

Date of assembly:

Bouncer Trampoline

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

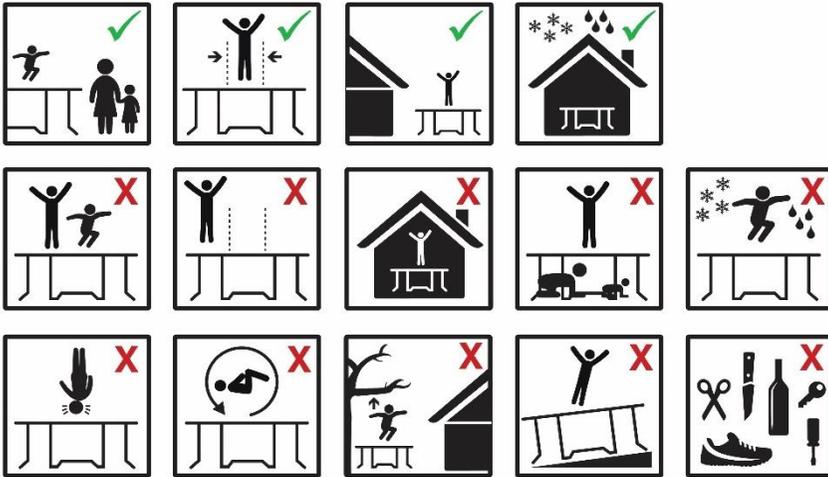
Ladder – 1 year guarantee

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.
- 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.

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

Safe Bouncing Guide

Standing Bounce

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

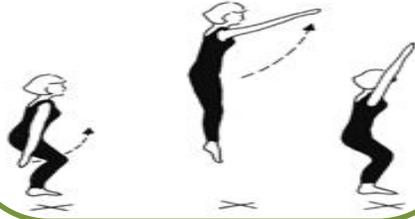
Try to keep the body straight. Your legs should be slightly apart when landing on the bed and together in the air with toes pointed.

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



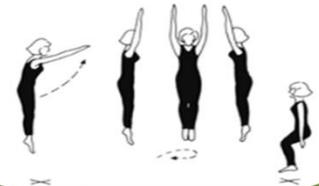
Half and Full Twist

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.



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.

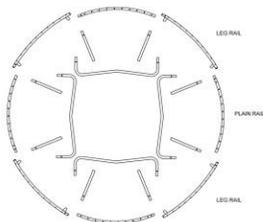
Make sure that you drop to the *seat drop* position in the middle of the bed and land back on your feet in the middle of the bed.



Step 1

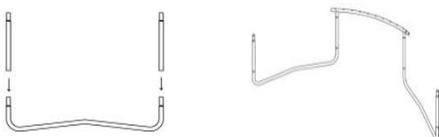
1. Begin by laying the frame parts out on a reasonably level area of lawn, as shown below.

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.

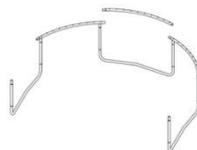
3. Next, slot a top rail **with** stubs between two leg assemblies, as seen in the diagram below.



| 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 (7inch) | 80 (8.5") | 96 (8.5") |
| | Polymesh Bed | 1 | 1 | 1 |
| | Frame Pads | 1 | 1 | 1 |
| | 165mm Standard Toggle Loops | 12 | 12 | 12 |

Step 2

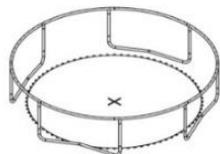
1. Move around the frame and attach a further leg assembly with another top rail **with** stubs.
2. Continue around the frame, adding top rails **with** stubs to the assemblies.
3. Proceed to fill in the gaps in the frame using the top rails **without** stubs.



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

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 logo is facing upwards.
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. At this stage, you should find that there is little-to-no tension on the bed.
4. Continue to evenly attach the remaining springs around the bed, ensuring you work your way around to the opposite side after each spring is attached. This method ensures that the tension remains evenly distributed around the bed.
5. This should leave you with the bed, springs and frame fully assembled.

Step 5

1. 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.*
2. Next, flip the frame pads over and position them over the frame.
3. Proceed to fasten the toggle loops around the frame and secure them.



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/supertramtrampolines



Enjoy!

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

www.supertramp.co.uk



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