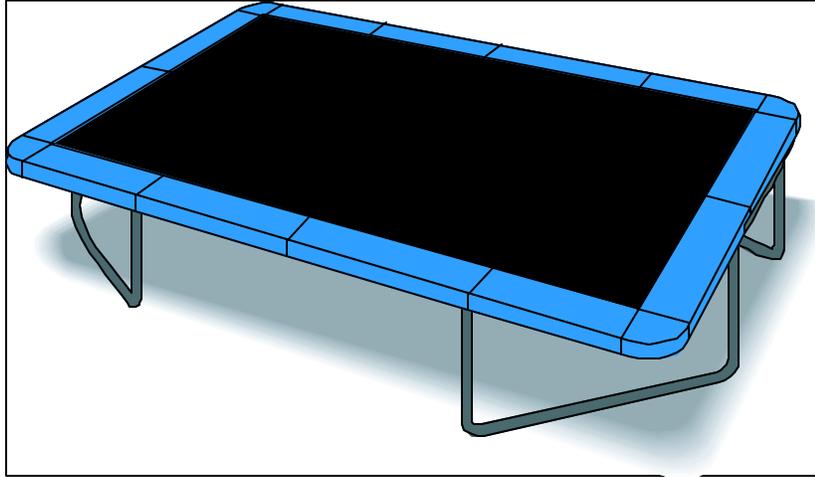


JumpSport®



10' x 17' Staged-Bounce Rectangular Trampoline User's Manual

Assembly, Installation, Care, Maintenance, and Use
Instructions

WARNING

Read these materials prior to assembling and using this trampoline



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 injury.

Use trampoline only with mature, knowledgeable supervision.

The maximum user weight is 225 pounds. This trampoline is not recommended for use by children under six years of age.

Retain address information for future use.

JumpSport, Inc.
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408-213-2551
www.jumpsport.com

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Instruction Manual P/N: TR-INS-J-0839 Revision 2

10'x17' Staged-Bounce Rectangular Trampoline P/N: JS-TR-059

10'x17' PowerBounce Rectangular Trampoline P/N: JS-TR-0123

Trademarks

JumpSport®, Staged-Bounce™, and SureStep™ Trampoline Ladder are trademarks of JumpSport, Inc.

All other brand or product names are trademarks or registered trademarks of their respective companies or organizations.

Patents

This product includes technology associated with one or more of the following U.S. Patents:

No. 6,053,845

No. 6,261,207

No. 6,840,891

No. 6,846,271

Additional Patents Pending.

How to Contact Customer Support

Should you require customer service or technical support for your 10'x17' Staged-Bounce Rectangular Trampoline, please contact JumpSport's Customer Service department at:

408-213-2551

8:00am—5:00pm Monday through Friday, Pacific Time



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Congratulations on purchasing a JumpSport trampoline! We sincerely believe that you have purchased the finest rectangular trampoline on the market. It has been engineered with safety, durability, and performance in mind. As a result, this product features our Staged-Bounce mat system.

Safe use of a trampoline also requires adequate knowledge of technique, as well as what *not* to do. Please read this manual thoroughly for key points of safety.

Trampolines, being rebounding devices, propel the performer to unaccustomed heights and into a variety of body movements. Therefore, it is emphasized that all purchasers, and all persons using the trampoline, become familiar with the rules for safe use. Misuse and abuse of this trampoline is dangerous, and can cause serious injuries. The purchaser/user of this piece of equipment is assuming a degree of risk for which JumpSport cannot be responsible.

Read this information thoroughly before allowing the trampoline to be used. Keep this manual available for your review, and for review by all potential users. If there are questions please call JumpSport for further explanation.

Caution

JumpSport trampolines are designed exclusively for the home backyard market. Many users of our trampolines are children, and therefore need close supervision and rules to follow while playing on the trampoline. These rules must be enforced by whomever is responsible for the care of the children. It is strongly recommended that the buyer of this product go over the rules and recommendations in the packet of information supplied, including those in this manual. It is also strongly recommended that these rules and recommendations be supplemented with those of your own, for example: the time that jumping is allowed, when neighbors can visit, and so on. These rules and recommendations should be reviewed with anyone who is going to jump on the trampoline. If it is possible, review these rules with the parents or guardians of any visitors who may be jumping on the trampoline. See *Safety Rules* on page 27 for more information.

Recommended weight limitation is no more than 225 pounds. Persons at, or near this weight should test the resiliency of the springs prior to extensive bouncing. Do this by jumping lightly on the mat. If the resiliency appears to be weak (mat does not lift the individual when light jumps are made), discontinue bouncing immediately, take off the springs and inspect them. If the springs appear to be stretched out of shape, the mat should not be put back on until the springs have been replaced. Be sure to check the mat for any areas that need re-stitching, or V-rings that may need replacing.

We also urge you to not keep any ladder, step stool, or other climbing device next to the trampoline when use of the trampoline is not supervised by an adult. This precaution helps to prevent access to the trampoline by individuals that are too small, or do not have the physical strength necessary to jump on a trampoline without having the proper supervision.

Introduction

Due to the risks associated with users falling off of trampolines, we strongly urge you to use a JumpSport Safety Enclosure in conjunction with your trampoline. Please call JumpSport if you have any questions about such a device.



JumpSport Safety Enclosure

Studies show that many of the injuries associated with trampoline use in a residential setting are a result of the user falling off of the trampoline and hitting the ground or some other object. For this reason, it is strongly recommended that a **JumpSport Safety Enclosure** be used in conjunction with your trampoline. The JumpSport Safety Enclosure should be used as a supplement to mature, knowledgeable supervision – not a substitute. The JumpSport enclosure can also be locked to prevent unauthorized use. Please contact JumpSport to learn more about our patented Safety Enclosures.

Protect your trampoline with a JumpSport Safety Enclosure.

Figure 1 JumpSport 10'x17' Rectangular Safety Enclosure



Assembly and Installation Instructions

This chapter covers the following topics:

Preparation.....	7
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Preparation

Before you begin assembling your 10'x17' Staged-Bounce Rectangular Trampoline, decide where you are going to place the trampoline and set the parts near this location.

Trampoline Placement

 **Caution:** When deciding on where to place your trampoline, consider the following:

WARNING

- Overhead Clearance** Adequate overhead clearance is essential. A minimum of 24 feet from ground level is recommended. Provide clearance for wires, tree limbs, and other possible hazards.
- Lateral Clearance** 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.
- Level Surface** Place the trampoline on a level surface before use.
- Lighting** Use the trampoline in a well-lit area. Artificial illumination may be required for indoor or shady areas.
- Security** Secure the trampoline against unauthorized and unsupervised use.
- Underneath Clearance** Remove any obstructions from beneath the trampoline.

Note: The owner and supervisors of the trampoline are responsible to make all users aware of practices specified in the Use Instructions.

It is the responsibility of the purchaser to become familiar with all of the information in this booklet, to convey the warnings to all users, and to enforce JumpSport's rules for safe use.

This unit is not intended for commercial or public use and is therefore strictly prohibited.

The maximum user weight is 225 pounds.

This trampoline is not recommended for use by children under six years of age.

Assembly and Installation Instructions

Tools

Installation requires a 1/2-inch wrench and an Allen wrench, both of which are included with your trampoline (see Ref. #15 and #16 in the list below). Safety glasses and gloves are recommended.

Parts List

Your 10'x17' Staged-Bounce Rectangular Trampoline is shipped with the parts shown below. The trampoline ships in 3 separate boxes which may arrive on different days. See the far right column for the contents of each box. If any parts are missing, please call JumpSport Customer Service at 408-213-2551.

Note: The long rail pieces (Ref. #2) will have caps in the bottoms of the leg sockets, to help secure the legs during shipping. The caps must be removed before starting Step #6. Do NOT remove any other caps.

Reference #	Part #	Description	Quantity	Box #	
1	TR-RAI-J-0840	Short rail without truss, 10 notches for springs	2	1	
2	TR-RAI-J-0841	Long rail with truss, 24 notches for springs	2	1	
3	TR-RAI-J-0844	Rail, left corner	2	2	
4	TR-RAI-J-0845	Rail, right corner	2	2	
5	TR-LEG-J-0850	Leg piece, vertical	8	2	
6	TR-SPR-X-0067	Spring, 8.5 inches (2 cartons of 46 springs each)	92	2	
7	TR-LEG-J-0847	Leg piece, horizontal	4	3	
8	TR-MAT-J-0853	Mat, 92 V-rings	1	3	
9	TR-PAD-J-0837	Pad piece long sides	2	3	
10	TR-PAD-J-0838	Pad piece short sides	2	3	
Document bag	11	TR-WRN-J-0136	Warning Placard	1	3 (bag)
	12	SE-CAB-X-0017	Cable Tie	2	3 (bag)
	13	XX-PUR-J-0073	Registration Card	1	3 (bag)
Bolt bag	14a	TR-BOL-X-0881	Bolt, 1/2" Allen head	8	3 (bag)
	14b	XX-WAS-X-0879	Washer (for bolt)	16	3 (bag)
	14c	XX-NUT-X-0880	Nylock acorn nut, 1/2" capped end (for bolt)	8	3 (bag)
Tool bag	15	XX-TOO-X-0883	Wrench, fits 1/2" hex nuts	1	3 (bag)
	16	XX-TOO-X-0884	Wrench, Allen	1	3 (bag)

Assembly and Installation Instructions

The following pages contain diagrams, pictures, and written instructions. The diagrams and pictures label each part, show how they fit together, and indicate which Step that part is used in. The “Ref. #” mentioned in most of the Steps is referring to the “Reference #” column of the parts list on the previous page. The diagrams and pictures on the left-hand pages correspond with the written instructions on the right-hand pages.

For installation questions, please contact JumpSport’s Customer Service department at:

408-213-2551

8:00am—5:00pm Monday through Friday, Pacific Time

Please fill out and mail us the Registration Card (Ref. #13) after completing the installation of your 10’x17’ Staged-Bounce Rectangular Trampoline.



Caution: Do not hold any rail pieces or leg pieces by the tapered end when connecting them to an adjoining section. Failure to use caution may result in severe pinching or cutting.

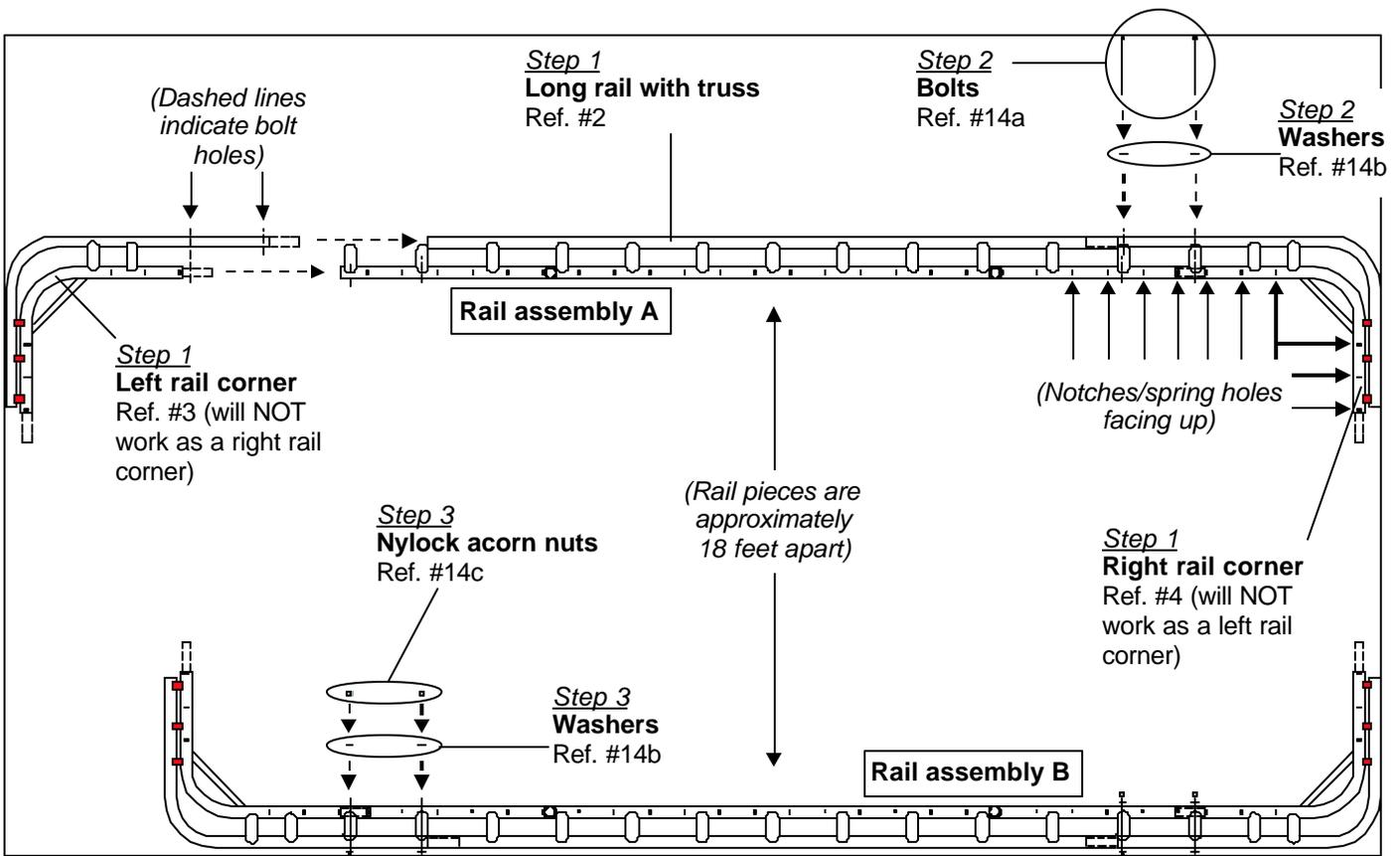


Diagram 1

(Top View)

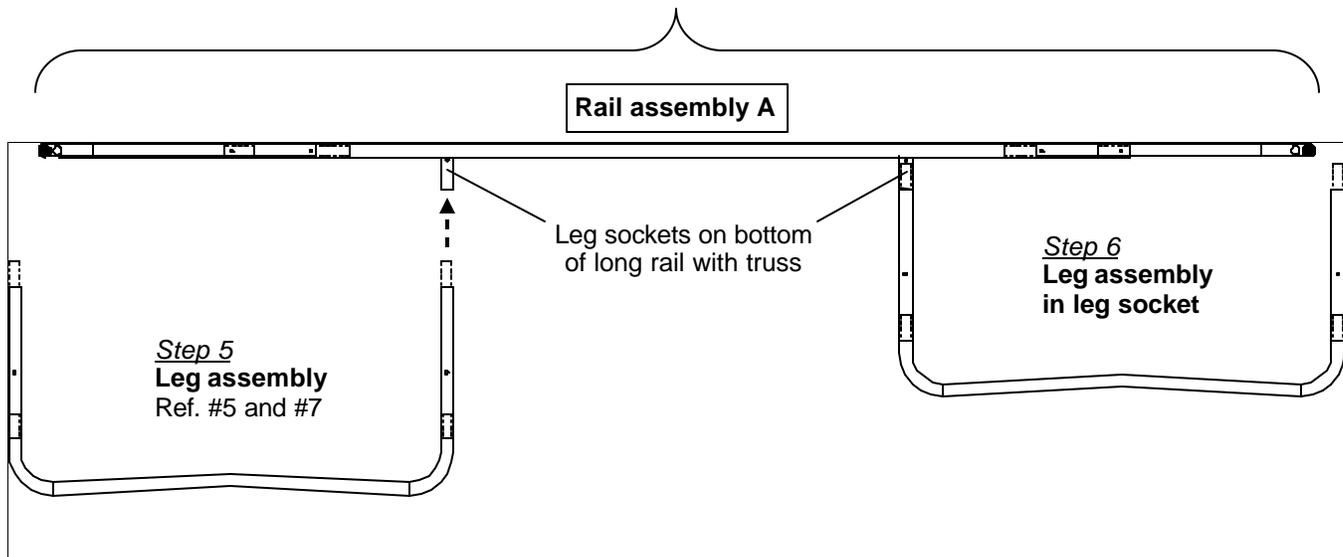
Steps 1 - 3

Diagram 2

(Top View)

Steps 5 & 6

Long rail with truss, right corner piece, and left corner piece shown connected together, laying on outside edge (with corner pieces stick straight up into the air) with leg assemblies lying flat on the ground (see Picture A).



Assembly

Note: We recommend at least 2 people participate in assembling the trampoline. Use pages 8–10 to help with part names and numbers, as well as locations for each piece.

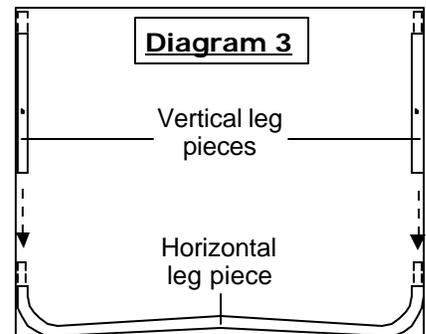
1 Lay each long rail piece with truss (Ref. #2) on the ground. Position each long rail piece approximately 18 feet apart (if space allows), parallel to each other, with the spring notches facing up. Connect each rail corner (Ref. #3 and #4) into the ends of each long rail piece and be sure the spring notches in each rail corner are also facing up (see Diagram 1).

Note: The left and right rail corners are mirror images of each other (not identical). See Diagram 1 for details.

2 Slide a washer (Ref. #14b) over a bolt (Ref. #14a). Push the bolt through the rail corner piece with the threaded end of the bolt facing inward. Make sure the washer is between the bolt head (the end without threads) and the rail corner piece.

3 Push the bolt through the rail corner piece and the long rail piece with truss. Place another washer (Ref. #14b) over the threaded end of the bolt, and *hand-tighten* a Nylock acorn nut (Ref. #14c) onto the threaded end.
>> Repeat Steps 2 and 3 for all remaining bolt holes along each long rail piece with truss (8 total). This will create 2 rail assemblies: “rail assembly A” and “rail assembly B” (see Diagram 1).

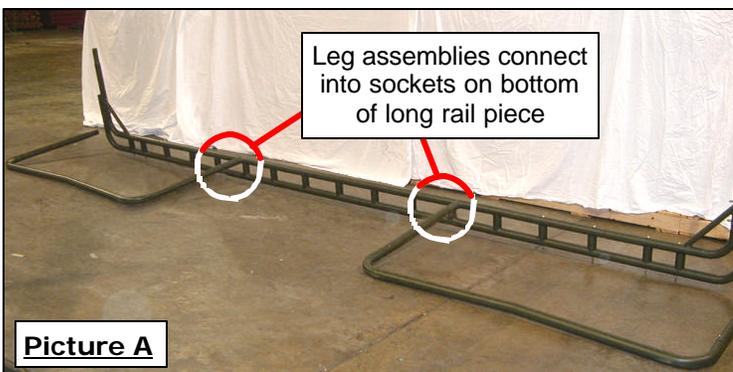
4 Connect a vertical leg piece (Ref. #5) to each end of a horizontal leg piece (Ref. #7). This will create a “leg assembly” (see Diagram 3, right). Set the leg assembly on the ground in between the 2 long rail pieces with truss.
>> Repeat for all remaining vertical and horizontal leg pieces (4 leg assemblies total).

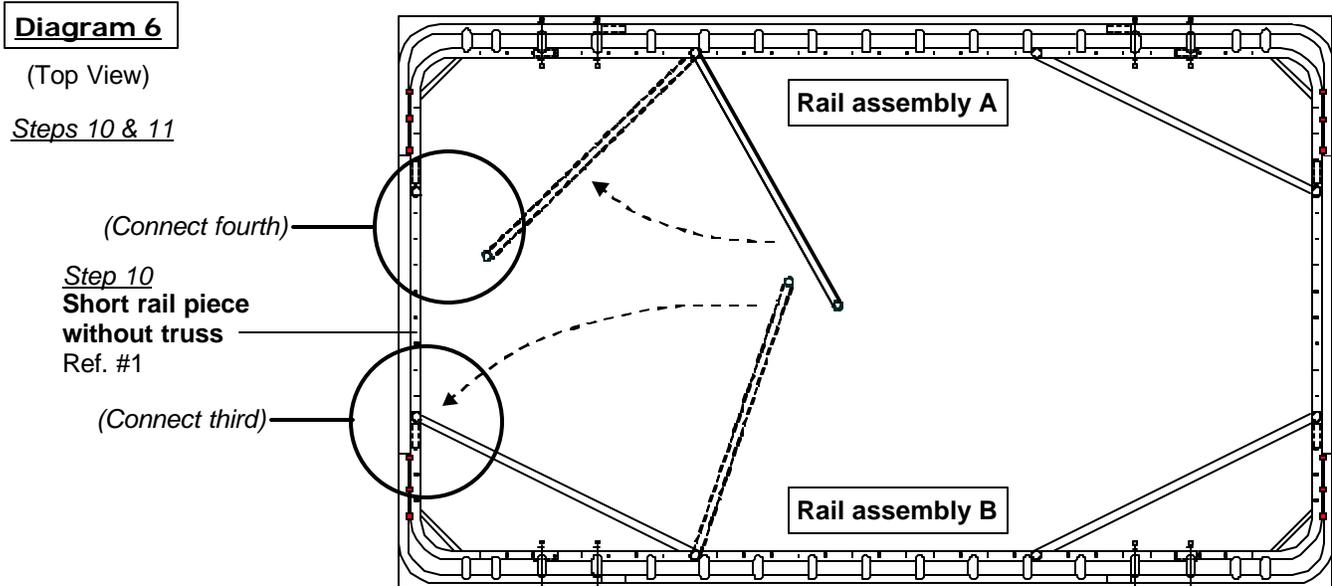
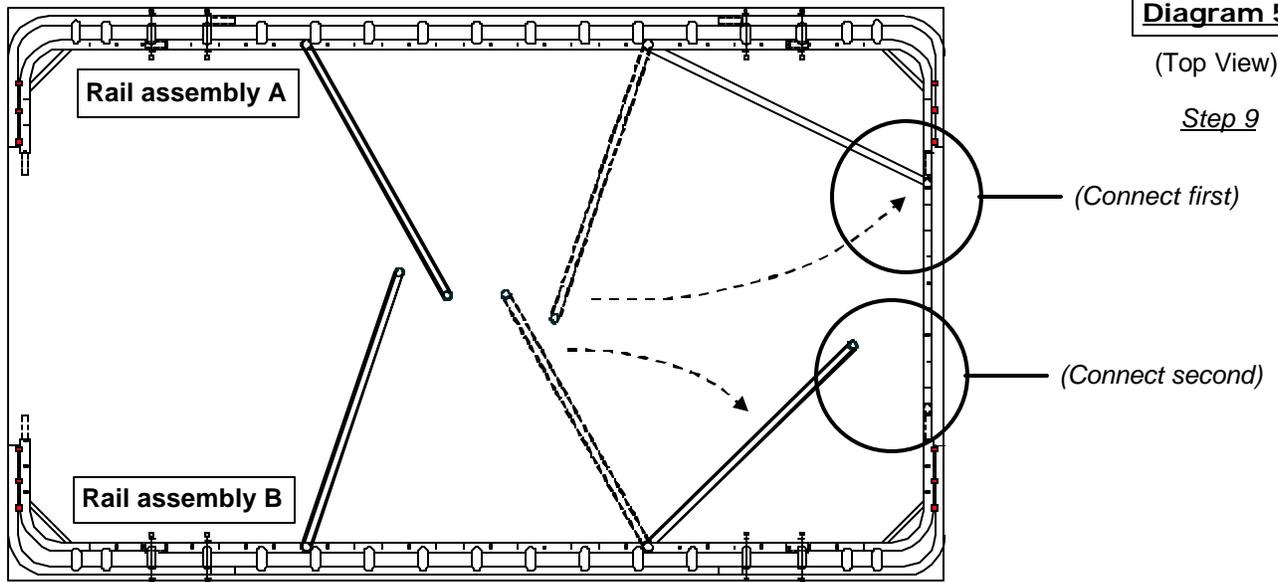
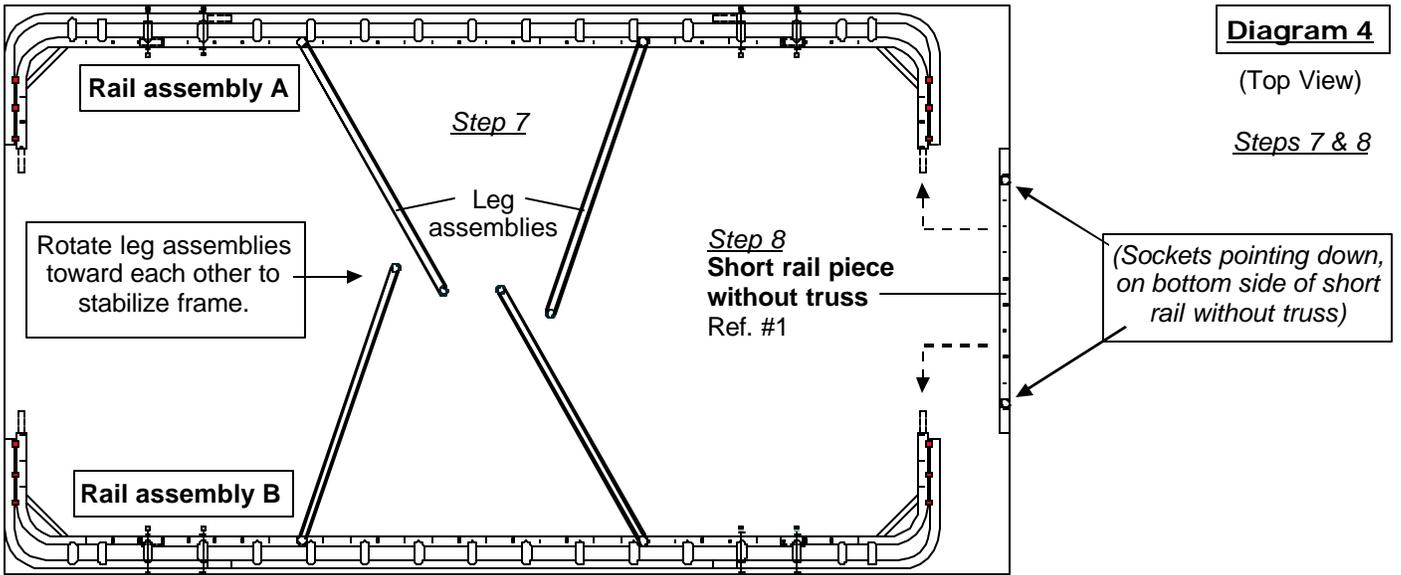


5 Rotate rail assembly A onto its outer edge, so that the leg sockets on the bottom of the rail are now pointing in toward rail assembly B which is laying approximately 18 feet away. Place a leg assembly near each socket on the long rail piece (see Diagram 2).

Note: The long rail pieces (Ref. #2) will have caps in the bottoms of the leg sockets, to help secure the legs during shipping. The caps must be removed before continuing to the next Step. Do NOT remove any other caps.

6 (You will need someone to help you with this Step.) Connect each leg assembly into the nearby leg sockets on rail assembly A (see Diagram 2 and Picture A, below). The leg assemblies will only have one end connected to rail assembly A. Rotate the end of the leg assembly that is not connected, so that it is sticking straight up into the air, perpendicular to rail assembly A. While holding on to this piece, have a second person do the same thing with the other leg assembly. There should now be 2 people standing near the center of rail assembly A, each holding a leg assembly up into the air. (See Picture B on page 13.)



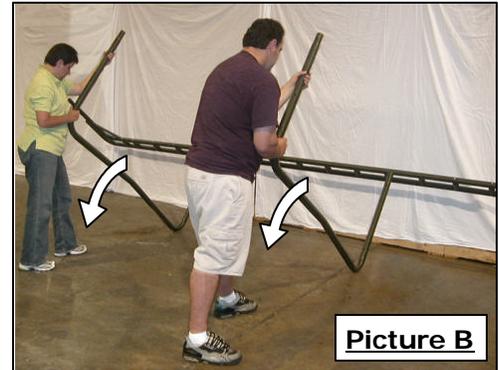


Assembly and Installation Instructions

7 Both people should now, slowly, pull a leg assembly down toward them until the leg assembly is standing upright on the ground (see Picture B, right). This will easily leverage rail assembly A up into position. Then, rotate the leg assemblies toward each other (see Diagram 4) to help make rail assembly A more stable.

>> Repeat Steps 5-7 using rail assembly B instead of rail assembly A.

8 Have one person hold the leg assemblies close together. The other person should go to one end of the rail assemblies and connect a short rail piece without truss (Ref. #1) to a corner piece on each rail assembly (see Diagram 4).



9 Connect the nearby leg assemblies into the sockets on the bottom of the short rail piece, while the other person holds the rail assemblies steady (see Diagram 5).

Note: You may have to wiggle and lift the rail to get the leg pieces to fit properly into the sockets.

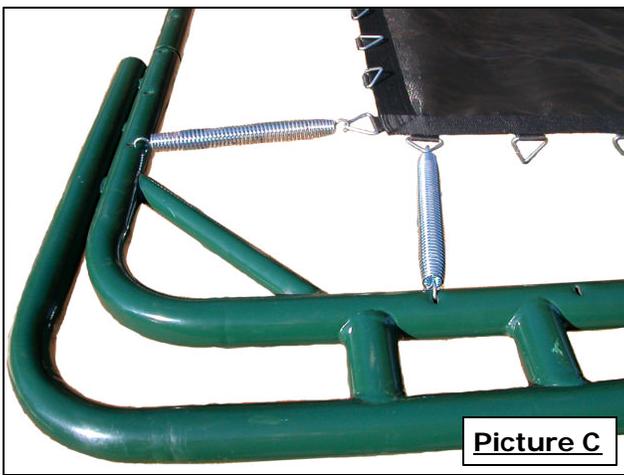
10 Now go to the other end of the rail assemblies, and connect a short rail piece without truss (Ref. #1) to the corner pieces on each rail assembly (see Diagram 6).

11 Now connect the nearby leg assemblies into the sockets on the bottom of the short rail piece (see Diagram 6).

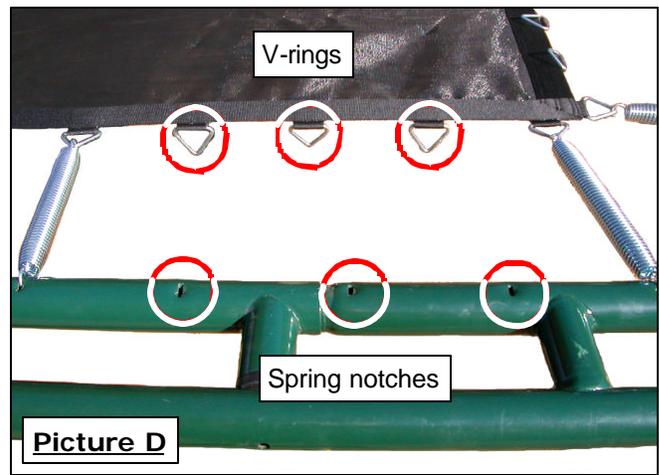
Note: You may have to wiggle and lift the rail to get the leg pieces to fit properly into the sockets.

12 Now you have the entire rectangular frame rail and leg assemblies connected together. Inspect the whole frame and be sure that every piece is connected. This means making sure that every rail and corner piece is connected together so that there are no gaps between any of the rail or corner pieces. If you find that any part of the rail or corner pieces have become disconnected (i.e. there is a gap between the pieces), reconnect them before continuing on to the next Step.

Note: Some pieces may not be tightly connected. This is normal, as long as the pieces are not completely separated. The next Steps (attaching the springs) will help tighten up the frame.



Step 13
Connect corner springs.



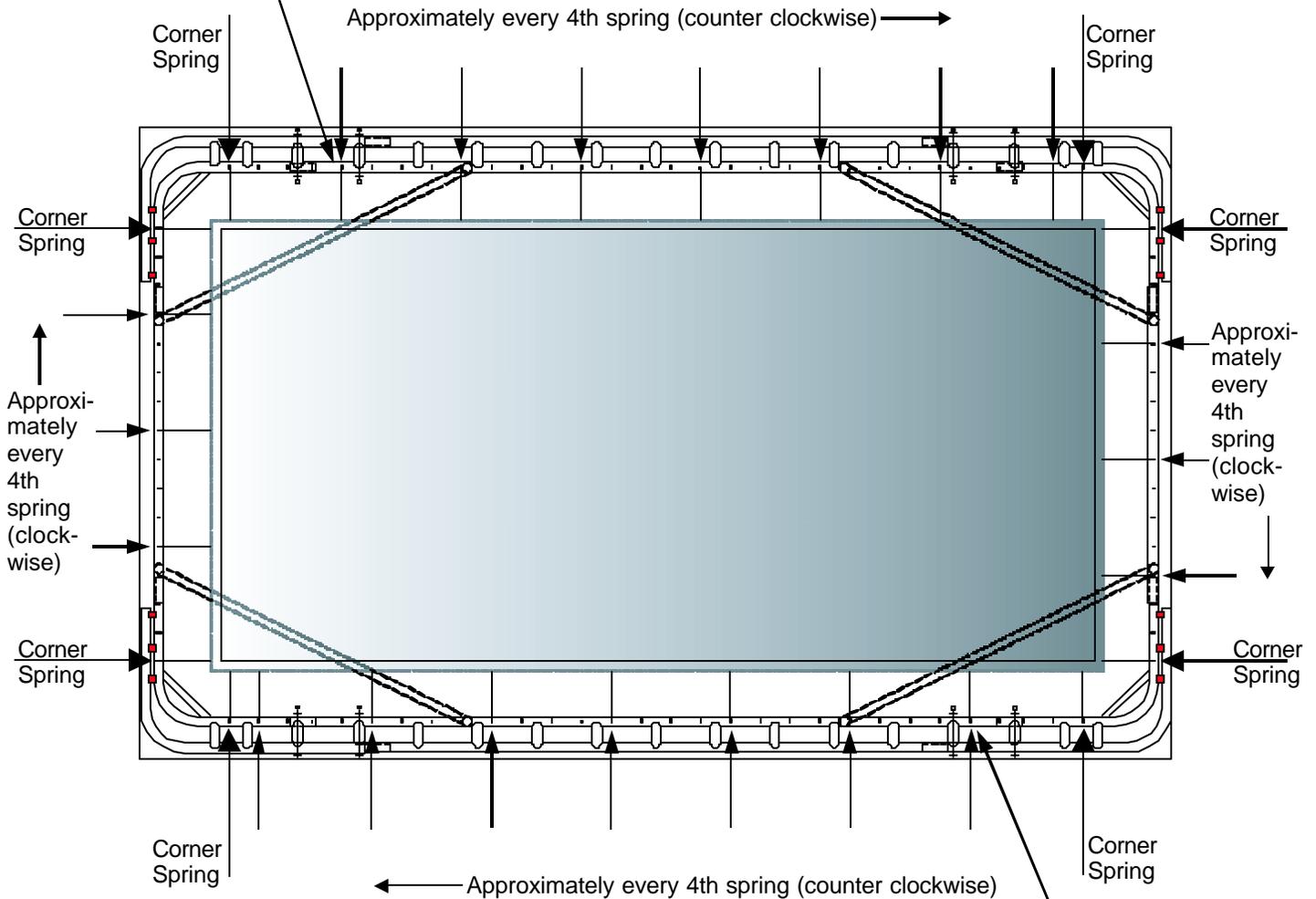
Step 14
Count 4 V-rings and 4 spring notches clockwise.

Step 15
Person #1, start installing springs here.

Diagram 7

(Top View)

Steps 13 - 15



Step 15
Person #2, start installing springs here.

Assembly and Installation Instructions

13 Lay the jumping mat (Ref. #8) out on the ground, on the inside of the trampoline frame. The warning labels on the edges of the mat must be facing up. Starting at any corner of the mat, connect one end of a spring (Ref. #6) to a V-ring that is closest to that corner of the mat. Then connect the other end of the spring to the corresponding notch on the rail piece (see Picture C).

>> Repeat for all remaining corner V-rings on the mat. There will be 8 springs connected (2 springs at each corner) when done correctly.

14 Starting at a spring that you have already connected on one of the long sides, count clockwise 4 notches and 4 V-rings and connect a spring to the fourth V-ring. Then pull it toward you and hook it into the corresponding fourth notch in the rail piece (see Picture D and Diagram 7).

>> Repeat this at every fourth spring notch on every side of the trampoline. There will not be an even amount of spacing between each of the springs. This is normal, due to the total number of springs on each side of the trampoline.



Picture E

Note: If you are having a hard time pulling each spring toward you and hooking it into the notches on the frame, use a second spring to hook onto the one you are pulling (see Picture E, left). This will give you more leverage and make pulling the springs to the notches much easier.

15 You should now have approximately 3 empty V-rings and notches between most of the springs on each edge of the mat. Starting at a corner spring on the long rail piece, have someone on each side of the trampoline connect a spring to the middle V-ring and middle notch all the way around the trampoline, going in the same direction.

By having 2 people working across from each other, it will keep the tension on the mat uniform while you work. See Diagram 7 for starting locations for each person.

16 Connect the remaining springs to the trampoline, again working across from each other. You should now have every spring in place, lined up with every V-ring and spring notch.

17 Lift and gently shake each corner of the trampoline, to ensure that each section of the rail is secure and tightly connected to the other rail and corner pieces.

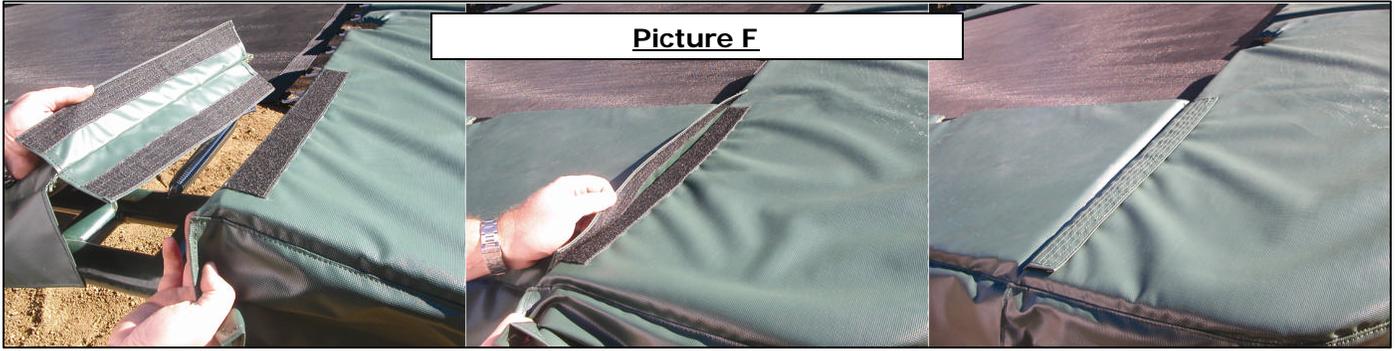
Note: If any pieces are not tight, lift and gently shake the trampoline to get the pieces to connect tightly. If they still will not go together all the way, remove several springs from the trampoline and lift and shake again. Continue removing every other spring from the trampoline (on all sides) until you have relieved enough tension for the rail pieces to tighten up. Then reattach the springs, making sure that all the rail pieces are secure. Repeat as necessary.

18 Using the Allen wrench (Ref. #16) and the 1/2-inch wrench (Ref. #15), go around and tighten every bolt and Nylock nut on all the corner pieces. Make sure the bolts and nuts are snug but do not over-tighten.

Note: When properly installed, there should be no exposed threads on any of the bolts.

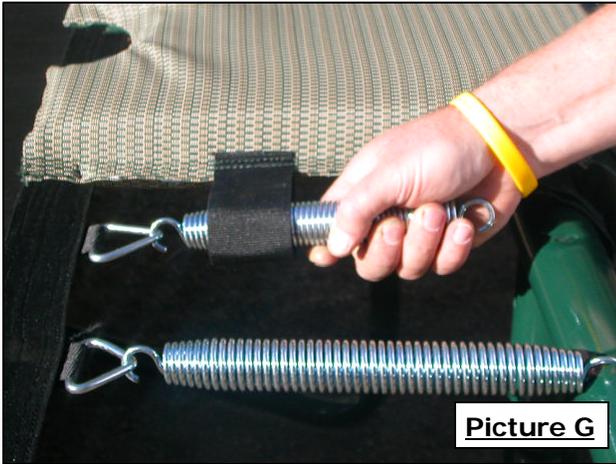


WARNING: Trampoline use is not recommended without the pad pieces installed (see Pictures L and M on page 19). The pad pieces are designed to reduce the possibility of injury by protecting the user from coming into contact with the frame and springs of the trampoline. It is very important that you properly and securely attach the frame pad to the frame, and that it is in the correct position prior to using the trampoline.



Picture F

Step 20



Picture G

Step 21
(View from top of trampoline.
Pad pulled back to show spring
through pad bungee.)



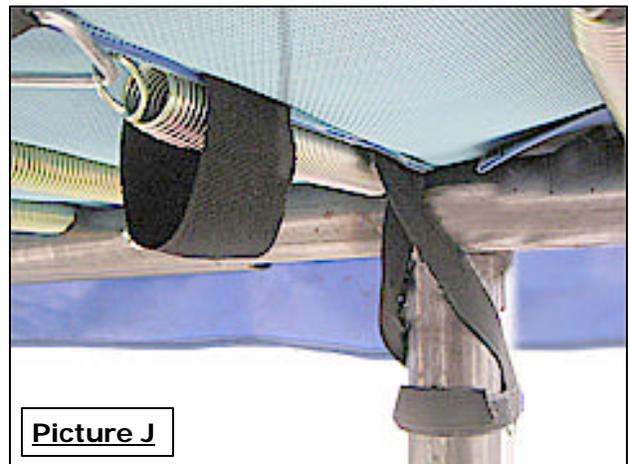
Picture H

Step 22
(View from underneath trampoline.)



Picture I

Step 22
(View from front of trampoline.
Strap shown wrapped around leg
with enclosure pole installed.)

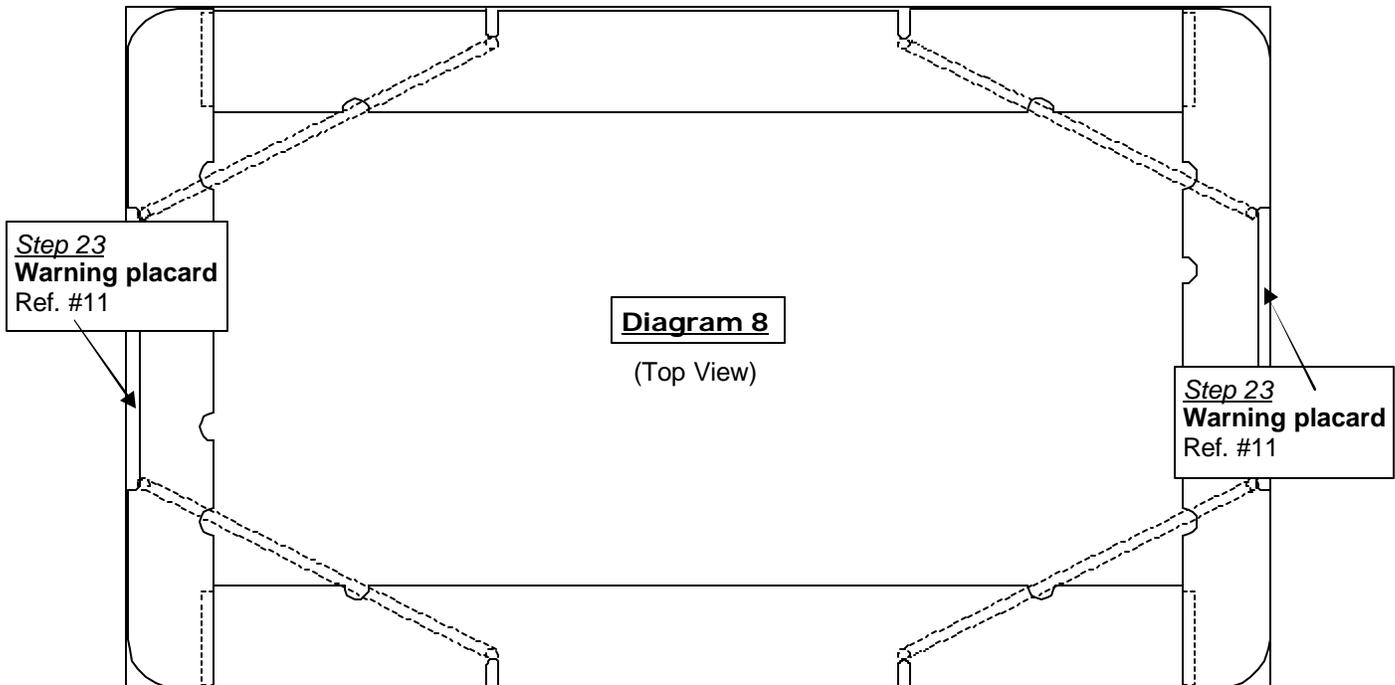


Picture J

Step 22
(View from underneath trampoline.
Showing strap Velcro'ed together.)

Assembly and Installation Instructions

19 Lay the long pad pieces (Ref. #9) onto the long sides of the trampoline and lay the short pad pieces (Ref. #10) on to the short sides of the trampoline. Position the pads so that they cover the springs and align with the outer edge of the rail pieces (the pad "skirt" will hang down on the outside of the frame). Make sure the side of the pad with the loops and elastic ties is facing down (see Diagram 8, below).



20 Line up the pads so they completely cover all the springs and the rail pieces, on all sides of the trampoline. Connect the separate pad sections together using the Velcro pieces at each end of the pad. The Velcro on each long pad piece will connect to the top and bottom of each short pad piece (see Picture F).

21 Line up the loops on the bottom of the pad with the closest springs. Temporarily detach those springs from the trampoline, slide the springs through each of the elastic loops, then reattach the springs back onto the trampoline in the appropriate places (see Picture G).

Note: If you are installing a Safety Enclosure immediately following assembly of your trampoline, skip Step 22.

22 The straps (located on the bottom edge of each of the pads) should hang straight down next to the spring (see Picture H). (This is the same spring that the loop in the above Step is wrapped around.) Wrap the straps around a vertical leg piece and secure them using the Velcro-elastic ends (see Pictures I and J). It is important to make sure they are tied loosely to allow adequate pad movement during use.

23 Secure the warning placard (Ref. #11) to one of the short rail pieces without truss, using a cable tie (Ref. #12, see Diagram 8, above).



Caution: For increased user protection, we strongly recommend installing a JumpSport Safety Enclosure on your 10'x17' Staged-Bounce Rectangular Trampoline. For more information, contact JumpSport.

Assembly and Installation Instructions



Picture K

Completed 10'x17' Staged-Bounce Rectangular Trampoline

Final Steps

Assembly is now complete! Make sure all parts are securely assembled. Before using the trampoline, familiarize yourself and all users with the *Care and Maintenance Instructions*, *Warning Information*, and *Use Instructions* included in this manual.



WARNING: Trampoline use is not recommended without the pad pieces installed (see Pictures L and M, below). The pad pieces are designed to reduce the possibility of injury by protecting the user from coming into contact with the frame and springs of the trampoline. It is very important that you properly and securely attach the frame pad securely to the frame, and that it is in the correct position prior to using the trampoline.

**Pad Piece Placement - Showing Correct Placement over Frame Rails and Springs
(Section of pad removed for clarity. Completely install pad before use.)**



Disassembly

To disassemble the 10'x17' Variable-Bounce Rectangular Trampoline, follow the assembly Steps in reverse order. Do not attempt to disassemble any rail pieces before the mat and springs have been removed.

For more information about the SureStep Ladder, the Trampoline Anchor Kit, and other great trampoline accessories, visit our website at www.jumpsport.com

Assembly and Installation Instructions

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Care and Maintenance Instructions

This chapter describes how to maintain your 10'x17' Staged-Bounce Rectangular Trampoline. The topics covered include:

Inspection	21
Care and Maintenance Safety Checklist.....	23
Windy Conditions.....	24
Moving the Trampoline.....	24
Care	24

Your JumpSport trampoline is made using quality materials and is finely-crafted to provide you and your family with many years of enjoyment and exercise. Proper maintenance and care will help to prolong the life of the trampoline and reduce the possibility of injury.

All trampolines require maintenance at some point. Springs may need to be replaced, rail pieces may become bent, stitching in the mat and frame pads may rot out. The following maintenance guidelines should always be observed.

Inspection

Inspect the trampoline before each use and replace any worn, defective, or missing parts. The following conditions could represent potential hazards:

- Missing, improperly positioned, or insecurely attached frame padding
- Puncture, frays, tears, or holes worn in the bed or frame padding
- Deterioration in the stitching or fabric of the bed or frame padding
- Ruptured springs
- A bent or broken frame
- A sagging bed
- Sharp protrusions on the frame or suspension system

Note: The “bed” mentioned above and elsewhere in this manual, refers to the jumping surface (generally referred to as the “mat”). The “frame” mentioned refers to the rail assembly pieces of the trampoline.

If any of these conditions exist, your 10'x17' Staged-Bounce Rectangular Trampoline should be disassembled or otherwise protected against use until the condition is remedied.

Trampoline Mat

An item that poses one of the greatest hazards, is worn out or rotten stitching around the trampoline mat (bed). Stitching may fail within two or three years or earlier due to excessive use or exposure to extreme weather. In most cases, evidence of deterioration will make itself known in the form of:

- Broken stitching around the edge of the mat
- Rotten or frayed fabric at the V-ring straps



Caution: If any deterioration is found, all bouncing must cease and the trampoline must be immediately disassembled.

The mat should be replaced with the appropriate JumpSport part. Remember, the only thing between the jumper and the ground is the mat. If a deteriorated mat is not inspected properly, further jumping could cause the mat to pull away from the straps in a large area and the jumper may land on the ground, which could cause serious injury.

Care and Maintenance Instructions

Cold Weather Protection

The 10'x17' Staged-Bounce Rectangular Trampoline is designed for year-round outdoor use. However, in climates of cold weather where snow and ice are common, we recommend the trampoline mat be removed and stored in a dry area out of the sun. To remove the mat, simply complete the instructions for installing the mat in reverse order.

Ice and Snow

Use extreme care in removing any ice and snow that may have accumulated on the mat before removing the mat for storage. We suggest using a high pressure water hose and spraying upward from underneath the trampoline, starting at the mats lowest point. Another option is to pour hot water on the ice and snow to melt it away. Left unattended in snow and ice, your trampoline mat will accumulate weight in the middle, causing damage to your springs. **This type of damage is not covered by warranty.**

Do not use a sharp object - such as a shovel, hoe, or garden rake - to remove ice or snow as this may damage the mat. **This type of damage is not covered by warranty.**

Replacement Parts

All replacement parts should be ordered through JumpSport. Stores that repair shoes, awnings, or tents, as well as upholstery shops, do not have the proper materials, equipment, or methods for the proper/safe repair of trampoline mats and frame pads.

Call **JumpSport** at 408-213-2551 if you need replacement parts, or have any questions.

If any warning labels or signs become unreadable or missing, call JumpSport for free replacements.

Trampoline mats should be completely replaced if any tear or hole is greater than one inch in length. Patches over larger holes will eventually fail, creating a potential for hazardous injury.



Caution: Do not repair trampoline mats with holes greater than one inch.

Disassembly

To disassemble, follow the assembly Steps in reverse order. Do not attempt to disassemble any rail pieces before the mat and springs have been removed. See the Assembly Instructions beginning on page 10.

Care and Maintenance Safety Checklist

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

Frame Pads

Our pad reduces the risk of accidental injury due to falling onto the frame railing and gives minimal resistance to striking or falling on and through the springs. The frame pad life-expectancy is one to two years. To increase life of pad:

- Do not allow jumpers to stand or sit on pad
- Do not allow jumpers to grab pad in order to pull themselves onto trampoline
- Do not allow sharp, abrasive objects to come in contact with the pad surface
- If you have a safety enclosure installed, rotate the pads to spread out wear and tear

Check for...	Necessary Action	Safety Check	
		Safe	Unsafe
Vinyl deterioration	Replace	_____	_____
Foam deterioration	Replace	_____	_____
Missing pads	Replace	_____	_____
Improperly attached pads	Reattach (see pad installation instructions, Steps 17 - 20)	_____	_____
Stitching deterioration	Re-stitch	_____	_____

Trampoline Mat

The trampoline mat requires periodic re-stitching maintenance every two to three years. Normal mat life is approximately five to eight years with two re-stitchings. Make sure the trampoline is visually inspected by a responsible adult, checking the stitching carefully at each V-ring before every use. See *Trampoline Mat* on page 21 for more information.

Check for...	Necessary Action	Safety Check	
		Safe	Unsafe
Bent or missing V-rings	Replace V-rings	_____	_____
Faded and breaking top thread	Regular re-stitch	_____	_____
Brittle and tearing V-ring straps	Complete re-stitch	_____	_____
Cuts, tears, or holes on mat	Patch (holes greater than one inch cannot be repaired)	_____	_____
Missing warning labels	Call JumpSport for replacement	_____	_____

Springs

The life of a set of springs is two to five years depending on weight of jumpers, frequency of use, and care of the trampoline.

Check for...	Necessary Action	Safety Check	
		Safe	Unsafe
Over-stretched springs	Replace	_____	_____
Missing springs	Replace	_____	_____
Weak (soft) springs	Replace	_____	_____

Care and Maintenance Instructions

Frame The life of your JumpSport trampoline frame should last five to ten years, depending upon the weather in the area where you live.

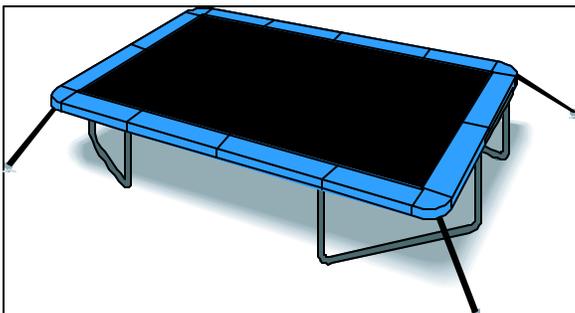
Check for...	Necessary Action	Safety Check	
		Safe	Unsafe
Rust	Clean and paint	_____	_____
Structural failure	Replace	_____	_____
Bent frame	Repair or replace part	_____	_____
Sharp protrusions	Repair	_____	_____
Missing warning labels	Call JumpSport for replacement	_____	_____

Safety Rules Review this manual with all jumpers. Maintain all warning labels and signs. If labels or signs become lost or unreadable, write or call JumpSport for free replacements.

Windy Conditions

It is possible for the trampoline to be blown about by a high wind. If you anticipate high winds, the trampoline should be moved to a sheltered location, disassembled, or the top of the frame should be secured to the ground with the use of a JumpSport trampoline anchor kit. A JumpSport anchor kit can be found at www.jumpsport.com/accessories.

Figure 2 JumpSport Trampoline Anchor Kit



Use a JumpSport trampoline anchor kit to tie down your 10'x17' Staged-Bounce Rectangular Trampoline.

Moving the Trampoline

If you need to move your trampoline periodically, it should be moved by at least two people, and kept horizontal during the move. Both people should stand next to each other on one of the short ends of the trampoline, and lift that end of the trampoline. Rotate that end of the trampoline about five feet, then go to the opposite end of the trampoline, and do the same thing. This will slowly rotate each end of the trampoline toward your desired destination, and is the easiest way to move the trampoline due to its heavy weight. Disassemble the trampoline for any move greater than a few feet.

Care

Do not allow family pets on the trampoline, as claws may snag and pull the trampoline mat material or damage the frame pad.

The 10'x17' Staged-Bounce Rectangular Trampoline is intended to be used by one person at a time, weighing less than 225 pounds. The user should either be barefoot or wearing gymnastic slippers or non-cleated athletic shoes. The user should remove all sharp objects from their person that may cause injury or damage to the trampoline mat. Heavy, sharp, or hard pointed objects should not contact the mat surface.

This chapter describes information you and all users should be familiar with before using your 10'x17' Staged-Bounce Rectangular Trampoline.

WARNING

	<p>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.</p>		<p>DO NOT allow more than one person on the trampoline. Use by more than one person at the same time can result in serious injury.</p>
<p>Use trampoline only with mature, knowledgeable supervision.</p>			

Points of Safety

It is essential that trampoline users follow a carefully planned safety program so that the trampoline can be fully enjoyed. Most accidents can be classified into the following:

- Landing on springs or frame
- Bouncing off the trampoline
- Landing incorrectly on the mat

These are covered in detail in the following sections.

Landing on Springs or Frame

The risk of falling on the springs or frame, landing between the springs, or hitting the frame can be reduced by:

- Proper mounting and dismounting of the trampoline
- Jumping at the center of the mat without traveling toward the side
- Properly installing the frame pads (see Steps 19—22)
- Properly installing a safety enclosure

Simple frame pads or spring covers on their own do not give adequate protection. Installing a **JumpSport Safety Enclosure** and using spotters will greatly reduce the risk of injury.

Bouncing off the Trampoline

Bouncing off of the trampoline can be controlled, if not completely eliminated, through:

- Proper instruction and mastering of the “Stop Bounce” technique on page 28
- Maintaining a position in the center of the mat
- Strictly forbidding any “flying dismounts” (i.e. jumping off of the trampoline and landing on the ground)
- Installing a **JumpSport Safety Enclosure**
- Using spotters
- Using the trampoline only with mature, knowledgeable supervision

Warning Information

Keep objects away from the trampoline. It is dangerous to jump from the trampoline to the floor or ground. Do not jump from the trampoline into a swimming pool, onto a swing, or any other object. Do not install the trampoline on concrete, asphalt or hard compacted surfaces.

Landing Incorrectly on the Mat

Landing incorrectly on the mat creates great risk of a serious injury, with most injuries resulting from attempted somersaults/flips. It is strongly recommended that somersaults/flips are not performed.

This chapter describes how to use your 10'x17' Staged-Bounce Rectangular Trampoline. The topics covered include:

Safety Rules	27
Basic Skills	28
Basic Landing Positions.....	29
Twisting Moves.....	31

Safety Rules

It is the responsibility of the owner to become familiar with the safety rules and to convey these rules to all users.

WARNING

- DO NOT attempt or allow somersaults. Landing on your 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.
- Use trampoline only with mature, knowledgeable supervision.
- Trampolines over 20 inches (51 cm) tall are not recommended for use by children under 6 years of age.
- Inspect the trampoline before each use. Make sure the frame padding is correctly and securely positioned. Replace any worn, defective, or missing parts.
- Climb on and off the trampoline. It is a dangerous practice to jump from the trampoline to the floor or ground 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.

Note: The "bed" mentioned above and elsewhere in this manual, refers to the jumping surface (generally referred to as the "mat"). The "frame" mentioned refers to the rail assembly pieces of the trampoline.

Use Instructions

Basic Skills

Basic trampoline skills include:

- Bouncing
- Stop Bounce
- Arm Action
- Bounce Variations

Bouncing

The most important basic skill in jumping on a trampoline, is controlling the height and landing of your bounce. The goal is to land in the center of the mat, or as close to the center of the mat as possible. The basic bounce should always be low. High, reckless bouncing should never be allowed.

Stop Bounce

The Stop Bounce technique allows the jumper to gain control by stopping quickly. It is done by keeping the feet in contact with the mat, and absorbing the rebound of the trampoline with the knees and waist. This skill should be learned right away and should be employed whenever you feel out of balance, or land away from the center area.

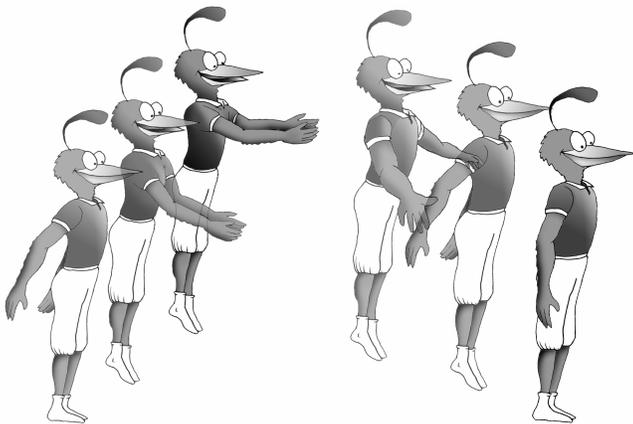
To learn the Stop Bounce:

1. Stand in center of the mat with your feet about hip-width apart.
2. Attempt three easy bounces; keep them low and controlled.
3. Focus your eyes toward the perimeter of the trampoline while bouncing, in order to keep your balance
4. Stop the bounce when your feet contact the mat by bending at your knees and hips.

Arm Action

Arms are very important for proper control and lift. Whenever you go up, your arms go up. They go up to a set position about shoulder height and shoulder width. They should remain in this balanced position until you start to go down. Then they circle down slightly behind the hips, ready to lift again as you bounce up. See Figure 3.

Figure 3 Arm Action



Bounce Variations

Figure 4 shows three variations you can perform in the air. These should be performed at the top of your bounce before returning to the normal landing position on your feet.

Figure 4 Bounce Variations



Tuck



Pike



Straddle

Practice these simple variations and concentrate on perfect form. When you are in position, make sure you point your toes and straighten your fingers (Pike and Straddle variations). Also make sure you take off and land in the same spot on the center of the mat.

These simple variations to the basic bounce can be a lot of fun, and are very important for gaining experience in coordinated movement and balance.

Basic Landing Positions

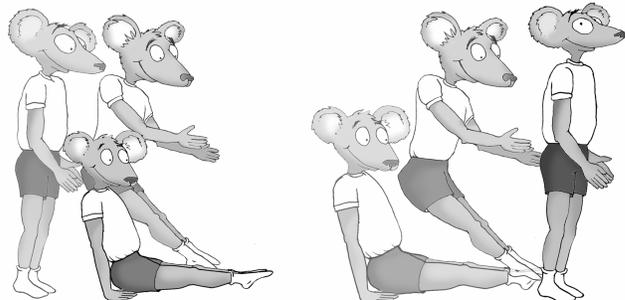
Once the jumper understands the body placement of the position, the drop can be performed after “priming” the trampoline mat. Priming is done by bending the knees and pushing down on the trampoline mat several times, thereby setting the mat in motion. The feet stay in contact with the mat during the entire priming motion.

Seat Drop

To perform a Seat Drop:

1. From the standing position, prime the mat several times.
2. Pick up your feet at the top of the last bounce, and sit down. You should land with your body in a seated position with your legs straight out in front of you and your toes pointed. Hands should be on the mat next to your hips. Fingers should be together and pointed toward your feet. See Figure 5.
3. Push on the mat with your hands to rebound up to your feet.

Figure 5 Seat Drop



Use Instructions

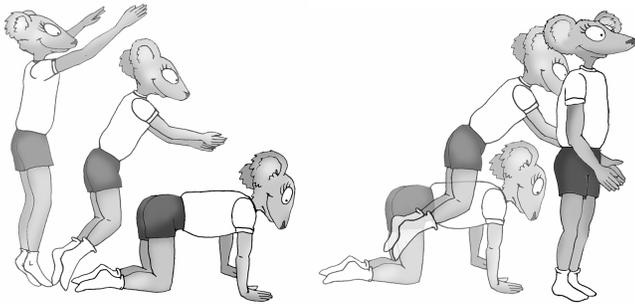
Hands and Knees Drop

To do a Hands and Knees Drop properly, there should be just as much weight on the hands as on the knees. The back should be about parallel to the mat. The knees and hands should land simultaneously, with the middle of the body landing in the center of the trampoline. The hands should be directly under the shoulders. The knees should be directly under the hips. The toes should be pointed. See Figure 6.

To perform a Hands and Knees Drop:

1. Get down on your hands and knees on the mat. Make sure you have weight on both your hands and knees. Do not sit on your heels.
2. Remain in this position and try to bounce. Do not rock back and forth between the hands and knees, but develop an even landing on all four points.
3. From the standing position, prime the mat several times. Lift upward with the hips, reach forward with the hands, and land on all fours. Look slightly in front of your hands on landing. Push to rebound to your feet.

Figure 6 Hands and Knees Drop

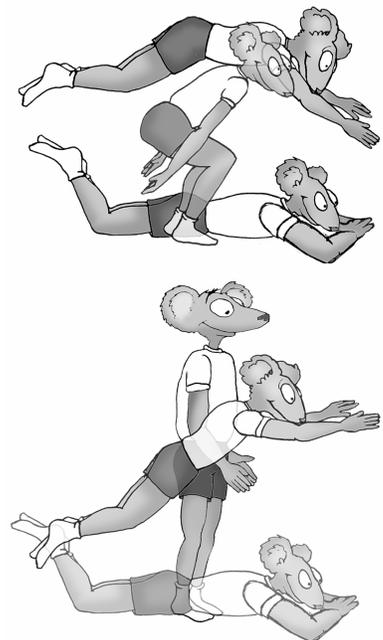


Front Drop

In a front drop, contact with the trampoline mat should simultaneously take place with your hands, elbows, chest, stomach, and hips. Knees should be bent. Hands should be placed close together with palms in contact with the mat, forming a triangle. Eyes should focus on the center of the triangle or slightly in front of your fingers. See Figure 7.

1. First learn how to go from the hands and knees drop to the front drop.
 - a. Start from the hands and knees drop position.
 - b. As you rebound from the hands and knees, stretch so that you land on your stomach. From this position, rebound to your hands and knees.
2. Next, perform Step 1, beginning and ending in a standing crouched position.
 - a. Start from a standing position with your knees bent and your upper body low and close to the trampoline mat.
 - b. Prime the mat several times.
 - c. Lift your hips gently upward and backward.
 - d. Land in a hands and knees drop, rebound and stretch into a front drop, and return to a hands and knees drop.
 - e. Push with the hands to return to your feet.
3. Lastly, perform Step 2 from a standing position.
 - a. Start from a straight standing position.
 - b. Prime the mat several times.
 - c. Perform a Front Drop as in Step 2.

Figure 7 Front Drop



Front Drop Note: Your body must contact the trampoline mat all at once. If you land on your chest and arms first, they will rebound before the knees hit, which will result in a straining action on the back. If this type of landing is made with a traveling, diving approach, there is a good chance that the elbows may become skinned. If the landing is made so that the knees and hips hit first, then they will rebound and you will land heavily on your shoulders and face.

Series of Drops

Once you have mastered the individual bounce variations and drops, try performing them in sequence. For example: Seat Drop—Hands and Knees Drop—Front Drop or Seat Drop—Hands and Knees Drop—Seat Drop.

Twisting Moves

Twisting moves include:

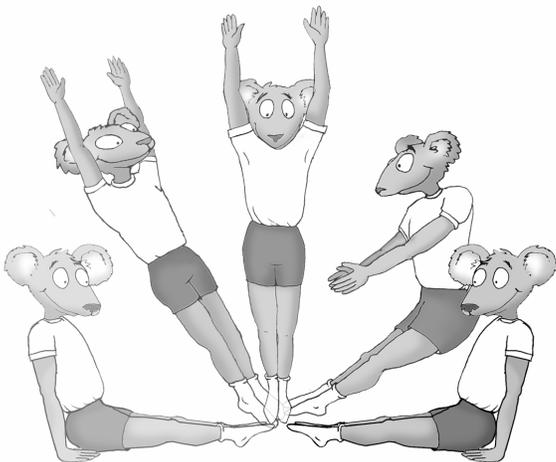
- Swivel Hips
- Turntable
- Twist Variations

Swivel Hips

A Swivel Hips is a combination move consisting of a Seat Drop, half twist, then another Seat Drop.

1. First become familiar with the first part of a Swivel Hips.
 - a. Perform a seat drop.
 - b. Push down on the mat with the hands and straighten in the air with your arms stretched over your head.
2. Next, add the half twist.
 - a. Perform Step 1. As you rebound up to your feet, move one shoulder in the direction you want to twist.
 - b. Finish standing with arms stretched overhead, facing the opposite direction (180 degree twist completed).
3. Last, try the complete Swivel Hips twist. See Figure 8.
 - a. Perform a Seat Drop.
 - b. As you rebound with your arms overhead, twist around to face the opposite direction.
 - c. Land in another Seat Drop.

Figure 8 Swivel Hips



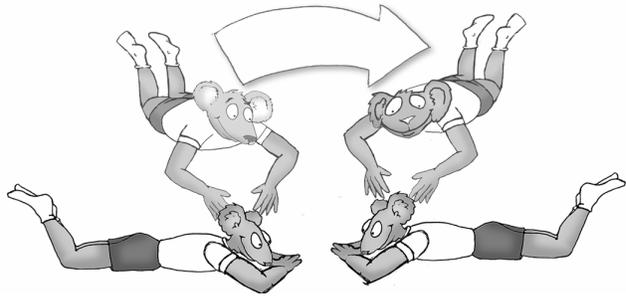
Use Instructions

Turntable

A Turntable is a combination move consisting of a Front Drop, a Half Twist, then another Front Drop.

Figure 9 Turntable

1. First become familiar with the first part of a Turntable.
 - a. Begin in a hands and knees position, with hands forming a triangle, like a Front Drop.
 - b. Prime the mat in this position.
 - c. Push backward with your hands and extend your body to land in the Front Drop position.
 - d. Repeat several times in succession: Hands and Knees Drop—Front Drop—Hands and Knees Drop, etc.
2. Next, perform the movement in Step 1, but at twice the speed so as to bring the knees inward, under the hips and out again without touching the knees on the mat.
3. Now, perform the movement in Step 2, but push sideways on the mat so that your body rotates before you land on the mat.
4. Last, try the complete Turntable twist from a standing position. Prime the mat and perform a Front Drop. Push sideways, complete a 180 degree rotation, and finish in a Front Drop facing the opposite direction. See Figure 9.



Twist Variations

You can have hours and hours of fun and challenging bouncing by combining twists with each of the basic landing positions (Drops). You can twist after the landing. For example: Seat Drop with a half twist and land on your feet.

You can add more twists. Always remember to practice and perfect the simpler twists before moving on to more complex twists.

You can also perform a series of twists. For example: perform several Swivel Hips in a row, all in the same direction or alternate directions. You can do the same thing with Turntable twisting.

If you find you love the trampoline and have mastered the moves discussed in these instructions, we encourage you to seek additional training from a certified trampoline instructor.

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Use Instructions

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Limited Warranty

What is covered by this warranty? This warranty covers any defects in materials or workmanship on all of the components of the JumpSport 10'x17' Staged-Bounce Rectangular Trampoline, and is extended exclusively to the original retail purchaser from the original date of purchase.

How long does this coverage last? Warranty coverage for each component begins from the original date of purchase and lasts as follows:

- Steel frame – warranted for ten years (prorated) as follows:
 - One hundred percent (100%) for the first through fifth year
 - Fifty percent (50%) for the sixth year
 - Forty percent (40%) for the seventh year
 - Thirty percent (30%) for the eighth year
 - Twenty percent (20%) for the ninth year
 - Ten percent (10%) during the tenth year
- Fabric on jumping surface (mat) – five years
- Stitching on mat (includes V-rings and straps that hold the V-rings in place) – two years
- Springs – two years
- Frame pads – six months

What will JumpSport do? If you return the defective part freight prepaid as instructed below, JumpSport will either repair or replace such part, at JumpSport's discretion, and return it to you freight prepaid.

What is not covered by this warranty? This warranty does not cover expenses of on-site labor, travel, assembly or disassembly, or other charges associated with the repair or replacement of covered components. This warranty also does not cover any problem that is caused by abuse, misuse, ordinary wear and tear, weathering, acts of God (such as wind and lightning), failure to follow directions, improper installation, or improper maintenance. Rust is a natural occurrence with any outdoor steel product and is likewise not covered by this warranty, to the extent that it does not affect the structural integrity of the part.

JUMPSPORT IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL, OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY LOSS, INCLUDING BUT NOT LIMITED TO ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUE OR PROFITS, LOSS OF ENJOYMENT OR USE, COST OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

How to get a defective part replaced:

- 1) Call the JumpSport Customer Service department at 1-408-213-2551 to obtain a Return Authorization number. All returns must be pre-authorized.
- 2) Send the part(s) to the designated service center freight prepaid, along with a copy of your original sales receipt and a brief written description of the problem, including how it occurred.
- 3) After inspecting the returned part(s), JumpSport will make a final determination whether the part is covered by this warranty. We reserve the right to examine photographs or physical evidence concerning parts claimed to be defective prior to making a final determination concerning the claim. A repaired or replacement part will be returned to you. Please allow 3 to 4 weeks for delivery.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

JumpSport, Inc.
2055 South 7th Street, Suite A
San Jose, CA 95112

408-213-2551

<http://www.jumpsport.com>