position
2. Place hands on mat besides hips, but do not lock your elbow
3. Return to erect position by pushing with hands

THE 180 DEGREE BOUNCE



1. Start with the 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 while keeping your back parallel to the mat and your head up
4. Land in the Prone position and return to standing position

TASMAN SPORTS

SHEEHAN ROAD, WESTHEIDELBERG, VICTORIA

SERVICE PHONE NUMBER 1800-333-061

MODEL NUMBER # TR-14-FLEX-FZ

KEY CODE: 41790038

TR-14-FLEX-FZ-KM001