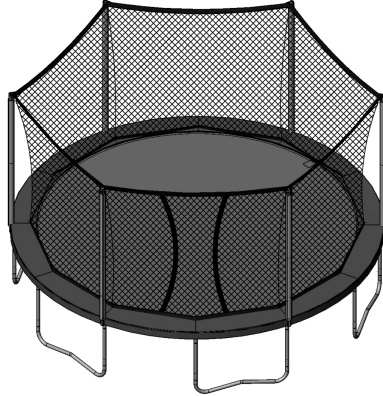


# JumpSport®



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## 12ft SkyBounce XPS Trampoline and Trampoline Enclosure 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. Use by more than one person at the same time can result in serious injury.

Use trampoline and trampoline enclosure 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.

Retain address information for future use.

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

**The maximum user weight is 220lbs (100kg). This trampoline is not recommended for use by children under six years of age.**

Instruction Manual P/N: INS-P-21515-00D  
JumpSport 12ft Trampoline P/N: UNJ-U-21481-00

Patent info at: [Patents.JumpSport.com](http://Patents.JumpSport.com)  
**408-213-2551**  
[www.jumpsport.com](http://www.jumpsport.com)

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## Patents

Patent info located at: [Patents.JumpSport.com](http://Patents.JumpSport.com)



## How to Contact Customer Support

Should you require customer service or technical support for your JumpSport 12ft Trampoline, please contact JumpSport's Customer Service department at:

408-213-2551

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

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## Introduction



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

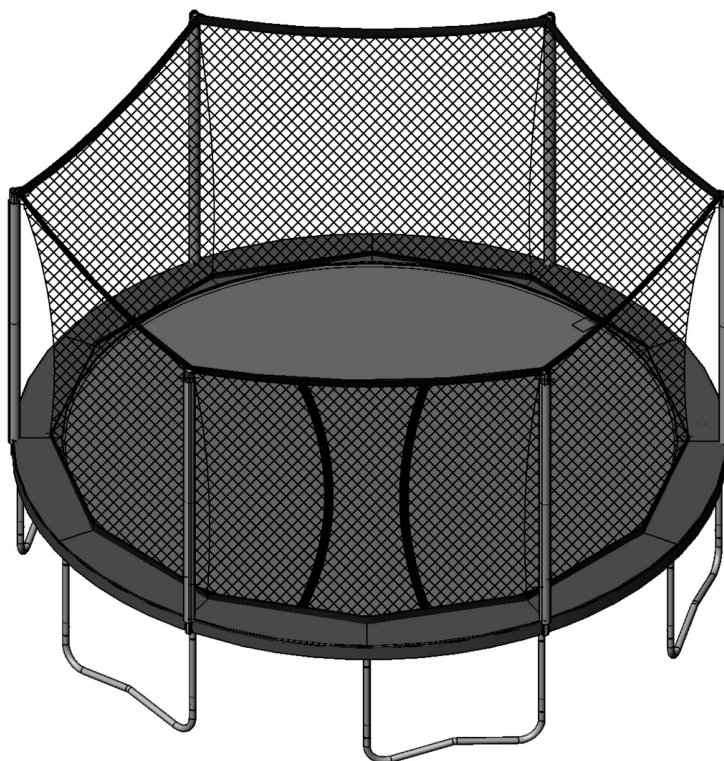


## JumpSport Safety Enclosure

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

Protect your family with a JumpSport Safety Enclosure.

### **Diagram 1 JumpSport Safety Enclosure**




# Assembly and Installation Instructions

2

## Preparation


Before you begin assembling your JumpSport 12ft Trampoline, make sure your trampoline and trampoline enclosure is in a proper location.

## Trampoline Placement

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

### **WARNING**

<b>Overhead Clearance</b>	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.
<b>Lateral Clearance</b>	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.
<b>Level Surface</b>	Place the trampoline and trampoline enclosure on a level surface before use.
<b>Lighting</b>	Use the trampoline and trampoline enclosure in a well-lit area. Artificial illumination may be required for indoor or shady areas.
<b>Security</b>	Secure the trampoline and trampoline enclosure against unauthorized and unsupervised use.
<b>Ground Clearance</b>	Remove any obstructions from beneath the trampoline and trampoline enclosure .

 **Note:** The owner and supervisors of the trampoline are responsible to make all users aware of practices specified in the Use Instructions. The trampoline enclosure is only to be used as an enclosure for a trampoline of a size for which the enclosure is designed.

**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 JumpSport's rules for safe use.**

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

**The maximum user weight is 220lbs (100kg).**

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

## Assembly and Installation Instructions

### Tools

No tools are required for installation of the trampoline and enclosure. 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 (Trampoline)

Your 12ft Trampoline is shipped with the parts shown below. The trampoline parts ship in 2 separate boxes which may arrive on different days. If any parts are missing, immediately call JumpSport Customer Service at 408-213-2551.

Reference #	Part #	Description	Quantity
1	LEG-A-21442-00	Horizontal leg	6
2	LEG-A-21361-01	Vertical leg	12
3	RAI-P-21444-00	Frame rail	12
4	CON-P-21356-00	T-joint rail connector	6
5	CON-P-21357-00	T-joint with enclosure socket	6
6	MAT-A-21487-00	Mat assembly, 72 V-rings	1
7	SPR-P-21423-00	Spring, 6.5 inches	72
8	PAD-A-21485-00	Frame pad	1
9	BUN-P-21499-00	T-Anchor bungee	12

### Parts List (Safety Enclosure)

Reference #	Part #	Description	Quantity
10	POL-A-21350-00	Lower support pole, with snap-button	6
11	POL-P-21347-00	Upper support pole	6
12	FOA-P-21346-00	Foam Pad	12
13	CAP-P-21403-00	Ball end cap	6
14	STR-P-11157A	Strap with buckle, long	12
15	NET-A-21489-00	38ft x 6ft heavy-duty net	1
18	STR-P-21435-00	Pole strap with loop	6

The following pages contain diagrams, pictures, and written instructions for assembling your 12ft-XPS Trampoline. The "Ref. #" mentioned in many Steps is referring to the "Reference #" column of the parts list listed on this page.

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

For installation questions, please contact JumpSport's Customer Service department at: 408-213-2551

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

## CAUTION

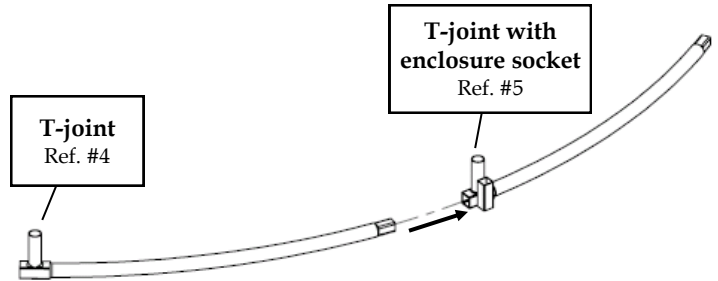
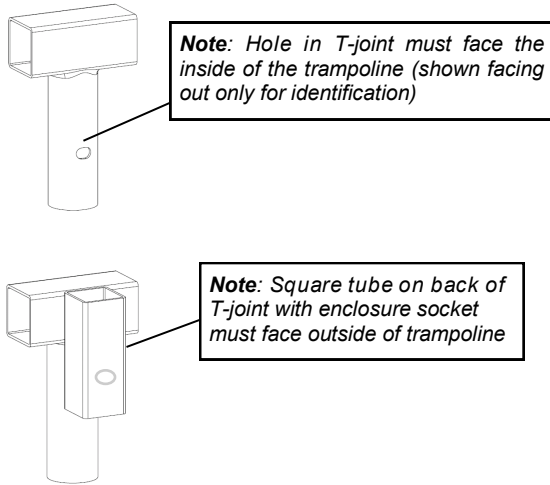
### Pinch point.

**Pay careful attention to hand position when connecting tubes and handling springs.**

## Assembly and Installation Instructions

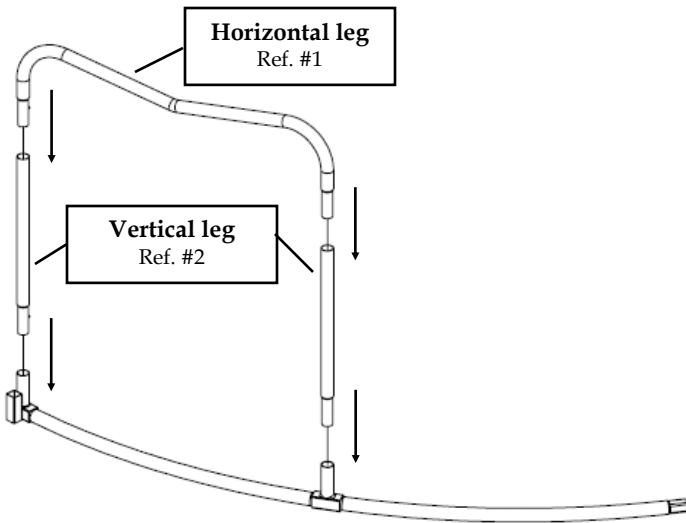
### Assembly

**Note:** We recommend at least 2 people participate in assembling the trampoline. Use page 6 to help with part names and numbers.



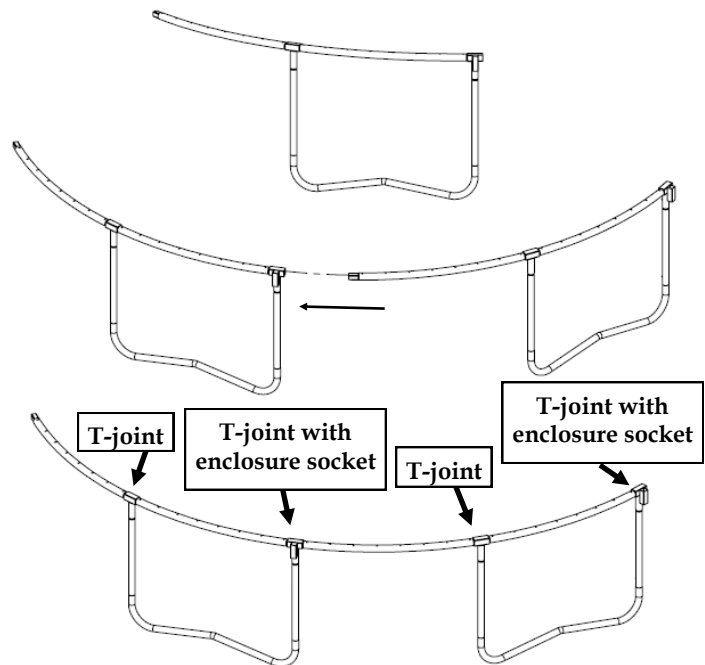
**1)** There are two types of frame rail connectors: a T-joint and a T-joint with enclosure socket. Note: All T-joints have a hole on the round tube for the leg. This hole must face in toward the center of the trampoline, so that the legs will snap in place for proper assembly. **When assembling the frame rail, T-joints and T-joints with enclosure socket must alternate.**

**2)** Place a section of frame rail on the ground with the spring holes facing downward. One end of the frame rail is swaged larger than the other; insert the larger end into a socket connector. Insert the large end of a second frame rail into a T-joint. Insert the smaller end of the second frame rail assembly into the T-joint with enclosure socket of the first frame rail assembly.



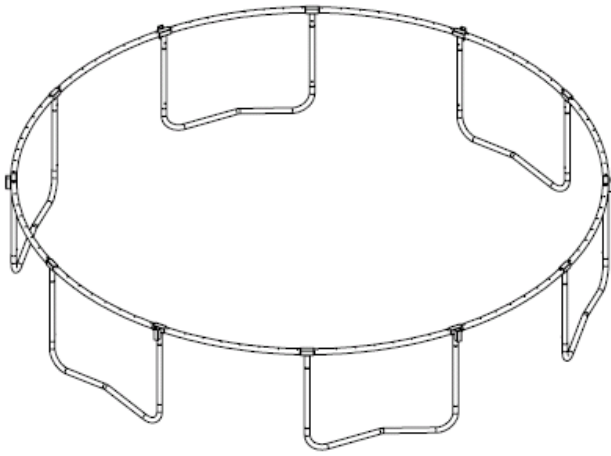
**3)** Using 1 horizontal leg piece and 2 vertical leg pieces, build a leg assembly as shown above. The horizontal and vertical leg pieces are secured to each other and the frame rail connectors by snap buttons. Both ends of the leg must snap into place, if not, confirm the hole on the side of the T-joint is facing inside, aligned with the snap button. Adjust if necessary.

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



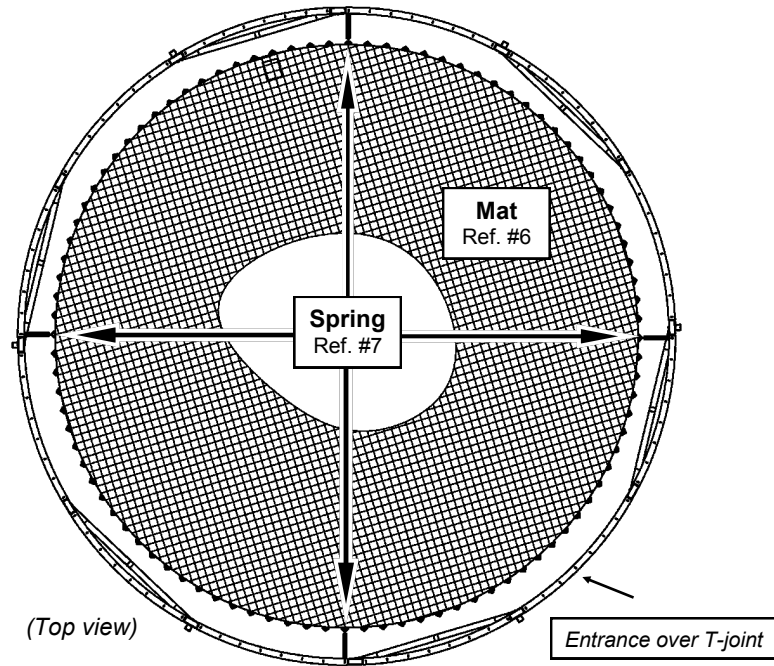
**4)** Connect the leg assemblies to each other. **T-joints and T-joint with enclosure socket must alternate.**

## Assembly and Installation Instructions

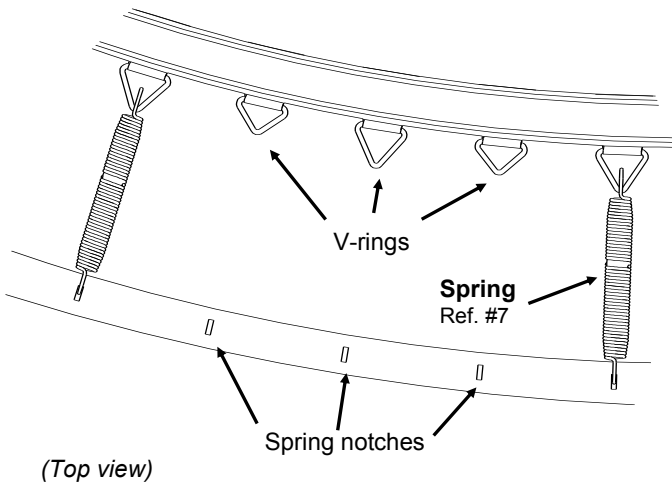


5) Repeat step 4 until all leg assemblies are connected. Your frame is now complete, and should look like the drawing above.

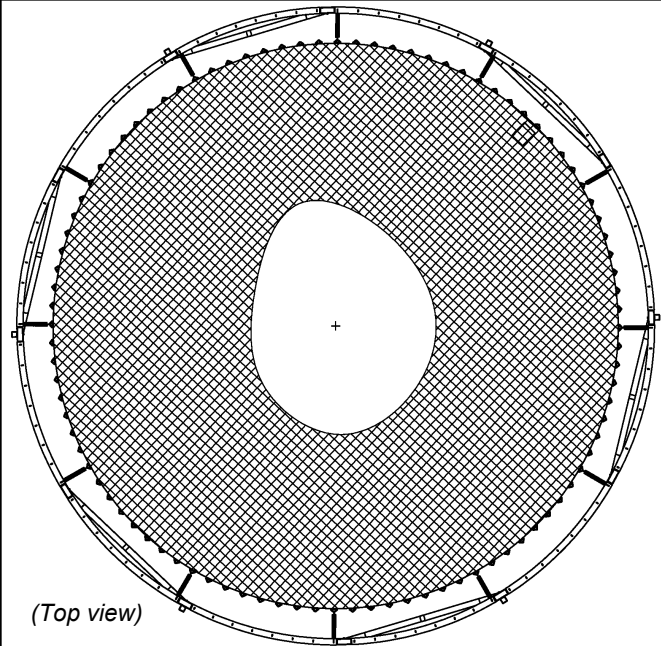
**Note:** The frame may not be snug at this point. This is normal until you start adding the mat and springs, which add tension to the frame to help keep everything snug.



6) Lay out the mat inside the frame. The enclosure net entrance must be centered over a T-joint on the frame so the entrance will be between two enclosure poles (installed later). Locate the enclosure door, and connect the jumping mat to the spring slot on the frame closest to the T-joint, then at three additional locations, approximately 1/4 circle apart from each other.



7) Start at the spring that is already connected. While standing outside the frame, count 4 V-rings and spring notches clockwise, and connect another spring. The easiest way to connect a spring is to hook spring onto V-ring, then pull it toward you and hook it into spring notch on top of frame rail.

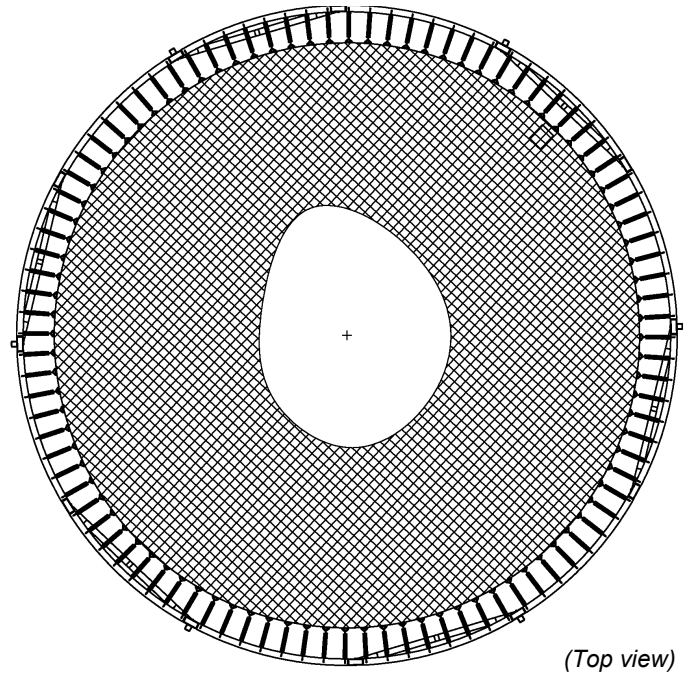
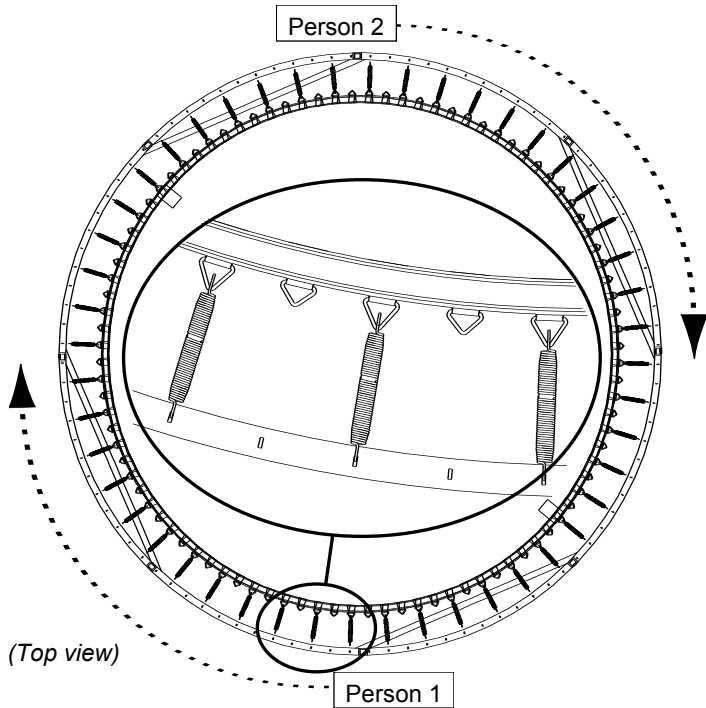


8) Continue counting 4 V-rings and notches and connecting a spring until you have gone all the way around the trampoline.

When you get to a spring that you connected in Step 7, reposition it if necessary, so that the springs are all spaced exactly 4 V-rings and spring notches apart.



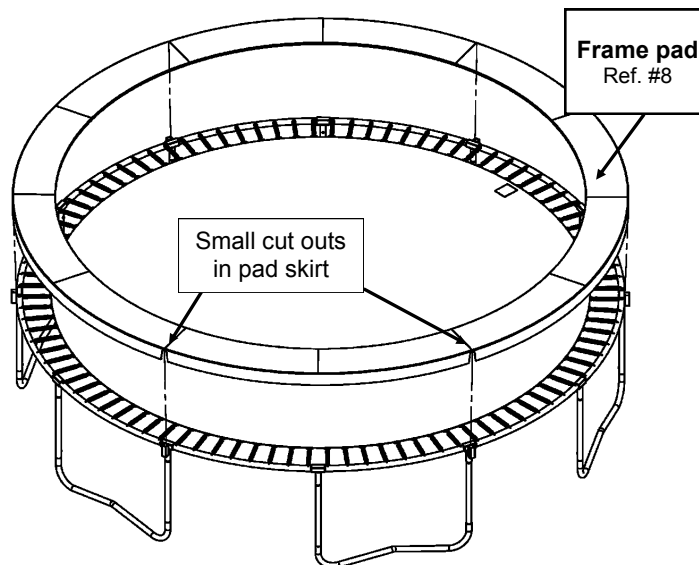
## Assembly and Installation Instructions



9) 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.

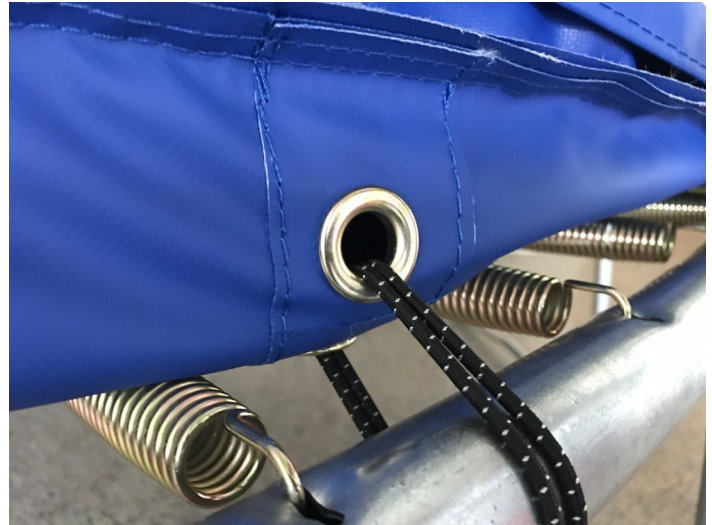
10) Connect all the remaining springs to the trampoline, again working clockwise, with someone working across from you.



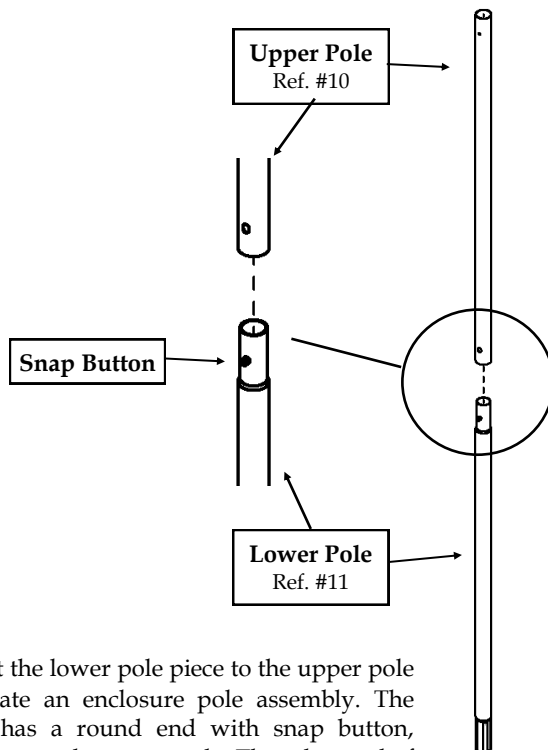
**WARNING:** Trampoline use is not recommended without the frame pad installed (see Picture on page 16). The frame pad is designed to reduce the possibility of injury by protecting the user from coming into contact with the frame and springs of the trampoline. It is very important that you properly and securely attach the frame pad to the frame, and that it is in the correct position prior to using the trampoline.

11) Lay the frame pad on the trampoline so that it covers all the springs and the edges of the frame. Align pad so that small cut outs on outside edge of pad skirt line up over each leg of trampoline.

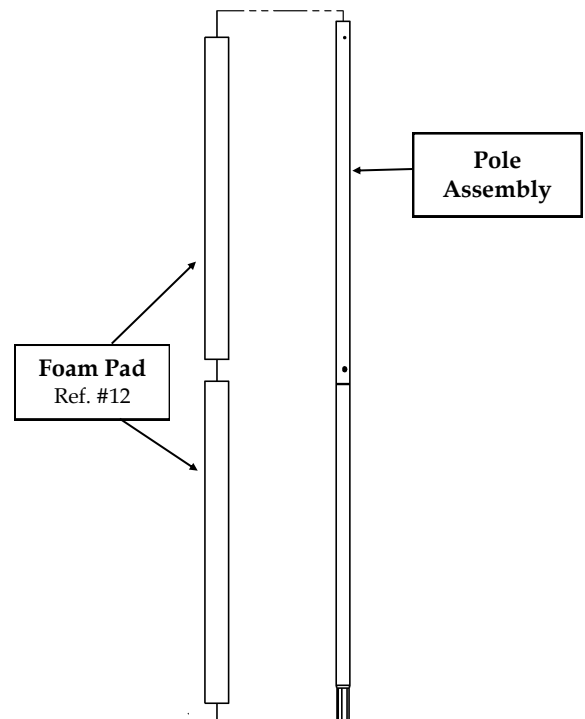
## Assembly and Installation Instructions



**12)** Insert a T-Anchor bungee (Ref. #9) through a pair of grommets on the underside of the pad, wrap the bungee around the trampoline frame, and attach the bungee to itself as shown above. Continue with a T-Anchor bungee at each set of grommets to connect the pad to the frame.



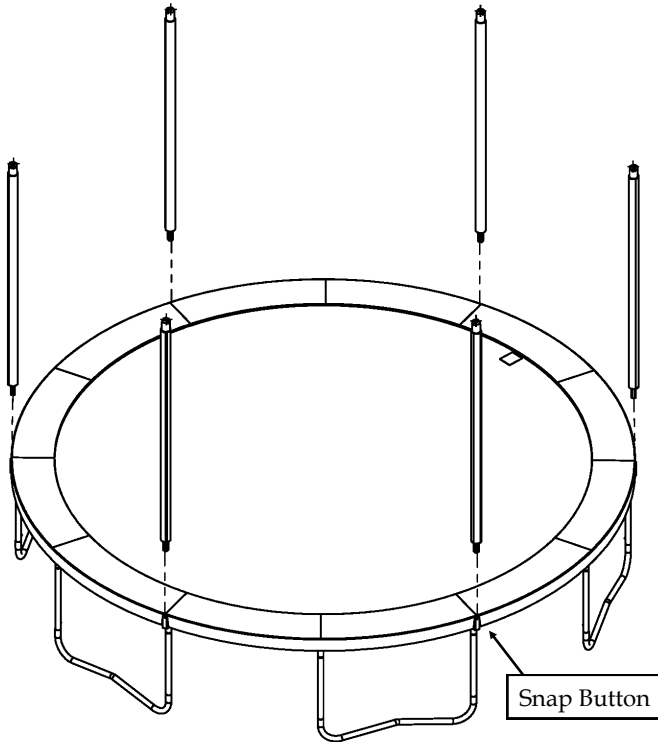
**13)** Connect the lower pole piece to the upper pole piece to create an enclosure pole assembly. The lower pole has a round end with snap button, which connects to the upper pole. The other end of the lower pole is square and this end fits into the T-joint enclosure socket.



**14)** Slide a short foam piece followed by a long foam piece onto the completed enclosure pole assembly.

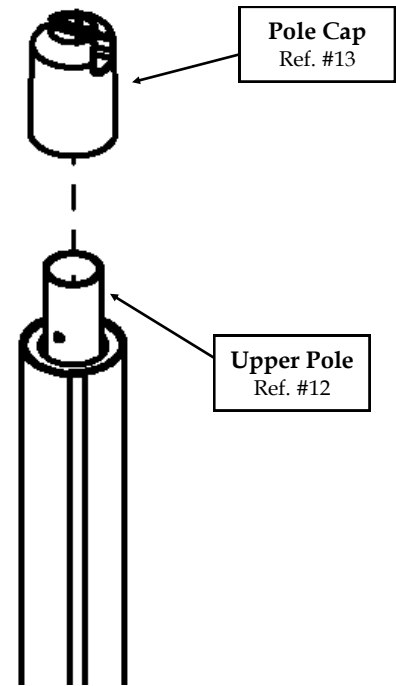
>> Repeat this step for all enclosure pole assemblies.

## Assembly and Installation Instructions



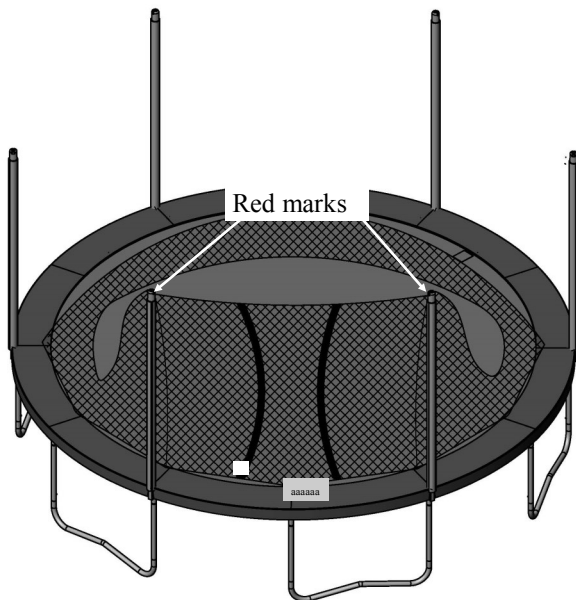
**15)** Insert the **square end** of the enclosure pole assembly into the socket joint. Ensure the snap button engages (rotate if necessary).

>> Repeat this step for all socket joints

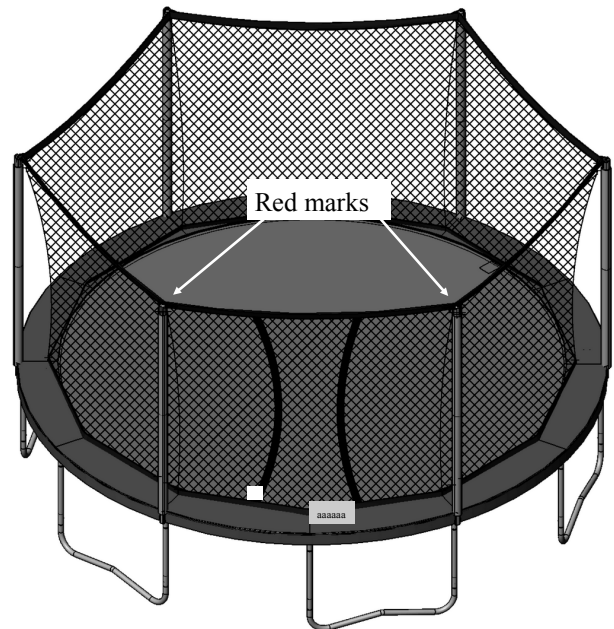


**16)** Attach a pole cap to the top of the upper pole so that the slot is generally aligned with the trampoline frame.

>> Repeat this step for the rest of the pole caps.

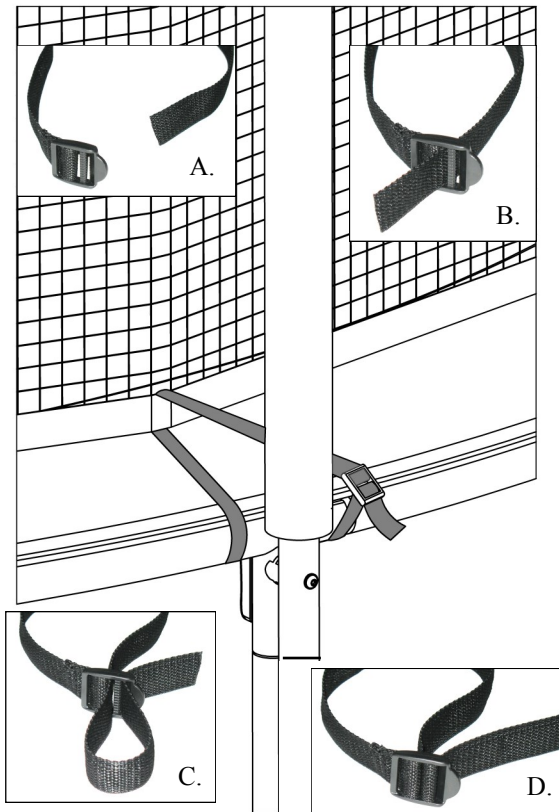


**17)** Lay the safety net out on the bed of the trampoline, locate the overlapping doorway section, and get acquainted with these features: 1) top strap will have at least one red mark near the door 2) bottom will have a warning tag installed 3) the outside will have a small net identification tag on it. When the net is installed properly, users will enter the enclosure by stepping right to enter the doorway.



**18)** Hang the top of the net (including the strap) into two adjacent pole caps so that the doorway is approximately centered. Use the red marks as guides on where to hang the net. Make sure the net is to the inside of the poles, and the warning at the door is at the bottom. Continue to hang the net in the remaining pole caps so that it is hung on all 6 poles.

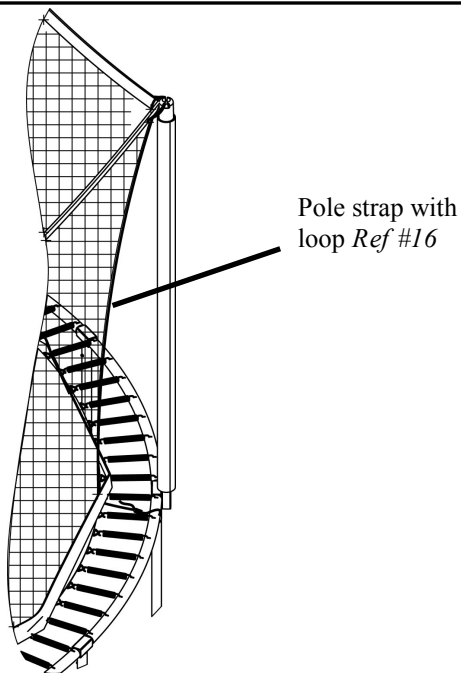
## Assembly and Installation Instructions



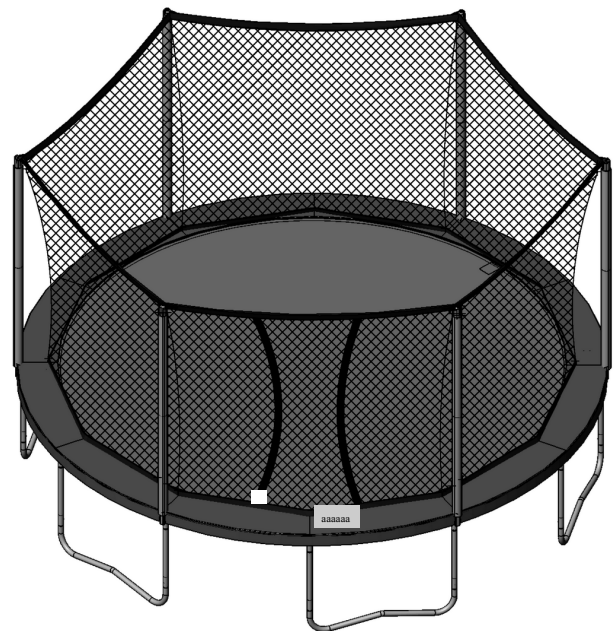
**19)** Secure the bottom of the net at each enclosure pole, using 6 straps with buckles. Steps A-D illustrate how to properly insert and fasten. Note that the strap wraps around the trampoline leg. Leave the straps loose until all are positioned, and tighten evenly.



**20)** Repeat securing the bottom of the net at each T-joint, using the remaining 6 straps with buckles. Note that the strap wraps around the trampoline leg.



**21)** From inside the enclosure, install loop of long pole strap #16 into slot on top cap and pull down to bottom of net (strap will be on inside of the net). Feed under net at the bottom. From the outside, pull the strap, creating less of a bow in the net, and tie securely to enclosure pole. Repeat at the remaining 5 poles.



**22)** Your JumpSport trampoline and safety enclosure are now complete!



## Assembly and Installation Instructions

### Final Steps

Assembly is now complete! Make sure all parts are securely assembled. Before using your 12ft Trampoline, familiarize yourself and all users with the *Care and Maintenance Instructions*, *Warning Information*, and *Use Instructions* included in this manual.

To register your trampoline, visit our webpage at [www.jumpsport.com](http://www.jumpsport.com) and click on the Product Registration link.

### Disassembly

To disassemble the 12ft Trampoline, follow the assembly Steps in reverse order. Do not attempt to disassemble any rail pieces before the mat and springs have been removed.



**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.)

For more information about  
the SureStep Ladder,  
the Trampoline Anchor Kit,  
and other great trampoline accessories,  
visit our website at [www.jumpsport.com](http://www.jumpsport.com)



# Care and Maintenance Instructions

## 3

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

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

## Inspection (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 "frame" mentioned refers to the rail assembly pieces of the trampoline.

If any of the above conditions exist, your trampoline 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 or otherwise protected against use until the condition is remedied.*

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

### Cold Weather Protection

The 12ft BasicBounce XPS 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 JumpSport. Stores that repair shoes, awnings, or tents, as well as upholstery shops, do not have the proper materials, equipment, or methods for the proper/safe repair of trampoline mats and frame pads.

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

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

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



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

## 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 JumpSport 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 JumpSport for free replacements.



## 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 17 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 be repaired)	_____	_____
Missing warning labels	Call JumpSport 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

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

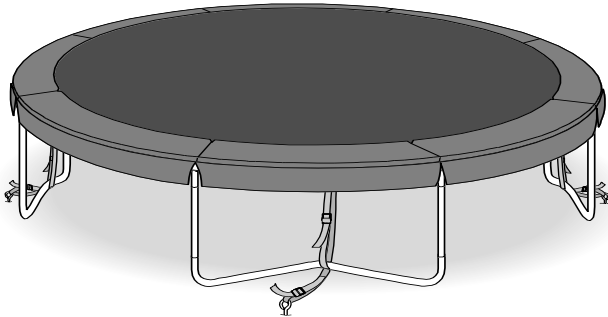
Check for...	Necessary Action	<u>Safety Check</u>	
		Safe	Unsafe
Rust	Clean and paint	_____	_____
Structural failure	Replace	_____	_____
Bent frame	Repair or replace part	_____	_____
Sharp protrusions	Repair	_____	_____
Missing warning labels	Call JumpSport for replacement	_____	_____

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

## Windy Conditions

It is possible for the trampoline to be blown about by a high wind. If you anticipate high winds, the frame should be secured to the ground with the use of a JumpSport 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](http://www.jumpsport.com).

### Diagram 2 JumpSport Trampoline Anchor Kit



**Use a JumpSport Trampoline Anchor Kit to tie down your 12ft Trampoline.**

## Moving the Trampoline

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

## Care

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

The 12ft Trampoline is intended to be used by one person at a time, weighing less than 220lbs (100kg). 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. Use by more than one person at the same time can result in serious injury.

## **Points of Safety**

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

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

These are covered in detail in the following sections.

## **Landing on Springs or Frame**

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

- Proper mounting and dismounting of the trampoline
- Jumping at the center of the mat without traveling toward the side
- Properly installing the frame pads
- Properly installing a JumpSport safety enclosure

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

## **Bouncing off the Trampoline**

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

- Proper instruction and mastering of the “Stop Bounce” technique 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 a **JumpSport 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.

## Use Instructions

# Basic Skills

Basic trampoline skills include:

- Bouncing
- Stop Bounce
- Arm Action
- Bounce Variations

## Bouncing

The most important basic skill in jumping on a trampoline, is controlling the height and landing of your bounce. The goal is to land in the center of the mat, or as close to the center of the mat as possible. The basic bounce should always 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.

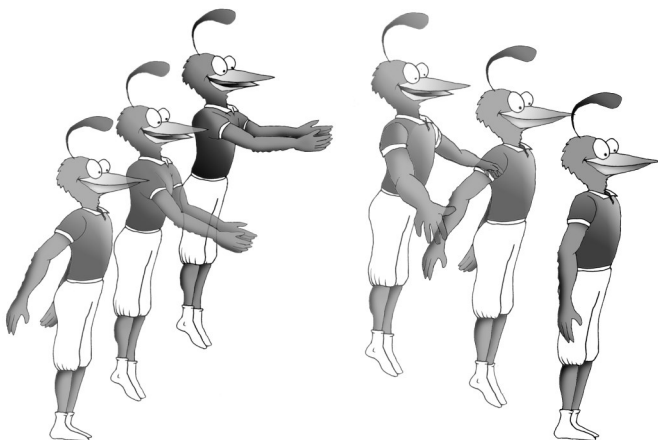
To learn the Stop Bounce:

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**



## 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.

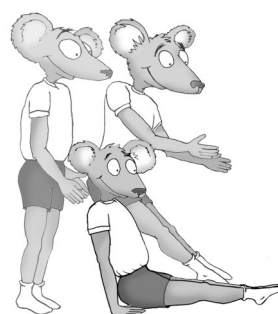
## Basic Landing Positions

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.

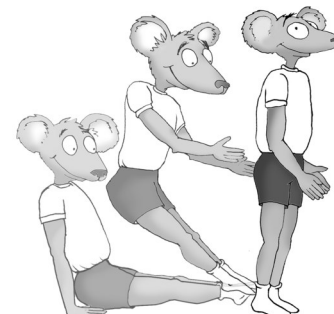
## Seat Drop

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**



## Use Instructions

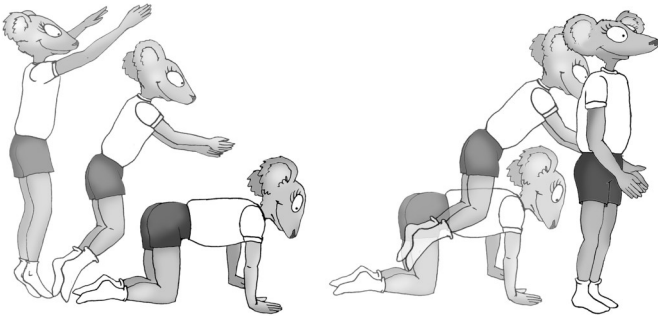
### Hands and Knees Drop

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

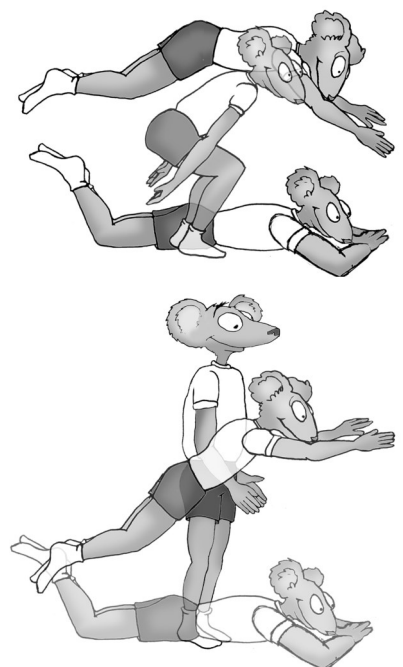


### Front Drop

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**





**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:

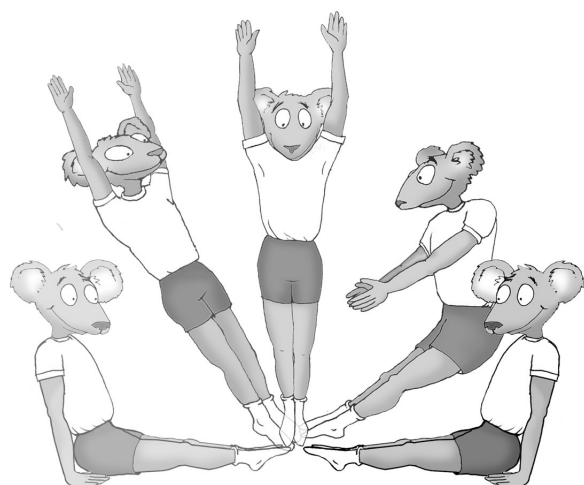
- Swivel Hips
- Turntable
- Twist Variations

## 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**



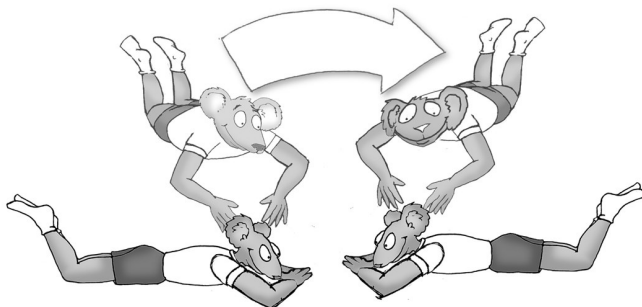
## Use Instructions

### 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.

# JumpSport®

## Limited Warranty

**What is covered by this warranty?** This warranty covers any defects in materials or workmanship on all of the components of the JumpSport XPS Trampoline, 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 frame 3 years
- Springs - 3 years
- Jumping Mat - 3 years
- Enclosure netting - 1 year
- All other components of the trampoline - 90 days

**What will JumpSport do?** If you return the defective part to JumpSport as instructed below, JumpSport will either repair or replace such part, at JumpSport's 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 minor snags, frays, cuts, tears, or isolated holes that do not compromise the overall integrity of the enclosure system, and does not cover any problem that is caused by abuse, misuse, commercial or public use, ordinary wear and tear, weathering, mold, mildew, leaves or other debris, 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.

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

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

**How to get a defective part replaced:**

- 1) Call the JumpSport Customer Service department at 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 JumpSport. At JumpSport's 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), 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.

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

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