

# INTRODUCTION



Before you begin use of this trampoline, be sure to carefully read all the information Provided to you in this manual. Just like any other type of physical recreational activity, Participants can be injured. To reduce the risk of injury, be sure to follow appropriate safety rules and tips.

- Misuse and abuse of this trampoline is dangerous and can cause serious injury!
- Trampoline, being rebounding devices, propel the performer to unaccustomed heights and into a variety of body movements.
- Always inspect the trampoline before each use for wear-out mat, loose or missing parts.
- Proper assembly, care and maintenance of product, safety tips, warnings, and proper Techniques in jumping and bouncing are all included in this manual. All users and Supervisors must read and familiarize themselves with these instructions. Anybody who chooses to use this trampoline must be aware of their own limitations in regards to performing various jumps and bounces with this trampoline.

## **WARNING!**



Do not allow more than one person inside the trampoline enclosure. Use by more than one person at the same time can result in serious injuries.



Do not attempt or allow somersaults on the trampoline. Landing on the head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed.

- Trampolines over 20 in. (51 cm) tall are not recommended for use by children under 6 years of age.
- Use trampoline only with mature, knowledgeable supervision.
- Inspect the trampoline and enclosure before each use. Make sure the barrier and the enclosure support and frame support padding is correctly and securely positioned. Replace any worn, defective, or missing parts.
- Do not attempt to jump over the barrier.
- Do not attempt to crawl under the barrier.
- Do not intentionally rebound off the barrier.
- Do not hang from, kick, cut or climb on the barrier.
- Wear clothing free of drawstrings, hooks, loops 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.
- Enter and exit the enclosure only at the enclosure door or barrier opening designated for that purpose. Read all instructions before using the trampoline enclosure. Warnings and instructions for the care, maintenance, and use of this trampoline enclosure are included to promote safe, enjoyable use of this equipment.

**Always consult a physician before performing any kind of physical activity.**

PLEASE RETAIN THIS INFORMATION FOR FUTURE REFERENCE



# INFORMATION ON USE OF THE TRAMPOLINE



- Trampolines over 20 in. (51 cm) tall are not recommended for use by children under 6 years of age.
- Inspect the trampoline before each use. Make sure the frame padding is correctly and securely positioned. Replace any worn, defective, or missing parts.
- Initially, you should get accustomed to the feel and bounce of the trampoline. While keeping the head erect, focus eyes on the trampoline toward the perimeter. you should practice each bounce ( the basic bounces) until you can do each skill with ease and control.
- To brake a bounce, all you need to do is flex your knees sharply before they come in contact with the mat of the trampoline. This technique should practiced while you are learning each of the basic bounces. The skill of braking should be used whenever you lose balance or control of your jump.
- Avoid bouncing too high. Stay low until bounce control and repeated landing in the center of the trampoline can be accomplished. Control is more important than height.
- 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.
- 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 after another, with or without feet bounces between them. 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 6 years of age.
- Keep objects away which could interfere with the performer. 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 must not be used in gusty or severe winds.
- Read all instructions before using the trampoline. Warnings and instructions for the care, maintenance, and use of this trampoline are included to promote safe, enjoyable use of this equipment.



# TRAMPOLINE SAFETY INSTRUCTIONS



## JUMPERS:

- Do not use trampoline if you have consumed alcohol or any drugs
- Remove all hard sharp objects from person before using trampoline
- You should climb on and off in a controlled and careful manner. Never jump on or off the trampoline and never use the trampoline as a device to bounce onto or into another object.
- Always learn the basic bounce and master each type of bounce before trying more difficult types of bounces. Review the Basic Skills Section to learn how to do the basics
- To stop your bounce, flex your knees when you land on the mat with your feet
- Always be in control when you are bouncing on the trampoline. A controlled jump is when you land at the same spot that you took off from. If at any time you feel out of control, try to stop your bouncing.
- Do not jump or bounce for prolonged periods of time or too high for a number of jumps
- Keep your eyes on the mat to maintain control.  
If you do not, you could lose balance or control
- Never have more than 1 person on the trampoline at any time
- Always have a supervisor watching you when you are on the trampoline

## SUPERVISORS

Educate yourself with the basic jumps and safety rules. To prevent and reduce the risk of injuries, enforce all safety rules and ensure that new jumpers learn the basic bounces before trying more difficult and advanced jumps

- All jumpers need to be supervised, regardless of skill level or age.
- Never use the trampoline when it is wet, damaged, dirty, or worn out. The trampoline should be inspected before any jumpers start bouncing on it.
- Keep all objects that could interfere with the jumper away from the trampoline.
  - Be aware of what is overhead, underneath, and around the trampoline.
- To prevent unsupervised and unauthorized use, the trampoline should be secured when not in use.



# TRAMPOLINE PLACEMENT

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The minimum overhead clearance required is 24 feet (7.3 meters). In terms of horizontal clearance, please ensure that no hazardous objects are near the trampoline such as tree limbs, other-recreational objects (i.e. swing sets, swimming pools), electrical power wiring, walls, fences, etc.

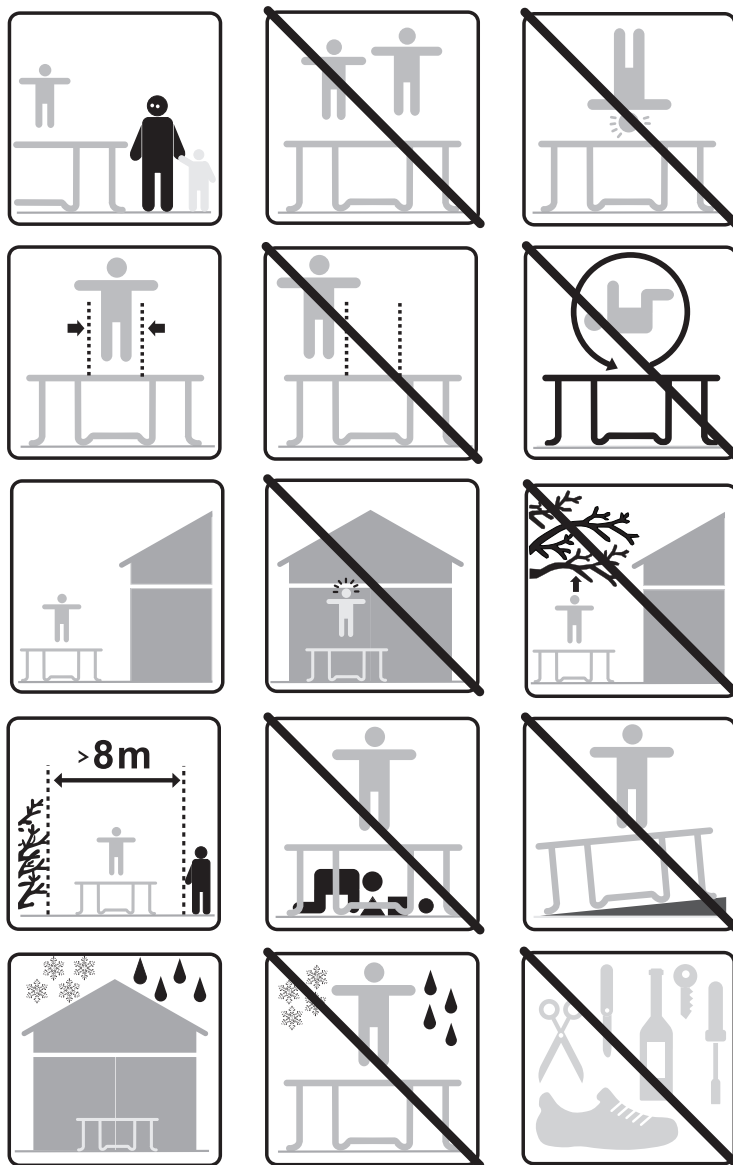
For safe use of the trampoline, please be aware of the following when selecting a place for your trampoline:

- Make sure it is placed on a level surface
- The area is well-lighted
- There are no obstructions beneath the trampoline

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



## ⚠ WARNING



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

### Lesson 1

- A. Mounting and Dismounting - 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 - 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, land on the mat and return to feet
- D. Practice Routine-Hands and knees Bounce, Front Bounce, back to feet, seat bounce, back to feet

## Lesson 4

- A. Review and practice skills and techniques learned in previous lessons
- B. Half-Turn
  - i. Start from front drop position and as you make contact with the 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 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 and develop routines is "BOUNCE". In this game, players count from 1 to X. Player one starts with a maneuver. Player two has to do Player One's maneuvered and adds on another. Player Three does the maneuvers of one and Two and then adds a third maneuver. This continues until a player cannot do the routine 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.

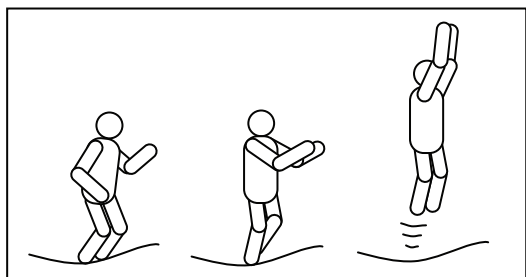
A certified trampoline instructor should be contacted to further develop your trampoline skills.



# BASIC TRAMPOLINE BOUNCES

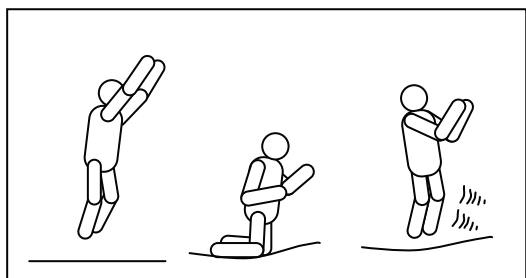


## THE BASIC BOUNCE



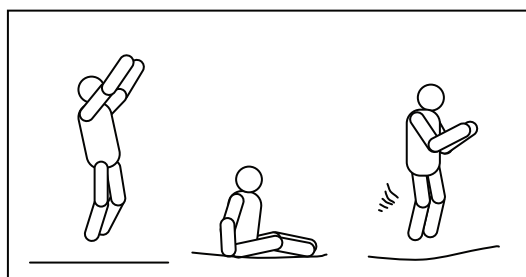
1. Start from standing position, feet shoulder width apart and with head up and eyes on mat.
2. Swing arms forward and up and around in a circular motion.
3. Bring feet together while in mid-air and point toes downward.
4. Keep feet shoulder width apart when landing on mat.

## KNEE BOUNCE



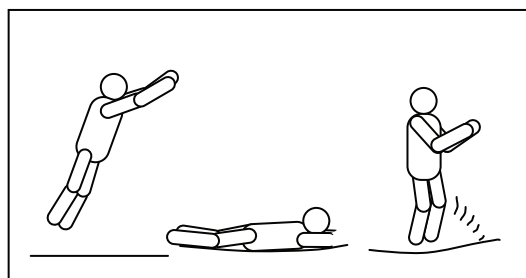
1. Start with basic bounce and keep it low
2. Land on knees keeping back straight, body erect and use your arms to maintain balance
3. Bounce back to basic bounce position by swinging arms up

## SEAT BOUNCE



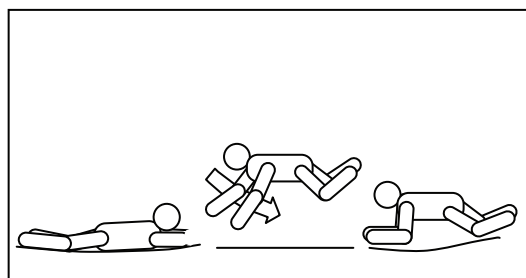
1. Land in a flat sitting position.
2. Place hands on mat beside hips
3. Return to erect position by pushing with hands.

## FRONT BOUNCE



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

## 180 DEGREE BOUNCE



1. Start with front bounce position
2. Push off with left or right hands and arms (depending on which way you wish to turn)
3. Maintain head and shoulders in the same direction and keep back parallel to mat and head up
4. Land in prone position by return to standing position by pushing up with hands and arms



# ASSEMBLY INSTRUCTIONS



To assemble this trampoline all you need is our special spring loading tool provided with this product. During periods of non-use. This trampoline can be easily disassembled and stored. **Please read the assembly instructions before beginning to assemble the product.**

## PRIOR TO ASSEMBLING

Please refer to page for part descriptions and numbers. The assembly steps use these descriptions and numbers as reference for your convenience.

Make sure that you have all parts listed. If you are missing any parts, please refer to page for Instructions on how to attain any parts.

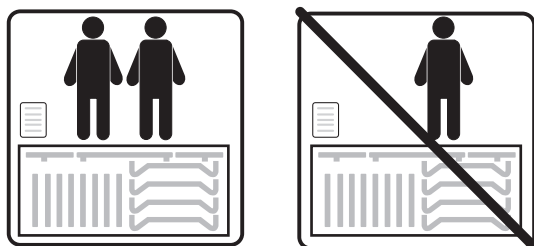
To prevent any injuries to your hands from pinch points during assembly, **please use gloves to protect your hands.**

## PARTS LIST

Please select your trampoline size.

Reference Number	Part Number	Description	531 251cm	532 305cm	533 366cm	534 427cm
1	TATR0100	Trampoline Mat, stitched with V-Rings	1	1	1	1
2	TATR0200	Frame Pad	1	1	1	1
3	TATR0300	Top Rail with Leg Sockets	3	4	4	4
4	TATR0400	Top Rail	3	4	4	4
5	TATR0500	Leg Base	3	4	4	4
6	TATR0600	Vertical Leg Extension	6	8	8	8
7	TATR0700	Galvanized Springs	60	72	80	96
8	TATR0800	Elastic band	18	24	24	24
9	TATR0900	Spring Loading Tool	1	1	1	1
10	TATR1000	Self-tapping screw	6	8	8	8

REMEMBER TO USE GLOVES DURING ASSEMBLY TO AVOID PINCHING and IT WILL TAKE AT LEAST TWO PEOPLE TO ASSEMBLE THE TRAMPOLINE



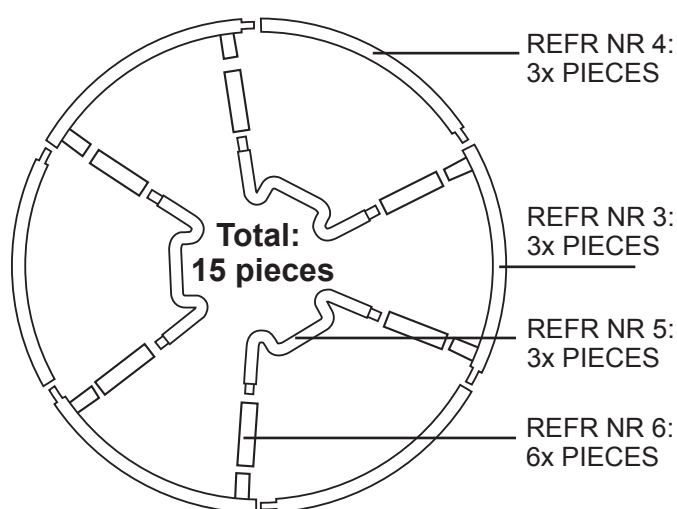


## STEP 1 – Frame Layout

Please select your OWN tubing parts' quantity according to the products in your hand from following illustrations. All parts with the same par # are interchangeable and have not “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”

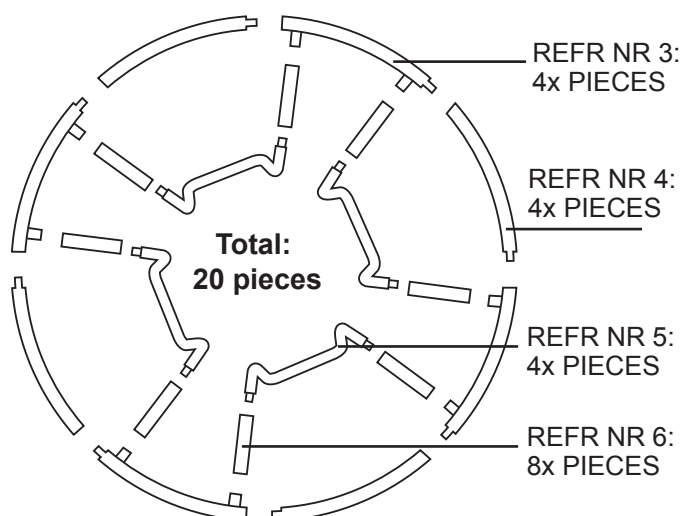
### Salta Trampoline 531

251cm



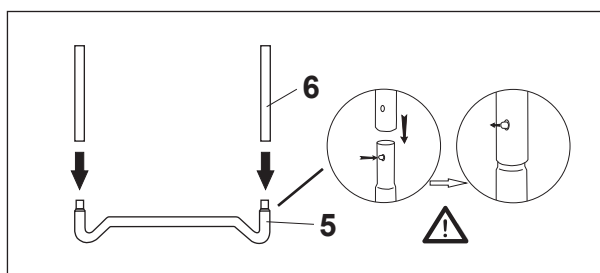
### Salta Trampoline 532, 533 & 534

305cm, 366cm & 427cm



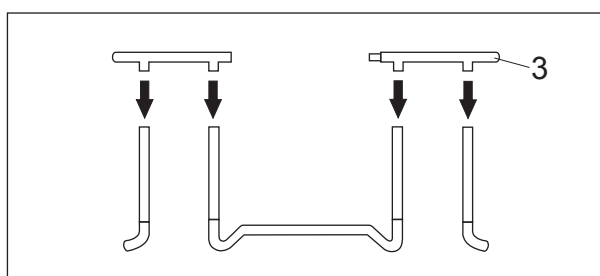


## STEP 2 - Support Assembly

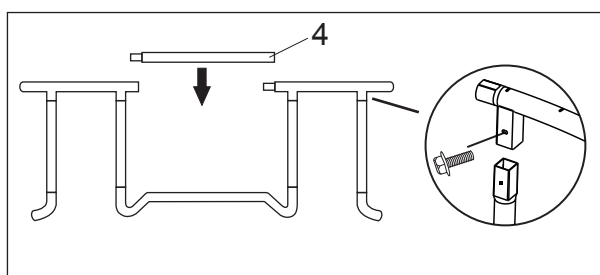


- A. Slide all Vertical Leg Extensions (6) onto the Leg Base(5) as shown

## 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 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 2 Support Assemblies held together by 1 Top Rail with Socket



Secure legs to sockets  
with self-tapping screw

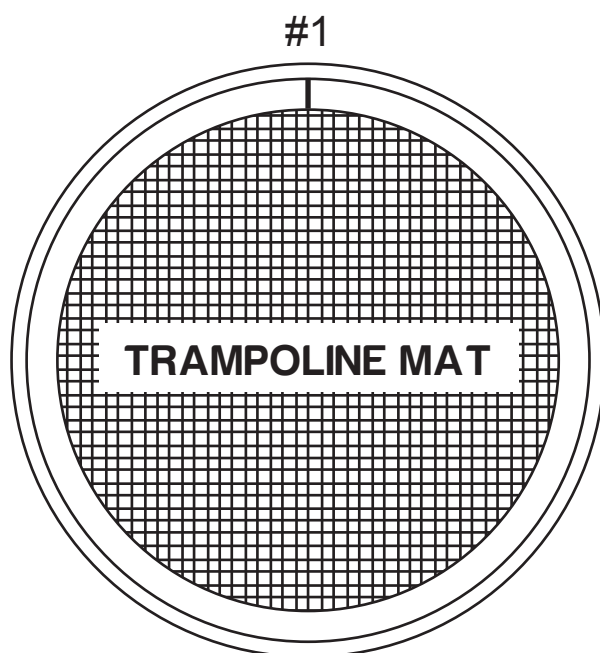
- B. Now, install the other 4 Top Rails (4) into the gaps between the Vertical Leg Extensions (3) by inserting them into the slots as shown.



#### STEP 4 - Trampoline Mat Assembly

When Attaching springs to the trampoline mat, Please be careful. You will need another person to help you with this portion of the assembly. CAREFUL-When attaching the springs, the Connector Points can become pinch points since the trampoline is tightening up.

A. Lay out the Trampoline Mat (1) inside the frame

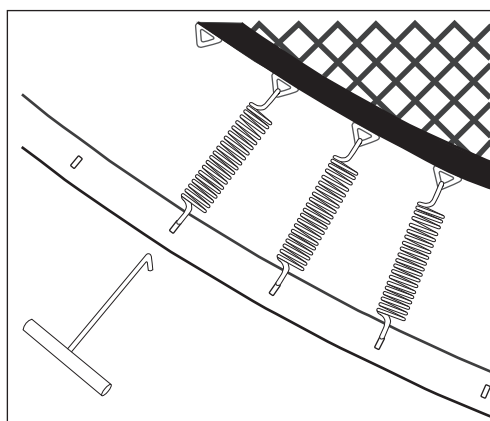
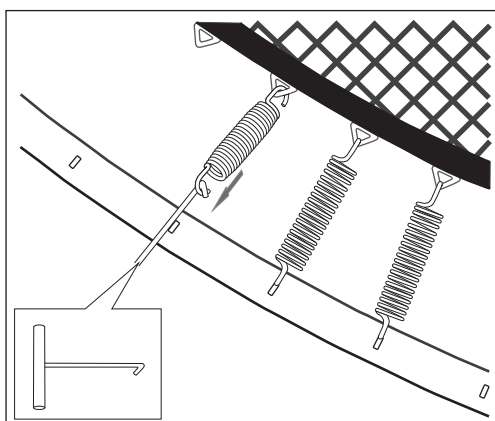


B. How to use the spring special tool.

STEP I : Position the spring on the eyelet of the jumping mat, attach tool and link up to the end of the spring hook.

STEP II : Extend spring tool and link up spring hook to the hole on the trampoline frame.

**Please be careful where you place your hands and other parts of your body during spring assembly as connector points become pinch points!**

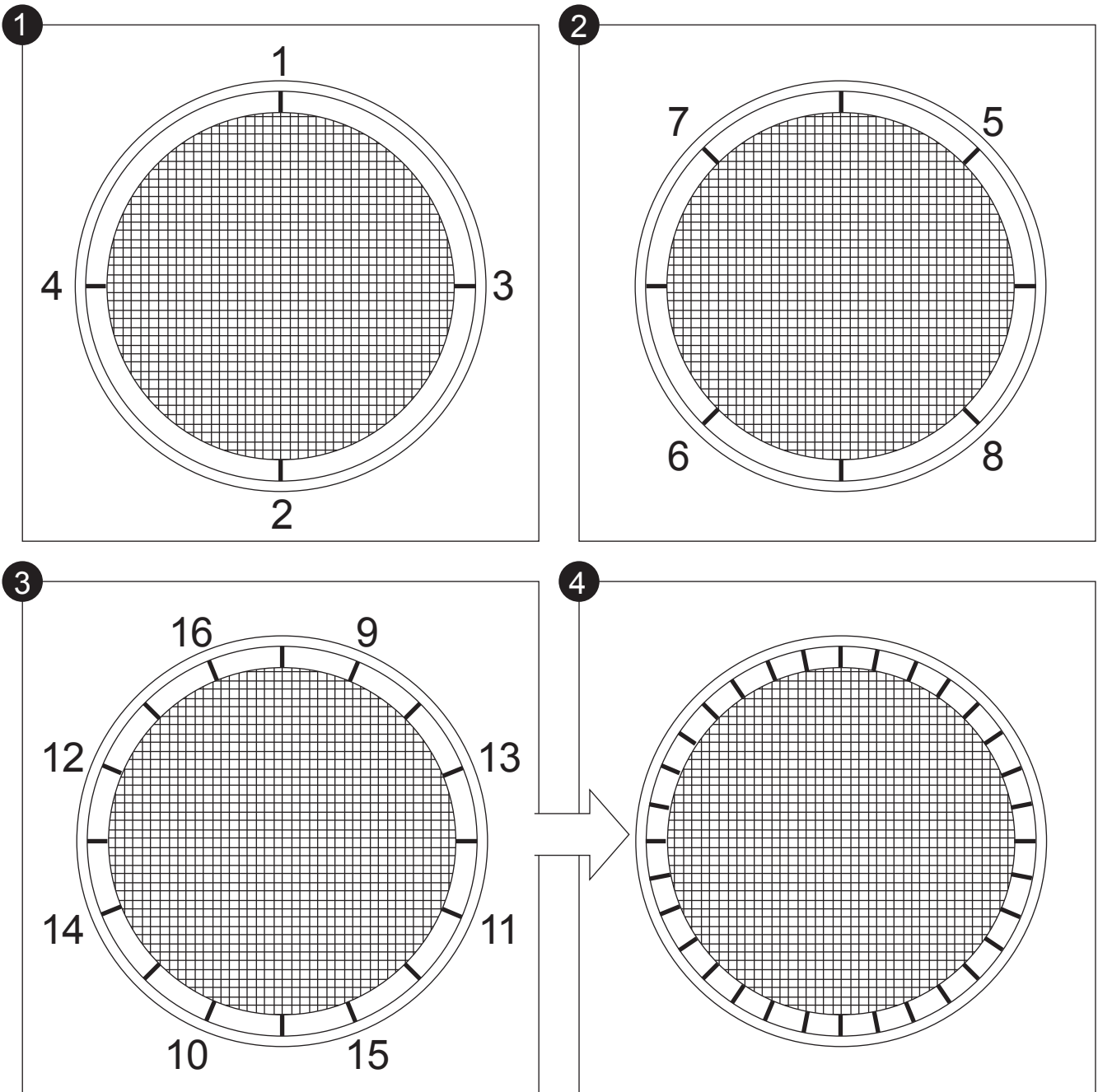




C. On the drawing below is showed how to assemble the trampoline mat.



1. Choose a point at the frame and attach the spring to the trampoline mat (1). Then right across this point (six o'clock) you attach the next spring (2). Attach spring 3 and 4 in the same way. Then the spring should assembled at 12, 6, 3 and 9 o'clock as showed below.
2. For the following springs you work in the same matter. Start with assembling point 5 and the next spring (6) right across the previous spring (point 5). In this way you avoid the tension increase between the already confirmed springs. The same applies to point 7 and 8.
3. Assemble the following springs in the same way from point 9 till point 16
4. Final result when all goldsprings are placed depending the quantity of springs.

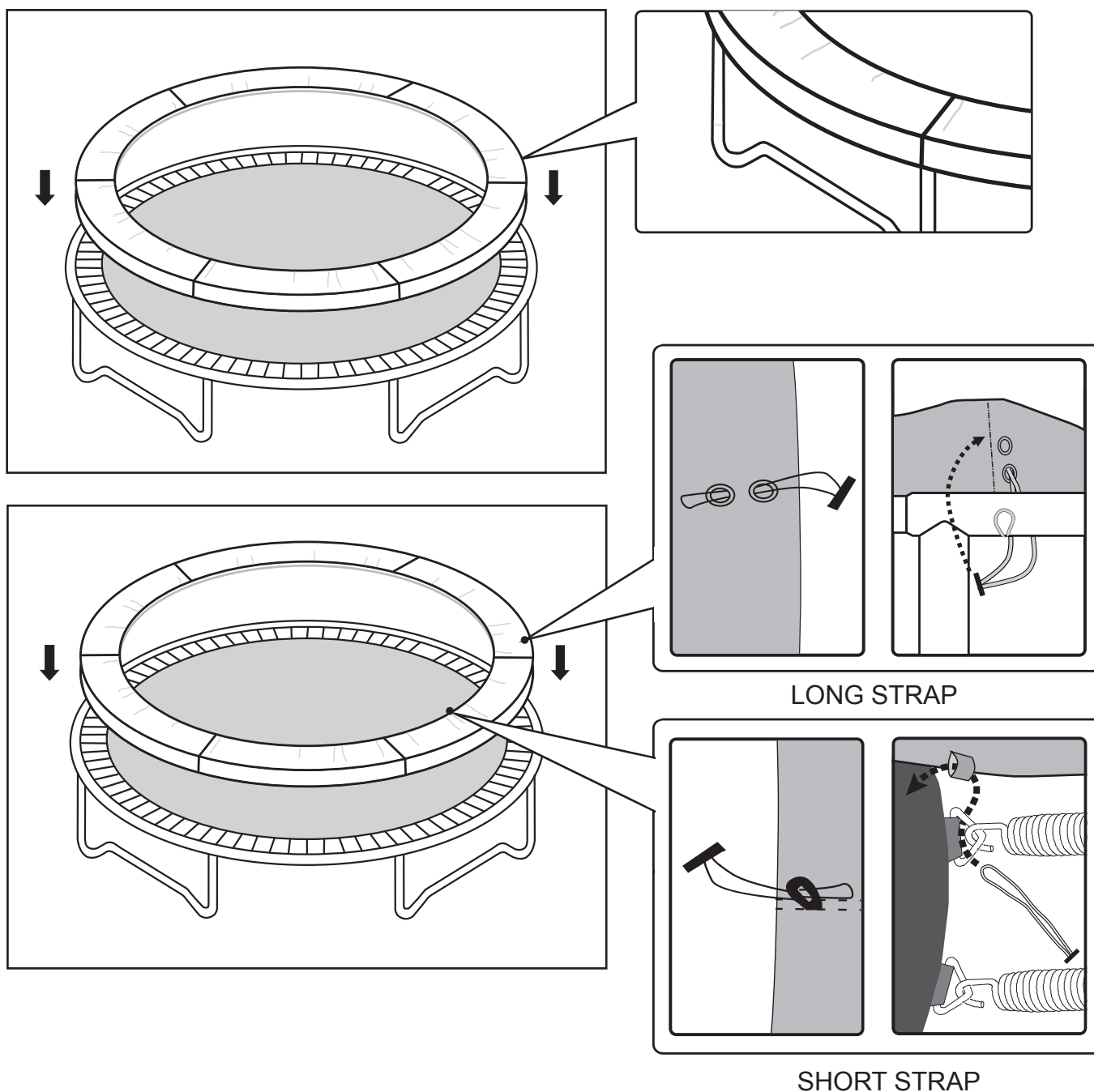




- D. If you notice that you have skipped a hole and V Ring connection, recount and remove or attach any springs required to maintain the count of springs.

### STEP 6-Frame Pad Assembly

- A. Lay the Frame Pad (2) over the trampoline so that the springs and the steel frame is covered. Please ensure that the Frame Pad covers all metal parts.
- B. Tie the straps on the inner and outer side of the trampoline pad (2) located under the side of the pad. Attach the outer side to the trampoline frame and the inner side on the V-ring shape of the trampoline mat (1).
- C. Select your Pad model.





# CARE AND MAINTENANCE



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

This trampoline is designed to withhold a certain amount of weight and use. Please make sure that only one person at any one time uses the trampoline. Jumpers should either wear socks, gymnastics shoes, or be barefoot when using the trampoline. Please be aware that street shoes or tennis shoes should NOT be worn while using the trampoline. In order to prevent the trampoline mat from getting cut or damaged please do not allow any pets onto the mat. Also, jumpers should remove all sharp objects from their person prior to using the trampoline. Any type of sharp or pointed objects should be kept off the trampoline mat at all times.

Always inspect the trampoline before each use for worn, abused or missing parts. A number of conditions could arise that may increase your chances of getting injured. Please be aware of:

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

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

## WINDY CONDITIONS

In severe wind situations, the trampoline can be blown about. If you expect windy weather conditions, the trampoline should be moved to a sheltered area or disassembled. Another option is to tie the round, outside portion (top frame) of the trampoline to the ground using ropes and stakes. To ensure security, at least three (3) tie downs should be used. Do not just secure the legs of the trampoline to the ground because they can pull out the frame sockets.

## MOVING THE TRAMPOLINE

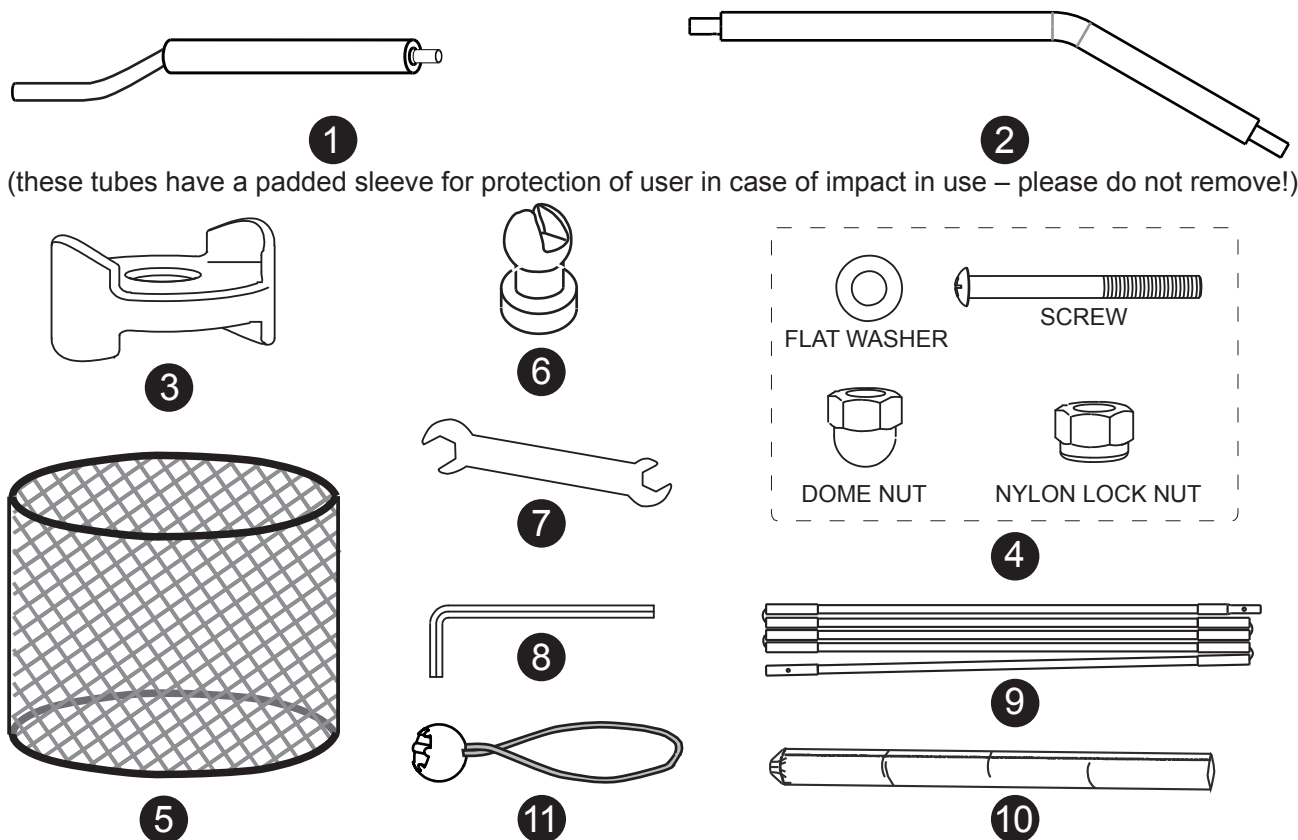
If you need to move the trampoline, two people should be used. All connector points should be wrapped secured with weather resistant tape, such as duct tape. This will keep the frame intact during the move and prevent the connector points from dislocating and separating. When moving, lift the trampoline slightly off the ground and keep it horizontal to the ground. For any type of other move, you should disassemble the trampoline.



# ASSEMBLY INSTRUCTIONS FOR PROTECTIVE NET GB

FIG.	PARTS NAME	251cm (3Legs) 6Pole	305cm (4Legs) 8Pole	366cm (4Legs) 8Pole	427cm (4Legs) 8Pole
1	LOWER STEEL TUBE	6PCS	8PCS	8PCS	8PCS
2	UPPER (PADDED) STEEL TUBE	6PCS	8PCS	8PCS	8PCS
3	SPACER	12PCS	16PCS	16PCS	16PCS
4	SCREW SET	12SET	16SET	16SET	16SET
5	ENCLOSURE NET	1PC	1PC	1PC	1PC
6	PLASTIC CAP	6PCS	8PCS	8PCS	8PCS
7	SPANNER	1PC	1PC	1PC	1PC
8	HEX KEY	1PC	1PC	1PC	1PC
9	FIBRE GLASS TUBE SET	2SET	2SET	2SET	2SET
10	POLE SLEEVE	6PCS	8PCS	8PCS	8PCS
11	ELASTIC BAND	6PCS	8PCS	8PCS	8PCS

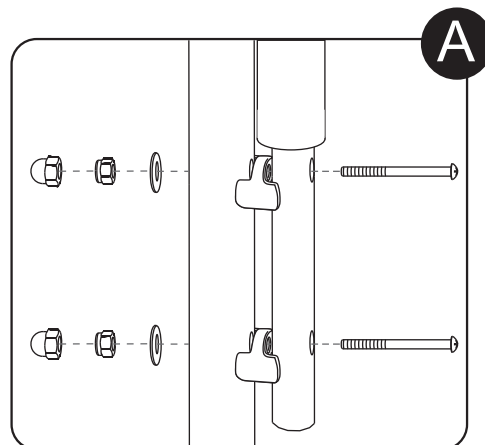
## 2. DIAGRAM FOR PARTS





### 3. ASSEMBLY

#### Step 1:



**A.** Using the Spacer (3 ) take Screw, Flat Washer ,Nylon Lock Nut & Dome Nut and connect to the frame as shown in diagram, In order repeat this all.

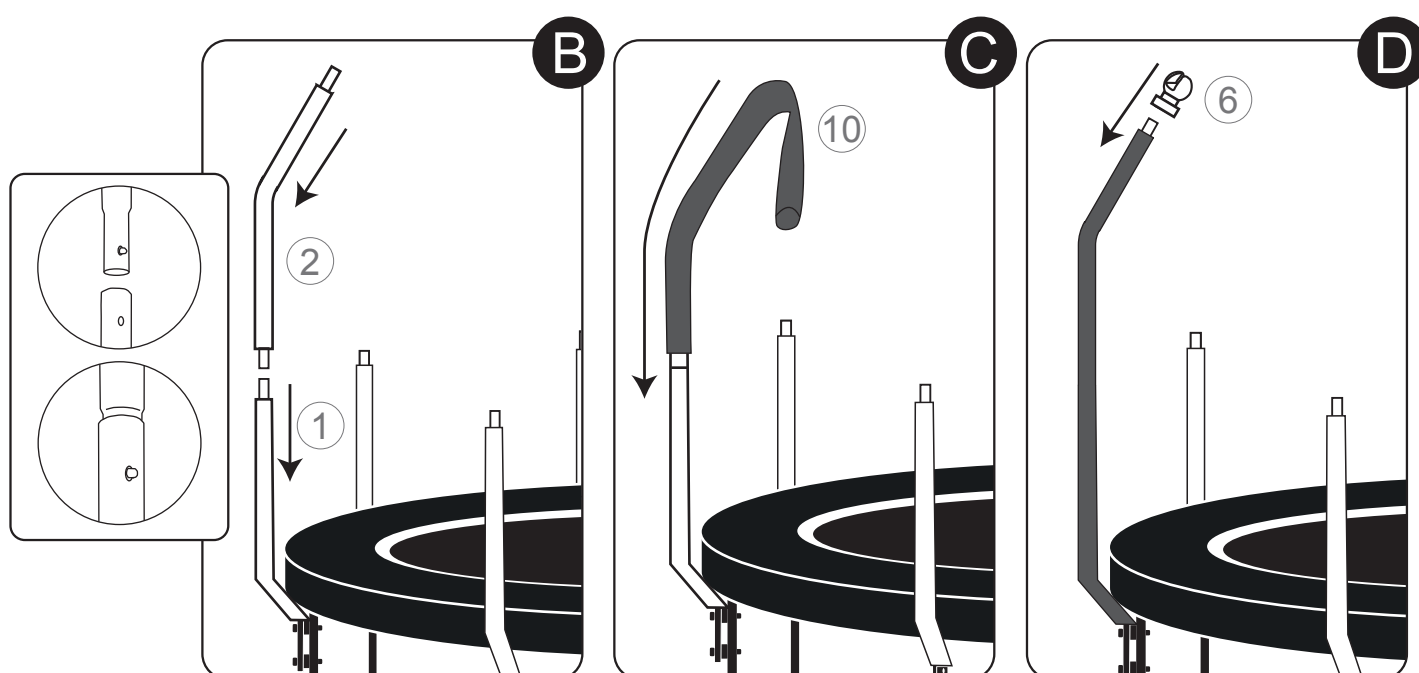
*\* Ensure all nuts and bolts are securely tightened.*

**B.** Insert Upper Steel Tube(2) into Lower Steel Tube(1) in order, as shown

- Push the spring button and attach the 'Lower Steel Tube' to the 'Upper Steel Tube'
- Once the tubes are attached, ensure the spring button comes out the hole of the tube.

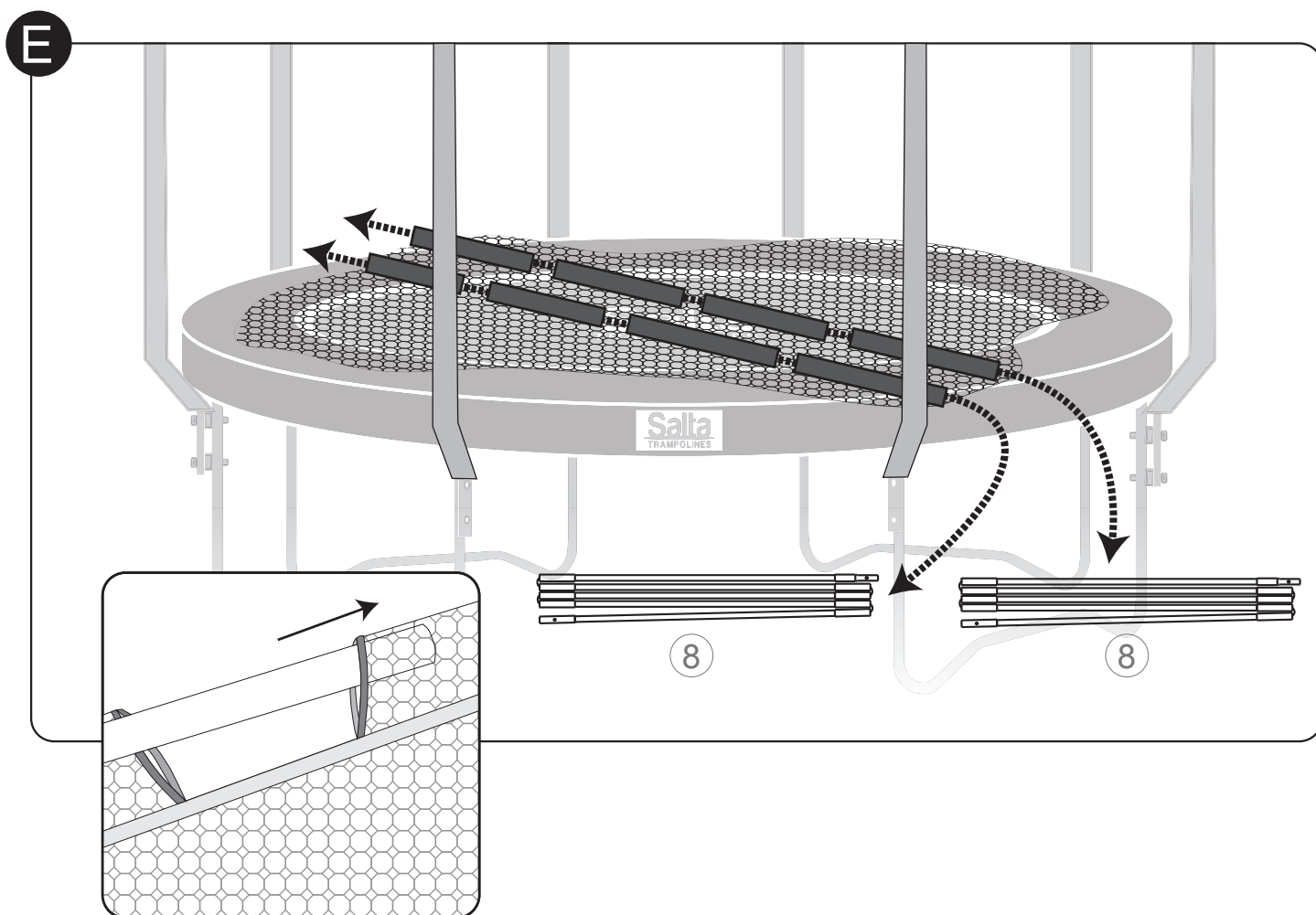
**C.** Put the pole sleeve (10) carefully over the steel tubes

**D.** Put the Plastic Cap(6) on top of the Upper Steel Tube



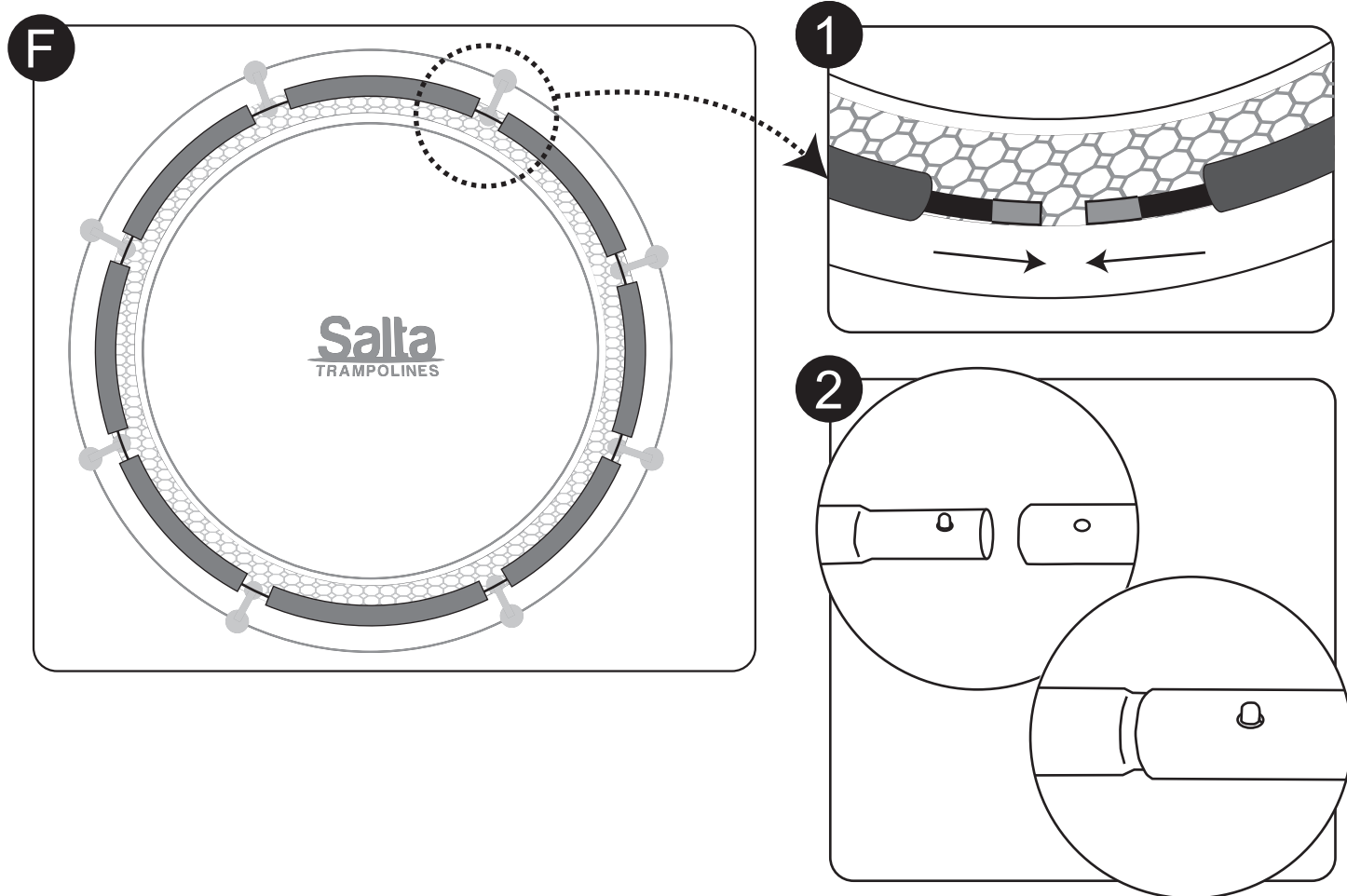


- E.**
- Lay the safety net on the trampoline mat.
  - Insert the fiber glass tube carefully through the hem at top of the enclosure net as showed in the zoomed image
  - Ease through gradually and ensure the rods are snapped into the metal sections.



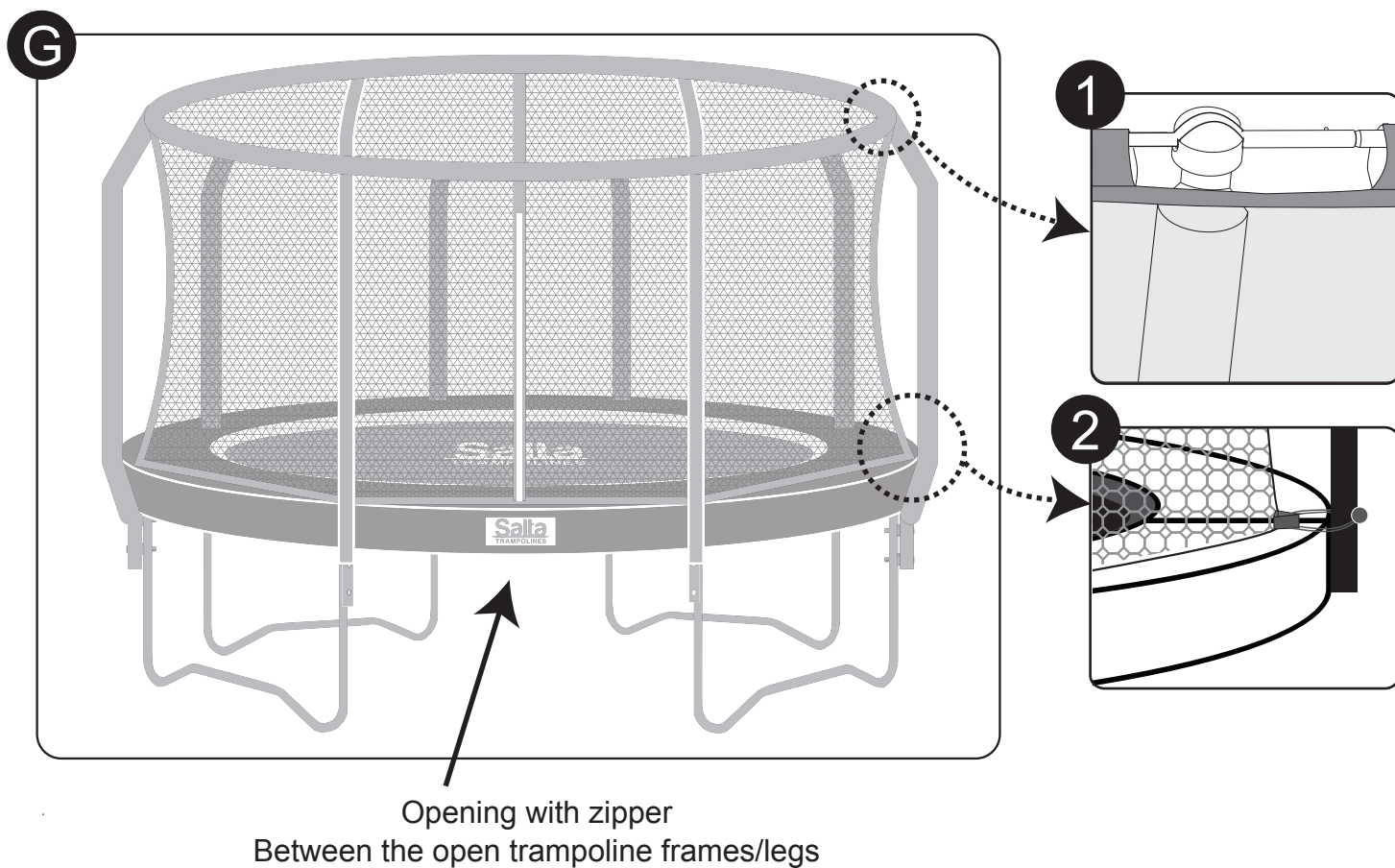


- F.**
- Apply pressure to the beginning and end of the fiberglass tubes which requires 2 persons and press the ends together as showed in the image.
  - Once the tubes are attached, ensure the spring button comes out of the hole of the tube.





- G.**
1. Attach the fiberglass tubes with safety net on top of the plastic caps.
  2. Fasten the elastic bands around the safety tubes from the trampoline.



**⚠ WARNING**

You should go back now and stretch all attachment hooks tight and double check to see whether you have fastened the jigs use the screw sets or not, so the safety net stands stiff. Otherwise, the safety net will not function properly. Then finish assembling.



**WARNING:**

1. Adequate overhead clearance is essential. A minimum of 24 ft, and a clearance of 2m around the perimeter of the trampoline. from ground level is recommended. Provide clearance for wires, tree limbs and other possible hazards.
2. Lateral clearance is essential. Place the trampoline and trampoline enclosure away from walls, structures, fences, and other play areas. Maintain a clear space on all sides of the trampoline and trampoline enclosure.
3. Place the trampoline and trampoline enclosure on a level surface before use.
4. Use the trampoline and trampoline enclosure in a well-lighted area. Artificial illumination may be required for indoor or shady areas.
5. Secure the trampoline and trampoline enclosure against unauthorized and unsupervised use.
6. Remove any obstructions from beneath the trampoline and trampoline enclosure.
7. The trampoline enclosure is only to be used as an enclosure for a trampoline and the trampoline must be of the appropriate size as covered by the specific enclosure.
8. The owner and supervisors of the trampoline are responsible for making all users aware of practices specified in the use instructions.

**WARNING:**

1. DO NOT attempt or allow somersaults on the trampoline. Landing on the head or neck can cause serious injury, paralysis, or death even when landing in the middle of the bed.
2. Do not allow more than one person inside the trampoline enclosure. Use by more than one person at the same time can result in serious injuries.
3. Use trampoline enclosure only with mature, knowledge supervision. Care and Maintenance Instructions: Inspect the trampoline enclosure before each use and replace any worn, defective or missing parts. The following conditions could represent potential hazards:
  - a. Missing, improperly positioned, or insecurely attached barrier or enclosure support system (frame) padding and pole caps.
  - b. Punctures, frays, tears or holes worn in the barrier or support system (frame) padding.
  - c. Deterioration in the stitching or fabric of the barrier or support system (frame) padding.
  - d. Bent or broken support system (frame).
  - e. Sagging barrier.
  - f. Sharp protrusions on the support (frame) or suspension system.



**IMPORTANT**

Inspect the trampoline and enclosure before each use. Disassemble the trampoline and/or enclosure immediately if any unsafe condition exists.

Do not allow use of the trampoline or enclosure until the hazard has been corrected.

**WARNING****ANCHOR YOUR TRAMPOLINE & ENCLOSURE -**

If you live in an area with the potential for high winds or gusts of wind we advise that you anchor your trampoline and enclosure system firmly to the ground by the top rail of the trampoline. Your trampoline and enclosure could be carried off by a strong wind and cause damage to the unit itself or cause other property damage.

**After assembling and inspecting your trampoline and enclosure, and before permitting its use, ensure that the trampoline is on a firm, level surface and that every leg is in contact with and firmly supported by this surface. It is the responsibility of the owner and/or supervisor of this trampoline to ensure unit is correctly assembled, placed and maintained.**