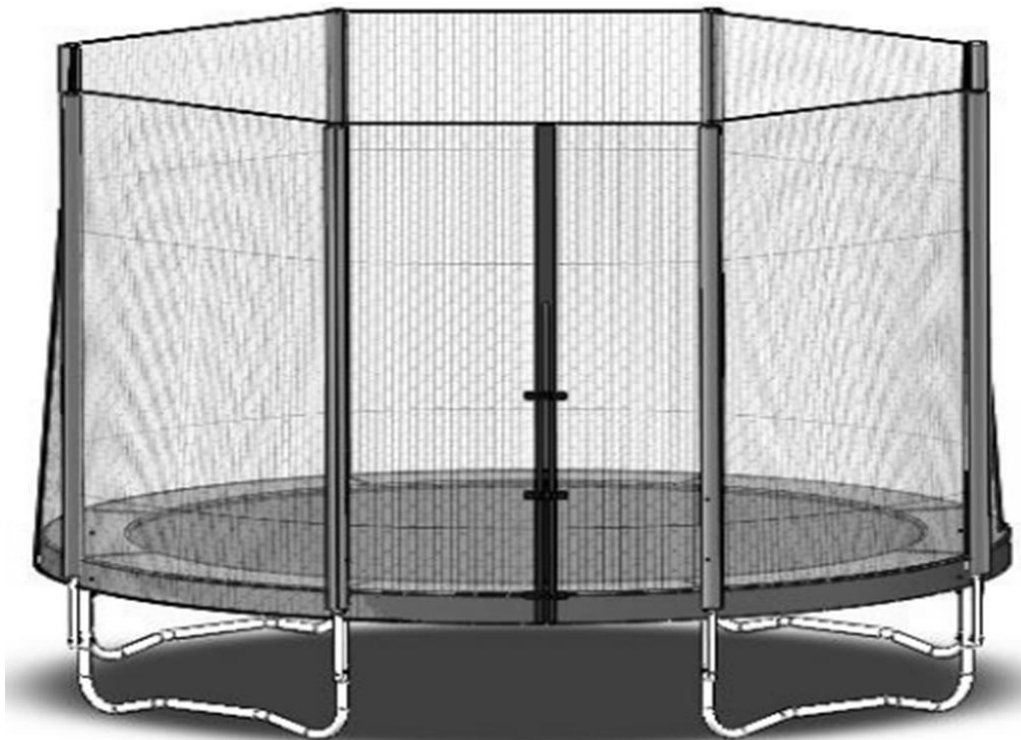


ALEKO®

User's manual Trampoline



WARNING

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference. Maximum user weight 200 lbs



IMPORTANT

Trampoline and Enclosures are susceptible to winds. Be sure to secure your trampoline and enclosure. Wind Damage is not covered in the warranty of your trampoline.



CAUTION: Adult Assembly
Required

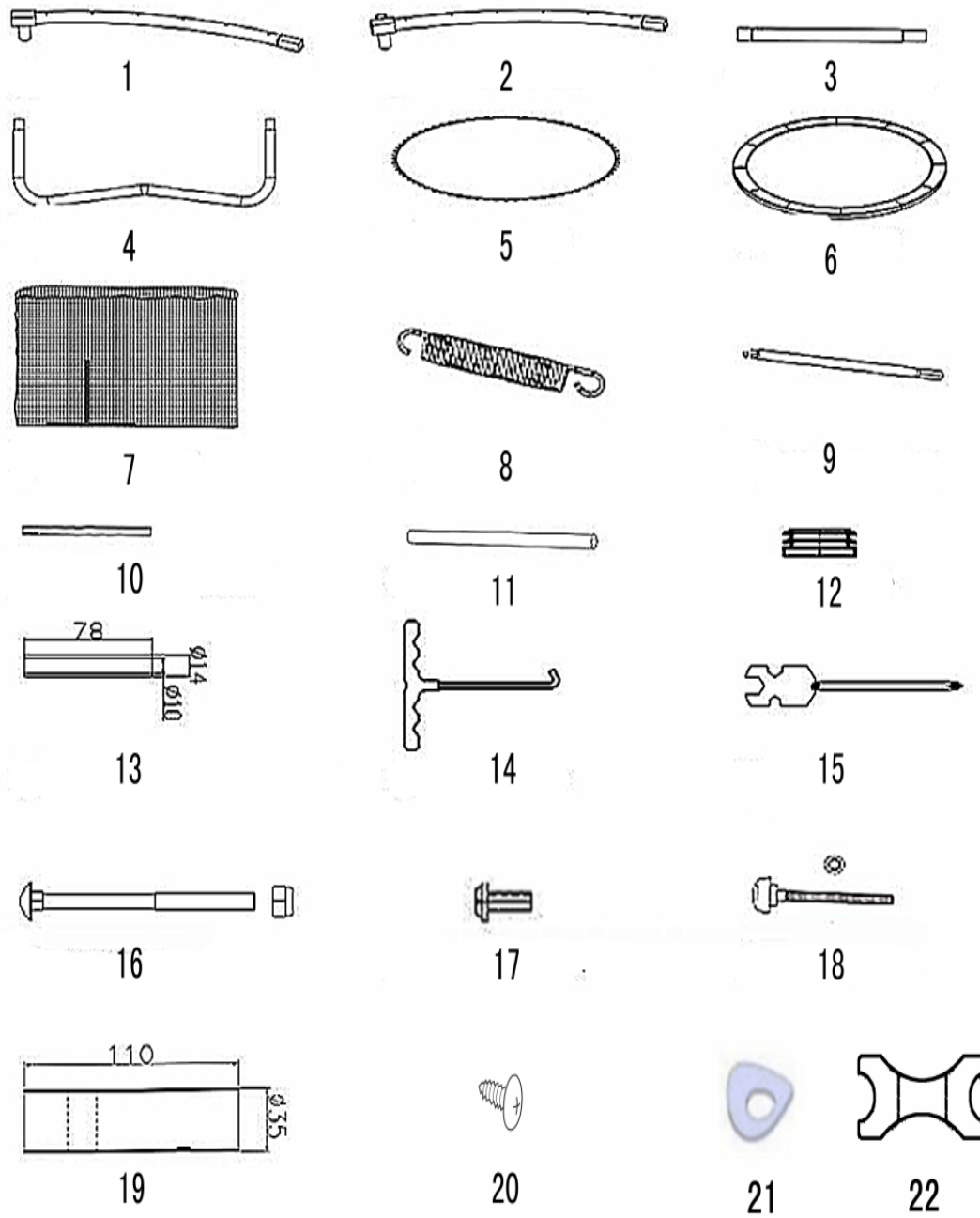
Thank you for choosing **ALEKO** product. If you have any comments, suggestions or questions, please contact us at: www.AlekoProducts.com.

Parts List

| | | | | | |
|-----------|------------------------------|-------|-------|-------|--------|
| 1 | Top tube with T joint | 4PCS | 5PCS | 5PCS | 5PCS |
| 2 | Top tube with Socket | 4PCS | 5PCS | 5PCS | 5PCS |
| 3 | Leg extension | 8PCS | 10PCS | 10PCS | 10PCS |
| 4 | Leg brace | 4PCS | 5PCS | 5PCS | 5PCS |
| 5 | Jumping mat | 1PCS | 1PCS | 1PCS | 1PCS |
| 6 | Frame pad | 1PCS | 1PCS | 1PCS | 1PCS |
| 7 | Enclosure net | 1PCS | 1PCS | 1PCS | 1PCS |
| 8 | Spring | 72PCS | 80PCS | 90PCS | 100PCS |
| 9 | Enclosure tube | 8PCS | 10PCS | 10PCS | 10PCS |
| 10 | Pole | 8PCS | 10PCS | 10PCS | 10PCS |
| 11 | Pole Foam | 8PCS | 10PCS | 10PCS | 10PCS |
| 12 | Pole cap | 16PCS | 20PCS | 20PCS | 20PCS |
| 13 | Reinforcement 1 | 16PCS | 20PCS | 20PCS | 20PCS |
| 14 | T-Hook | 1PCS | 1PCS | 1PCS | 1PCS |
| 15 | Multi-functional tool | 1PCS | 1PCS | 1PCS | 1PCS |
| 16 | Screws/Nuts M8*90 | 16PCS | 20PCS | 20PCS | 20PCS |
| 17 | Screws M5*12 | 2PCS | 2PCS | 2PCS | 2PCS |
| 18 | Screws/Nuts M5*16 | 4PCS | 6PCS | 6PCS | 6PCS |
| 19 | Reinforcement 2 | 8PCS | 10PCS | 10PCS | 10PCS |
| 20 | Tapping screws M5*35 | 16PCS | 20PCS | 20PCS | 20PCS |
| 21 | Bar Spacers | 16PCS | 20PCS | 20PCS | 20PCS |
| 22 | Curved washers | 16PCS | 20PCS | 20PCS | 20PCS |

Note: (19) Reinforcement 2 has been connected with Pole (10)

Part Identification Chart



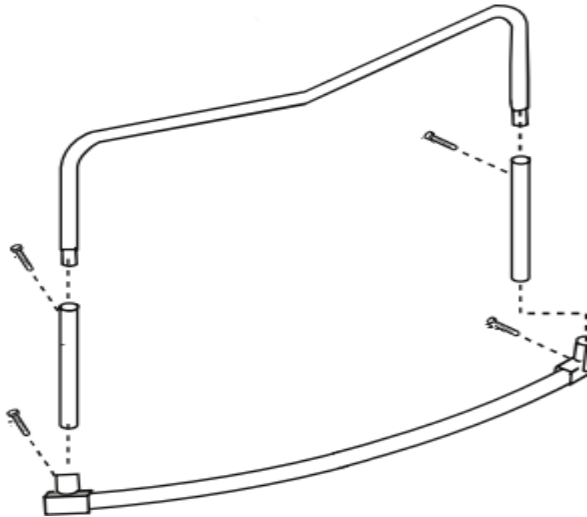
Note: *PICTURES FOR REFERENCE ONLY*

TRAMPOLINE FRAME ASSEMBLY

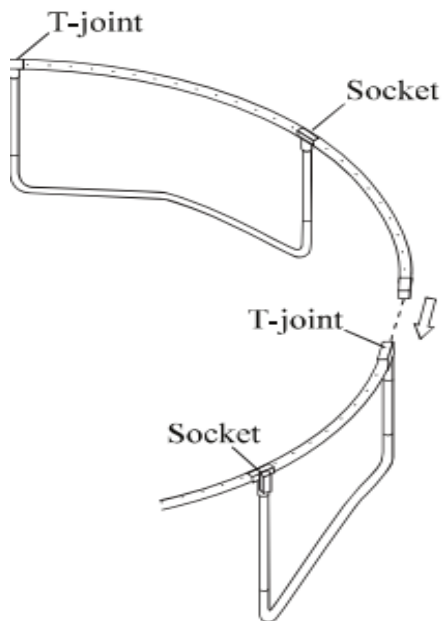
Please read assembly instructions carefully before proceeding.

1 Leg base:

Insert the leg into two leg extensions as shown below, then tighten with two tapping screws.
Press down on both legs extension at the same time and fully insert them into the socket. Tighten with two self-tapping screws.
Repeat above assembly steps for all frame pieces.

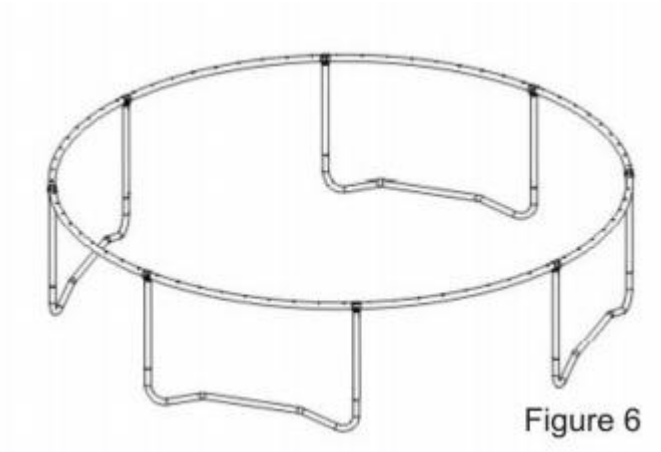


2 Connect the frame:

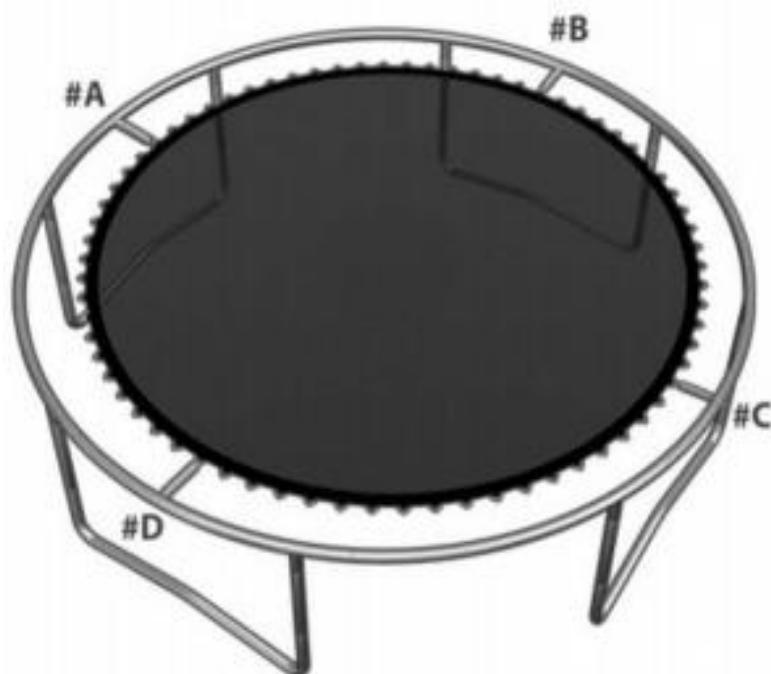


Assemble all parts to create a secure circle.

NOTE: Make sure all the spring holes are facing the ground during this step.



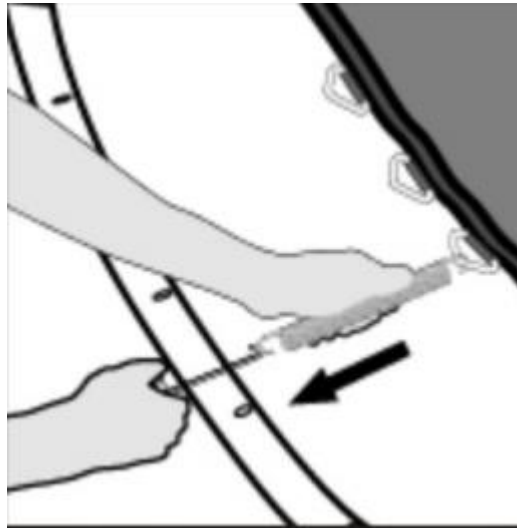
TRAMPOLINE MAT ASSEMBLY



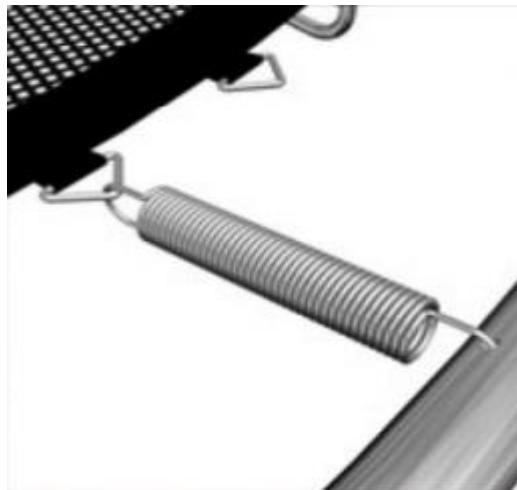
NOTE: Attach the springs by using the spring loading tool. **CAUTION:** Please watch your fingers! Two adults may be required for this part of the assembly.

How to use spring loading tool:

Hang one side of spring on the triangle attached to the trampoline mat and use the spring loading tool to hook the other side of spring to the frame (as show in the image)



Pull the spring loading tool until the spring hook inserts into the opening on the frame and disengage the spring loading tool leaving the spring securely in place. Repeat this process for all springs.

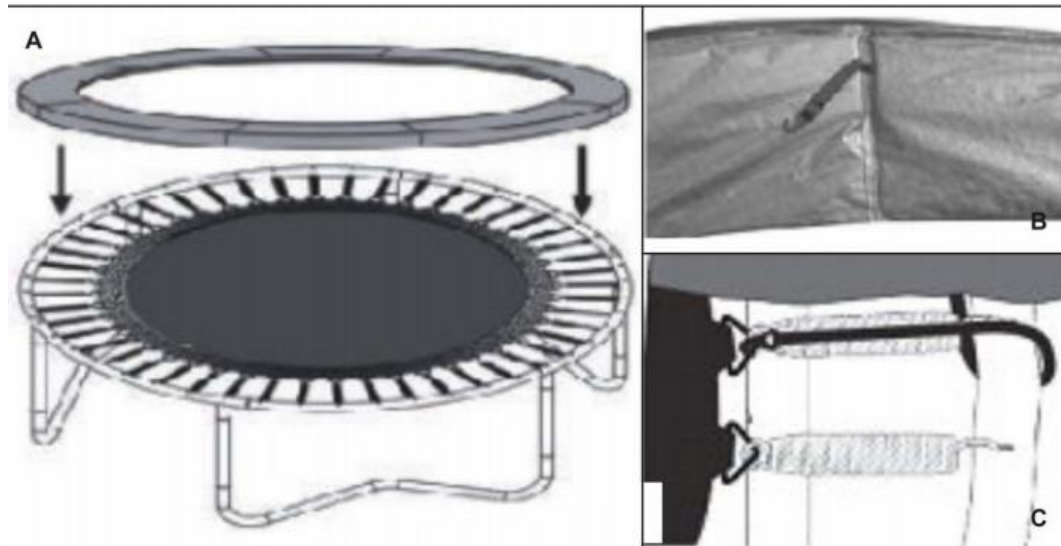


WARNING!! Please be careful where your hands and other parts of the body are placed as the connector points and spring attachments can create hand or body traps and can result in bodily injury.

FRAME PAD ASSEMBLY

Lay the frame pad over the trampoline so the springs and the steel frame are covered. Please ensure that the frame pad covers all metal parts.

Tie the straps located at the bottom of the frame pad to the frame.

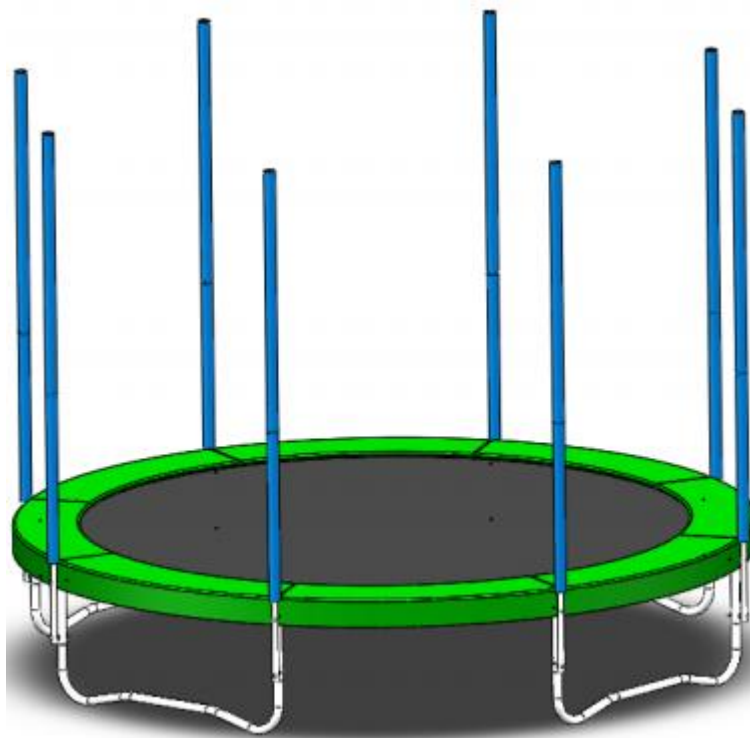


ENCLOSURE ASSEMBLY

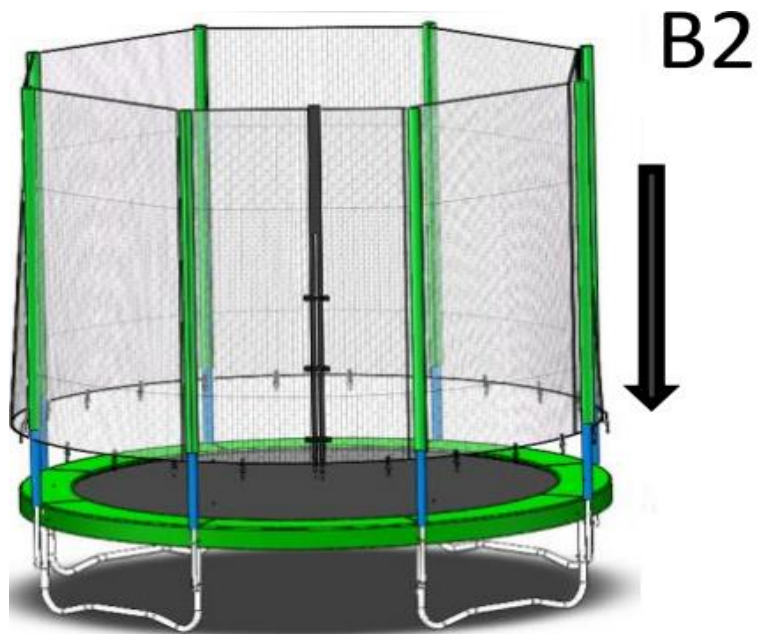
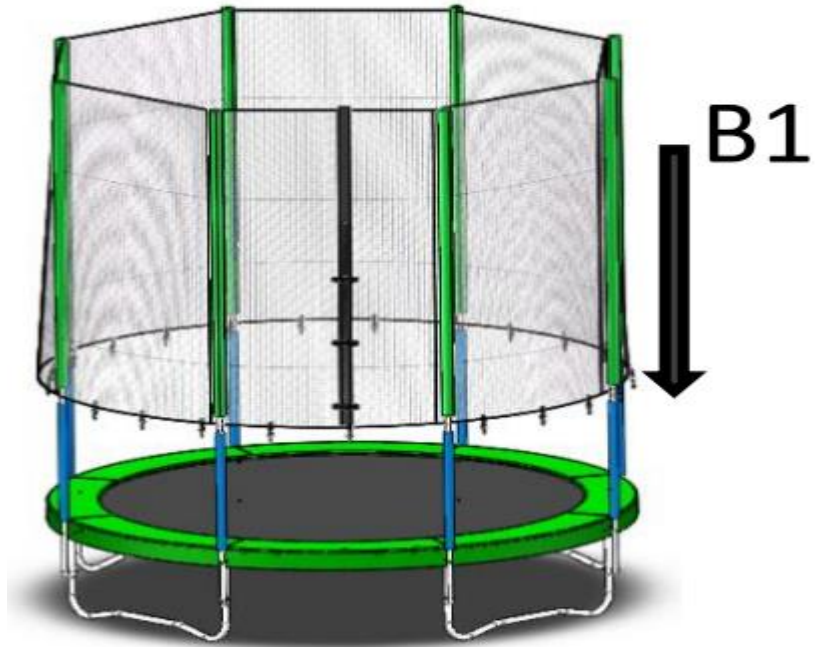
WARNING: It is recommended 2-3 adults participate for the following assembly. Wear proper shoes and maintain balance to prevent a fall. Failure to follow all instructions and warnings may result in serious injury.

1. Slide upper pole onto lower pole. Align the set screw holes.
2. Insert small set screw and lock washer, then tighten. Repeat with all remaining poles.
3. Starting from the upper pole, slide foam tubes over the pole. Repeat with remaining poles.

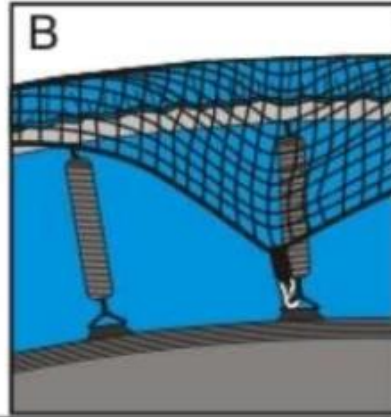
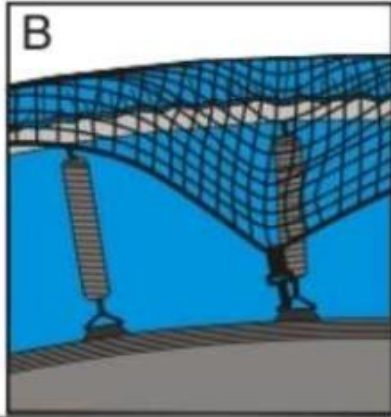
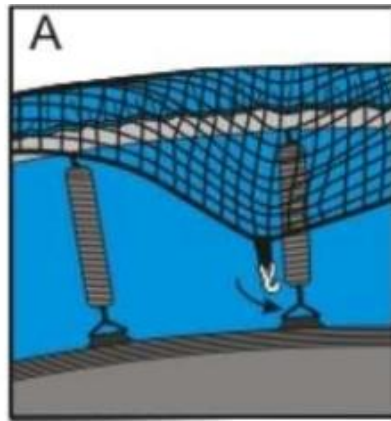
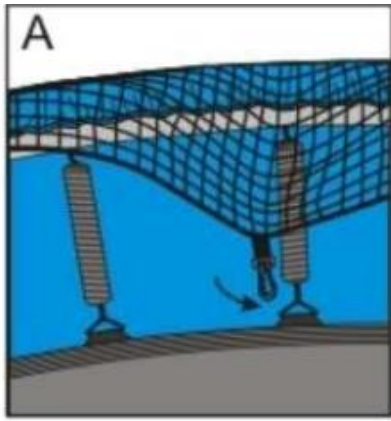




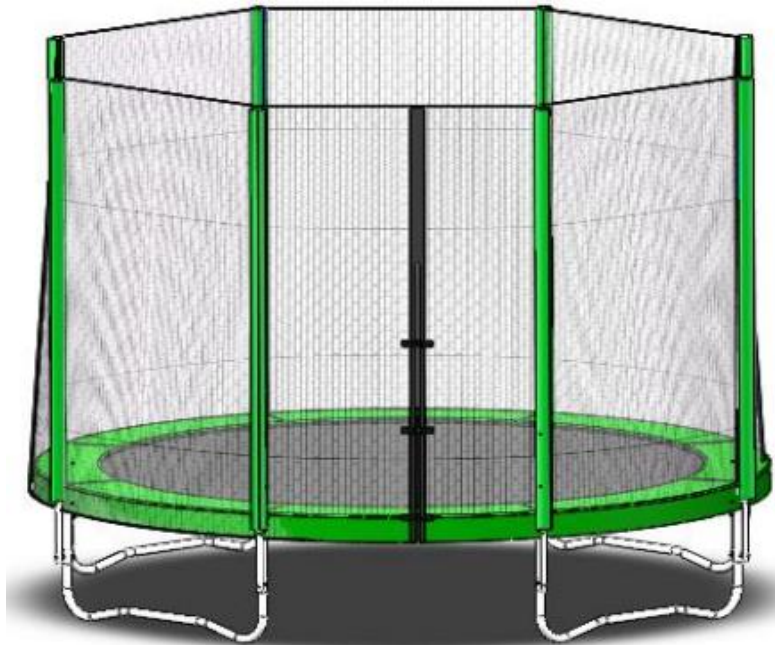
4. Spread safety net out on the trampoline mat. Locate the panel with the doorway and align the net as to where you would like to get in and out of the trampoline.



5. Pulling the safety net off and hanging the hook to the V-ring as shown A and B.



6. Congratulations, your trampoline and enclosure is now complete.



❖ **Product introduction**

Trampoline exercise can help lower limb muscle, strength, improve endurance, balance and coordination.

Recommended for children at least 6 years of age and up. Please use with caution.

❖ **Operating Instructions**

Please read carefully and keep this manual for future reference

Recommendations for use:

1. Warning: The maximum weight capacity - 200lbs
2. Warning: Suitable for outdoor use only.
3. Warning: Not suitable for children ages 6 and under.
4. Warning: Only one user at a time.
5. Warning: Use only under the supervision of an adult.
6. Warning: Do not attempt a dangerous jump. In an event of an unsuccessful jump, landing on the head or the neck, may result in a serious injury or death.
7. Warning: Before use, pull the protective net.
- 8 Warning: Replace nets every three years.
9. Warning: Do not jump out of the trampoline range.
10. Warning: If the trampoline mesh is wet, please dry it before use.
11. Warning: Before exercise, empty the contents of your pocket and keep your hands free.
12. Warning: Always jump at the center of the trampoline.
13. Warning: Do not eat when jumping.
14. Warning: Avoid prolonged use.
15. Place the trampoline on a flat, open surface and keep obstacle free, at least 7 feet above (roofs, garages, branches, wires, etc.)
16. Trampolines are not suitable for hard surfaces such as cement or asphalt or near other facilities (inflatable swimming pool, swing, slide, climbing wall, etc.)
17. Renovation of the trampoline shall be carried out in accordance with the manufacturer's instructions.

18. There should be no sharp or dangerous items around the trampoline
19. Make sure the exercise area is well lit.
20. Prohibited to carry out the instructions outside the jump action
21. Pregnant women with high blood pressure and heart disease cannot use trampoline
22. Do not use the trampoline after drinking or using drugs
23. Do not place anything other than on the protective net around the trampoline
24. Please remove any loose jewelry before use
25. Repeated friction during dry weather can cause static electricity in the trampoline mesh
26. Avoid repeated contact with the nets
27. Consult your doctor to determine your physical restrictions, if any, before use
28. The Company shall not be liable for any personal injury or property damage resulting from any improper use of this product by the purchaser or any other person
29. The owner of the product shall be responsible for reminding the user of the precautions before using the trampoline
30. If you feel pain or dizziness, stop exercising immediately and consult a physician immediately

Maintenance

The checks specified below should be carried out at the beginning of every season and at regular intervals during the season. Failure to carry out such checks may result in serious injury.

1. Check that the bolts are correctly screwed and re-screw if necessary
2. Check that the springs are intact and cannot come unhooked when jumping.
3. Check that the circular protective pad covers the springs.
4. Check that the bolt and edge protection caps are in place and replace if necessary
5. Check the cord used to secure the net

6. Ensure that the trampoline mesh and protective components are in good condition and can bear the user's weight. Extreme temperature fluctuations, including but not limited to sun, rain and snow may affect trampoline component durability, if necessary, please replace.
7. It is recommended that the trampoline is cared for in accordance to the weather conditions.
8. Replace the nets and protective parts every three years.
9. If parts are damaged, replace them according to the manufacturer's instructions.

FUNDAMENTAL BOUNCES

STANDING BOUNCE



1. Start in the center of bed, feet shoulder-width apart, arms at side, eyes on end of bed.
2. As you jump from trampoline, arms come up and forward, circling outward and back to side as you again contact bed. Bring feet together, toes pointed, in the air, feet shoulders-width apart again as you contact bed. Arms need never go above your shoulders or behind your body.

KNEE BOUNCE



1. First, assume kneeling position in center of bed, **back straight**, eyes on end of bed.
2. Pump your way to your feet by bouncing, using your arms as in standing bounce.
3. Duplicate position from a low bounce

HANDS & KNEE DROP



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

FRONT DROP




1. First, assume position of hands and knees bounce. Begin to bounce slightly in this position, then kick legs back, land on stomach, taking some weight on bent fore-arms as shown in illustration. Make sure you **kick backwards, do not go forward**, and return to hands and knees position.
2. Try from a low bounce, **kicking backwards**, making your belt land where your feet were.

SEAT DROP




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

BACK DROP



1. Lie on your back on bed, spread your legs slightly and raise them about 45 degrees from the surface of the bed, raise your arms to corresponding angle, raise head and look at end of trampoline. This is your landing position.
2. Try cautiously from a low bounce, making sure you do not lose sight of end bar of 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 **top of bounce**, swiftly turn head and search for opposite end of trampoline. Do not travel. Land on feet.


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

TUCK POSITION




Done like a standing bounce, but at **top of bounce**, bring knees to chest and grasp with arms. Then lower feet to contact bed.

PIKE POSITION




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

LAYOUT POSITION



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

STRADDLE POSITION



Done like pike bounce, but with legs spread as widely as is comfortable. Reach for your toes!

One Year Limited Warranty

This product is warranted for 1 year for the structure and 3 months for any fabric materials from the date of purchase, the date on the receipt is binding.

Warranty on the product is limited to post-test replacement or repair products

The following conditions are not covered by the warranty:

- ① Damage caused during transportation.
- ② Poor assembly.
- ③ Misuse or abnormal use.
- ④ Poor maintenance/ weather damage.
- ⑤ Use in a non-domestic setting.