

EN

# TRAMPOLINE USER MANUAL

14FT



**Warning! Not suitable for children under 36 months.**

## **WARNING:**

1. Caution. For domestic use only.
2. Caution. Not suitable for children under 36 months.
3. Caution. 150kgs (14FT);
4. Caution. For outdoor use only.
5. Caution. The trampoline must be assembled by an adult according to the user manual and then checked before it is used for the first time.
6. Caution. One user only, risk of collision.
7. Caution. Always close the net opening before jumping.
8. Caution. Do not use with shoes.
9. Caution. Do not use if the jumping mat is wet.
10. Caution. Empty pockets and hands before jumping.
11. Caution. Always jump in the middle of the jumping mat.
12. Caution. Do not eat while jumping.
13. Caution. Do not jump off the trampoline.
14. Caution. Limit uninterrupted use (take regular breaks).
15. Caution. Secure the trampoline and do not use it in strong winds.
16. Caution. Self-locking nuts are only to be used for one-time assembly.
17. Caution. The trampoline is not designed to be lowered into the ground.

## **Tips:**

1. Check all major components (frame, spring cover pad, jumping mat, safety net) regularly to ensure safety. Otherwise the trampoline can be dangerous.
2. Before use, check that all springs are locked to ensure that the springs will not fall off during use.
3. Please check all covers and sharp edges to ensure safety.
4. Please follow these instructions for correct use of the trampoline and keep these instructions for future reference.
5. In certain countries during the winter period the snow load and the very low temperature can damage the trampoline. It is recommended to remove the snow and store the mat and case inside.
6. The safety net must be replaced every year.

**The use of trampoline is taken at your own risk! The operator is responsible only to the good condition of the trampoline!**

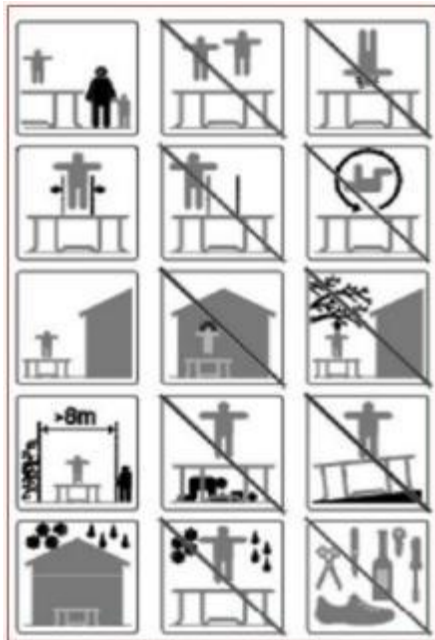
# INTRODUCTION

Before you begin to use this trampoline, you must read all the information in this manual. Just like any other type of physical recreational activities, Participants can be injured. To reduce the risk of injury is sure to follow the appropriate safety rules and tips.

1. This manual is a part of the product. Therefore, keep this manual for future reference. In case you want to give the product to another person, please always give this manual.
2. Misuse and abuse of this trampoline is dangerous and can cause serious injury or death!
3. Trampolines are rebounding devices which propel the performer to unaccustomed heights through a variety of movements. So always use caution when playing on a trampoline.
4. Always inspect the trampoline before each use. Make sure no part is lost.
5. Proper assembly, care and maintenance of product, safety tips, warnings, and proper techniques in jumping and bouncing are included in this manual. All users and supervisors must read and familiarize themselves with these instructions. Anybody who chooses to use this trampoline must be aware of their own physical limitations and only perform jumps and bounces corresponding to their own abilities.

**Before the start of the training seek doctor advice if trampoline jumping is suitable for you.**

Initially, you should get accustomed to the feel and bounce of the trampoline. The focus must be on your body position and you should practice each fundamental bounce until you can do each skill with bounce before moving on to more difficult and advanced bounces. Do not bounce recklessly on the trampoline, emphasis must be made on good control and the mastering of various bounce techniques.



No more than one person is allowed on the trampoline!  
Multiple jumpers increase the risk of injury resulting from min-air collisions.



Do not perform somersaults (flops) as this will increase the chances of landing on your head or neck. Paralysis or even death can result.

# TRAMPOLINE GUIDELINES

## 1. GENERAL INSTRUCTIONS

### 1.1. PURPOSE

- The product is intended for home/domestic use only and it not suitable for professional or medical uses.
- The maximum use body weight is as below. Overloading the trampoline above the recommended user weight will cause damage to the trampoline which is not covered by the warranty.

Model	Max loading weight
14FT	150 KGS

### 1.2. DANGER FOR CHILDREN

- Do not let unsupervised children near this product. Carry out the necessary safety precautions and supervise all trampoline activities.
- Be aware that the packaging material is not suitable for children and ensure the packaging materials in disposed properly. There is a danger of suffocation.
- Trampoline over 51cm (20inches) in height are not recommended for children under 3 years of age. Children cannot recognize potential dangers from this product. Keep children away from this product. The product has to be stored out of reach of children and pets.

### 1.3. ATTENTION – PRODUCT DAMAGES

- Do not alter the product. Only use original spare parts. Repairs should only be carried out by qualified technicians. Improper repairs can compromise the safety of your trampoline. Use this product only as described in this manual.
- Protect the product against humidity and high temperatures.
- Note, always check the suitability for use of this product, for example checking for the parts that can be damaged.

### 1.4. ADVICE FOR THE ASSEMBLY

- The assembly of the product must be done carefully by at least two able-bodied adults. If in any doubt, ask a technically qualified person.
- Before you start assembling the trampoline, read all the instructions in this manual.
- Remove all packaging materials and lay down all parts on a free space. This gives you an overview and simplifies the assembly procedure.
- Check with the parts list that no parts are missing. Dispose of the packaging material when the assembly in completed.
- Beware that when using tools or doing technical work, there is always a risk of injury. Therefore, assemble the product carefully.
- Create a danger free environment, for example: do not let tools lie around the work space.
- Store the packaging material in a way that can not cause any danger. Foils and plastic bags are dangerous for children (danger of suffocation).

- After installing the product according to the instruction manual, please make sure that all screws, bolts and nuts are correctly installed and tightened and that all joints are tightly fixed.
- A clearance space of at least 9m is necessary around the trampoline. An appropriate clearance must be kept between the trampoline and possible sources of danger, such as electric cables, tree branches, playing devices, swimming pools and fences.
- The trampoline must be set up properly before use.
- Never set up the trampoline in rainy, windy or stormy conditions, especially lightning conditions. It is recommended that the trampoline be taken apart and stored in bad weather.
- The metal frame of the trampoline will conduct electricity, lightning, extension cords and all electrical equipment must never be allowed to come in contact with the trampoline.
- The trampoline must always be used in a well-lit area.
- Do not place any objects under the trampoline.
- Do not place the trampoline in the vicinity of other leisure devices.
- When assembling or disassembling, please use gloves to protect your hands.

#### **1.5. ADDITIONAL TIPS**

- For additional stability you can place sand bags on the trampoline legs. This will prevent the trampoline from tipping over in the event of any side wind's force.
- Do not use during pregnancy.
- Do not use when suffering from high blood pressure.
- Jump with bare feet. Do not wear shoes, this will damage the jumping mat which is not covered by the warranty.
- No smoking.
- Do not put cigarettes, pets, sharp objects, or any other foreign objects on the trampolines.
- Do not use the trampoline whilst under the influence of alcohol or drugs.
- Do not sit or lean on cover pads as it needs to be flexible so it can move with the jumping mat. Please do not allow small children to pull themselves up the trampoline by using the cover pads. Tears in stitching caused by obstruction frame pads are not covered by warranty.
- Place trampoline on level ground, preferably on grass. Locating the trampoline on hard surface will add stress to the frame and overtime cause damage which is not covered by the warranty. Placing the trampoline on an uneven surface may result in the trampoline tipping over.
- Do not expose the trampoline to direct contact with open flames.
- Secure the trampoline against unauthorized use.
- Do not use if trampoline is wet.
- Trampoline should be tied down with anchors during windy conditions or dismantled and stored away.

## **ADDITIONAL NOTES**

## WARNING

1. Please ensure that the safety enclosure net zipper is 100% closed and all three entrance hooks are re-hooked before jumping.
2. Do not intentionally jump into the safety net, it is only designed to stop persons from falling off the trampoline. Intentional jumping into the safety net may cause the trampoline to top over, or may damage your net. Abuse of the safety net is considered negligent use which is not covered by the warranty, please refer to the disclaimer.

## 2. SAFETY INSTRUCTIONS FOR TRAMPOLINES



- ✓ Warning: Require supervision by an adult.
  - ✓ Warning: Not suitable for children under 3 years old. There have choking hazard, small parts, sharp points and edges.
  - ✓ Warning: Only one user at a time. There has danger of collision.
  - ✓ Warning: No somersaults or other difficult jumps.
  - ✓ Warning: Trampoline only for outside use, not suitable for indoor use.
  - ✓ Warning: Empty your bags before boarding.
  - ✓ Warning: Take off your shoes, or gym shoes with a thin sole are possible.
  - ✓ Warning: Do not use if the jumping mat is wet.
  - ✓ Warning: Always jump in the middle of the jump mat.
  - ✓ Warning: Do not exit by a jump.
  - ✓ Warning: Make a rest after 20mins.
  - ✓ Warning: Do not eat while jumping.
- 
- The trampoline is not intended to be buried into the ground.
  - All users of the trampoline need a supervisor, regardless of the age and the experience of the users.
  - The safety instructions of the trampoline should always be considered and obeyed.
  - Somersaults must be avoided. Incorrect landing on the trampoline can lead to injuries, particularly to the back, neck or head. Injured may include paralysis. Or even death.
  - Only one person should use the trampoline at a time. Multiple users on the trampoline will increase the risk of collision.
  - The trampoline has to be examined for damaged, wearing or defective part before each usage, as it can impair the overall safety of the trampoline. The damaged wearing or defective parts should be replaced immediately. In the meantime the trampoline must be restricted from access.
  - No clothes with hooks or parts may be carried when jumping on the trampoline, in order to avoid hooks getting caught.
  - The trampoline must be set up only on a flat ground and non-slippery surfaces.
  - Strong wind can blow the trampoline away. If strong winds are predicted, the trampoline must be moved to a protected place, and taken apart, or fastened to the ground with cords and herrings. At least three anchorages are necessary. It is not enough to anchor the pennants in the ground since they can tear out of the patch cords.

- Try to avoid the moving the assembled trampoline, because it could bend during transportation. Should it be necessary to move the trampoline, please consider the following: at least four people must be evenly spaced around the frame to lift the trampoline off the ground. The trampoline must be carried horizontally, and if the frame shifts position use four people to draw the trampoline in shape.
- Trampoline are jumping devices, enabling the user to jump to unusual heights as well as into a multiplicity of body movements. Jumping into the trampoline, hitting the frame, cover pads or incorrect landing on the trampoline can lead to injury.
- Users should be familiar with the user manual. This manual contains assembly instructions selected precautionary measures as well as recommendations for servicing and maintenance of the trampoline, in order to ensure a secured and fun use of the trampoline.
- It is the responsibility of the owner of the supervisor to guarantee that all users of the trampoline are informed sufficient space around it as a safety precaution.
- Never use it near water and keep sufficient space around it as a safety precaution.
- Beware of moving parts, which could catch your arms and legs.
- Do not stick any foreign objects in to the trampoline.
- Do not allow anyone or any object to go under the trampoline whilst someone is jumping on the mat. The jumping mat is flexible and downwards force create by someone jumping can cause serious injury to a person.
- Implement all safety rules and make yourselves familiar with the information in the user manual.
- The trampoline can be only used, if the jumping mat is clean and dry. Worn or damaged jumping mats should immediately be replaced.
- Object, which could be dangerous to the used, should be vacated from the area.
- Avoid unauthorized and unsupervised use of the trampoline.
- Do not use the trampoline under influence of alcohol or drugs (inch medicines).
- Learn the fundamental jumping techniques thoroughly, before trying difficult jumps. For more information, see section-fundamental bounce techniques.
- Climb on the trampoline. Do not jump on it directly. Do not use the trampoline as jump board for other articles. For more information, see section-accident categories: mounting and dismounting.
- For further information or exercise documents, you can turn to a trained trampoline teacher.
- In winter, the snow load and the very low temperature can damage the trampoline. It is recommended to remove the snow and store the mat and the enclosure indoor. Always check the trampoline before each use.

Nuts and bolts self-locking must be replaced after 1 year.

The safety net should also be replaced after 1 year.

## **Possible accident causes**

### **Somersaults:**

Somersaults must be avoided. Incorrect landing on the trampoline can lead to injuries, particularly to the back, neck or head, including paralysis or even death. The user can also be injured by landing on the trampoline in an uncontrolled manner.

### **Multiple users:**

The risk of injuries is raised if several persons jump on the trampoline simultaneously and lose control of their bounces. The jumper can collide with each other, land improperly or fall off the trampoline. Usually, the smallest or lightest person is injured rather than a taller or heavier person.

### **Ascending and descending:**

Always ascend and descend carefully. Do not pull yourselves at the protection mat, do not march on the springs and do not jump on the trampoline from any higher place such as ladder, roof or terrace. Do not jump off the trampoline regardless of the nature of the ground around the trampoline. Small children possibly need help with ascending and descending the trampoline. Do not stand on the protection mat. When descending the trampoline move to rim of the bounce mat, bend forward and hold on the frame. Then step on the ground or ladder.

### **Frame and springs:**

When bouncing on the trampoline keep to the center of the bounce mat in order to reduce the risk to be injured by landing on the frame or the springs. The springs and the frame must always be completely covered by the protection mat. Avoid to step on the protection mat as it is not designed to be stepped on.

### **Loss of control:**

Losing control of the bounce can result in injuries by an improper landing on the bounce mat, the frame or the springs or by falling off the trampoline. A controlled bounce is characterized by the fact the person lands on the same place as he or she had jumped off. Learn the fundamental jumping techniques thoroughly before trying difficult jumps. The risk of injury is increased by fatigue of the person jumping or by affecting a bounce which is beyond the persons bouncing ability. Control can be regained by pulling the knees completely towards the body while landing.

### **Drugs and alcohol:**

The risk of injury is increased under the influence of drugs and alcohol, as these substances will impair the reaction time, the judgment, the stereoscopic vision, then overall coordination and motor function of a person.

### **Foreign objects:**



Do not use the trampoline if there are pets, other persons or objects beneath the trampoline. Do not hold any objects while jumping on the trampoline and do not place any objects on the trampoline while a person is jumping. Remove all branches, cables etc. which are above the trampoline.

**Poor maintenance:**

A poor maintenance of the trampoline raises the risk of injury. Check the trampoline for torn or worn bounce mats and protection mats, a bent frame or missing parts, loose or broken springs and the overall stability of the trampoline. Check the trampoline before each use and replace all missing parts immediately. The trampoline must not be used before it has been completely repaired.

**Poor weather conditions:**

Only use the trampoline in good weather conditions. A wet bouncing mat is slippery. The person jumping can lose control when jumping with strong winds.

**Unlimited access to the trampoline:**

Please store the ladder at a secure place when the trampoline is out of use in order to prevent children from an unsupervised access to the trampoline.

## **Accident prevention:**

**The user's role with accident prevention:**

Basic knowledge of the trampoline is indispensable for security. All users of the trampoline must have been familiarized with the basic bounce and landing techniques before passing over to more sophisticated bounces. The user effects a controlled bounce when he jumps off and lands at the same place. For further details see paragraph "Basic bouncing techniques". For further information please contact a skilled trampoline coach.

**The supervisor's role:**

The supervising person must know all safety instructions and is responsible for their observance. If no appropriate supervision is possible the trampoline has to be dismantled and to be stored at a secure place. It has to be covered by a tarpaulin which is secured by a chain and a lock. The supervising person has to make sure that the users observe the safety instructions and the information sign is placed on the trampoline.

## **3. IMPORTANT INSTRUCTION FOR USE**

The trampoline must only be used supervised, regardless of the bouncing abilities and the age of the user.

The person jumping has to master all basic bouncing techniques (see paragraph "basic bouncing techniques").

The emphasis must be put on a controlled bouncing. The person jumping must not try to outdo another person.

Do not bounce too long. Fatigue can increase the risk of injury.

The user should wear appropriate clothing such as T-shirts, trunks and trainers with soft soles or jump barefoot.

We recommend that beginners wear long trunks and tops with long sleeves in order to prevent abrasions.

Please refer to the paragraph “ascending and descending” in paragraph “accident prevention”. Do not exert difficult bounces without being supervised by a skilled trampoline coach. Begin with easy bounce putting an emphasis on the bouncing technique rather than on the bouncing height. Never jump on the trampoline alone and unattended. See paragraph “basic bouncing techniques”.

## **4. ASSEMBLING THE TRAMPOLINE**

A clearance space of at least 9m is necessary above the trampoline. An appropriated clearance must be kept between the trampoline and possible sources of danger, such as electric cables, tree branches, playing devices, swimming pools and fences.

The trampoline must not be placed on hard surface such as asphalt, concrete, etc...

Please make sure that:

1. The trampoline has been placed on an even, solid and non-skid surface.
2. The place is well lit.
3. No disturbing objects are next to the trampoline.

## **5. MAINTENANCE**

In order to maintain the safety standard of the trampoline is has to be checked regularly.

Defective parts such as connecting devices have to be replaced immediately. The trampoline must not be used before it has been completely repaired.

The trampolines are galvanized. Despite the galvanization there might be rust-streaked place at the connector points or under the protection covers. In order to avoid rust please lubricate the frame holes and the connecting devices regularly with petroleum jelly or another appropriate lubricant. This will increase the durability of the frame.

Regular maintenance is required. A neglect of regular maintenance can endanger the user.

Observe the following instructions. It is particularly important that you follow the beginning of each season and periodically during the use season, the maintenance instructions.

- Check all nuts and bolts for tightness and tighten if necessary after this.
- Check that the ends of all springs are still intact and cannot come loose during use.
- Check all covering for bolts and sharp edges. Replace them if necessary please.
- Do not make any changes on the trampoline. Use only original spare parts. Repairs should be performed only by qualified persons. Improper repairs may put the safety of the trampoline. Use this product only as described in this manual.

- A poorly maintained trampoline increases the risk of injury. Please check for torn or worn mats and cover mats, frame bent or missing parts, loose or broken springs, and overall stability of the trampoline. Before each use, the trampoline should be inspected. Worn or damaged parts must be replaced immediately. The trampoline must not be used until full recovery.
- If self-locking nuts or bolts are used, make sure that they are suitable only for single use and must be replaced.

## **6. CLEANING**

Wipe the trampoline with a soft cloth. Do not use an abrasive or other chemical detergent.

## **7. PACKING**

This trampoline is protected against transport damaged by an appropriate package. Most of the packing material is recyclable. Please dispose of it in an appropriate way.

# TRAMPOLINE PARTS LIST

Item	Model	14FT-4
A	TOP RAIL	8
B	SPRING COVER PAD	1
C	JUMPING MAT	1
D	LEG EXTENSION	8
E	LEG BASE	4
F	SPRINGS	80
G	SPRING FIXING TOOL	1
H	SCREW	8



14FT (4LEGS)

A: Top rail	
	
B: Spring cover pad	C: Jumping mat
	
D: Leg extension	E: Leg base
	
F: Springs	G: Spring fixing tool
H: Screws	

# TRAMPOLINE ASSEMBLY

Refer to **TRAMPOLINE PARTS LIST** for identification of parts.

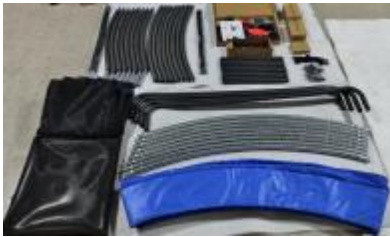
## **WARNING:**

Two adults in good physical condition are required for the following assembly. For your safety, you should wear proper shoes and clothing.

Failure to follow these instructions and warnings may result in injury.

## **NOTE:**

Picture may vary slightly with different trampoline models.



1. Lay out all the trampoline parts in groups, shown above.



2. Assemble the frame by connecting all the frame parts together insert and fix it with the supplied screws and the T bar.



3. Attach the leg extensions to a leg base and secure together with the screws.  
Repeat for all leg supports.



4. Attach all the top rails to form a large circle. Joining the last link may require two people. The second person should hold the opposite side, while you bring to both ends of the circle together.



5. Attach the all leg supports you assembled in STEP 3 to the top frame.



6. Attach the leg support to the top frame and tightly secure together with the screws.



7. At this stage the trampoline should like the picture above.



8. With stitching portion facing down lay jumping mat inside frame and attach a spring into one of the triangle rings on the mat. Then attached the other end of the spring to the frame.



9. Repeat STEP 8 directly across from where you attach the first spring. Then attach two more springs half distance between the first two springs, directly across from each other. This will ensure equal tension is distributed between the springs.



10. Repeat process for the remaining springs. Use the spring tool, as shown above. Warning: During spring assembly, please be careful where you place your hands other parts of your body as connector points.



11. Springs under heavy tension may require adjacent springs to be attached at every four or five holes. So the spring tension is distributed equally.



12. Attach the remaining springs until all springs are attached onto the frame.



13. Lay the cover pads on the outer edge so the springs are covered.



14. Attach all cover gasket wires to the springs and fasten.



15. Proceed to Testing the Trampoline section of this manual before jumping on the trampoline.



# SAFETY ENCLOSURE PARTS LIST

Item	Model	14FT
A	UPPER POLE	8
B	LOWER POLE	8
C	SAFETY NET	1
D	ROPE	1
E	QUICK CLAMP	16
F	ASSEMBLE TOOL	1
G	FIBER ROD	1
H	PLASTIC CAP	8
I	POLE SLEEVE	8

	
A: Upper pole	B: Lower pole
	
C: Safety net	D: Rope
	
E: Quick clamp	F: Assemble tool
	
G: Fiber rod	H: Plastic cap
	
I: Pole sleeve	

# SAFETY ENLOSURE ASSEMBLY

Refer to **SAFETY ENCLOSURE PARTS LIST** for identification of parts.

## **WARNING:**

Two adults in good physical condition are required for following assembly. For your safety, you should wear proper shoes and clothing.

Failure to follow these instructions and warning may result in injury.

## **NOTE:**

Picture may vary slightly with the different trampoline models.

	
<p>1. Fasten the lower pole with the legs and two screws each and tighten them with the wrench. Repeat for all lower poles.</p>	<p>2. The lower pole is attached to the legs.</p>
	
<p>3. Insert the fiber rod into the groove of the connector. Insert the black cap into the upper pole, locked by pinball. Repeat for all poles.</p>	
	
<p>4. Insert the lower pole into the upper pole; make sure that the ball lock is properly engaged. Repeat for all poles.</p>	<p>5. All upper pole and lower pole are connecting together.</p>



6. After finish all pole cover, the trampoline should looks like this.



7. Join the fiberglass rod in two sections.





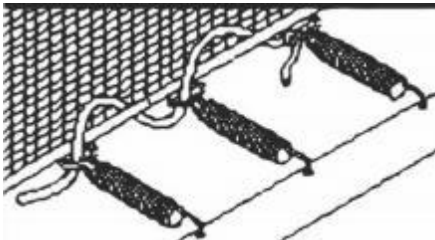




8. With the help of two people, insert the two fiberglass rods into the top sleeve of the safety net.



9. Bend the fiber rod into a circle.



10. Move the circle to the center of trampoline.

	
<p>11. Carefully slide the pole sleeve over the top bars.</p>	<p>12. Snap the Top Ring Pole (G) into the recess of the Pole Cap (H).</p> <p>Note: The Pole Cap has already inserted into the top of the Upper Tube (A).</p> <p>The Pole Cap should be stuck on the black Top Ring Pole, not the white pole.</p>
	
<p>13. Secure the bottom of the enclosure netting to the rings of mat on the trampoline using the rope. Tie one end of the rope to one jumping mat eyelet, thread the rope through the holes in bottom of the enclosure netting. You also need to thread it through the eyelets of the trampoline mat to secure it in place to the trampoline.</p> <p>Securely tie both ends of the rope together or tie to the eyelet.</p>	
	
<p>14. Zip the entrance close, and fasten all the entrance hooks. Supervisors must re-zip and re-hook all the entrance hooks securely before jumping begins.</p>	<p>15. Your trampoline now looks like this. Proceed to testing the trampoline section of this manual before jumping on the trampoline.</p>
	
<p>Please note: Please refer to the instructions in the box for the installation of the basketball board.</p>	

**For dis-assembly, please follow the assembly instructions in reverse order.**

# TESTING THE TRAMPOLINE

After assembling the trampoline, it is important that you perform the following safety checks:

## **Trampoline safety checks:**

1. Check with a screwdriver, to ensure that all screws are tightened.
2. Check under the trampoline to make sure that all springs of the frame are hooked up to the jumping mat.
3. Move the trampoline around and check the stability of the frame. The floor must be level.
4. Using your two hands, put your body weight on one section of the trampoline and release to check that the floor is even.
5. Make sure that the springs and the frame are completely covered by cover mats and the cover mat is secured with belts securely.

## **Enclosure net safety checks:**

1. Hold onto pole net jacked and check that all the enclosure poles are sturdy by shaking it.
2. Check the enclosure net and jacket for any tearing in the stitching or material.
3. Check the enclosure net zipper and entrance hooks function properly.
4. Check suspended below that trampoline in the triangular-eyelets.
5. Check whether all hooks are in the triangular-eyelets of the trampoline.

Once all the checks are performed and the trampolines has passed all the initial test (above), then your trampoline have one person test the trampoline by jumping on the center continuously for 5 minutes. If the trampoline feels sturdy then your trampoline passes the test. Congratulation, you have completed the trampoline assembly! Remember to abide by all the safety rules. Have fun, play safe.

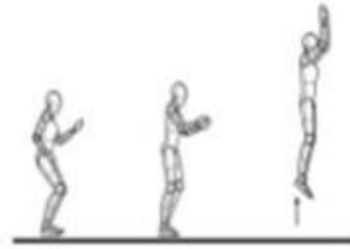
# FUNDAMENTAL BOUNCES TECHNIQUES

Since the danger of injury is very high for inexperienced jumpers, it is important that they learn the basic jumping techniques.

All trampoline users are recommended to understand and perfect these fundamental bounces

### THE BASE BOUNCE

1. Start from a standing position, feet shoulder width apart with head and eyes on the mat.
2. Swing your arms forward and up and around in a circular motion.
3. Bring feet together while in mid-air and point toes downward.
4. Keeping feet shoulder width apart when landing on mat.



### THE BRAKING MANOEURE

1. Occasionally they may lose control of their jump and bounce wildly. Performing the braking maneuver will allow the user to regain control of the jump and their balance.
2. Start with a basic bounce.
3. As you land bend your knees sharply and this will allow you to stop your jump.



### THE HANDS AND KNEES BOUNCE

1. Start with a low controlled basic bounce.
2. Land on your hands and knees keeping your back straight.
3. Emphasis should be directed at a good four-point landing. And not on jumping height.



### KNEE BOUNCE

1. Start with a low controlled basic bounce.
2. Land on your knees keeping back straight. Body erects and uses your arms to maintain balance.
3. Bounce back to the basic bounce position by swing your arm up.



### SEAT BOUNCE

1. Land in a flat sitting position.
2. Place hands on mat beside your hips.
3. Return to erect by pushing with your hands.



## Training Schedule

Follow the training schedule in order to learn the basic bounces before you proceed to more sophisticated bounces. Read the safety instructions carefully being well aware of their vital importance both to the supervisor and the person jumping before you begin your training. The supervising person as well as the jumping person should discuss the trampoline functions and the functioning of the body.

1<sup>st</sup> lesson:

Ascending and descending – demonstration of proper techniques

Basic bounce – demonstration and exercise

Braking man oeuvre – demonstration and exercise

Hands and knees bounce – demonstration and exercise

2<sup>nd</sup> lesson:

Repetition of the last lesson

Knee bounce – demonstration and exercise

Seat bounce – demonstration and exercise

In order to get experienced with bouncing we recommend beginning with a seat bounce and adding a knee bounce

3<sup>rd</sup> lesson:

Repeat the exercises as learned in the previous lessons

After having exercised the lessons as explained above, you will have acquired the basic techniques. Always exert your bounces in a controlled manner.

In order to get familiarized with the trampoline you can play the following game:

The first person begins by exerting a jump. The second person repeats the jump and adds any other jump. All persons jump in turns, each person adding one more jump. The person who can exert all bounces until the end is the winner. Always exert all bounces in a controlled manner. Do not try to effect difficult bounces before you master the more simple ones. In case you wish to further improve your bouncing abilities, Please contact a skilled trampoline coach.

## **Stretching**

Jumping daily on your trampoline can improve your health. Before jumping, however, you should exert the follow stretching exercises. Stretching exercises are relaxing and can release muscle tenseness. They prevent serious injuries of your muscles during training. It is therefore important to include those exercises in your training schedule. Please mind that you should not begin your stretching exercises before doing some warming-up exercises.

The following exercises are meant to be training examples. Exert all exercises calmly and carefully until you feel a slight tension in your muscles. You can gradually intensify the exercises, but always stop if they are painful. Do not interrupt the exercises abruptly in order to avoid ruptures of the muscle fibers. Each exercise should be exerted for 10 to 20 seconds. Breathe slowly and regularly.

## **Calves**

1. Stand in front of a wall at a distance of 90cm, put one leg forward at about 30cm. Pull both legs up and lean your hands against the wall. Keep your heels to the ground and turn your feet to the inner side (low intensity).
2. Keep the backmost leg in a straight position and put the other leg forward at about 60cm. Lean your hands against the wall. Keep your heels to the ground and turn your feet to the inner side (high intensity).
3. Repeat the exercise with the other leg.

## **Outside hinge**

1. Step backward with the leg you wish to stretch behind the foot of the other leg. Move your hips towards the wall, but not the upper part of your body. Do not move forward.
2. Repeat the exercise with the other leg.

## **Lower back, hips, loin and thigh**

Stand with your legs shoulder – width apart. Lean forward with the upper part of your body. Pull up your knees slightly.

## **Sides**

1. Stand with your feet shoulder - width apart, your knees being pulled up slightly. Put your left hand on your hip, reach out your arms and put them over your head. Stretch the upper part of your body slightly to the left hand side (low intensity).
2. Stretch both arms over your head, the left hand pulling the right arm. Slowly bend the upper part of your body to the left hand side (high intensity).
3. Repeat the exercise with the other side.

## **Outer thighs**

1. Lie down on your belly and pull the left heel with your right hand towards your buttocks. Keep the extended leg at a comfortable distance.
2. This exercise can also be exerted while you are standing. Neither the thigh nor the upper part of your body must be leaned forward.
3. Repeat the exercise with the other leg.

## **Inner thigh**

1. Sit down on the floor the soles of your feet touching each other. Bring down your knees slightly with the elbows.
2. Stand with your feet approx. 90 to 120cm apart and turn slightly to the outside. Keep one leg straight and bend over the other knee.
3. Repeat this exercise with the other side.



## **Outer thigh**

1. Pull up one knee the other leg being stretched. Try to grip the tiptoes of the stretched leg with both hands.
2. Repeat this exercise with the other leg.

## **Buttocks muscle**

1. Lay down on your back. Pull one knee against your chest the other leg remaining flat on the floor. This exercise can also be exerted while standing.
2. Repeat this exercise with the other leg.

## **Shins**

1. Shift your body weight to one leg. Stretch the other leg forward and move your ankle joint up and down.
2. Repeat this exercise with the other leg.

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