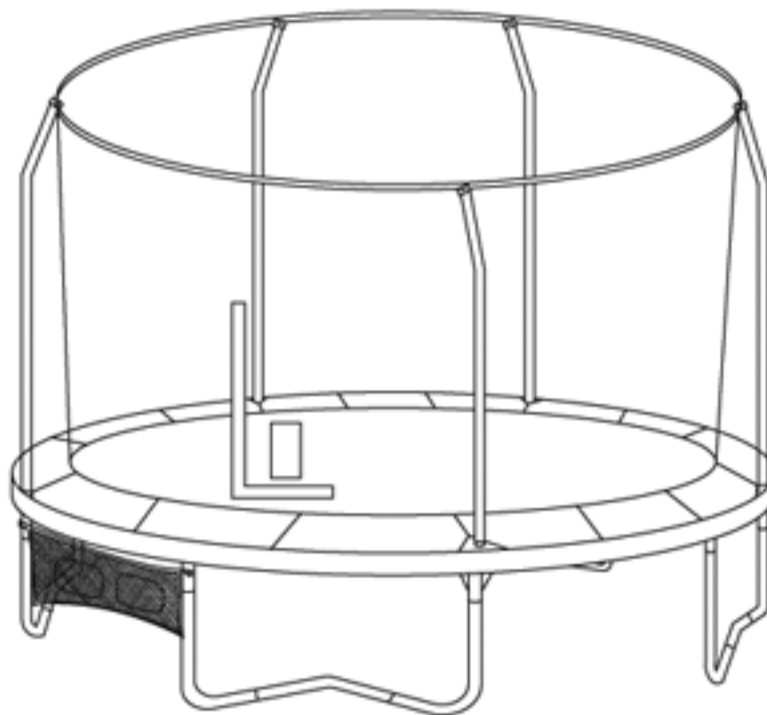


*jump*POD®



⚠ WARNING

Read the assembly, installation, care, maintenance, and use instructions in this manual prior to assembling and using this trampoline/enclosure. Save this manual for future reference.

USER'S Manual 3

**Assembly, Installation, Care,
Maintenance, and Use Instructions.**

⚠ WARNING The trampoline/enclosure is designed for users weighing 100 kg(220 lbs.) or less.
Ladder is not supplied with trampoline.
This enclosure is to be used only in connection with certain trampolines.
Use the trampoline and trampoline enclosure only with mature, knowledgeable supervision.

QUESTIONS?

If you have questions after reading this manual, please call our toll-free Customer Hot Line. The trained technicians on our Customer Hot Line will provide immediate assistance.

Customer Hot Line: 1-877-927-8777
Monday–Friday, 8 a.m.–5 p.m. CST

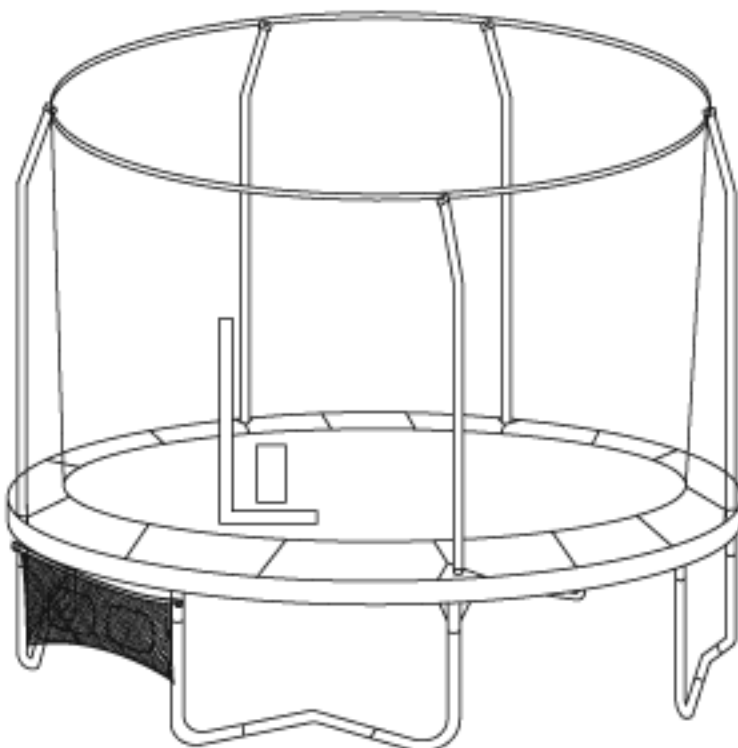
REPLACEMENT PARTS

www.jumppod.com

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read and follow all warnings, precautions, and instructions in this manual before assembling and using the trampoline.

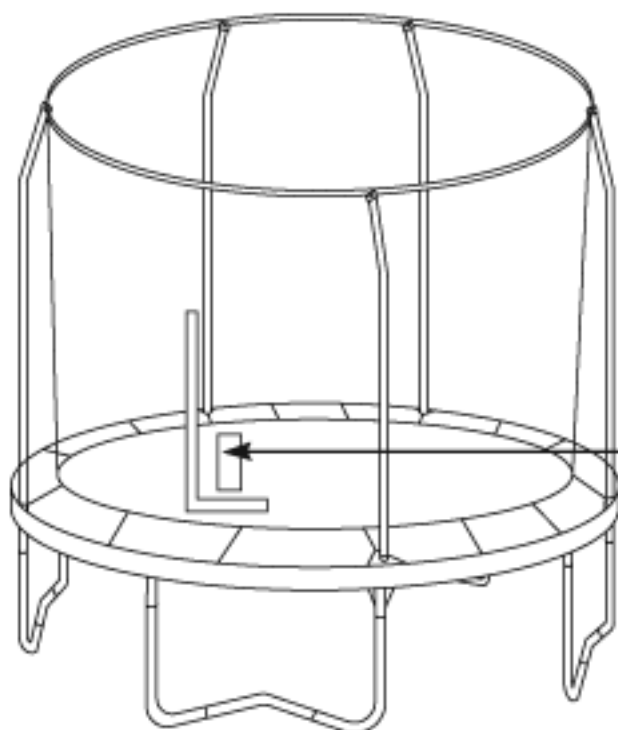
1. The owner and supervisors of the trampoline are responsible to make sure all the users are aware of practices specified in this manual.
2. Trained Spotter supervision is recommended.
3. Place the trampoline on a level surface before use.
4. Must place the trampoline on lawn, bark wood chip, sand or cushioning materials.
5. Adequate overhead clearance is essential. A minimum of 7.3 m (24 ft) from ground level is recommended. Provide clearance for wires, tree limbs, and other possible hazards.
6. Maintain a free space of minimum 2.5m (8.2') on all sides of the trampoline. This area should not include concrete, bitumen, brick, or other hard surfaces as these can cause serious injuries.
7. Lateral clearance is essential. Place the trampoline away from walls, structures, fences, and other play areas. Maintain a clear space on sides of the trampoline.
8. Use the trampoline in a well lighted area. Artificial illumination may be required for indoor or shady areas.
9. Secure the trampoline against unauthorized and unsupervised use. If an access ladder is used, it should be removed when the trampoline is not in use.
10. Inspect the trampoline and enclosure before each use, and replace any worn, defective, or missing parts. Make sure the netting, enclosure tubes, and foam sleeves are correctly positioned.
11. Remove any obstructions from beneath the trampoline.
12. The trampoline is designed for users weighing 90kg (200 lbs.) or less. The trampoline is not recommended for use by children under 6 years of age.
13. Do not allow more than one person on the trampoline. Use by more than one person at the same time can result in serious injury.
14. Misuse and abuse of the trampoline is dangerous and can cause serious injuries.
15. Use the trampoline only with mature, knowledgeable supervision.
16. Climb onto and off the trampoline. Do not jump onto it or off it. Do not use the trampoline as a springboard to other objects.
17. Injury may result from encountering the frame or falling through the springs while getting onto or off the trampoline or while jumping. Stay in the center of the bed when jumping. Do not use the trampoline without the frame pad securely in place to cover the frame. The frame pad is not designed or intended to support the weight of the user. Do not step or jump directly onto the frame pad.
18. The trampoline is a rebounding device that propels the user to unaccustomed heights and into a variety of body movements. Rebounding off the trampoline, striking the frame or springs, or improperly landing on the bed may cause injury.
19. Do not attempt or allow somersaults. This can result in a broken head, neck, back, or leg. Landing on the head or neck can cause serious injury, paralysis, or death, even landing on the middle of the bed.
20. Do not use the trampoline while under the influence of alcohol or drugs. These substances impair reaction time, judgement, and physical coordination.
21. Do not jump on the trampoline while holding an object, particularly one that is sharp or breakable.
22. Bounce only when the surface of the bed is dry. Wind or air movement should be calm to gentle. The trampoline must not be used in gusty or severe winds.
23. The trampoline enclosure is to be used only as an enclosure for a round trampoline.
24. Do not attach anything to the netting that is not a manufacturer approved accessory or part of the enclosure.

25. Wear clothing free of draw-strings, hooks, loops, or anything that could get caught in the netting.
26. Enter and exit the trampoline enclosure only at the door designed for that purpose.
27. Do not attempt to crawl under the netting.
28. Do not attempt to jump over the netting.
29. Do not intentionally rebound off the netting.
30. The trampoline frame and the enclosure are made of metal. They are not grounded, and they will conduct electricity. Therefore, an electrocution hazard exists.
31. Keep all frame and heat sources away from the product.




WARNING PLACARD PLACEMENT

The placard shown at the right must be attached to the trampoline enclosure by the owner (see assembly step 14 on page 20). If the placard is missing or illegible, call our Customer Hot Line toll-free at 1-877-927-8777 Monday through Friday, 8 a.m. until 5 p.m. Central Time, to order a free replacement placard. Note: The placard is not shown actual size.




TRAMPOLINE ENCLOSURE SAFETY INSTRUCTIONS

⚠ WARNING



Do not land on head or neck.
Paralysis or death can result, even if you land in the middle of the trampoline mat (bed).
To reduce the chance of landing on your head or neck, do not do somersaults (flips).



Only one person at a time in the trampoline enclosure.
This trampoline enclosure system is not recommended for use by children under 6 years of age.
Multiple jumpers increase the chances of loss of control, and this can result in broken head, neck, back, or leg.

For the Supervisor

Inspect the trampoline before using. Keep these parts in place. Do not use when trampoline is wet or in a windy condition. A worn or damaged mat (bed), spring, or frame piece should be replaced immediately.

Keep objects away that could interfere with the jumper.

Secure the trampoline against unauthorized and unsupervised use.

Use trampoline enclosure only with mature, knowledgeable supervision. Inform all safety rules and be familiar with the information in the User's Manual to help users in following trampoline enclosure instructions and trampoline safety.

Do not exceed the weight limit recommended by the manufacturer.

Use only when the enclosure barrier has no holes, pole clamps are tightly secured to the poles, and the support (frame), and the bouncer is properly supported.

Do not intentionally rebound off the barrier. Do not hang from, kick, cut, or climb on the barrier.

Wear clothing free of drawstrings, hoods, hoes, or anything that could get caught in the barrier.

Do not attach anything to the barrier that is not a manufacturer approved accessory or part of the enclosure system.

For the Jumper

Do not use the trampoline enclosure system when under the influence of drugs or alcohol.

Jumping

While keeping the head erect, focus eyes on the trampoline toward the perimeter.

Learn fundamental jumps and landing positions thoroughly before trying more advanced skills. Review the User's Manual to learn about how to do basic jumps.

Stop your bounce by flexing your knees as your feet come in contact with the trampoline mat (bed).

Avoid jumping too high or for too long. Always control your jump. A controlled jump is one where the take-off and land spots are the same.

Bounce in the center of the trampoline. Focus your eyes on the trampoline mat (bed). Failure to do so may result in a loss of balance and control.

Do not jump from other objects, building or outcrops onto the trampoline, or into or over the trampoline enclosure.

Getting in and off

Climb on and off the trampoline at the enclosure door or barrier opening. Do not jump on or off. Do not crawl under the barrier. Do not use the trampoline as a springboard to other objects.

For skill training information, contact a trainer certification organization.

For Equipment Information:
Contact: Liberator USA LLC, 3000 Louisville Drive, Louisville, TN 37501
Customer Hot Line: 1-877-927-8777, Monday - Friday, 8 a.m. - 5 p.m.
Model: JF1514

ATTACH TO NETTING AT DOOR

Made In China

BEFORE YOU BEGIN

Thank you for selecting a jumpPOD trampoline/ enclosure. jumpPODs are designed and crafted to provide many years of fun and fitness. This trampoline/ enclosure comes equipped with warnings and instructions for the assembly, care, maintenance, and use of the trampoline/ enclosure. This information must be read by all trampoline supervisors and users before any person is allowed to jump or use the enclosure on the trampoline.

If you have questions after reading this manual, please call our Customer Hot Line at 1-877-927-8777, Monday - Friday, 8 a.m. until 5 p.m. Central Time (excluding holidays). To help us assist you, please mention the name of the product when calling.

TRAMPOLINE SAFETY INFORMATION

In trampoline use, as in all active recreational sports, participants can be injured. However, there are steps that can be taken to reduce the risk of injury. In this section, primary accident patterns are identified and the responsibilities of supervisors and jumpers in accident prevention are described.

ACCIDENT CLASSIFICATION

Somersaults (flips): Landing on your head or neck, even in the middle of the trampoline bed, increases the risk of a broken back or neck, which can result in paralysis or death. Such events can occur when a jumper makes an error trying to perform a forward or backward somersault (flip). Do not perform somersaults (flips) on this backyard trampoline.

Multiple Jumpers: More than one jumper on the trampoline increases the chance of a jumper becoming injured by losing control of his or her jump. Jumpers may collide with one another, fall off the trampoline, fall on or through the springs, or land incorrectly on the bed. The lightest weight jumper is the jumper most likely to be injured.

Mounting and Dismounting: The trampoline bed is several feet from ground level. Jumping off the trampoline to the ground or any other surface may result in injury. Jumping onto the trampoline from a roof, deck, or other object also represents a risk of injury. Smaller children may need assistance getting onto or down from the trampoline. Climb carefully onto and off the trampoline. Do not step onto the springs or the frame pad. Do not grasp the frame pad to pull yourself onto the trampoline.

Striking the Frame or the Springs: Injury may result from encountering the frame or falling through the springs while jumping or getting onto or off the trampoline. Stay in the center of the bed when jumping. Make sure to keep the frame pad in place to cover the frame. The frame pad is not designed nor intended to support the weight of the trampoline user. Do not step or jump directly onto the frame pad.

Loss of Control: Jumpers who lose control of their jump may land on the bed incorrectly, land on the frame or springs, or fall off the trampoline. A controlled jump is one where the landing is in the same spot as the takeoff. Before learning a more difficult maneuver, the preceding one should be performed consistently under control. Attempting a maneuver beyond present skill levels increases the chance of loss of control. To regain control and stop your jump, bend your knees sharply when you land.

Alcohol or Drug Use: The chance of injury increases when a jumper has consumed alcohol or taken drugs. These substances impair a person's reaction time, judgment, and physical coordination.

Encountering Objects: Use of a trampoline while other people, pets, or objects are underneath it will increase the chance of injury. Jumping while holding or having an object on the trampoline, particularly one that is sharp or breakable, will increase the chance of injury. Placing a trampoline too close to overhead electrical wires, tree limbs, or other obstructions can increase the chance of injury.

Poor Maintenance of the Trampoline: Jumpers may be injured if a trampoline is used when it is in poor condition. A torn bed, bent frame, broken spring, or missing frame pad, for example, should be replaced before anyone is allowed to jump. Inspect the trampoline before each use.

Weather Conditions : A wet trampoline bed is too slippery for safe jumping. Gusty or high winds can cause jumpers to lose control. To reduce the chance of injury, use the trampoline only under appropriate weather conditions.

Access: To prevent access to the trampoline by unsupervised smaller children, the access ladder should always be removed and stored in a secure location when the trampoline is not in use.

METHODS OF ACCIDENT PREVENTION

The Supervisor's Role in Preventing Accidents

It is the responsibility of the supervisors of trampoline users to provide knowledgeable and mature supervision. They need to know and enforce all the rules and warnings set forth in this manual to minimize the likelihood of accidents and injuries and to inform users of these rules. During periods of time when supervision is unavailable or inadequate, this may require that the trampoline be disassembled, placed in a secure area, or otherwise secured against unauthorized use. Another option that may be considered is covering the trampoline with a heavy tarp that can be secured with locks and chains. It is the responsibility of the supervisor to make sure that the placard with TRAMPOLINE SAFETY INSTRUCTIONS (see step 7 on page 18) is kept posted on the trampoline and that jumpers are informed about these instructions.

The Jumper's Role in Preventing Accidents

Education on the part of the user is a must for safety. Users must first learn a low, controlled bounce and then learn the basic landing positions and combinations before proceeding to intermediate skills. Jumpers must understand why they have to master "control" before they can start thinking about other moves. Understanding the proper progression of skills in jumping on a trampoline must be the first lesson. Review this manual to learn about the basic techniques for using the trampoline. Follow the rules on the placard with TRAMPOLINE SAFETY INSTRUCTIONS (see step 7 on page 18). For further information or additional instructional materials, contact a certified trampoline instructor.

TRAMPOLINE SAFETY INSTRUCTIONS

For the Supervisor

Read the instructions before using the trampoline. Enforce all of the safety rules and be familiar with the information in this manual to help new users learn basic jumps and all users follow trampoline safety. All trampoline users must have mature, knowledgeable supervision, regardless of the skill or age of the jumper.

This trampoline is not recommended for use by children under 6 years of age.

Inspect the trampoline before using it. Do not use the trampoline without the frame pad securely in place to cover the frame. Do not use the trampoline when it is wet or in a windy condition. A worn or damaged bed, spring, or frame piece should be replaced immediately.

Keep objects away that could interfere with the jumper.

Secure the trampoline against unauthorized and unsupervised use.

For the Jumper

Do not use the trampoline when under the influence of drugs or alcohol.

Avoid bouncing when tired.

JUMPING

Learn fundamental jumps and body positions thoroughly before trying more advanced skills. Be alert to your own limitations in the execution of trampoline skills. Review this manual to learn how to do basic jumps.

Stop your bounce by flexing your knees as your feet come in contact with the trampoline bed. Learn this skill before attempting others.

Avoid jumping too high or for too long. Always control your jump. A controlled jump is one where the takeoff and landing spots are the same.

Bounce in the center of the trampoline. Focus your eyes on the frame pad. Failure to do so may result in a loss of balance and control.

Take turns jumping, one at a time, and always have someone watch you.

GETTING ON AND OFF

Climb onto and off the trampoline; do not jump onto it or off it. Do not use the trampoline as a springboard to other objects. For additional information regarding skill training, contact a trainer certification organization.

TRAMPOLINE ENCLOSURE SAFETY INFORMATION

NEED FOR TRAMPOLINE ENCLOSURE SAFETY

A trampoline enclosure is a recreational product.

The information on this page and on page 10 identifies important safety precautions. The precautions are not all-inclusive, because an enclosure can be used in ways that this manual cannot cover completely.

To prevent pinches and cuts during enclosure use, a frame pad must be installed on the trampoline. (See the trampoline manufacturer's instructions.) The frame pad must be installed before the enclosure is erected. The frame pad reduces the chance of injury from accidental contact with the springs and frame.

USING THE ENCLOSURE SAFELY

Adult Supervision of Children

Children using a trampoline with a trampoline enclosure must be supervised by adults. Young children must be supervised constantly. Adults must pay particular attention to:

- things that children bring into the enclosure.
- children's activities inside the enclosure.
- conditions inside the enclosure while children are using it.
- the way children get into and out of the enclosure.

Additional details of safe enclosure use are described below.

Electrocution Hazard Associated with the Metal Frame of the Trampoline and Enclosure

The trampoline and enclosure frames are made of metal. They are not grounded, and they will conduct

electricity. Lights, electric heaters, extension cords, and household electrical appliances are not permitted in or on the trampoline or enclosure.

Hazards Associated with Entering and Exiting the Trampoline Enclosure

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 door of the enclosure (the opening in the netting walls). The trampoline bed and the netting walls of the enclosure are separate pieces; jumpers, particularly young children, must not exit the enclosure by going out between the bed 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.

Darkness increases the chances of a fall when a jumper is entering or exiting the enclosure. Do not use the trampoline unless adequate lighting is provided.

Hazards Associated with Animals and Sharp and Breakable Objects

To avoid damage to the trampoline enclosure and the trampoline, do not allow pets or other animals inside of the enclosure. The claws and teeth of animals can damage the netting. Do not jump on the trampoline while holding or wearing a sharp or breakable object.

Hazards Associated with High Winds

A trampoline with an enclosure can be moved or blown over by high winds, potentially injuring anyone in its path or anyone inside of the enclosure. If you anticipate high winds, take down the enclosure netting, and stake the trampoline frame to the ground (see page 21), or move the trampoline and enclosure to a sheltered location.

Storing the Trampoline Enclosure Safely

Specific steps for storing the trampoline enclosure are presented later in this manual. There are specific safety precautions to be aware of when storing the enclosure.

Remove the attached tube sections as a unit, and separate them on the ground. Avoid pinching your fingers by keeping your fingers away from pinch points near the bracket assembly while you are removing the tubes from the frame.

Placing the Trampoline in a Safe Place

There must be at least 24ft (7.3 m.) of clear, open space above the trampoline bed. Do not place or store anything underneath the trampoline.

To avoid injury, the trampoline must be kept away from objects and possible hazards including electric power wiring, tree limbs, and fences. Do not place the trampoline near any other recreational devices or structures such as a swimming pool or swing set.

The trampoline must be placed on a level surface before use, and the area around the trampoline must always be well lighted.

For the Supervisor

Be familiar with the information in this manual and enforce all of the safety rules. Help new users and all users to use the trampoline and enclosure safely.

All trampoline users must have someone watch them, regardless of the skill or age of the user.

Secure the trampoline against unauthorized and unsupervised use. Keep the trampoline free of objects that could interfere with the jumper.

This trampoline enclosure is not recommended for use by children under 6 years of age or by anyone weighing more than 220 lbs (100 kg).

Use the trampoline only when the bed is clean and dry. Inspect the trampoline and enclosure prior to each use and replace any worn or damaged parts. Use only when the enclosure netting has no holes, the clamps are tightly secured to the tubes and the frame, and the netting is properly suspended.

For the Jumper

Do not attempt to jump over the netting. Do not intentionally rebound off the netting. Do not hang from, kick, cut, or climb on the netting.

Wear clothing that is 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 Bazoongi approved accessory or part of the trampoline enclosure.

How to Enter and Exit the Trampoline Enclosure

Enter and exit the trampoline enclosure only through the door in the netting. To enter the enclosure, first unfasten the plastic clips on the door and unzip the zippers. Place one knee on the frame pad and climb head first through the door. Refasten the plastic clips and close the zippers.

To exit the enclosure, first unzip the zippers on the door and unfasten the plastic clips. Sit on the bed of the trampoline and climb feet first through the door. When you are through the door and sitting on the frame pad, step or jump safely to the ground. Close the zippers and refasten the plastic clips.

USE AND INSTRUCTIONAL MATERIAL

OVERVIEW OF TRAMPOLINE USE

The first periods of trampoline use should focus on learning fundamental body positions and practicing the eight basic bounces that are described on pages 13 and 14 in this manual.

During this learning period, jumpers should practise these basic techniques and perfect them. Braking, or checking the bounce, should be taught first and stressed as a safety measure. Jumpers should brake their jump whenever they start to lose balance or control. This is done by simply flexing the knees sharply upon landing and absorbing the upward thrust of the bed. This enables the jumper to stop suddenly and avoid losing control.

In trampoline use, the takeoff point and landing point of a good, controlled jump are in the same spot. An exercise is considered learned only when a jumper is able to perform it consistently. Jumpers should never proceed to any advanced step until they can perform all previous techniques consistently.

Allow each jumper a brief turn on the trampoline. Extended bouncing exposes an overtired user to an increased risk of injury. Longer turns tend to lessen the interest of others waiting to jump. Clothing should consist of a T-shirt and shorts. Jumpers should wear regulation gymnastic shoes or heavy socks, or they may jump barefoot. Street shoes or tennis shoes

should not be worn on the trampoline. Beginning jumpers may wish to wear loose-fitting protective clothes, such as a long-sleeve shirt and pants, until correct landings are mastered. This will reduce the chance of mat (bed) burns from improper landings on elbows and knees. No hard-sole shoes should be worn, as they cause excessive wear on the trampoline bed.

Mounting and dismounting properly should be a strict rule from the beginning. Users should climb onto the trampoline by placing their hands on the frame and stepping or rolling up onto the frame, across the springs, and onto the bed. Do not step directly onto the frame pad or grasp the frame pad when mounting or dismounting the trampoline. Users should always place their hands on the frame while mounting or dismounting. To dismount, jumpers should walk to the side of the bed, bend over and place one hand on the frame, and then step from the bed to the ground. If you have installed the optional ladder, its rungs can be used to mount or dismount. Always face the ladder and place your hands on the frame. Make sure your foot has secure contact with the ladder rung when using it.

Reckless bouncing should not be permitted. All skills should be learned at moderate heights. Control, rather than height, should be emphasized. Jumpers should be forbidden to practice alone and unsupervised.

INSTRUCTIONAL PROGRAM AND MODEL LESSONS

The following lessons are examples of an instructional program. They should follow a complete discussion and demonstration of body mechanics between the supervisor and the student(s). See pages 13 and 14 for descriptions of basic trampoline skills.

Lesson 1

1. Mounting and dismounting—Demonstration and practice of proper techniques.
2. Fundamental bounce—Demonstration and practice.
3. Braking (checking the bounce)—Demonstration and practice. Braking on command.
4. Hand and knee drop—Demonstration and practice, stressing four-point landing and alignment.

Lesson 2

1. Review and practice of skills previously learned.
2. Knee drop—Half twist to the right, to the left, to the feet, and then to the knees.
3. Seat drop—Half twist to the feet. Seat drop, knee drop, hand and knee drop, repeat.

Lesson 3

1. Review and practice of skills previously learned.
2. Front drop—To save time and avoid mat (bed) burns, all students should be requested to assume the front drop position on the floor while the instructor checks for faults. Suggested progression: from hand and knee bounce, the body is extended for the landing in the front drop position, and the rebound is made to the feet.
3. Practice routine—Hand and knee drop, front drop, feet, seat drop, half twist to feet.

Lesson 4

1. Review and practice of skills previously learned.
2. Back drop—Demonstration, emphasizing the forward thrust of the hips by arching the body as one

leg is brought forward from the standing (not bouncing) position, and the drop to the back with the chin held forward to the chest and the eyes forward on the frame pad. Spotting this skill is most important. Demonstration of back drop with low bounce and practice of both techniques.

Lesson 5

1. Review and practice of skills previously learned, encouraging original routines based on them.
2. Half turntable—Start from the front drop position and push to the left or right with the hands. Turn the head and shoulders in the same direction. Keep the back parallel to the bed and the head up. After completing a half turn, land in the front drop position.

Lesson 6

1. Swivel hips—Suggested progression: seat drop, feet, half twist, repeat; seat drop, half twist to feet, repeat; seat drop, half twist to seat drop.
2. Half turntable.

Lesson 7

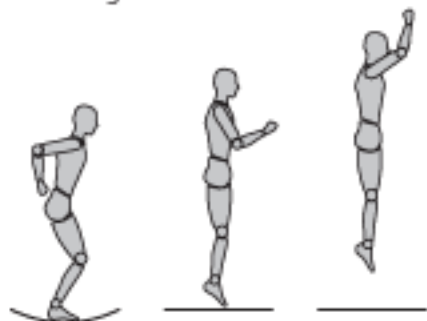
The student should now be encouraged to design and organize routines, with emphasis on good form. The instructor may judge or grade students and arrange groupings for further instruction accordingly.

To stimulate interest in competition, the game of "Trampoline Horse" can be introduced. Before the game begins, students must count off. To start the game, student number 1 performs a stunt. Student number 2 then mounts the trampoline and performs the same stunt and adds a second stunt. Student number 3 mounts and performs stunts 1 and 2 and adds a third stunt. Thus, the series of stunts is continuously lengthened. The first person to miss a stunt in the series assumes the letter "H" and starts a new series with a stunt. If a person misses again, he assumes the letter "O." The first person to accumulate "H-O-R-S-E" is eliminated from the game. The last remaining contestant is the winner.

Lesson planning from this point should be facilitated by contacting a certified trampoline instructor.

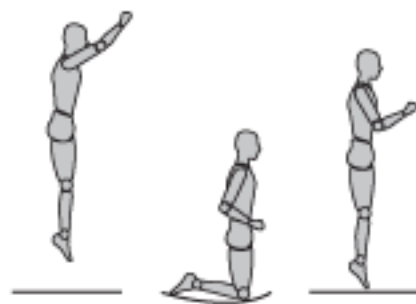
Fundamental Bounce

1. Start from a standing position with your head erect and your eyes on the frame pad.
2. Swing your arms forward and up in a circular motion.
3. Bring your feet together and point your toes downward while in the air.
4. Keep your feet about 30 cm (15 in.) apart when landing on the bed.



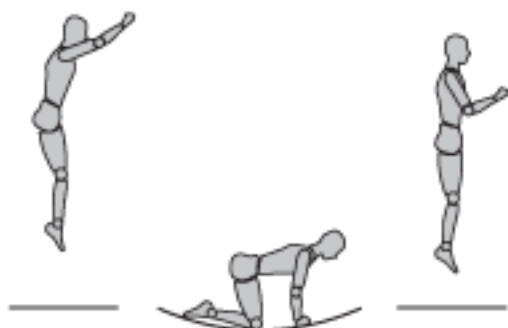
Knee Drop

1. Start bouncing from a standing position, keeping your eyes on the frame pad.
2. Land on your knees, keeping your back straight and your body erect.
3. Come back up to an erect position.



Hand and Knee Drop

1. Start bouncing from a standing position, keeping your eyes on the frame pad.
2. Land on the bed on your hands and knees.
3. Push with your hands and come back up to an erect position.



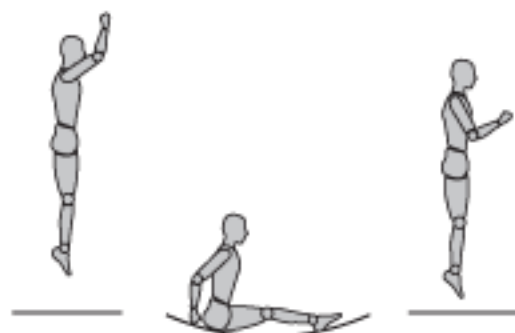
Back Drop

1. Start from a low bounce and land on your back.
2. Keep your chin forward on your chest as you land.
3. Kick forward and up with your legs to return to an erect position.



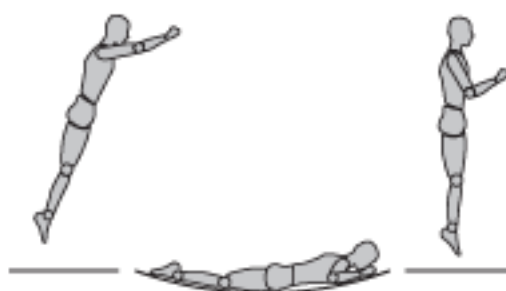
Seat Drop

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



Front Drop

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



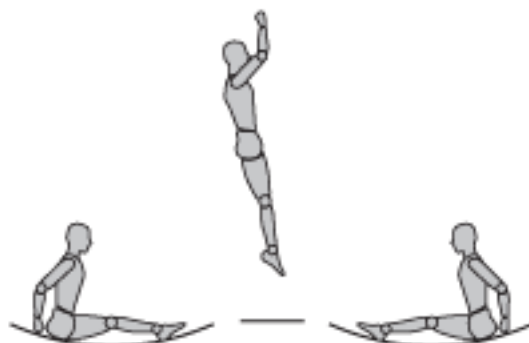
Half Turntable

1. Start from the front drop position and push to the left or right with your arms to begin turning your body in the opposite direction.
2. Turn your head and shoulders toward the direction that your body is turning.
3. Keep your back parallel to the bed and your head up.
4. After completing a half turn, land in the front drop position.










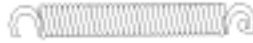




Swivel Hips

1. Start with a seat drop.
2. Turn your head to the left or right and swing your arms up in the same direction.
3. Turn your hips in the same direction as your head and arms, completing a twist.
4. Land in the seat drop position.



Trampoline Assembly: Parts Listing

Key Number	Qty	Description	Picture
1	5	Top Tube with 6 Spring Holes (B marking)	
2	5	Top Tube with 5 Spring Holes (A marking, Support Connector)	
3	5	Top Tube with 7 Spring Holes (A/B Marking) T-Connector	
4	5	POD-Connector Note: This part may be pre-assembled onto key #1	
5	10	J-Leg	
6	5	Center Leg	
7	1	Stitched Bed with V-Rings	
8	1	Frame Pad	
9	80	7" length springs	
10	10	YELLOW 6.5" springs	
23	10	Self-Tapping Screws	
22	1	Trampoline Safety Placard	

Trampoline Assembly: Parts Layout

IMPORTANT ASSEMBLY INFORMATION

- A Phillips Head screw driver is needed to assemble trampoline/enclosure. However, a screwdriver is not provided.
- Assembly requires two persons. Keep children away from the trampoline/enclosure until it is fully assembled.
- Use gloves to protect your hands from pinch
- The assembly steps refer to parts by their descriptions and key numbers (see the PART LIST on page 27). If a part is missing, see ORDERING REPLACEMENT PARTS on page 3.

TRAMPOLINE/ENCLOSURE PLACEMENT

1. Place the trampoline/enclosure on a level surface
2. Adequate overhead clearance is essential. A minimum of 7.3 m (24 ft. from the ground level is recommended. Provide clearance for wires, tree limbs, and other

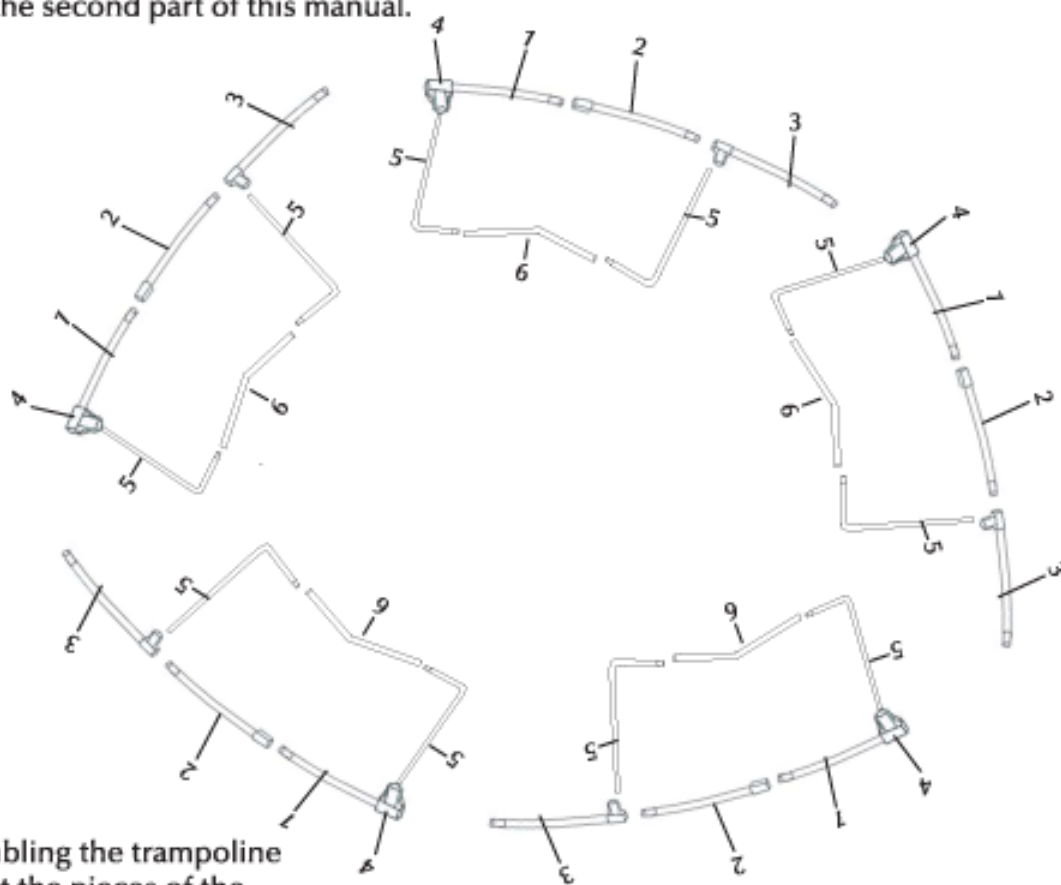
possible hazards. Lateral clearance is also essential. Place the trampoline/enclosure away from walls, structures, fences, and other play areas. Maintain a clear space on all sides of the trampoline/enclosure.

3. Use the trampoline/enclosure in a well-lighted area. Artificial illumination may be required for indoor/shady areas.
4. Secure the trampoline/enclosure against unauthorized and unsupervised use.
5. Remove any obstructions from beneath the trampoline/enclosure.
6. The owner and supervisors of the trampoline are responsible to make all users aware of practices specified in this manual.
7. The trampoline/enclosure is only to be used as an enclosure for a round trampoline.

BEFORE YOU BEGIN ASSEMBLY:

Make sure you understand the information in the box at the top of this page.

Make sure you review the previous page and correctly check the pieces in your box to make sure your trampoline came with all the correct parts. Leave the remaining parts in the box for assembly of the enclosure in the second part of this manual.



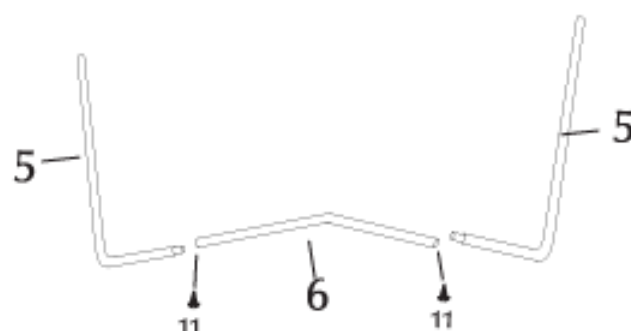
It will make assembling the trampoline easier if you layout the pieces of the frame in the same way as shown here.

Trampoline Assembly: STEP ONE

ASSEMBLE THE LEG BASE

Insert two Side Legs (5) into the corresponding Center Leg Base (6) and align the screw holes.

Screw two self tapping screws into each of the holes on the Center Leg Base (6).



Trampoline Assembly: STEP TWO

ASSEMBLE THE TOP RAILS

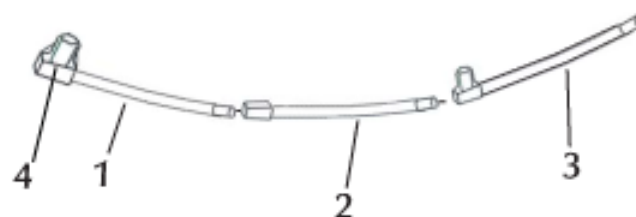
Insert the POD (Large) T-Socket Toprail (1) into the Straight Socket Toprail (2) then insert the combined piece into the Small T-Socket Toprail (3).

Lay the completed piece on the ground with the socket inserts facing upwards as shown.

REMEMBER: Key No. 1 = 6 spring holes

Key No. 2 = 5 spring holes

Key No. 3 = 7 spring holes



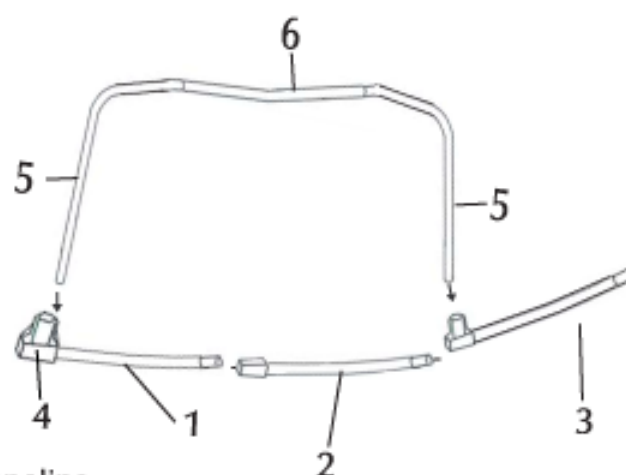
Trampoline Assembly: STEP THREE

ASSEMBLE THE TRAMPOLINE LEG

Take the completed piece from STEP ONE and insert it into the completed piece from STEP TWO.

To do this: Insert the Leg Side (5) into the POD (Large) T-Socket Toprail (1). Next, lift the leg assembly up and into the socket on the Small T-Socket Toprail (1).

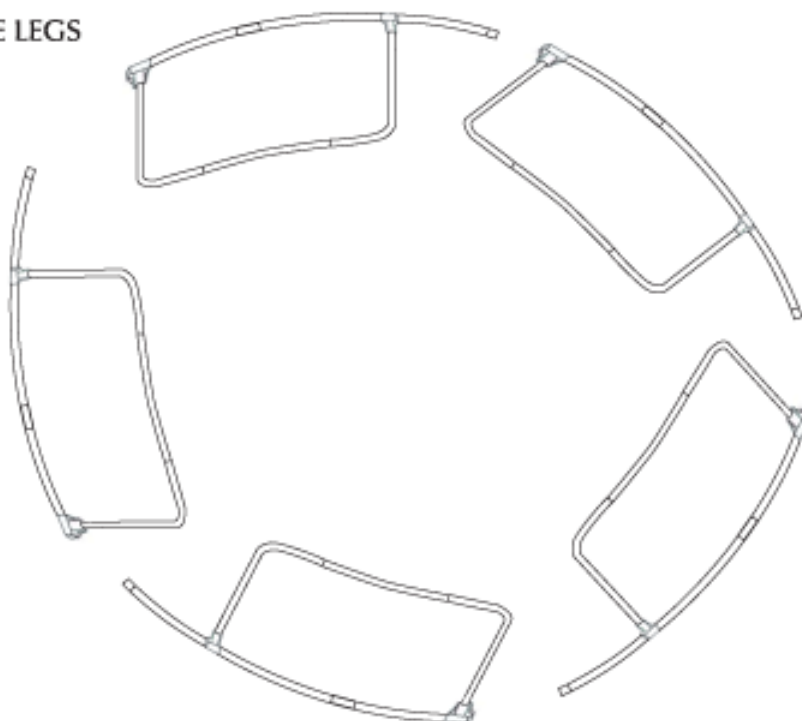
You have now assembled one leg section of your trampoline.



Trampoline Assembly: STEP FOUR

ASSEMBLE THE REMAINING TRAMPOLINE LEGS

Repeat steps 1-3 for the four remaining leg sections. Remember to keep the trampoline in the circular layout you placed the parts in on Page 16. After STEP FOUR your assembly should resemble the diagram (right).

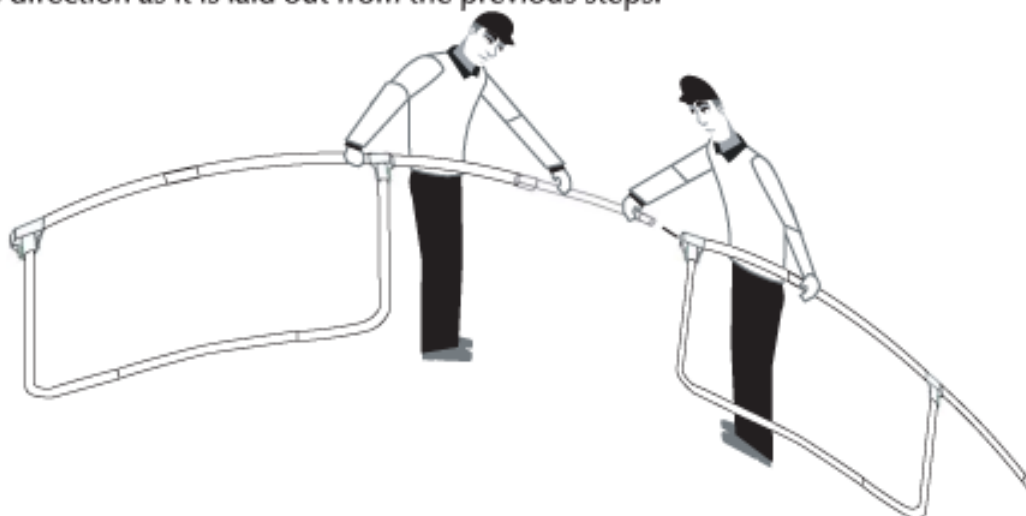


Trampoline Assembly: STEP FIVE

NOTE: STEPS FIVE and SIX require two persons. During this step you will connect the five leg sections.

PART A: ATTACH LEG SECTIONS

While the first person holds up one leg section have the second person assemble the next leg section onto the trampoline. It is important to remember to assemble the ring of the trampoline in a clockwise direction as it is laid out from the previous steps.



Trampoline Assembly: STEP SIX

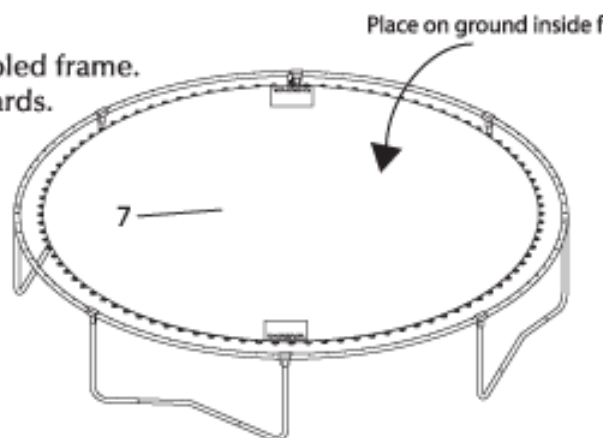
The two leg sections in STEP FIVE should now be free standing on there own. REPEAT STEPS FIVE for the next three leg sections. The final step will be to connect the last two sections to complete the ring of the trampoline. Bring the last top rail pieces together and insert the top rails together to complete the trampoline frame.

Trampoline Assembly: STEP SEVEN

LAY OUT THE TRAMPOLINE BED (JUMPING SURFACE)

Lay the Bed (Key 7) on the ground inside of the assembled frame. Make sure that the two warning decals are facing upwards.

Note: There are V-Rings around the edge of the Bed (7) and holes around the top of the frame. During the next steps, you will attach the Bed to the frame using the included Trampoline Springs (9) and the 10 YELLOW POD Springs (10).

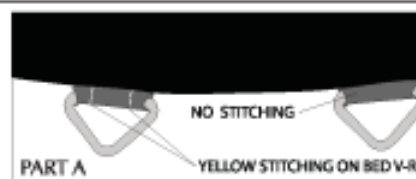


Trampoline Assembly: STEP EIGHT

ATTACH THE YELLOW SPRINGS TO THE BED USING THE V-RINGS WITH YELLOW STITCHING

NOTE: Before beginning this step find the bag full of 10 YELLOW colored SPRINGS

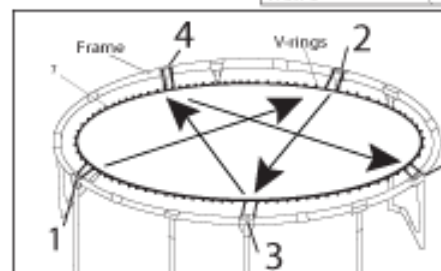
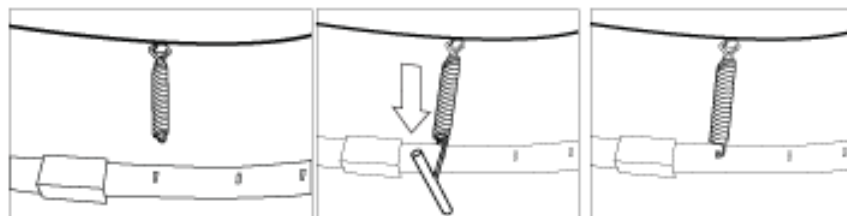
During the installations of springs, wear gloves and protective eye wear



PART A: Find a set of two V-rings with YELLOW STITCHING on your bed and align them with the nearest POD (Large) T-connector (4). (Reminder: This is the socket with a hold in the top.)

PART B: Insert two springs into the location of the V-rings with YELLOW STITCHING and the springholes in the POD (Large) T-connector (4). (right)

To correctly insert a top spring: hook one end of the spring into the V-ring. Next hook the spring pulling tool to the free end of the hanging spring, and use the tool to pull the spring until it reaches the frame. You will then pull the hook end of the spring into the correct hole in the top rail and disengage the spring pulling tool. Please see spring attachment pictures below.



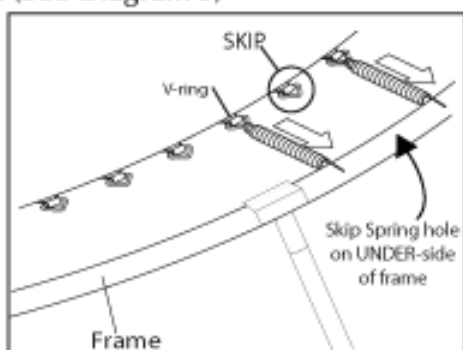
PART C: Move around the trampoline in a STAR pattern to connect ALL the

Trampoline Assembly: STEP NINE

DO NOT attach multiple springs in a row in the same section. This will NOT only make assembly difficult but can cause your springs to be irregularly stretched

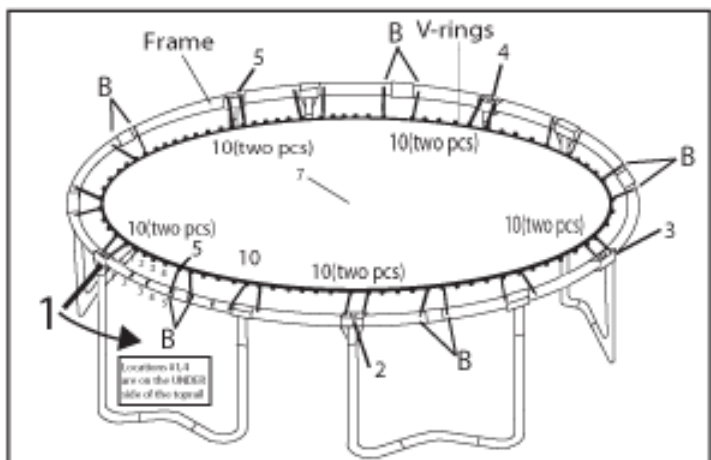
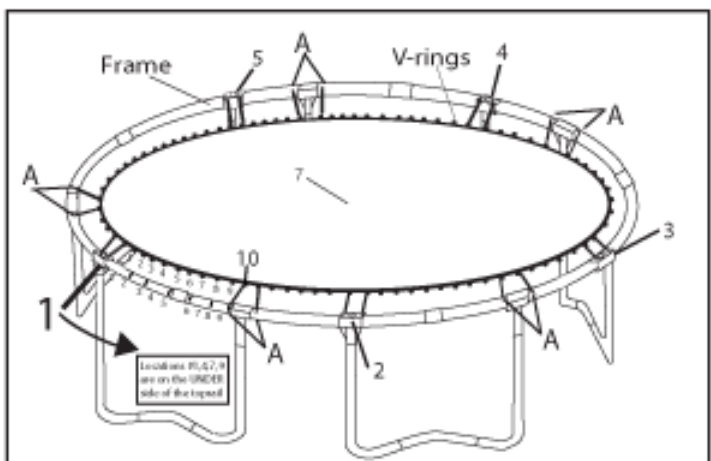
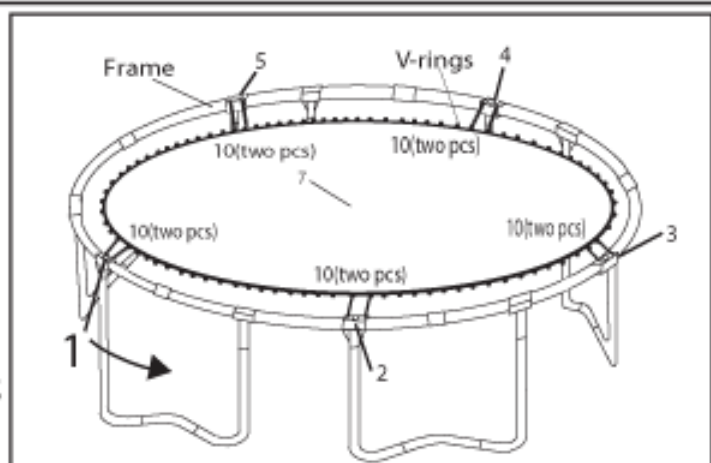
ATTACH THE REMAINING TOP SPRINGS

After STEP EIGHT your trampoline bed will be attached to the frame in five places where the V-rings with YELLOW stitching are on the bed (see 1,2,3,4,5 below in Diagram 1). In this step you will attach all the remaining TOP springs. To do this go back to the #1 V-ring with YELLOW stitching location. Count over 10 holes and 10 v-rings to the right and attach the top spring. If you counted correctly this location should be one spring hole/v-ring to the left of a T-connector. (See locations "A" in Diagram 2). Be sure to count both the TOP and BOTTOM spring holes during this process. (See Diagram 3)



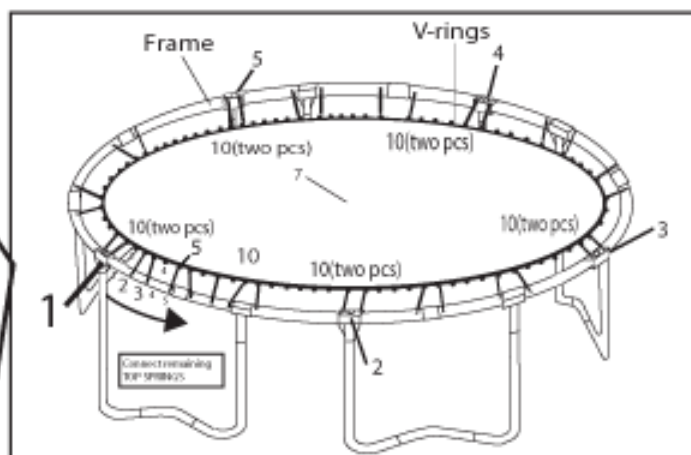
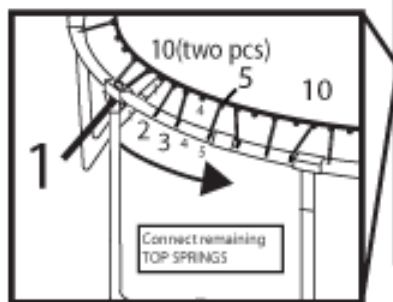
Now connect a second spring directly to the right of the same T-connector. ("A"). Now move to the next V-ring with YELLOW stitching location to your right and count over 10 springs and 10 v-rings. Connect a spring on each side of the T-connector location. Continue around the trampoline to the right connecting two springs at each T-connector location.

Retrun to the #1 v-ring with YELLOW stitching location. Count over 5 holes and 5 v-rings to the right and attach the top spring. If you counted correctly this location should be one spring hole/v-ring to the left of a Support socket. (See locations "B" in Diagram 4). Now connect a second spring directly to the right of the same Support Socket. ("B"). Now move to the next v-ring with YELLOW stitching location to your right and count over 5 springs and 5 v-rings. Connect a spring on each side of the support socket location. Continue around the trampoline to the right connecting two springs at each support socket location.



Trampoline Assembly: STEP NINE cont

Return to Location #1 and connect all the remaining top springs of the trampoline. Be sure to remember to **SKIP** v-ring locations that are used for **BOTTOM SPRINGS**.



Trampoline Assembly: STEP TEN

ATTACH THE BOTTOM SPRINGS

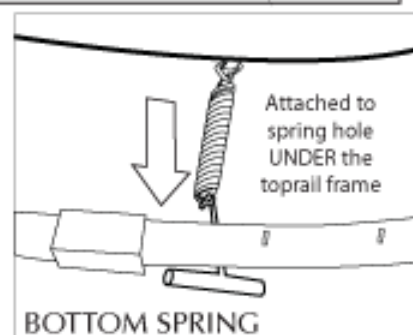
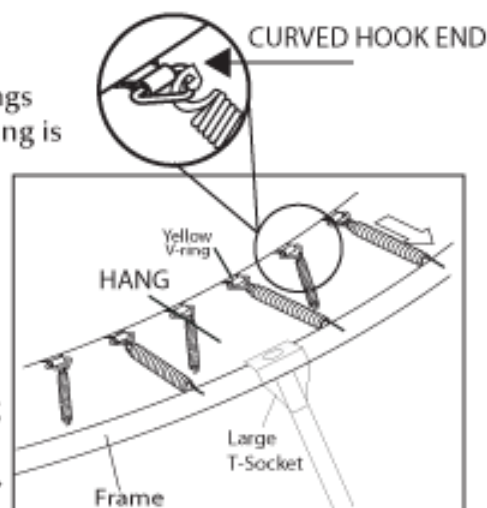
Now take all the remaining springs and hang them in the open v-rings that are left on the bed. Make sure that the curved hook on the spring is attached at the v-ring and facing **UPWARDS**. (see right)

Return to location #1 from STEP NINE and attach the first **BOTTOM** spring to the right of the **POD (large) T-Socket**.

To correctly insert a **BOTTOM** spring - hook the spring pulling tool into the free end of a hanging spring and pull the spring until it reaches the frame. You will then pull the end of the hanging spring into the correct hole in the top rail and disengage the spring pulling tool. Please see **BOTTOM** spring attachment pictures below.

Now move to location #2 and attach the first spring to the right of the **POD (large) T-Socket** then to location #3 and then to location #4 and #5.

Continue this pattern in a counterclockwise direction as done in **STEP NINE** for the **TOP** springs until all the **BOTTOM** springs have been attached.

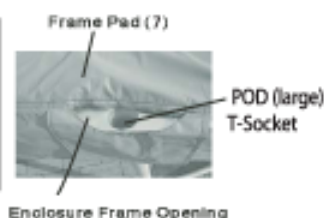


Trampoline Assembly: STEP ELEVEN

ATTACH THE FRAME PAD TO THE FRAME OF THE TRAMPOLINE

Lay the Frame Pad (7) on the frame. Adjust the position of the Frame Pad so the notches are aligned with the trampoline legs as shown. Also, be sure the five enclosure frame openings are aligned to the holes in the five POD (Large) T-Sockets. (See picture below)

Do not use the trampoline without the Frame Pad (7), which is designed to reduce the likelihood of injury to the user from coming in contact with the trampoline frame. If you do not have a Frame Pad, call our Customer Hot Line toll-free at 1-877-927-8777, Monday-Friday, 8 a.m. -5 p.m. Central Time. (Excluding Holidays) Properly install the Frame Pad before using the trampoline.

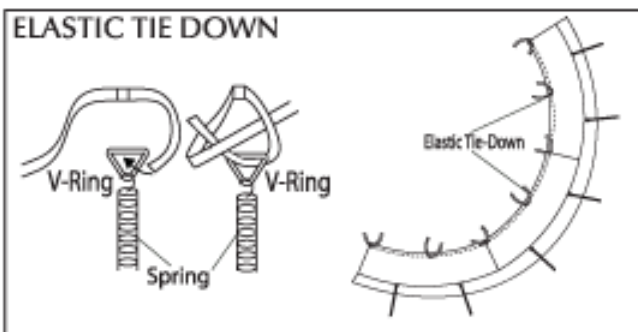


Trampoline Assembly: STEP TWELVE

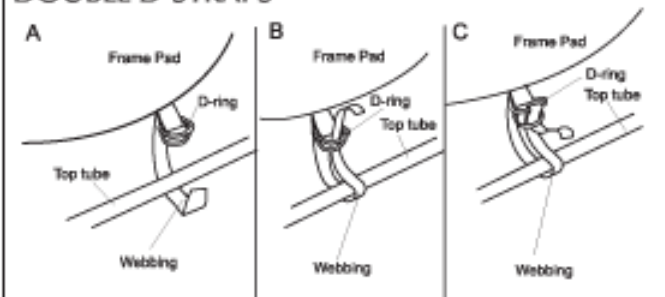
ATTACH THE FRAME PAD TO THE FRAME USING THE ATTACHED STRAPS

Once the frame pad is laid in the correct position on the frame, there will be two types of straps to secure the pad. Circle the frame in a clockwise position from Location #1 (STEP NINE) and be sure to attach all straps. See the pictures below for the types of straps and their attachment directions.

ELASTIC TIE DOWN



DOUBLE D-STRAPS

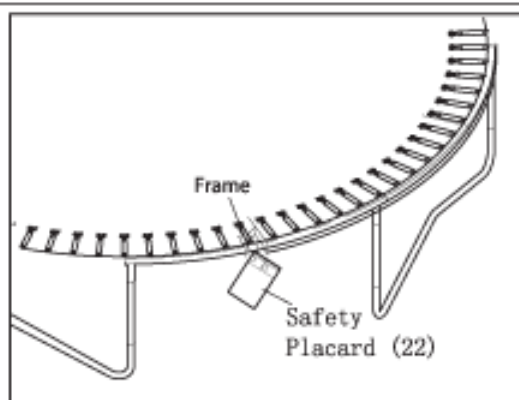


Trampoline Assembly: STEP THIRTEEN












ATTACH THE SAFETY PLACARD TO THE FRAME

Using the included plastic tie, attach the Safety Placard to the frame near the point where the jumper will climb onto and off of the trampoline.

The trampoline is now fully assembled. Make sure that all parts are securely attached. Familiarize yourself and all users of the trampoline with the safety precautions, use, and instruction materials, and care and maintenance instructions in this manual before using the trampoline.



Enclosure Assembly: Parts Listing

Key Number	Qty	Description	Picture
11	5	Bottom Enclosure Pole (STRAIGHT)	
12	5	Top Enclosure Pole (CURVED with Plastic Cap)	
13	10	Foam Sleeve	
14	2	G4 Poles (BLUE & BLACK)	
15	5	Polyester cover sleeves	
16	2	G3 poles with SHOCK CORD	
17	33	Cord Locks	
18	1	Netting with hardware	 Door of Netting
19	5	Plastic caps (Pre-assembled to KEY NO.12)	
23	5	Self-tapping screws	
22	1	Safety Placard	

Enclosure Assembly: STEP ONE

ASSEMBLE THE FRAME POLES

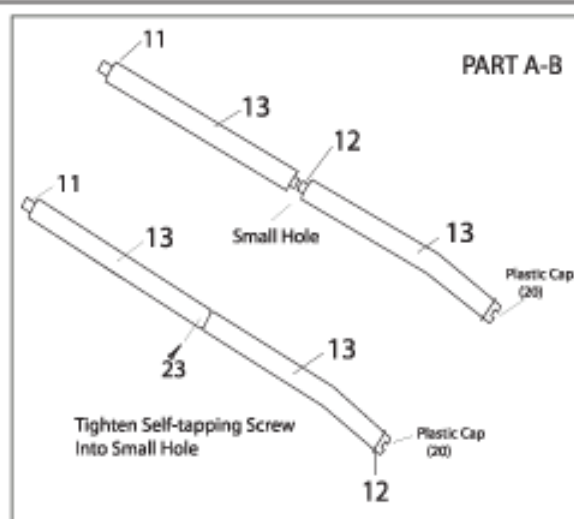
PART A: Lay a BOTTOM (Straight) Enclosure Pole (11) and a TOP (Curved) Enclosure Pole (with Plastic Cap) (12) on the ground as shown.

PART B: Slide a Foam Sleeve (13) onto each of the poles: note that the ends of the BOTTOM Pole (11) should not be covered.

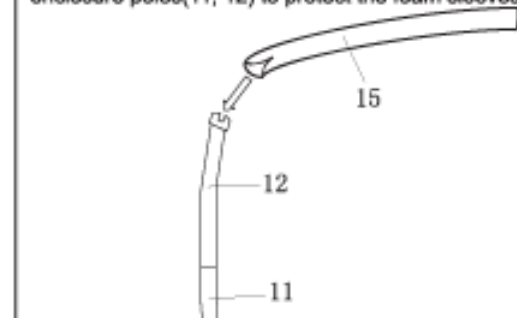
PART C: Insert the BOTTOM Pole (11) into the TOP Pole (12). Make sure that the screw holes are aligned in the position shown, and tighten a self-tapping screw (23) into the screw hole as shown in the diagram.

You have now assembled one pole of your enclosure. Repeat this step four more times for the remaining poles.

PART D: Return to each assembled enclosure pole and slide the polyester sleeves (15) over the top of each of the five assembled enclosure poles.



Insert polyester cover sleeves (15) into each 5 pieces enclosure poles (11, 12) to protect the foam sleeves (13).



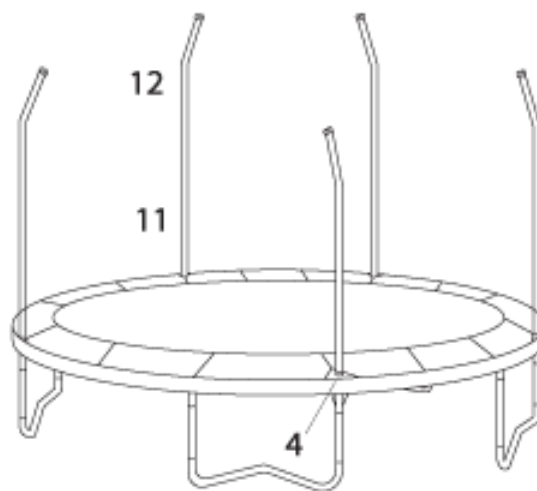
Enclosure Assembly: STEP TWO

INSERT THE ENCLOSURE FRAME INTO THE TRAMPOLINE

Return to the trampoline

Take one completed straight enclosure piece and insert it into the hole of the closest POD (Large) T-Socket as shown. Make sure that the curved TOP pole is angled in toward the center of the trampoline.

Repeat again to attach the other four straight poles in their corresponding locations.



Enclosure Assembly: STEP THREE

ASSEMBLE THE G4 POLES FRAME POLES

PART A: Find the set of the G4 Poles that will create the top part of the enclosure net. Here is a description of the poles you should have. Look for the colored markings on each pole. You should have 2 of each of the following poles:



PART B: Snap the poles together in the same order as placed in above to form one side of the pole frame.

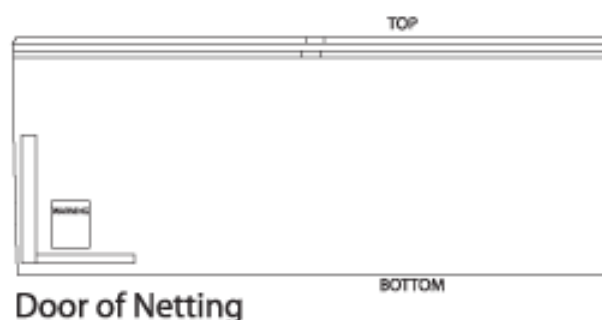


PART C: Repeat parts A and B for the second set of G4 Poles.

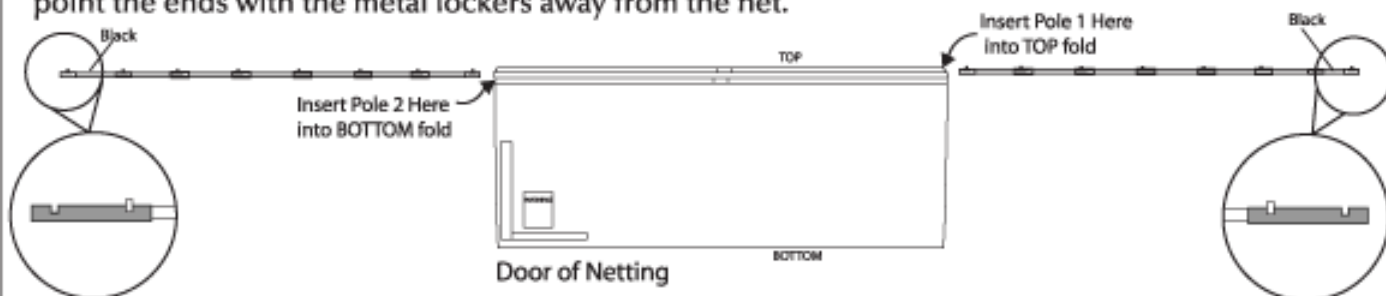
Enclosure Assembly: STEP FOUR

ASSEMBLE THE ENCLOSURE NET

PART A: Find a flat surface near the trampoline and lay out the enclosure net as shown. It will make the following steps easier if you fold the net in half at the door location. (See diagram)



PART B: Lay out the G4 poles assembled in STEP THREE according to the diagram below. Be sure to point the ends with the metal lockers away from the net.

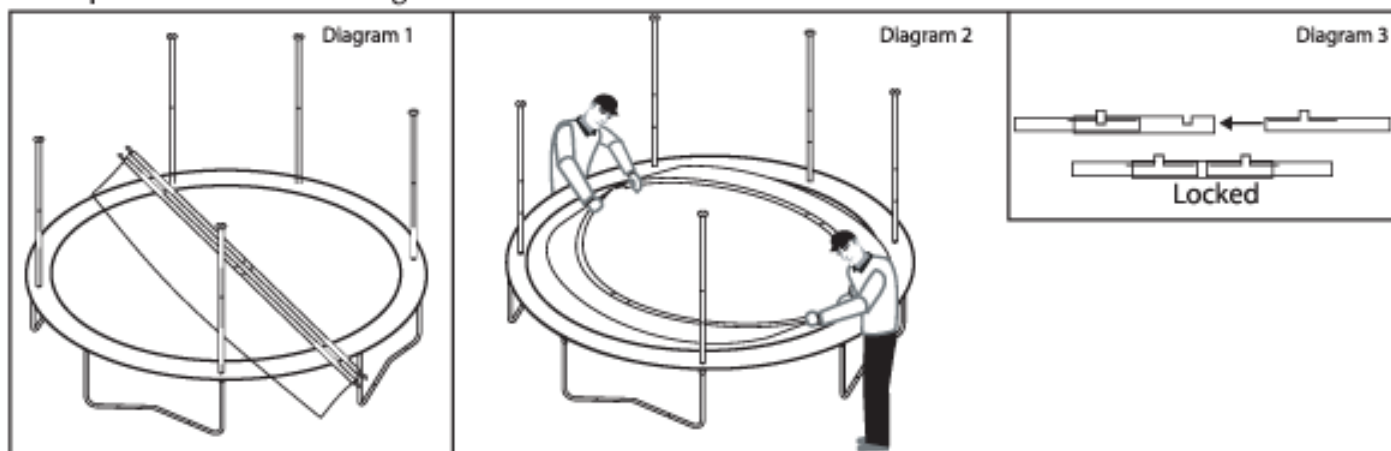


PART C: Insert the G4 pole that is farthest away from the door of the net FIRST. Take the end of Pole 1 and make sure to insert into the flaps on the TOP of the Net as laid out on the ground. Push the pole completely through the top of the net and guide it down; reinserting into the flaps as needed. Now move to the other G4 pole and insert it into the flaps on the BOTTOM of the net as laid out on the ground. (i.e. this pole should be sliding in the net UNDER first G4 Pole.) Insert this pole in the same way as pole 1.

Enclosure Assembly: STEP FIVE

ASSEMBLE THE ENCLOSURE NET (continued)

PART A: Take the assembled enclosure net from STEP FOUR and lay it across the trampoline as shown in Diagram 1. While holding onto the G4 poles spread the net out in a circular shape near the edge of the trampoline as shown in Diagram 2.



PART B: (This step requires two persons). Have the first person stand where the two G4 poles are exposed from the top of the net, and have the second person stand at the directly opposite location around the trampoline as shown in Diagram 2. The first person will then bring the two poles together and clip them into place by inserting the connectors together as shown in Diagram 3. It will help in this step if person two holds a G4 pole in each hand and helps person one guide the poles into a circular form. Repeat this procedure for person two's location to complete the circular pole frame of the net.

Enclosure Assembly: STEP SIX

ATTACH THE ENCLOSURE NET TO THE ENCLOSURE FRAME

Climb onto the trampoline and stand in the center of the enclosure net. Find an open section along the top of the net where the top circular frame is exposed from the strap holding the frame. (see Diagram 1). Place your hands on the outside of this area and reach up and snap the exposed area of the circular frame into place on the plastic cap on top of frame pole #1.



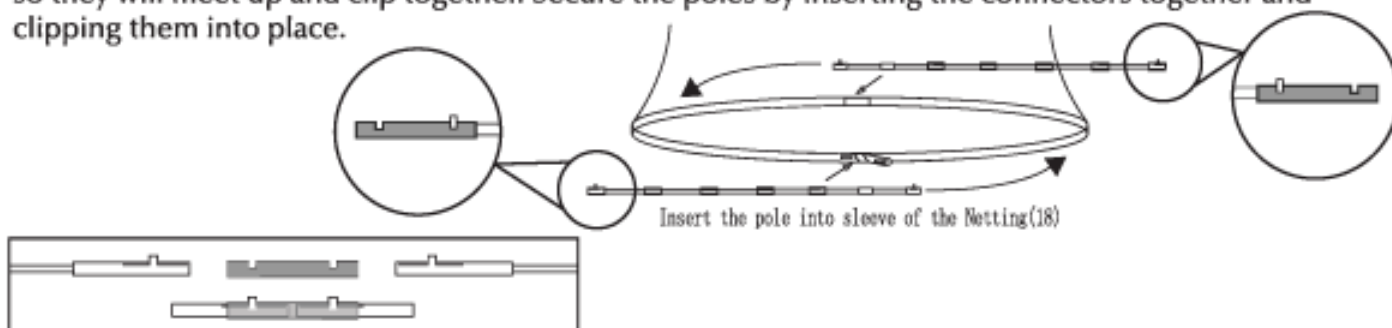
Repeat this step for frame pole #2, then #3, #4, and finally #5.



Enclosure Assembly: STEP EIGHT

ASSEMBLE BOTTOM G3 POLES INTO THE ENCLOSURE NET

After the net is hanging from the plastic caps insert the G3 Poles (with SHOCK CORDS) into the bottom of the net and clip them into place. Be sure to insert the connectors opposite of each other so they will meet up and clip together. Secure the poles by inserting the connectors together and clipping them into place.



Enclosure Assembly: STEP NINE

ATTACH THE ENCLOSURE NET TO TRAMPOLINE BED

Note: During this Step, you will connect the lower edge of the Netting to the V-rings on the bed using the Cord Locks (17).



Locate the V-Ring closest to the door. Thread one end of a Cord (17) through the Black Webbing Tab on the lower edge of the Netting above the V-ring (Diagram 1) and then wrap the Cord around the V-Ring as shown (Diagram 2). Loop the cord buckle through the cord straps and securely tighten the stopper around the v-ring. (Diagram 3)

Repeat the procedure continuing around the trampoline in a clockwise direction.

Diagram 2

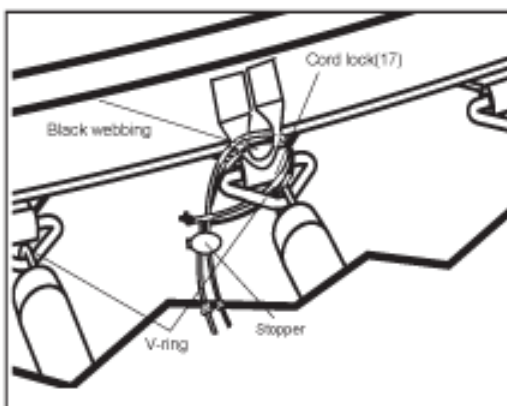


Diagram 1

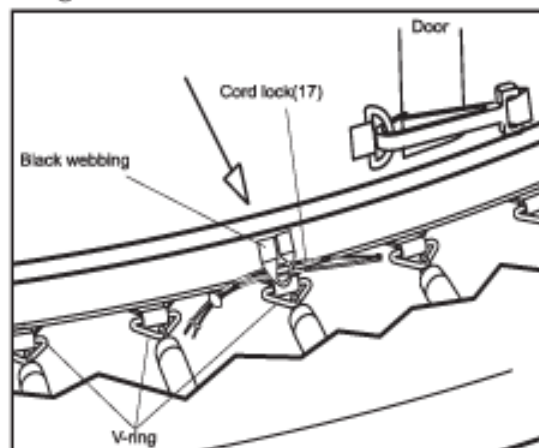
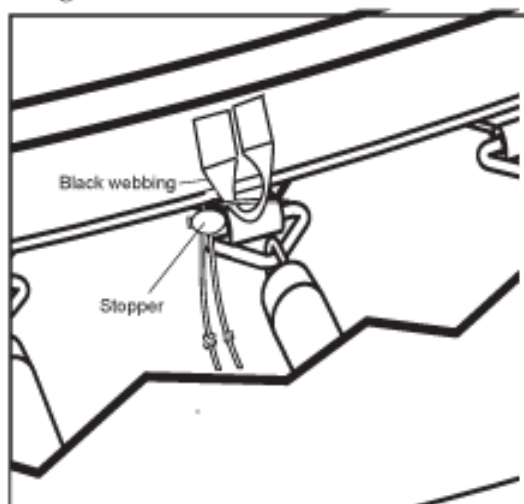


Diagram 3



Make sure that the Netting is sewn to every CORD LOCK tab on the enclosure net and the netting below the door is also sewn to the v-rings.

Enclosure Assembly: STEP TEN

ATTACH THE SAFETY PLACARD TO THE ENCLOSURE NET

Using the included plastic tie, attach the Enclosure Safety Placard (22) to the Netting (18) near the door as shown.

The trampoline/enclosure is now fully assembled. Make sure that all parts are securely attached. Familiarize yourself and all users of the trampoline/enclosure with the safety precautions, use and instructional materials, and care and maintenance instructions in the manual before using.



DISASSEMBLY

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

CARE AND MAINTENANCE

CARE

Do not allow pets or animals on the trampoline or inside the enclosure, as claws may snag and pull the bed material or damage the frame pad or netting.

The trampoline/enclosure is intended to be used by one person at a time weighing 100 kg (220 lbs.) or less. The user should be either barefoot, wearing socks, or wearing gymnastic shoes.

Street shoes or tennis shoes should not be worn on the trampoline. The user should remove all sharp objects from his or her person that may cause injury or damage to the bed. Heavy, sharp, or pointed hard objects should not contact the bed.

Appropriate shoes should be worn inside the enclosure to reduce wear to the bed.

MAINTENANCE

Your trampoline is manufactured using quality materials and crafted to provide you and your family with many years of enjoyment and exercise. Proper maintenance and care will help to prolong the life of the trampoline and reduce the possibility of injury.

Prolonged exposure to the sun, especially ultraviolet rays, will shorten the life of the trampoline/ enclosure fabric. For longer fabric life store the trampoline/enclosure when it is not being used. A dry trampoline/ enclosure, properly stored, will provide the longest life of the fabric, sewing, and hardware. **Remove the enclosure from the trampoline during harsh weather conditions or during long periods of non-use**

The following guidelines should always be observed.

Inspect the trampoline/enclosure before each use, and replace any worn, defective, or missing parts. The following conditions could represent potential hazards and increase the danger of personal injury:

- a missing, improperly positioned, or insecurely attached frame pad, netting, enclosure tubes, foam sleeves
- punctures, frays, tears, or holes worn in the bed, frame pad, netting, foam sleeves.
- deterioration in the stitching or fabric of the bed, frame pad, netting
- ruptured or missing springs
- a bent or broken frame, leg, enclosure tubes
- a sagging bed, netting
- sharp protrusions on the frame, suspension system, enclosure tubes

If any of these conditions exists, the trampoline should be disassembled or otherwise protected against use until the condition is remedied.

REMOVING AND STORING THE TRAMPOLINE/ ENCLOSURE

Make sure that the trampoline/enclosure is dry before removing and storing it. Use caution while removing the tubes due to the weight of the tubes.

Once the enclosure is removed from the trampoline, remove all items from the trampoline bed. Make sure that the bed is clean and that it has no tears or holes. Store the trampoline/enclosure in a safe, dry location.

SPECIAL CONSIDERATIONS

High Wind



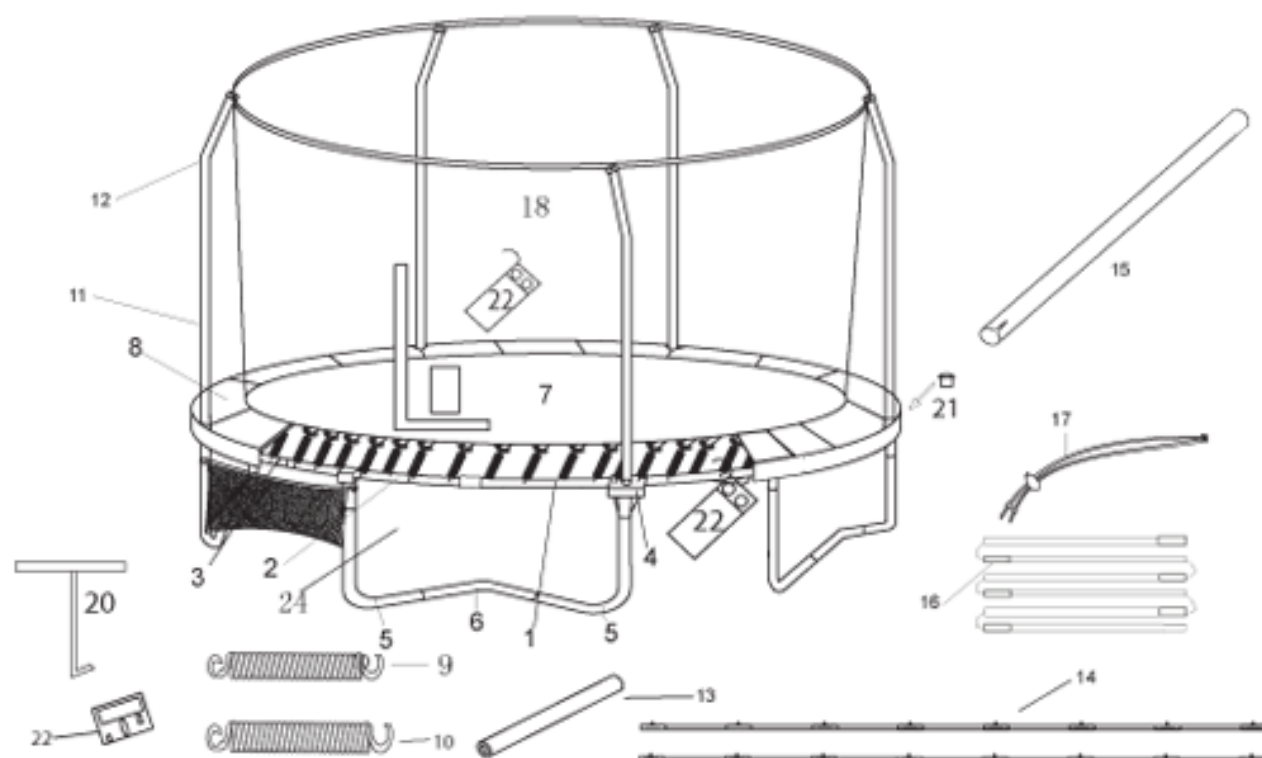
It is possible for the trampoline/enclosure be blown about by high wind. If you anticipate high winds, the trampoline/enclosure should be moved to a sheltered location, disassembled, or tied down to the ground with ropes and stakes (not included). At least three ropes and three stakes should be used. The tops of the stakes should be at ground level so that they will not create a tripping hazard. In addition, the tops of the stakes should be covered, if necessary, so that users will not be injured by falling onto the stakes. Make sure to attach the ropes to the top of the frame; **do not simply secure the legs or the bases to the ground, as they can separate from the frame sockets.**

Moving the Trampoline

If the trampoline/enclosure needs to be moved, it should be moved by two persons, kept horizontal, and lifted slightly. If necessary, the trampoline/enclosure can be disassembled for moving.

To disassemble the trampoline/enclosure, follow the assembly steps in reverse order (see pages 15 to 20). Do not attempt to disassemble the frame sections, legs, or bases before the bed and springs have been removed.

EXPLODED DRAWING AND PART LIST



Key No	Qty.	Description	Key No.	Qty.	Description
1	5	Top tube with 6 spring holes (B marking)	14	2	G4 poles
2	5	Top tube with 5 spring holes (A marking, Support Connector)	15	5	Polyester cover sleeves
3	5	Top tube with 7 spring holes (A / B marking T-connector)	16	2	G3 poles
4	5	POD-connector	17	33	Cord locks
5	10	J-leg	18	1	Enclosure Netting
6	5	Center leg	19	5	Plastic caps(This part has been attached to the top of top pole(12).)
7	1	Stitched bed with V-rings	20	1	Spring pulling tool
8	1	Frame pad	21	1	POD-connector cap
9	80	7" length springs	22	1	User's manual and safety placard(2 pcs)
10	10	Yellow color springs	23*	15	Self-tapping screws
11	5	Straight tube	24	1	Shoe bag
12	5	Top curve tube	*	1	Set of ASTM frame labels
13	10	Foam sleeves			

*This part is not illustrated.

Specification are subject to change without notice

ORDERING REPLACEMENT PARTS

To order replacement parts, visit our Web site or call our Customer Hot Line (see page 3). To help us assist you, please provide the following information when calling:

- the MODEL of the trampoline/enclosure
- the NAME of the product
- the KEY NUMBER and DESCRIPTION of the part (see the PART LIST above)
- the quantity needed
- the desired method of shipping