



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.



### WARNING

Read these materials prior to assembling and using this rebounder trampoline

Use trampoline only with mature, knowledgeable supervision.

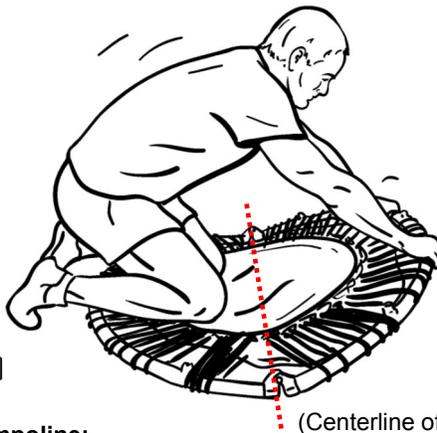
DO NOT allow more than one person on the trampoline. Use by more than one person at the same time can result in serious injury.



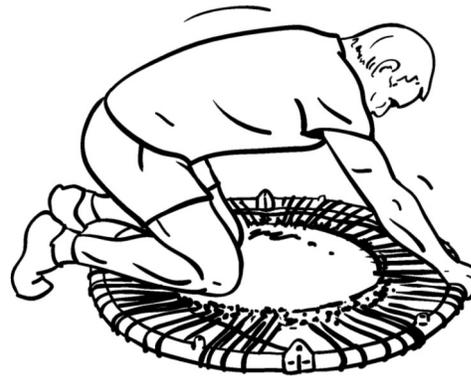
- **WARNING:** Users should consult with a physician before beginning any exercise or conditioning program.
- If user feels faint or dizzy, immediately stop using the rebounder trampoline.
- Avoid bouncing when tired. Take breaks often.
- Use only in a well lit area by responsible, mature, non-intoxicated persons.
- Never use trampoline on an un-level surface. Only use when dry.
- Keep away from objects which could interfere with safe use. Clear obstructions underneath, above, or around the rebounder trampoline. Check for adequate vertical clearance (avoid low ceilings, ceiling fans, light fixtures, etc.) and lateral clearance (avoid furniture, lamps, walls, other trampolines, etc.).
- Inspect before each use. Replace or adjust any loose, worn, defective, or missing parts.
- Do not jump on and off the trampoline. Do not use the trampoline as a springboard to or from other objects. Do not step on the frame when getting on and off the trampoline.
- Stop bounce by flexing knees as feet come in contact with the trampoline bed. Learn this skill before attempting other more advanced moves. Control is more important than bounce height.
- For information concerning skill training, contact a qualified fitness trampoline instructor.
- Store and protect trampoline from unauthorized use.
- For additional information, contact us at [JumpSport.com](http://JumpSport.com) or 1-877-507-1399.

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.

### \*\* Unfolding/Folding the Model 230f Rebounder\*\*



(Centerline of mat)



**WARNING:** When folding and unfolding the trampoline, keep head and face away from frame at all times. Failure to do so can cause serious injury to head or face, or lead to other serious injuries.

#### To unfold/fold your trampoline:

- Lay the trampoline upside down and flat on the ground.
- Place one knee near the center of the mat without going past the center line, facing one of the hinges. Place one hand on the frame next to the hinge (directly in front of you), place the other hand mid way between the two hinges on the middle of the frame, and **slowly** push the frame open, or **slowly** pull it closed. Don't wrap fingers completely around frame to avoid pinching them against the ground.
- After the trampoline is fully opened, lock the frame as shown below (page 2), then adjust the elastic cords to make sure they are all evenly spaced around the frame.

**Note:** When folding the trampoline closed, be sure to remove the exercise handle bar and legs (if any are installed), following the instructions for installing them in reverse order.

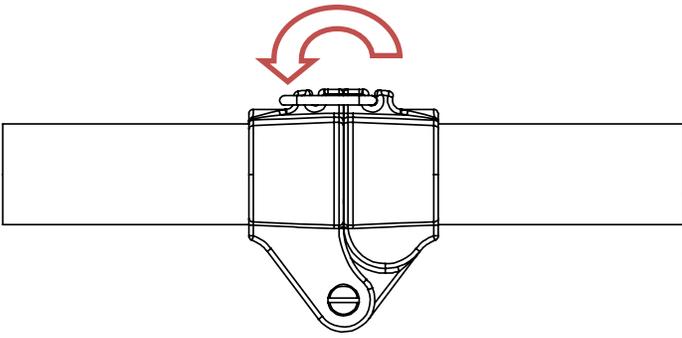
Retain address information for future use.

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

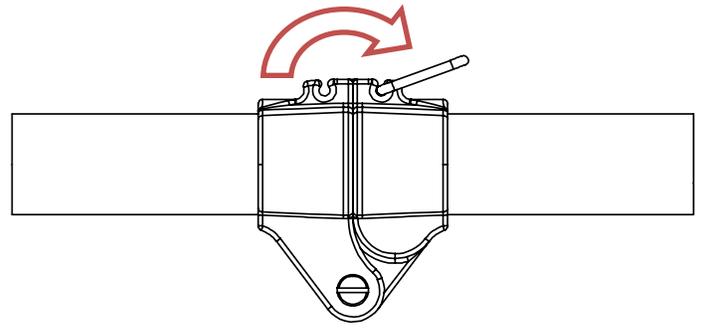
1-877-507-1399  
[www.fitness\\_trampoline.com](http://www.fitness_trampoline.com)



Covered by one or more of the following US Patents: No.6,840,891, No.6,666,266, and No. D,680,609. Other US and International Patents Pending.  
Instruction Manual P/N: INS-P-20943-00H  
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**Lock hinges when using trampoline**



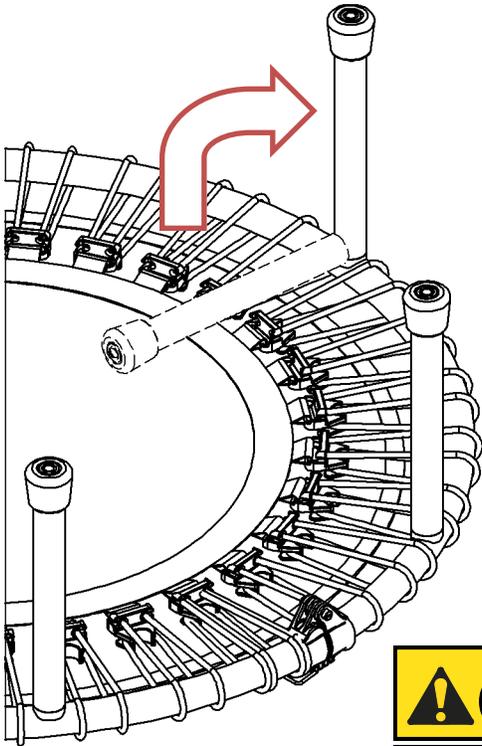
**Unlock hinges to fold frame**

**Installing the Legs**

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, then rotate the trampoline until all legs are on the ground.

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

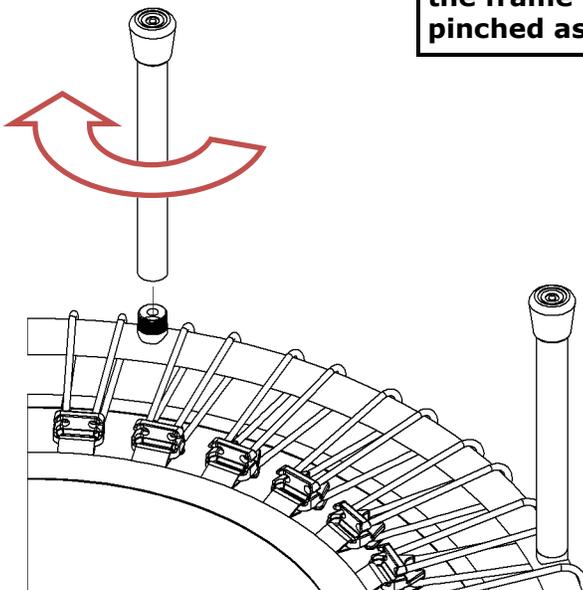


**CAUTION**

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

**CAUTION**

**Avoid 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.

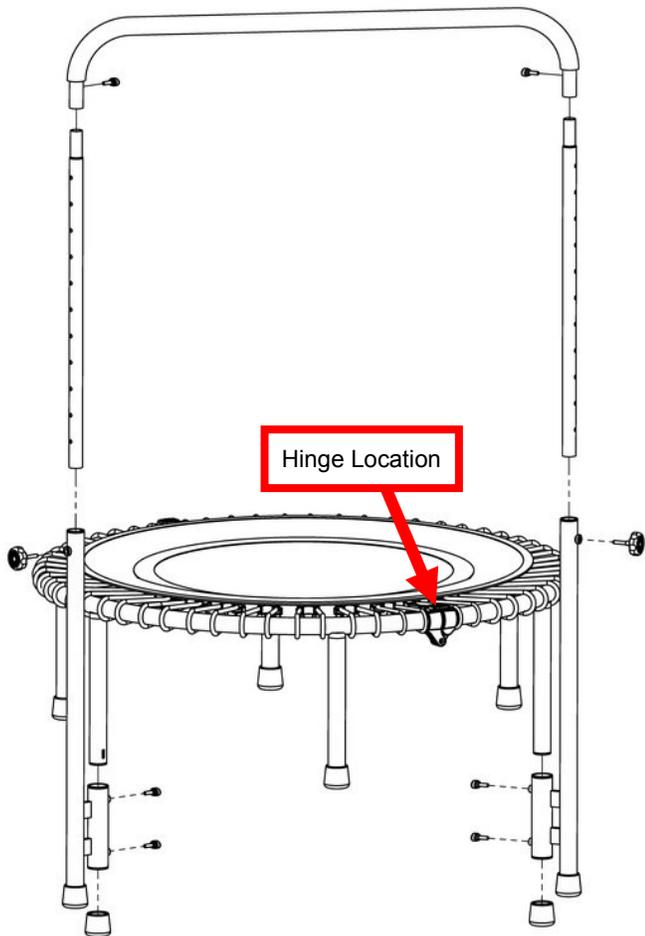


How to install screw on legs found on the model 200:

- 1) Take a leg and screw it onto a threaded frame stud.
- 2) Rotate the leg until it is fully seated on the frame stud and make sure it is tight
- 3) The leg should now be secure in this new position. Repeat until you have tightened all 6 legs, then rotate the trampoline until all legs are on the ground.

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

## Installing the Handle



- 1) Remove two (2) of the existing trampoline leg caps from the locations shown.
- 2) Slide the HANDLE LEGS onto the 2 trampoline legs as shown.
- 3) Slide each end of the TOP HANDLE into one of the SIDE HANDLES. After lining up the holes, secure each side with a SMALL THUMB SCREW, creating a top assembly.
- 4) Lower this top assembly into the HANDLE LEGS until the holes line up. *You may have to rotate the entire top assembly 180 degrees.* Adjust to desired height before securing with LARGE THUMB SCREWS.
- 5) Place the trampoline leg caps back on their respective legs.
- 6) Secure with the remaining SMALL THUMB SCREWS in the positions shown.

### Expected Cord Life

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

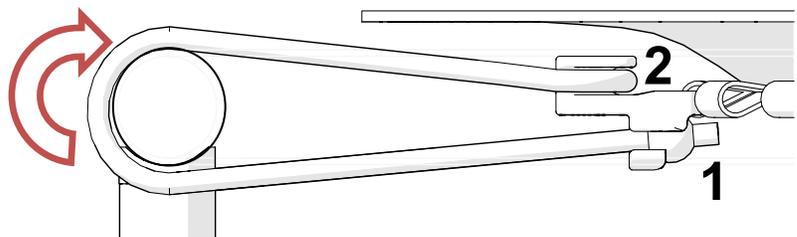
- The way the trampoline is being used (jumping for height vs. controlled, fitness-style bouncing vs. jogging)
- The user weight and height
- Frequency of bouncing
- The type of cords used (standard or extra-firm)

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.

### Replacing Endurolast Cords

Replace your elastic cords when 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 openings as shown.
- 2) Pull the loop end out and over the frame, securing it in the top slot.
- 3) Be sure to center the cord along U-shaped mat connector, to insure the cord tension is equal on both sides of connector.



# 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 Fitness 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:

	Private Use	Commercial Use (300/500 Series only)
<b>Steel Frame &amp; Legs</b>	Lifetime	5 years
<b>Jumping Surface</b>	5 years	1 year
<b>EnduroLast 2 Elastic Cords</b>	2 years*	n/a
<b>EnduroLast 3 Elastic Cords</b>	3 years*	12 months*
<b>EnduroLast 4 Elastic Cords</b>	4 years*	18 months*
<b>All other components</b>	1 year	1 year

\* Cord warranty is limited to only one (1) usage replacement during applicable period.

**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. Only 1 replacement set of cords is covered by this warranty.

**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, 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.

### How to get a defective part replaced:

- 1) Call the JumpSport Customer Service department at 1-877-507-1399 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. 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.