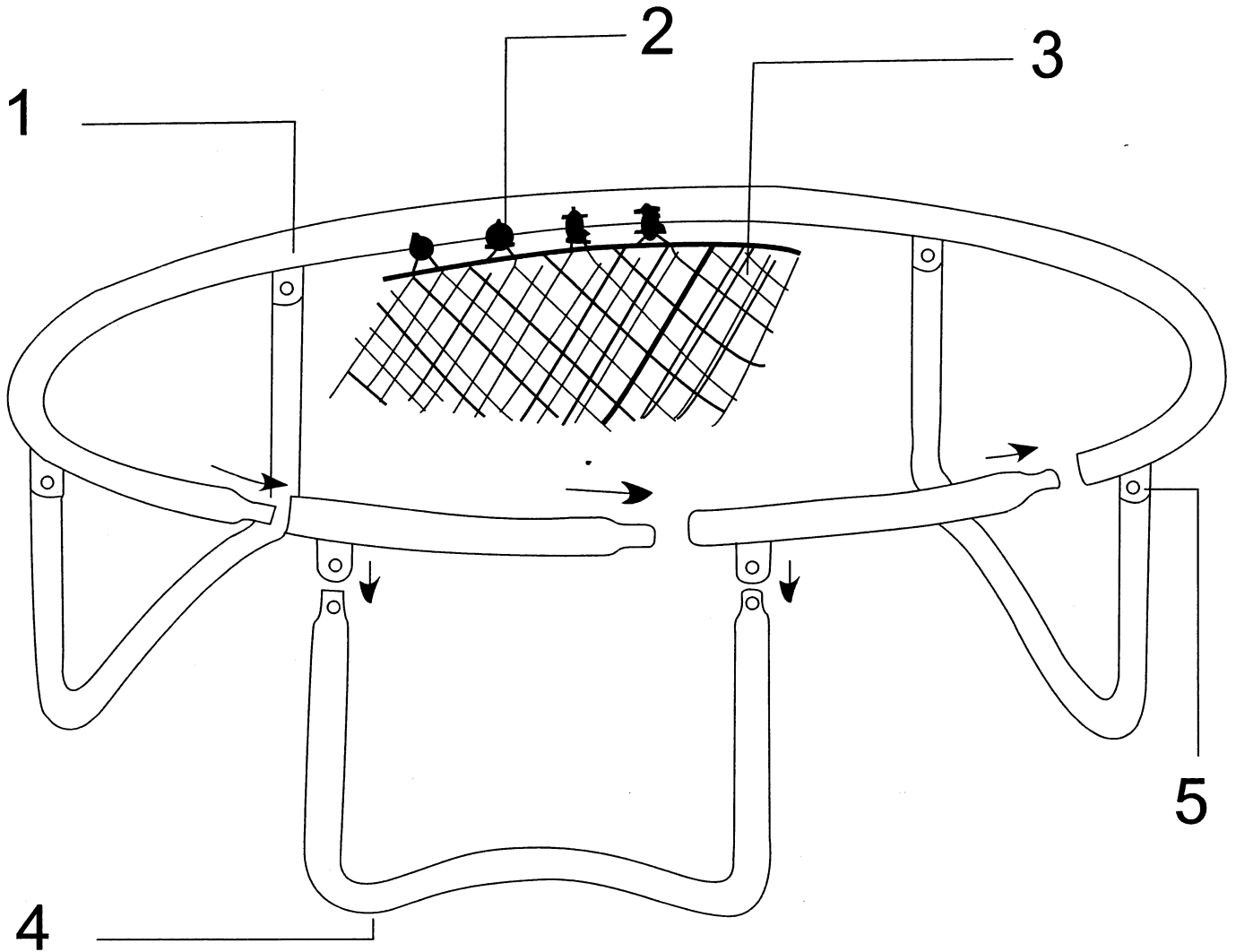


# English



Parts List	
Parts NO.	Number of piece
1. Frame	6
2. Spring	48
3. Mat w/attachment rings	1
4. W-shape leg	3
5. Bolts, nuts	6
6. Frame padding	2

## ASSEMBLY INSTRUCTIONS

1. Join frame sections (1) in pairs. Let the leg sockets point upward.
2. Build each leg assembly (4+5) using bolts and nuts.
3. Install each leg assembly into the leg sockets of a frame section. If the fit is not tight enough, turn the assembly upside down and push down against the ground.
4. Assemble all frame sections to form a ring. The frame of the trampoline is now assembled.
5. When joining the frame sections, it may be helpful to have someone assist you and stand on the opposite side of the frame, pushing inwards.
6. Do not worry if the frame does not fit entirely tightly. This is normal. Continue with assembly and the power of the springs will pull the frame together.

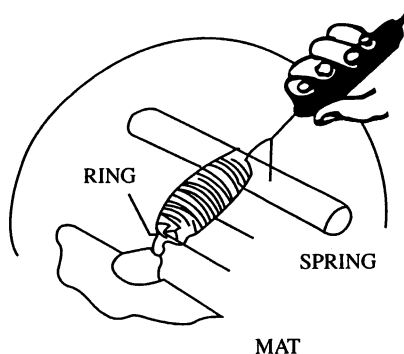
### WARNING!

If any of the frame joints are not fully socketed, then you must not touch the joint while attaching the springs to the frame.

7. Unfold the mat and place it with the right side up inside the frame (the seams are on the under side).
8. **OBSERVE THE FOLLOWING INSTRUCTIONS CAREFULLY!** One person should hold one side of the mat to help with tightening, while the other person starts installing the springs at the opposite side of the frame and mat.

**Note:** It is not possible to attach the mat by installing springs one next to the other. Install a spring at each end of a frame section (this will be every 8th spring) around the entire circle. Then you may attach every third spring around the entire frame. Continue with every other spring etc, until all the springs have been installed.

**TIP:** Hold one of the springs with your thumb and index finger at the end with the long hook, and the rest of the spring in your hand. Use this spring to attach the other springs.



9. Cover the frame and springs with the frame padding.
10. For models that have frame padding consisting of 2 pieces, you should now attach/tie the two pieces together.
11. **Note:** The rubber band along the outer edge is fastened by lashing it loosely several times around leg and frame before tying the ends. If the bands are too tight, they may snap when the trampoline is in use. Make sure you do not attach the bands to the springs or the mat.

**Note:** The frame padding **MUST BE INSTALLED** before you use the trampoline.

In windy areas we recommend that you secure the trampoline to the ground.

**FOR YOUR OWN SAFETY**  
**WE ASK THAT YOU READ THE USER MANUAL**  
**THOROUGHLY BEFORE ASSEMBLY AND USE OF THIS**  
**TRAMPOLINE**

**WARNING!**

1. Improper use of the trampoline is dangerous and may lead to serious injury.
2. Be advised that a trampoline will give you very high jumps and highly varying body movements. If you are thrown off the trampoline and land the wrong way, or on the frame or springs, you could be injured.
3. Study the entire instruction book scrupulously before use.
4. Check the trampoline before use and replace any worn, defective or missing parts. **DO NOT** try to repair broken springs. Replace them with new, original springs.
5. All users of the trampoline must familiarize themselves with the manufacturer's warnings and safety instructions. The individual user must know his own limits when it comes to performing the various exercises.
6. The owner is responsible for ensuring that all users of the trampoline have been informed of all warnings and instructions.
7. Intended use by one person at the same time.
8. Ensure children use the trampoline only under the supervision of adult.
9. The mat (bed) should be kept dry - do not use the trampoline when the mat is wet.
10. Max. Weight - 100 kgs (220 lbs).
11. Minimum age - 6 years.

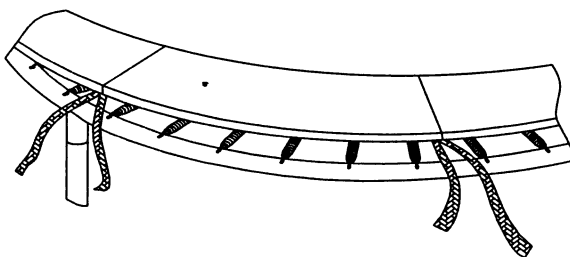
## STEP 6-Assembling the frame padding



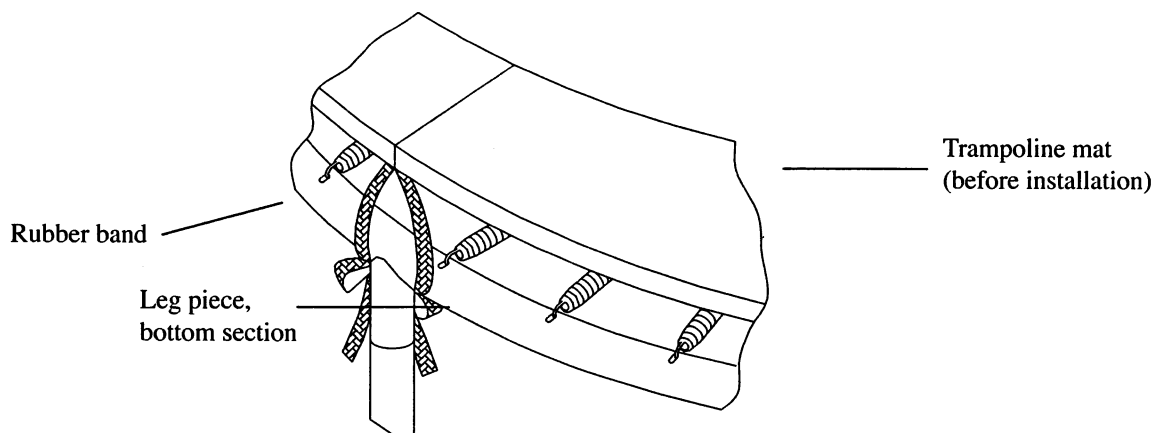
### WARNING

**Do not use the trampoline without correctly attaching the frame padding.  
Attach the frame padding carefully before each use!**

- A. Place the frame padding (2) on the trampoline so that the steel frame is completely covered. Make sure the padding covers all the metallic parts. Arrange the rubber bands as shown below with every other band over a bottom leg section.



- B. Attach the rubber bands to the bottom section of the leg piece as shown in the diagram below.



- C. For the rubber bands that are not situated on a leg section, pull them tightly so that the padding covers the frame. Insert one of the bands above the metal triangle and make a knot with the other one as shown.

