

# 50 INCH HEXAGONAL FITNESS TRAMPOLINE WITH HANDLE



## Owner's Manual



**WARNING: ADULT ASSEMBLY REQUIRED.**

**Maximum weight on this trampoline should not exceed 120kgs**

Read all instructions before using the trampoline.

Warnings and instructions for the care, maintenance, and use of the trampoline are included to promote safe, enjoyable use of this equipment.

**Read these materials prior to assembling and using this trampoline.**

### **Liability**

While every attempt is made to embody the highest degree of protection in all equipment, we cannot guarantee freedom from injury. The user assumes all risk of injury due to use. All merchandise is sold on this condition, which no representative of the company can waive or change.

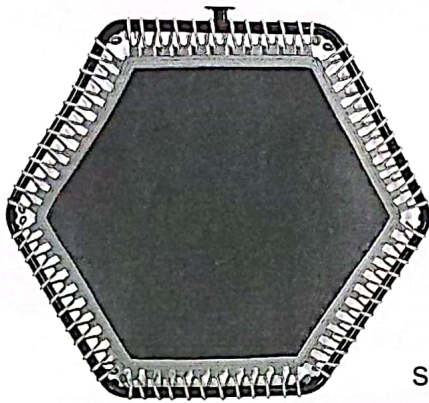
### **ESSENTIAL INFORMATION**

1. Misuse and abuse of this trampoline is dangerous and can cause injuries .
2. Trampolines, being rebounding devices, propel the performer to unaccustomed heights and into a variety of body movements.
3. All purchasers or persons assembling and using the trampoline must become familiar with the manufacturer's recommendations for the proper assembly, use, and care of the trampoline. Also, be alert to the user's limitations in the execution of trampoline techniques and progressions.  
Suggestions for the care and maintenance are included to promote safe, enjoyable use of this product.
4. It is the responsibility of the owner to insure that all users of the trampoline are adequately informed of all warnings and safety instructions .
5. Always check with your doctor before starting any exercise program.
6. This item has small parts, not for children under 13 yrsold
7. Adult assembly required. Care should be taken in the unpacking & assembly of the trampoline.

## USE INSTRUCTIONS

- Do not allow more than one person on the trampoline. Use by more than one person at the same time can result in serious injuries.
- Keep objects away which could interfere with the performer. Maintain a clear area around the trampoline. Do not allow foreign objects or animals on the trampoline.
- Use trampoline only with mature ,knowledgeable supervision.
- The trampoline should be assembled in its entirety before each use, The frame cover should be positioned correctly at all times. By doing this you will prolong the life of the bands by shield-ing it from the elements and at the same time make the trampoline safer.
- Inspect the trampoline before each use, Make sure the frame cover is correctly and securely positioned. Replace any worn, defective, or missing parts.
- The metal frame of the trampoline will conduct electricity. Lights, extension cords, and all such electrical equipment must never be allowed to come in contact with the trampoline.
- Wear comfortable clothing. Remove jewelry, necklaces ,and earrings.
- Step on and off the trampoline. It is a dangerous practice to jump from the trampoline to the ground or floor when dismounting, or to jump onto the trampoline when mounting. Do not use the trampoline as a springboard to other objects.
- Stops bounce by flexing knees as feet come in contact with the trampoline bed. Learn this skill before attempting others.
- 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 then height.
- While keeping the head erect, focus eyes on the trampoline toward the perimeter, This will help control bounce.
- Avoid bouncing when tired ,Keep turns short.
- Do not use the trampoline while under the influence of alcohol or drugs.
- For additional information concerning the trampoline equipment ,contact the manufacturer
- Bounce only when the surface of the bed is dry.
- Once the circular steel frame is assembled, it may not be taken apart.

# PART LIST:



Trampoline 1pc



leg tubes 6pcs



lower part of handle 1pc



screw(M8\*16) 6pcs



nut 4pcs



flat washer 4pcs



Arc washer 2pcs



horizontal part of the handle 1pc



middle part of the handle 1pc



L spanner 1pc



open spanner 1pc



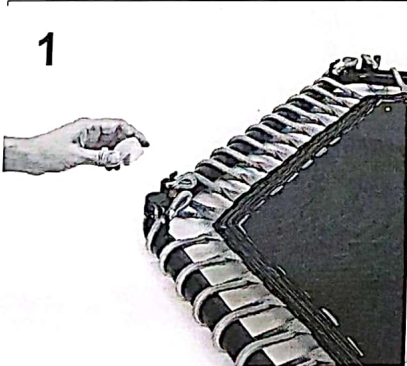
knob(M16\*30) 1pc



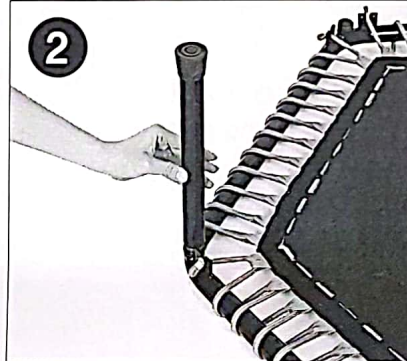
base pad 1pc

## 01

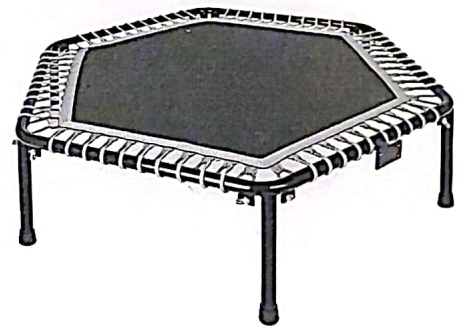
## LEG ASSEMBLY



1  
Remove the protective caps before assembling leg tubes

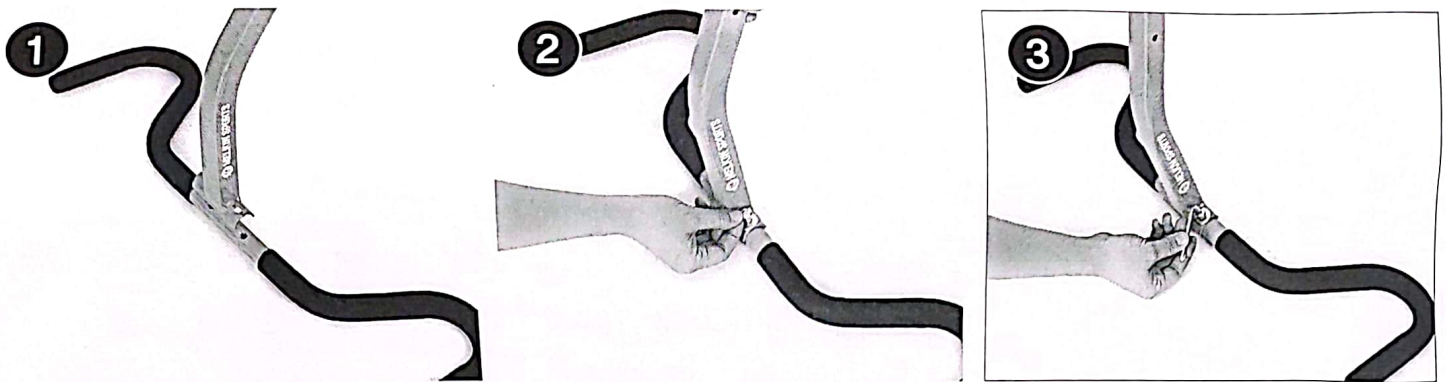


2  
Screw up all leg tubes in a clockwise direction



Overturn the trampoline as the picture

## 02 UPPER HANDLE BAR ASSEMBLY

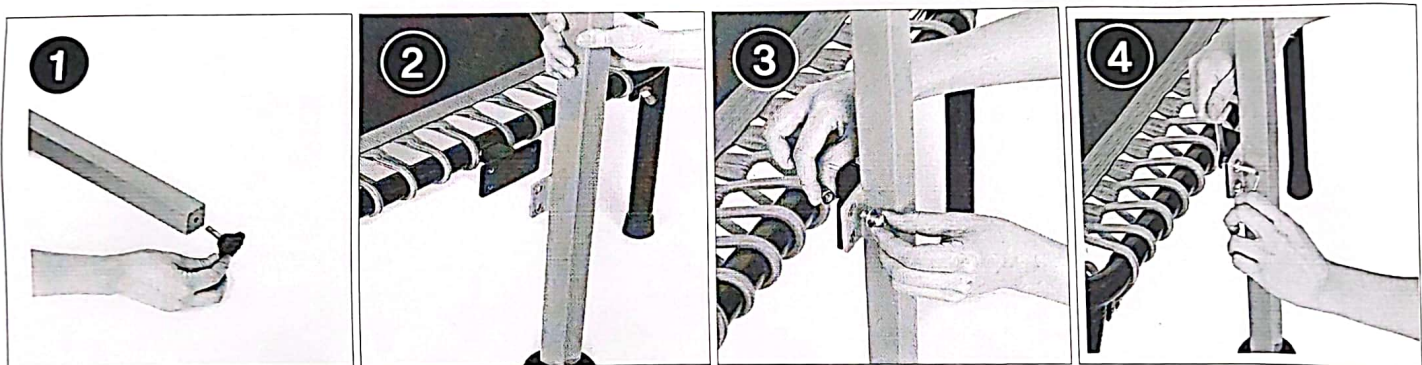


1 put middle handle fix horizontal handle as picture

2 connect screw and Arc washer by hand

3 screw up them tightly by L spanner

## 03 LOWER HANDLE ASSEMBLY



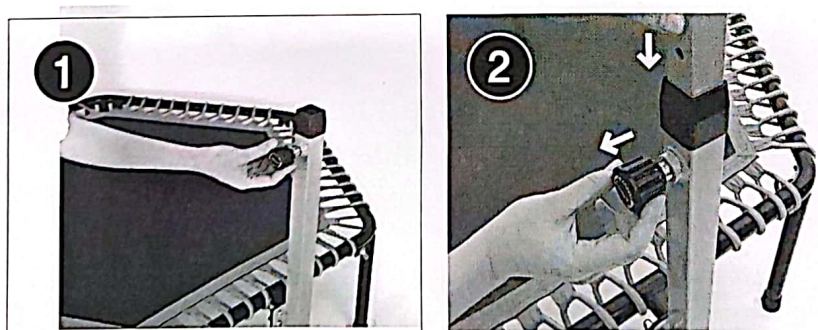
1 fix the adjustable base pad into lower handle

2 stand the lower handle to fix trampoline

3 connect screw, flat washer and nut by hand

4 tight screw by L spanner and open spanner

## 04 TRAMPOLINE FINISH ASSEMBLY



1 fix the knob into lower handle

2 pull outward the knob to adjust the handle height

## 05 ADJUST ASSEMBLY

adjust the base pad to touch the floor

