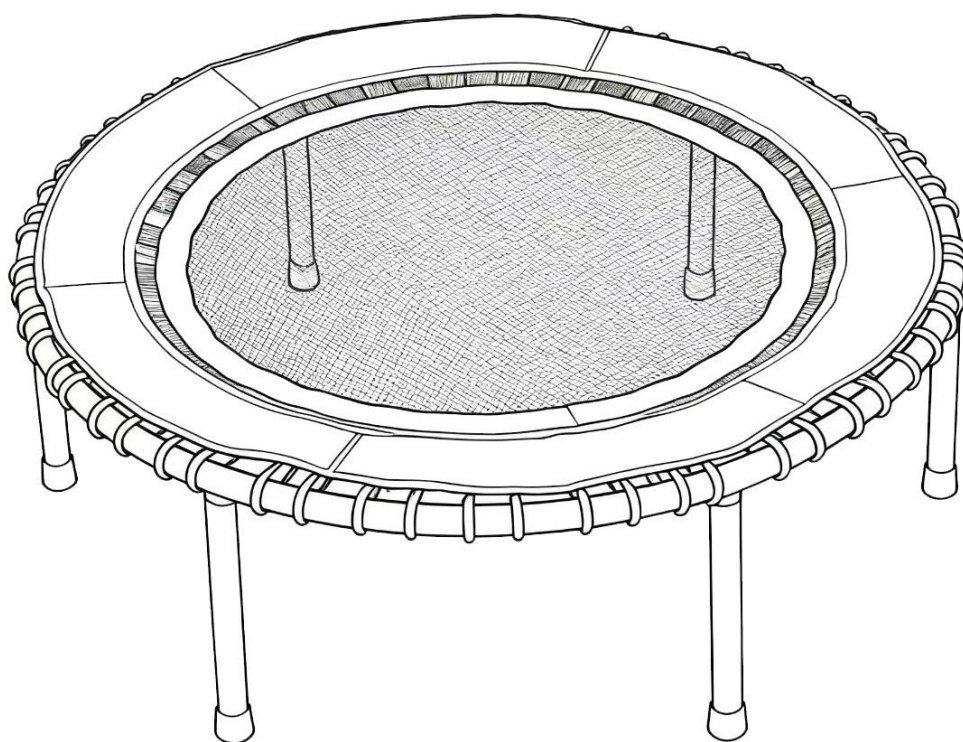


# INSTRUCTION MANUAL



## **WARNING**

Always install the trampoline with at least two people. Take care to keep your head and face away from the frame during installation to avoid injuries. Assembling and exercising done at your own risk. We are not liable for any injuries that may occur while assembling or using the trampoline. Please keep children and animals away from trampoline while exercising.

**Only one person on the trampoline at a time.**

**Max weight on Trampoline 330LB**

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## Parts list

| Ref. Number | Part Number | Description              | Unit    |
|-------------|-------------|--------------------------|---------|
| 1           | TR01        | Trampoline frame         | 3       |
| 2           | TR02        | Trampoline legs          | 6       |
| 3           | TR03        | Jump mat                 | 1       |
| 4           | TR04        | Bungee Cords             | 30 / 36 |
| 5           | TR05        | Tool to fit bungee cords | 1       |

|                                                                                             |                                                                                             |                                                                                             |
|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| <br>TR01   | <br>TR02   | <br>TR03 |
| <br>TR04 | <br>TR05 |                                                                                             |

## Notes & Warnings

1. This product should not be used by persons weighing more than 330LB.
2. The equipment is not intended as a child's toy. To be used by persons aged 14 years and above. Children should be under supervision when allowed to jump on the trampoline.
3. Please be careful while installing the bungee cords that it does not flick out of your hands or the tool used to install to your face or body.

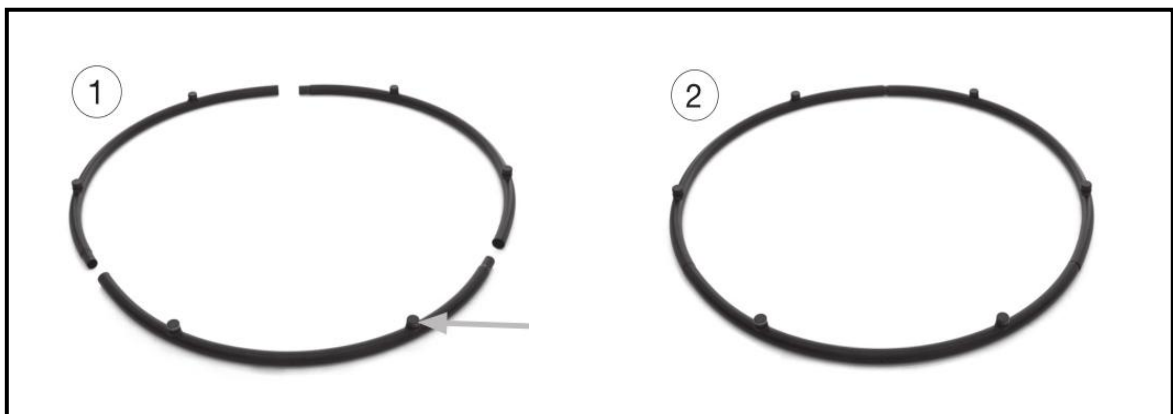
4. Use trampoline on wall-to-wall carpeted floor or a floor that is not slippery so unit does not slide when used.

## WARNING

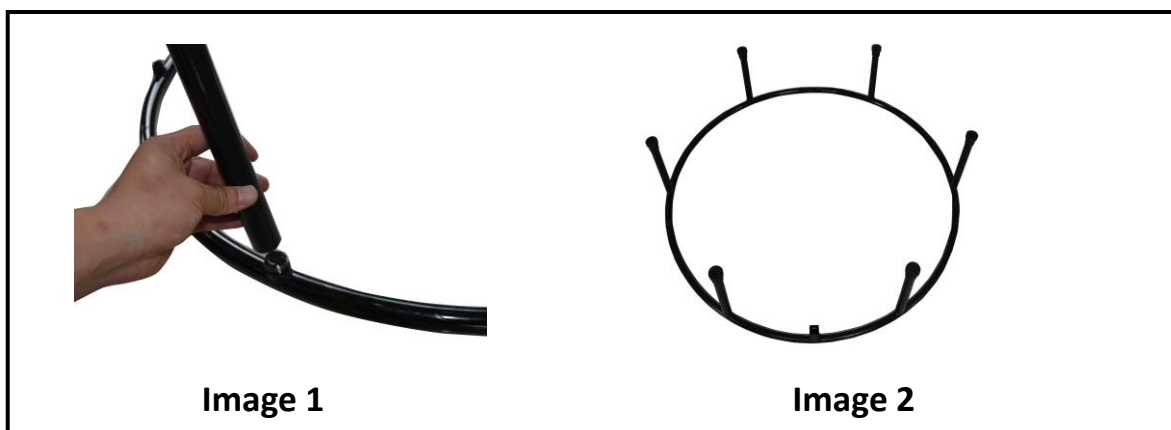
As with any fitness exercise program if you have any health or orthopedic issues, or if you are pregnant consult with your doctor or physiotherapist before use.

## Assembly Instructions

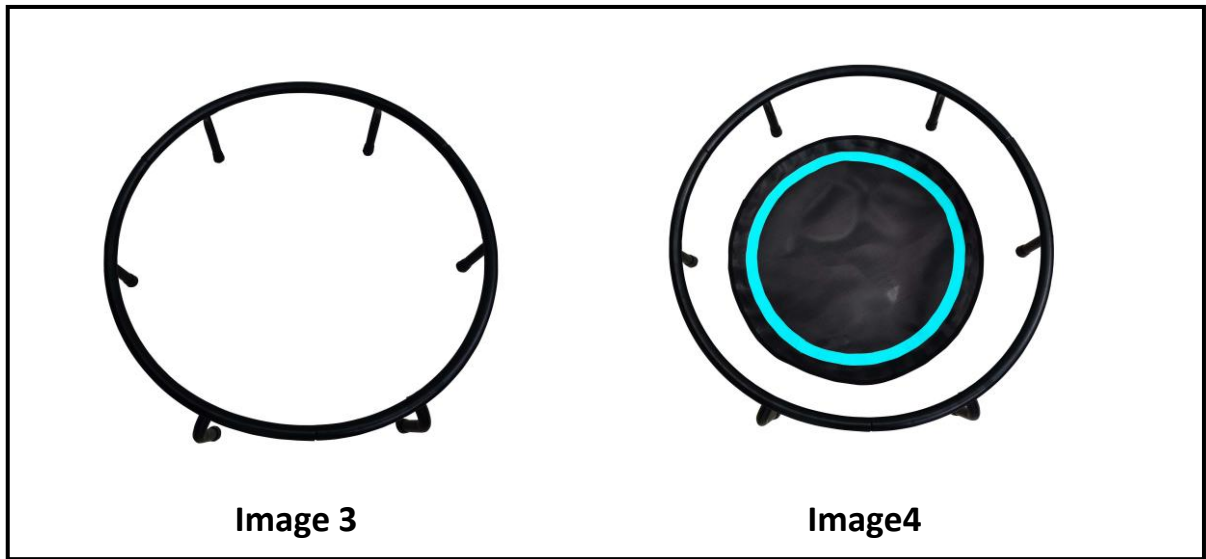
1. Lay 3pce frame sections TR01 on the floor and connect frames as shown.



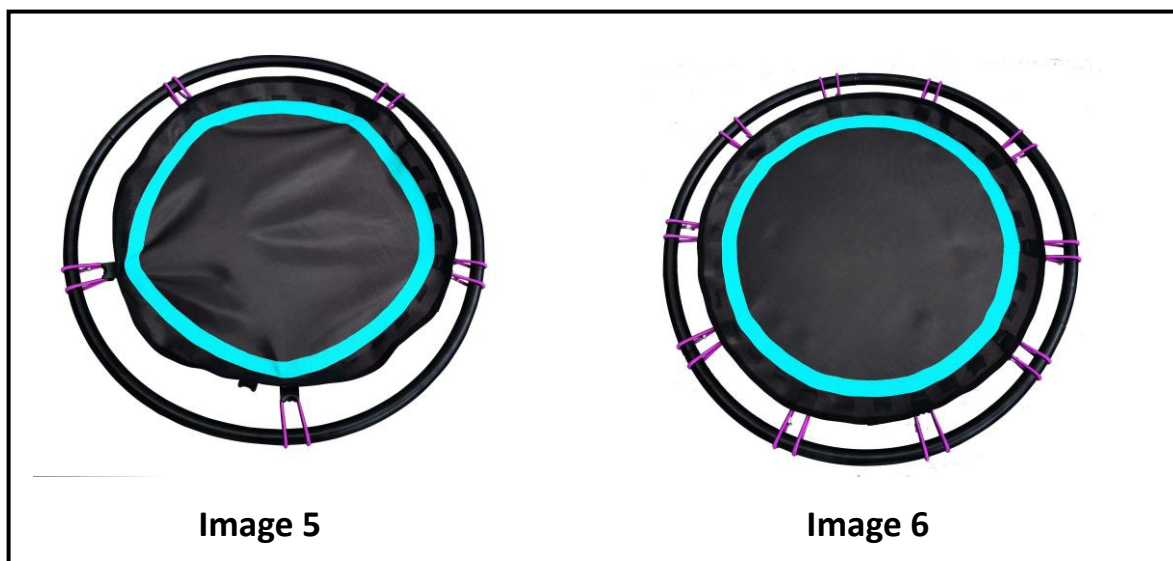
2. Install 6pcs legs one by one. (image1/2)



3. Now place the jump mat in the middle of the frame and install bungee cords to opposite sides of frame. See images below.



4. Initially use your hands while bungee cords are still loose. Keep on installing as shown.
5. Start using tool TR05 when mat tenses up tight. You can now position the frame to make it more comfortable for you to continue.



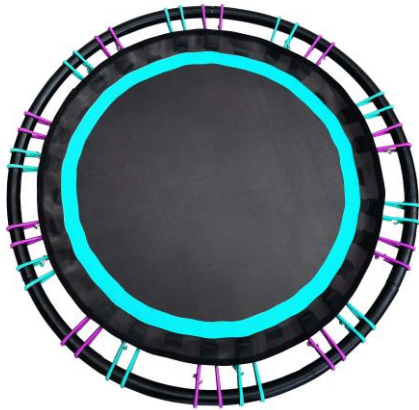


Image 7

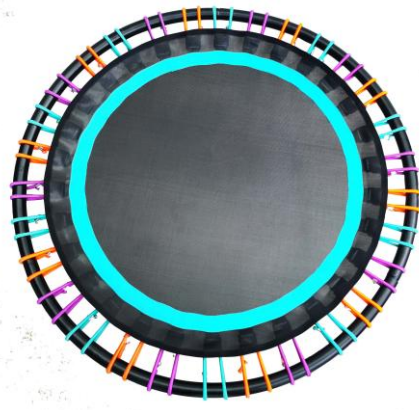


Image 8



Important: Once bungee cords are installed check that the sliver clips of the cords are not touching the plastic black hooks or the steel frame. This is very important. You can adjust cords afterwards with your hands.