



Assembly, Installation and Use Manual

14' (4.2 m) Trampoline and Enclosure Combo

084-6692-6



Stop

Please read and understand this manual before assembly. Before beginning assembly of product, make sure all parts are present. Compare parts with packaging contents list. If any part is missing, or if you have any questions, contact the vendor's customer service department at 1-866-567-4089.

Version 3

Dear Customer,

Thank you for choosing a **JumpTek** trampoline. We hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest. It is proven that a regular exercise program can improve physical and mental health. The **JumpTek** trampoline provides a convenient and simple way to get your body in shape and achieve a happier and healthier lifestyle. Enjoy!

TABLE OF CONTENTS

Safety instructions	2 - 3
Parts list & diagram	4 - 5
Assembly	6 - 13
Information on trampoline use	13
Training with the trampoline	14 - 15
Cleaning and care	16
Technical data	16
Limited warranty	17

SAFETY INSTRUCTIONS



WARNING!



Only one person at a time is allowed on the trampoline. If more than one person uses the trampoline at the same time, the danger of losing control, collisions or falling from the trampoline increases. This might lead to injuries to the head, neck, back, arms or legs.



Do not land on your head or neck. This poses danger of paralysis followed by death, even when landing in the middle of the jumping bed. To avoid the danger of a head or neck injury never attempt to do somersaults on the trampoline.

Only use the trampoline with a responsible adult supervising.



TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING SAFETY INSTRUCTIONS BEFORE ASSEMBLING AND USING THE TRAMPOLINE.

Safety instructions for trampoline

- Misuse and abuse of this trampoline is dangerous and can cause serious injuries or death. Trampolines, being rebounding devices, propel the user to unaccustomed heights and into a variety of body movements.
- 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 trampoline.
- Do not allow more than one person on the trampoline. Use by more than one person at the same time can result in serious injuries.
- Use the trampoline only with the supervision of a mature, knowledgeable person.
- Trampolines over 20" (51 cm) tall are not recommended for use by children under six years of age.
- Keep small children and pets away from the trampoline at all times, including during use and assembly of the trampoline.
- Inspect the trampoline before each use. Make sure the frame padding is correctly and securely positioned. Replace any worn, defective or missing parts.
- 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.
- Stop bouncing by flexing knees as feet come into contact with the trampoline bed. Learn this skill before attempting others.
- Learn fundamental bounces and body positions thoroughly before trying more advanced skills. A variety of trampoline activities can be carried out by performing the basic fundamentals in various series and combinations, performing one fundamental move after another, with or without feet bounces between them.
- Avoid bouncing too high. Stay low until bounce control and repeated landing in the centre of the trampoline can be accomplished. Control is more important than height.

SAFETY INSTRUCTIONS

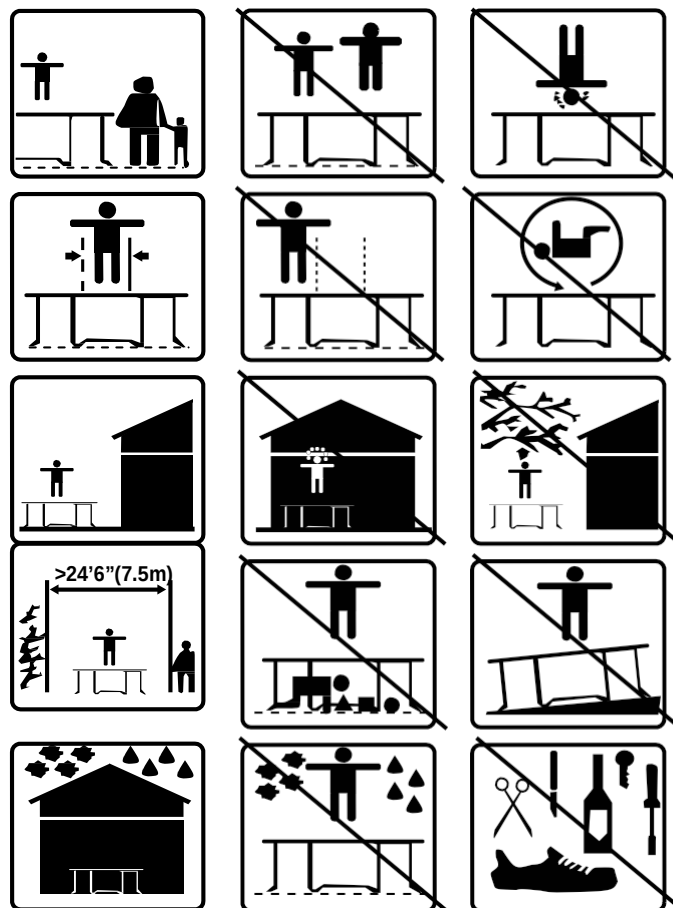
- With the head erect, focus eyes toward the perimeter of the trampoline. This will help control bouncing.
- Avoid bouncing when tired. Keep turns short.
- Properly secure the trampoline when not in use. Protect it against unauthorized use. If a trampoline ladder is used, the supervisor should remove it from the trampoline when leaving the area to prevent unsupervised access by children under six years of age.
- Keep objects away that could interfere with the user. Maintain a clear area around the trampoline.
- Do not use the trampoline while under the influence of alcohol or drugs.
- For additional information concerning the trampoline equipment, contact the manufacturer.
- For information concerning skill training, contact a certified trampoline instructor.
- Bounce only when the surface of the bed is dry. Wind or air movement should be calm to gentle. The trampoline should not be used in gusty or severe winds.
- Read all instructions before using the trampoline. Warnings and instructions for the care, maintenance and the use of this trampoline are included to promote safe, enjoyable use of this equipment.
- This trampoline is for home use only. Do not use for institutional or commercial purposes. Failure to follow this warning could result in minor or moderate injury.
- The weight limit on the trampoline is 250 lbs. (113.6 kg).

Safety instructions for enclosure net

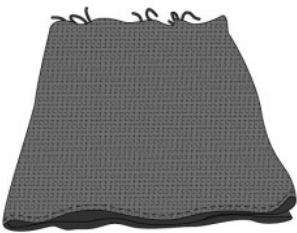
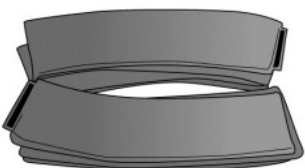
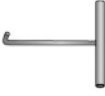
- Do not bounce against the trampoline net.
- This enclosure net is only to be used with a trampoline of a size for which the enclosure is designed.
- Make sure that no fire is lit close to the enclosure. In windy conditions, sparks and embers can travel significant distances and burn holes in the enclosure net.
- Any large trampoline with an enclosure net installed can be blown around in high winds and cause personal injury or property damage. We recommend removing the trampoline enclosure and disassembling the trampoline in strong winds.



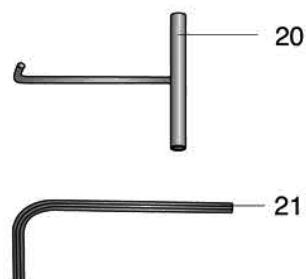
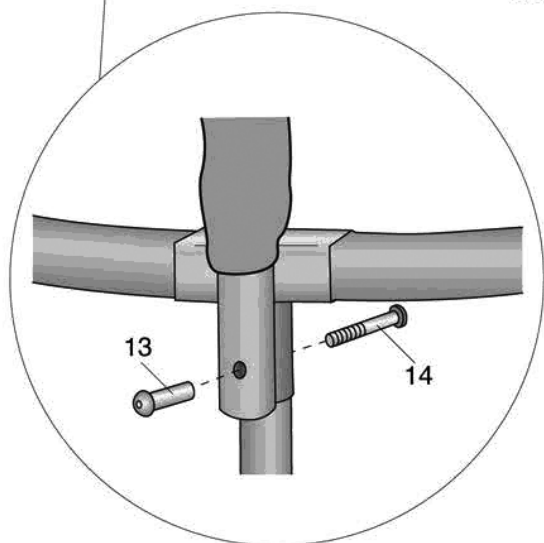
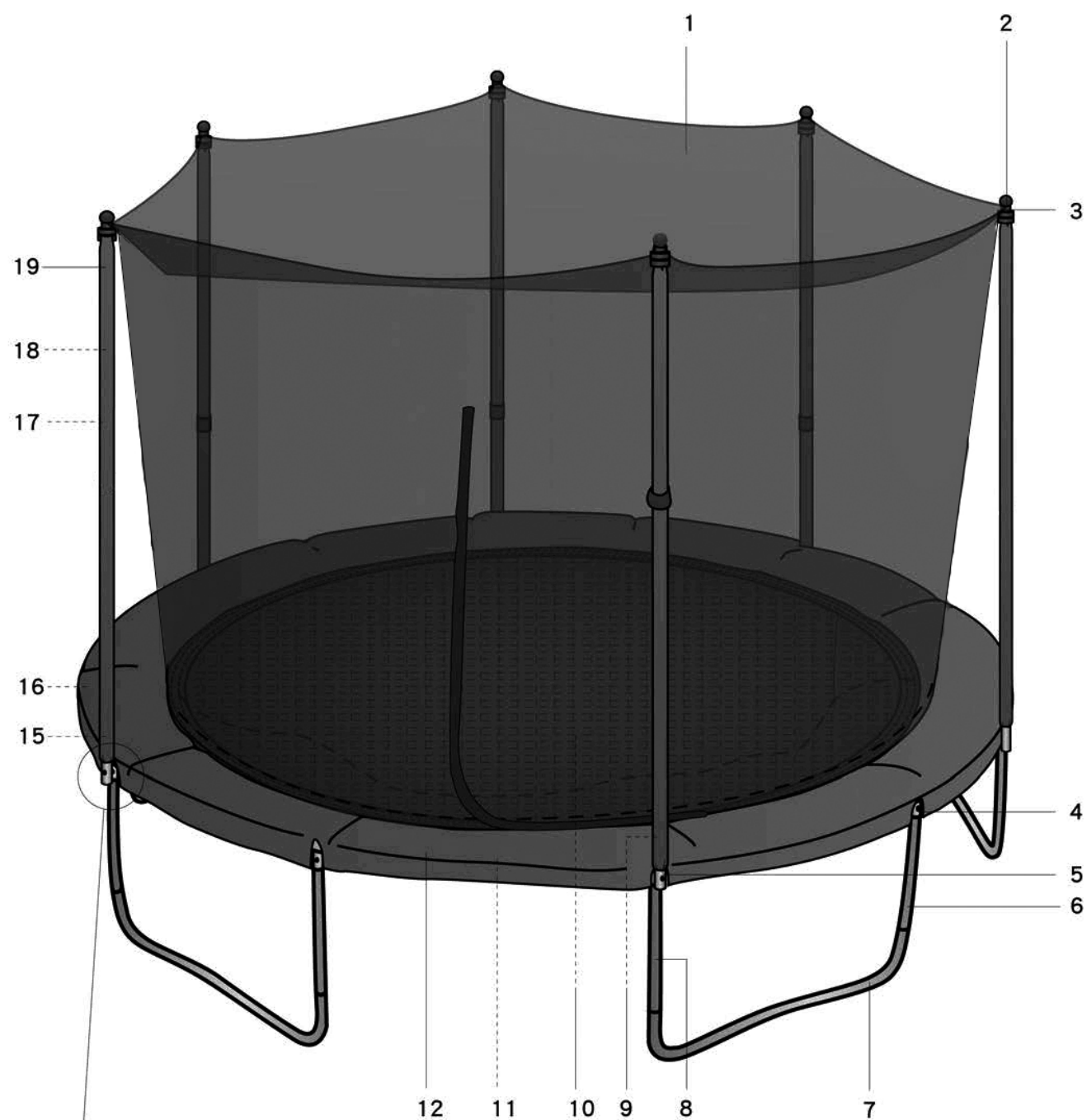
WARNING: Before starting any exercise or conditioning program consult a personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant or suffer from any illness.



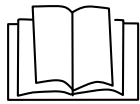
PARTS LIST

No.	Description	Qty	No.	Description	Qty
1	Enclosure Net 	x1	11	Spring 	x84
			12	Frame Pad 	x2
2	Ball Cap 	x6	13	Nut 	x6
3	Ball Cap Screw 	x6	14	Hex Bolt 	x6
4	T-shaped Joint 	x6	15	Lower Pole Foam (Pre-installed) 	x6
5	T-joint with Welded Socket 	x6	16	Top Rail Tube 	x12
6	Vertical Leg Tube 	x6	17	Upper Supporting Pole 	x6
7	W-shaped Tube 	x6	18	Upper Pole Foam (Pre-installed) 	x6
8	Vertical Leg Tube with Locking Pin 	x6	19	Foam Sleeve 	x6
9	Lower Supporting Pole 	x6	20	Spring Hook Tool 	x1
10	Trampoline Mat (with Sewn-in V-rings) 	x1	21	Allen Key 	x2

SCHÉMA



ASSEMBLY



Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials and place them back in the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning assembly and make sure you understand each step. If you are missing a part, please call our toll-free number for assistance: 1-866-567-4089.



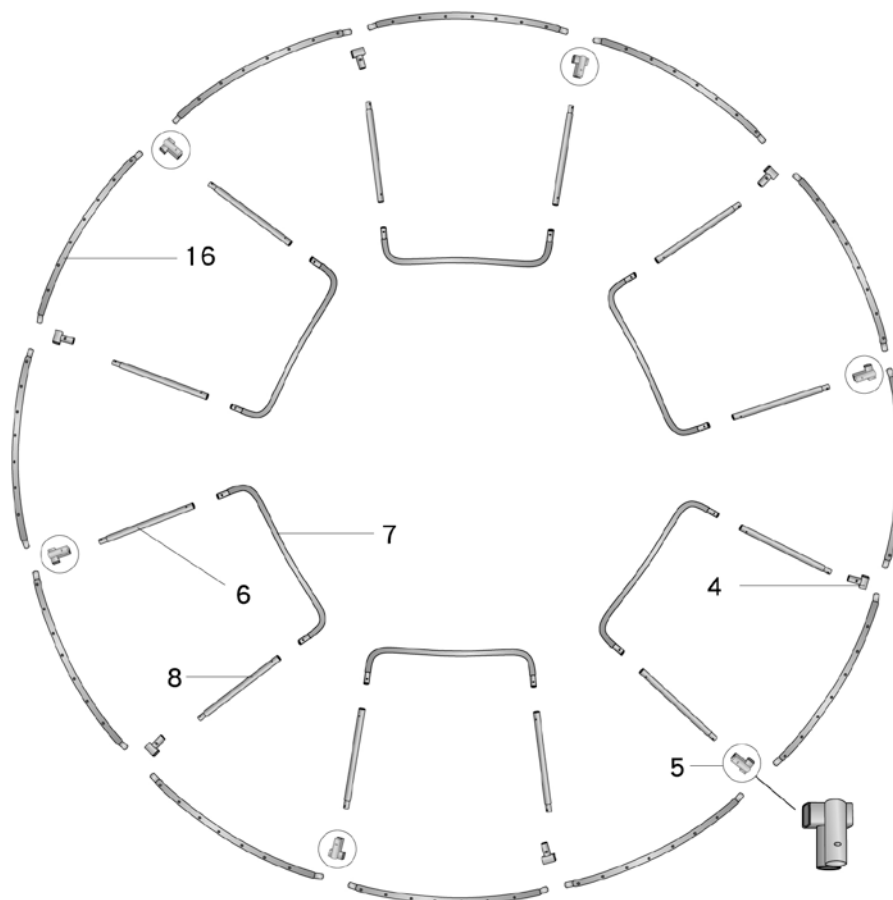
WARNINGS:

- Always use two or more strong people to assemble the trampoline. Failure to use two or more strong people may allow the springs to strike back and hit someone, which could cause serious injury or death.
- Keep children and pets away from the trampoline during assembly.
- Keep fingers away from the places where they can be pinched or trapped.
- The frame pad must be installed before using the trampoline.
- Do not attempt to assemble the trampoline if any parts are missing.

- Adequate overhead clearance is essential. A minimum of 24' (8 m) 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 level surface before use.
- Use the trampoline in a well-lit area. Artificial illumination may be required for indoor or shady areas.
- Secure the trampoline against unauthorized and unsupervised use.
- Remove any obstructions from beneath the trampoline.
- The owner and supervisors of the trampoline are responsible for making all users aware of practices specified in the user instructions.

Step 1: Preparation

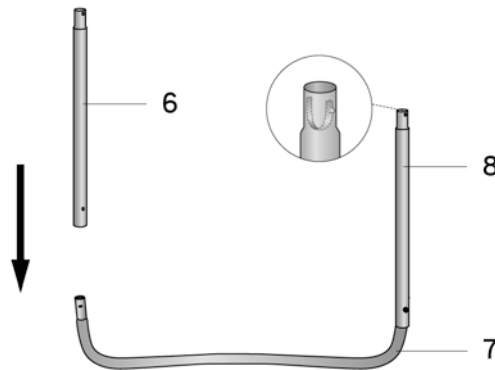
- Place the Top Rail Tubes (16), T-shaped Joints (4), T-shaped Joints with Welded Sockets (5) Vertical Leg Tubes (6 & 8) and W-shaped Tubes (7) on a level surface, as shown in the picture below. This provides an overview of the parts and the way they should be assembled.
- The two types of T-shaped joints (4 & 5) must be alternately placed (4 – 5 – 4 – 5) before connecting the top rail pieces.



ASSEMBLY

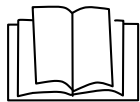
Step 2: Assembling the Vertical Leg Tubes

- Connect the Vertical Leg Tubes (6 & 8) with W-shaped tubes (7).
- Ensure spring-loaded locking pins are aligned with locking holes and pin locks into the secured position.

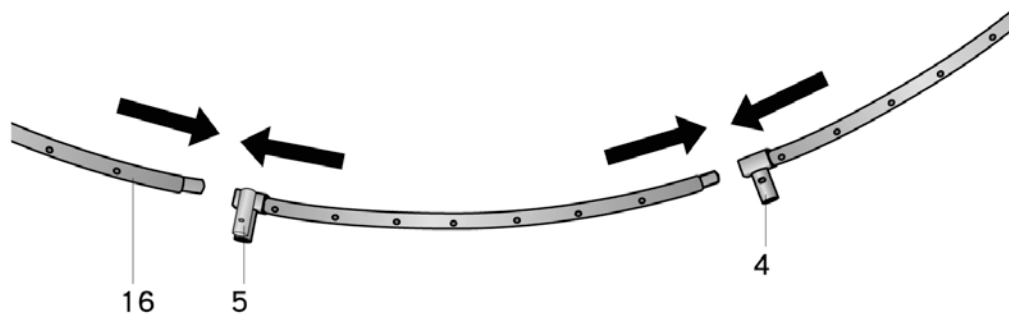


Step 3: Assembling the Top Rail Frame

- Connect Top Rail Tube (16) to the T-shaped Joints (4 & 5). Make sure on T-shaped Joints (5), the side with the welded socket faces away from the centre of the trampoline. Always slide the bigger end of the Top Rail Tube (16) into the T-shaped Joint (4) first. Repeat this step with the other 11 rail tubes, making a total of 12 top rail sections.
- Connect all 12 assembled sections into one circle.

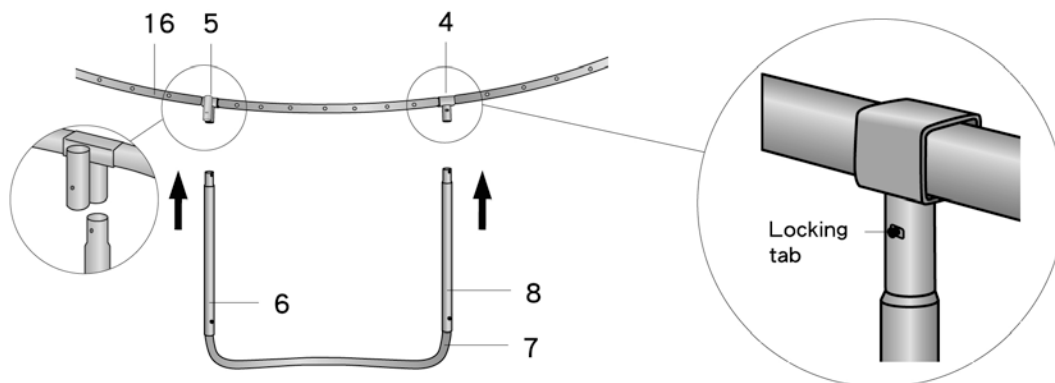


Note: When connecting the Top Rail Tube (16) to the T-shaped Joints (4 or 5) be sure that the opening on each T-shaped Joint is facing the inner side of the Top Rail Frame.



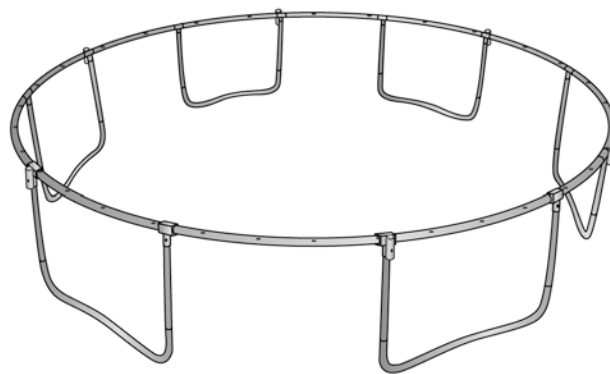
Step 4: Assembling the Leg Tubes to the Top Rail Tubes

- Connect the assembled Leg Tubes to the assembled Top Rail Frame.
- Slide the T-shaped joints (5) into the Vertical Legs (6). Leave the hole without Bolt and Nut at this stage. The Bolt and Nut will be used in later steps, when the supporting pole is connected as well.
- Make sure that the locking tabs on the Vertical Leg Tubes (8) go through the openings on the T-shaped Joints (4).



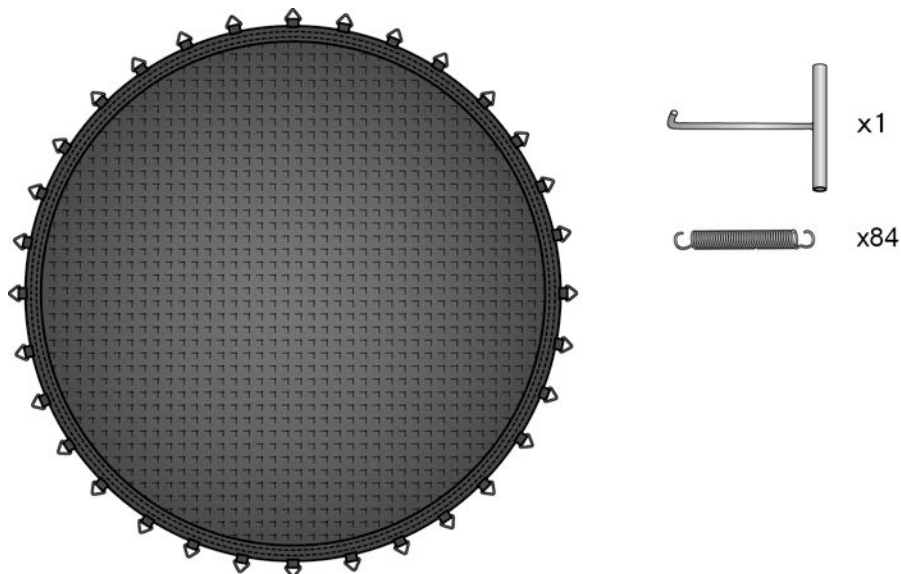
ASSEMBLY

- After completing the assembly, the trampoline frame should look like the illustration below.



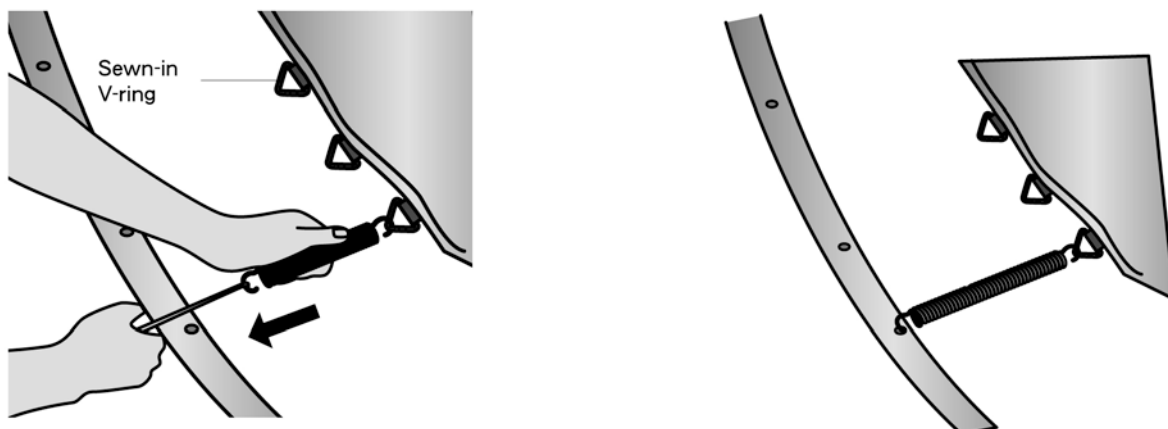
Step 5: Preparing the Trampoline Mat

- Unfold the Trampoline Mat (10).
- Have the Springs (11) and Spring Hook Tool (20) ready for assembly.



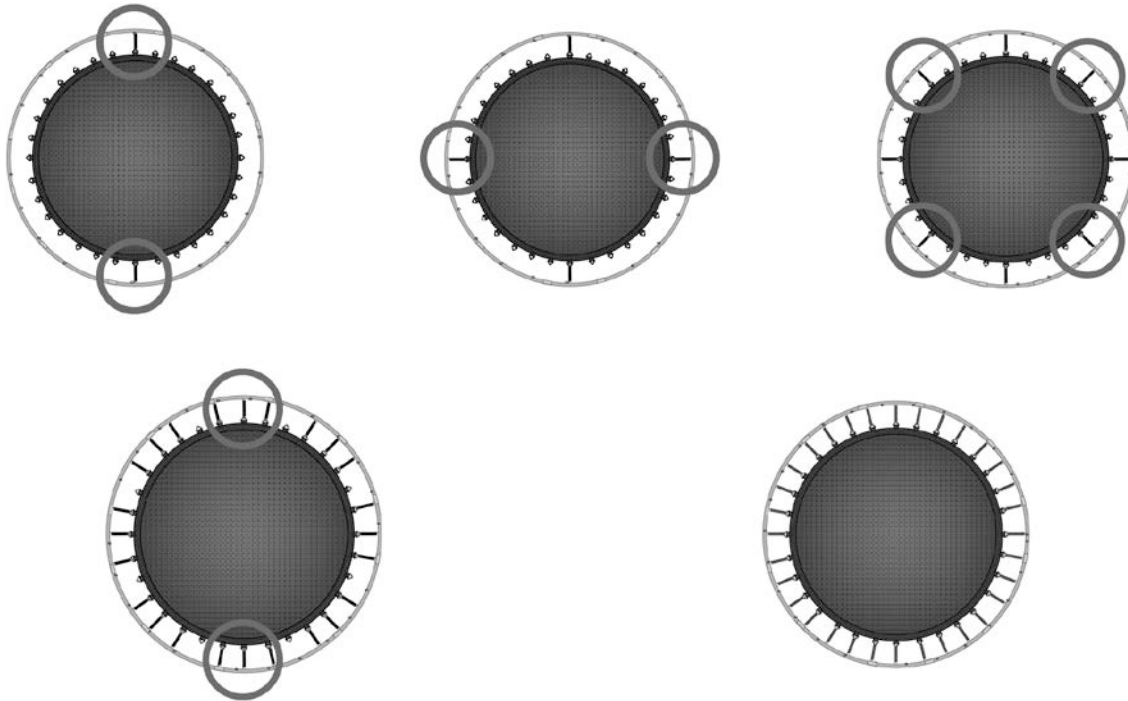
Step 6: Connecting the Trampoline Mat to the Top Rail Frame

- Hang the Trampoline Mat (10) on the Top Rail Frame using the provided Springs (11).
- Use the Spring Hook Tool (20) to pull and insert the Springs (11) into the openings on the Top Rail Tubes (16).

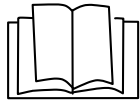


ASSEMBLY

- When connecting the Springs (11), always connect the Springs opposite to each other to get an even result in tensioning the Trampoline Mat (10).

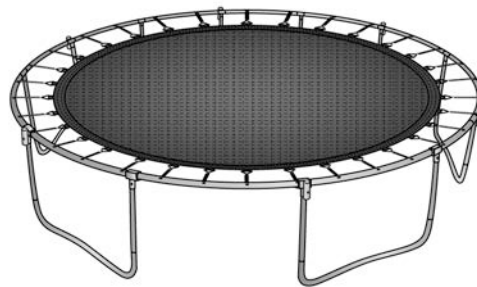


Notes:



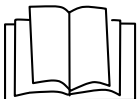
- The even distribution of tension is a critical factor in the proper assembly of the Trampoline Mat.
- If the Springs (11) can only be inserted with the use of extensive force, they are not inserted in the correct order and manner.
- Make sure that the Springs (11) are always inserted at an angle of approximately 90° to the openings on the Top Rail Frame.

- After completing the assembly, the Trampoline Frame and Mat should look like the illustration below.

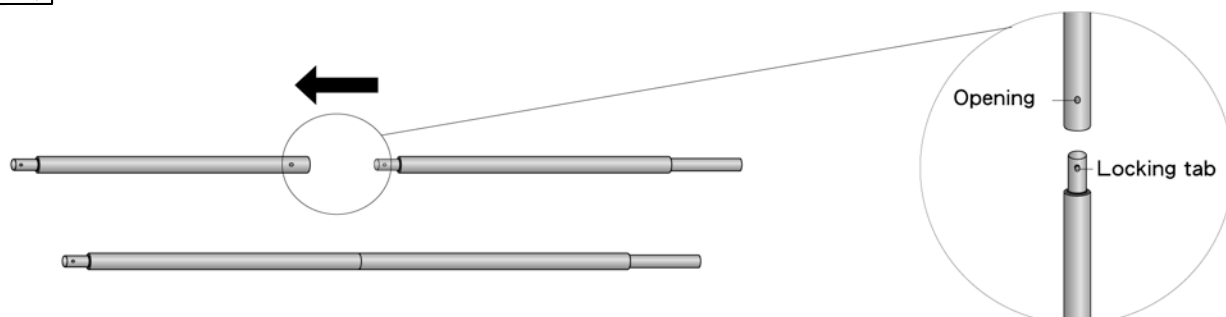


Step 7: Assembling the Supporting Poles

- Connect all six Upper Supporting Poles (17) to the six Lower Supporting Poles (9). Make sure that the locking tabs “click” into the openings of the Upper Supporting Poles (17).



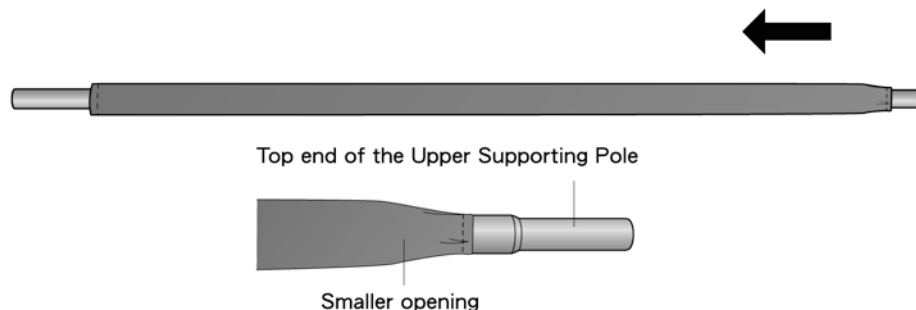
Note: All of the Supporting Poles come with pre-installed Pole Foams (15, 18).



ASSEMBLY

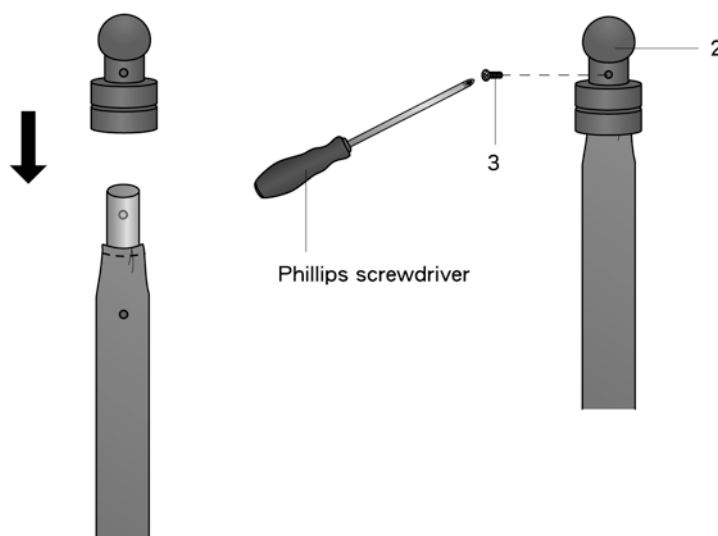
Step 8: Attaching the Foam Sleeve

- Insert the assembled Upper and Lower Supporting Poles (9, 17) into the wider opening of the Foam Sleeve (19).
- Slide the assembled poles in until the top end of the Upper Supporting Pole (17) comes out on the opposite side.
- Make sure that the Sleeve (19) covers the entire preinstalled foam of the Supporting Poles.



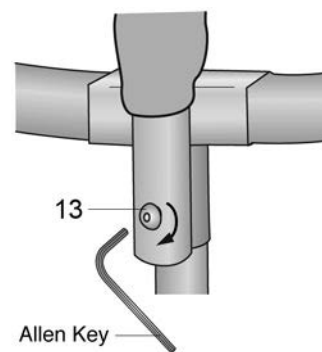
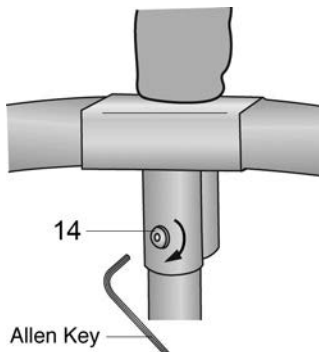
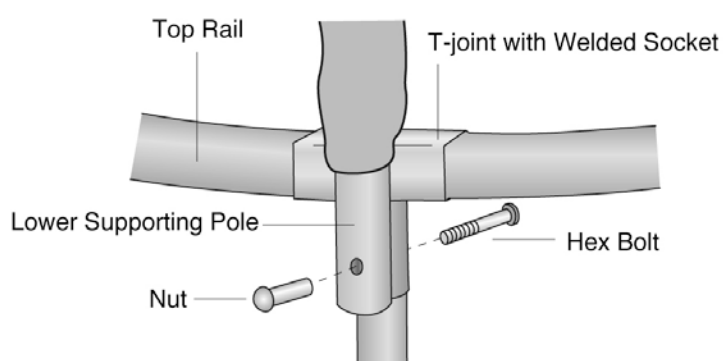
Step 9: Affixing the Ball Cap

- Place a Ball Cap (2) onto the top end of each Upper Supporting Pole (17). Make sure that the screw hole on the Ball Cap (2) is aligned with the screw hole on the top end of the Pole.
- Fasten the Ball Caps (2) using the Ball Cap Screws (3).



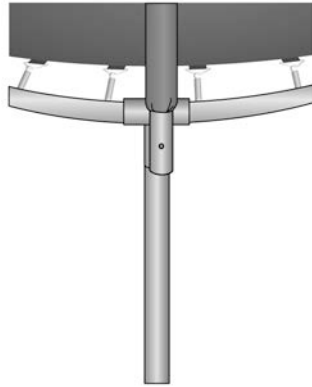
Step 10: Affixing the Supporting Poles to the Trampoline Legs

- Connect the Lower Supporting Poles (9) to the trampoline by inserting them into each of the Welded Sockets.
- Secure each Lower Supporting Pole (9) with a Hex Bolt (14) and Nut (13) using Allen Key (21).

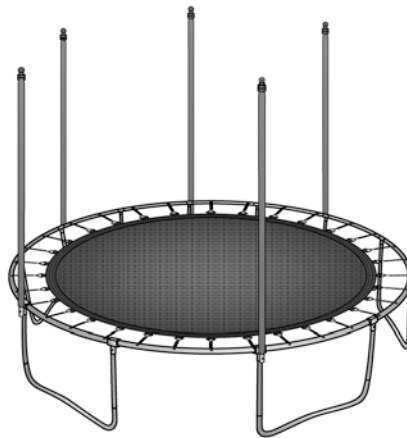


ASSEMBLY

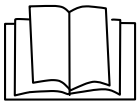
- Repeat the steps above to attach all six Supporting Poles onto the vertical legs of the trampoline.



- After completing the assembly, the Supporting Poles should look like the illustration below.

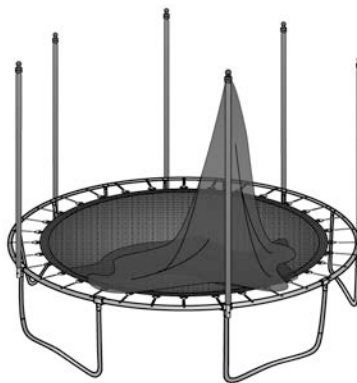
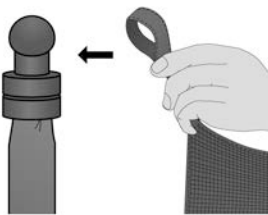


Step 11: Assembling the Enclosure Net

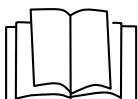


Note: The edge with pre-sewn loops is the upper part of the Enclosure Net.

- Locate a position for the entrance of the trampoline and hang the pre-sewn loop closest to the opening onto the Ball Cap (2).
- Hang the rest of the pre-sewn loops around the remaining five Ball Caps (2).



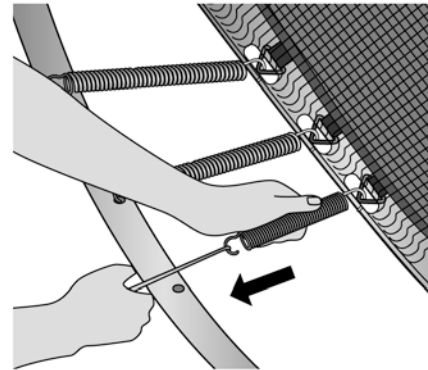
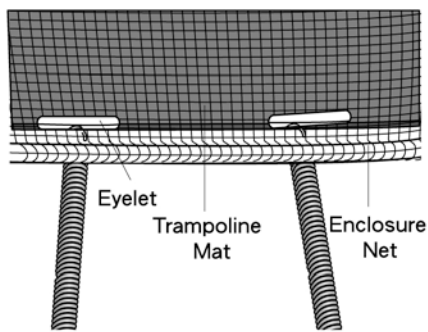
- Attach the bottom end of the Enclosure Net (1) to the trampoline bed using the existing bed springs.
- Align the eyelets of the Enclosure Net (1) with the V-rings of the bed and untie one of the springs using the hook tool.



Note: It is essential to select the closest eyelet to its respective V-ring. Even small misalignments may cause problems with proper assembly.

ASSEMBLY

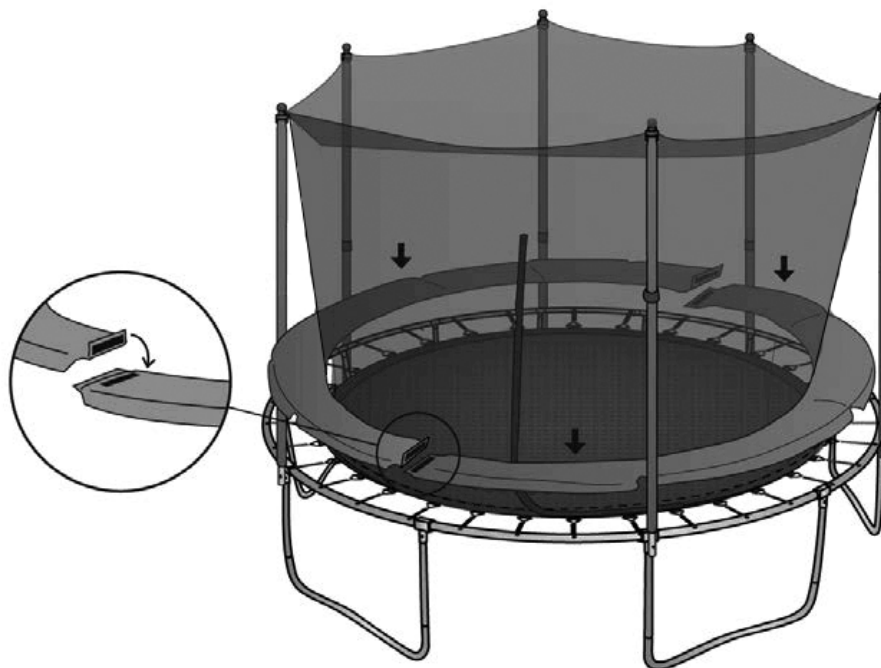
Guide the Spring through the Enclosure Net's eyelet and the trampoline bed's V-ring and reattach the Spring to the trampoline frame. Repeat the same steps for each Spring in a clockwise direction.



- Secure all of the six hook-and-loop straps around the six Supporting Poles, making sure that they are securely fastened.

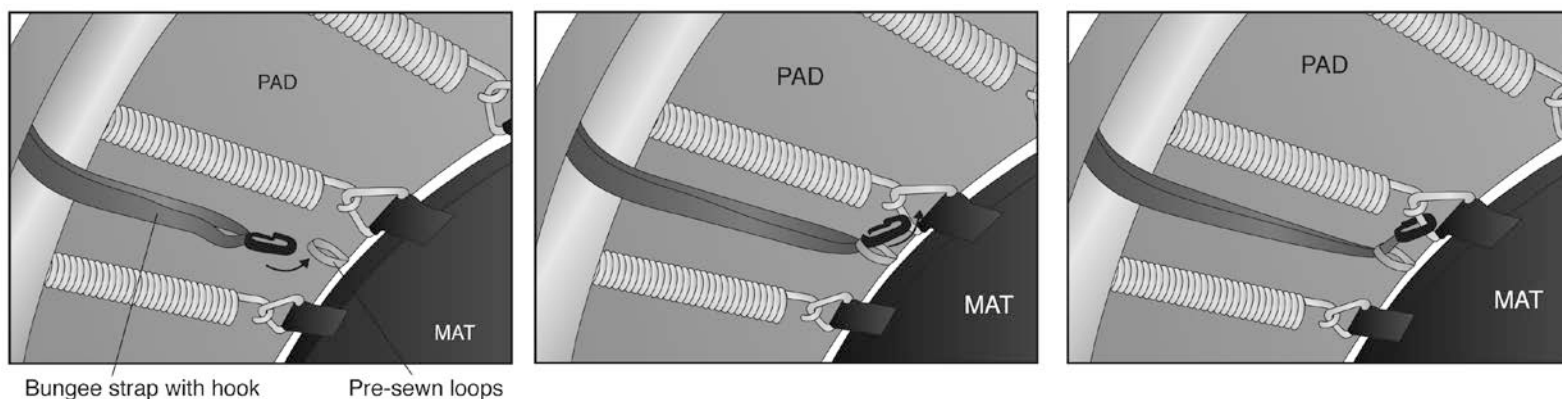
Step 12: Attaching the Frame Pad

- Place both Frame Pads (12) on the trampoline and secure them together with the pre-sewn hook-and-loop tapes at the end of each pad.



ASSEMBLY

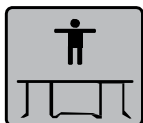
- Straighten and adjust the part of the pad that hangs over the side of the trampoline.
- Bring the bungee strap with clip around the outside of the frame and under the pad. Pull the bungee strap through the sewn-in loop and clip to the nearest V-ring.



- Now the trampoline and enclosure are assembled.



INFORMATION ON TRAMPOLINE USE



Jumpers, please pay attention to:

- Do not use the trampoline if you are tired or under the influence of alcohol or drugs.
- Do not jump too high. To avoid fatigue, do not jump too long. Control your jumps. When using the trampoline, a supervisor has to be present. Do not jump alone.
- Do not wear clothes with hooks or parts that might become entangled in the jumping bed.
- Climb onto the trampoline. Do not jump from the trampoline. Do not use the trampoline as a springboard to other objects.



Supervisors, please pay attention:

- It is the responsibility of the owner or the supervisor to ensure that all users of the trampoline are sufficiently informed about all warnings and safety instructions and to enforce them.
- All trampoline users need a supervisor, regardless of their age or capabilities.
- Remove all objects that might interfere with the jumper from the surroundings of the trampoline. Pay attention to what is above, below and around the trampoline.
- When it is not in use, keep the trampoline secured to prevent it from being used without supervision.

TRAINING WITH THE TRAMPOLINE

Fundamental trampoline skills

Bouncing

The most important thing about bouncing is that it should be done with control in the centre of the mat. The basic bounce should always be low. High, reckless bouncing should never be allowed.

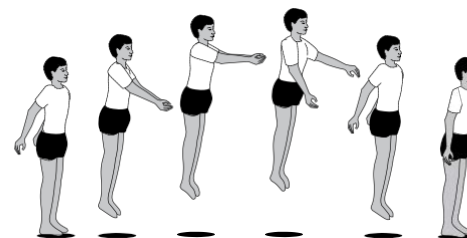
Stop Bouncing

This technique allows the jumper to gain control by stopping quickly. It is achieved by keeping the feet in contact with the mat, and absorbing the rebound of the trampoline with the knees and waist. This skill should be the first skill learned and should be employed whenever you feel out of balance, or land away from the centre area.

- Stand in the centre of the mat with your feet about hip-width apart.
- Attempt about three easy bounces, keeping them low and controlled.
- To keep your balance, focus your eyes toward the perimeter of the trampoline while bouncing.
- Stop bouncing by bending your knees and at your hips when your feet come into contact with the mat.

Arm Action

Arms are very important for proper control and lift. Whenever you go up, your arms go up. They go up to a set position, about shoulder height and shoulder width. They should remain in this balanced position until you start coming down. Then they circle down and go slightly behind the hips, ready to be lifted as you bounce up.



Bounce Variations

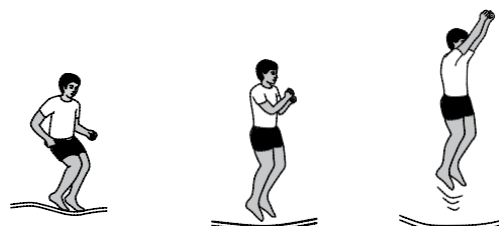
The illustration on the right shows three variations: the tuck, the pike and the straddle pike, respectively. These should be assumed at the top of the bounce, before resuming the normal landing position on your feet. Practice these simple variations and concentrate on perfect form. Make sure that your toes are pointed and your fingers are straight. These are simple variations on the basic bounce and are very important for gaining experience in co-ordinated movement.



Training

1. Basic jump

- Stand straight on the trampoline.
- Gather a little momentum with your arms and jump at the same time from the mat.
- Hold your feet together in the air and point your toes downward.
- To keep your balance, focus your eyes toward the perimeter of the trampoline while bouncing.
- Hold your feet shoulder-width apart when landing.
- When you want to stop, bend your knees and at your hips when your feet come into contact with the trampoline.



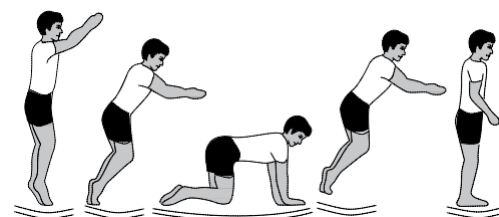
2. Knee bounce

- Start with the basic jump, holding a low height.
- Land on your knees, with your back straight.
- Keep your balance with your arms.
- Gather a little momentum with your arms to go back to a standing position.



3. Hands and knees bounce

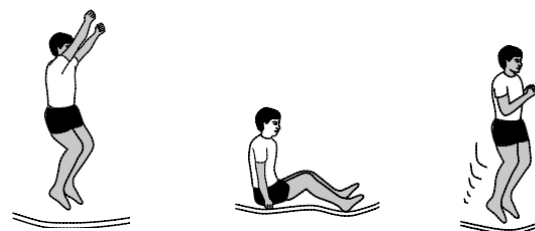
- Start with the basic jump, holding a low height.
- Land on your hands and knees. Make sure you put the weight on both of your hands and knees. Do not sit on your heels.
- Remain in this position and try to bounce. Do not rock back and forth between your hands and knees. Develop an even landing on all of the four points.
- Look slightly in front of your hands when landing. Push to rebound to your feet.



TRAINING WITH THE TRAMPOLINE

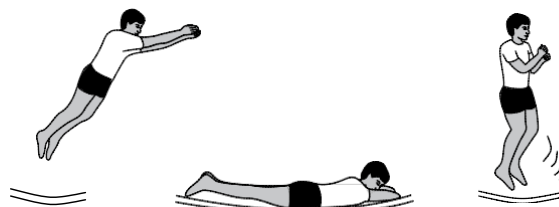
4. Seat bounce

- Start with the basic jump, holding a low height.
- Land on your bottom, with your back straight.
- Keep your hands beside your hips. Do not lock your elbows.
- Push yourself up to standing position again with your hands.



5. Front bounce

- Do a basic jump first.
- After landing, push yourself forward with your feet and hold your arms in front of you.
- Let yourself drop forward and land like shown, with your arms crossed beneath your head.
- Use your arms and the momentum to get back to a standing position.
- **Note:** Only do this jump if the trampoline has sufficient space for it.



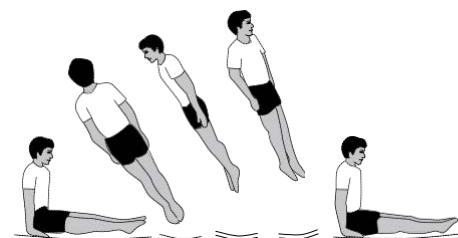
6. 180° bounce

- This is a difficult jump that requires a lot of body control.
- Do a complete front bounce first.
- After landing, use your left or right arm and hand to make a 180° roll.
- Keep your back straight.
- After landing, jump back to a standing position.
- **Note:** Only do this jump if the trampoline has sufficient space for it.



7. Full twist bounce

- Start with the seat bounce.
- When you bounce up, keep moving your shoulder in the direction of the twist.
- During the twist, place your hands by your sides and hold your body straight.
- After the twist, finish in the seat drop position.



CLEANING AND CARE

Inspection

- Check the trampoline and enclosure before each use for wear and damage. In case of damage, have it repaired by your specialist retailer immediately.

The following conditions could pose potential hazards:

- Missing, improperly positioned or insecurely attached frame pad.
- Punctures, frays, tears, or holes worn in the mat or frame pad.
- Deterioration in the stitching or fabric of the mat or frame pad.
- Ruptured springs.
- A bent or broken frame.
- A sagging mat.
- Unstable or improper assembling of the Supporting Poles and the trampoline vertical legs.
- Unaffixed enclosure net.
- Sharp protrusions on the frame or enclosure.
- Unstable parts and connections.

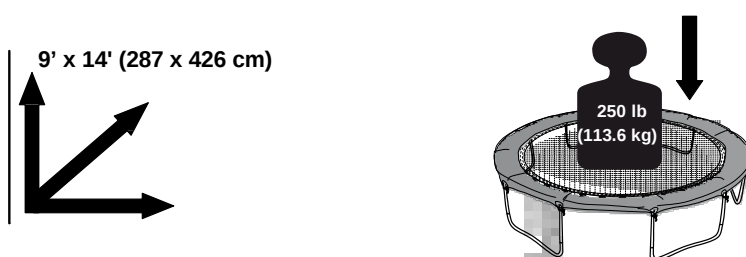
Cleaning

- Clean the frame pad with a soft cleanser to remove oil or dirt stains. Use cleansers suitable for padding only.
- Clean the enclosure net with a brush or a slightly damp cloth to remove dirt or dust.
- Remove dirt and dust with a soft and slightly damp cloth.
- When rust appears on the surface, remove it with either a wire brush or coarse sandpaper. Then treat the spot with non-toxic paint.
- For cleaning the frame pad, do not use aggressive cleansers or cleansers containing chemicals.

Storing

- For extended periods of disuse, disassemble the enclosure net and trampoline and store them in a clean and dry place.

TECHNICAL DATA



LIMITED WARRANTY

This **JumpTek** product is guaranteed for one year from the date of original retail purchase against defects in materials and workmanship.

Subject to the conditions and limitations described below, this product, if returned to us with proof of purchase within the stated warranty period and if covered under this warranty, will be repaired or replaced (with the same model, or one of equal value or specification), at our discretion. We will bear the cost of any repair or replacement and any costs of labour relating thereto.

These warranties are subject to the following conditions and limitations:

- a) a bill of sale verifying the purchase and purchase date must be provided;
- b) this warranty will not apply to any product or part thereof that is worn or broken or that has become inoperative due to abuse, misuse, accidental damage, neglect or lack of proper installation, operation or maintenance (as outlined in the applicable owner's manual or operating instructions) or that is being used for industrial, professional, commercial or rental purposes;
- c) this warranty will not apply to normal wear and tear or to expendable parts or accessories that may be supplied with the product and that are expected to become inoperative or unusable after a reasonable period of use;
- d) this warranty will not apply to routine maintenance and consumable items such as, but not limited to, fuel, lubricants, vacuum bags, blades, belts, sandpaper, bits, fluids, tune-ups or adjustments;
- e) this warranty will not apply where damage is caused by repairs made or attempted by others (i.e., persons not authorized by the manufacturer);
- f) this warranty will not apply to any product that was sold to the original purchaser as a reconditioned or refurbished product (unless otherwise specified in writing);
- g) this warranty will not apply to any product or part thereof if any part from another manufacturer is installed therein or any repairs or alterations have been made or attempted by unauthorized persons;
- h) this warranty will not apply to normal deterioration of the exterior finish, such as, but not limited to, scratches, dents, paint chips, or to any corrosion or discolouring by heat, abrasive and chemical cleaners; and
- i) this warranty will not apply to component parts sold by and identified as the product of another company, which shall be covered under the product manufacturer's warranty, if any.

Additional Limitations

This warranty applies only to the original purchaser and may not be transferred. Neither the retailer nor the manufacturer shall be liable for any other expense, loss or damage, including, without limitation, any indirect, incidental, consequential or exemplary damages arising in connection with the sale, use or inability to use this product.

Notice to Consumer

This warranty gives you specific legal rights, and you may have other rights, which may vary from province to province. The provisions contained in this warranty are not intended to limit, modify, take away from, disclaim or exclude any statutory warranties set forth in any applicable provincial or federal legislation.