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14ft DoubleBounce Trampoline System with Performance Springs User's Manual

Assembly, Installation, Care, Maintenance, and Use Instructions

WARNING

Read these materials prior to assembling and using this trampoline and Trampoline Enclosure



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. DO NOT allow more than one person inside the trampoline enclosure. Use by more than one person at the same time can result in serious injury.

Use trampoline only with mature, knowledgeable supervision.



DO NOT attempt to jump over the barrier.



DO NOT intentionally rebound off the barrier.

DO NOT hang from, kick, cut or climb on the barrier.

The maximum user weight is 250 lbs, or 300 lbs with Power-Bounce in Standard Configuration. This trampoline is not recommended for use by children under six years of age.

Retain address information for future use.

JumpSport, Inc.
1680 Dell Ave.
Campbell, CA 95008 U.S.A.

Patent info at: Patents.JumpSport.com

408-213-2551
www.jumpsport.com

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AlleyOOP 14ft DoubleBounce Trampoline System P/N: UNA-U-11372-03

AlleyOOP 14ft DoubleBounce PowerBounce Trampoline System P/N: UNA-U-11374-03

Trademarks

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

Patents

This product includes technology associated with U.S. and International Patents.

For further information, visit: patents.JumpSport.com

How to Contact Customer Support

Should you require customer service or technical support for your AlleyOOP 14ft DoubleBounce Trampoline System, please contact AlleyOOP Sports' Customer Service department at:

408-213-2551

6:00am – 5:00pm Monday through Friday, Pacific Time

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Congratulations on purchasing an AlleyOOP Sports Trampoline Safety System! We sincerely believe that you have purchased the finest round trampoline on the market. It has been engineered with safety, durability, and performance in mind. As a result, this product features our DoubleBounce mat system and our Sure-Lok rail 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 AlleyOOP Sports 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 AlleyOOP Sports for further explanation.

CAUTION

AlleyOOP Sports 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* (under the *Use Instructions* section) for more information.

Recommended weight limitation is no more than 250 pounds, or 300 pounds with PowerBounce in Standard Configuration. 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

AlleyOOP ProFlex Basketball Set

Let's face it, kids have to look up a lot: at parents, teachers, and bigger brothers/sisters. With the **AlleyOOP ProFlex Basketball Set**, look down for a change!

Whether you are into practicing your outside shot or improving your up-close game, the **ProFlex Basketball Set** is a fun way to avoid homework. Heck, athletic scholarships pay for college too!



- Our most popular accessory!
- Easily installed to your safety enclosure
- Set includes basketball

Don't miss out on these fun accessories and more at www.jumpsport.com !

Game & Party Pak

Bring the party to your trampoline! The **Game & Party Pak** is a great way to take turns and have fun participating in games while you are waiting.

Convince your parents that games provide the "structure" you need in your life, and that the **Game & Party Pak** is just the solution. Plus, you can tell them the Party Pak does big words like:

- Enhances Athletic Building Blocks
- Develops Agility, Stamina, Balance, Coordination
- Improves Spatial Awareness

(They won't be able to turn you down!)



Set Includes:

- Illustrated book of 20 games
- 3 soft balls
- 4 shock cords
- 1 box of sidewalk chalk
- Hours of fun!

Assembly and Installation Instructions

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Preparation

Before you begin assembling your AlleyOOP 14ft DoubleBounce Trampoline System, make sure your trampoline is in a proper 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 and trampoline enclosure away from walls, structures, fences, and other play areas. Maintain a clear space on all sides of the trampoline and trampoline enclosure.

Level Surface

Place the trampoline and trampoline enclosure on a level surface before use.

Lighting

Use the trampoline and trampoline enclosure in a well-lighted area. Artificial illumination may be required for indoor or shady areas.

Security

Secure the trampoline and trampoline enclosure against unauthorized and unsupervised use.

Ground Clearance

Remove any obstructions from beneath the trampoline and trampoline enclosure.

Note: The trampoline enclosure is only to be used as an enclosure for a trampoline and the trampoline must be of the appropriate size as covered by the specific enclosure.

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



WARNING: Do Not use or stand near the trampoline in windy or gusty conditions. A trampoline can become airborne when exposed to sustained wind or gusting wind conditions. This can result in serious injury, paralysis, or death, as well as property damage. To reduce these risks, disassemble the trampoline and enclosure and store them until weather conditions improve. Anchoring a trampoline frame may prevent the trampoline from moving as a result of the wind, but even anchored trampolines can become airborne or damaged. Consult a qualified contractor to determine what type of anchor works best in your location.

IMPORTANT: The best surface on which to place your trampoline is dirt or grass. However, if you plan to install the trampoline on a very hard surface such as concrete or asphalt, a dense foam — similar to what can be found in public playgrounds — should be installed under each leg. Contact JumpSport Customer Service if you have any questions.

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 AlleyOOP Sports' rules for safe use.

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

The maximum user weight is 250 pounds, or 300 pounds with PowerBounce in Standard Configuration.

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

Assembly and Installation Instructions

Tools (Trampoline)

No tools are required for installation of the trampoline. However, safety glasses and gloves are recommended for safety.

Parts List (Trampoline)

Your 14ft DoubleBounce Trampoline System is shipped with the parts shown below. The trampoline parts ship in 3 separate boxes which may arrive on different days. If any parts are missing, immediately call AlleyOOP Sports Customer Service at 408-213-2551.

Reference #	Part #	Description	Quantity
1	LEG-A-10058-01	Horizontal leg piece	4
2	LEG-P-10057-01	Vertical leg piece, "t" shaped, 1 spring notch	8
3	RAI-P-10056A	Short bottom rail piece with no sockets, 10 spring notches	4
4	RAI-P-10042B	Top rail piece with 2 leg sockets, 12 spring notches	4
5	RAI-P-10055A	Long bottom rail piece with no sockets, 12 spring notches	4
6	RAI-P-10041A	Top rail piece with no leg sockets, 12 spring notches	4
7	MAT-S-10788-01 & MAT-S-11107-01	Mat, 96 V-rings	2
8	SPR-P-20515-00	Spring, 9.25 inches	128
9a	PAD-A-11417A	Frame pad section	8
9b	PAD-P-11418A	Pad connector, with Velcro (connects frame pad sections)	16
10	PAN-P-10333A	Long panel piece, black mesh screen	4
11	PAN-P-10063A	Short panel piece, black mesh screen	4

Note: Top rail pieces are larger in diameter than the bottom rail pieces.

Tools (PowerBounce Kit)

No tools are required for installation of the PowerBounce assemblies. However, safety glasses and gloves are recommended for safety.

Parts List (PowerBounce Kit)

If you ordered a PowerBounce Trampoline, the PowerBounce parts come in a separate, smaller box. The parts are listed below.

Reference #	Part #	Description	Quantity
28	POW-P-10379A	PowerArm	64
29	POW-P-10380A	PowerHook	64
30	SPR-P-20515-00	PowerSpring, 9.25 inches	64

Tools (Safety Enclosure)

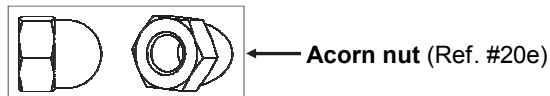
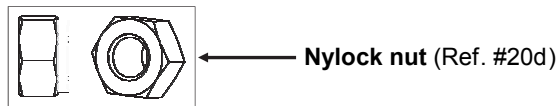
Installation of the safety enclosure requires a 13mm hex wrench and a 5mm Allen wrench, both of which are included in the safety enclosure box (see Reference #21 and #22). An 8 foot A-Frame ladder will be useful for some steps (use care and follow procedures for use). Safety glasses and gloves are also recommended for safety.

Parts List (Safety Enclosure)

Your 14ft DoubleBounce Trampoline System is shipped with the parts shown below. The safety enclosure parts ship in a separate box, which has a smaller box inside of it. If any parts are missing, immediately call AlleyOOP Sports Customer Service at 408-213-2551.

Note: Do NOT discard the foam tubing (Reference #16 and #17); it is needed to make the pole assemblies. It is not just packing material. Not all poles will have foam around them. And do NOT remove any caps from the ends of any of the support poles.

Reference #	Part #	Description	Quantity
14	POL-A-10239A	Lower support pole, with snap-button	8
15	POL-P-10076A	Upper support pole, notch at one end	8
16	FOA-P-10078A	Long foam tubing (1 tube packed over 1 pole)	8
17	FOA-P-10103A	Short foam tubing (2 tubes packed over 1 pole)	8
18	SLE-P-11398A	Pole sleeve, green vinyl	8
19	CAP-P-10075A	Ball end cap	8
20a	BOL-P-10081A	M8 bolt, Allen head	16
20b	SPA-P-10083A	Pole spacer, black	16
20c	WAS-P-10082A	Washer	32
20d	NUT-P-10084A	M8 Nylock nut	16
20e	NUT-P-10622A	M8 acorn nut, capped end	16
21	TOO-P-10158A	Wrench, 13mm hex	1
22	TOO-P-10159A	Wrench, 5mm Allen	1
23	NET-P-21154-00	46ft x 6ft heavy-duty net	1
24	STR-P-11150A	30" Strap with buckle	8



Assembly and Installation Instructions

The following pages contain diagrams, pictures, and written instructions for assembling your 14ft DoubleBounce Trampoline System. The “Ref. #” mentioned in many steps is referring to the “Reference #” column of the parts list on the previous pages.

Familiarize yourself with the Assembly and Installation Instructions before beginning installation.

For installation questions, please contact AlleyOOP Sports’ Customer Service department at:

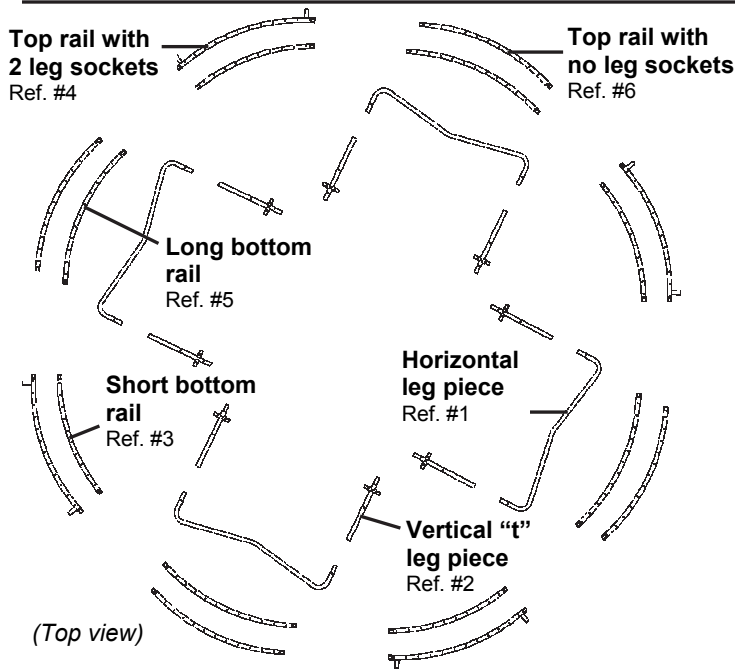
408-213-2551

6:00am – 5:00pm Monday through Friday, Pacific Time

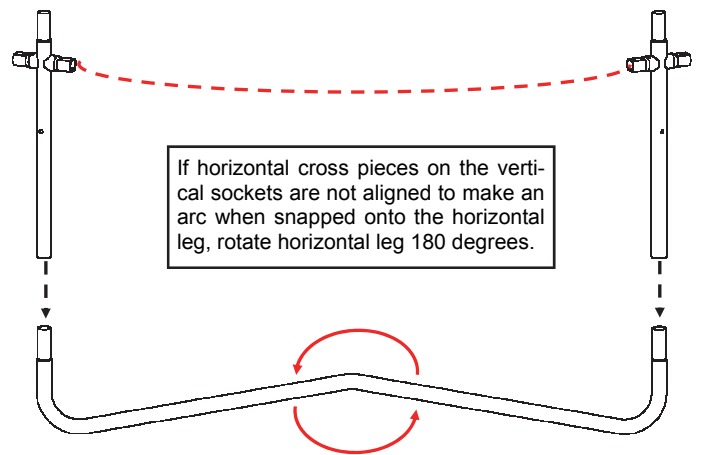


Assembly

Note: We recommend at least 2 people participate in assembling the trampoline. Use pages 8—9 to help with part names and numbers.



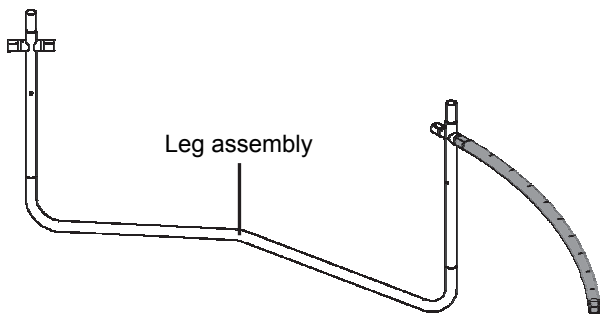
1) Lay all rail and leg pieces in a circle as shown. See page 8 for detailed part descriptions.



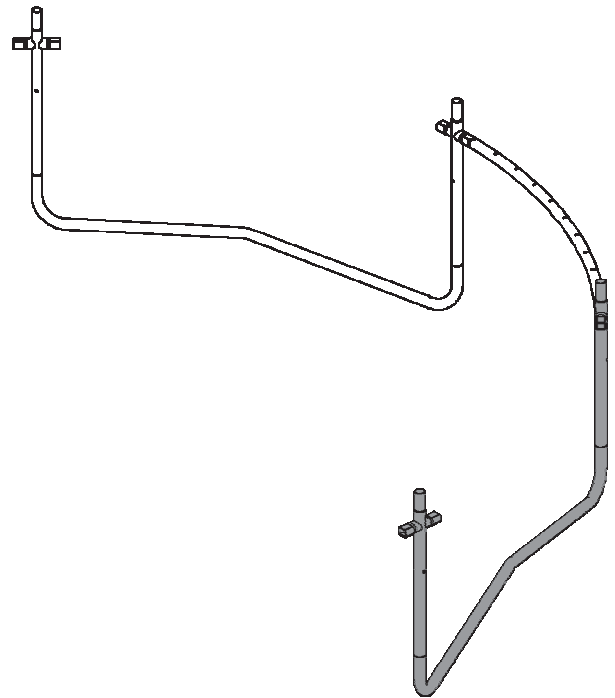
2) Using 1 horizontal leg piece, 2 vertical "t" leg piece build a leg assembly as shown above.

Snap buttons on ends of horizontal leg pieces will need to be depressed before legs will fit together.

>> Repeat with all remaining leg pieces. When finished, you will have 4 complete leg assemblies.

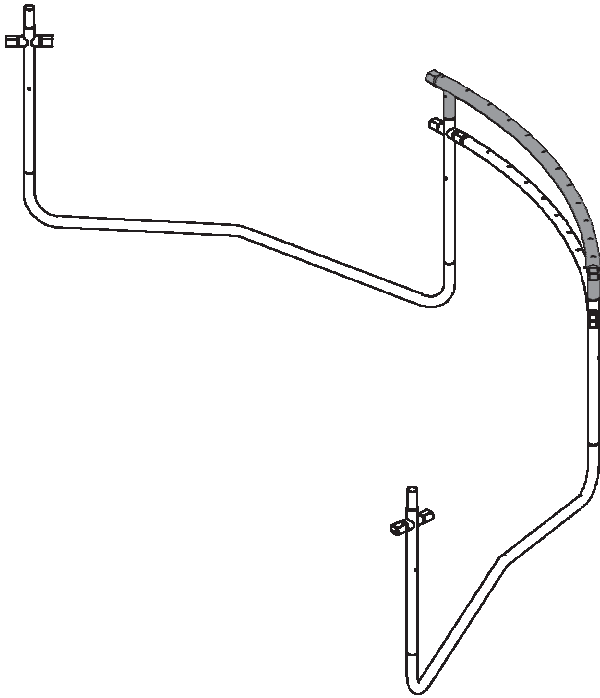


3) Connect a short bottom rail piece to a leg assembly as shown.



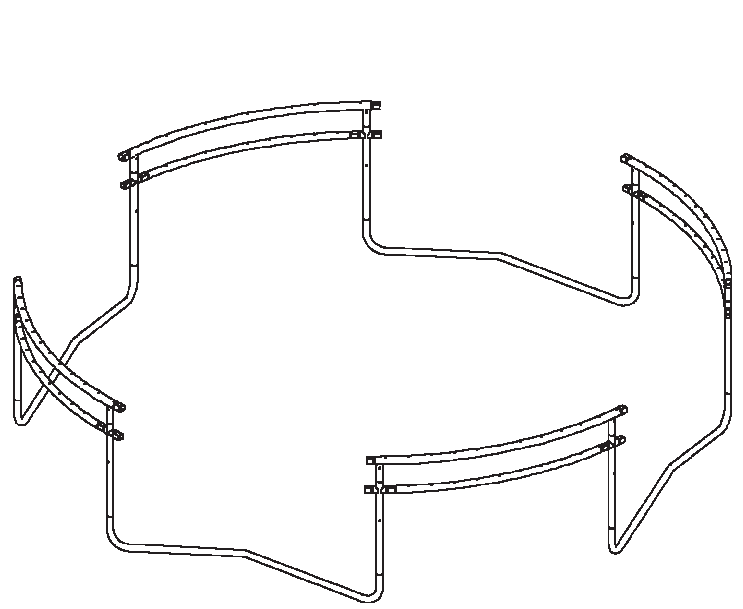
4) Connect another leg assembly to same short bottom rail piece.

Assembly and Installation Instructions



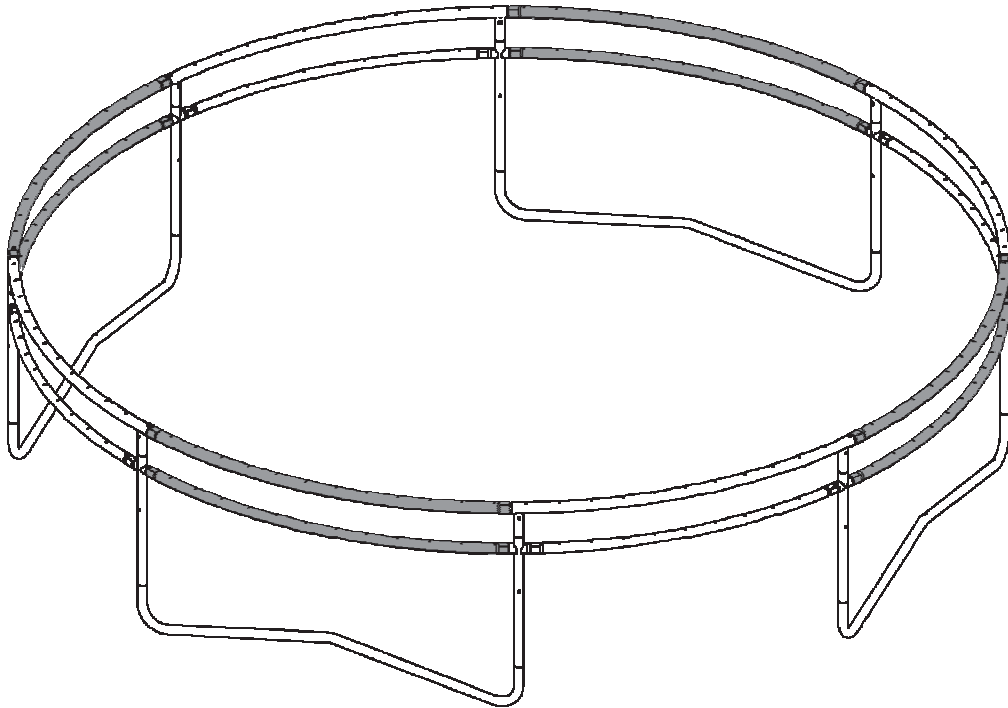
5) Connect top rail with 2 leg sockets.

Note: Pieces may fit tightly during installation. Force may be needed to get everything installed properly. This is to ensure a sturdy frame.



6) Repeat Steps 3—5 all the way around until your frame looks like the image above.

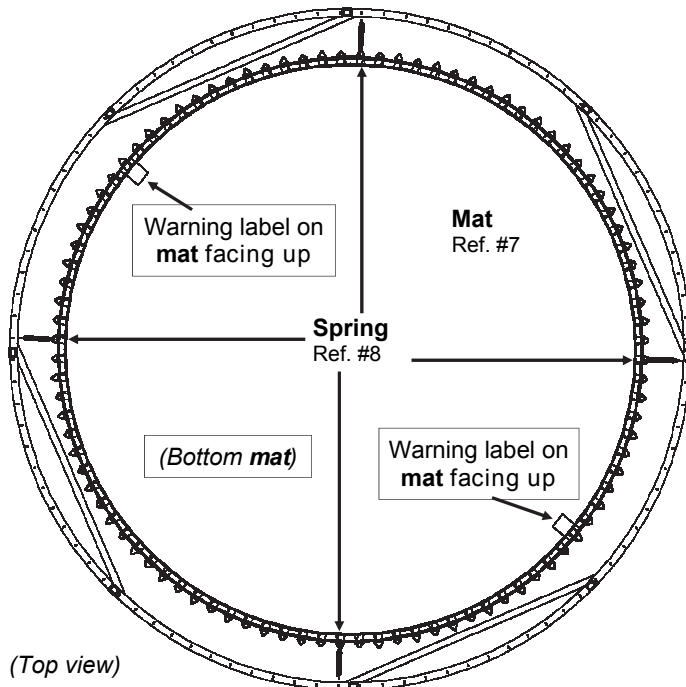
IMPORTANT: Be sure all top rails with 2 leg sockets are seated all the way down before continuing.



7) Now connect all remaining rail pieces, attaching long bottom rail first, then top rail with no leg sockets. Tilt the leg assemblies in or out as necessary, to aid in connecting the final rail pieces.

Note: The frame may not be snug at this point. This is normal until you start adding the mat and springs, which add tension to the frame to help keep everything snug.

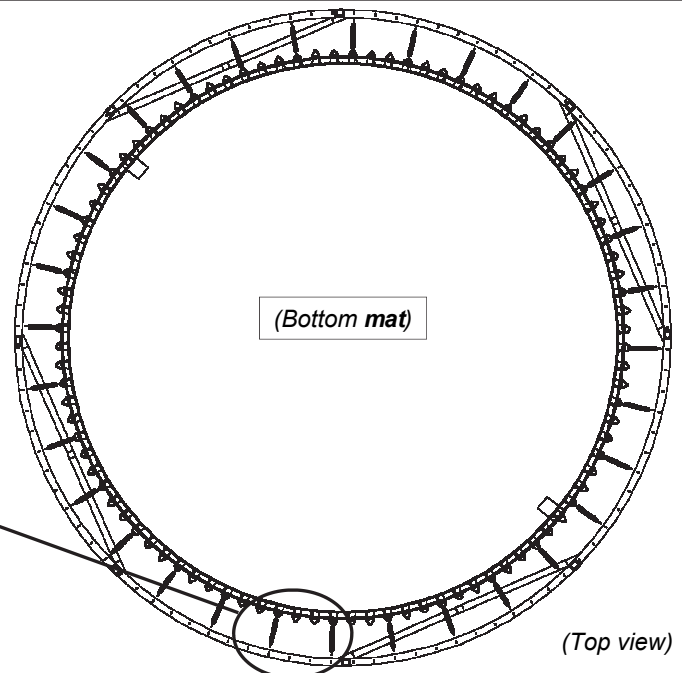
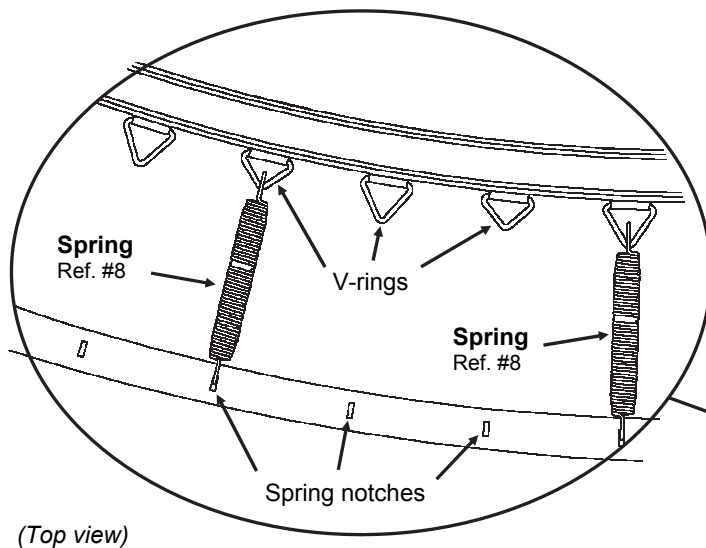
Assembly and Installation Instructions



8) Connect one jumping mat to *bottom* rail of trampoline frame using 4 springs. Connect each spring to a V-ring and spring notch, approximately 1/4 circle apart from each other. Warning labels must face up. GameMat connects to *top* rail of trampoline.

Note: For this step, the springs do not have to be perfectly spaced. They are to help keep tension on the mat temporarily while you attach the remaining springs.

TIP: For easy spring installation, connect spring to V-ring of mat and pull toward you, to connect to frame. Use a second spring as a tool to hook onto the one you are installing. Ensure you connect the longer hook to the frame rail, and the shorter hook to the mat V-ring.

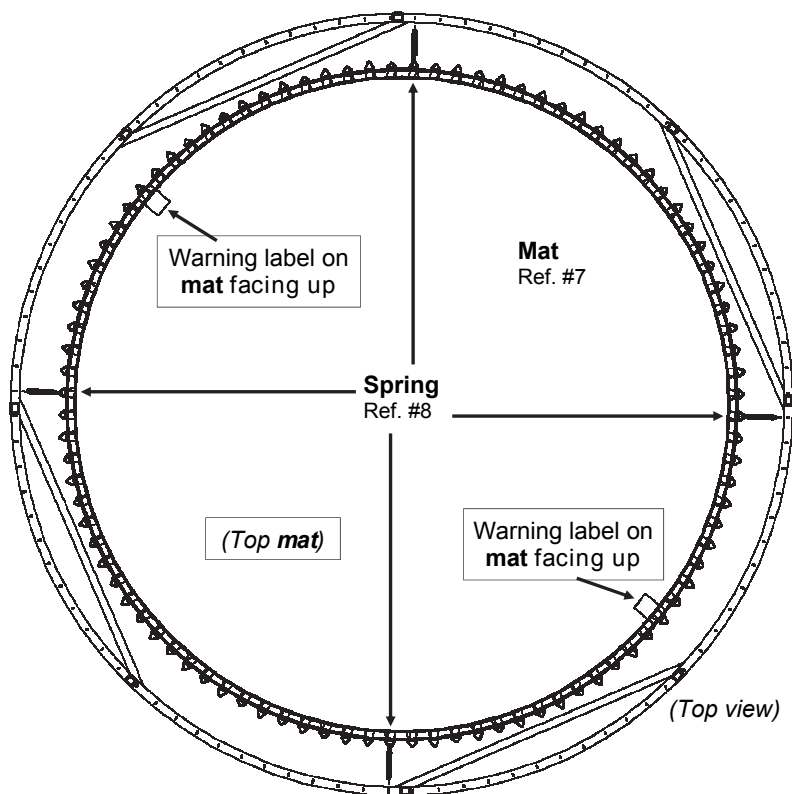


9) Start at a spring that is already connected. While standing outside the frame, count 3 V-rings and spring notches clockwise, and connect another spring. The easiest way to connect a spring is to hook the spring onto a V-ring, then pull it toward you and hook it into the appropriate spring notch on top of frame rail.

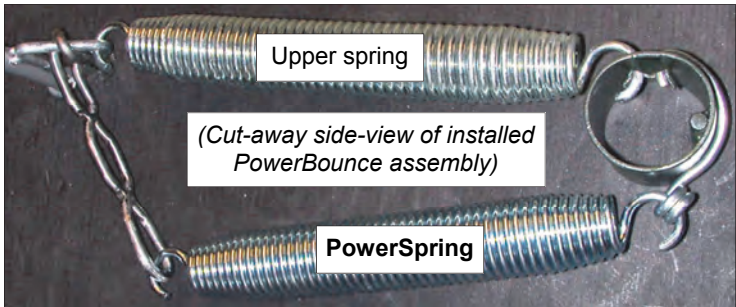
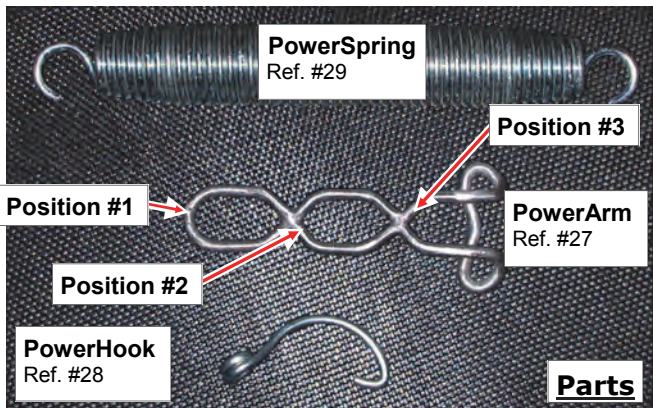
10) Continue counting 3 V-rings and notches and connecting a spring until you have gone all the way around the trampoline.

When you get to a spring that you connected in Step 8, reposition it if necessary, so that the springs are all spaced exactly 3 V-rings and spring notches apart.

Assembly and Installation Instructions



11) Connect remaining jumping mat to *top* rail of trampoline frame using 4 springs (as described in Step 8). If you have a GameMat, that will connect to the top rail instead.



IMPORTANT: If you have a DoubleBounce PowerBounce, continue to the next step. If you have a standard DoubleBounce (without PowerBounce), skip to Step 21 on Page 19.

12) Familiarize yourself with the parts used to install PowerBounce Assemblies to the mat. Some parts will be located in the PowerBounce box, and other parts will be in a Trampoline box.

PowerBounce Spring Configuration Chart		
Good All-around Configuration ("Standard Configuration")		
Absorbs energy for a forgiving feel Maximum User Rating: 300 lbs		
Location	Quantity	Performance Level
Top Mat:		
Upper Spring(s)	96	(every spring location)
Power Spring(s) Position #3	0	
Power Spring(s) Position #2	0	
Power Spring(s) Position #1	64	(every 3rd spring location: no Power Spring)
Bottom Mat:		
Spring(s)	32	(every 3rd spring location)

Good All-around Configuration		
Absorbs energy for a more forgiving feel Maximum User Rating: 200 lbs		
Location	Quantity	Performance Level
Top Mat:		
Upper Spring(s)	48	(every other spring location)
Power Spring(s) Position #3	0	
Power Spring(s) Position #2	0	
Power Spring(s) Position #1	48	(every other spring location)
Bottom Mat:		
Spring(s)	32	(every 3rd spring location)

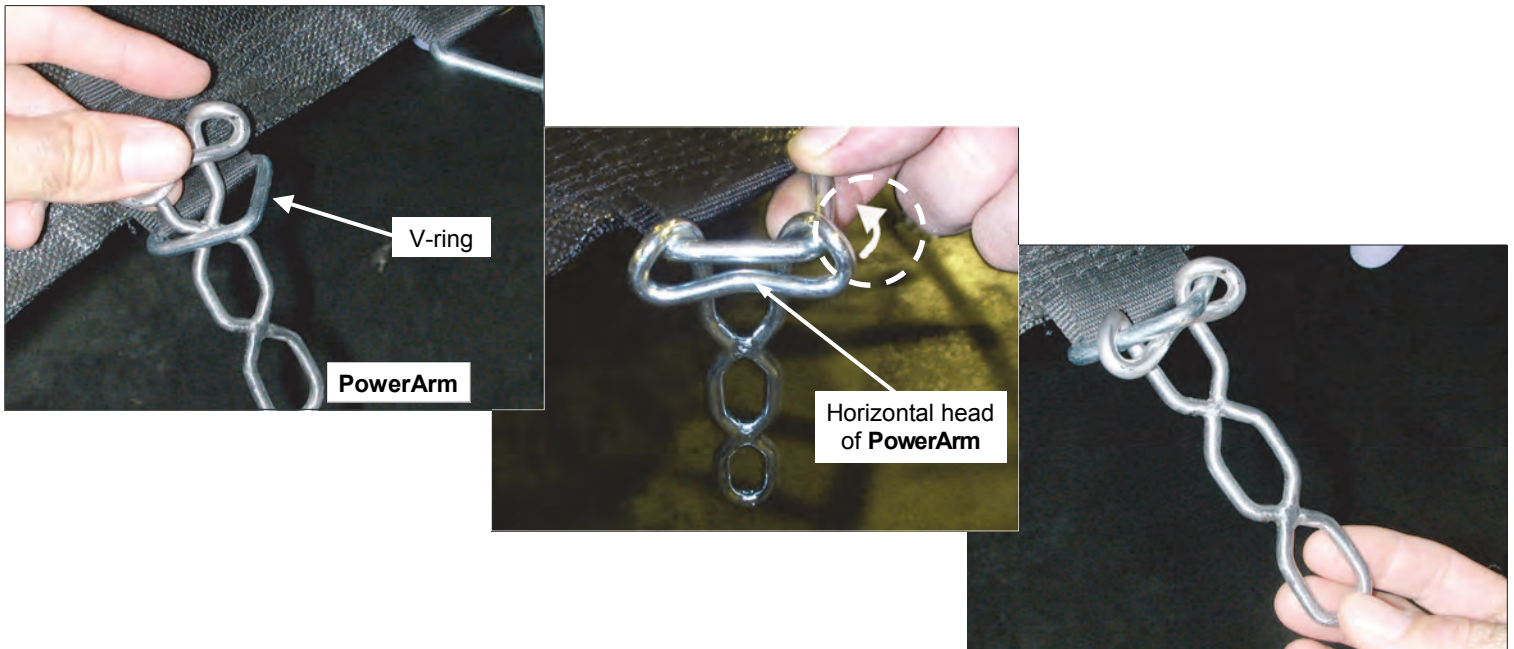
High Performance Configuration (Advanced Users Only)		
High performance, very lively feel for skilled jumpers Maximum User Rating: 200 lbs		
Location	Quantity	Performance Level
Top Mat:		
Upper Spring(s)	96	(every spring location)
Power Spring(s) Position #3	0	
Power Spring(s) Position #2	0	
Power Spring(s) Position #1	64	(every 3rd spring location: no Power Spring)
Bottom Mat:		
Spring(s)	0	(no bottom mat is used)

High Performance Configuration (Advanced Users Only)		
High performance, very lively feel for skilled jumpers Maximum User Rating: 150 lbs		
Location	Quantity	Performance Level
Top Mat:		
Upper Spring(s)	64	(every 3rd spring location empty)
Power Spring(s) Position #3	0	
Power Spring(s) Position #2	64	(every 3rd spring location empty)
Power Spring(s) Position #1	0	
Bottom Mat:		
Spring(s)	0	(no bottom mat is used)

IMPORTANT: Steps 13–20 explain the installation of the top jumping mat using the "Standard Configuration" for your DoubleBounce PowerBounce. In the Standard Configuration, the number of springs were specifically designed to give you the best combination of safety and bounce performance.

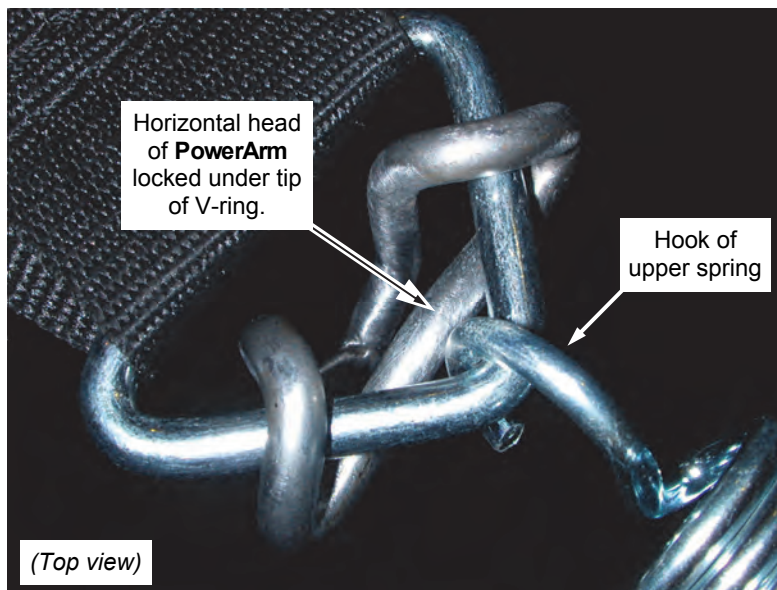
Each mat has 96 V-rings that you connect springs to. The Standard Configuration uses 32 V-rings on the bottom mat and 96 V-rings on the top mat. In the Standard Configuration, all 64 PowerBounce assemblies will be installed on the top mat only. Use the above chart for other configurations. Keep in mind that in all of the above spring configurations, there will be some empty V-rings.

Assembly and Installation Instructions



13) Starting at one of the four springs that you just connected to the top mat, count three V-rings clockwise, then insert a PowerArm into the V-ring. Position the horizontal head (top) of the PowerArm along one side of the V-ring, point the tip of the V-ring up into the air, and rotate the PowerArm into place around the tip of the V-ring. The head of the PowerArm will then be locked under the tip of the V-ring so that it is firmly held in place, as shown.

IMPORTANT: The horizontal head needs to go **under** the tip of the V-ring. If you can push the PowerArm up through the V-ring, then the PowerArm is not installed correctly. Repeat this step, and see pictures in this step and the step below for how the PowerArm will look when correctly installed.



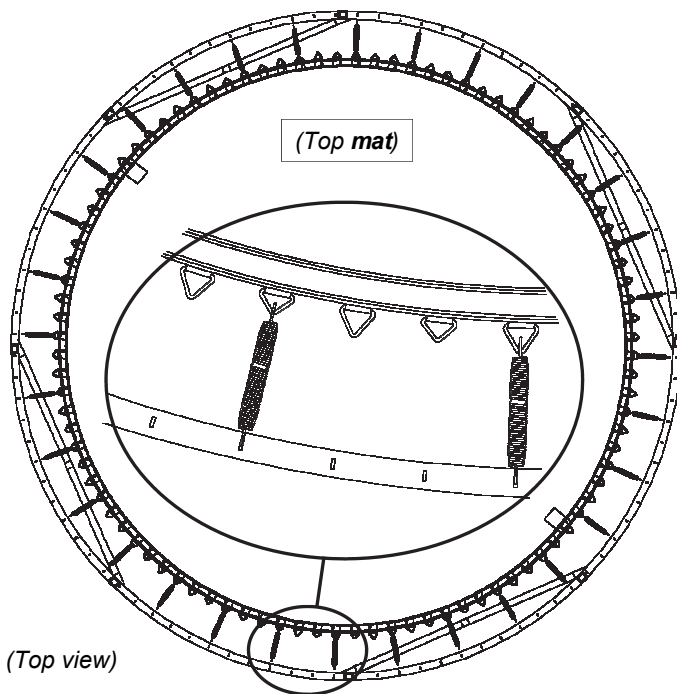
PowerArm properly installed on V-ring is held in place by upper spring.

14) Install upper spring so that the PowerArm is held in place by the spring hook.

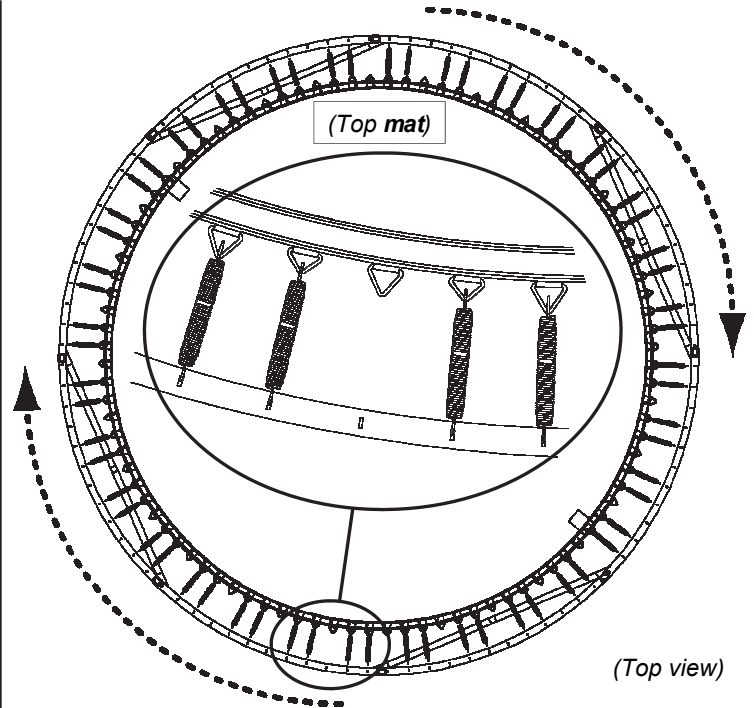
Note: The horizontal head of the PowerArm will be situated **below** the V-ring. The hook of the upper spring will be situated between the V-ring and the horizontal head of the PowerArm.

>> Repeat Steps 13 and 14, installing a PowerArm and upper spring at every 3rd V-ring and spring notch, clockwise around the trampoline. Reposition the initial 4 springs if necessary.

Assembly and Installation Instructions



15) You should now have PowerArms and upper springs installed at 32 locations, as shown.

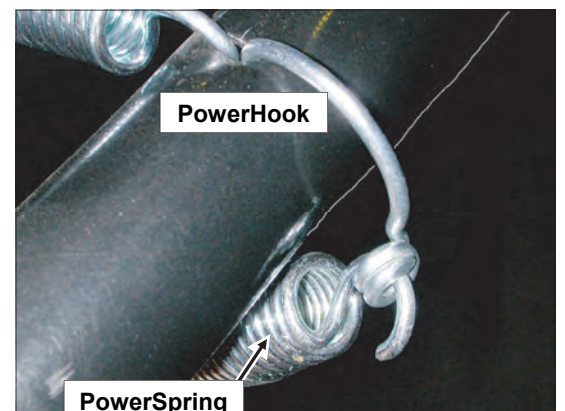


16) Now connect a PowerArm and upper spring to the left of every spring already installed (as described in Steps 13 and 14), working clockwise around the trampoline. Have someone work across from you, also going clockwise. When finished, the springs should be spaced as shown above.



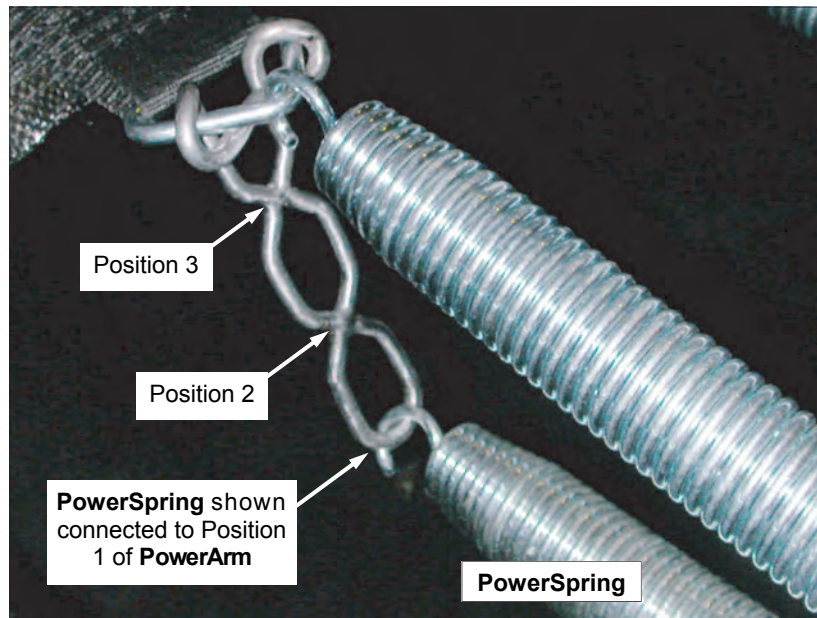
Spring assembly

Power Hook should be installed on end of spring with longer hook



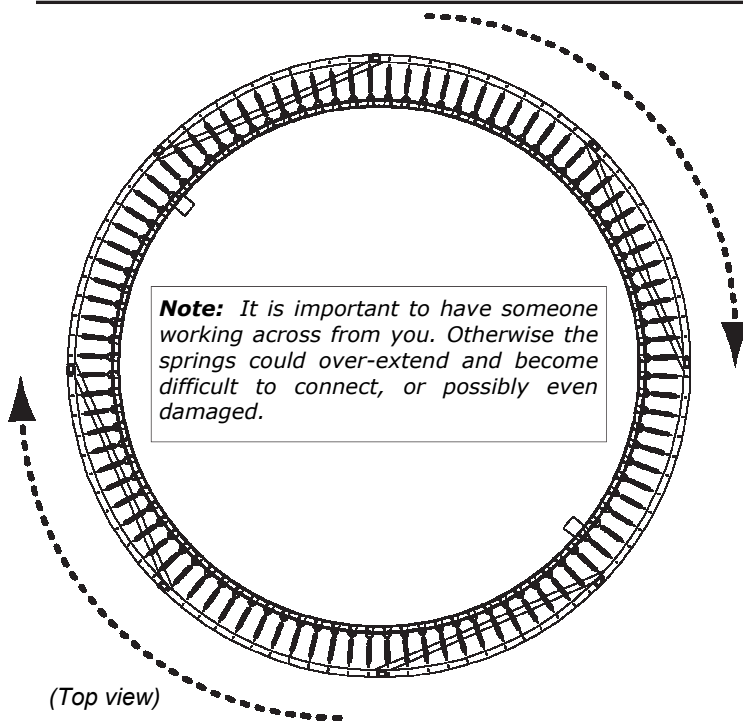
17) Connect a PowerSpring to the looped end of a PowerHook to create a "spring assembly." Connect PowerHook to spring notch on frame, as shown. **Spring assembly** will hang on outside of frame.

Assembly and Installation Instructions

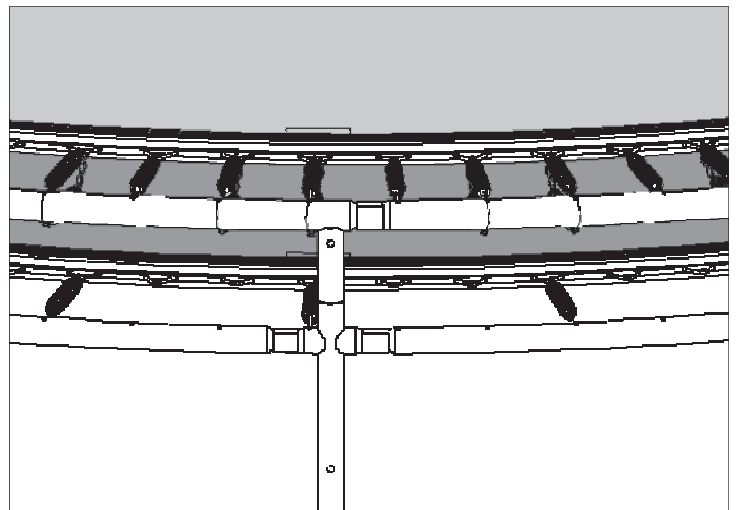


18) Connect the opposite end of the PowerSpring to Position 1 on the PowerArm (Standard Setting). You now have one “PowerBounce assembly” installed.

>> Repeat Steps 17 and 18 at every location on the top mat where a spring and PowerArm is installed.



19) Now connect a spring to every V-ring that does not have a spring, working clockwise. Have someone work across from you, also going clockwise. You will then have springs installed at every spring location. Every third spring location will *not* have a PowerBounce assembly installed.



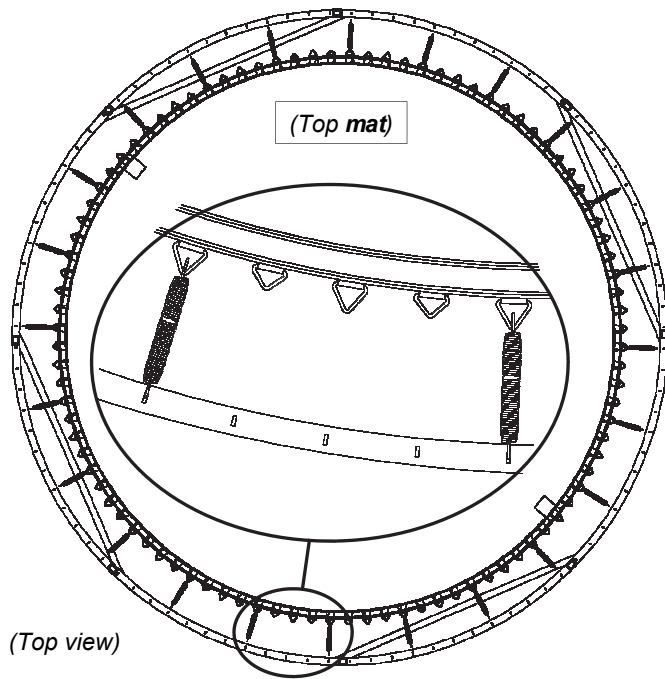
20) All 192 springs should now be connected:

- The bottom mat should have every third spring connected.
- The top mat should have springs connected at all locations. Every third spring location will *not* have a PowerBounce assembly installed.

NOTE: If any PowerArms or PowerSprings come loose after jumping, the PowerArms have not been installed correctly. Repeat Steps 13 and 14, and see the pictures in those steps for how the PowerArm should look after it is properly installed.

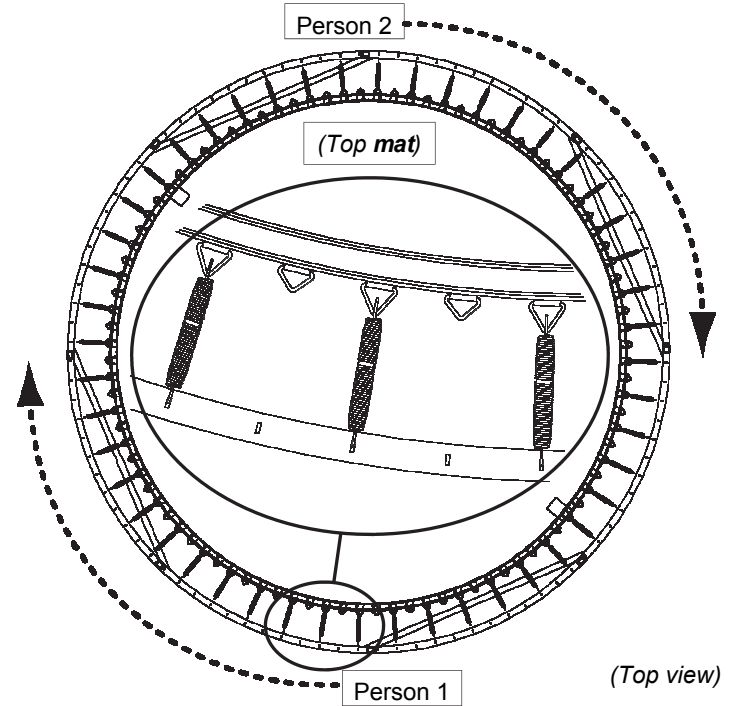
Now skip to Step 25 on page 20.

Assembly and Installation Instructions



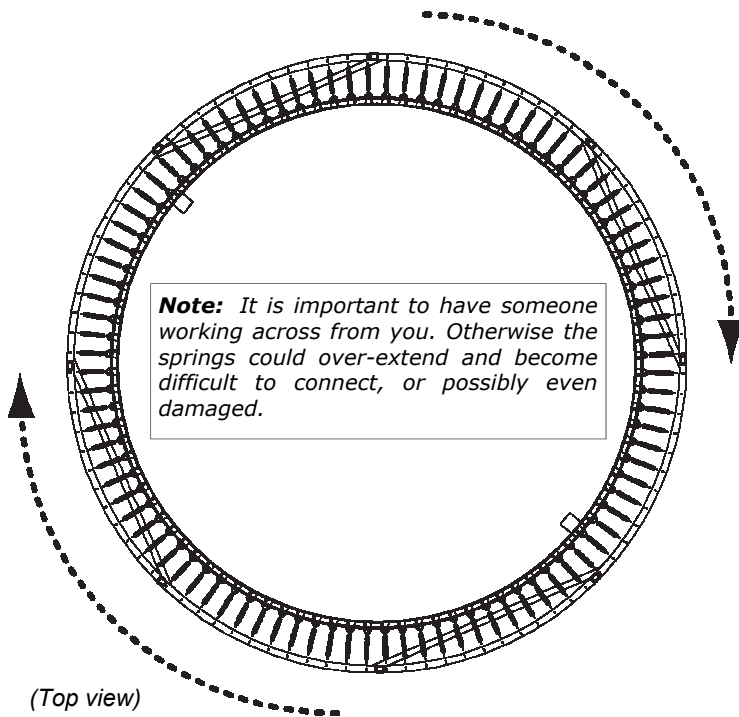
21) Steps 21–24 are for standard DoubleBounces (without PowerBounce) ONLY:

Starting at one of the 4 springs that you connected in Step 11, count 4 V-rings and spring notches clockwise, and connect another spring. Continue to install springs all the way around the trampoline. Reposition the initial 4 springs if necessary.

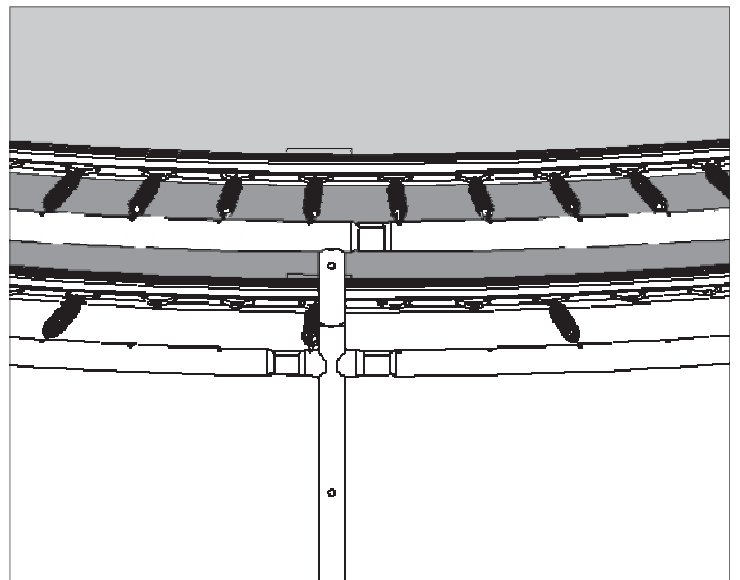


22) Now connect a spring to every middle V-ring and spring notch, working clockwise around the trampoline. Have someone work across from you, also going clockwise.

Note: It is important to have someone working across from you. Otherwise the springs could over-extend and become difficult to connect, or possibly even damaged.



Note: It is important to have someone working across from you. Otherwise the springs could over-extend and become difficult to connect, or possibly even damaged.

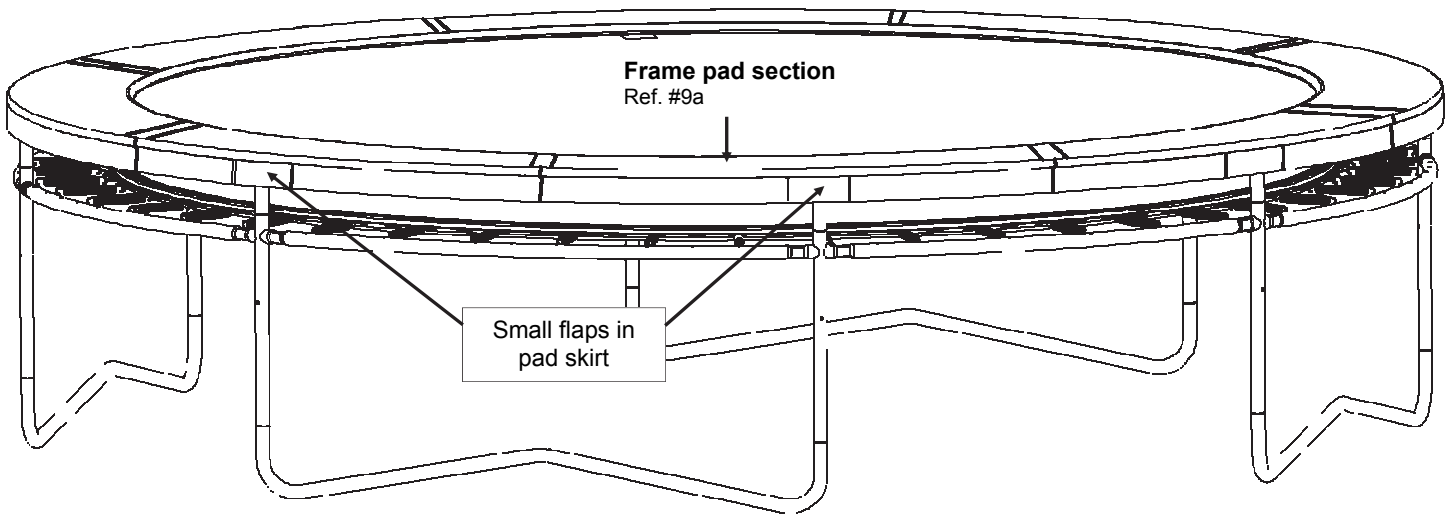


23) Connect all the remaining springs to the trampoline, again working clockwise, with someone working across from you.

24) All 128 springs should now be connected:

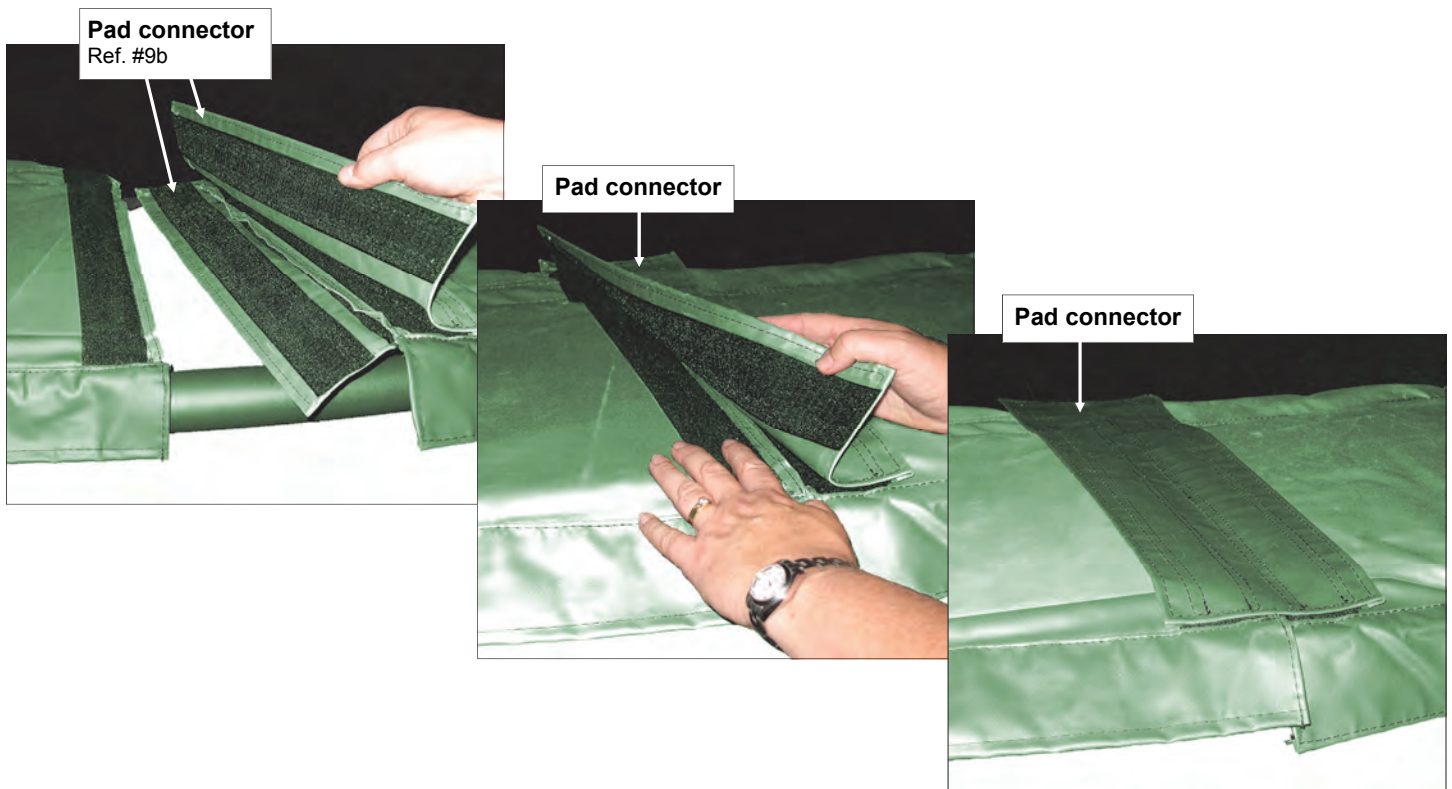
- The bottom mat should have every third spring connected.
- The top mat should have all of the springs connected.

Assembly and Installation Instructions



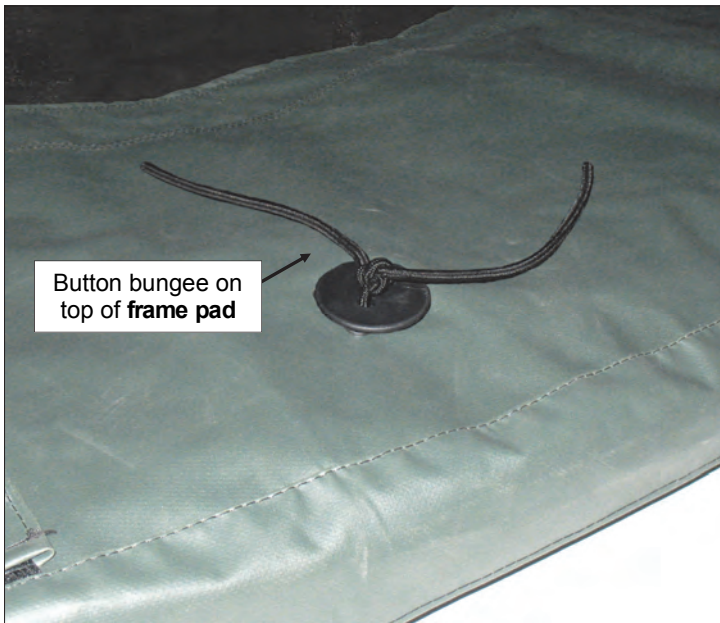
WARNING: Trampoline use is not recommended without the frame pad installed. The frame pad is designed to reduce the possibility of injury by protecting the user from coming into contact with the frame and springs of the trampoline. It is very important that you properly and securely attach the frame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

- 25) Lay the 8 frame pad sections on the trampoline to create a full circle around the trampoline frame. Align pad so that small flaps on outside edge of pad skirt line up over each leg of trampoline.

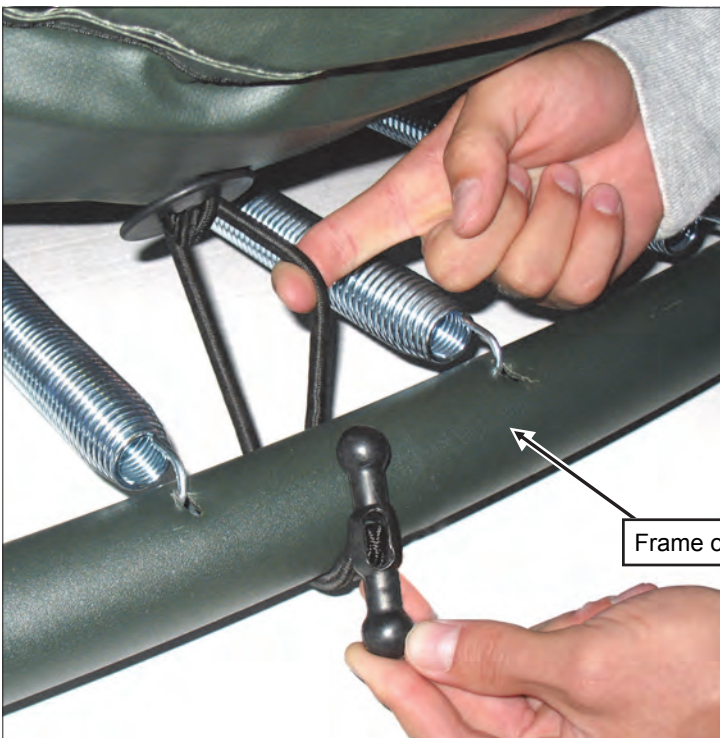


- 26) Two pad connectors are used to connect adjacent pad sections together; one pad connector connects to the top of each pad section and the second pad connector connects to the bottom of each pad section.

Assembly and Installation Instructions



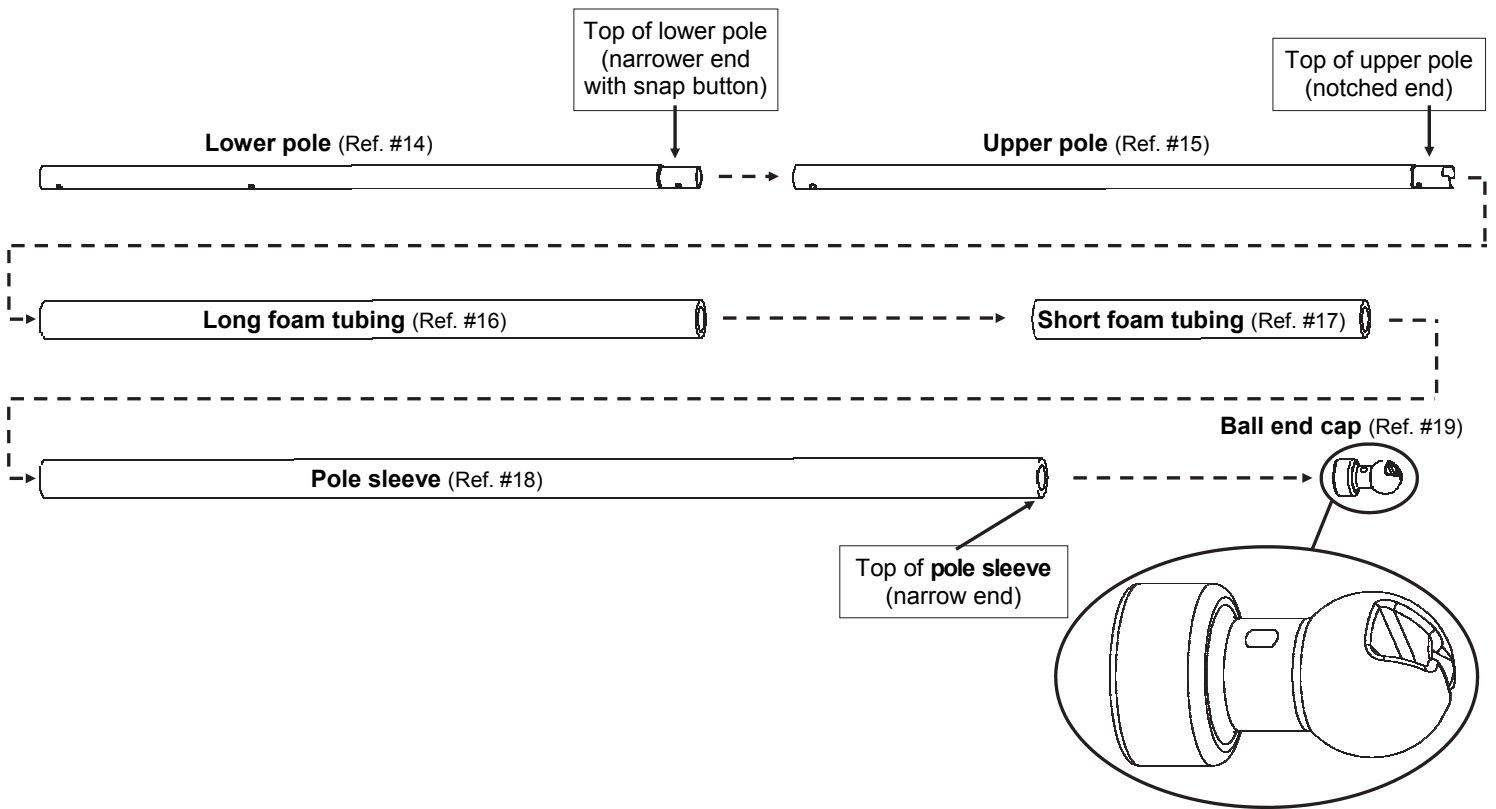
27) Between the poles on the top of the frame pad, you will find a button bungee. Lift the pad at one of these button bungee locations. The bungee on the bottom side of the pad will be used to secure the pad around the frame of the trampoline.



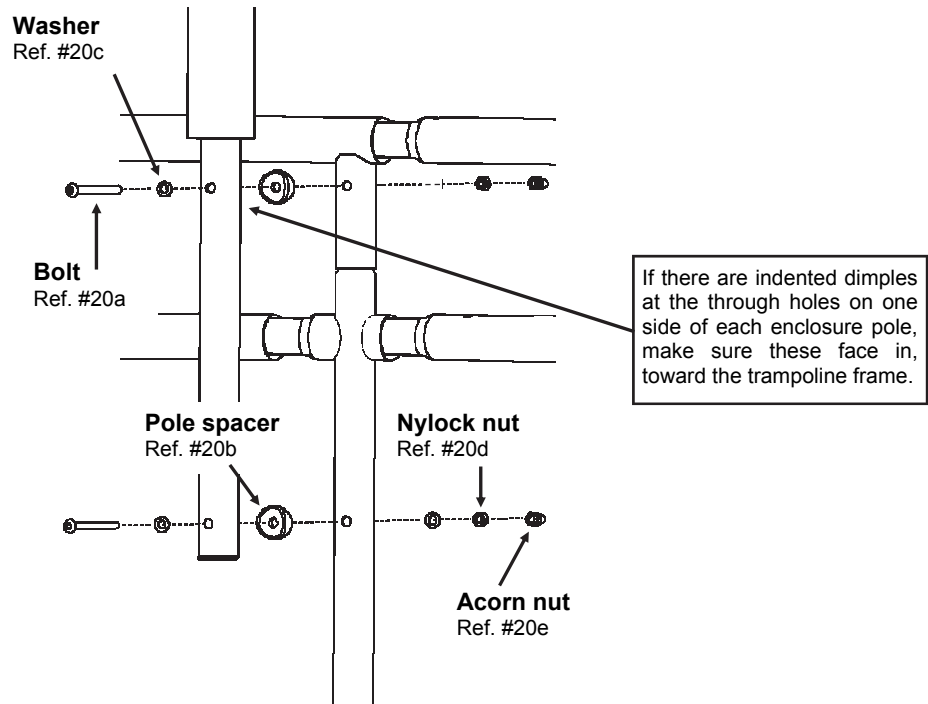
28) Secure button bungee around frame of trampoline, as shown.

>> Repeat at every location on bottom of pad where you see a bungee T-anchor until all 16 button bungees are securely fastened to the frame of the trampoline.

Assembly and Installation Instructions

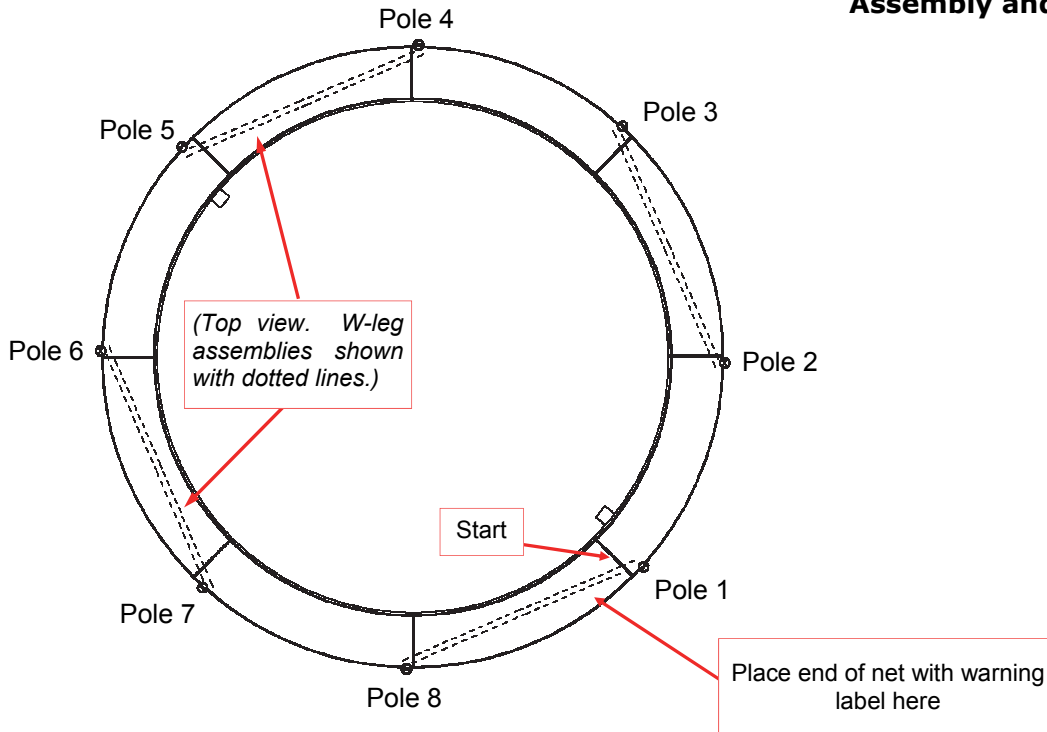


29) Build all pole assemblies as shown. (Pole sleeve and foam will fit tightly up inside ball end cap.) See page 9 for detailed part descriptions.

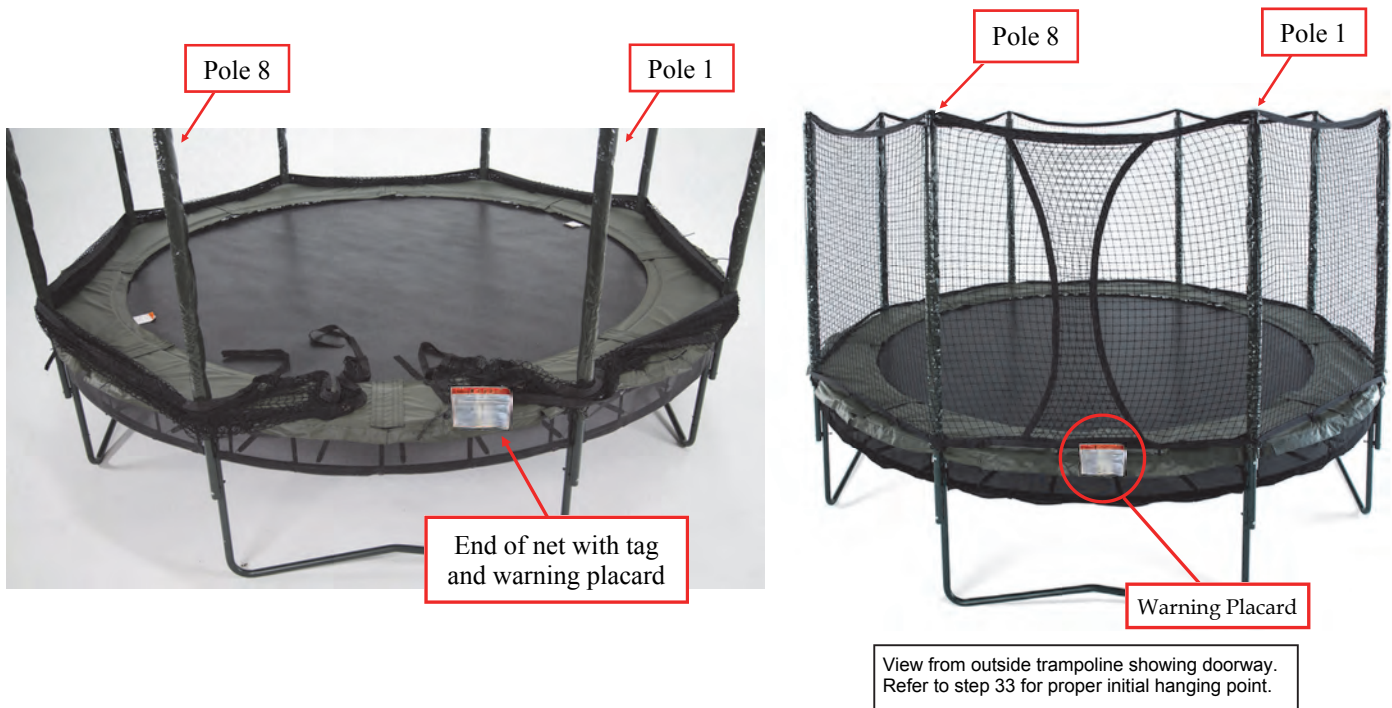


30) Using the tools and hardware provided, attach a pole to the outside of each trampoline leg. Snugly tighten bolts and Nylock nuts with wrenches. Hand-tighten acorn nuts.

Assembly and Installation Instructions

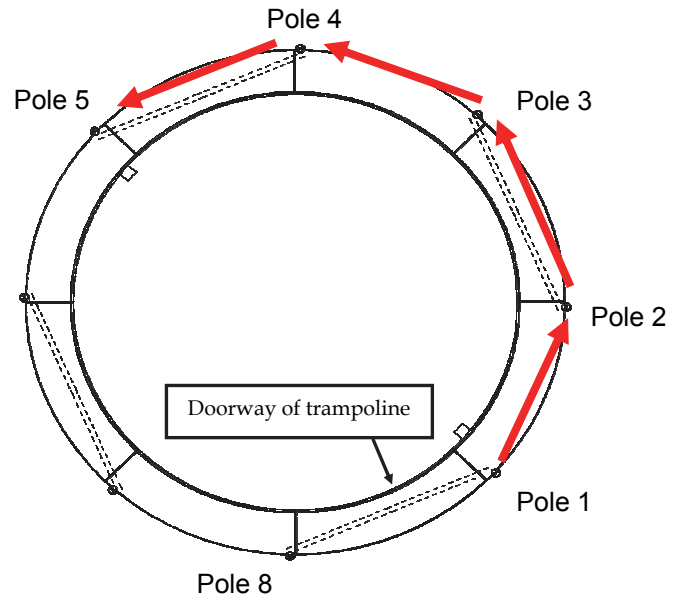
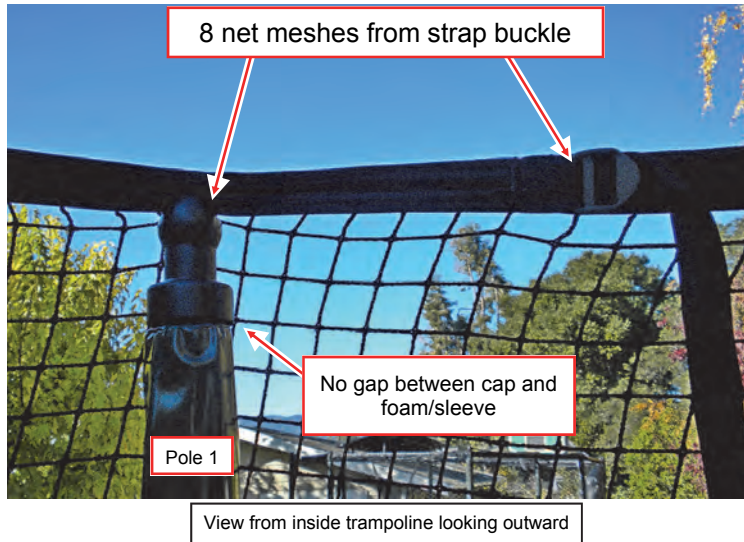


31) Become familiar with the numbering of the poles, as shown above. The doorway will be an overlapping section of net between pole 1 and pole 8, and will be directly over a W-leg assembly. Stretch the net out, and locate the warning label and tag on one end. Put this end down to the left of pole 1, and lay the rest of the net out counter-clockwise around the circumference of the trampoline, along the outside of the enclosure poles. See image above and next photo below.



32) The front (outside) of the net has a tag and warning label. Ensure that they are on the bottom of the net, facing out, and are visible to users as they enter the trampoline. **Correct positioning of the warning placard is important for net placement in the next step.**

Assembly and Installation Instructions



33) Ensure the warning placard is correctly positioned: Refer to the photos in Step #32 for confirmation.

On the end of the net with the warning label, locate the buckle at the top of the net, and count 8 meshes away from the strap buckle at the end of the net. Your net may have a red thread sewn into the top strap at this location; you may use this as a reference instead of counting. **Keep in mind, this number is approximate**, and the net may need to be adjusted so that the doorway is centered between poles 8 and 1.

Hang the top of the net from the ball end cap, beginning at the enclosure pole to the right of the doorway (Pole 1). Continue to hang the top strap of the net from each enclosure pole in a counter-clockwise direction. The top strap will not be perfectly straight between poles.

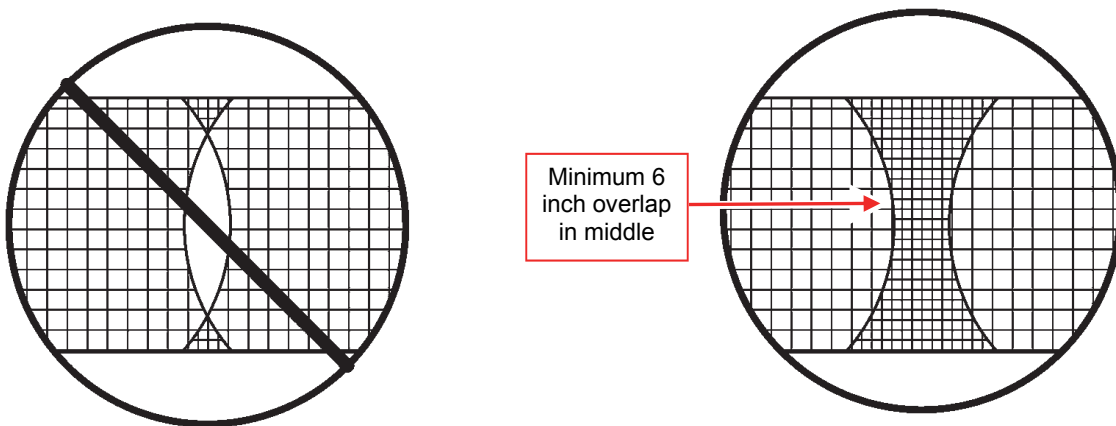


34) Continue hanging the net around the circumference, back to pole 1. Thread the loose end of the net strap through the inner slot in the buckle, then over the center divider, and back out through the outer slot as shown in photos **A** and **B** above to join the two sides of the net. The strap should exit the buckle behind the buckle tab as shown in photo **B** above. Tighten the top and bottom straps most of the way, but leave the net slightly loose.

Note: Bottom of net may not be touching trampoline at this time. This is normal.



35) If the net is not centered or slightly to the right of center when viewed from outside the trampoline, adjust the meshes on the ball end caps so that it is centered. This ensures room for the ladder, so that the user may enter safely. Tighten all buckles and add a simple knot to the loose end of the strap, so the net will not slacken. Check the foam and sleeve to ensure they are properly seated, as they have a tendency to slide down during installation. The ball end cap should be secure on the top of the enclosure pole, and there should not be a gap between the ball end cap and the foam/sleeve.



36) When hung correctly, the inner and outer panel of net should overlap by at least 6 inches in the middle. It can overlap by more, but should not be much closer than 8 inches to pole 8.

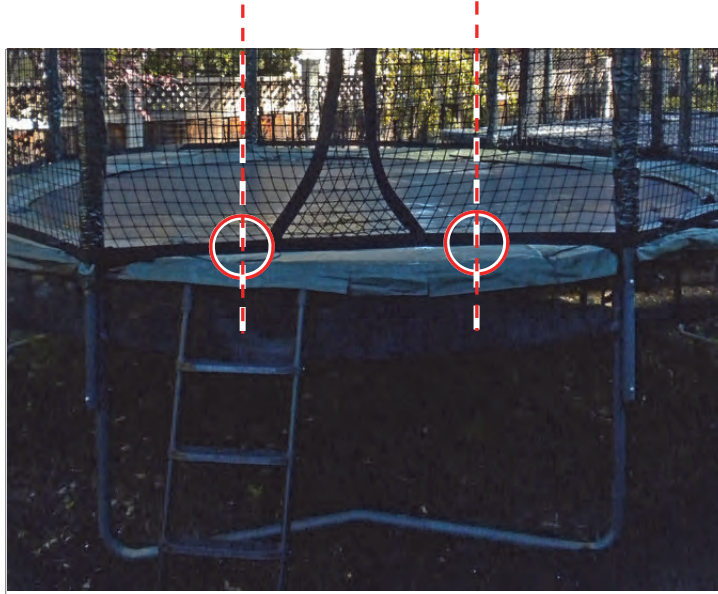
IMPORTANT: If the net does not overlap by at least 6 inches in the middle, **STOP**. Do NOT continue with the installation. Go back to Step 33. Rehang net, being sure to pull it snugly from one pole to the next.

Assembly and Installation Instructions



37) Connect the bottom strap of the net to each enclosure pole using a strap buckle. Wrap the strap buckle around the lower net strap only, then lift up the pad and thread the end of the strap around the enclosure pole and the top of the frame rail. Thread the loose end of the strap through the inner slot in the buckle, then over the center divider, and back out through the outer slot, as shown above. Tighten the straps.

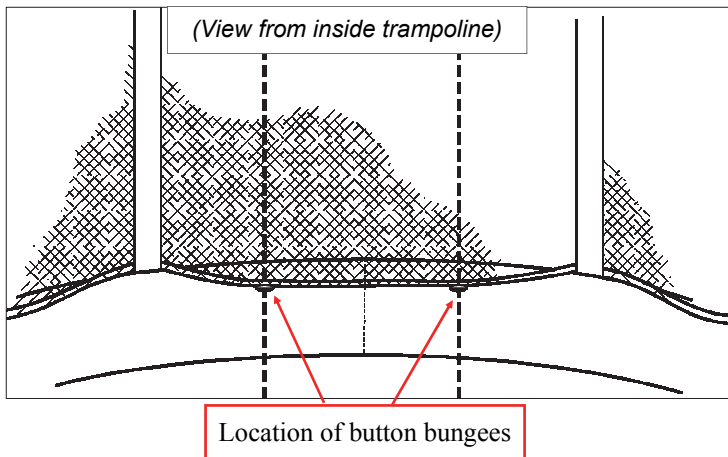
Assembly and Installation Instructions



Ladder sold separately.

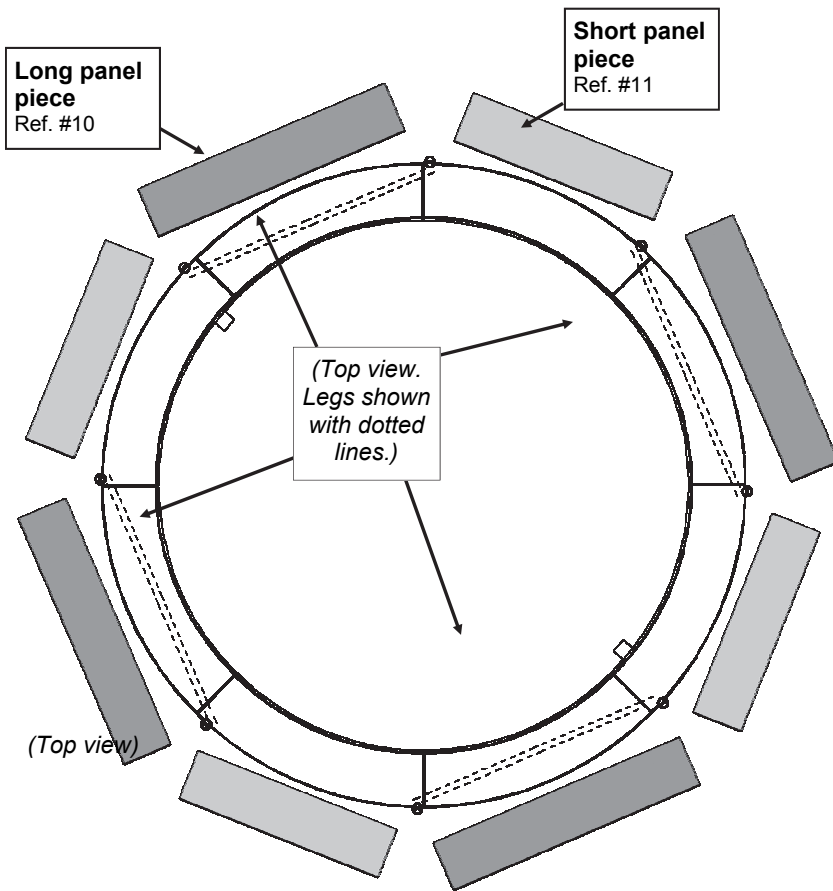
38) At overlapping doorway, find the 2 button bungees on top of frame pad. Secure bottom strap of inner panel of net at each button bungee with a square knot.

Note: Do not wrap bungee around net mesh, only around bottom strap of net.

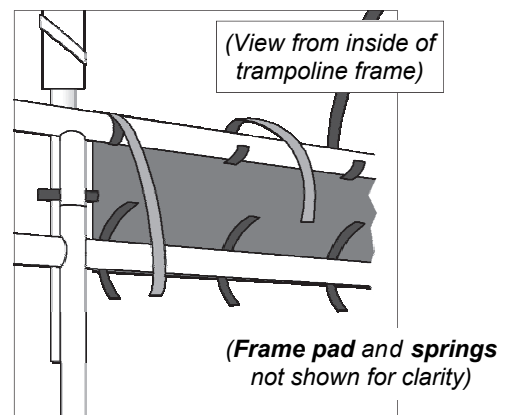
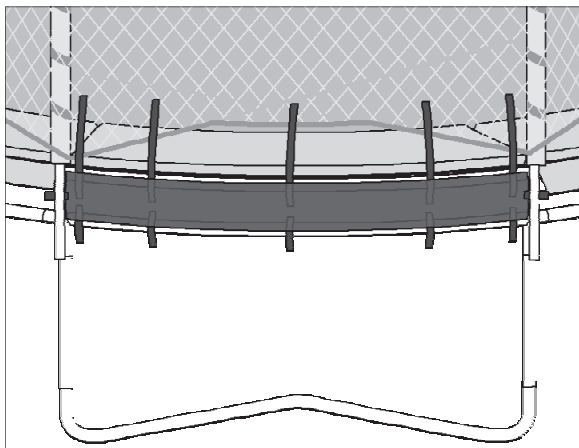


39) Working clockwise from the door, pull bottom of net down pole, so that bottom strap of net is positioned below bottom of pole foam. Use the button bungees on the trampoline pads to secure the bottom strap of the net to the trampoline. The net ties at two places per pad. Tie square knots around the bottom strap of the net.

Assembly and Installation Instructions



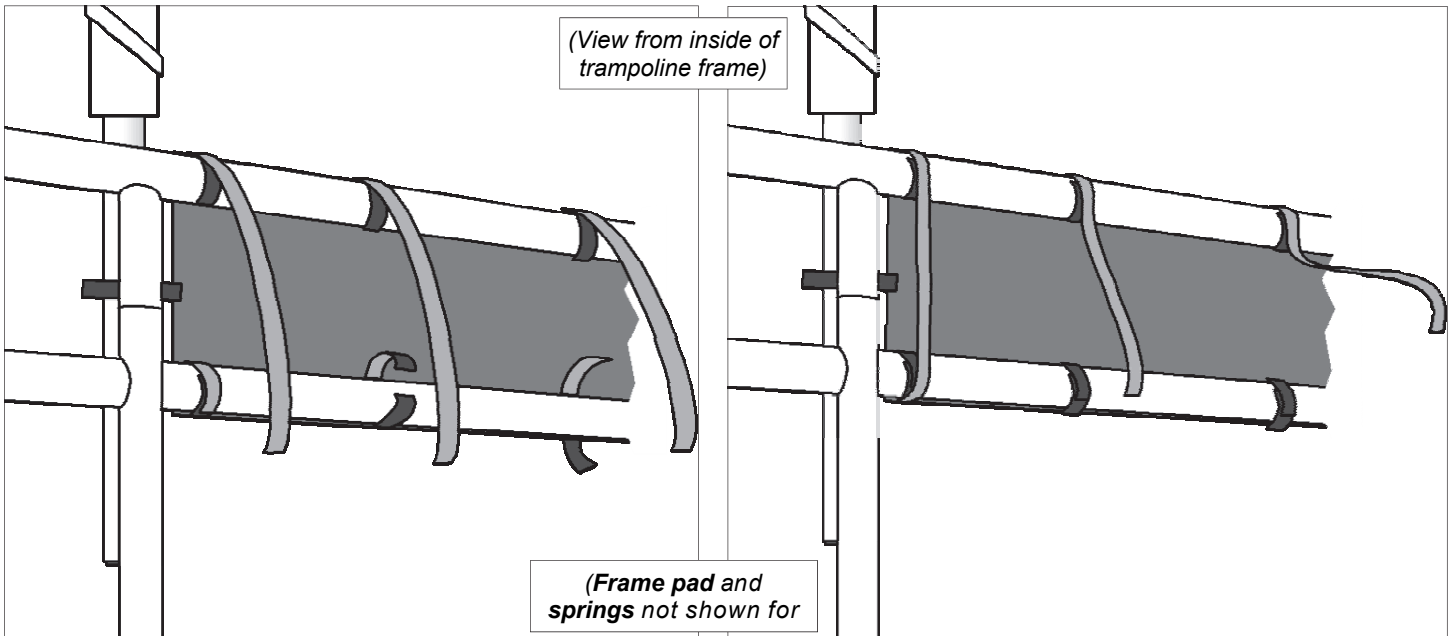
40) Lay panel pieces around trampoline (long panel pieces shown lined up with legs and short panel pieces shown positioned between legs) as shown.



41) Making sure panel is centered between the poles, position panel between top and bottom rail pieces. Long Velcro straps must be at top of panel, and Velcro must be on inside of panel. Wrap long Velcro straps over top rail, beneath frame pad. Secure top Velcro straps to top rail as shown.

Note: Velcro will connect together on inside of panel.

Assembly and Installation Instructions



42) Secure short Velcro straps (located along bottom of panel) around bottom rail. Then secure excess long Velcro straps at top of panel, to short Velcro straps at bottom of panel as shown.

>> Repeat Steps 52 and 53 with the 7 remaining panel pieces. Short and long panels will alternate around the trampoline, as shown in Step 51.

Note: Velcro will connect together on inside of panel.



Ladder sold separately.

43) At each pole, between pole and leg, connect short Velcro strap to adjacent panel's short Velcro strap.

Panels are now completely installed.

Your DoubleBounce is now complete!

Assembly and Installation Instructions

Final Steps

Assembly is now complete! Make sure all parts are securely assembled. Before using your 14ft DoubleBounce Trampoline System, familiarize yourself and all users with the *Care and Maintenance Instructions*, *Warning Information*, and *Use Instructions* included in this manual.

To register your 14ft DoubleBounce Trampoline, visit our webpage at www.jumpsport.com and click on the Product Registration link.



WARNING: Trampoline use is not recommended without the frame pad installed (see Picture A, below). The frame pad is 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.



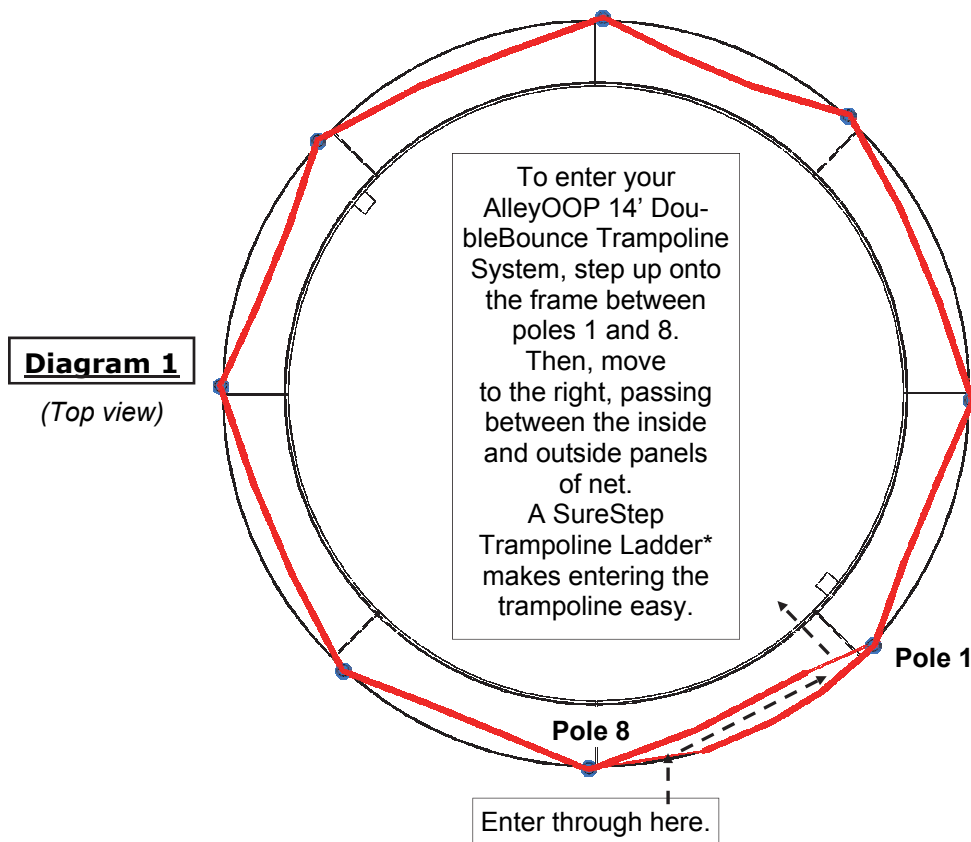
Picture A

**Frame Pad Placement - Showing Correct Placement over Frame Rails and Springs
(Section of frame pad removed for clarity. Be sure pad is completely installed before use.)**

Final Steps (continued)

See Diagram 1, below, to see how to properly enter the safety enclosure.

Note: The upper and lower support straps may need periodic tightening. Check the buckles and straps regularly.



Disassembly

To disassemble your 14ft DoubleBounce Trampoline System, 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 Trampoline Ladder, the Trampoline Anchor Kit, the ProFlex Basketball Set, the BounceBoard Extreme, and other great trampoline accessories, visit our website at www.jumpsport.com

Assembly and Installation Instructions

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Care and Maintenance Instructions

3

Your AlleyOOP Sports 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 (Trampoline)

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

Inspection (Safety Enclosure)

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

- Missing, improperly positioned, or insecurely attached barrier or enclosure support system (frame) padding and pole caps
- Puncture, frays, tears, or holes worn in the barrier or support system (frame) padding
- Deterioration in the stitching or fabric of the barrier or support system (frame) padding
- Bent or broken support system (frame)
- A sagging barrier
- Sharp protrusions on the support system (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 "barrier" mentioned above and elsewhere in this manual, refers to the safety enclosure netting. The "frame" mentioned refers to the rail assembly pieces of the trampoline.

If any of the above conditions exist, your 14ft DoubleBounce Trampoline System must be disassembled or otherwise protected against use until the condition is remedied.

Care and Maintenance Instructions

Trampoline Mat

Periodically inspect the trampoline for worn out or rotten stitching around the trampoline mat (bed). Stitching may fail 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 disassembled otherwise protected against use until the condition is remedied.*

The mat should be replaced with the appropriate AlleyOOP 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.

Cold Weather Protection

The 14ft DoubleBounce Trampoline System is designed for year-round outdoor use. However, in climates of cold weather where snow and ice are common, we recommend the trampoline mat, springs, frame pad, and net be removed and stored in a dry area out of the sun. To remove these parts, simply complete the instructions for installing them 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 AlleyOOP Sports. 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 **AlleyOOP Sports** at 408-213-2551 if you need replacement parts, or have any questions.

If any warning labels or signs become unreadable or missing, call AlleyOOP Sports 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 11.

Care and Maintenance Safety Checklist (Trampoline)

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

Frame Pad

Our frame 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 pad periodically to spread out wear and tear

Check for...	Necessary Action	<u>Safety Check</u>	
		Safe	Unsafe
Vinyl deterioration	Replace	_____	_____
Foam deterioration	Replace	_____	_____
Missing pads	Replace	_____	_____
Improperly attached pads	Reattach (see pad installation section of instructions)	_____	_____
Stitching deterioration	Re-stitch	_____	_____

Trampoline Mat

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 38 for more information.

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

Springs

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

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

Care and Maintenance Instructions (Trampoline)

Frame The life of your AlleyOOP Sports trampoline frame should last for many years, depending upon the weather in the area where you live.

		<u>Safety Check</u>	
Check for...	Necessary Action	Safe	Unsafe
Rust	Clean and paint	_____	_____
Structural failure	Replace	_____	_____
Bent frame	Repair or replace part	_____	_____
Sharp protrusions	Repair	_____	_____
Missing warning labels	Call AlleyOOP 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 AlleyOOP Sports for free replacements.

Care and Maintenance Safety Checklist (Safety Enclosure)

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

Pole Foam

The pole foam and vinyl pole sleeve life expectancy is two to five years. To increase the life of your pole foam and sleeves, do not allow people to grab them in order to pull themselves onto the trampoline.

Check for...	Necessary Action	<u>Safety Check</u>	
		Safe	Unsafe
Vinyl sleeve deterioration	Replace	_____	_____
Foam missing or deteriorating	Replace	_____	_____

Net

The net, support straps, and bungee cords will require frequent inspection for deterioration or fraying. Life expectancy is three to five years for the net, and one to three years for the straps and bungees.

Check for...	Necessary Action	<u>Safety Check</u>	
		Safe	Unsafe
Faded and breaking top or bottom net strap	Replace straps	_____	_____
Brittle and tearing net	Replace	_____	_____
Cuts, tears, or holes in net or net straps	Replace	_____	_____
Missing warning labels	Call AlleyOOP for replacement	_____	_____

Steel Poles

The pole life expectancy is for many years. To increase the life of your poles, do not allow people to grab them in order to pull themselves onto the trampoline.

Check for...	Necessary Action	<u>Safety Check</u>	
		Safe	Unsafe
Rust	Clean and paint	_____	_____
Structural failure	Replace	_____	_____
Bent frame	Repair or replace part	_____	_____
Sharp protrusions	Repair	_____	_____
Missing pole warning label	Replace	_____	_____

Safety Rules

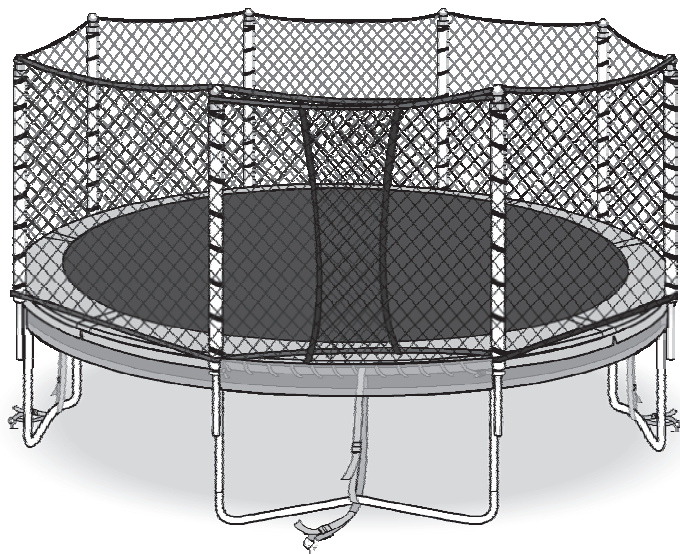
Review this manual with all jumpers. Maintain all warning labels and signs. If labels or signs become lost or unreadable, write or call AlleyOOP for free replacements.

Care and Maintenance Instructions

Windy Conditions

It is possible for the trampoline to be blown about by a high wind. If you anticipate high winds, the frame should be secured to the ground with the use of an AlleyOOP Sports Trampoline Anchor Kit. If you anticipate severe winds, the trampoline should be moved to a sheltered location or completely disassembled. Our anchor kit can be found in the **Accessories** section at www.jumpsport.com.

Diagram 2 AlleyOOP Sports Trampoline Anchor Kit



Use an AlleyOOP Sports Trampoline Anchor Kit to tie down your 14ft DoubleBounce Trampoline System.

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 net material, or damage the frame pad or pole foam.

The 14ft DoubleBounce Trampoline System is intended to be used by one person at a time, weighing less than 250 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.

WARNING



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. **DO NOT** allow more than one person inside the trampoline enclosure. Use by more than one person at the same time can result in serious injury.

Use trampoline only with mature, knowledgeable supervision.



DO NOT attempt to jump over the barrier.



DO NOT intentionally rebound off the barrier.

DO NOT hang from, kick, cut or climb on the barrier.

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:

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

These are covered in detail in the following sections.

Before You Jump, Read this:

Please read the *Safety Rules* (under the *Use Instructions* section) with the following in mind:

- The trampoline enclosure is not designed to prevent injuries associated with unsafe use of the trampoline, or with more advanced skills like flips, somersaults, or acrobatic maneuvers. Do not attempt any of these activities.
- Each user should become familiar with the *Care and Maintenance Instructions*, *Warning Information*, and *Use Instructions* included in this manual.
- The trampoline enclosure does not replace the need for supervision by a responsible, knowledgeable adult.
- Allow only one person to use the entrance at one time.
- When exiting, do not jump off the edge of the trampoline. Always sit on the edge, then carefully lower your body onto the ground.
- Do not attach other apparatus to the trampoline enclosure unless it is an AlleyOOP Sports-approved device. Any additional AlleyOOP accessory that you may attach to the trampoline enclosure must be attached and used only in accordance with the instructions for such accessory.

Warning Information

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
- Properly installing the safety enclosure

Simple frame pads or spring covers on their own do not give adequate protection. Installing the **AlleyOOP Sports 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 in the “Basic Skills” section
- Maintaining a position in the center of the mat
- Strictly forbidding any “flying dismounts” (i.e. jumping off of the trampoline onto another object or the ground)
- Installing an **AlleyOOP Sports Safety Enclosure**
- Using spotters
- Using the trampoline only with mature, knowledgeable supervision

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.

Safety Rules (Trampoline)

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 the head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed.
- DO NOT allow more than one person on the trampoline. Use by more than one person at the same time can result in serious injuries.
- 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 (Safety Enclosure)

Safety Rules (Safety Enclosure)

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 on the trampoline. 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 inside the trampoline enclosure. Use by more than one person at the same time can result in serious injuries.
- Use trampoline enclosure only with mature, knowledgeable supervision.
- Inspect the trampoline enclosure before each use. Make sure the barrier and the enclosure support (frame) padding is correctly and securely positioned. Replace any worn, defective, or missing parts.
- Children may be entangled or strangled in loose cords or gaps between trampoline and enclosure. Keep enclosure tightly fastened to the trampoline in accordance with the manufacturer's instructions. Failure to properly assemble and maintain a tight, secure trampoline/enclosure boundary may result in serious injury, strangulation or death.
- Do not attempt to jump over the barrier.
- Do not attempt to crawl under the barrier.
- Do not intentionally rebound off the barrier.
- Do not hang from, kick, cut or climb on the barrier.
- Wear clothing free of drawstrings, hooks, loops or anything that could get caught in the barrier.
- Do not attach anything to the barrier that is not a manufacturer-approved accessory or part of the enclosure system.
- Enter and exit the enclosure only at the enclosure door or barrier opening designated for that purpose.
- Read all instructions before using the trampoline enclosure. Warnings and instructions for the care, maintenance, and use of this trampoline enclosure are included to promote safe, enjoyable use of this equipment.

Note: The "barrier" mentioned above and elsewhere in this manual, refers to the safety enclosure netting. The "frame" mentioned refers to the rail assembly pieces of the trampoline.

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 being 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.

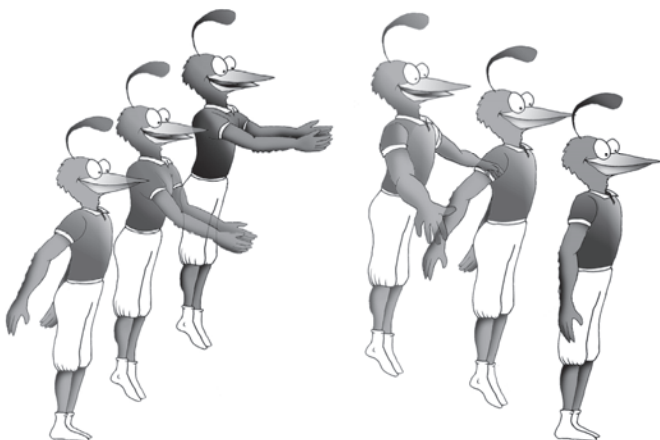
To learn the Stop Bounce:

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 2.

Figure 2 Arm Action



Use Instructions

Bounce Variations

Figure 3 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 3 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 4.
3. Push on the mat with your hands to rebound up to your feet.

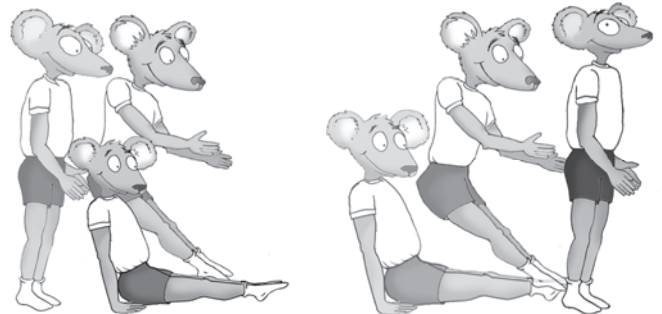


Figure 4 Seat Drop

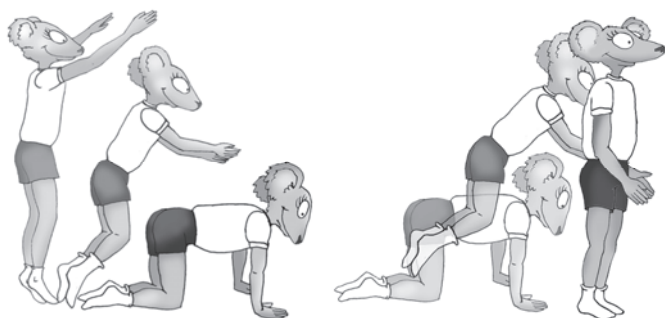
Hands and Knees Drop

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 5.

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 5 Hands and Knees Drop

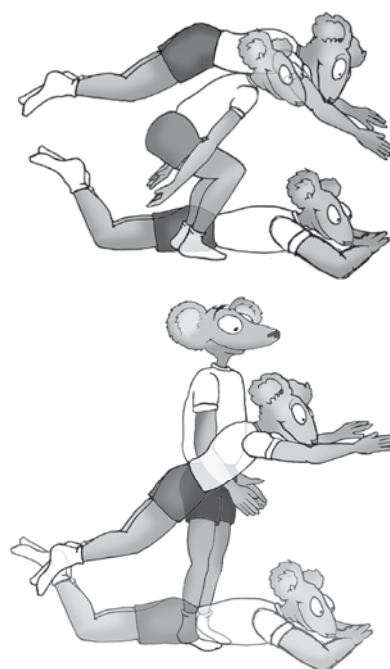


Front Drop

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 6.

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 6 Front Drop



Use Instructions

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 7.
 - 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 7 Swivel Hips

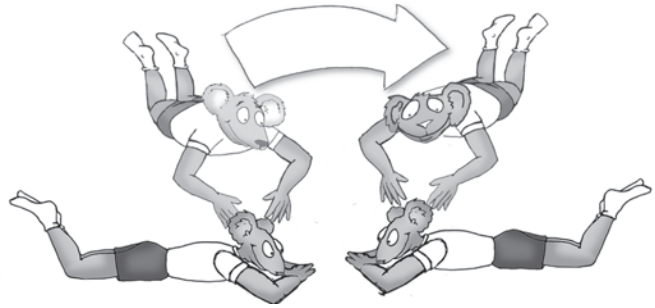


Turntable

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

Figure 8 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 8.



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.



Limited Lifetime Warranty

What is covered by this warranty? This warranty covers any defects in materials or workmanship on all of the components of the AlleyOOP 14ft DoubleBounce Trampoline System, and is extended exclusively to the original retail purchaser.

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

- Steel trampoline frame and safety enclosure poles – lifetime
- Jumping surface (mat) – 5 years
- Springs – 5 years
- PowerHooks – 5 years
- PowerArms – 5 Years
- Safety enclosure netting – 5 years
- Frame pad – 2 years
- All other components of the trampoline and enclosure – 1 year

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

What is not covered by this warranty? This warranty does not cover expenses of on-site labor, shipping costs, 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, commercial or public use, ordinary wear and tear, weathering, acts of God (such as wind and lightning), failure to follow directions, improper installation, improper maintenance, or any silk screened graphics. 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.

ALLEYOOP SPORTS 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 AlleyOOP Sports Customer Service department at 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, along with a copy of your original sales receipt and a brief written description of the problem, including how it occurred. You must pay freight and insurance to return the part to AlleyOOP Sports. At AlleyOOP Sports' sole discretion, we may ask you to send photographs in addition to or in lieu of returning the part.
- 3) After inspecting the returned part(s), AlleyOOP Sports 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. (Shipping charges may apply.) 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.