

Date of assembly:

Eclipse 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.



5 Years

Frame - Structural failure due to rust

Bed Fabric - Structural failure due to rot

Springs - Structural failure due to rust

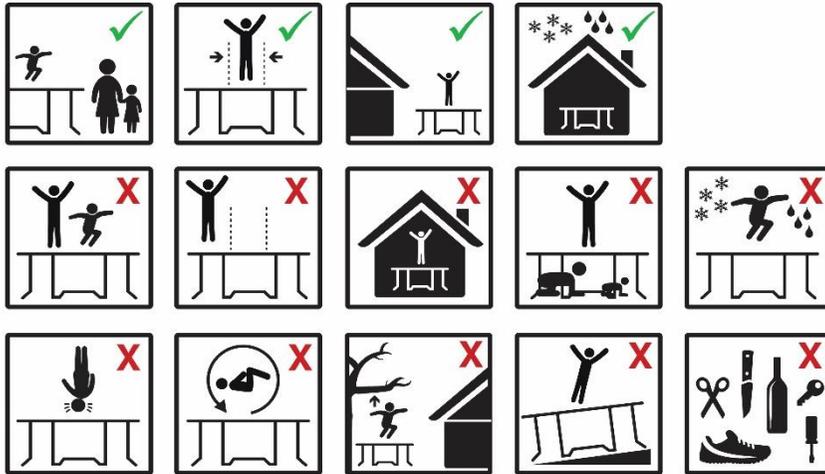
Ladder – 1 year guarantee

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



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.

- 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.

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.



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.



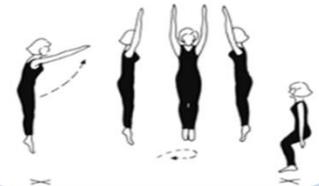
Half and Full Twist

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



Parts Lists

Trampoline

Part Image	Description	10ft	12ft	14ft
	Top Rails	6	8	8
	Leg Bases	3	4	4
	Leg Extension	6	8	8
	Springs	54 x 5.5 inch	72 x 7 inch	80 x 7 inch
	Jumping Bed	1	1	1
	Frame Pads	1	1	1

Enclosure

Products	10ft	12ft	14ft
Enclosure Net	1	1	1
Bottom poles with foam	6	8	8
Top poles with foam	6	8	8
Enclosure toggle loops	6	8	8
Nuts and Bolts + Spanner Pack	1	1	1

Step 1 – The Frame

1. Lay frame parts out on a reasonably level part of lawn.
2. Assemble trampoline legs by sliding the leg extensions on to leg base.
3. Once you have joined the leg extensions to the leg bases, start linking them together by fitting them in to the two tops rails whilst upside down.
4. Flip each part over and join up remaining pieces.
5. Work around the trampoline to complete your frame.



Step 2 – Springs, Bed and ESN Net

1. Unfold the black Polymesh bed on the ground inside the completed trampoline frame with the logo facing upwards.
2. Before fitting any springs, note that the extended hook on each spring fits into the frame and the smaller hook fits into the triangular anchor on the bed.
3. Fit one spring in to the slot just to the right-hand side of a T-shaped top rail joiner, then attach the spring to the bed on the inside of the frame. Do this for all other T-shaped joiners. At this stage, there should be little-to-no tension on the bed.
4. Next, lay out the enclosure net on top of the trampoline bed which should now be loosely fitted to the frame. First, attach the Bungee Loop Eyebolt to the 'top' enclosure pole by slotting it through the pole and securing with the bolt. Then, the Q-hook attaches to the net via the plastic clip at the top of the enclosure.
5. Following this, fit the 'top' enclosure pole to the 'bottom' pole and slot each full pole in to its corresponding hole on the joiner. Please ensure that **you do not attach the bolts** at this stage.
6. The net should now hang with each slot in the net now lining up with its corresponding triangle anchor on the bed.
7. Begin to attach the net by slotting the corresponding bed triangle through the slot in the net. Now attach the triangle anchor to the corresponding spring in the frame; *the most effective way to do this is by momentarily removing the spring from the frame, hooking it to the bed triangle and then reattaching the spring to its slot in the frame.*
8. You should begin this phase of attachment at the midway point between each T-joiner, ensuring that you count the slots in the net to make sure they align with the correct spring. This avoids attaching the slot with the wrong spring which would result in twisting of the net.
9. Repeat this step until all of the springs are attached.
10. Please note: it is vital that you work your way around the frame as if it were a clock-face; first fit the springs at the twelve, three, six and 9 o'clock position. Now work your way around the frame using the same method filling in the gaps. This ensures that the tension on the bed is evenly distributed around the frame, making it easier to attach the springs.

Step 3 – Attach the Pads

1. Pull out all of the enclosure poles and lay them on the bed.
2. Place the frame pads on the trampoline and line up the enclosure pole holes in the pads with the T-section top rail joiner.
3. Next, attach the pads using the spring loops as shown in the photo. Do this by un-clipping a spring and placing it through the loop before reattaching it to the frame.

Step 4 – Reconnect the Poles

1. Slot each bottom enclosure pole through its designated hole in the frame pads, fixing it to the slot within the T-joiner underneath.
2. Using the screws provided, fasten the bottom pole and top pole together.
3. Complete the assembly by securing the complete pole to the trampoline leg using the nuts and bolts provided.

Step 5 – The Ladder

1. Attach the ladder base using the ball-catch.
2. Attach each ladder step to the two uprights ensuring they fit correctly. Please note: the step should be facing you, with the bolt to the front secured by using the nut on the back.
3. Fasten each step securely using the spanner provided.



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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