

Date of assembly:

# Bouncer Trampoline with Enclosure

## User Guide



Read user guide fully before assembling

Adult assembly required

Please keep this guide for future reference

# Your Guarantee

## IMPORTANT

Please keep your proof of purchase - it will be needed if you wish to make a claim.



## 10 Years

**Frame** - Structural failure due to rust

**Bed Fabric** - Structural failure due to rot

**Springs** - Structural failure due to rust

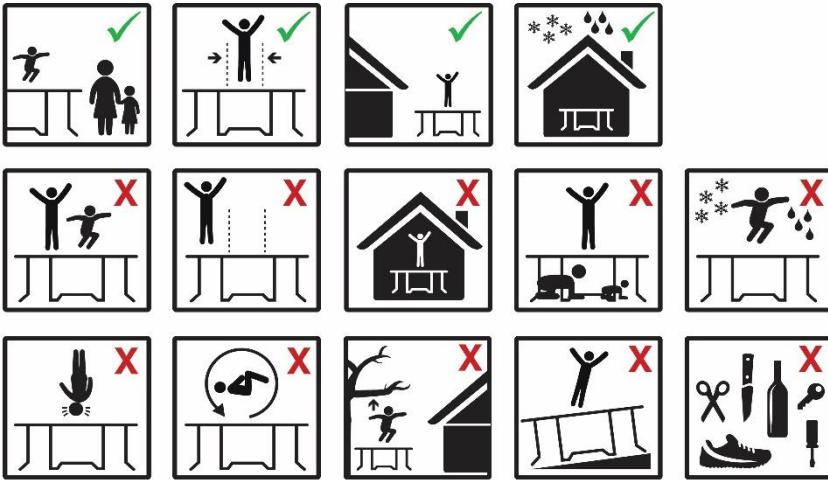
**Ladder** – 1 year guarantee

**Enclosure Net** – 1 year guarantee

### Please note the following:

- Trampolines being used commercially or that are sunken into the ground will not be covered by this guarantee.
- Using your trampoline on concrete ground without rubber feet or mats will invalidate any guarantee.
- An enclosure net is there as a last resort to ensure safety for a single bouncer. It is not there to be jumped in to or be misused in any way; in doing so, this would invalidate your guarantee for the net.
- Jet Sports reserve the right to revoke any form of guarantee in circumstances where we believe there to be evidence of misuse.

# WARNINGS



- Children must be supervised by a responsible adult at all times.
- Only **one user** at a time is recommended.
- Storing your trampoline away in bad weather is recommended (*see care and maintenance*)
- Always aim to bounce as close to the middle of the bed as possible.
- Do not in any circumstances let a person under the trampoline.
- Do not use this trampoline indoors.
- Be aware of the weather at all times – rain, ice and snow can make it slippery underfoot.
- Do not attempt somersaults unless you are fully competent or trained to do so.
- Do not bounce under the influence of drugs or alcohol.
- Remove all footwear before bouncing.
- Make sure you empty your pockets before bouncing as sharp objects can damage the mat.
- If your trampoline is installed with an enclosure, it is vital that the enclosure door is securely closed when the trampoline is in use.

## Before You Start

### Siting your trampoline:

- Your trampoline works best and is safest if it is completely level. Without a safety enclosure, it is vital to keep **2 metres** of clear lawn space surrounding the trampoline.
- This trampoline is designed to stand on a lawn. If sited on concrete or gravel, the underside of the leg bases will deteriorate quickly. The trampoline can be left on concrete or gravel if floor guards or rubber mats are used beneath the leg bases.

## Advisory Notice

The Safe Bouncing Guide on the next page only includes basic moves that are relatively simple and safe to learn. There are, of course, many additional moves that can be undertaken. However, it is important that you are taught these by a qualified trampoline coach. This will ensure that you learn in a safe environment and under supervision. This will also ensure that you do not get in to bad habits, as these could cause you problems and put you at risk as you continue to learn and improve your skills.

For details regarding trampolining sessions in your area, contact your local leisure centre or visit:

[www.british-gymnastics.org/discover/trampoline](http://www.british-gymnastics.org/discover/trampoline)

# Safe Bouncing Guide

## Standing Bounce

Use the basic "feet to feet" standing bounce to warm up and get the feel of the Trampoline.

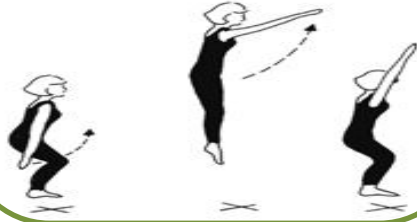
Try to keep the body straight. Your legs should be slightly apart when landing on the bed and together in the air with toes pointed.

Keep your eyes fixed on the frame pads. As you jump up from the trampoline bed, push down hard on the balls of your feet and toes. Stretch your body upwards and swing your arms forwards and upwards.

As you come down on to the bed, bring your arms down to your sides, part your legs slightly and land with your feet flat whilst flexing your knees.

### IMPORTANT:

To stop your bounce, bend your knees as your feet touch the bed. Practice this move so that you are confident that you can stop if you find you are getting out of control or going away from the centre of the bed.



## Hands and Knees

Without bouncing, adopt the hands and knees position as shown below, keeping your eyes on the edge of the trampoline.

Return to standing position and with a small bounce, shift your hips back and upwards and drop to the *hands and knees* position.

Your hands and knees must hit the bed at exactly the same time. Push up slightly with your arms to return to the standing position.



## Pike Jump

Start as if doing a standing bounce.

At the top of your bounce, bend your body at the hips by raising your legs whilst keeping them straight and together. Arrive at the horizontal position and briefly touch your shins.

Release this position and return to the *standing bounce* stance before landing on the bed with arms at your sides.



## Tuck Jump

Start as if doing a standard bounce.

At the top of your bounce, bring your knees to your chest and briefly clasp your shins. Keep your head high and looking forward; focus on a point to help keep you balanced.

Let go and return to standing bounce with your body straight and arms at sides before landing on the bed



## Seat Drop

First, without bouncing, sit in the middle of the bed in the correct landing position.

This should be with your legs together and straight out in front of you. Lean slightly backwards whilst keeping your back straight. Keep your arms beside and slightly behind you with fingers together and **pointing forward**.

Next, stand up and drop to the *seat drop* position, without bouncing. Then try the move from a little bounce. To bounce back onto your feet, shift your hips forward and push up with your hands.

Make sure that you drop to the *seat drop* position in the middle of the bed and land back on your feet in the middle of the bed.



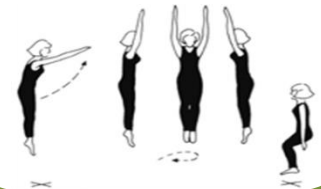
## Half and Full Twist

### Half Twist

From a *standing bounce*, as you leave the bed raise both arms out to the side and bring them together above your head whilst looking in the direction you wish to twist. This action will help you twist your body round so that you land facing the opposite direction, having rotated through 180°. The higher and quicker you lift your arms, the further you will twist. Always twist in the same direction.

### Full Twist

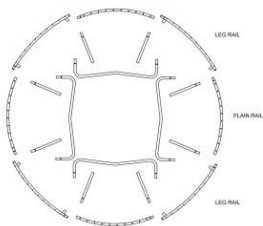
Performed as the half twist but with more effort so that you rotate through a full 360° and land in the same position that you took off from. Do not attempt a full twist until you have perfected the half twist.



## Step 1

1. Begin by laying the frame parts out on a reasonably level area of lawn, as shown below.

Please note the alternate positioning of top rails **with** stubs and top rails **without** stubs



2. Begin to assemble the trampoline legs by sliding the leg uprights on to the leg bases. Repeat until you have four complete assemblies.

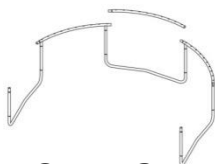


3. Next, slot a top rail with stubs between two leg assemblies, as seen in the diagram below.



## Step 2

1. Move around the frame and attach a further leg assembly with another top rail **with** stubs.
2. Continue around the frame, adding top rails **with** stubs to the assemblies.
3. Proceed to fill in the gaps in the frame with top rails **without** stubs.



## Step 3

1. Finally, add the remaining top rail **without** stubs to complete the trampoline frame.
2. Please note: it may require some effort to fit the remaining top rail. This tension in the frame is needed in order to prevent the leg assemblies dropping off when the trampoline is moved.

**Tip:** Stand inside the partially-assembled frame and push outwards on the frame when fitting the **top rail without stubs**.

## Step 4

**Please note: this stage involves fixing the enclosure poles to the frame.**

1. Begin by removing the black foam from the bottom of the enclosure pole.
2. Next, begin to fix each bottom pole to the corresponding trampoline leg using the clamps provided
3. Ensure that there is a black rubber spacer positioned between the pole and the trampoline leg.









*Note: there should be two clamps per pole; one positioned around ~30cm from the trampoline frame and the other around ~30cm from the ground.*

4. Next, make sure the clamp opening is positioned facing the inside of the leg.
5. Thread the quick-release fastener through the two holes in the clamp and squeeze the clamp together as tightly as you can.
6. Secure the quick-release fastener by screwing the bolt on by hand.
7. Next, use the handle on the quick-release fastener to tighten the clamp together so that the pole is fixed to the leg securely.
8. Continue this process pole by pole, ensuring there are two clamps per pole. Make sure the clamps are secured tightly so the poles do not wobble and the rubber spacers are fixed in place.
9. Finish by sliding the foams back over the poles.

## Trampoline Parts List

Part Image	Description	10ft	12ft	14ft
	Top Rails	4	4	4
	Top Rails with Stubs	4	4	4
	Leg Bases	4	4	4
	Leg Extensions	8	8	8
	8.5"/7" Elongated Springs	72 (7")	80 (8.5")	96 (8.5")
	Polymesh Bed	1	1	1
	Frame Pads	1	1	1
	165mm Standard Toggle Loops	12	12	12

## Enclosure Parts List

Part Image	Description	Amount
	Bottom Pole with Foam and Base Cap	8
	Top Pole with Foam and Top Cap	8
	Eye bolts with dome nut	16
	Pressed Steel pole clamps	16
	Quick release clamp fastener	16
	Black rubber spacers	16
	Bungy with 'Q' hooks	16
	Enclosure Net	1

## Step 5 – the Bed

**Before you start:** note that the elongated hook on each spring fits in to the frame, whilst the smaller hook fits in to the triangular anchor on the bed.

1. Begin by unfolding the black Polymesh bed and laying it on the ground inside of the trampoline frame. Make sure the Super Tramp logo faces the direction of where you would like the enclosure door to be positioned.

*Note: the enclosure door **must** be positioned parallel with a 'W'-shaped leg base (see picture below).*

2. Fit one spring in to the slot just to the right-hand side of a top-rail joiner, then attach the spring to the bed on the inside of the frame.
3. Continue to do this for all other T-shaped joiners around the frame. This should leave you with the bed hanging by 8 springs from the frame. You should find that there is little-to-no tension on the bed.

## Step 6 – Attaching the Net

1. Begin by laying the net out on top of the trampoline bed.
2. Find the middle seam on the net and proceed to attach eight bungee loops with Q-hook on to the clips on the net.
3. Next, attach the bungees on the net to the middle eyebolts on the enclosure poles. Please make sure that the net does not twist during this process.
4. You should now find that the net is hanging from the middle of the poles, with the bottom seam containing the spring loops in-line with the triangular anchor points on the bed.
5. Find a loose spring at the midway point between those already attached. Fix this spring to the corresponding anchor point on the bed, ensuring that you slot the net over the triangular anchor before attaching the bed to the frame.

*Note: make sure you count the springs and the slots in the net to ensure they line up correctly. Failure to do this will result in the net to become twisted.*

6. Continue this process for each midway point. Once completed, continue to attach the remaining springs, ensuring that each net slot is first fixed to its corresponding anchor on the bed.
7. You should now find that the net is completely attached to the bed using the slot-system, and the bed now attached to the springs.

## Step 7 – Attaching the Pads

1. To fit the frame pads, begin by disconnecting the enclosure net from the bungee loops at the middle of the poles.
2. Lay the frame pads out on the trampoline bed upside down. Thread the toggle loops through the eyelets – *it can sometimes be useful to use a screwdriver (or similar) to help feed the toggle loop through the eyelet.*
3. Next, flip the frame pads over and position them over the frame. It is **vital** that there is **one full panel** of padding located **directly** in front of the zipped enclosure entrance.
4. Proceed to fasten the toggle loops around the frame and securing them

## Step 8 – Attaching the Net

1. First, connect each top pole to the corresponding bottom pole fitted to the trampoline.
2. Using the 16 x bungee loops with Q-hooks, begin to attach the netting to the poles.
3. Start by doing this at the middle-point of the poles as they can be attached whilst standing on the ground.
4. Once completed, remove your footwear and enter the trampoline through the door of the enclosure. Now you can finish attaching the bungee loops to the net at the top of the poles.
5. All 16 bungees should now be attached and the enclosure fully assembled.



**Congratulations! – your Bouncer trampoline is now ready for use.**

# Care and Maintenance of your Trampoline

## General

Your Super Tramp trampoline has been designed to live outdoors all year round and will generally require very little maintenance. However, a little care and attention can add years to the life of your trampoline. Please remember that the bed (mat) and frame pads are made of synthetic materials which can become easily damaged by cigarette ends, fireworks and bonfire debris. Please make sure that the following checks are made monthly:

- Check that all joints are still intact and have not become dislodged during use
- Check all nuts and bolts for tightness and tighten when required
- Check that all springs are attached and that any stretched\* springs are replaced

## The Frame

Do not sit or stand on the frame/frame pads whilst the trampoline is in use; this will cause excessive wear to the springs and frame pads. In some climates/environments, surface rust can appear. If this happens, it should be removed using either a wire brush or coarse sandpaper, and the area treated with a non-toxic paint.

## The Springs

Do not stand on the springs whilst the trampoline is in use. Ensure you do not bounce on the springs as they are not designed to withstand these sorts of stresses. Doing so can result in them becoming stretched, misshaped and weakened. If you find you have any damaged springs, it is crucial you replace them as soon as possible so as to avoid inflicting damage to the remaining springs.

## The Bed

The bed (mat) may eventually become weakened by the effects of Ultra-Violet radiation. A little mould or mildew should not harm the mat. Please make sure that all footwear is removed before bouncing and ensure that any other sharp objects and jewellery are removed.

## Strong Winds

We would recommend that during strong winds and extreme weather you remove your safety enclosure to minimise the risk of the trampoline becoming damaged. If you do not have one of our purpose-built Tie Down Ground Anchor Kits, we recommend you invest in one as this can help prevent your trampoline being blown over/away. Alternatively, we suggest placing sandbags over the trampoline leg bases in order to secure it to the ground.

## Useful Information

- A stretched or dead spring can be identified where there is visible light through the coils of the spring. Any springs identified with these effects should be replaced in order to maintain the performance of your trampoline. Please note: this assessment should only be made when the spring has been removed from the trampoline. It is normal to see visible light when the springs are under tension on the trampoline.
- When attaching the springs to the trampoline bed, we strongly recommend you do not work your way around the frame one by one. In doing so, this will make it increasingly difficult and more challenging when it comes to attaching the final springs due to the tension on the bed. Instead, we suggest working around the trampoline as if it were a clock-face, starting at the three, six, nine and 12 o'clock position, then filling in the gaps.
- When fitting the springs, it is often more effective to use your bodyweight to pull the spring back, rather than relying solely on your upper-body and arm strength.

# Social Media

Follow us on twitter [@supertrampuk](https://twitter.com/supertrampuk) and tweet us a picture of your trampoline

Find us on Facebook [www.facebook.com/supertramptrampolines](https://www.facebook.com/supertramptrampolines)



Enjoy!

For more information on trampolines and for spare parts and accessories,  
visit our website

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