

## GENERAL INSTRUCTIONS

Included in this manual are instructions for: Proper assembly, care and maintenance of product, safety tips, warnings, and proper use; in order to ensure a secure and fun use of the trampoline. All users and supervisors must read and familiarize themselves with all these instructions and all other information in this manual.

As with any type of recreational physical activity, without being careful participants can be injured. 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. Trampolines are rebounding devices which propel the performer to unaccustomed heights through a variety of movements, so initially; you should get accustomed to the feel and bounce of the trampoline. The focus must be on your body position, and you should practice each fundamental bounce until you can do each bounce with skill before moving on to more difficult and advanced bounces. Do not behave recklessly on the trampoline, emphasis must be made on good control and the mastering of various bounce techniques.

### Proper Assembly

- The assembly of the product must be done carefully by at least two able-bodied adults. Contact us, or ask any technically qualified person if you have any difficulties.
- Beware that when using tools or doing technical work, there is always a risk of injury, so assemble the product carefully, and use gloves to protect your hands.
- Remove all packaging materials and lay down all parts on a free space. This gives you an overview and simplifies the assembly procedure. Check with the parts list that no parts are missing and dispose of the packaging material when the assembly is completed.
- Work in a danger free environment, do not leave tools or hazardous materials scattered around the workspace.
- Place trampoline on level and non-slippery ground, preferably on grass. Locating the trampoline on a hard surface will add stress to the frame and over time cause damage which is not covered by warranty. Placing the trampoline on uneven surfaces could result in the trampoline tipping over.
- A clearance space of at least 24ft is necessary above the trampoline. An appropriated clearance must be kept between the trampoline and possible sources of danger, such as electric cables, tree branches, playing devices, swimming pools and fences.
- After assembling the trampoline according to the instructions, please make sure that all screws, bolts and nuts are correctly installed and tightened, and that all joints are tightly sealed.
- For additional stability you can place sand bags on the trampoline legs. This will prevent the trampoline from tipping over in the event of any sideward force.

- Never set up the trampoline in rainy, windy or stormy conditions, especially lightening conditions. It is recommended that the trampoline be taken apart and stored in bad weather.
- Do not alter the product; use it only as described in this manual.

## Care and Maintenance

- Always inspect the trampoline before each use. Check for damage, wear or defective parts, as they can impair the overall safety of the trampoline. The damaged, worn, or defective parts should be replaced immediately. In the meantime access to the trampoline must be restricted.
- Use the trampoline only in a well-lit area.
- Do not place any objects under the trampoline.
- Repairs should only be carried out by qualified technicians, using only original spare parts. Improper repairs can compromise the safety of your trampoline.
- Strong winds can compromise the stability of the trampoline. If strong winds are predicted, the trampoline must be fastened to the ground with cords and moorings, moved to a protected place, or taken apart and stored.
- Try to avoid moving the assembled trampoline, it could bend during transportation. Should it be necessary to move the trampoline, please consider the following: At least four people, evenly spaced around the frame, are needed to lift the trampoline off the ground. The trampoline must be carried horizontally, and if the frame shifts position, use four people to draw the trampoline back into the correct shape.
- The trampoline can only be used if the jumping mat is clean and dry. Worn or damaged jumping mats should be replaced immediately.

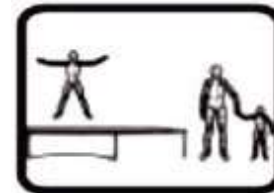
## Safety Guidelines

To reduce the risk of injury, please carefully read and follow the appropriate safety rules and tips, implementing all safety rules at all times.

- The product is intended for home/domestic use only and is not suitable for professional or medical uses.
- No more than one person at a time is allowed on the trampoline! Multiple jumpers increase the risk of mid-air collisions resulting in injury.



- Do not perform somersaults on the trampoline as this will increase the chances of landing on your head or neck, paralysis or even death can result.
- Children do not recognize the potential dangers of this product, so do not allow your children to play on this product without adult supervision.
- Trampolines over 51 cm (20") in height are not recommended for children under 6 years of age.



## Warnings

- Secure the trampoline against unauthorized use.
- Do not use during pregnancy or if suffering from high blood pressure.
- Do not smoke on the trampoline or use the trampoline when under the influence of alcohol or drugs (incl. Medication).
- Protect the product against humidity and high temperatures.
- Do not put cigarettes, pets, sharp objects or any other foreign objects on the trampoline.



- Do not expose the trampoline to open flames.
- The metal frame of the trampoline will conduct electricity. Lighting, extension cords and all electrical equipment must never be allowed to come in to contact with the trampoline parts.
- The trampoline may not be used in the close vicinity of other leisure devices and constructions.
- Do not allow anyone or any object to go under the trampoline while someone is jumping on the mat. The jumping mat is flexible and the downward force created by someone jumping can cause serious injuries.



- Take care to keep the packaging materials beyond children's reach, as they present a choking hazard.


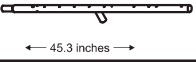
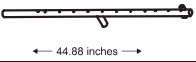

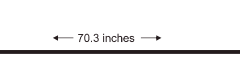

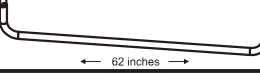



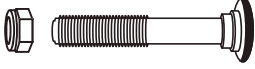





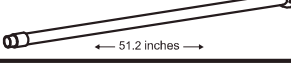

## Proper Use

- The maximum weight allowed on the trampoline is 500 lbs. Overloading the trampoline above the recommended user weight will cause damage to the trampoline.
- No more than one person at a time should be allowed on the trampoline!
- Avoid unsupervised use of the trampoline.
- Do not use the trampoline if it is wet.
- Do not wear shoes while jumping; this will damage the jumping mat.
- Do not sit or lean on the cover pad as it needs to be flexible so it can move with the jumping mat.
- Objects that could be dangerous should be vacated from the playing area.
- Do not allow small children to pull themselves up onto the trampoline by using the cover pads, as this may damage the pads and compromise the safety of your trampoline.
- Do not wear clothes with hooks or loose parts when jumping on the trampoline, in order to avoid getting stuck in any trampoline parts.
- Carefully climb onto trampoline. Do not jump into it directly, or use it as a jump board for other activities. Jumping into the trampoline, hitting the frame, cover pads, and landing incorrectly on the trampoline; can lead to injury.

It is the responsibility of the owner or the supervisor to guarantee that all users of the trampoline are informed about all safety rules and that there is sufficient space around the trampoline to allow for safe play.

Learn the fundamental jumping techniques thoroughly before trying difficult jumps, see section: Fundamental Bounce Techniques for further guidance.

# TRAMPOLINE PARTS LIST FOR UBRTG01-1017

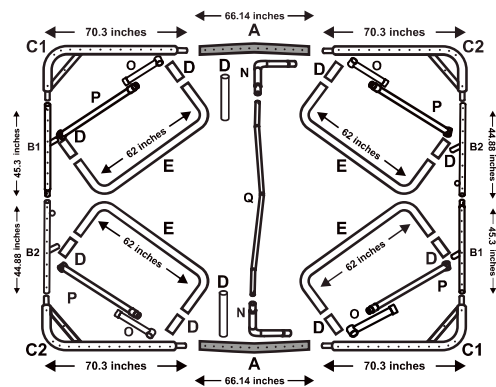
|                          |                 |                           |  |                        |                      | CUSTOMER<br>FILL OUT |
|--------------------------|-----------------|---------------------------|--|------------------------|----------------------|----------------------|
| SELECT                   | MANUAL<br>ITEM# | DESCRIPTION               | PRODUCT IMAGE  | MANUFACTURER<br>MODEL# | QTY.<br>IN<br>MANUAL | QTY.                 |
| <input type="checkbox"/> | A               | TOP RAIL A                |     | UBRPTR1-1017           | 2                    |                      |
| <input type="checkbox"/> | B               | TOP RAIL B                | B1  | UBRPTR2-1017           | 2                    |                      |
| <input type="checkbox"/> |                 |                           | B2  | UBRPTR3-1017           | 2                    |                      |
| <input type="checkbox"/> | C               | CORNER<br>TUBE            | C1  | UBRPCT1-1017           | 2                    |                      |
| <input type="checkbox"/> |                 |                           | C2  | UBRPCT2-1017           | 2                    |                      |
| <input type="checkbox"/> | D               | LEG<br>EXTENSION          |     | UBRPLE-1017            | 10                   |                      |
| <input type="checkbox"/> | E               | LEG BASE                  |     | UBRPL1-1017            | 4                    |                      |
| <input type="checkbox"/> | F               | JUMPING<br>MAT            |    | UBRPM-1017             | 1                    |                      |
| <input type="checkbox"/> | G               | COVER<br>PADS             |   | UBRPP-1017             | 1                    |                      |
| <input type="checkbox"/> | H               | SPRINGS                   |   | UBHWD-SP-7             | 108                  |                      |
| <input type="checkbox"/> | I               | TOP RAIL SCREWS<br>& NUTS |   | UBRPRS-1017            | 10                   |                      |
| <input type="checkbox"/> | J               | LEG BASE<br>SCREWS        |   | UBRPSW-1017            | 22                   |                      |
| <input type="checkbox"/> | K               | WASHER                    |   | UBRPSW-1017            | 32                   |                      |
| <input type="checkbox"/> | L               | SPRING PULLING<br>TOOL    |   | UBHWD-TH               | 1                    |                      |
| <input type="checkbox"/> | N               | CORNER<br>SUPPORT         |   | UBRPN-1017             | 2                    |                      |
| <input type="checkbox"/> | O               | LEG SUPPORT<br>SHORT      |   | UBRPLS2-1017           | 4                    |                      |
| <input type="checkbox"/> | P               | LEG SUPPORT<br>LONG       |   | UBRPLS1-1017           | 2                    |                      |
| <input type="checkbox"/> | Q               | MIDDLE SUPPORT            |   | UBRPL2-1017            | 1                    |                      |

# FRAME ASSEMBLY FOR MODEL UBRTG01-1017

## Step 1

### Frame Layout

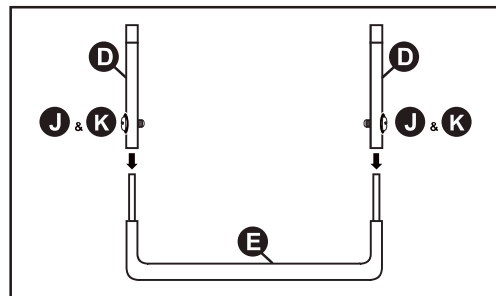
Lay out the trampoline parts on the ground so that you start to form a rectangle with the top rail sections. Make sure to keep all the tubes in the same direction all around the trampoline frame.



## Step 2

### Construct the Legs

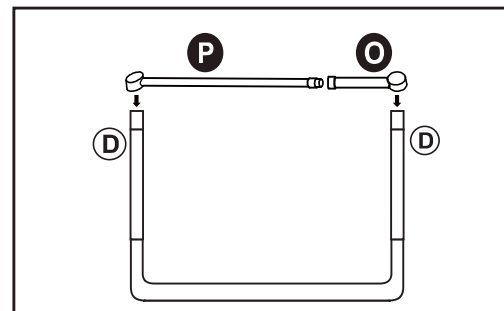
Attach the leg extensions (part D), to the leg base (part E), and tightly secure together with screws (part J) and washers (part K). Repeat this step for all 4 legs.



## Step 3

### Attach the Middle Support to the Legs.

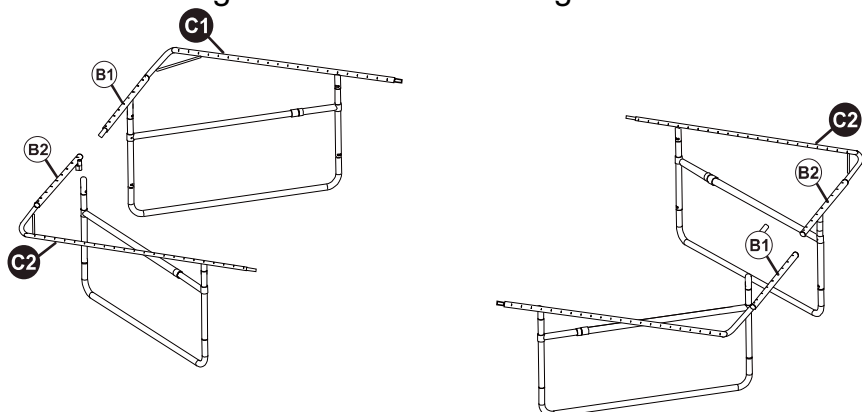
Attach part P and part O. Once they are attached, connect the pole to the legs by sliding it on to the leg extensions (part D). Slide the pole down the legs until it stops. Repeat this step for all 4 legs.



## Step 4

### Assemble the Frame Corners

Lay out the trampoline parts as shown in the figure. Connect the corner rails (part C) to the top rails (Part B) using screws and nuts (part I). Part C1 connects to part B1 and part C2 connects to part B2. Then attach to the leg bases as shown using screws and washers (parts J & K).



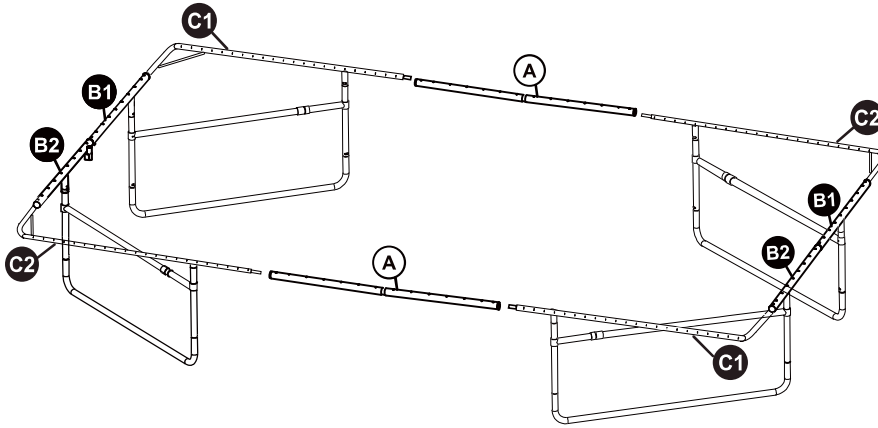
### Note:

Make sure that all screw holes that connect the B rails to the legs are facing the inside of the frame.

## Step 5

### Assemble the Frame

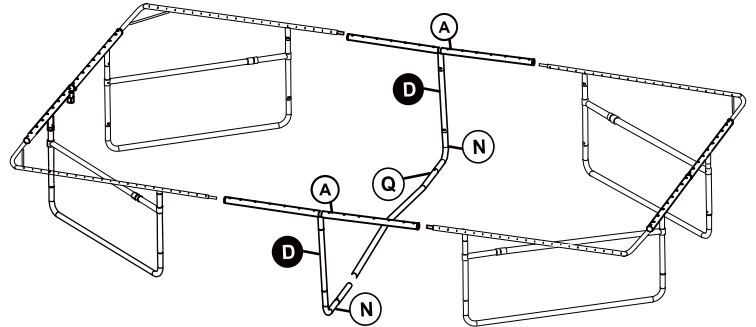
Connect the top rails B1 and B2. Attach part A- the long side of the trampoline, to the corners part C, making sure that the longer side of part C is on the longer side of the trampoline, as shown. Secure with screws and nuts (part I).



## Step 6

### Assemble the Center Leg Base

Take two leg extensions (part D) and connect to the center top rails (part A). Then attach the corner supports (part N) to the leg extensions (part D), making sure to attach the legs to the shorter side of the corner support. Then connect the middle support (part Q) to the corners (part N).



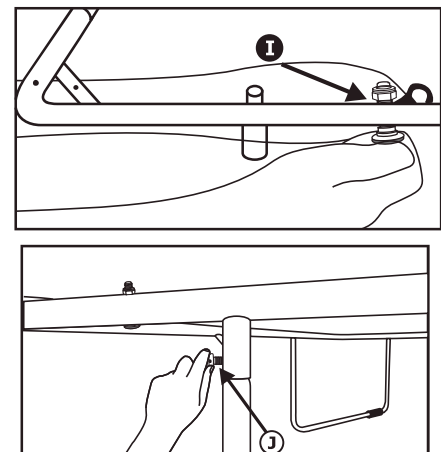
### IMPORTANT:

You may not be able to fully connect the middle support (part Q) to the corner (part N), as it may be too short. You will need to attach the jumping mat first; see instructions on page 10. After attaching the mat you will be able to fully attach part Q. Secure with screws and washers.

## Step 7

### Secure the Frame

Secure all the frame pieces together using the various screws, nuts and washers. Ensure that you use the proper screws for the proper parts- Part I for the top rails and Parts J and K for the legs. Make sure to tighten all screws.



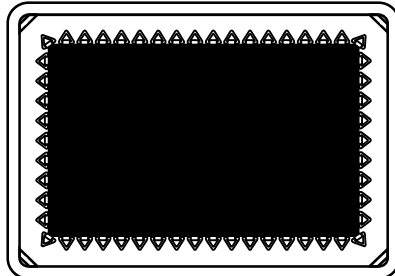


# TRAMPOLINE MAT ASSEMBLY

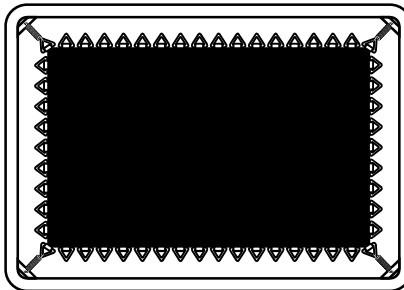
## WARNING:

Be careful where you place your hands during spring assembly as connector points can pinch!

### 1. Lay out the trampoline mat inside the frame.

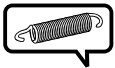


### 2. Connect all 4 springs to the corner top rails

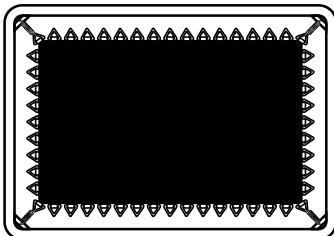


## Note:

Make sure the v-rings between the springs matches the number of holes in the frame between the springs.

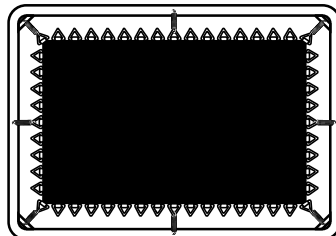


1



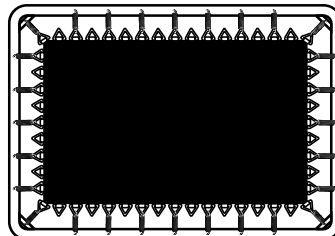
First connect the 4 corner springs.

2



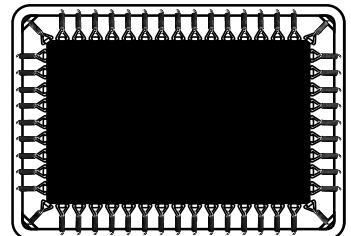
Follow by connecting 4 additional springs in the center of the quarters.

3



Then continue, connecting every few springs

4



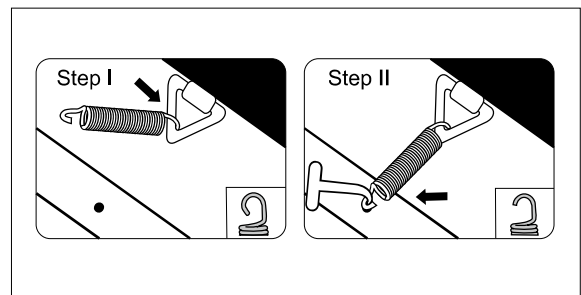
Complete the rest of the springs

## How To Use The Spring Pulling Tool

**Step I:** Hook the more rounded end of the spring onto the trampoline mat's triangular rings.

**Step II:** Extend the spring pull tool and link it up with the other end of the spring. Pull the tool in the direction of the trampoline frame until the spring head is lined up with the hole in the trampoline frame.

**Step III:** Slide the spring end into the hole as you remove the tool.

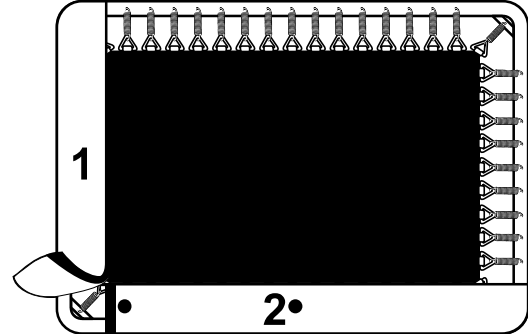




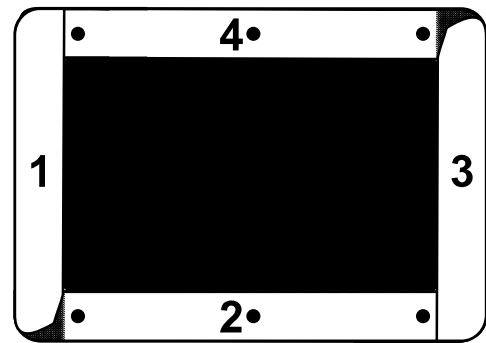
# TRAMPOLINE COVER PAD ASSEMBLY

The trampoline is almost complete, with all the springs in place. Before using the trampoline please attach the provided safety pads.

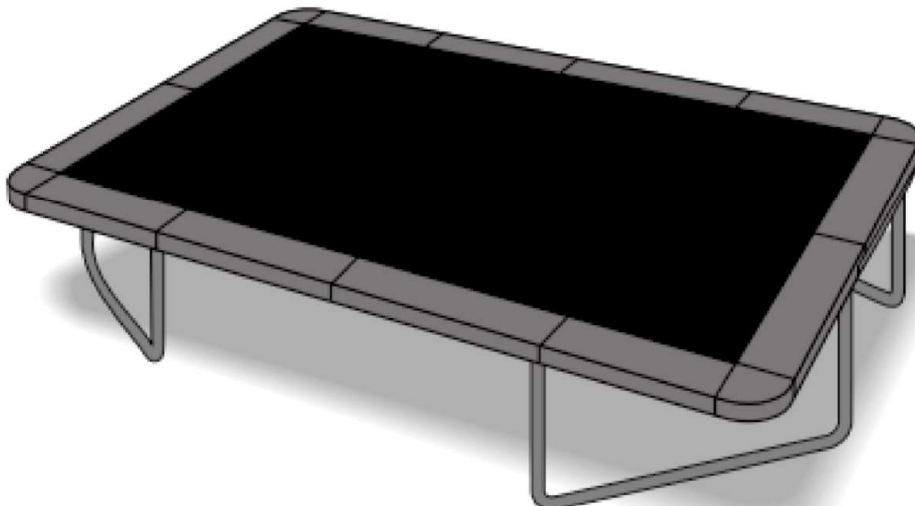
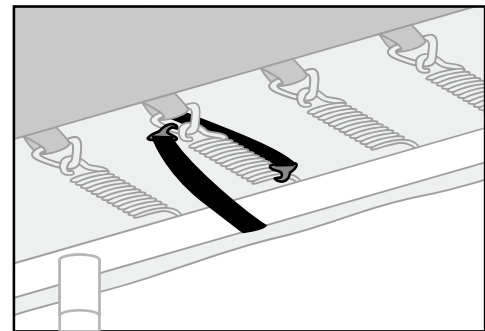
- 1.** Lay out the two sides of the safety pad shown here and connect with the attached velcro strip.



- 2.** Lay out the other two pads and connect with velcro.


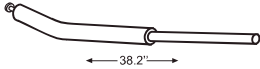
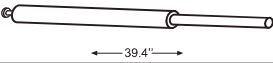
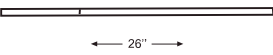
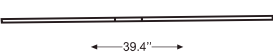
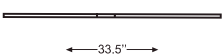


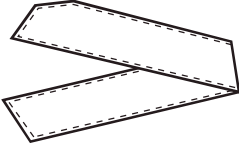







- 3.** Tie all the cover pad strings onto the top rail of the trampoline. The middle of the pad has a set of strings with two S-shaped hooks at the end. Attach one S-shaped hook to the springs of the mat, and the other S-shaped hook to the V-rings of the mat. Attach the hooks from underneath the mat.



# ENCLOSURE PARTS LIST 1017

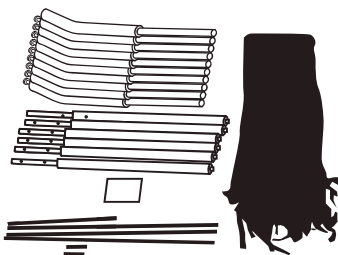
CUSTOMER  
FILL OUT

| SELECT                   | MANUAL<br>ITEM# | DESCRIPTION              | PRODUCT IMAGE   | MANUFACTURER<br>MODEL# | QTY.<br>IN<br>MANUAL | QTY. |
|--------------------------|-----------------|--------------------------|---|------------------------|----------------------|------|
| <input type="checkbox"/> | A               | PLASTIC CAP<br>WITH HOLE |    | UBRPPC-814,915,1017    | 10                   |      |
| <input type="checkbox"/> | B               | UPPER POLE<br>WITH FOAM  |    | UBRPUP-814,915,1017    | 10                   |      |
| <input type="checkbox"/> | C               | LOWER POLE<br>WITH FOAM  |    | UBRPLP-814,915,1017    | 10                   |      |
| <input type="checkbox"/> | D               | FIBERGLASS<br>ROD        |    | UBRPFG3-1017           | 2                    |      |
| <input type="checkbox"/> |                 |                          |    | UBRPFG1-1017           | 8                    |      |
| <input type="checkbox"/> |                 |                          |    | UBRPFG2-1017           | 6                    |      |
| <input type="checkbox"/> | E               | SAFTEY<br>ENCLOSURE NET  |    |                        | 1                    |      |
| <input type="checkbox"/> | F               | POLE SCREW               |    | UBRPPS-814,915,1017    | 20                   |      |
| <input type="checkbox"/> | G               | PVC SLEEVE               |  | UBRPRS-1017            | 10                   |      |
| <input type="checkbox"/> | H               | WRENCH                   |  |                        | 1                    |      |
| <input type="checkbox"/> | I               | FIBER GLASS<br>CORNERS   |  | UBRPCC-1017            | 4                    |      |
| <input type="checkbox"/> | J               | PUSH BUTTON              |  |                        | 4                    |      |
| <input type="checkbox"/> | K               | BIG ROPE                 |  | UBRPR-1017             | 1                    |      |
| <input type="checkbox"/> | L               | POLE CAP<br>SCREW        |  |                        | 10                   |      |

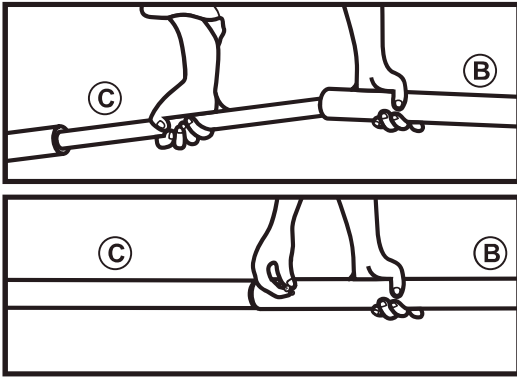
## SAFETY ENCLOSURE ASSEMBLY

### WARNING:

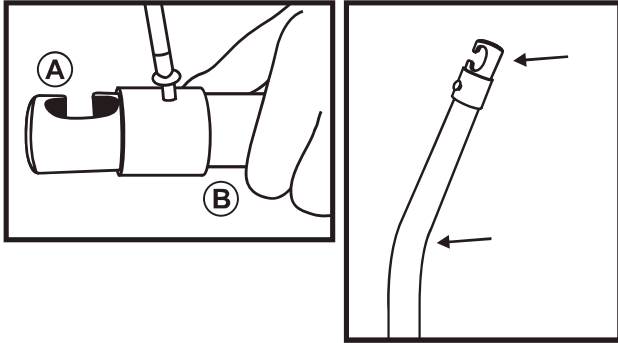
2 adults in good physical condition are required for the following assembly. Wear proper shoes and maintain balance to prevent a fall. Failure to follow all instructions and warnings exactly may result in serious injury.



1. Lay out all parts prior to assembly. Please note: Picture may vary slightly with the different trampoline models.



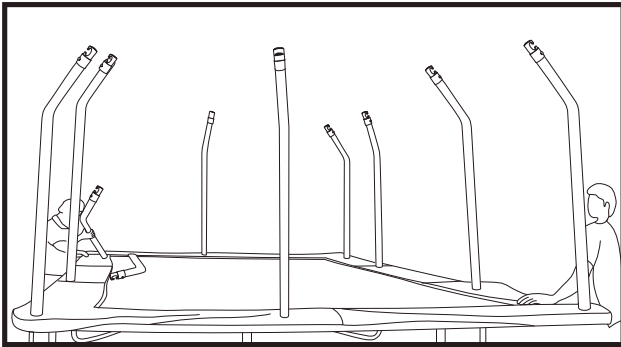
2. Connect the lower poles to the upper poles, connect it to the straighter part of the upper pole. Secure it together with screws at the point where it connects. Make sure the EPE foams are covering the poles.



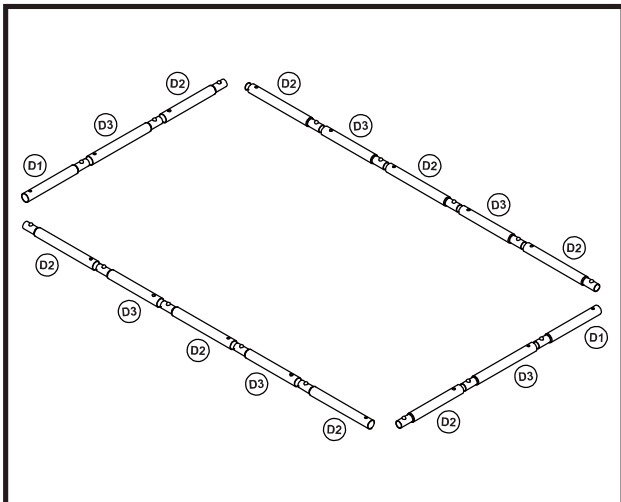
3. Connect the pole cap (A) on the top of upper pole (B) . Repeat for each pole.

Refer to the picture to clearly see which way to attach the pole cap, the opening of the pole cap has to be on the same side as the outside bend of the upper pole.

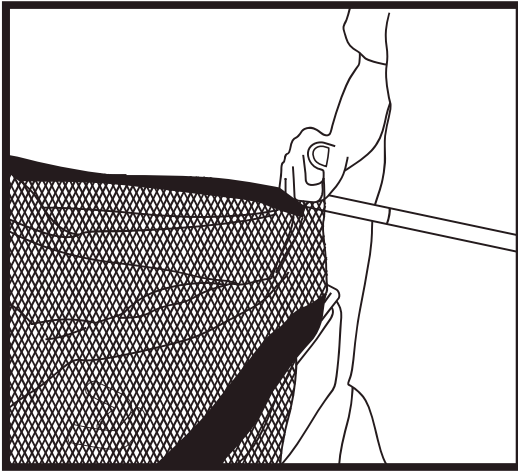
4. Cover all the poles with PVC sleeve (G)



5. Place the assembled poles with the opening of the pole caps facing away from the trampoline, and screw the poles into the trampoline frame with pole screws.

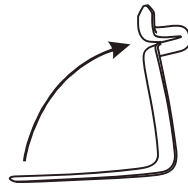
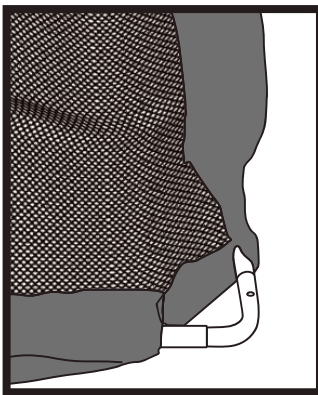


6. Connect the fiber glass pieces together, using 5 pcs of fiber glass to make the long line, and 3 pcs to make the short. Refer to the figure at the left to see which fiberglass pieces to use when assembling it.



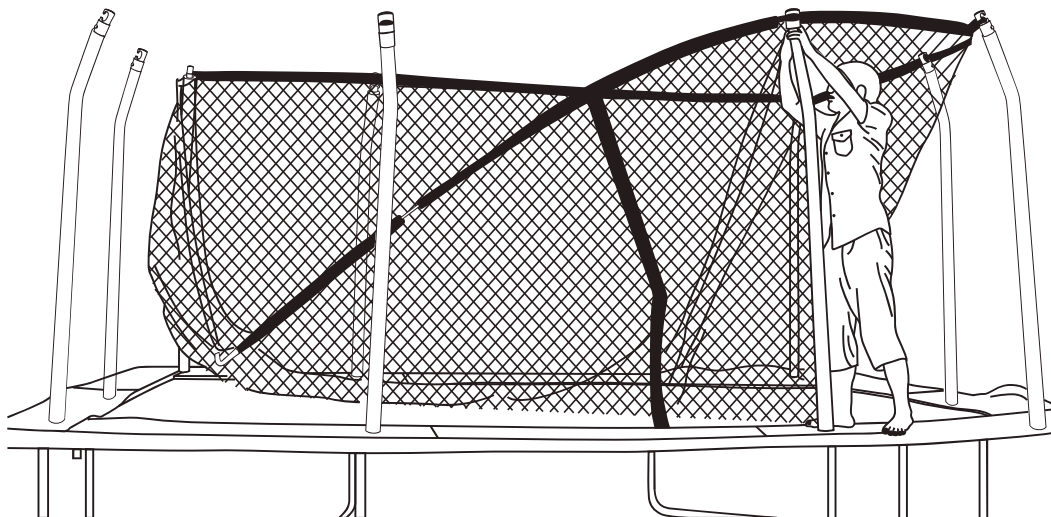
7. Insert the fiber glass into the sleeve of the safety net. Long fiberglass for long side, short for shorter side; as explained in the previous step.

**Note: Make sure that the opening of the net (the zipper) is placed on the long side of the trampoline.**



8. After inserting the fiber glass into the sleeve of the enclosure net, both the long side and short side, connect the shorter side to the longer side with the corner pieces - part #J. (This step should be done while the net is laid out on the trampoline jumping mat you will only attach it afterwards to the poles).

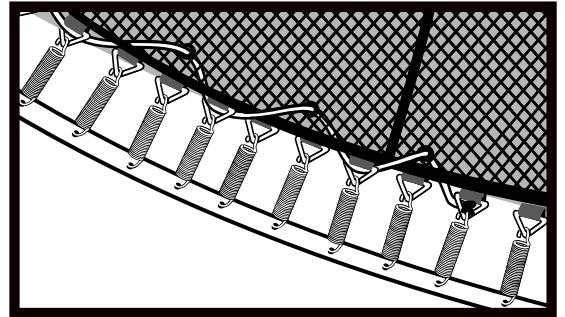
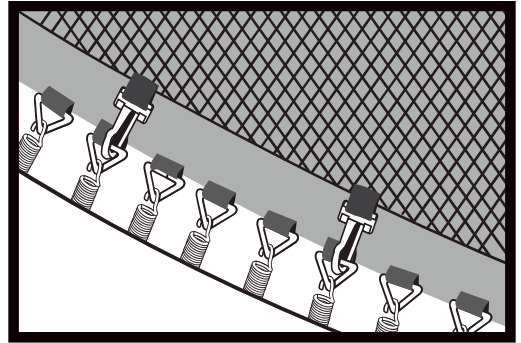
The push buttons need to be inserted into the corner pieces. Press the ends of the push button together and push it all the way to the end of the corner piece, making sure that the button pops out through the hole



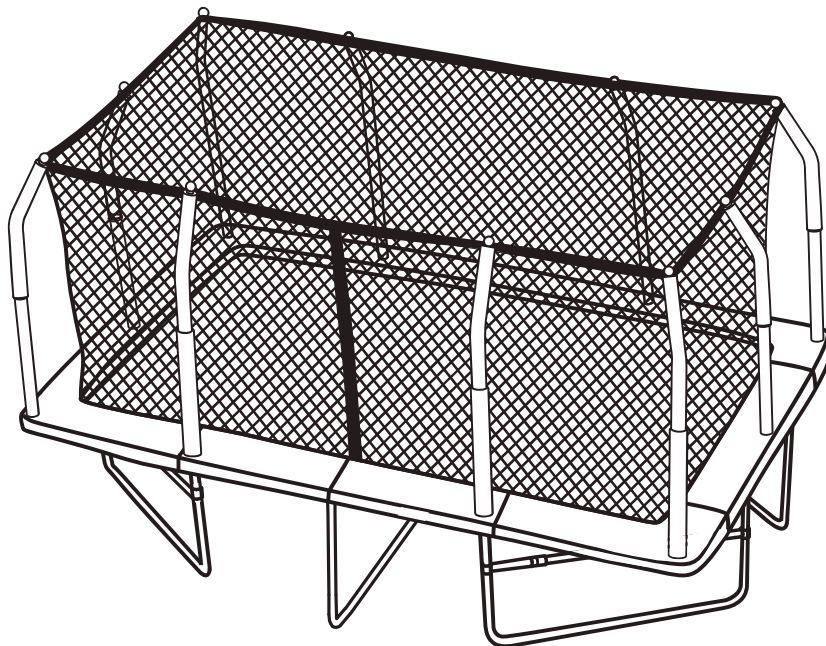
9. Connect the fiber glass to the top of the poles by clicking it into the pole caps. Do this step to all 10 poles.

## SECURE THE BOTTOM OF THE NET

1. Connect the net to the V-rings of the trampoline mat using the attached clips, securing at regular intervals. This holds the net in place for you to complete the attachment with rope.
2. Secure one end of the rope by knotting it to the V-ring closest on one side to the trampoline entrance zipper.
3. Weave the rope through the net and every second v-ring successively, moving around the trampoline in the direction away from the entrance zipper.
4. When you complete the weaving and reach the other side of the entrance zipper, secure the other end of the rope also by knotting it to the V-ring closest to the entrance on that side.



Your trampoline safety net is now fully secured. Follow the safety checks in the 'Testing the Trampoline' section before using the trampoline net.



# TESTING THE TRAMPOLINE

**After assembling the trampoline, it is important that you perform the following safety checks:**

## **Trampoline Safety Checks:**

- Using a screw driver, check that all the screws are tightly secured.
- Look under the trampoline and check that all the springs are hooked securely to the frame and triangle rings.
- Move the trampoline around and check the sturdiness of the frame.
- Using your two hands, put your body weight on one section of the trampoline and release to check that the floor is even.
- Inspect the cover pads and check if they completely cover the springs and frame.
- Make sure the strings of the pads are tied securely.

## **Enclosure Net Safety Checks:**

- Hold onto the safety net and shake it to check that all the enclosure poles are sturdy. Re-tighten any that seem loose.
- Check the safety net for any tears in the stitching or fabric.
- Check the enclosure net zipper and entrance hooks function properly.
- Check to see if all safety net enclosure hooks are attached to the triangle ring under the trampoline.

Once all the checks are performed and the trampolines has passed all the initial tests (above), then have one person test the trampoline by jumping on the centre continuously for 5 minutes. If the trampoline feels sturdy then your trampoline passes the test. Congratulations, you have completed the trampoline assembly! Remember to abide by all the safety rules. Have fun, play safe...

## **PLEASE NOTE:**

CERTAIN PARTS MAY HAVE TO BE REPLACED OVER TIME FROM YOUR SUPPLIER, DUE TO WEAR AND TEAR.

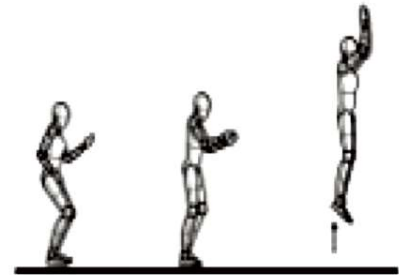


# FUNDAMENTAL BOUNCE TECHNIQUES

**All trampoline users are recommended to understand and perfect these fundamental bounces.**

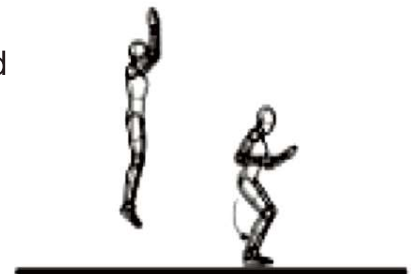
## THE BASIC BOUNCE

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



## THE BREAKING MANEUVER

- Occasionally the user may lose control of their jump and bounce wildly. Performing the breaking maneuver will allow the user to regain control of the jump and their balance.
- Start with a basic bounce.
- As you land, bend your knees sharply and this will allow you to stop your jump.



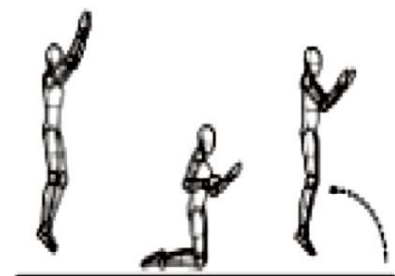
## THE HANDS AND KNEES BOUNCE

- Start with a low controlled basic bounce.
- Land on your hands and knees keeping your back straight.
- Emphasis should be directed at a good four-point landing, and not on jumping height.



## KNEE BOUNCE

- Start with a low controlled basic bounce.
- Land on your knees keeping back straight, body erect and use your arms to maintain balance.
- Bounce back to the basic bounce position by swinging your arms up.



## SEAT BOUNCE

- Land in a flat sitting position.
- Place hands on the mat beside your hips.
- Return to erect position by pushing with your hands.

