LIMITED WARRANTY

The Little Tikes Company makes fun, high quality toys. We warrant to the original purchaser that this product is free of defects in materials or workmanship for one year * from the date of purchase (dated sales receipt is required for proof of purchase) and all other parts are free of defects in material or workmanship for 90 days*. At the sole election of The Little Tikes Company, the only remedies available under this warranty will be the replacement of the defective part or replacement of the product. This warranty is valid only if the product has been assembled and maintained per the instructions. This warranty does not cover abuse, accident, cosmetic issues such as fading or scratches from normal wear, or any other cause not arising from defects in material and workmanship.

*Trampoline Warranty:
We warrant to the original purchaser that the frame of this product is free of defects in materials or workmanship for 1 year from the date of purchase, and all other parts are free of defects in material or workmanship for 90 days from the date of purchase (dated sales receipt is required for proof of purchase).

U.S.A and Canada: For warranty service or replacement part information, please visit our website at www.littletikes.com, call 1-800-321-0183 or write to: Consumer Service, The Little Tikes Company, 2180 Barlow Road, Hudson OH 44236, U.S.A. Some replacement parts may be available for purchase after warranty expires—contact us for details.
Outside U.S.A and Canada: Contact place of purchase for warranty service. This warranty gives you specific legal rights, and you may also have other rights, which vary from country/state to country/state. Some countries/states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

PLEASE SAVE SALES RECEIPT FOR PROOF OF PURCHASE

ADULT ASSEMBLY AND SUPERVISION REQUIRED

AGES: 3-10 YEARS

Climb 'n Slide 7ft Trampoline™

ADULT ASSEMBLY AND SUPERVISION REQUIRED

Illustrations are for reference only. Styles may vary from actual contents.

Warning
- ADULT ASSEMBLY REQUIRED
- Keep these instructions for future reference.
- This product is intended for outdoor domestic family use only.
- Adult supervision required. Do not leave children unattended.
- Prior to assembly, this package contains small parts: hardware which is a choking hazard and may contain sharp edges and sharp points. Keep away from children until assembled.
- To prevent serious injury, children must not use the equipment until it is properly installed.
- You must thoroughly read these materials prior to assembling and using this trampoline / trampoline enclosure.
- Save this manual for future reference.
- This product is intended for use by children ages 3 - 10 yrs. and is not intended for use by children under 3 years due to their inability to use safely.
- Maximum weight per child 105 lbs. (47.63 kg). Limit 1 child on trampoline at a time.
- Place this product on level ground and at least 6.6' (2 m) away from any object. Objects to be avoided include, but are not limited to, fences, buildings, overhead branches, laundry lines or electrical wires.
- It is recommended that at least two people participate in the assembly of this product.
- This unit is intended to be used as either a climber or a trampoline but not both at the same time.
- When used as a trampoline, both zippered openings must be fully closed.
- Do NOT use without slide and climber attached.
- Do not hold anything while jumping and empty pockets prior to using the trampoline.
- Please remove all packaging including tags, ties & tacking stitches before giving this product to a child.
- Do not eat while jumping.

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Visit our website at www.littletikes.com to register your product and to enter our sweepstakes. (No purchase necessary)
WARNING - GENERAL
Read all instructions before using the trampoline and trampoline enclosure. Warnings and instructions for the care, maintenance, and use of this trampoline and trampoline enclosure are included to promote safe, enjoyable use of this equipment.

• This trampoline is only suitable for domestic family use. For outdoor use, please contact your local council for details.

• The trampoline is not intended to be buried into the ground. Recommended is to keep the trampoline up to 6.3 ft (2.0 m) high. It is recommended to use about two thirds of the trampoline when using it in the garden or on the grass. However, take care not to damage the trampoline by using it too high. 

• Do not place a hard surface (i.e. concrete or asphalt). Serious injury may occur.

• Above the trampoline, ensure there is clear and free space to the expected jumping height. It is strongly advised not to place the trampoline under the canopy of surrounding trees.

• Inspect the trampoline and trampoline enclosure before use. Make sure the frame is correctly and securely positioned. Replace any worn, defective, or missing parts.

• For further information or additional instructions on material skills, contact a competent trampoline instructor.

WARNING - USAGE

• Observing the following statements and warnings reduces the likelihood of serious or fatal injury.

• Do not attempt any stunts involving somersaults. These are dangerous moves that should only be performed in the presence of a skilled trainer, and with appropriate equipment. Serious injury is likely to occur if stunts are attempted on this trampoline. Landing on the head or neck can cause serious injury, paralysis or death.

• Children and inexperienced adults must always jump under supervision by an experienced person. It is strongly recommended to use spotter(s) at all times.

• Do not allow more than one person on the trampoline (inside the enclosure).

• Use trampoline and trampoline enclosure only with mature, knowledgeable supervision.

• Do not use if you are suffering from an injury i.e. ankle or knee injury) or while pregnant.

• Remove glass, jewelry, chains, and sharp objects. Empty your pockets before starting to jump.

• Do not use the trampoline in the dark.

• Do not put any objects or toys on the trampoline and trampoline enclosure.

• Animals are not allowed on the trampoline and trampoline enclosure.

• Do not smoke while using the trampoline.

• Do not allow children or pets on the trampoline when it is wet.

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

To assemble this trampoline, you need a Phillips screwdriver (not included) and the special spring loading tool provided with this product. Please read the assembly instructions before beginning to assemble this product.

WARNING: Read the following safety and maintenance instructions carefully and follow all instructions. Failure to do so may result in serious injury. Disassemble the trampoline and trampoline enclosure and store them until weather conditions improve. Any attempt to jump or move the trampoline from a rainy day may result in injury to the user. Do not attempt to use the trampoline during rain or gusty weather conditions. This can result in serious injury, paralysis, or death. Please be aware of the following:

• This trampoline and enclosure are 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.

• Rake and check depth of loose fill protective surfacing materials to prevent compaction and to maintain appropriate depth. Replace as necessary.

• Owners are responsible for maintaining the legibility of the warning labels.

• Check all nuts and bolts for tightness and tighten when required.

• Check all metal parts for rust. If found, sand and repaint using a non-lead based paint meeting the requirements of 16 CFR 1301. At the beginning of each play season or when the temperature drops below 32°F.

• Check all protective coverings on bolts, pipes, edges, and corners. Replace if they are loose, cracked, or missing.

• If applicable, lubricate all metallic moving parts at the beginning of each play season.

• Check all plastic parts such as swing seats or any other items that were removed for the cold season.

• Tighten all hardware.

• If applicable, make sure all metal moving parts including seat parts, ropes, cables, and chains for wear, rust, or other deterioration. Replace if any of these conditions exist.

Care and Maintenance

WARNING: WARNING: Failure to perform periodic checks could result in serious injury or cause a fall. The following checks should be performed at the beginning of each season and twice during the usage period.

• Inspect the trampoline and trampoline enclosure and any other parts that were not carried out, the trampoline could become dangerous.

• It is of particular importance that these be followed at the beginning of each season as well as at intervals during the usage season.

• Check all nuts and bolts for tightness and tighten when required.

• Check all spring loaded (pin-pint) joints are intact and cannot come undone during play.

• Check all coverings for bolts and sharp edges and replace when required.

• Check for evidence of wear or deterioration and replace if needed in accordance with these instructions.

• Make sure all parts are dry enough for storage.

High Winds

Do not use or stand near the trampoline in windy or gusty conditions. A trampoline can become airborne when exposed to sustained wind or gusting wind conditions. This can result in serious injury, paralysis, or death. Please be aware of the following:

• Do not attempt to take the frame sections, legs or bases apart before the mat and springs are removed.

• Do not use the trampoline in windy or gusting wind conditions. This can result in serious injury, paralysis, or death.

• Do not attempt to take the frame sections, legs or bases apart before the mat and springs are removed.

• Do not use the trampoline in windy or gusting wind conditions. This can result in serious injury, paralysis, or death.

• Do not attempt to take the frame sections, legs or bases apart before the mat and springs are removed.

• Do not use the trampoline in windy or gusting wind conditions. This can result in serious injury, paralysis, or death.

• Do not attempt to take the frame sections, legs or bases apart before the mat and springs are removed.

Moving the Trampoline

If the trampoline needs to be moved, it should be moved by two people, kept horizontal, and lifted slightly. All connector points should be wrapped and secured with weather resistant tape, such as duct tape. This will keep the frame intact during the move as well as prevent the connector points from disconnecting and separating. If necessary, the trampoline can be taken apart for moving. To take the trampoline apart, follow the assembly steps in reverse order. Do not attempt to take the frame sections, legs or bases apart before the mat and springs have been removed.

Assembly and Moving Tips

Select a location where you want the trampoline permanently prior to assembly. Do not pick up the frame more than two inches off the ground. Picking it up too high can cause the frame to warp.

If the frame does warp, put the trampoline down and press down on the part that is warped. The tension of the springs will flatten the frame.

Disassembly

To disassemble the trampoline, follow assembly STEP 1 through STEP 7 in reverse order. Do not attempt to disassemble any frame components, springs and the mat have been removed. Use gloves to protect your hands from pinch points during disassembly.

Disposal

Disassemble and dispose of equipment in such a manner that no type of anchor works best in your location.

If you expect high winds, the trampoline should be moved to a sheltered location, taken apart, or tied down to the ground with ropes and stakes (not included). At least three ropes and three stakes should be used to anchor 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. The top of the stakes should be covered, if necessary, so that users will not be injured by falling onto the stakes.

If the trampoline is not properly anchored, it can come undone during play. Make sure to attach the ropes to the top of the stakes, if they can separate from the frame sockets. The top of the stakes should be covered, if necessary, so that users will not be injured by falling onto the stakes.
STEP 7 - Enclosure, Mat and Accessories Assembly

Enclosure netting should wrap around the outside of the trampoline frame and curve frame tubes. Pull over the enclosure evenly all the way around and work it down.

Place the top of the climber (Y) over the top rail (G), aligning with the springs. Secure the climber (Y) to the top rail (G) with hook and loop fasteners. Repeat this step for the slide (X) on the opposite side of the trampoline.

Tie the elastic straps on the safety pad (A) to the top rail (G). Loop around the frame and secure with a knot.

When used as a trampoline, zip both openings on the enclosure netting (B) until they are fully closed.

Attach elastic ties on the shoe bag (V) by tying to the trampoline frame.

Wrap the straps on the enclosure netting (B) around the top rail (G) once around. Then, attach the strap hook to the triangle ring.

Tie the elastic straps on the trampoline mat with safety pad (A) to the corner top rail with socket (6). Loop around the frame and secure with a knot.

Adjust netting arch pocket to fit by pulling down the two ends of the pocket. Pockets should be secured on each of the three arches. Use the hook and loop fasteners to secure the frame and netting.

Lift up enclosure netting (B) and safety pad (A) underneath the zipper opening in the netting.

When used as a climber and slide, unzip the openings and secure them to the enclosure netting (B) with the hook and loop fasteners.

IMPORTANT NOTICE
NEVER use the trampoline without attaching the frame pad. Properly tie down the frame pad before each use!

Do not use the trampoline if even one spring or triangle-ring is damaged or missing.

Drop the safety pad stitched with the trampoline mat. Tie the elastic straps over the frame, and make sure the safety pad covers the frame and all springs.

Perform a complete inspection of the trampoline to make sure all parts are assembled and attached properly.

Read this entire manual and make sure all jumpers completely understand all of the safety rules printed in the manual and on the various warning signs. Instruct all jumpers in the basic bounces described in the manual.

Place the top of the climber (Y) over the top rail (G), aligning with the springs. Secure the climber (Y) to the top rail (G) with hook and loop fasteners. Repeat this step for the slide (X) on the opposite side of the trampoline.

Tie the elastic straps on the safety pad (A) to the top rail (G). Loop around the frame and secure with a knot.

When used as a trampoline, zip both openings on the enclosure netting (B) until they are fully closed.
TIPS TO REDUCE THE RISK OF ACCIDENTS

All jumpers need to be supervised, regardless of skill level or age.

Jumpers role in accident prevention:
The key here is to stay in control of your jumps. DO NOT move onto more complicated, more difficult maneuvers until you have mastered the basic, fundamental bounce. Education is also key to safety and is very important. Read, understand, and practice all safety precautions and warnings prior to using the trampoline. A controlled jump is when you land and take off from the same location on the mat. For additional safety tips and instructions, contact a certified trampoline instructor.

Supervisor’s or owner’s role in accident prevention:
Supervisors need to understand and enforce all safety rules and guidelines. It is the responsibility or the supervisor to provide knowledgeable advice and guidance to all jumpers on the trampoline. If supervision is unavailable or inadequate, the trampoline should be stored in a secure place, disassembled to prevent unauthorized use, or covered with a heavy tarp that can be locked or secured with locks or chains.

ADDITIONAL TRAMPOLINE SAFETY INSTRUCTIONS

JUMPERS

- Do not use the trampoline if you have consumed alcohol or drugs.
- Remove all hard and sharp objects from the jumper before using the trampoline and trampoline enclosure. 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 Trampoline Bounces” 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 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 one person on the trampoline at any one 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 and trampoline enclosure should be secured when not in use.

JUMPERS

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
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 the left and right.
C. Seat Bounce-Demonstration and practice. Learn the 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 postions that could cause injury.
C. Start with a hands and knees bounce and then extend body into prone position on the mat and return to feet.
D. Practice routine hands and knees bounce, front bounce, back to feet, seat 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
   - Start from front drop position, and as you make contact with the mat, push off with arms in either the right or left direction. Turn head and shoulders in the same direction.
   - During turn, be sure to keep back parallel to the mat and head up.
   - After completing turn, land in front drop position.

After completing these lessons, 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.

Lesson 5

A. Review and practice skills and techniques learned in previous lessons.
B. Half-turn
   - Start from front drop position, and as you make contact with the mat, push off with arms in either the right or left direction. Turn head and shoulders in the same direction.
   - During turn, be sure to keep back parallel to the mat and head up.
   - After completing turn, land in front drop position.

After completing these lessons, 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.

Lesson 6

A. Review and practice skills and techniques learned in previous lessons.
B. Half-turn
   - Start from front drop position, and as you make contact with the mat, push off with arms in either the right or left direction. Turn head and shoulders in the same direction.
   - During turn, be sure to keep back parallel to the mat and head up.
   - After completing turn, land in front drop position.

After completing these lessons, 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.

ADDITIONAL TRAMPOLINE SAFETY INSTRUCTIONS

JUMPERS

- Do not use the trampoline if you have consumed alcohol or drugs.
- Remove all hard and sharp objects from the jumper before using the trampoline and trampoline enclosure. 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 Trampoline Bounces” 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 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 one person on the trampoline at any one 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 and trampoline enclosure should be secured when not in use.

JUMPERS

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
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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 the left and right.
C. Seat Bounce-Demonstration and practice. Learn the 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 postions that could cause injury.
C. Start with a hands and knees bounce and then extend body into prone position on the mat and return to feet.
D. Practice routine hands and knees bounce, front bounce, back to feet, seat 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
   - Start from front drop position, and as you make contact with the mat, push off with arms in either the right or left direction. Turn head and shoulders in the same direction.
   - During turn, be sure to keep back parallel to the mat and head up.
   - After completing turn, land in front drop position.

After completing these lessons, 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.

Lesson 5

A. Review and practice skills and techniques learned in previous lessons.
B. Half-turn
   - Start from front drop position, and as you make contact with the mat, push off with arms in either the right or left direction. Turn head and shoulders in the same direction.
   - During turn, be sure to keep back parallel to the mat and head up.
   - After completing turn, land in front drop position.

After completing these lessons, 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.

Lesson 6

A. Review and practice skills and techniques learned in previous lessons.
B. Half-turn
   - Start from front drop position, and as you make contact with the mat, push off with arms in either the right or left direction. Turn head and shoulders in the same direction.
   - During turn, be sure to keep back parallel to the mat and head up.
   - After completing turn, land in front drop position.

After completing these lessons, 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.
STEP 3 - COMPLETE ALL 6 CORNER TOP RAILS

Insert straight frame tubes into the socket of the corner top rails (E).

STEP 4 - MAT ASSEMBLY

Layout trampoline mat with safety pad (A) flat. Place trampoline mat over the assembled frame. Triangle-rings should be underneath the safety pad. Loop elastic on each corner over top rail frame, and call this point ZERO.

STEP 5 - SPRING LOADING

There are a total of 36 triangle-rings seven on the mat and 36 holes on the top rail frame. None are numbered, so please follow the instructions carefully to ensure proper installation. Now, select an arbitrary point on the top rail frame, and call this point ZERO.

ATTACHING SPRINGS

Attach springs at the corner top rails as shown in the diagram below. For even distribution of tension and ease of assembly, springs should be placed on opposite side of the mat/frame. For example, 5, 6 then 23, 24. Complete spring installation for numbers below. You should have the following 12 springs installed. ZERO, 5, 6, 11, 12, 17, 18, 23, 24, 29, 30, and 35.

ATTACHING SPRINGS

Attach the “R” hook end of a galvanized spring (K) to the triangle ring on the mat as shown. Keep the spring at a 45° angle in relation to the mat for easier installation. Hold the spring loading tool (R) underhand and pull the spring hook towards the opening on the top rail frame. Drop the hook into the frame opening until it latches on completely and remove the spring loading tool. Tap the spring down if the hook is not completely in the opening.

SPRING LOADING CAUTIONS

• Make sure to flip up the safety pad for ease of installation of springs.
• Two adults are required in this assembly step.
• CAREFUL: When attaching the springs, please do not put your hands, legs, or body close to the connector points.
• Wear heavy duty work gloves to protect your hands.
• For ease of assembly, use special spring loading tool (R).

1. Start with a basic bounce position.
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.

Knee Bounce

1. Start with basic bounce position and keep 6 to 8 bounce.
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.

Front Bounce

ATTACHING SPRINGS

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

BASIC TRAMPOLINE BOUNCES

1. Start with basic bounce and keep 6 bounce.
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.

The Basic Bounce

1. Start with basic bounce position.
2. Land on knots keeping back straight, body erect and use your arms to maintain balance.
3. Place hands on mat between legs, do not lock your elbows.
4. Return to erect position by pushing with hands.

Seat Bounce

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

180° 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 the mat and head up.
4. Land in prone position and return to standing position by pushing up with hands and arms.

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 the mat and head up.
4. Land in prone position and return to standing position by pushing up with hands and arms.

• Jumper should wear T-shirts, shorts or sweats, and regulation gymnastic shoes with heavy socks or be barefoot. If you are just beginning, you may want to wear long sleeve shirts and pants to protect against scrapes and abrasions until you master correct landing positions and form. Do not wear hard sole shoes such as tennis shoes on the trampoline as this will cause excessive wear on the mat material.
• You should always mount and dismount properly to avoid injury.
• Do not bounce recklessly on the trampoline since this will increase your chances of getting injured. The key to safety and having fun on the trampoline is control and mastering the various bounces. Never try to out-bounce another bouncer in terms of height. Never use the trampoline without adult supervision.
• Not recommended for use by children under 3 or over 10 years of age.

Mounting and Dismounting: Be very careful when getting on and off the trampoline. DO NOT mount the trampoline by grasping the safety pad, stepping onto the springs, or by jumping onto the mat of the trampoline from any object (i.e. deck, roof, or ladder). This will increase your chances of getting injured. DO NOT dismiss the importance of jumping off the trampoline and landing on the ground, regardless of the makeup of the ground. If small children are playing on the trampoline, they may need help dismounting.

Use of Alcohol and Drugs: DO NOT consume any alcohol or drugs when using this trampoline. This will increase your chances of getting injured since these foreign substances impair your judgment, reaction time, and overall physical coordination.

Multiple Jumpers: Multiple jumpers (more than one person on the trampoline at any one time) increase the chance of getting injured. Injuries could occur when you fly off the trampoline, lose control, collide with the other jumper(s), or land on the springs. Generally, the lightest person on the trampoline will get injured. No more than one person at a time on the trampoline.

Striking the frame or springs: When playing on the trampoline, STAY in the center of the mat. This will reduce your risk of getting injured by landing on the frame or springs. Always keep the safety pad covering the frame of the trampoline. DO NOT jump or step onto the safety pad directly since it was not intended to support the weight of a person.

Loss of Control: DO NOT try new or complex maneuvers until you have mastered the previous maneuver, or if you are just learning how to jump on a trampoline. If you do, you will increase your risk of getting injured by landing on the frame, springs, or off the trampoline completely because you might lose control of your jump. A controlled jump is considered landing on the same spot that you took off. If you do lose control when you are jumping on the trampoline, bend your knees sharply when you land and this will allow you to regain control and stop your jump.

Somersaults (flips): DO NOT PERFORM somersaults of any type (backwards or forwards) on this trampoline. If you make a mistake when trying to perform a somersault, you could land on your head or neck. This will increase your chances of getting your neck or back broken, which could result in death or paralysis.

Foreign Objects: DO NOT use the trampoline if there are pets, other people, or any objects underneath the trampoline. This will increase the chances of an injury occurring. DO NOT hold any foreign objects in your hand and DO NOT place any objects on the trampoline while anyone is playing on it. Please be aware of what is overhead when you are playing on the trampoline. Tree limbs, wires, or other objects located over the trampoline will increase your chances of getting injured.

Poor Maintenance of Trampoline: A trampoline in poor condition will increase your risk of getting injured. Please inspect the trampoline before each use for bent steel tubes, torn mat, loose or broken springs, and overall stability of the trampoline.

Weather Conditions: Please be aware of the weather conditions when using the trampoline. If the mat of the trampoline is wet, the jumper could slip and injure him or herself. If it is too windy, jumpers could lose control. Use the trampoline only when the jumping mat is clean and dry. A wet jumping mat is extremely slick and prevents a stable landing.

When the trampoline is not in use, store it in a secure place so that unsupervised children cannot play on the trampoline.
Please refer to this page for part descriptions and letters. The assembly steps use these descriptions and letters as reference for your convenience. Make sure that you have all parts listed prior to assembly.

**PARTS LIST**

<table>
<thead>
<tr>
<th>A</th>
<th>QTY - 1 Trampoline Mat stitched with triangle-rings and safety pad</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>QTY - 1 Trampoline Enclosure</td>
</tr>
<tr>
<td>C</td>
<td>QTY - 3 Plastic Horizontal Leg Base</td>
</tr>
<tr>
<td>D</td>
<td>QTY - 6 Plastic Vertical Leg Extension</td>
</tr>
<tr>
<td>E</td>
<td>QTY - 6 Corner Top Rail with Socket</td>
</tr>
<tr>
<td>F</td>
<td>QTY - 6 Plastic Vertical Leg Extension (With &quot;button cap&quot;)</td>
</tr>
<tr>
<td>G</td>
<td>QTY - 6 Top Rail</td>
</tr>
<tr>
<td>H</td>
<td>QTY - 3 Horizontal Tube</td>
</tr>
<tr>
<td>I</td>
<td>QTY - 6 Straight Frame Tube</td>
</tr>
<tr>
<td>J</td>
<td>QTY - 6 Curved Frame Tube</td>
</tr>
<tr>
<td>K</td>
<td>QTY - 36 Galvanized Springs</td>
</tr>
<tr>
<td>L</td>
<td>QTY - 6 Bolt</td>
</tr>
<tr>
<td>M</td>
<td>QTY - 6 Self-locking Screw</td>
</tr>
<tr>
<td>N</td>
<td>QTY - 6 Cap Nut</td>
</tr>
<tr>
<td>O</td>
<td>QTY - 12 Arc Washer</td>
</tr>
<tr>
<td>P</td>
<td>QTY - 6 Spring Washer</td>
</tr>
<tr>
<td>Q</td>
<td>QTY - 1 Wrench</td>
</tr>
<tr>
<td>R</td>
<td>QTY - 1 Spring Loading Tool</td>
</tr>
<tr>
<td>S</td>
<td>QTY - 3 Foam Tube for Horizontal Tube</td>
</tr>
<tr>
<td>T</td>
<td>QTY - 6 Foam Tube for Straight Frame Tube</td>
</tr>
<tr>
<td>U</td>
<td>QTY - 6 Foam Tube for Curved Frame Tube</td>
</tr>
<tr>
<td>V</td>
<td>QTY - 1 Shoe Bag</td>
</tr>
<tr>
<td>W</td>
<td>QTY - 1 Screwdriver</td>
</tr>
</tbody>
</table>

**ASSEMBLY INSTRUCTIONS**

**ADULT ASSEMBLY REQUIRED.** At least two people are required to assemble the trampoline. Remember to use gloves during assembly to avoid pinching. Safety glasses should be worn during assembly.

**STEP 1 - SUPPORT ASSEMBLY**

Insert a vertical leg extension (F) through the opening on each end of a plastic horizontal leg base (C). Repeat for remaining 2 plastic horizontal leg bases (C).

Insert a plastic vertical leg extension (D) over each vertical leg extension (F). Repeat for remaining 5 vertical leg extensions (F).

Recess on plastic vertical leg extension (D) must fit into leg base as shown.

Lay out 3 sets of Support Assemblies from STEP 1 as shown above.

Insert the corner top rail with socket (E) to the Support Assembly as shown. Repeat this for all corner top rails with sockets (E).

**STEP 2 - FRAME LAYOUT**

IMPORTANT: opening in corner top rail should align to the opening in the vertical leg extension (F).

Insert a plastic vertical leg extension (D) over each vertical leg extension (F). Repeat for remaining 5 vertical leg extensions (F).

There are a total of 12 pieces of tubing and 3 sets of Support Assemblies that are needed to assemble the frame. IMPORTANT: be sure the curve side of the plastic horizontal leg bases (C) and the curve of the top rails (G) are facing outward.

Lay out 3 sets of Support Assemblies from STEP 1 as shown above.

Assemble top rail (G) into each end of corner top rail with socket (E). To connect parts, simply slide the section of tubing that is smaller on one end into the adjacent section that has a larger opening as shown. Align the screw openings on the top rail (G) and the corner rail with socket (E).