



Assembly Instructions



JumpStar Rectangular Inground Trampolines

CHILDREN SHOULD BE SUPERVISED BY A RESPONSIBLE ADULT AT ALL TIMES



DO NOT attempt or allow somersaults. Landing on the head or neck can cause serious injury, paralysis or death, even when landing in the middle of the bed.



DO NOT allow more than one person on the trampoline. Use by more than one person at the same time can result in serious injury.

7x10FT (213x305cm)

8x12FT (244x366cm)

ASSEMBLY INSTRUCTIONS

To assemble this trampoline all you need is our special spring loading tool provided with this product.

During periods of non-use. This trampoline can be easily disassembled and stored.

Please read the assembly instructions before beginning to assemble the product.

PRIOR TO ASSEMBLING

Please refer to page for part descriptions and numbers. The assembly steps use these descriptions and numbers as reference for your convenience.

Make sure that you have all parts listed. If you are missing any parts, please refer to page for Instructions on how to attain any parts.

To prevent any injuries to your hands from pinch points during assembly, please use gloves to protect your hands.

PARTS LIST

Please select your trampoline size.

Number	Description	7x10'	8x12'
1	Bottom rail corner with 2x T-section	4	4
2	Bottom rail corner without T-section	4	4
3	Top rail corner without T-section	4	4
4	Top rail with 2x T-section	4	4
5	Galvanized springs	68	88
6	Padding	1	1
7	Jumping mat	1	1
8	Elastic Bungee	12	12
9	Black PP-Plates	1	1
10	Spring tool	1	1
11	'U' Clamps	16	16

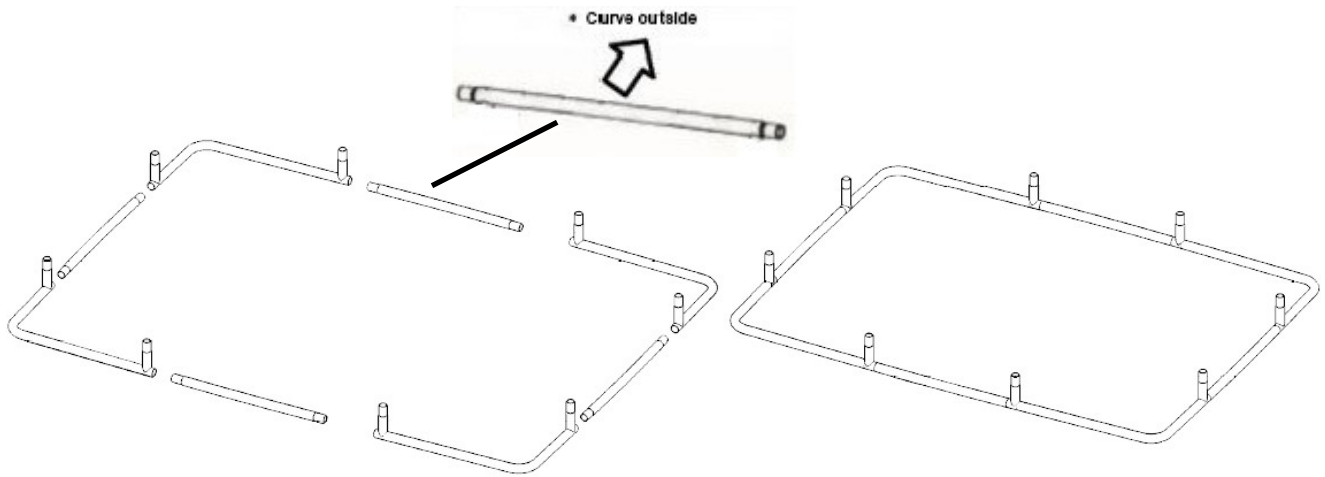
FRAME ASSEMBLY

All parts with the same number are interchangeable. Most connections have a "spring button", this creates a safe connection between parts. During assembly make sure that all parts click together properly.

STEP 1:

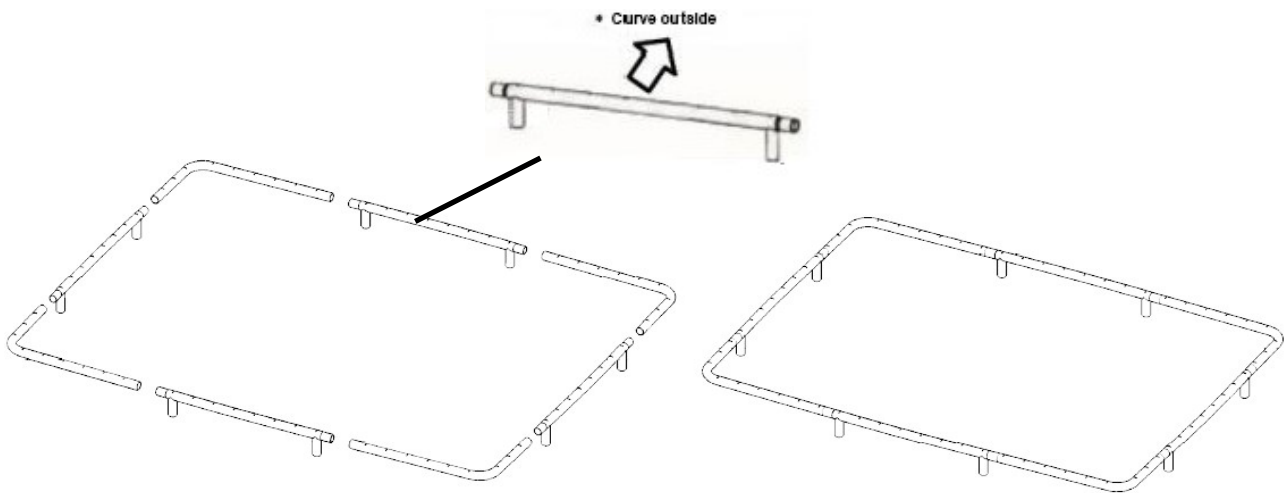
Assemble the bottom frame in the manner shown in the picture below. Be sure to find the parts where there are no holes in the frame, as these are the parts for the bottom frame .

“Make sure the curvature of the spacer (2 and 4) is always bent outward with assembly”



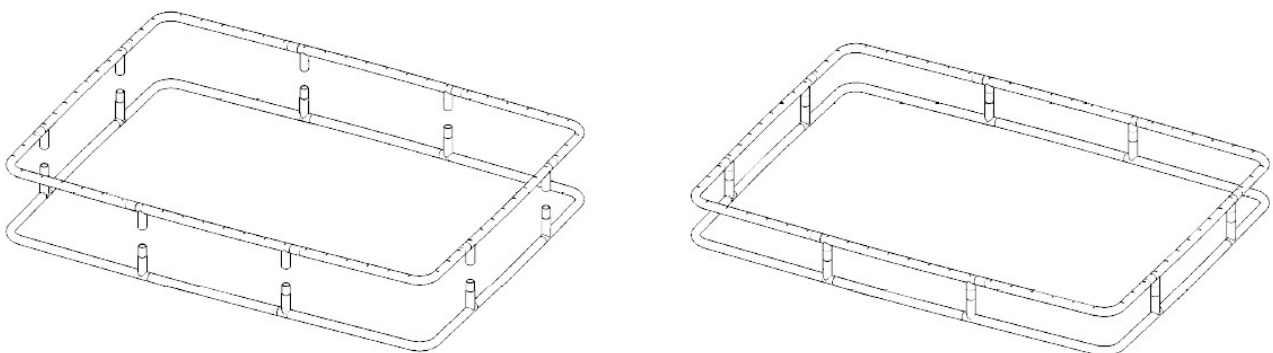
STEP 2:

Assemble the top frame in the same way as the bottom frame (see step 1)



STEP 3:

Now place the top frame on the bottom frame and let all parts rest on the "spring buttons". When all parts rest on the "spring buttons" you can press them and then slide the top frame over the bottom frame from above.



STEP 4:

Mounting the trampoline jumping mat

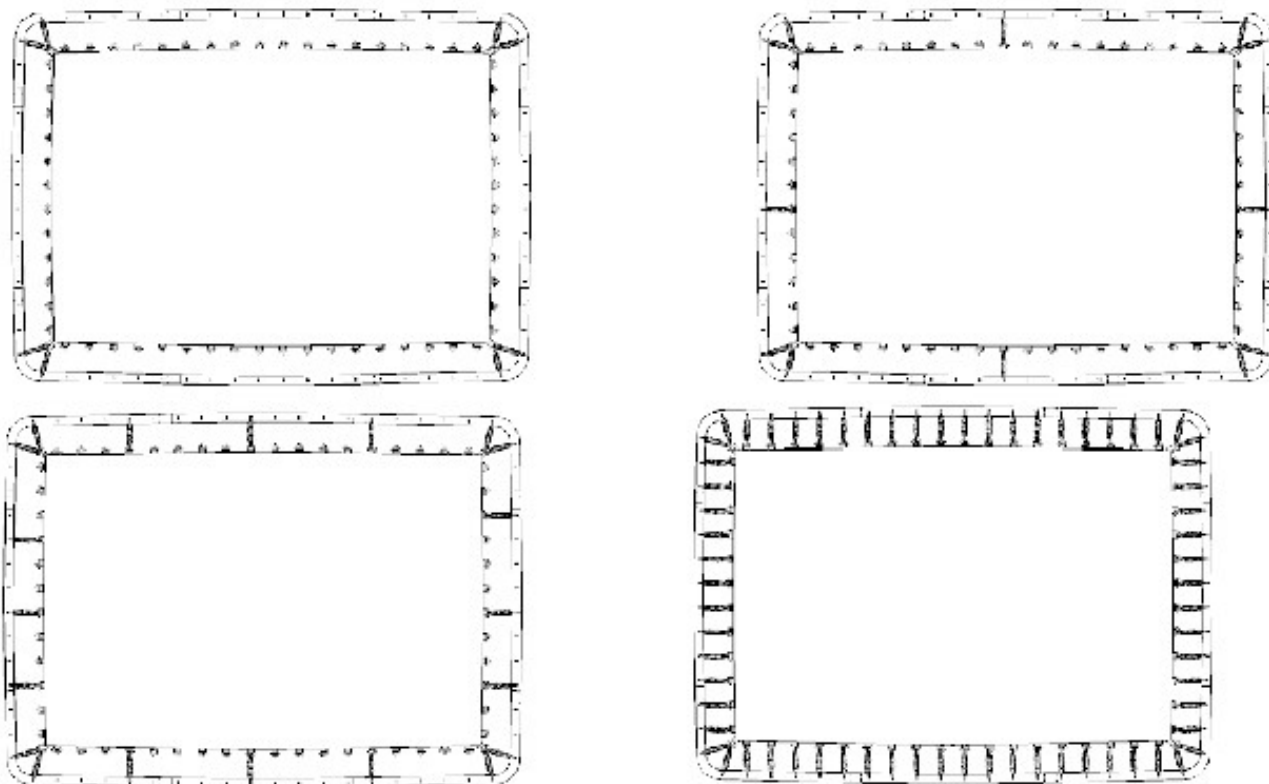
Be careful when attaching the springs to the trampoline jumping mat. You will also need a second person here to help you get the jumping mat tensioned.

CAUTION! When attaching the springs there can be a lot of tension on the spring, watch out for the sharp points at the ends of the trampoline spring.

A. First, place the springs in the corners as shown below.

B. The jumping mat should be stretched evenly, spread the springs over the jumping mat. See above how to place the springs. Note: The springs should be evenly distributed.

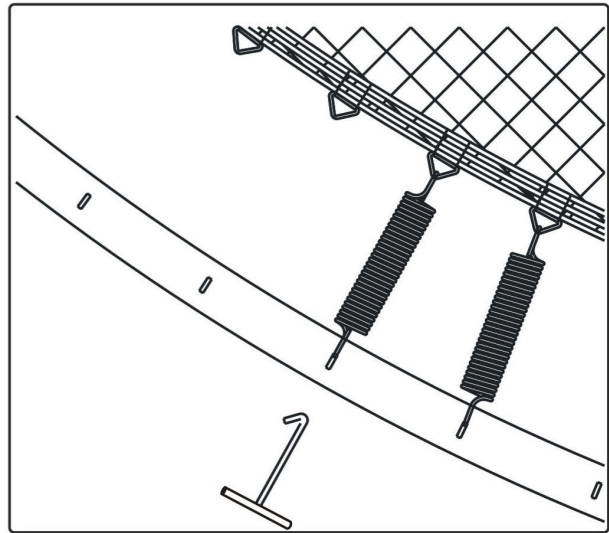
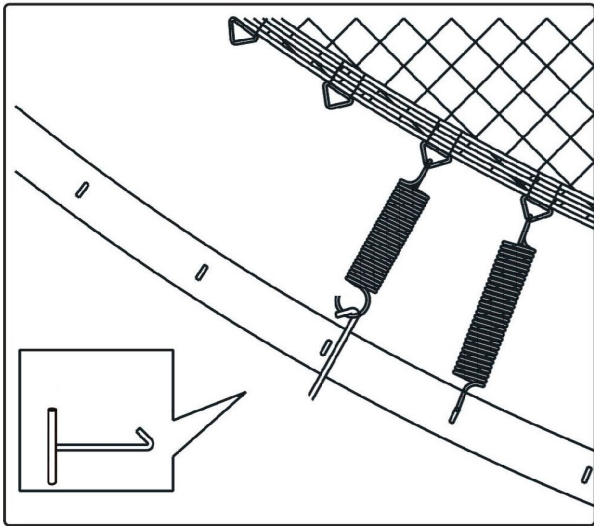
Tip: When you have placed about a quarter of the springs, check that the holes in the frame match the eyes on the jumping mat. If necessary, move the springs so that they align properly.



Note: Be careful of your hands and other body parts while tensioning the springs. The spring has sharp points.

How does the spring tool work?

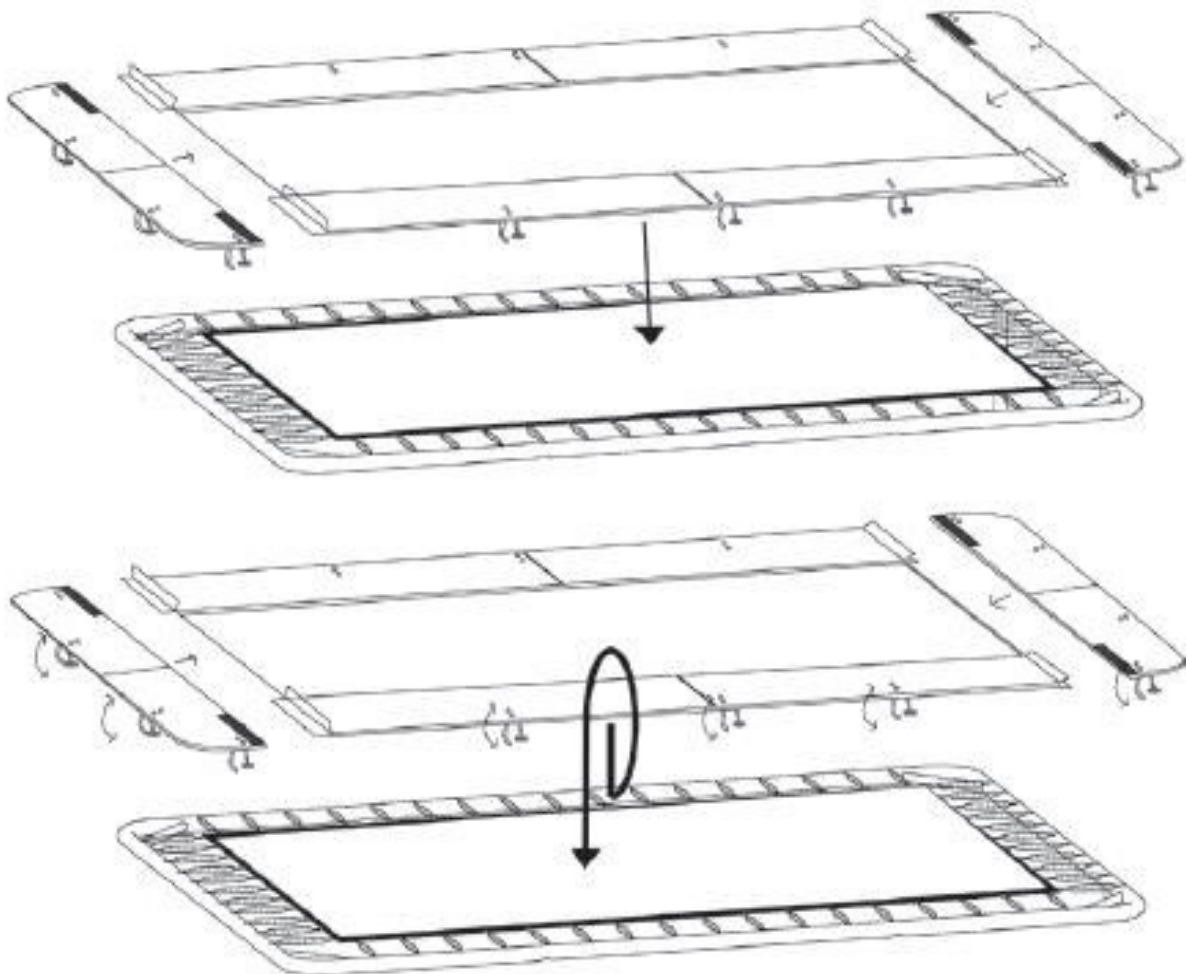
- a. Place the small eye of the spring in the V-ring on the mat, then place the spring tool in the extended hook of the spring.
- b. Pull the spring towards you and place the extended hook in the frame.



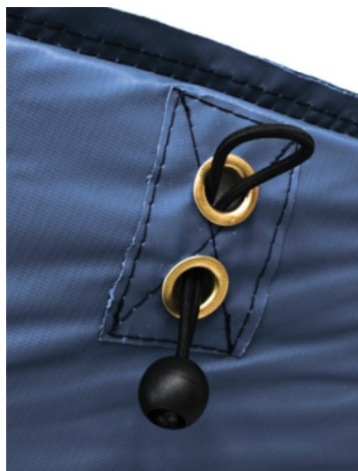
STEP 5:

Placing the trampoline padding

Place the padding (6) on the frame so the springs and frame are completely covered. Also make sure the safety instructions are on the entrance side of the trampoline.

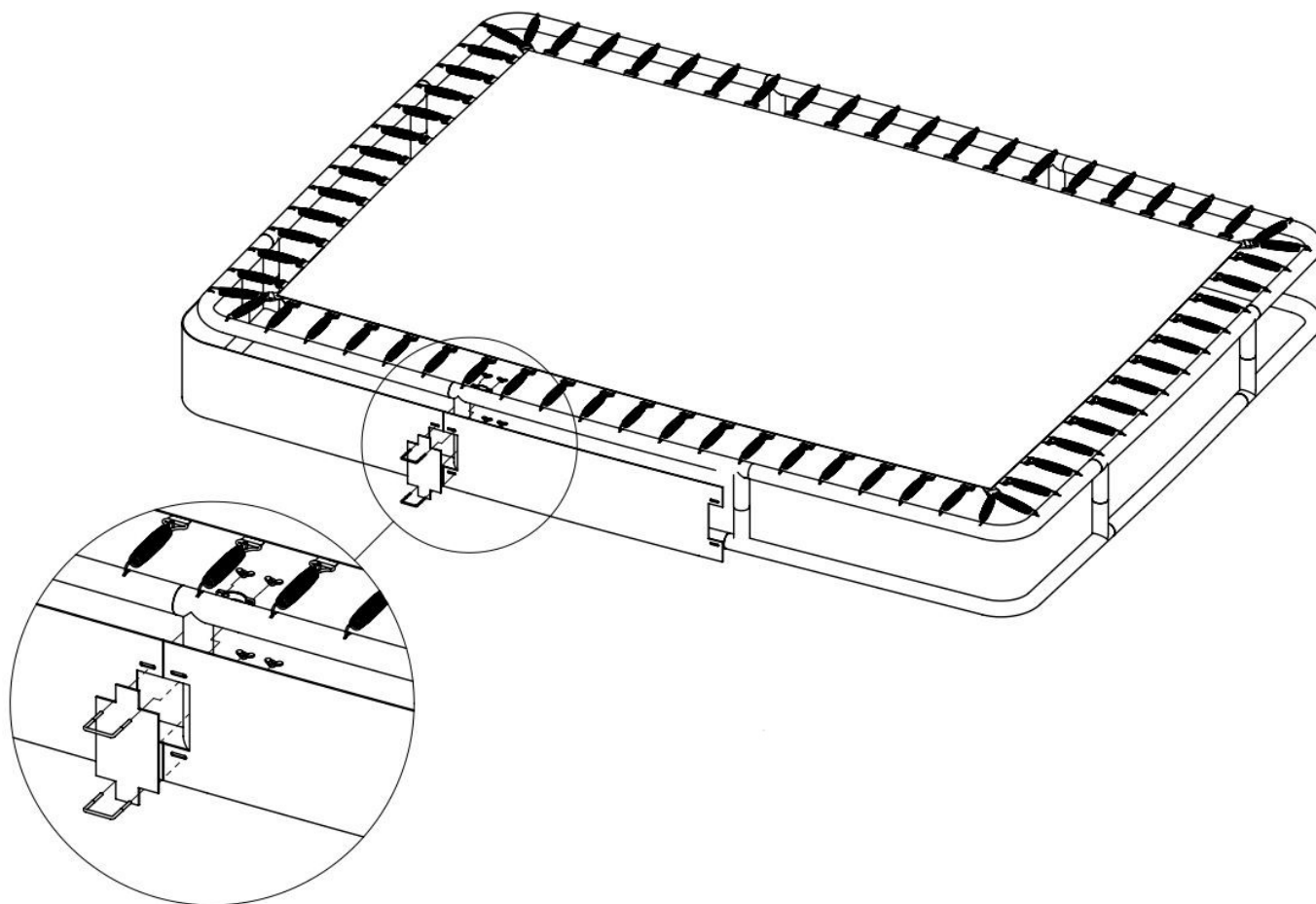


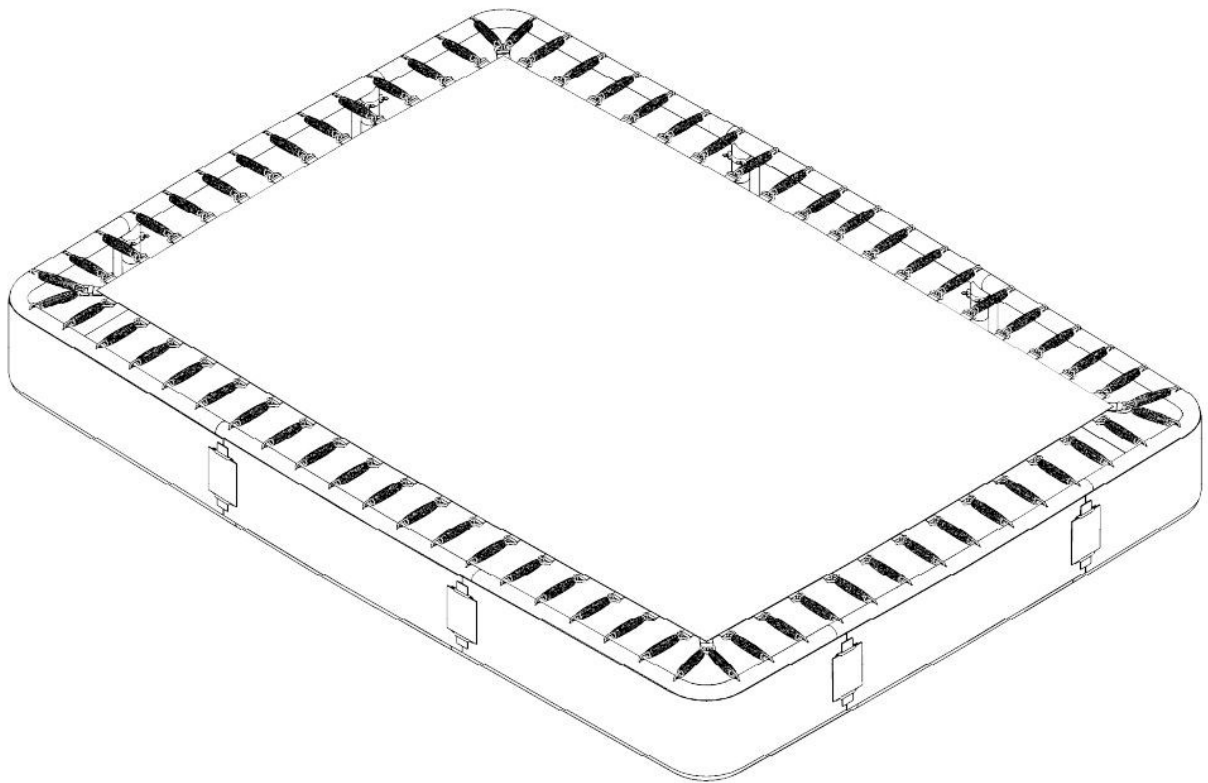
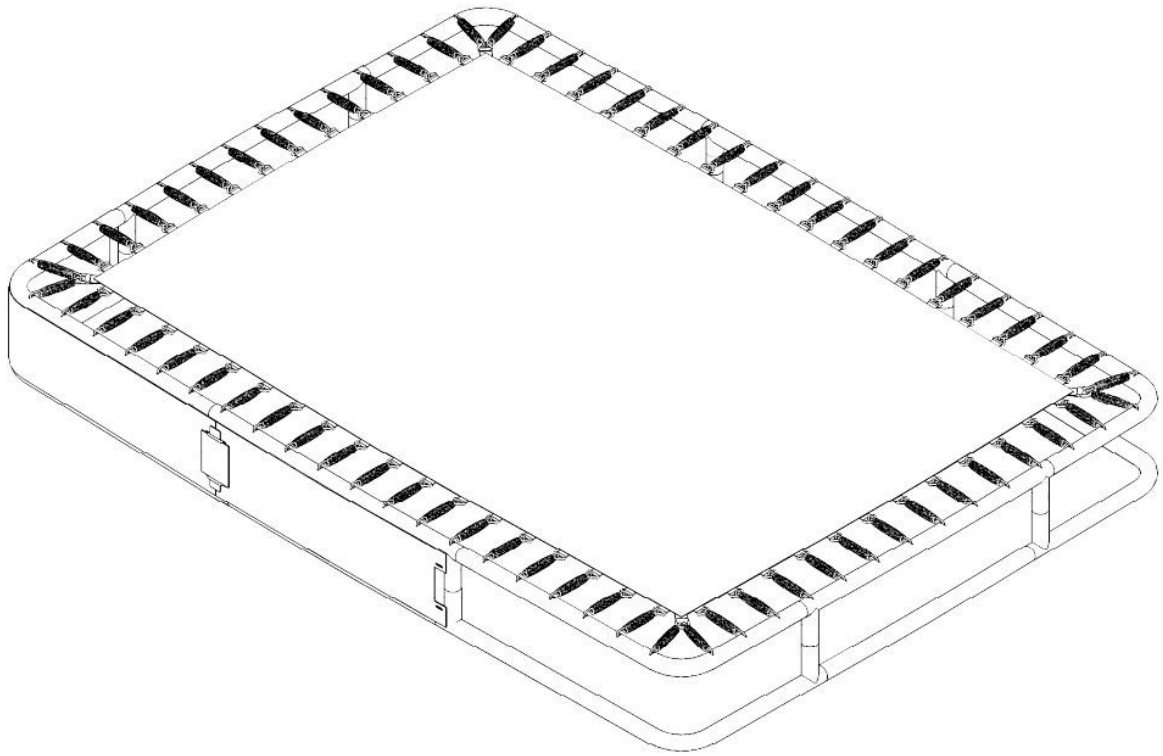
On the bottom side of the pad there are eyelets to connect the pad to the frame. Pull the elastic bungee(7) through the eyelets and tie it around the frame.



STEP 6:

Mount the black PP-Plates(9) around the trampoline frame with 'U' Clamps(11).

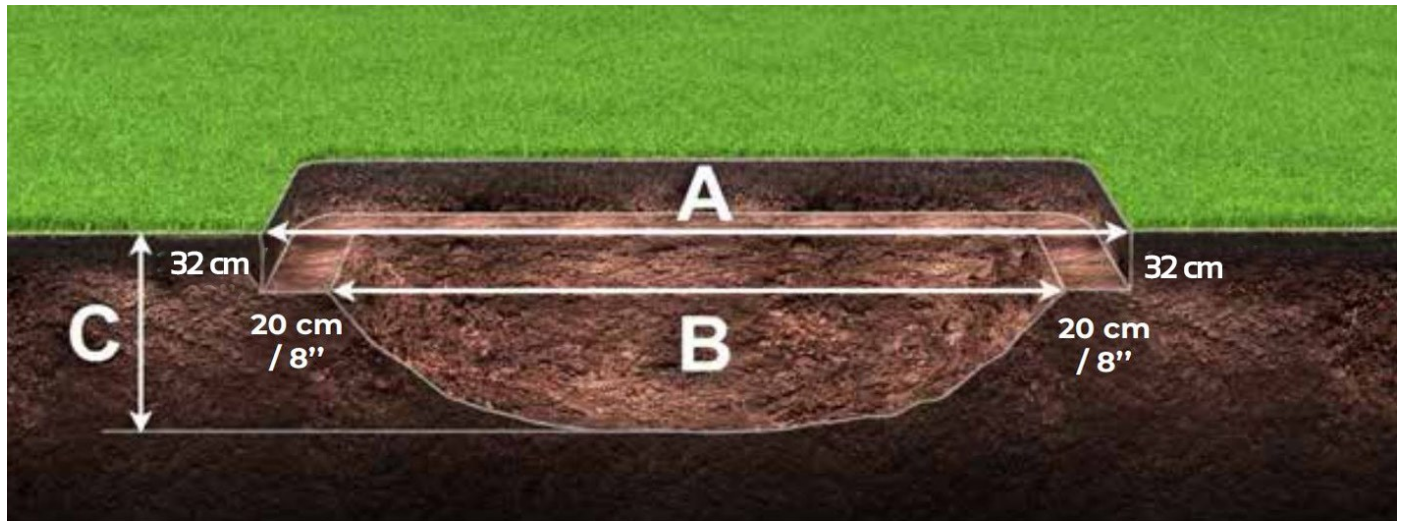




STEP 7:

Place the trampoline in the hole. Below are the dimensions of the hole per trampoline diameter.

Dig-in dimensions



A - Trampoline size	B - Hole diameter	C - Hole depth
7 ft x 10 ft (2.14 x 3.05 m)	1.74 x 2.65 m	85 cm
8 ft x 12 ft (2.44 x 3.66 m)	3.26 x 2.04 m	95 cm

TO UNASSEMBLE

- To disassemble the trampoline, follow assembly instructions in reverse order.
- Do not attempt to disassemble any frame components before the springs and the mat have been removed.
- Use gloves to protect your hands from pinch points.

HOW DO I USE THIS PRODUCT

LESSON PLAN

The following paragraphs and diagrams are suggested in order to learn basic steps and bounces before moving on to more difficult, complicated bounces. Before using the trampoline, you should **read and understand all safety instructions.**

Lesson 1

- A. Mounting and dismounting demonstration of proper techniques.
- B. The basic bounce demonstration and practice.
- C. Braking (check the information on use section) 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 Lesson1.
- B. Knees bounce demonstration and practice. Learn the basic down to knee and back up before trying half twist to left and right.
- C. Seat bounce demonstration and practice. Learn basic seat bounce then add a knee bounce, hands and knees;
- D. Repeat.

Lesson 3

- A. Review and practice skills and techniques learned in previous lessons.
- B. Front drop demonstration. To avoid mat burns, 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 positions that could cause injury.
- C. Start with a hands and knees bounce and then extend body into prone position, and 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.

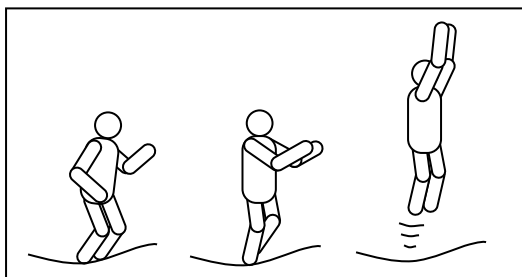
Lesson 4

- A. Review and practice skills and techniques learned in previous lessons.
- B. Half turn demonstration.
- C. Start from front drop position and as you make contact with mat, push off with arms in either the right or left direction and turn head and shoulders in same direction.
- D. During turn, be sure to keep back parallel to mat and head up.
- E. After completing turn, land in front drop position
- F. After completing this lesson, 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.
- G. A game that can be played in order to encourage students to try and develop routines is "BOUNCE". In this game, players count off from 1 to 10. Player one starts with a maneuver. Player two has to do Player one's maneuver and add on another. Player cannot do the routine properly in the correct sequence. The first person to miss, receives the letter "B". This continues until someone spells out the word "BOUNCE". The last remaining contestant is deemed the winner! Even when playing this game, it is important to perform your routines under control and not try difficult or highly skilled bounces that you have not yet mastered.

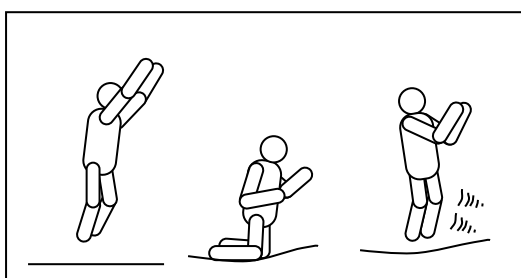
REMEMBER! THIS TRAMPOLINE IS ONLY SUITABLE FOR ONE PERSON AT A TIME.
A certified trampoline instructor should be contacted to further develop your trampoline skills.

BASIC TRAMPOLINE BOUNCE

THE BASIC BOUNCE

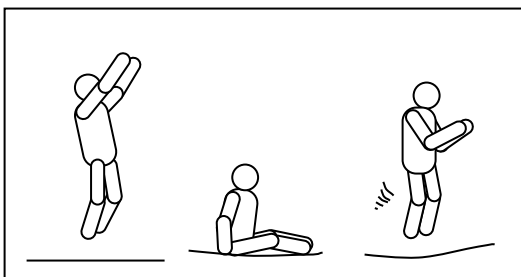


1. Start from standing position, feet shoulder width apart and with head up and eyes on mat.
2. Swing arms forward and up and around in a circular motion.
3. Bring feet together while in mid-air and point toes downward .
4. Keep feet shoulder width apart when landing on mat.



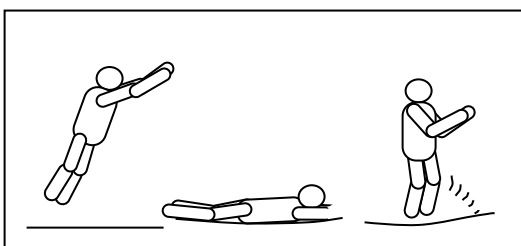
1. Start with basic bounce and keep it low.
2. Land on knees keeping back straight, body erect and use your arms to maintain balance.
3. Bounce back to basic bounce position by swinging arms up

THE SEAT BOUNCE



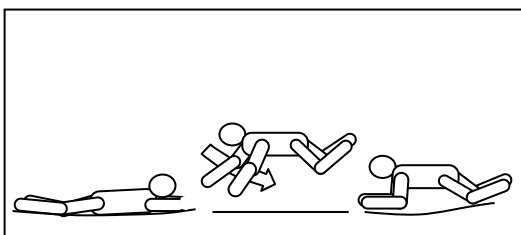
- 1.Land in a flat sitting position.
- 2.Place hands on mat besides hips.
- 3.Return to erect position by pushing with hands

THE FRONT BOUNCE



- 1.Start with front bounce position.
- 2.Land in prone (face down) position and keep hand and arms extended forward on mat.
- 3.Push off the mat with arms to return to standing position.

180 DEGREE TURN 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 mat and head up.
- 4.Land in prone position by return to standing position by pushing up with hands and arms.

ALWAYS START YOUR JUMP AT THE BROKEN CIRCLE. WHEN YOU LAND MORE THAN 1F (30cm) AWAY FROM THE EDGE OF THE BROKEN CIRCLE, STOP YOUR JUMP IMMEDIATELY!! RESTART YOUR JUMP AT THE BROKEN CIRCLE.

CARE AND MAINTENANCE

This trampoline was 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:

This trampoline is designed to withhold a certain amount of weight during use. Please make sure that only one person at any one time uses the trampoline. Jumpers should wear either socks or gymnastics shoes when using the trampoline. Please be aware that trainers or tennis shoes should **NOT** be worn while using the trampoline. In order to prevent the trampoline mat from getting cut or damaged please **do not** allow any pets onto the mat. Jumpers should remove all sharp objects from their person (including jewelry) prior to using the trampoline. Any type of sharp or pointed objects should be kept off the trampoline mat at all times.

Always inspect the trampoline before each use for worn, abused or missing parts. A number of conditions could arise that may increase your chances of getting injured. Please be aware that the following could represent potential hazards:

- Punctures, frays, holes, or tears in the trampoline mat or frame pad.
- Sagging trampoline mat.
- Loose stitching or any kind of deterioration of the mat or frame pad.
- Bent or broken frame parts.
- Broken, stretched, missing, or damaged springs.
- Damaged, missing, or insecurely attached frame pad.

IF YOU FIND ANY OF THE PREVIOUS CONDITIONS, OR ANYTHING ELSE THAT YOU FEEL COULD CAUSE HARM TO ANY USER, THE TRAMPOLINE SHOULD BE UNASSEMBLED OR SECURED FROM USE UNTIL THE CONDITION(S) HAVE BEEN RESOLVED.

Enjoy your trampoline!



JumpStar Trampolines

www.jumpstartrampolines.com.au