



# TRAMPOLINE

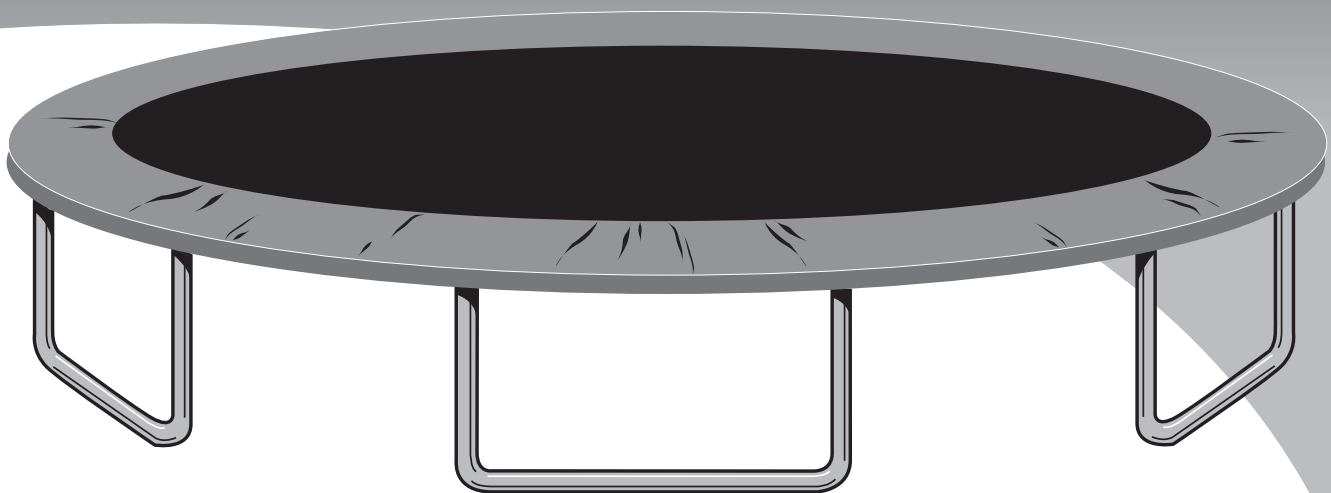
USERS MANUAL

(ENGLISH BEGINS ON PAGE 1 )

# TRAMPOLINE

BRUKERHÅNDBOK

(BRUKSANVISNING PÅ NORSK BEGYNNER PÅ SIDE 11)



**Safety, Use, Placement, Assembly, Care, and Maintenance materials enclosed.**

### **WARNING!**

Read this manual and all materials furnished with your trampoline thoroughly before assembling and using this trampoline. Keep this manual so you can refer to it later.

**Not recommended for children under six years of age.**

**Materiell for sikkerhet, bruk, plassering, montering, håndtering og vedlikehold følger vedlagt.**

### **ADVARSEL!**

Les denne bruksanvisningen og alt vedlagt materiell grundig før montering og bruk av denne trampolinen. Oppbevar denne bruksanvisningen for senere henvisning.

**Anbefales ikke til barn under seks år.**

**VARIFLEX®**

5152 N. COMMERCE AVE. MOORPARK, CA 93021 U.S.A.  
(800) 327-0821 (805) 523-1590 MADE IN CHINA

 **WARNING:**

**Read these materials prior to assembling and using this trampoline.**

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**Liability**

While every attempt is made to embody the highest degree of protection in all equipment, we cannot guarantee freedom from injury. The user assumes all risk of injury due to use. All merchandise is sold on this condition, which no representative of the company can waive or change.

 **WARNING:**

1. Misuse and abuse of this trampoline is dangerous and can cause serious injuries.
2. Trampolines, being rebounding devices, propel the performer to unaccustomed heights and into a variety of body movements.
3. All purchasers or persons assembling and using the trampoline must become familiar with the manufacturer's recommendations for the proper assembly, use, and care of the trampoline. Also, be alert to the user's limitations in the execution of trampoline techniques and progressions, and suggestions for the care and maintenance are included to promote safe, enjoyable use of this product.
4. It is the responsibility of the owner to insure that all users of this trampoline are adequately informed of all warnings and safety instructions.
5. Never set-up or continue to use trampoline in heavy rain, wind or storm condition's, especially lightning storms. It is recommended that the trampoline be taken apart and stored in bad weather.

**For Backyard Use ONLY. Not for Professional Use.  
Weight Limit for Trampoline User is 250 lb.  
(200 lb. on Trampolines with Safety Enclosure.)**

## **WARNING:** **Installation Instructions**

- Adequate overhead clearance is essential. A minimum of 24 ft from ground level is recommended. Provide clearance for wires, tree limbs, and other possible hazards.
- Lateral clearance is essential. Place the trampoline away from walls, structures, fences, and other play areas. Maintain a clear space on all sides of the trampoline. A minimum of 6 ft from frame edge is recommended.
- The trampoline is heavy and is under heavy tension. Three able-bodied adults are required to set it up. Use appropriate clothing and shoes. Failure to follow these instructions may lead to injury or damage to the trampoline.
- Never set-up the trampoline in heavy rain, wind or storm conditions, especially lightning storms. It is recommended that the trampoline be taken apart and stored in bad weather.
- When moving the assembled trampoline, have at least 4 people evenly spaced around the frame (NSEW) to lift the trampoline off the ground.
- Place the trampoline on a level surface before use.
- Use the trampoline in a well lighted area. Artificial illumination may be required for indoor or shady areas.
- Secure the trampoline against unauthorized and unsupervised use.
- Remove any obstructions from beneath the trampoline. The owner and supervisors of the trampoline are responsible to make all users aware of practices specified in the use instructions.

## **WARNING:** **Care and Maintenance Instructions**

Inspect the trampoline before each use and replace any worn, defective, or missing parts.

The following conditions could represent potential hazards:

1. Missing, improperly positioned, or insecurely attached frame padding.
2. Punctures, frays, tears, or holes worn in the bed or frame padding.
3. Deterioration in the stitching or fabric of the bed or frame padding.
4. Ruptured springs, or ruptured band.
5. A bent or broken frame
6. A sagging bed.
7. Sharp protrusions on the frame or suspension system.
8. Loosened or missing hardware.

For extra protection, periodically apply a silicone spray on stretch-band straps to prevent deterioration.



## **WARNING: Use Instructions**

- DO NOT attempt or allow somersaults. Landing on the head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed.
- Do not allow more than one person on the trampoline. Use by more than one person at the same time can result in serious injuries.
- Keep objects away which could interfere with the performer. Maintain a clear area around the trampoline. Do not allow foreign objects or animals on the trampoline.
- Use trampoline only with mature, knowledgeable supervision.
- Trampolines over 20 in. (51 cm) tall are not recommended for use by children under 6 years of age.
- The trampoline should be assembled in its entirety before each use. All bands should be attached and all the Foam Pads should be strapped on the frame. The frame cover should be positioned correctly at all times.
- Never set-up the trampoline in heavy rain, wind or storm conditions, especially lightning storms. It is recommended that the trampoline be taken apart and stored in bad weather.
- When moving the assembled trampoline, have at least 4 people evenly spaced around the frame (NSEW) to lift the trampoline off the ground.
- Inspect the trampoline before each use. Make sure the frame padding is correctly and securely positioned. Replace any worn, defective, or missing parts.
- The metal frame of the trampoline will conduct electricity. Lights, extension cords, and all such electrical equipment must never be allowed to come in contact with the trampoline.
- Wear comfortable clothing. Remove jewelry, necklaces, and earrings.
- Climb on and off the trampoline. It is a dangerous practice to jump from the trampoline to the ground or floor when dismounting, or to jump onto the trampoline when mounting. Do not use the trampoline as a springboard to other objects.
- Stop bounce by flexing knees as feet come in contact with the trampoline bed. Learn this skill before attempting others.
- Learn fundamental bounces and body positions thoroughly before trying more advanced skills. A variety of trampoline activities can be carried out by performing the basic fundamentals in various series and combinations, performing one fundamental after another, with or without feet bounces between them.
- Avoid bouncing too high. Stay low until bounce control and repeated landing in the center of the trampoline can be accomplished. Control is more important than height.
- While keeping the head erect, focus eyes on the trampoline toward the perimeter. This will help control bounce.
- Avoid bouncing when tired. Keep turns short.
- Properly secure the trampoline when not in use. Protect it against unauthorized use. If a trampoline ladder is used, the supervisor should remove it from the trampoline when leaving the area to prevent unsupervised access by children under 6 years of age.
- Keep objects away which could interfere with the performer. Maintain a clear area around the trampoline.
- Do not use the trampoline while under the influence of alcohol or drugs.
- For additional information concerning the trampoline equipment, contact the manufacturer.
- For information concerning skill training, contact a certified trampoline instructor.
- Bounce only when the surface of the bed is dry. Wind or air movement should be calm to gentle. The trampoline must not be used in gusty or severe winds.
- Read all instructions before using the trampoline. Warnings and instructions for the care, maintenance, and use of this trampoline are included to promote safe, enjoyable use of this equipment.

## Trampoline Safety and Accident Prevention

As in most recreational sport, participants may be injured. This section covers the most common accidents. Responsibilities of the supervisors and jumpers in accident prevention are also outlined.

**The following are reasons why accidents happen:**

- **Attempting somersaults.** Landing on the head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed.
- **More than one person on the trampoline.** Use by more than one person at the same time can result in serious injuries.
- **Incorrect mounting and dismounting.** Carefully crawl out of and into the trampoline bed. Do not jump off to the ground. Do not jump from a roof, or other object onto the trampoline. Small children may need assistance to get on or off the trampoline. Do not step onto the suspension system.
- **Hitting the frame.** Stay in the center of the trampoline when jumping. Injury may result from hitting the frame when control is lost. Be sure the frame cover is always on and the pads securely fastened. Do not jump directly onto the frame pad.
- **Loss of control.** A jumper who loses control will increase his/her chance of injury. Be sure to familiarize yourself with the basic jumps before doing more difficult ones. Jumps should be mastered, performed repeatedly before moving on to the next level. To regain control and stop your jump, bend your knees sharply as you land.
- **Alcohol and drug use.** Because alcohol and drug use impairs the jumpers' coordination, loss of control as well as injuries are greatly increased.
- **Foreign objects.** Please make sure there is nothing sharp under and around the trampoline. Hitting objects under the trampoline can cause injury. Jumping with a foreign object can also increase the chances of getting injured. Be sure there is adequate clearance 24 feet above and 10 feet around the trampoline. Be careful of overhead wires, tree limbs etc.
- **Bad weather.** Do not use your trampoline in gusty winds or inclement weather. The bed should not be wet.
- **Poor maintenance of the trampoline.** Make sure you inspect the trampoline before every use. Check for punctures on the bed, sharp burrs on the frame, stitching that has gone bad or loose elastic bands. If a replacement part is needed, please call our hotline to order.
- **Unlimited access.** The trampoline should be covered or dis-assembled when not in use. This will prevent unsupervised small children from using the trampoline.

## Owner's & Supervisor's Role in Preventing Injuries & Responsibilities

The supervisor's role is to make sure the users know all the safety rules as well as learn the basic, fundamental bounces. They need to enforce all the safety rules and warnings in the manual, frame and labels. When a supervisor is not available, the trampoline may be dis-assembled or covered to limit access. It is the supervisor's responsibility that the placard with the Trampoline Safety Tips is placed where all jumpers are informed about the tips.

## User's Role in Preventing Injuries & Responsibilities

The jumper must first learn all of the basic, fundamental bounces before attempting more difficult ones. Low, controlled bounces is a good start before learning the basic landing positions and combinations. Jumpers need to understand that control is key to a successful jump. Review of the users' manual to learn basic techniques is a must. Following the tips in the placard is also important. Contact a certified trampoline instructor for more information.

# FRAME ASSEMBLY

Refer to PARTS LIST for identification of parts.

**WARNING:** 3 adults in good physical condition are required for the following assembly. Wear proper shoes and maintain balance to prevent a fall. Failure to follow all instructions and warnings exactly may result in serious injury.



**1** Connect two top rails together with set-screw.



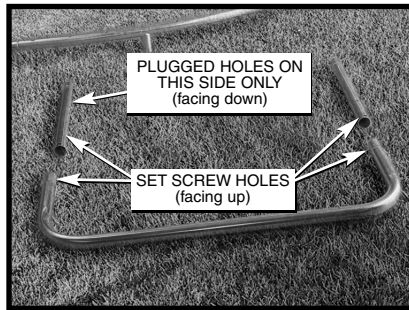
**2** Align the holes, insert set-screw and tighten with provided screwdriver.



**3** Continue aligning the remaining ten top rails and secure each connection with a set-screw.



**4** Bring both sides of the circle firmly together and secure with a set-screw. A 3rd person may be required to hold the other end down.



**5** Lay one U-shaped leg piece and two leg extensions on the ground.

*(Plugged holes are for optional Safety Enclosure.)*



**6** Connect both extensions to U-shaped piece as shown. Align the set-screw holes, insert screw and tighten.



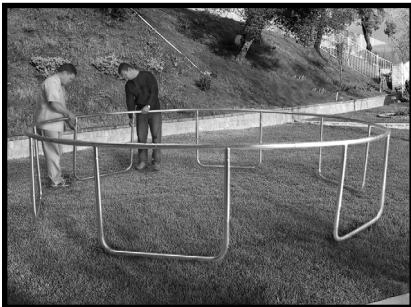
**7** Turn U-leg so plugged holes are on right side. Attach the U-leg assembly to the top rail as shown.



**8** Secure U-leg to top rail with set-screws on each side.



**9** Repeat procedure for each U-leg and attach to top rail with set-screws.



**10** Continue until all six U-leg sections are in place.



**11** Make sure all set-screws are tight. Frame is now complete.

# MAT & COVER ASSEMBLY

**DANGER:** 3 adults are required to use spring tools in exact manner as illustrated in STEP 16. Springs will create high levels of tension when assembled. Please use extreme caution not to pinch your fingers.



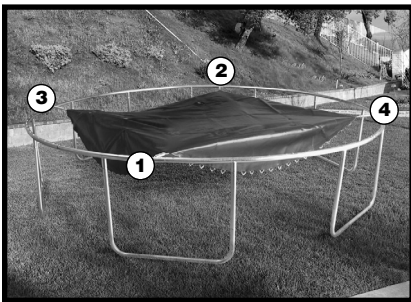
**12** Lay jumping mat inside frame and attach a spring into one of the triangle rings on the mat.



**13** Attach spring with ring to frame.  
(WARNING) Trampoline is under heavy tension, more effort may be required to attach springs to frame. Be careful not to pinch fingers or slip. Serious injury may occur!



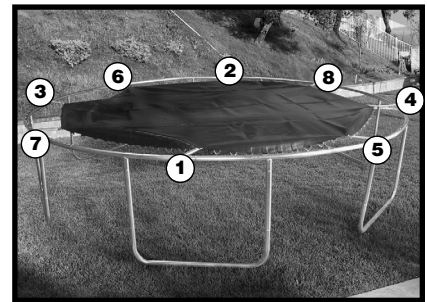
**14** Repeat this step directly across from where you attached first spring.  
(There should be 42 holes on either side of these two springs).



**15** Attach two more springs half distance between the first two, directly across from each other.



**16** Use spring tool as shown for the trampoline is under heavy tension and more effort may be required to attach springs. (3 people needed)



**17** Repeat the process of placing the spring half distance among the already placed springs. To even out tension, attach the opposite end of the previous spring.



**18** Attach remaining springs until all springs are placed on frame.



**19** Lay blue frame cover on outer edge so springs are covered - just like a shower cap.



**20** Tie all black straps to top rail of frame, cover.



**21** That's it! Your AIRZONE trampoline is complete!

To disassemble repeat steps 1-23 in reverse.

# 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

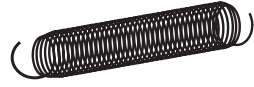


Done like pike bounce, but with legs spread as widely as is comfortable. Reach for your toes!

# PARTS LIST



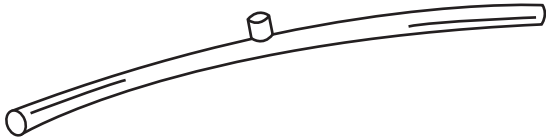
Screws (37)



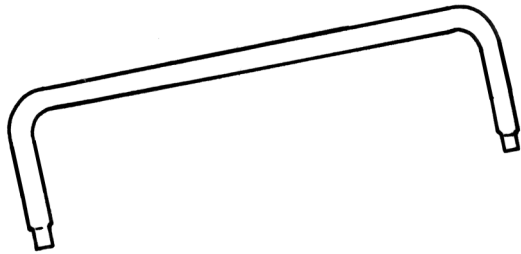
Springs (96)



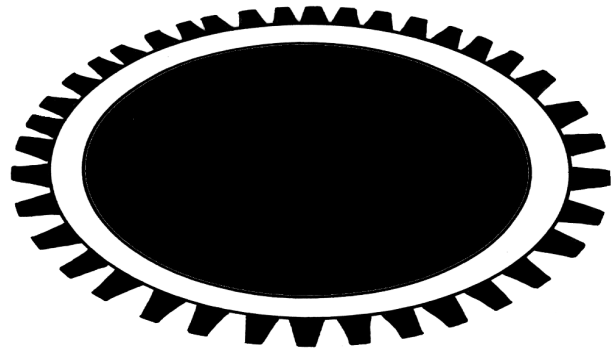
Trampoline safety tips placard (1)



Top Rail (12 identical pieces)



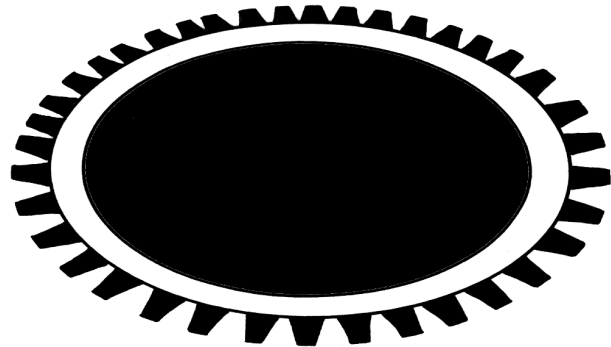
U-Shaped Leg Piece (6)



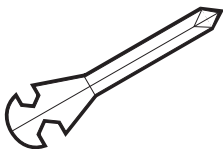
Jumping Mat (1)



Leg Extensions (12)



Frame Cover (1)



Screwdriver (1)

## 2 YEAR LIMITED WARRANTY

Subject to the following limitations, in addition to any imposed by virtue of applicable law, Variflex, Inc. warrants this Airzone / Ultraflex trampoline to be free of defects in material or workmanship for a period of two years from the date of original purchase. This warranty is limited to the repair and/or replacement of defective parts only.

1. This Limited Warranty will apply only if the Airzone / Ultraflex and/or its parts are properly returned to the Variflex, Inc. Customer Service Department listed below and are determined by Variflex, Inc. in its sole discretion, to be defective.
2. This Limited Warranty applies only to Variflex Airzone / Ultraflex trampoline purchased from authorized dealers. This Limited Warranty is extended only to the original consumer purchaser and is not transferable.
3. Be sure to retain your original purchase sales receipt for any warranty claim. All warranty claims must be accompanied by the original purchase receipt from the authorized dealer.
4. Before returning any Airzone / Ultraflex Trampoline and/or parts to Variflex, Inc. for warranty inspection, the consumer purchaser must obtain prior authorization from Variflex, Inc. Such authorization can be obtained by calling our customer service representatives at the toll-free numbers listed below or writing to the Variflex, Inc. Customer Service Department at the address listed below. Customer is responsible for shipping costs.
5. Certain regions of the country have environmental conditions that are extremely hard on fabrics of any kind. If you live in Arizona, Florida, Nevada, New Mexico, Texas, or in high altitudes [above 3000 feet], the warranty period for your trampoline bed will be limited to 6 months from the date of original purchase. After expiration of that 6 month period and up to a period of one year following date of original purchase, you may purchase a replacement bed at a reduced price from our Customer Services' Department.
6. This Limited Warranty does not cover damage or loss from: wind, rain, fire, snow, ice, or other forces of nature; accident; normal wear; improper assembly, disassembly, or adjustment during set-up or take-down; or any abuse, neglect or misuse of this trampoline and/or its parts. Any alteration to the original product voids this warranty.
7. To the extent allowed by applicable law, any implied warranty of merchantability or fitness applicable to this Airzone / Ultraflex Trampoline is limited to the duration of this Limited Warranty. Variflex, Inc. does not warrant against, and in no event shall Variflex, Inc. or its authorized agents be liable for, any personal loss, injury, or direct or indirect incidental or consequential damage resulting from the use of this product. Please note that some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This Limited Warranty gives you specific legal rights and you may have other rights which vary from state to state.
8. Upon receipt of authorization from our Customer Service Department, you must submit your warranty claim to the address below, shipped prepaid and accompanied by the original dated purchase receipt. Do not return this product to the place of purchase. For warranty service, or for missing parts, replacement parts or any other problems, call or write to our Customer Service Department below. We will send any replacement parts via U.P.S. Ground.

# **VARIFLEX®**

VARIFLEX INC., 5152 N.COMMERCE AVE., MOORPARK, CA 93021  
Service Hotline: (800)327-0821 or (805)523-1590