

FITNESS TRAMPOLINE

Keycode: 43504657

Parts List



Trampoline Body
x 1pc



Upper Tube
x 2pcs



Lower support Tube
x 2pcs



Support Stand
x 6pcs



Protective Sleeve
x 1pc



Horizontal Tube
x 1pc



Torx Nut
x 2pcs



Bolt
x 4pcs



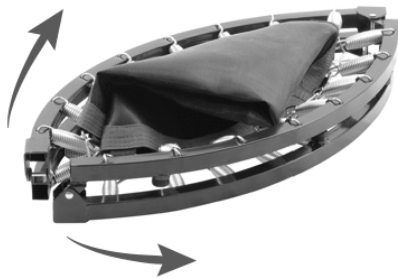
Nut
x 4pcs



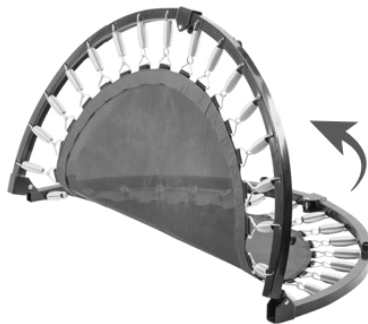
Wernch
x 1pc

Assembly Instruction

Step 1: Open the trampoline into a semi-circle, taking care not to jam the screw head.



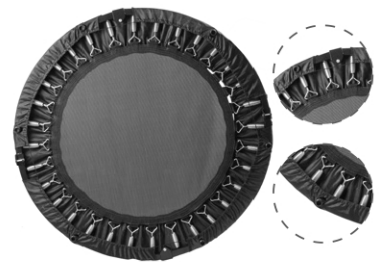
Step 2: Unfold the trampoline from the middle crease.



Step 3: Put on the safety cover.

Note: The safety cover has 6 small holes and 4 large holes.

- 6 small holes correspond to 6 fixed bracket feet.
- 4 large holes correspond to the base of the joint of the armrest.



Step 4: Install all feet and make sure all feet are tightened.



Step 5: Install the armrest base and fix the armrest screws.

- The installation of the armrest base is divided into vertical installation and side installation.
- For both installation methods, the Torx screw interface must be placed outwards.



Step 6: Install the 5 height adjustment levers on both sides. (Please note that the fifth gear position is at the bottom.)



Step 7: Fix and screwed the torx nuts on both sides. Note: If you need to readjust the height, you need to remove the torx nuts first, and then tighten the torx nuts on both sides after adjusting the proper height.



Step 8: The horizontal tube with foam is connected with 4 height adjustment rods.



Step 9: Installation complete.



Foldable Trampoline Storage Steps

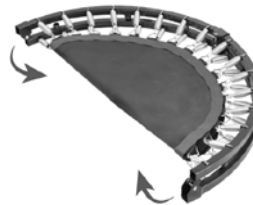
Step 1: Detach all legs, adjustable handles and safety cover of the workout trampoline. Find the connecting joint.



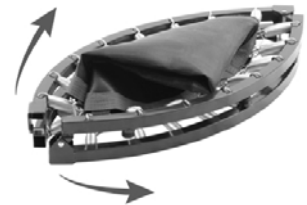
Step 2: Fold the mini fitness trampoline into semicircle.



Step 3: Fold the exercise trampoline into less 1/4 circle.



Step 4: Fold completed. Easy storage in car, cupboard, cabinet and under sofa or bed.



How to jump

1. Before using a trampoline, it is necessary to warm up thoroughly to reduce the risk of injury.
2. Users should wear appropriate shoes and avoid using smooth soles or using the trampoline barefoot.
3. Stand in the middle of the trampoline with feet parallel and close together, and hold the handle tightly to maintain balance.
4. When jumping, maintain body stability and avoid making overly complex and dangerous movements in the air.
5. For beginners and children, it is recommended to control the height of the jump to avoid falling or getting hurt.
6. Learn the correct landing posture to avoid injury.
7. Do not perform dangerous actions on the trampoline, such as rolling, flipping, or attempting actions beyond your ability.



Warning

1. Choking hazard small parts. Not for children under 3 years old.
2. The maximum weight limit is 100 kg.
3. The trampoline shall be assembled by an adult in accordance with the assembly instructions and thereafter checked before the first use.
4. Only one user. Collision hazard.
5. Jump with shoes.
6. Do not use the mat when it is wet.
7. Empty pockets and hands before jumping.
8. Always jump in the middle of the mat.
9. Do not eat while jumping.
10. Do not exit by a jump.
11. Limit the time of continuous usage (make regular stops).
12. The trampoline is not intended to be buried into the ground.
13. A recommendation to place the trampoline on a level surface at least 2 m from any structure or obstruction such as a fence, garage, house, overhanging branches, laundry lines or electrical wires.
14. The trampolines shall neither be installed over concrete, asphalt or any other hard surface nor at proximity of other conflicting installations (e.g. paddling pools, swings, slides, climbing frames).
15. Modifications made by the consumer to the original trampoline (e.g. the adding of an accessory) shall be carried out according to the instructions of the manufacturer.
16. Check all nuts and bolts for tightness and tighten when required.
17. Check that all spring-loaded (pit pin) joints are still intact and cannot become dislodged during play.
18. Check all coverings and sharp edges and replace when required.
19. Retain the maintenance instruction manual.
20. For outdoor use, the trampolines should be equipped with a device that in strong wind conditions avoid displacement due to wind (e.g. steel bars in the ground or loads like sand bag or water bags) and/or items catching wind like net and mat should be removed.
21. Check that mat, padding, enclosure and soft surface are without defects.
22. Use the trampoline in a well-lit area. Artificial illumination may be required for indoor or shady areas.
23. Secure the trampoline against unauthorized and unauthorized and unsupervised use.
24. Remove any obstructions form beneath the trampoline.
25. Suitable for both indoor and outdoor, try to avoid long-term sun and rain storage.

MADE IN CHINA

CUSTOMER SERVICE:

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