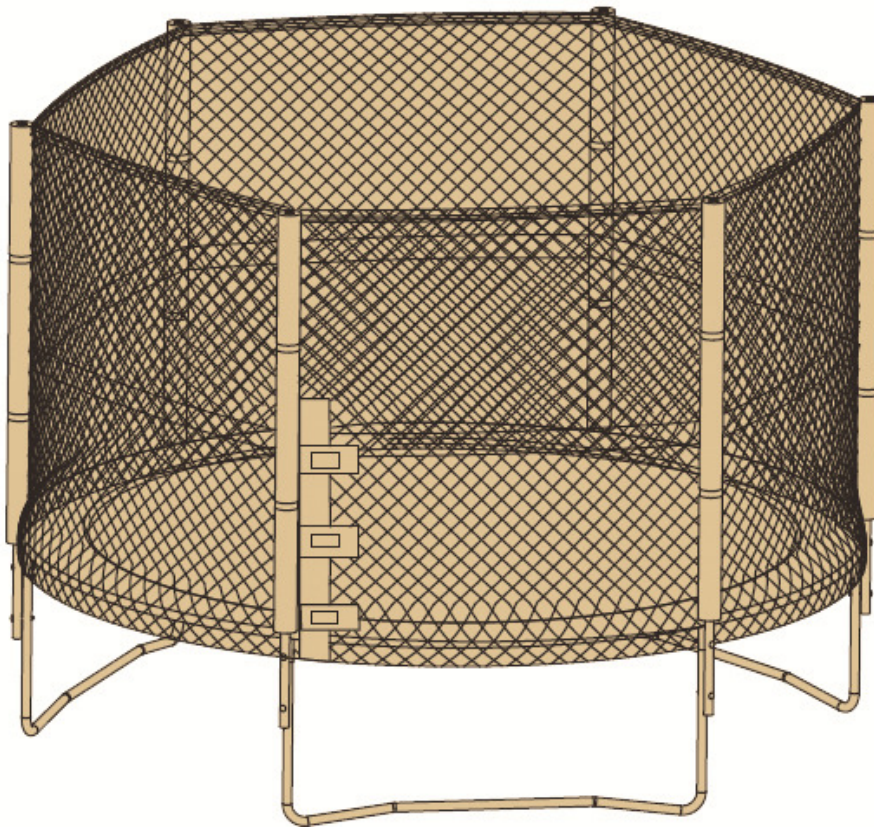




WOODWORM

TRAMPOLINE WITH ENCLOSURE



USER GUIDE AND ASSEMBLY INSTRUCTIONS



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1. TECHNICAL DATA

Part		6'	8'	10'	12'	14'
Frame cover	A	1	1	1	1	1
Jumping mat	B	1	1	1	1	1
Top rail	C	6	6	6	8	8
Spring	D	36	48	60	72	88
Leg extension	E	6	6	6	8	8
Screw	F	18	18	18	24	24
w-shaped leg	G	3	3	3	4	4
Tool	H	1	1	1	1	1

2. GENERAL SAFETY INSTRUCTIONS

2.1.PURPOSE

- The product is intended for home/domestic use only and is not suitable for professional and or medical use.

2.2.DANGER FOR CHILDREN

- **WARNING:** Trampolines over 51cms (20 inches) in height are not recommended for children under six years of age.
- Children under six years of age do not recognise potential dangers from this product. Keep underage children away from this product, it is not a toy. The product has to be stored out of reach of children and pets.
- Do not allow unsupervised children near this product.
- Be aware that the packaging material is not suitable for children, there is danger of suffocation.

2.3.ATTENTION – RISK OF INJURIES

- Do not use the product if it is damaged or defective. If any damage or defects are discovered please consult a qualified technician or our service center.
- Check the product before every use. Defective parts must be changed immediately as they can impair the function and the safety of the product.
- Make sure that no more than one person is using the product at the same time.
- Use the product only on even and non-slipping surfaces. Never use it near water and keep sufficient space around it to increase security.
- Beware of moving parts, which could catch your arms and legs. Do not stick any objects in the product's openings.



2.4.ATTENTION – PRODUCT DAMAGES

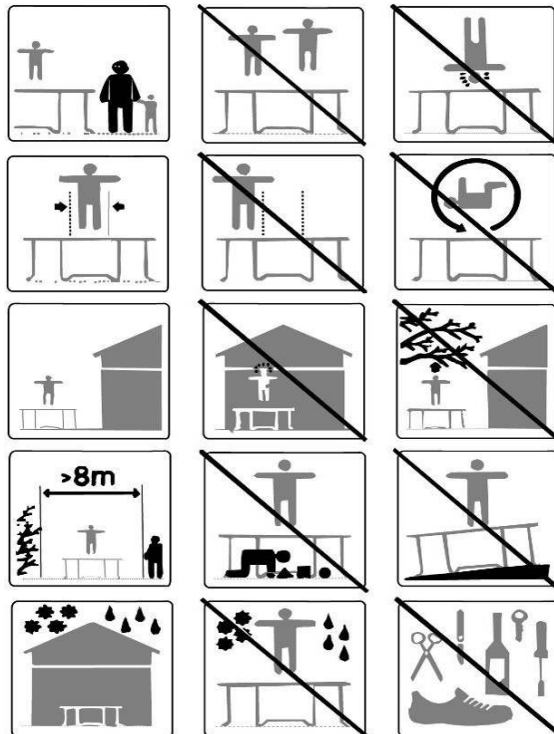
- Please do not alter the product and only use original spare parts. Only qualified technicians should carry out repairs – improper repairs can lead to danger for the user. Use this product only as described in this manual.
- Protect the product against water, humidity, high temperature and direct sunlight.

2.5.ADVICE FOR THE ASSEMBLY

- The assembly of the product must be done carefully and by 3 able-bodied adults. If in any doubt, ask a technically qualified person.
- Before you start with the assembly, read the instructions carefully and be sure to refer to them during assembly.
- Remove all packaging materials and lay down all parts on a free space. This gives you an overview and simplifies the assembly procedure.
- Now, check with the parts list that no part is missing. Dispose of the packaging material when the assembly is completed.
- Beware that when using tools or doing technical work, there is always a risk of injuries. Therefore assemble the product carefully.
- Create a danger free environment; for example, do not leave tools lying around the workspace. Store the packaging material in a way that cannot cause any danger; foils and plastic bags are dangerous for children.
- After constructing the trampoline according to the instruction manual, please make sure that all screws, bolts and nuts are correctly installed and tightened and that all joints are tightly fixed.
- A free space of at least 9.5 m is necessary above the trampoline. An appropriate free space must be kept between the trampoline and possible sources of danger, such as electric cables, tree branches, playing devices, swimming pools and fences.
- The trampoline must be set up properly before use.
- Never set up the trampoline in heavy rain, wind or stormy conditions, especially lightning conditions. It is recommended that the trampoline be taken apart and stored in bad weather.
- The metal frame of the trampoline will conduct electricity. Lightning, extension cords and all electrical equipment must never be allowed to come in contact with the trampoline.
- The trampoline must always be used in a well-lit area.
- Nothing must be placed under the trampoline.
- The trampoline must not be used in the vicinity of other leisure devices and constructions.
- During assembly and disassembly please use gloves to protect your hands.

3. SAFETY INSTRUCTIONS FOR TRAMPOLINES

WARNING			
	<p>Do not land on the head or neck. There is the danger of paralysis or death, even if landing in the center of the trampoline.</p> <p>To avoid damage to the head and neck no somersaults should be attempted.</p>		<p>One person only at a time may use the trampoline. Children under 6 years may use the trampoline only under special supervision. Several persons jumping at the same time on the trampoline will increase the danger of loss of control, collision or falling down. It can lead to serious injuries</p>



- Do not use the trampoline without supervision, regardless of age and experience.
- The safety instructions of the trampoline should always be considered and obeyed. During the use of the trampoline, there is a danger of injury including permanent injuries such as paralysis, or even death, should the safety instructions not be followed.

- Landings improperly on the trampoline can lead to injuries, particularly to the back, neck or head. Somersaults must be avoided. In any case, only one person should use the trampoline at a time.
- Neither the company Sports HQ Group Ltd nor our manufacturers and suppliers will be responsible or liable in any form for direct, indirect or special damages caused during the use or in connection with it. This includes: Financial losses by theft, property loss, loss of earnings/services and profit, loss of satisfaction in the device, costs of the installation, disposal, damage by influences of the weather and environment as well as any other kinds of damages.
- Recognisable production defects should be announced immediately by the dealer or manufacturer/ importer and shall be adjusted immediately for further use. The buyer/operator of the trampoline has to examine the device regularly for wear or damage.
- The trampoline must be set up on flat ground only.
- Strong winds can blow the trampoline away. If strong winds are predicted, the trampoline must be moved to a protected place, and taken apart, or fastened to the ground with cords. At least three anchorages are necessary. It is not enough to anchor the pennants in the ground since they can tear out of the patch cords.
- Try to avoid moving the assembled trampoline, because it could bend during transportation. Should it be necessary to move the trampoline, please consider the following:
 - 1.) At least four people must be evenly spaced around the frame to lift the trampoline off the ground.
 - 2.) The trampoline must be carried horizontally.
 - 3.) Be careful while moving as the frame could bend. If this occurs, use four people to draw the trampoline into shape.
- Trampolines are jumping devices, enabling the user to jump to unusual heights as well as into a variety of body movements. Jumping on the Trampoline, hitting the frame, cushioning or an incorrect landing on the Trampoline can lead to injuries.
- All users must read the recommendations of the manufacturer themselves to ensure they use the device correctly.
- Users should be familiar with the assembly manual. This manual contains assembly guidance; selected precautionary measures as well as recommendations for servicing and maintenance of the trampoline, in order to ensure a secure and fun use of the trampoline.

- It is the responsibility of the owner or the supervisor to guarantee that all users of the trampoline are informed sufficiently of all warning references and safety instructions.
- Children under the age of 6 should not use the trampoline.
- The trampoline can be only used, if the jump mat is clean and dry. Worn or damaged jump mats should immediately be replaced.
- Objects, which could be dangerous to the user, should be vacated from the area.
- Do not use the trampoline under influence of alcohol or drugs (incl. medicines).
- Learn the fundamental jump and body positions carefully, before trying difficult jumps.
- To stop jumping bend your knees when your feet come into contact with the trampoline. This technique should be practiced while you are learning each of the basic bounces. The skill is also useful whenever you lose balance or control of the previous manoeuvre, or if you are just learning how to jump on a trampoline.

If you do not learn to control your movements on the trampoline, it will increase the risk of getting injured by landing on the frame and or springs, or off the trampoline completely because you might lose control of your jump. A controlled jump is considered to be landing on the same spot that you took off from. 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.

- Climb onto the trampoline. Do not jump onto it directly. Do not use the trampoline as jump board for other objects.
- For further information or exercise documents, you can turn to a trained Trampoline teacher.

In the next section of the manual, the basic causes of accidents are emphasized and tips are given regarding the responsibility of supervisors and ways of avoiding accidents.

3.1.ACCIDENT CATEGORIES

Somersaults: A landing on the head or neck, even if it happens in the centre of the trampoline, increases the risk of neck and back injuries, which can lead to paralysis and sometimes death. This can occur if the user makes

an error and falls forward or backward. No somersaults should be attempted on the trampoline.

The probability of an injury increases if more than one person jumps on the trampoline as you may lose control of your jump. Users can collide, fall down from the Trampoline and land wrongly on the jump mat and on each other. Smaller users will more easily be hurt in that case.

Climbing on or off the trampoline: The trampoline's mat is approx. 1 meter above the floor. Jumping off the trampoline onto the floor or another surface can lead to an injury. Jumping on the trampoline from a building roof, a terrace or other objects can lead to injury. Small children need assistance when climbing on or off the trampoline. Be careful when climbing on and off the trampoline. Do not step on the cushioning or the framework and do not use the framework for climbing on or off the trampoline.

Hitting the framework or the springs: When jumping on the trampoline, stay in the centre of the mat as this will reduce the risk of getting injured by landing on the frame or springs. Always keeps the frame pad covering the frame of the trampoline. Do not jump or step onto the frame pad directly, as this was not designed to support the weight of a person.

Loss of control: When users lose control of their jump, they can land wrongly on the jump mat, land on the framework or the cushioning, or fall down from the Trampoline. A controlled jump is one where the jumper lands and jumps from the same spot. Before a more difficult jump manoeuvre is practiced, the basic controlled jump should be mastered perfectly and continuously. If a jump manoeuvre is tried which exceeds the abilities of the jumper there is a danger of losing control. In order to regain control of the jump and land correctly, knees should be completely bent upon landing.

Under influence of drugs or alcohol: The probability of an injury rises, if the user is under the influence of alcohol or drugs. These substances weaken the response time, the faculty of judgment, the spatial awareness, the co-ordination and the motor functions of the user.

Collision with objects: While using the trampoline, persons, animals and or objects under it will increase the probability of an injury. Jumping on the trampoline while carrying an object - especially sharp or fragile objects - increases the probability of an injury. Placing the trampoline too close to electrical wires, tree branches or other obstacles will increase the probability of an injury.

Bad maintenance of the trampoline: Users can hurt themselves if the trampoline is in bad condition. A torn jump mat, bent framework, missing cushioning or a missing framework must be replaced before using the trampoline again. The trampoline should be examined before each use.

Weather conditions: A wet jump mat is too slippery for safe jumping. Gusty or strong winds can lead to a loss of jump control when jumping. In order to lower the probability of an injury, the trampoline should be used in suitable weather conditions only.

3.2.METHODS OF ACCIDENT PREVENTION

Role of the user in preventing accidents:

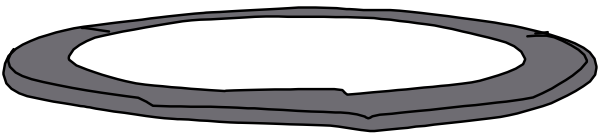
A basic knowledge of the trampoline by the user is a must for prevention of injuries. All users of the trampoline must learn first how to accomplish a low controlled jump as well as the fundamental landing positions and combinations, before turning to advance jump exercises. Users must know why they must control their jump, before they may practice other movements. A controlled jump is when you land and take off from the same location. The first lesson is the understanding of the correct order in developing jumping skills on a trampoline. For further information or exercise materials, please turn to a trained trampoline teacher.

Role of the supervisor in preventing accidents:

It lies in the responsibility of the supervisors to guarantee reasonable and experienced supervision of the users of the trampoline. Rules and warnings in this manual must be applied, and known to the users of the trampoline in order to reduce the probability of accidents and injuries. In times, when the supervision is not possible or insufficient, the trampoline should be dismantled and stored in a secured place against unauthorized use.

4. PARTS LIST & ASSEMBLY INSTRUCTIONS

PARTS	ITEM
Frame Cover	A
Jumping Mat	B
Top Rail	C
Springs	D
Leg Extension	E
Screw	F
W-Shaped Leg	G
Tools	H



A

Frame Cover

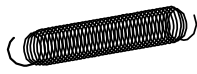


B

Jumping Mat

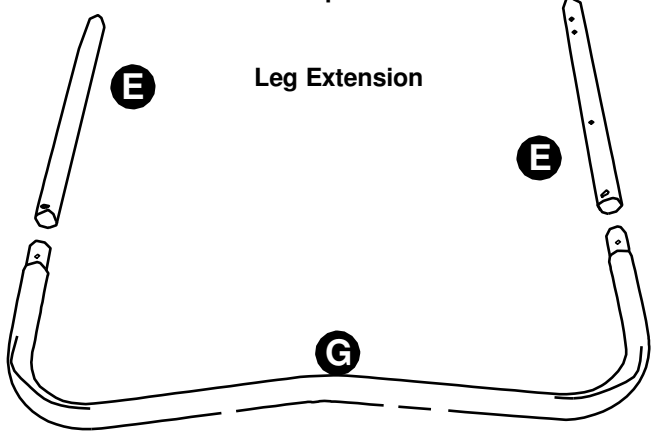


C Top Rail



D

Springs



E

Leg Extension

E

G

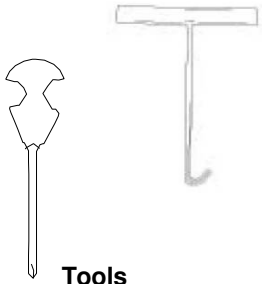
W-Shaped Leg Piece

F



Screw

H

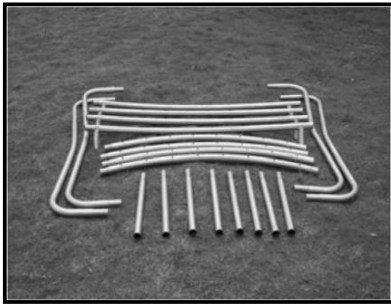


Tools

FRAME ASSEMBLY

Refer to PARTS LIST for identification of parts.

WARNING: Three 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 trampoline parts in groups



2 Begin by attaching two leg extensions to assemble one "W" shape leg with rail screws. Once the first leg is constructed now repeat the process to form all legs.



3 Take part C and join them all together to form a large circle. Joining the last link together may require two adults, with the second person holding the opposite end bring both sides of the circle together and secure firmly.



4 Attach the "W" leg assembly to the top frame. This is the KEY step; top rail B (short one, without welded tubes) must be placed firmly inside "W" leg assembly, THIS IS VERY IMPORTANT.



5 Attach the legs making sure all are secure.



6 Attach the "W" leg to the top frame and secure with rail screws.



7 Now the frame assembly is complete.

MAT & COVER ASSEMBLY

DANGER: Three adults may be required to complete placement of all springs as illustrated in STEP 13. Springs will create high levels of tension when assembled. Please use extreme caution not to pinch your fingers.



- 8** With the stitching portion facing down, lay the jumping mat inside the frame and attach a spring into one of the triangle rings on the mat, then attach spring with ring to frame. **WARNING:** The trampoline is under heavy tension, more effort may be required to attach springs to the frame as you go on. Be careful not to pinch fingers or slip. Serious inquiries may occur.



- 9** Repeat this step directly across from where you attached the first spring. Then attach two more springs half distance between the first two, directly across from each other once again.



- 10** Use the spring tool as shown.



- 11** Springs under heavy tension may require adjacent springs to be attached every four or five holes, making the springs tension averagely distributed.



- 12** Attach the remaining springs until all the springs are placed on the frame and secured firmly.



- 13** Lay the blue frame cover on the outer edge so the springs are covered.



- 14** Tie all the black straps to the top rail of the frame. Do not tie to springs.



- 15** Your trampoline is complete.

5. IMPORTANT ADVICE FOR USAGE

- For the first use of the trampoline, users must concentrate on learning fundamental body positions.
- In the learning phase, users must practice and perfect these basic techniques. The deceleration or examining of the jump must be performed first and emphasized as a safety measure. Users must break their jump, as soon as they begin to lose the balance or control of their jump. Bending the knees on landing so as to absorb the energy of the jump does this. Thus users can stop the jump immediately and avoid control loss.
- A better, more controlled jump for the trampoline is one in which the user lands on the original jumping place. This exercise is learned only if users can repeat it regularly. Users should not turn to a more difficult exercise before having mastered all the previously learned exercises.
- Users should have a short jumping time. Jumping for too long exposes the user to an increased danger of injury.
- For correct climbing on and off the trampoline, a firm rule must be followed by beginners, they should always place their hands on the framework and use this to climb up or down and then stand on the jumping mat. To descend, users have to go to the exterior of the jump mat, bend forwards and put their hands on the framework, then step from the mat to the ground. **DO NOT** dismount by 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 in mounting and dismounting.
- Elaborate jumps are not recommended, skills should be learned with normal jumps. The control of the jump and not the height are to be emphasized.

6. EXERCISE INSTRUCTIONS

STANDING BOUNCE



1. Start in the centre of the mat, feet shoulder-width apart, arms at your side, eyes on the end of the mat. As you jump your arms should come up and forward then circling outward and back then finishing at your side.
2. When the user is landing on the mat, they should land with their feet shoulder width apart.
The user's arms should never go above the shoulders or behind the back.

KNEE BOUNCE



1. First, assume the kneeling position in the centre of the mat, **back straight**, eyes on the end of the mat. Now pump your way to your feet by bouncing and using your arms like in a standing bounce.
2. Duplicate position from a low bounce

HANDS & KNEE DROP



1. First, assume the position shown in the illustration, keeping head up and eyes on end of the mat.
2. Duplicate position from a low bounce. Keep your hands as close to your knees as shown in the illustration.

FRONT DROP



1. Assume position of hands and knees bounce. Begin to bounce slightly in this position, then kick your legs back, landing on your stomach whilst taking some weight on bent fore- arms as shown in illustration. Make sure you **kick backwards, do not go forward**.

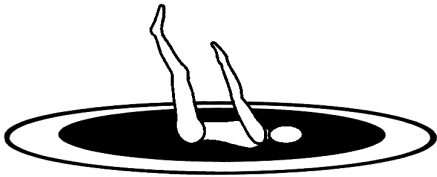
2.

SEAT DROP



1. First, assume the sitting position on the centre of the mat, legs spread wide, and hands on the mat and leaning slightly forward.
2. Duplicate this position from a low bounce. To come to your feet again, be sure to lean forward and press the mat with your hands.

BACK DROP



1. Lie on your back, spread your legs slightly and raise them about 45 degrees from the surface of the bed, raise your arms to corresponding angle and now raise your head and look at end of the mat. This is your landing position.
2. Try cautiously from a low bounce, making sure you do not lose sight of the end bar of the trampoline at any time. Weight should be taken more on your shoulders than on your hips.

PIROUETTE



HALF PIROUETTE:

Done like a standing bounce, but at the **top of the bounce**, swiftly turn your head and search for opposite end of trampoline. Do not travel and land on your feet.

FULL PIROUETTE:

Done as above, but continue around, until a complete circle has been made. Spot by looking for the end bars as you complete.

TUCK POSITION



1. Done like a standing bounce, but at **top of the bounce**, bring knees to your chest and grasp with arms. Then lower your feet when making contact with the mat..

PIKE POSITION

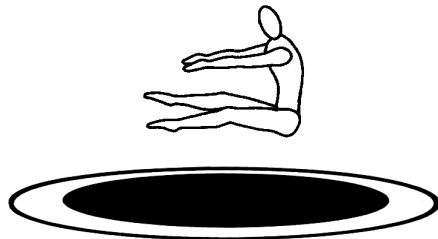


Done like a standing bounce, but at the **top of the bounce**, keeping knees locked and toes pointed, raise your legs as illustrated, then lower feet when making contact.



Done like a standing bounce, but at the **top of the bounce**, stretch slightly, arching back, and momentarily looking skyward.

STRADDLE POSITION



Done like a pike bounce, but with your legs spread as wide as possible. Reach for your toes!

7. MAINTENANCE

- Regularly check the trampoline for damages or abrasions, if repairs are required please ensure they are done by a professional. If damages occur before the guarantee's expiry date, please have your sales receipt ready.

8. CLEANING

- Do not use any abrasive cleansers for the cleaning. Use a soft, damp cloth to eliminate dirt and dust.



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