



## User's Manual - Fitness Trampoline Half-Fold Models: 230F, 350F, and Pro Series 550F

### Assembly, Installation, Care, Maintenance, and Use Instructions

Read these materials prior to assembling and using this trampoline

 <p>DO NOT attempt or allow somersaults. Landing on the head or neck can cause serious injury, paralysis or death, even when landing in the middle of the bed.</p>	 <b>WARNING</b> <p><i>Read these materials prior to assembling and using this rebounder trampoline</i></p> <p>Use trampoline only with mature, knowledgeable supervision.</p>	<p>DO NOT allow more than one person on the trampoline. Use by more than one person at the same time can result in serious injury.</p> 
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Product shown: 350F  
Colors vary

Handle sold separately



This Product is Distributed Exclusively by

JumpSport®

#### **Max Weight Allowed:**

Model 230F : 225lb (102kg)

Model 350F : 275lb (125kg)

Model 550F Pro : 325lb (147.7kg)

All units designed for indoor use only.

300 and 500 Series –Commercial use allowed.

#### **WARNING**

1. Do not attempt to open/unfold or close/fold frame without using The Bungee Removal Method for One Person (see below).
2. 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.
3. Do not allow more than one person on the trampoline.
4. Use trampoline only with mature knowledgeable supervision.
5. Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment.
6. If you feel faint or dizzy, immediately discontinue use of this equipment.
7. Keep others and pets away from equipment when in use.
8. Always make sure all parts are securely tightened prior to each use.
9. This trampoline is not recommended for children.
10. This product is intended for indoor use only.

#### **WARNING**

Serious bodily injury or death can occur if the above warnings are not followed or if this equipment is not assembled and used according to all instructions.

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Patent info at: [www.jumpsport.com/patents](http://www.jumpsport.com/patents)  
Instruction Manual P/N: INS-P-21808-08B  
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# Safety Instructions



Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. To reduce the risk of serious injury, read the following Safety Instructions before using the JumpSport Folding Trampoline (JFT).



1. Save these instructions and ensure that other exercisers read this manual prior to using the JumpSport Folding Trampoline for the first time.
2. Misuse and abuse of this trampoline is dangerous and can cause serious injuries.
3. Trampolines, being rebounding devices, propel the performer to unaccustomed heights and into a variety of body movements.
4. When unfolding or folding the trampoline, the rails will try to spring into the folded position.
5. **Do not attempt to open/unfold or close/fold frame without using The Bungee Removal Method for One Person (see below). Failure to do so may allow the frame rail to spring back and strike someone, which can cause serious bodily injury or death.**
6. Unless designated, the JumpSport Folding Trampoline is for home use only. Do not use in institutional or commercial applications. Failure to follow this warning could result in minor or moderate injury.
7. All purchasers and all persons using the JumpSport Folding Trampoline must become familiar with the manufacturer's recommendations for proper assembly, use and care of the JumpSport Folding Trampoline, as well as being alert to the performer's own limitations in the execution of trampoline skills. Assembly Instructions, Safety Instructions, Trampoline Fundamentals, and Warning Labels are included to promote safe, enjoyable use of the JumpSport Folding Trampoline. Make sure that it is properly assembled and tightened before use.
8. The owner and supervisors of the trampoline are responsible to make all users aware of the Safety Instructions and practices in the use instructions.
9. Place the JumpSport Folding Trampoline on a level surface before use.
10. Use the JumpSport Folding Trampoline in a well lighted area. THIS PRODUCT IS INTENDED FOR INDOOR USE ONLY.
11. Do not place the JumpSport Folding Trampoline on an elevated surface. The JumpSport Folding Trampoline should be at floor level or ground level.
12. Inspect your JumpSport Folding Trampoline before each use.
13. Make sure the floor or ground around the JumpSport Folding Trampoline is clear of all objects that may cause injury if you step on them when dismounting.
14. Do not allow children to use the JumpSport Folding Trampoline. The JumpSport Folding Trampoline is not a toy, it is for use by adults only. Use the trampoline only with mature knowledgeable supervision.
15. Keep small children and pets away from the JumpSport Folding Trampoline at all times including use and assembly of the JumpSport Folding Trampoline.
16. Do not use the JumpSport Folding Trampoline with socks only. Good traction is very important when mounting, using, and dismounting the JumpSport Folding Trampoline. Bare feet are acceptable but we recommend good footwear with rubber non-skid soles such as walking, running or cross-training shoes.
17. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the JumpSport Folding Trampoline.
18. The JumpSport Folding Trampoline should be used by only one person at a time.
19. Remove any obstructions from beneath the JumpSport Folding Trampoline.
20. The surface of the bed should be dry.
21. Be careful to maintain your balance when mounting, using, dismounting, or assembling the JumpSport Folding Trampoline. Loss of balance may result in a fall and serious bodily injury.
22. Do not attempt any gymnastic or acrobatic maneuvers on the JumpSport Folding Trampoline.
23. Stop exercising before attempting to dismount the JumpSport Folding Trampoline. To avoid sprains and broken bones, come to a complete stop before dismounting.
24. Use the JumpSport Folding Trampoline only as described in this manual.
25. Always store the JumpSport Folding Trampoline indoors in a dry place.
26. Secure the JumpSport Folding Trampoline against unauthorized and unsupervised use.

# ASSEMBLY INSTRUCTIONS

Place all parts from the box in a clear/clean area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed.

Read this manual carefully before using the JumpSport Folding Trampoline.

Although JumpSport constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your JumpSport Folding Trampoline, please do not return the product. Contact us FIRST!

If a part is missing or defective, please go to [www.JumpSportFitness.com](http://www.JumpSportFitness.com) and order the part needed, or call us toll free at 1-888-567-5867.



1. The JFT can suddenly snap closed/fold up -- serious injury can occur. Keep head/face away from JFT until hinge locks are properly in place and closed. Keep fingers/hands away from the hinge area when unfolding/opening or folding/closing the JFT, serious injury can occur. FOLLOW THE METHOD FOR OPENING OR CLOSING SET FORTH BELOW. SEE ALSO JUMPSPORT'S VIDEOS ON ITS WEBSITE FOR THESE STEPS AT:

<https://support.jumpsport.com/article/75-fitness-trampoline-installation-videos>

2. **Do not attempt to open/unfold or close/fold frame without using The Bungee Removal Method for One Person (see below). Failure to use the method described below may allow the frame rail to spring back and strike someone, which can cause serious bodily injury or death.**
3. Keep children away from the JumpSport Folding Trampoline during assembly and disassembly.

# Opening and Closing the Frame — The Bungee Removal Method

## Opening/Unfolding The Frame



Do not attempt to open/unfold or close/fold frame without using The Bungee Removal Method for One Person. Failure to use this method may allow the frame rail to spring back and strike someone, which can cause serious bodily injury or death.

Only open on a clean surface. Do not open/unfold on a plush carpeted surface. Carpet strands may get pinched in the hinge during the opening process

**Step 1:** Remove **every other** bungee assembly by lifting the bungee loop off the bungee connector saddle [Figure 1].

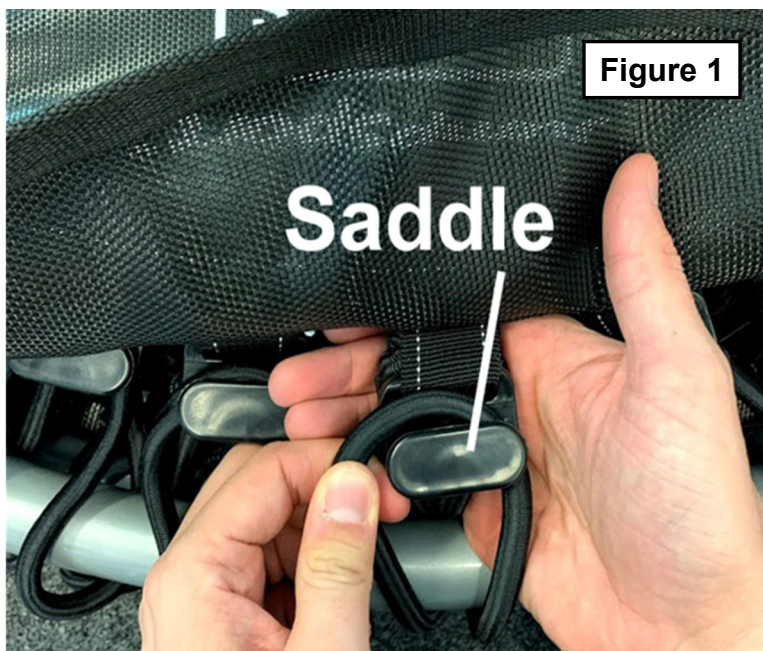


Figure 2

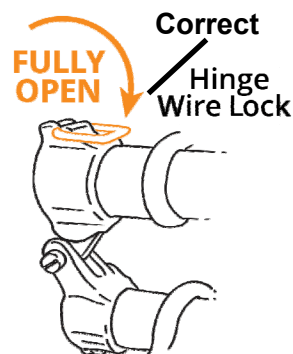
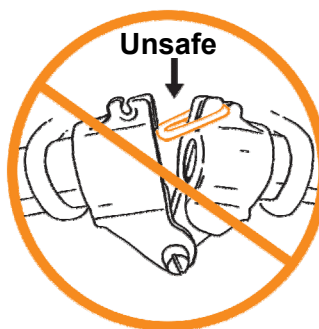


Figure 3



**Pinch Point.**  
Keep hands away from the hinges to avoid getting pinched.

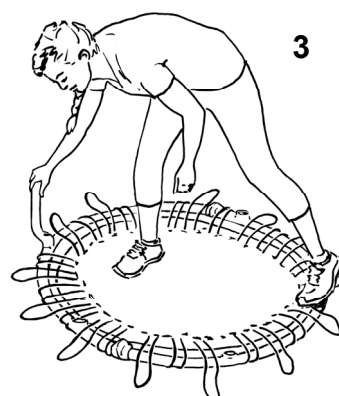
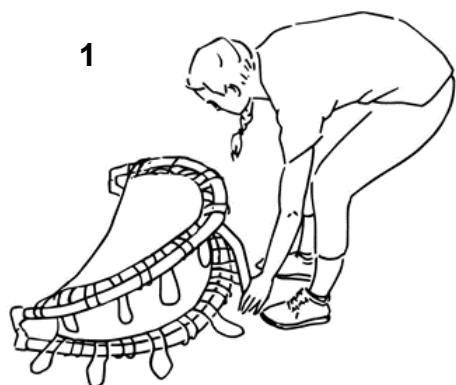
**Step 2:** **WARNING** Make sure both hinge wire locks are in the fully open/unlocked position [Figure 2] if wire locks get pinched between the hinges, (see Figure 3 above), the frame can suddenly snap closed, - serious injury can occur.



# Opening and Closing the Frame — The Bungee Removal Method

## Opening/Unfolding The Frame – Continued

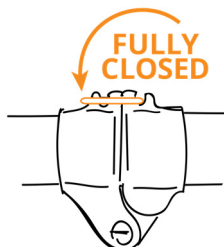
**Step 3:** To use as a handle, securely install one leg on the frame stud equally distant from both hinges (see pages 7 and 8 for leg installation). Grasp the trampoline by the leg. Stand on frame and push leg away until the frame pops open and is flat on the floor, as shown in the sequence below.



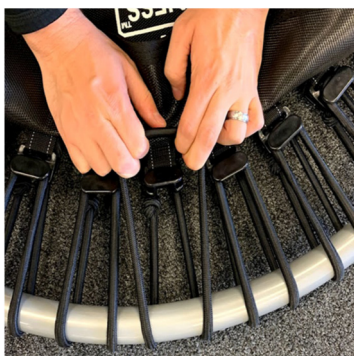
**⚠ WARNING** Never relax grip on frame until it is fully open; keep head/ face clear of opening frame, and hands/ finger clear of hinges during the opening / unfolding process or serious injury can occur.

**Step 4:** Lift the trampoline frame near the hinge (DON'T Grasp Hinge or injury may occur) and fully close the hinge locks on each side.

Hinge Wire  
Lock  
Locked



**Step 5:** Remove the leg. Turn the frame over so the top is facing up. Kneel on the mat and the frame to install the bungees as shown in the pictures below. Make sure the bungees are fully seated into the connector saddles and that the bungee cord on each side of the saddle is equally tensioned. The number of bungees between each leg location should be the same.



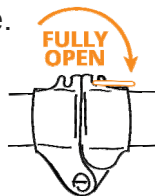
# Opening and Closing the Frame — The Bungee Removal Method

## Closing/Folding The Frame

- Step 1:** Remove legs and set aside. One will be temporarily reinstalled as a handle in Step 3.
- Step 2:** Turn the frame over so the top is facing up. Kneel on the mat and the frame to remove every other bungee around the frame by lifting the bungee loop off of the saddle on the bungee connectors.

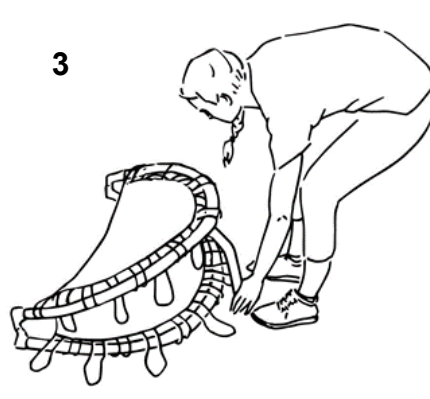
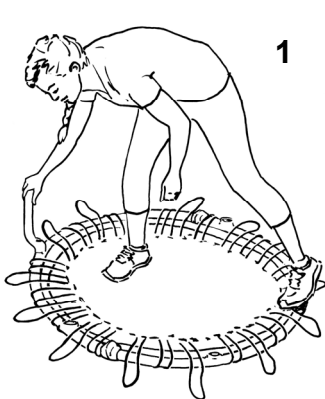


- Step 3:** Turn the frame over and install a leg approximately centered between the hinges (see pages 7 and 8 for leg installation).
- Step 4:** Lift the trampoline frame near the hinge (DON'T Grasp Hinge or injury may occur) and fully open the hinge locks on each side.

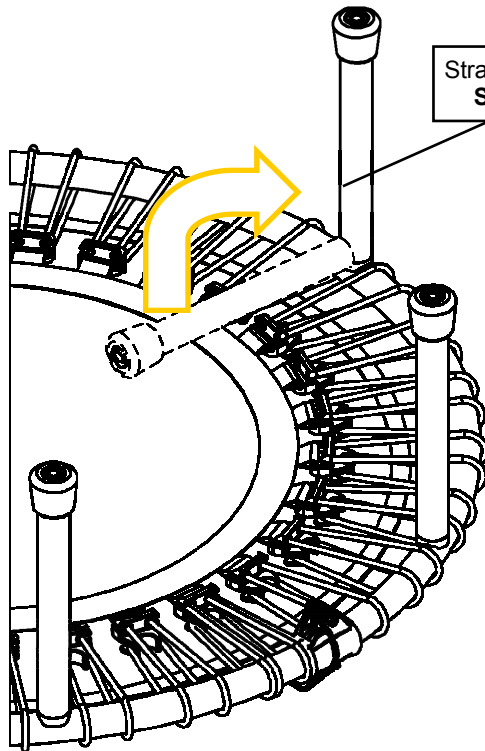


- Step 5:** Stand on the frame and mat, and grab the leg handle firmly. Pull the leg up, while keeping a light amount of weight on the mat with the foot.

**⚠ WARNING** Never relax grip on frame until it is fully closed; keep head/ face clear of closing frame, and hands/ finger clear of hinges during the closing / folding process or serious injury can occur.



## Leg Installation (Model 230F)



Straight leg with spring  
SPR-A-20847-00

How to install folding legs found on the model 230f:

- 1) Pull a leg rotating up and away from the frame.
- 2) Align the leg with the frame stud, then gently guide it into place over the socket until the leg rests against frame.
- 3) The leg should now be secure in this new position. Repeat until you have unfolded all 6 legs. Make sure each leg is seated tightly against the frame. Then turn the trampoline over. Kneel on the ground, put your hands on the center of the trampoline and shake it to make sure it is stable. If the legs feel loose, tighten them. If the trampoline rocks, rotate it until all legs sit on the ground and it feels stable.

To fold the legs, follow the instructions in reverse order.

 **WARNING**

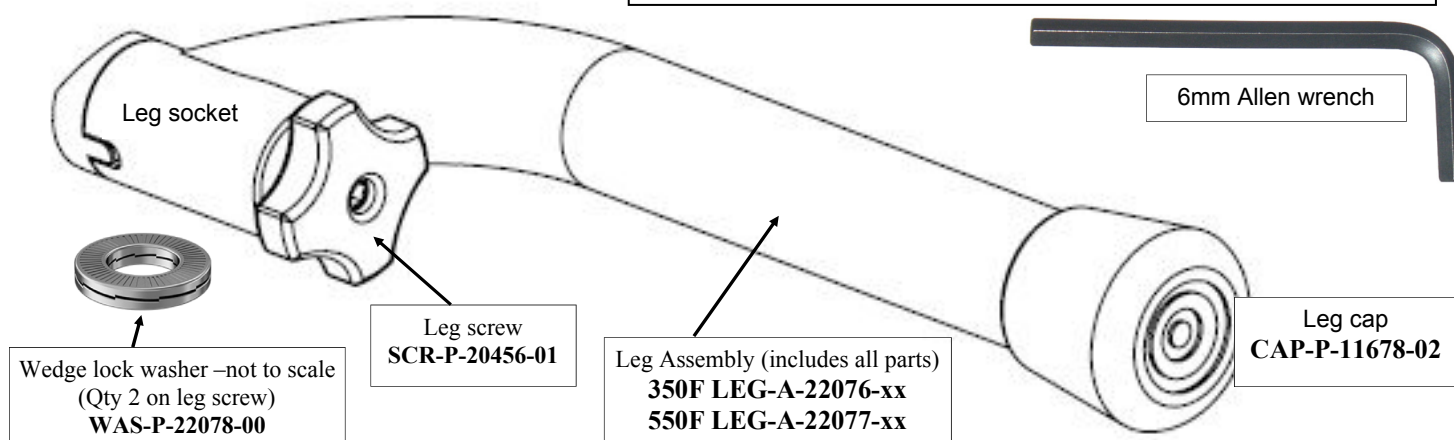
**Pinch Point.**  
Keep hands away from the end of the leg that contacts the frame to avoid getting pinched as it pulls tight.

Note: If installing a handle, refer to handle instructions that came with your handle kit.

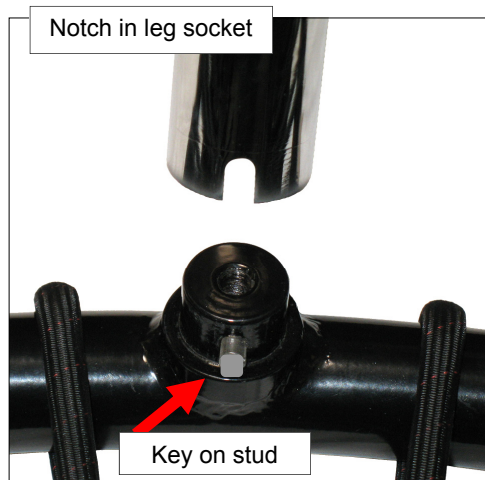


## Leg Installation (300 and 500 series)

**Note:** Keep Allen wrench to remove or re-tighten legs, as needed.



**IMPORTANT:** Be sure leg caps are installed securely



### WARNING

Periodically check all leg screws and retighten if necessary. All leg screws should be tight prior to using the fitness trampoline, or serious injury can occur.

**Note:** If you are going to install an exercise handle, refer to next page for installation.

**1)** With trampoline upside-down, fit leg sockets over stud on trampoline frame. Notch in leg socket lines up with key on stud.

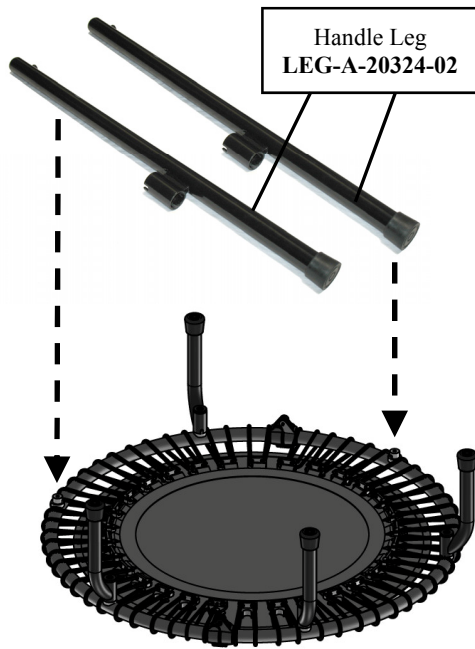
**2)** Securely tighten the leg to the frame by turning the Leg screw clockwise. The supplied 6mm Allen wrench can also be used by inserting the short end of the wrench into the hole of the leg screw to tighten securely. The legs should feel tight with no wobble.

**3)** When all legs are installed, turn your rebounder over. Kneel on the ground, put your hands on the center of the trampoline and shake it to make sure it is stable. If the legs feel loose, tighten them. If the trampoline rocks, rotate it until all legs sit on the ground and it feels stable.  
**The JumpSport Fitness Trampoline is now ready for use!**

**IMPORTANT:** Bolts may offer resistance when tightening. No threads of the bolt should be exposed when bolt is properly installed. Use leverage with the provided 6mm Allen wrench to ensure safe and proper installation.

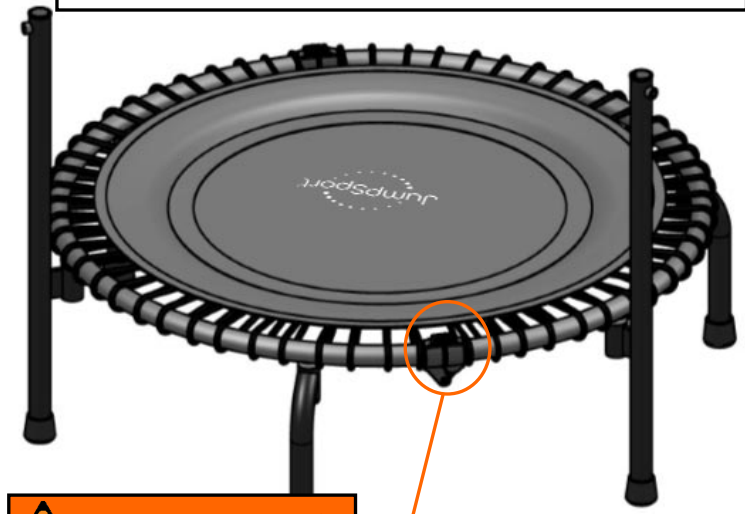


# Exercise Handle Bar Installation for Models 350F and 550F



## **WARNING**

Do not use rebounder until the handle bar is fully installed or serious injury or death can occur.



## **WARNING**

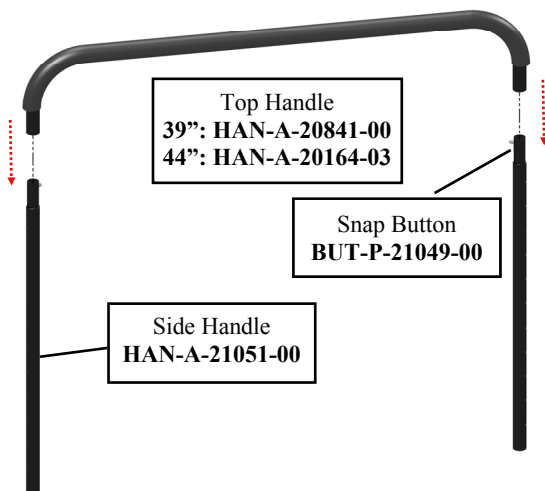
Hinge must be between the handlebar assembly, or serious injury can occur.

- 1) The 2 handle legs will be installed in place of the normal legs at the 2 locations shown above. Turn trampoline upside-down, fit handle leg socket over stud on trampoline frame, and tighten bolts using a 6mm Allen wrench. Make sure that a hinge is between the side handles.

## **WARNING**

### **Avoid Serious Injury.**

Exercise handle bar (when attached to the rebounder) is not designed to support your entire weight. It is to aid with balance and provide exercise versatility.



- 2) Connect side handles to top handle, and secure both sides with snap buttons to create a "top assembly".



- 3) Lower top assembly into handle legs. *You may have to rotate entire top assembly 180 degrees for holes to line up.* Adjust height as necessary, before securing with large thumb screws.

## **Your exercise handlebar is now installed!**

To remove the handle, follow the installation instructions in reverse order.

## Care, Maintenance and Storage

Stacking: Use 2 people when stacking or unstacking units. Stack 8 units max, with feet down.



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

1. Punctures, frays, tears, or holes in the bed or elastic bands.
2. Deterioration in the stitching or fabric of the bed.
3. Ruptured or damaged elastic bands.
4. A bent or broken frame.
5. A sagging bed.
6. Sharp protrusions on the frame or suspension system.

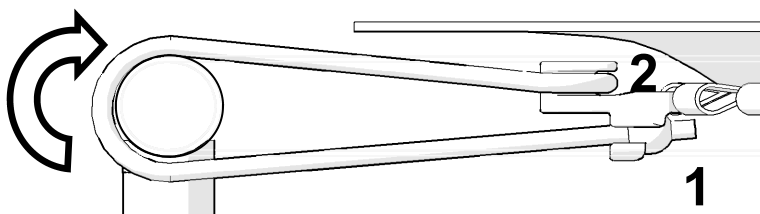
# Making Replacements and Adjustments

## Replacing Endurolast Cords

Replace your elastic cords with genuine JumpSport® parts whenever there is visible damage or when the cords feel too soft.

- 1) Remove existing cord. Take the new cord and first secure each knot into the respective opening on the FlexBounce Connector, as shown at location 1 in the diagram, below.
- 2) Pull the loop end out and over the frame, securing it in the top, U-shaped slot on the FlexBounce Connector, shown at location 2 in the diagram, below.
- 3) Be sure the end of the cord loop is centered in the U-shaped slot so the cord tension is equal on both sides of the FlexBounce Connector.

TIP: If you have an adjustable FlexBounce system (see photo and diagram below) and the cords are not visibly damaged, try a firmer tension setting to improve performance and extend the life of your cords.



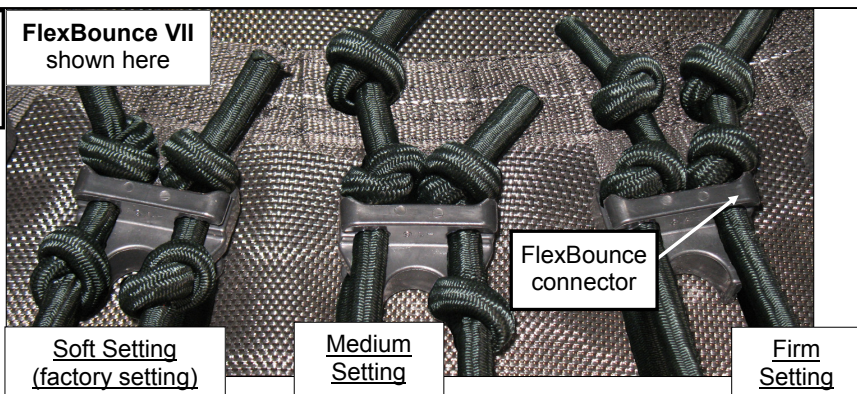
## How to Adjust FlexBounce™ Cords

(300 and 500 Series)

If you wish to change the firmness of your rebounder, turn it upside down. Pull cord tighter to different knot, according to chart. See picture for firmness settings.

**FlexBounce III** = 3 knot cord

**FlexBounce VII** = 4 knot cord



## Expected Cord Life

Elastic cords are wear items that need to be replaced from time to time. Their life expectancy is determined by:

- The way the trampoline is being used (jumping for height vs. controlled, fitness-style bouncing vs. jogging)
- The user weight and height
- Frequency of bouncing
- The type of cords used (standard or extra-firm)

We are often asked how long your cords will last. The answer is, it depends. Some of our customers use a set for 9 months, while most will use a set for many years. Similar to running shoes or car tires, the more you use them and the *harder* you use them, the faster they need to be replaced.

	FlexBounce III Configurations	FlexBounce VII Configurations
Softer	Soft Setting on all FlexBounce connectors	Soft Setting on all FlexBounce connectors
	Medium Setting on every <i>other</i> connector	Medium Setting on every <i>other</i> connector
		Soft / Medium / Medium Settings (repeat pattern)
	Medium Setting on every connector	Medium Setting on every connector
		Firm Setting on every <i>other</i> connector
Firmer		Medium / Firm / Firm Settings (repeat pattern)
		Firm Setting on every connector



## Limited Warranty

**What is covered by this warranty?** This warranty covers any defects in materials or workmanship on all of the components of a new JumpSport Fitness Trampoline system, and is extended exclusively to the original retail purchaser.

**How long does this coverage last?** Warranty coverage for each component of a new JumpSport® Fitness Trampoline begins from the original date of purchase and lasts as follows

	Private Use	Commercial Use (Series 300/500 Only)
Steel Frame & Legs	Lifetime	5 years
Series 200 & 400 Jumping Surface and EnduroLast Cords*	2 years*	n/a
Series 300 Jumping Surface and EnduroLast Cords*	3 years*	12 months* (Except the 370)
Series 300 PRO Jumping Surface and EnduroLast Cords*	4 years*	18 months* (Plus the 370)
Series 500 PRO Jumping Surface and EnduroLast Cords*	5 years*	18 months*
All other components (including hinges)	1 year	1 year

**\*Mat and cord warranty are limited to only one (1) usage replacement during applicable period.**

**How to submit a warranty claim for defective parts:**

1) If you notice a defective, missing, or damaged part when first receiving your product, call the JumpSport Customer Service department at 1.888.567.5867 or email [Orders@JumpSport.com](mailto:Orders@JumpSport.com) within 10 days of delivery of merchandise. You may be asked to submit photographs and/or proof of purchase for verification.

2) After using the product, if a qualifying warranty part replacement is needed, customers are required to complete the Warranty Request Form online. Once submitted and reviewed, JumpSport will either repair or replace such parts at JumpSport's discretion. To determine eligibility for warranty replacement, you may be required to either submit photos of the part or send the part to one of our designated service centers.

3) JumpSport will make a final determination whether the part is covered by this warranty. We reserve the right to examine photographs or physical evidence concerning parts claimed to be defective prior to making a final determination concerning the claim. A repaired or replacement part will be returned to you. (Shipping charges may apply.) Please allow 3 to 4 weeks for delivery.

**What is not covered by this warranty?** This warranty covers new products purchased as a complete system; it does not cover replacement parts. This warranty also 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. Further, this warranty does not cover any problem that is caused by abuse, misuse, commercial or public use of 200 Series models, ordinary wear and tear, outdoor use, 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 steel product and is likewise not covered by this warranty, to the extent that it does not affect the structural integrity of the part.

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

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

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

**\*Only the models in our 300 and 500 Series of Fitness Trampolines are approved for commercial use. When used in a commercial setting, the commercial warranty applies.**