

INSTRUCTIONS FOR USE OF THE TRAMPOLINE



8ft, 10ft, 12ft, 14ft



Thank you for buying our trampoline. Our product will provide a comfortable and easy way to take advantage of your free time, get your dream figure and achieve a happier and healthier lifestyle.



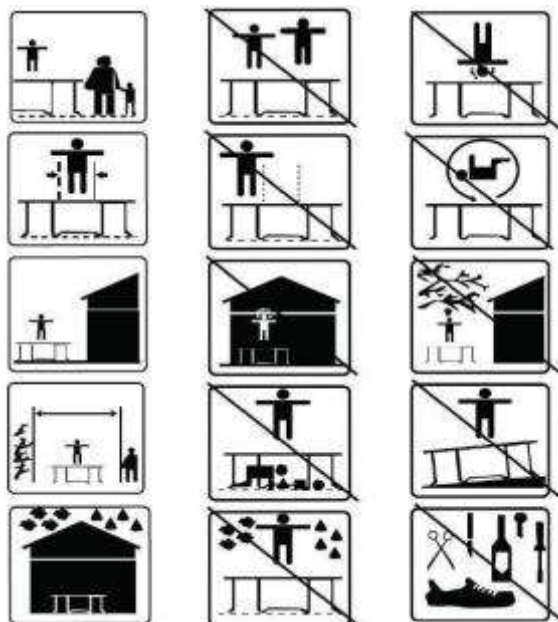
ATTENTION!

- ★ Trampoline for outdoor use only.
- ★ The trampoline should be installed by an adult.
- ★ Before first use, check the correct installation of the trampoline.
- ★ Including one user.
- ★ High risk of crashing.
- ★ Always close the safety net before using the trampoline.
- ★ Jumping without shoes.
- ★ Do not jump when the mat is wet.
- ★ Empty your pockets and hands before you start jumping.
- ★ Jump only in the middle of the mat.
- ★ Don't eat while jumping.
- ★ Don't jump off the trampoline. For 2 hours continuous use.
- ★ Do not use the trampoline in strong winds, secure it.

SAFETY INSTRUCTIONS

- ★ Check all nuts and bolts for correct assembly, if required, tighten them.
- ★ Check all the compressions, I can't be undone or lost.
- ★ The trampoline should be anchored to the ground with steel cables or equipped with weights to protect it from the wind.
- ★ In case of strong gusts of wind and the trampoline is not secured against movement for safety reasons, the trampoline must be folded down immediately.
- ★ Do not leave the trampoline outside at low temperatures or during the winter.
- ★ Low temperatures negatively affect the condition of the trampoline.
- ★ It is recommended to store the folded trampoline in a room not directly exposed to snow and frost.
- ★ Check the mat, spring guard and safety net for damage.
- ★ It is recommended to replace the mat every two years, the safety net and the spring guard once a year of use.
- ★ Make sure that the Velcro fasteners in the safety net are properly fastened.
- ★ Make sure there's only one person bouncing off the trampoline.
- ★ Always supervise the children while playing on the trampoline.
- ★ Familiarise yourself with the trampoline jumping technique before you start exercising.
- ★ Jumping clothes should be close to the body and not contain any sharp objects.
- ★ Before using the trampoline, you should take off all your jewellery and belts.
- ★ Falling on your head or neck can cause serious injury, paralysis or even death even when you land in the middle of a trampoline mat.
- ★ Don't let there be more than one person on the trampoline.
- ★ The person on the mat can be trampled, which can result in serious injury.
- ★ Use the trampoline only in the care of an adult who knows how to use the trampoline.
- ★ The trampoline is not recommended for use by persons under 6 years old.
- ★ Keep children and animals away from the trampoline during installation.
- ★ Inspect the trampoline before each use.
- ★ Immediately replace all worn, broken or lost parts.
- ★ Get in and out of the trampoline with special care, always use the ladder.

- ★ To stop jumping, stop bending your knees when your feet come into contact with the trampoline mat.
- ★ Learn these skills and you'll start playing the trampoline.
Avoid sudden high jumps.
- ★ The correct technique and control of jumping is more important than the jump height.
- ★ Avoid jumping when you're tired. Secure the trampoline so that it is not inaccessible to children under 6 years old.
- ★ Keep a safe space around the trampoline.
- ★ Do not use a trampoline after drinking alcohol or drugs.
- ★ Read the instructions carefully before using the trampoline.
- ★ The care and maintenance rules for the individual elements of
the trampoline are attached to these elements.
- ★ Trampoline designed for home use only.
- ★ Do not use for commercial purposes.
- ★ Not following this rule may cause more or less damage.
- ★ Do not modify the trampoline.



Safety instructions for the net

- Don't bounce off the trampoline grid.
- Keep the trampoline away from the heat source. property.
- Any trampoline with a safety net installed can be torn in a strong wind, causing injury or damage to property.
- It is recommended to replace the net and the spring protector every 2 years.



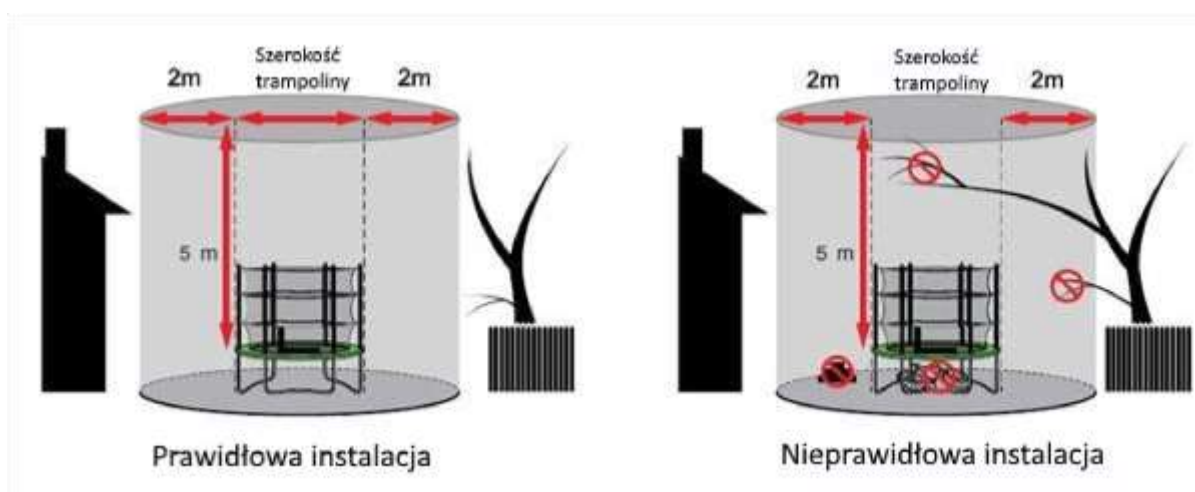
WARNING!

Before using the training or adult programme, make sure you need a full medical examination. Therefore, it is particularly important that you are not pregnant or in pain.

TRAMPOLINE INSTALLATION INSTRUCTIONS

LOCATION SELECTION:

1. Place the trampoline on a flat surface. Make sure that the trampoline is stable so that the wind or jumps do not cause any displacement on the surface.
2. Maintain a clearance of at least 5 metres directly above the trampoline to prevent accidental collisions, e.g. with sand bags, with tree branches that can cause injury.
3. Maintain at least 2 metres of free space around the trampoline. There should be no objects in this area that could cause injury if someone falls off the trampoline. Place the trampoline away from walls, fences, fences and buildings.
4. Remove all objects under the trampoline before use.



ATTENTION:

Trampoline elements are susceptible to wear and tear and damage to the material caused by rain, sunlight, salt water and heat. Before each use, assess the condition of the trampoline and replace or repair worn parts.



You will find all the tools needed to install the trampoline in the kit. The trampoline is easy to reassemble and store when not in use. Please read the instructions before proceeding with the installation.



ATTENTION:

Do not install the trampoline yourself. Make sure that children and animals are at a safe distance when installing the trampoline. It is forbidden to use the trampoline before installing all parts.

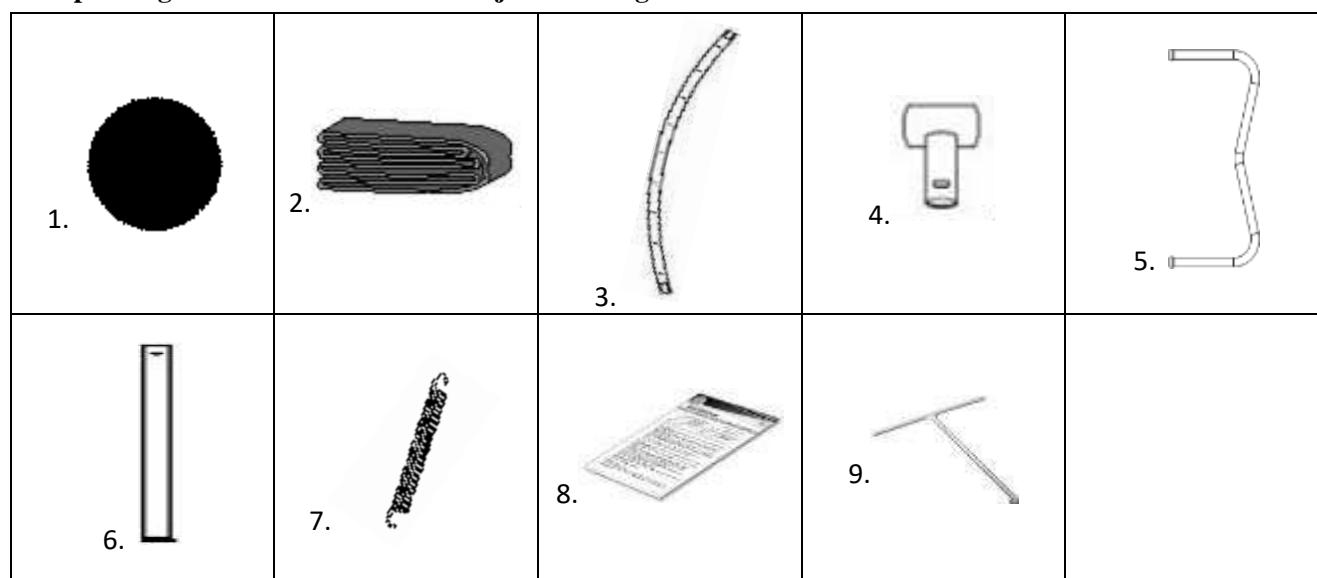
BEFORE INSTALLATION:

Please note the table below. The assembly instructions will refer to the names and part numbers. Make sure that you have all the parts before installation. If there are any deficiencies, please contact your dealer. When installing, we recommend using gloves to protect hands from injury.

Name of parts

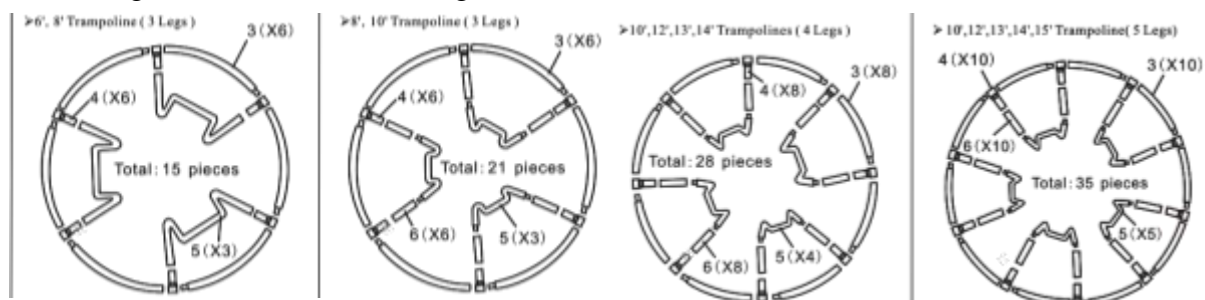
Number	Component symbol	Name	8'	10'	12'	14'
1	TR800	Mat	1	1	1	1
2	TR801	Frame cover	1	1	1	1
3	TR802	Part of the rim of the rack	6	6	8	8
4	TR803	T-shaped connector	6	6	8	8
5	TR804	Leg base	3	3	4	4
6	TR805	Vertical leg tube	6	6	8	8
7	TR806	Springs				
8	TR807	Safety rules	1	1	1	1
9	TR808	Spring key	1	1	1	1

All trampoline specifications and parts of the trampoline are in accordance with the actual state at the date of printing the instruction but are subject to change..

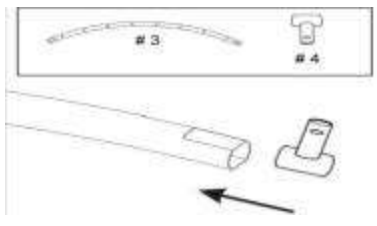
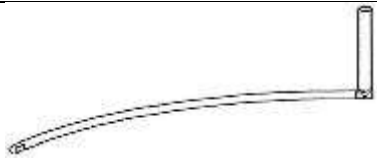
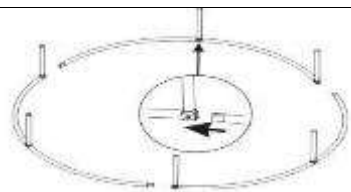
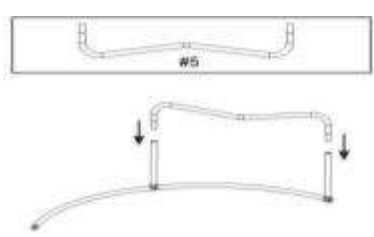
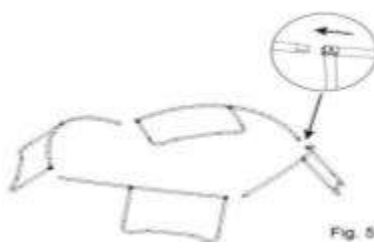
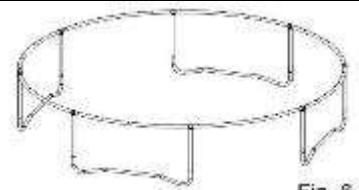


STEP 1 - RACK SYSTEM

Use the drawings below to check that you have all the necessary parts. Parts with the same symbol are interchangeable and have no left/right variants.



STEP 2 – RACK MOUNT

1. Insert the t-shaped switch into one part of the frame rim (3), use a rubber mallet if necessary. Repeat this with all the connectors, but don't hoop them together.	
2. Insert the vertical tubes into the connectors	 <p>Note that the orientation of the leg tubes is important. The dilation part need to fit the T-sections. The T-sections must be fitted to the wider end of the leg tubes.</p>
3. Connect the parts from the previous step.	
4. Now turn the components with the legs already mounted to the trampoline target position and join them together in a rim. The parts may still seem loose, but the springs of the mat will tension and secure them.	
5. The folded frame should look like a picture	
6.	



ATTENTION!

IMPORTANT!

The trampoline must be on a level and flat surface. Unevenness can cause the frame to move wear and tear and damage parts more quickly.

If you want to reassemble the trampoline, some parts can be clamped firmly. We recommend using a rubber mallet. There is no need to re-extend the frame rim part (3) from the coupling (4). This will help you save time on your next trampoline installation.

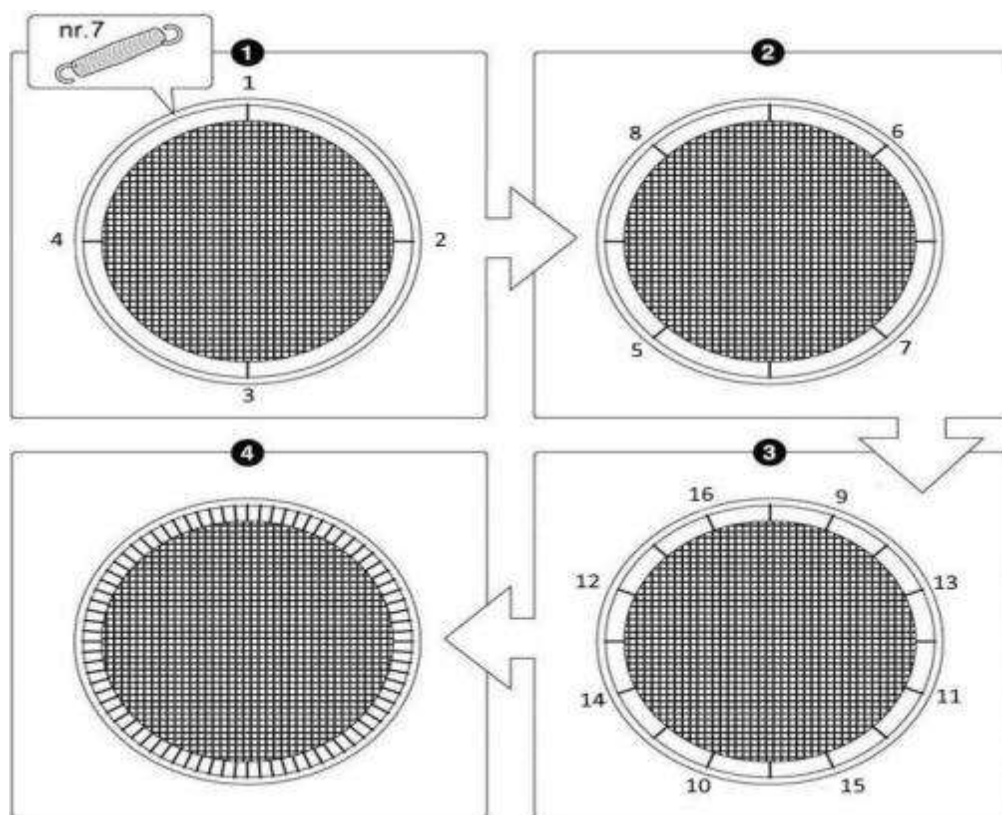
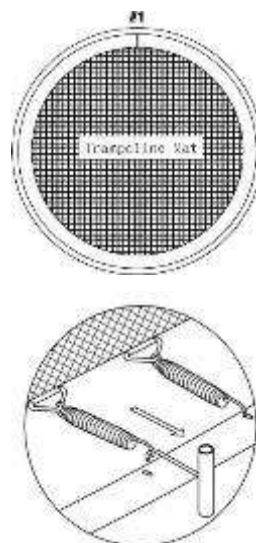
STEP 3– INSTALATION OF THE TRAMPOLINE MAT

Be careful when installing the springs. To carry out the instructions in this part of the manual, you need the help of another

- A. Unfold the trampoline mat (1) inside the frame. Safety instructions should be on the instructions should be on the
- B. Using a spring tensioning tool Step 1: Note that the spring has two different hooks. We mount the spring to the V shaped ring at the mat using a more rounded spring hook.

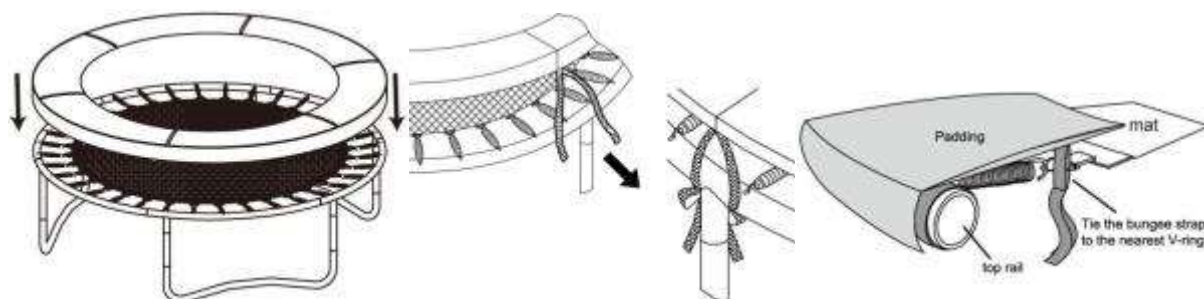
Using the spring assembly device (9), tension the spring and the end hook the spring into the appropriate hole on the frame

- C. The figure below shows the correct spring assembly sequence.
- D. The springs are mounted in pairs. Every time you install the first spring, the second should be on the opposite side of the mat. Even voltage distribution of the mat during installation is very important.



STEP 4 - INSTALLATION OF THE RACK COVER

Unfold the rack cover (2) as shown and then fix it to the frame with cords (see picture).



INSTRUCTIONS FOR THE LADDER

- ★ Please read the instructions carefully before installing the product.
- ★ Please refer to the table of descriptions and part numbers. The installation instructions use descriptions and numbers as listed below.
- ★ Make sure you have all the parts as listed below. If any part is lost, please contact your dealer.
- ★ The product is designed for installation by adults.

Parts

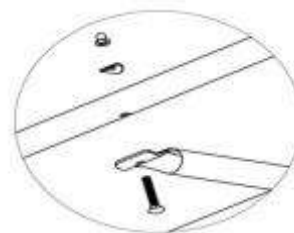
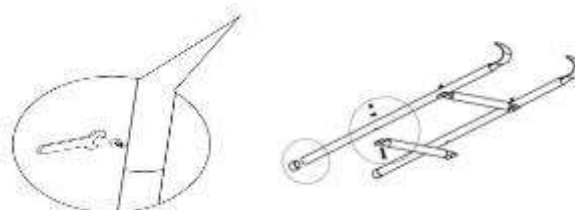
Number	Number of part	Name	How much
1	LD001	Ladder arms	2
2	LD002	Ladder steps	2 / 3
3	LD003	Screws	4 / 6
4	LD004	Manual	1

RACK MOUNT

STEP 1

MOUNTING THE FRAMEWORK AND STEPS

***Positioning of all parts as shown in the picture
opposite.***

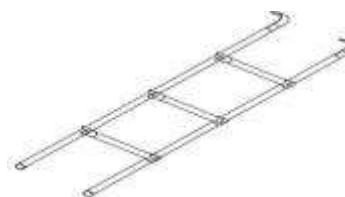


STEP 2

TWISTING THE LADDER

STEP 3

FINAL ASSEMBLY

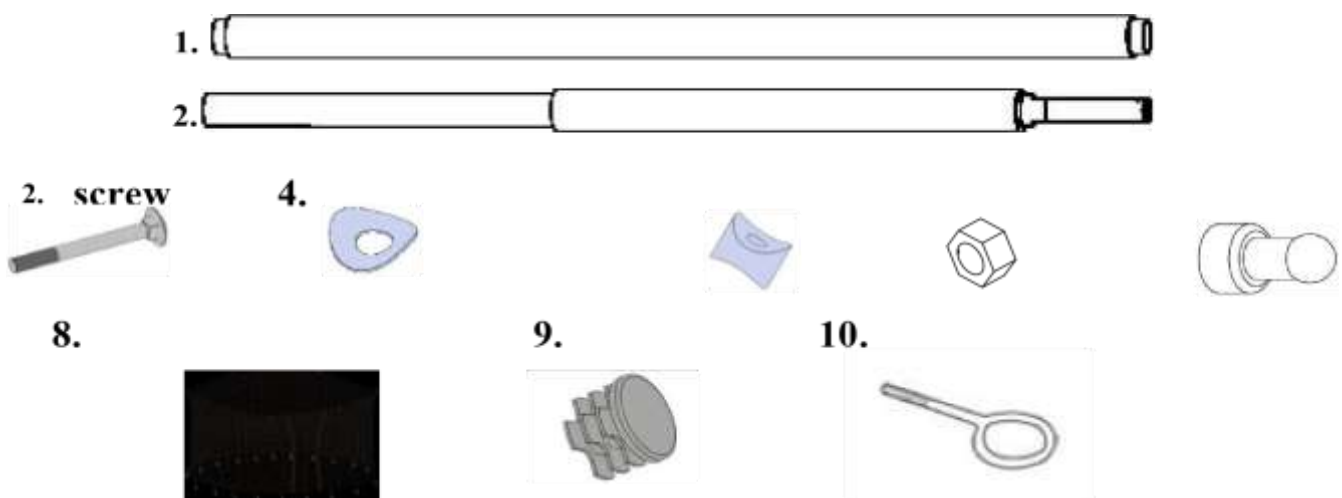


INSTRUCTIONS FOR THE SAFETY NET

		10'/12'/13'/ 14'/15' (5 legs)	10'/12'/13'/14' (4 legs)	6'/8'/10' (3 legs)
1	Steel pole	5 / 10 pcs	8 pcs	6 pcs
2	Steel pole	5 / 10 pcs	8 pcs	6 pcs
3	Screw	5 / 10 pcs	8 pcs	6 pcs
4	Screw pad	10 / 20 pcs	16 pcs	12 pcs
5	Anti-skid ties	10 / 20 pcs	16 pcs	12 pcs
6	Screw	10 / 20 pcs	16 pcs	12 pcs
7	Closer	5 / 10 pcs	8 pcs	6 pcs
8	Protective net	1 pcs	1 pcs	1 pcs
9	Closer	5 / 10 pcs	8 pcs	6 pcs
10	Eye bolt	5 / 10 pcs	8 pcs	6 pcs

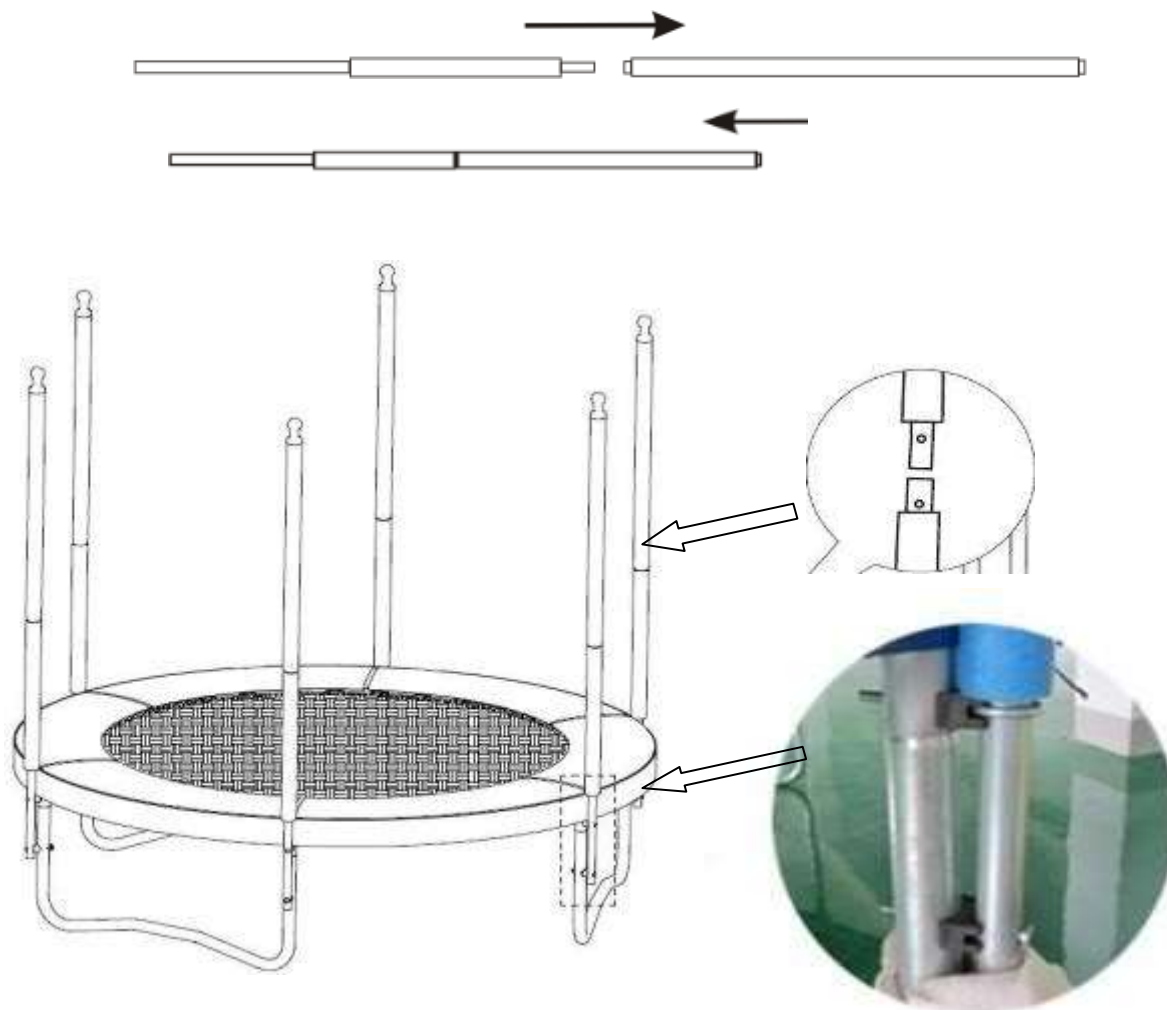
CHARTS OF PARTS

Pole:



TITLE-MAKING

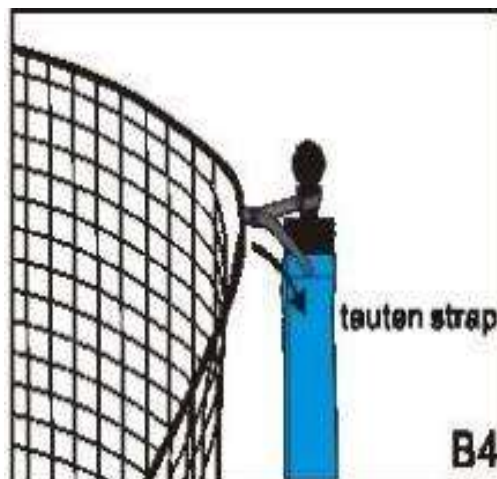
1. Combine the #1 and #2 poles together as shown in the figure.
2. Check that the mechanism is locked. Screw the cap on the tip of the pole.



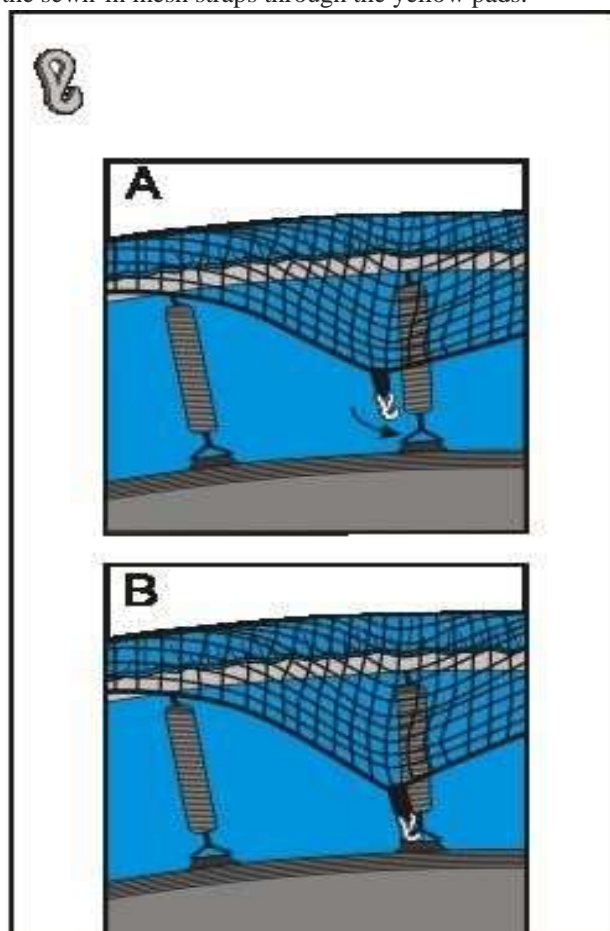
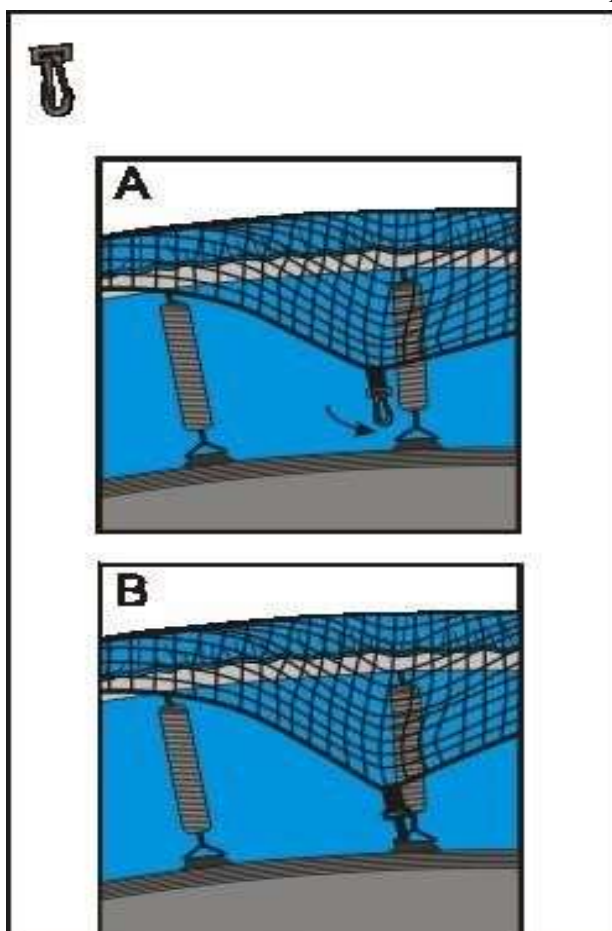
Mount the trampoline leg poles using two screws and two distances. Tighten the screws sensitively to reduce play on the plastic washers.

Be careful not to twist the screw. Maximum screw tightening force is 30N.

GRID MONTAGE



Put the sewn-in mesh straps through the yellow pads.



Squeeze the spring and then mount the hook on the ring hook on the V-shaped ring as shown A and B are shown fig. A and B.

Important

For your own safety, make sure that the net is correctly installed before using the trampoline.

MAINTENANCE

This trampoline is designed and manufactured from high quality materials.

With proper care and maintenance it will provide all jumpers with years of exercise, fun and pleasure. Follow the guidelines below:

- **GENERAL NOTES**

Your trampoline is designed to be outside and requires little maintenance. However, a bit of care and thoughtfulness may allow for long-term satisfaction with this trampoline. Remember that the mat and the spring protector are made of synthetic materials and are easily damaged by cigarettes, fireworks and a broken fire.

- **FRAME**

Do not sit or stand on the frame or springs when the trampoline is in use, this reduces the natural reflexes of the frame. Oil or petroleum jelly used at the point where the springs catch on the frame reduces squeaking and frame wear. In case any surface rust appearance should be removed with a wire brush or thick sandpaper and the area treated with a non-toxic agent.

The purpose of the protectors is to protect the user from falling or landing on springs and the frame. People are allowed to sit or stand on them while the trampoline is in use.

You should also make sure that smaller users do not use the inner edges of the spring as a "handle" when you climb the trampoline.

- **MAT**

Mat will be gradually weakened over the years by the effects of ultraviolet radiation. Therefore, the more you can protect it from direct sunlight, the longer it will last. A little mold shouldn't hurt your mother. Take off your shoes before you climb the trampoline. Make sure all other sharp objects such as belt buckles, brooches and jewelry are removed.

CUSTOMS

- Do not stand on springs when the trampoline is in use.
- Try not to jump on the springs.
- They are not designed for this kind of stress and can stretch, distort and weaken. If you notice that you have stretched springs, it is important to replace them as soon as possible to avoid damage to the trampoline and overload and thus damage to the other springs.
- Always check the trampoline for worn, damaged or missing parts before each use.
Punctures, holes or abrasions on the trampoline mat
- Hanging trampoline mat
- Loose seams or any kind of damage to the mat
- Creased or broken parts of the frame i.e. Trampoline legs Broken, missing or damaged springs
- Damaged, missing or poorly fitted spring guard
- Different types of protrusions (particularly sharp) on the frame, springs or mat IF you KNOW ANY OF THE ACCURRED CONDITIONS TO NOT HARM THE HEALTH OR LIFE OF USERS, the trampoline SHOULD BE REMOVED OR SAFETY BEFORE USERS until the moment the damage is removed.

- **WINDOW**

Under strong wind conditions the trampoline can be blown off. If you are expecting windy weather, the trampoline should be moved to a place sheltered from the wind or dismantled. To ensure safety in normal weather, at least three bindings should be used. Fix the trampoline frame to the ground. Anchoring the legs of the trampoline to the ground is not sufficient, as the legs may slip out of the frame's socket.

• TRANSPORTING THE TRAMPOLINE

When moving the trampoline you will need the help of another adult. All points-joints should be securely wrapped with weatherproof tape, for example with adhesive tape. This ensures that the frame remains intact during movement and prevents movement and disconnection. While carrying, lift the trampoline slightly from the ground and keep it horizontal. For any other movement, the trampoline must be dismantled. Once the trampoline has been moved, a full security check must be carried out.

Jumper:



Do not use a trampoline if you are under the influence of alcohol or drugs. Don't jump too high. To avoid tiredness, don't jump too long. Control your jumps. When you use a trampoline, a guardian must be present. Don't jump alone. Do not wear clothing with hooks or parts that can get caught in the trampoline. Get on the trampoline up the ladder. Don't jump off the trampoline. Do not use the trampoline for purposes other than jumping.

Carer:



You are responsible for giving you information about the trampoline. All trampoline users need a carer, taking into account their age and abilities. Remove all objects that may interfere with the jumper around the trampoline. Make sure there are any objects under the trampoline, if so, remove them before using it. If the trampoline is not in use, keep it secured to prevent it from being used unattended.

BASIC Jumping

Jumping

The most important thing about bouncing is that it should be done with control in the center of the mat. The basic reflection should always be below. High, reckless jumping is forbidden.

This technique allows the jumper to gain control by a quick stop. This is achieved by keeping the feet in contact with the mat and absorbing the energy of the knee and pelvis jump. This skill should be the first one you acquire and should be used when you feel insecure, want to finish jumping or when you know you will land away from the middle of the mat.

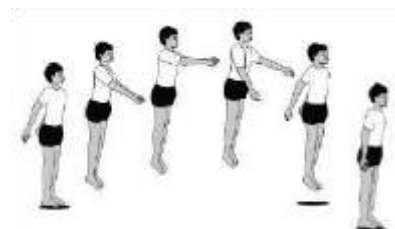
Stand in the middle of the mat with your feet set at hip width. Try to make three simple jumps, keeping them low and in full control. Break your balance, focus your eyes on the perimeter of the trampoline when jumping. Stop jumping, bending your knees and pushing your pelvis back when your feet come into contact with the mat.

MOVABLE FRAMEWORK

Arms are very important for correct stroke control. When you jump up your shoulders go up. They rise to a fixed position for shoulder height and width. They should stay in this balanced position until the descent begins. Then they mark a downward movement and go slightly behind the hips, ready to be lifted after the bounce.

Kind of jump

The illustration on the right shows three variants: tab, pike and pike. You have to put on the rebound before a normal foot landing resumes. Practice these simple variations and concentrate on your ideal form. Make sure your toes are pointed and your fingers straight. These are simple variations of basic reflection and are very important for gaining experience in coordinated movement.



TRENING

1. **Basic reflection**

Stand straight on the trampoline. Bend your knees, swing your hands to gain momentum and jump. Keep your feet together in the air and point your toes down. To maintain balance, focus your eyes on the perimeter of the trampoline when jumping. Keep your feet wide apart during landing. When you want to stop, bend your knees and hips when your feet come into contact with the trampoline.

2. **Knee bounce**

Start with a basic jump, holding your hands high. Get down on your knees, with your back straight. Keep a balance with your shoulders. Return to the standing position.



3. **Knee and arm bounce**

Start with a basic stroke, holding your hands high. Land on your hands and knees. Make sure you put your weight on both hands and knees. Don't sit on your heels. Stay in that position and try to bounce. Don't sway between your hands and knees. Grow up on all points. Look forward slightly during landing. Hold on to your feet.

4. **Seating rebound**

Start from scratch, hold on. Land in a straight seat with your back straightened out. Keep your hands near your hips. Don't block your elbows. Then push yourself away from the mat, standing up to the starting position.

5. **Front bounce**

Make a basic jump. After landing, push forward with your feet and keep your hands in front of you. Let yourself fall forward and land as shown, with your hands crossed and under your head. Use your arms and momentum to return to a standing position. Note: Only do this if the trampoline has enough space.

6. A 180° bounce is a difficult jump that requires a lot of control over the body. First, make a full rebound from the front. After landing, use your left or right hand to rotate 180°. Don't hump.

After landing, jump back to your standing position. Note: Only do this if the trampoline has enough space.

7. **Full rebound**

Start with a sitting down rebound. When you jump, point your arms in the direction of rotation. When turning, place your hands on the sides of your body and hold your body straight. After the turn, end up in a straight seat position.



WARRANTY CARD

WARRANTY TERMS AND CONDITIONS

The guarantor is: Stemplariusz sp. z o.o from the street Zegrzyńska 4 05-119 Legionowo
tel: 22 772 81 82 e-mail: serwis@stemplariusz.pl

1. The guarantor gives a 12-month warranty on the trampoline and a 2-year warranty on the steel elements of the trampoline.
2. The warranty period begins on the date of receipt of the purchased product by the Purchaser together with the proof of purchase and the warranty card.
3. The guarantor ensures good quality and proper functioning of the product.
4. The guarantee covers in particular revealed manufacturing and material defects, which the Guarantor undertakes to remove free of charge.
5. The warranty does not cover damage that is not a consequence of manufacturing or material defects, in particular: components subject to natural wear and tear during operation, the effects of random events, use contrary to the operating instructions, resulting from improper storage and negligence in product maintenance.
6. The warranty also does not cover the effects of improper installation of additional elements, not performed by the Seller, defects resulting from improper use, in particular use incompatible with the intended use, the effects of accidents, damage resulting from structural changes, attempts at alteration and modification, damage resulting from the negligence of the Purchaser, in particular as a result of noncompliance with the recommendations contained in the operating instructions and recommendations of the Guarantor, damage during transport, the effects of natural wear and tear, contractual penalties or compensation related to the repair and the costs of using replacement products, benefits lost as a result of the revealed defects.
7. The buyer is obliged to report the defect within 14 days of its occurrence. If the defect is not reported within the given period, the Purchaser loses the right to further warranty claims. The use of a defective product can lead to further damage, and there is a risk of accident and personal injury or loss of life. The Guarantor shall not be liable for damages resulting from the use of a defective product by the Purchaser.
8. The Purchaser reports the complaint directly to the Guarantor. The condition for the claim to be considered is the submission by the Purchaser of the original and legible proof of purchase and the warranty card. The guarantor will

personally or through his representative inspect the product and decide on the complaint. If the complaint is justified, the Guarantor within 30 days from the date of inspection will remove the defect or deliver the product free from defects, where: - the choice of warranty service (removal of defect or replacement) is the responsibility of the Guarantor, in any case, the replacement will be made in the case of previous two repairs, - the Guarantor performing the repair reserves the right to replace the materials used in the manufacture of the product with others of comparable quality and performance, in the case of structural changes, it is possible to perform repair in accordance with the new technology.

9. If the reported complaint is considered unjustified, the Guarantor shall, within 30 days from the date of receipt of the complaint, present its position in writing and provide it to the Purchaser with a justification. The deadlines indicated above may be extended if it is necessary to import a part from outside the territory of Poland.

10. Any disputes related to the content of the warranty card shall be governed by Polish law and shall be settled by a common court competent for the seat of the Guarantor.

11. The warranty liability expires when: structural changes are made, components are painted, the warranty card or proof of sale is lost, the ownership of the product is transferred to another person.

12. The guarantor informs that if the product is sold to a consumer, in accordance with the Act of 30 May 2014 on Consumer Rights, this guarantee does not exclude, limit or suspend the rights of the buyer. resulting from non-compliance of the product with the contract.