



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.
- Only use trampoline on a level surface, and 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.
- Make sure cord knots are firmly seated in the mat connector slots before bouncing. Do not re-tie or reposition cord knots.
- 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 or 1-408-213-2551.

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.

Commercial Use

Only models in our 300 and 500 Series are for commercial use, and are subject to shorter warranty periods (see Warranty section).
Stacking: Use 2 people when stacking or unstacking units. Stack 8 units max, with feet down.

How to Adjust FlexBounce™ Cords

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

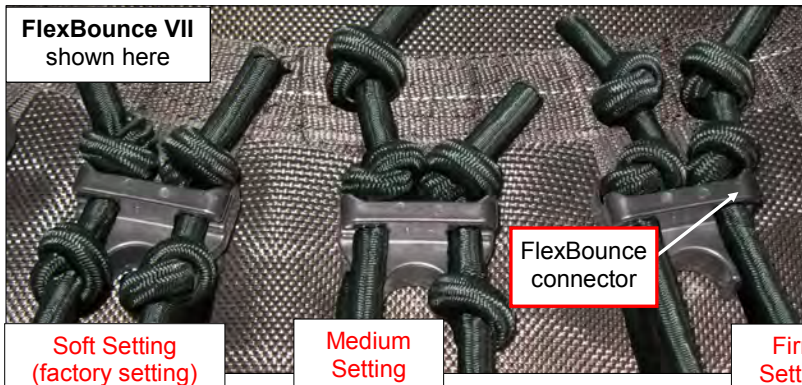
See picture for firmness settings.

A Note About 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 ↑ ↓ Firmer	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
		Medium / Firm / Firm Settings (repeat pattern)
	Firm Setting on every connector	Firm Setting on every connector

Retain address information for future use.

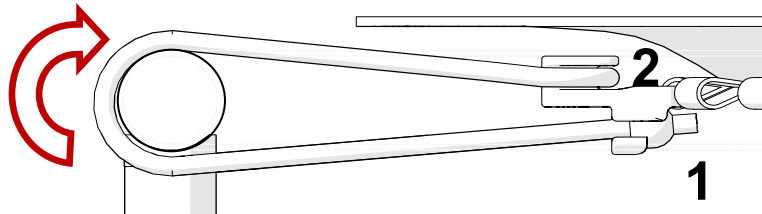


Replacing Endurolast Cords

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 openings, as shown at location 1 in the diagram, below.
- 2) Pull the loop end out and over the frame, securing it in the top slot, U-shaped slot, 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 mat connector.

TIP: If you have an adjustable FlexBounce system (see photo and diagram on page 1) and the cords are not visibly damaged, try a firmer tension setting to improve performance and extend the life of your cords.



** Unfolding/Folding the Trampoline **

To unfold/fold your trampoline:

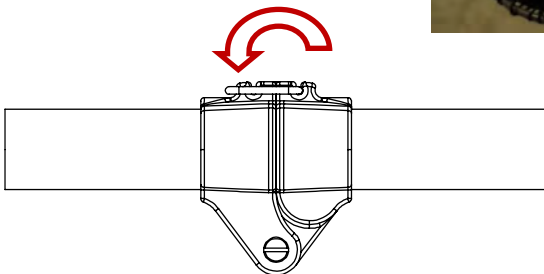
- Lay the trampoline upside down and flat on the ground.
- Unhook three of the elastic cords from each half of the trampoline frame. This makes the trampoline easier to unfold.
- Connect one of the legs (See Page 3 for instructions) to a stud where the elastic cords have been removed.
- Place your hands and knees on the trampoline as shown in the photos. .
- **Slowly** push the trampoline open, or **Slowly** pull it closed.
- After the trampoline is fully opened, lock the frame as shown below, re-attach the elastic cords, then adjust the elastic cords to make sure they are all evenly spaced around the frame.

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.

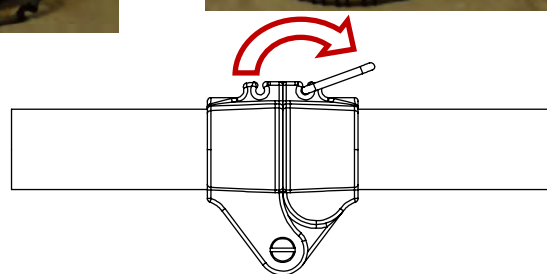
Note: When folding the trampoline closed, be sure to first remove the handlebar and all but one leg (if any are installed), following the instructions for installing them in reverse order.

IMPORTANT: Be careful to hold/grip the frame securely when folding and unfolding.

WARNING: Trampoline can snap shut with great force, impacting your face or body if you do not grip it tightly.



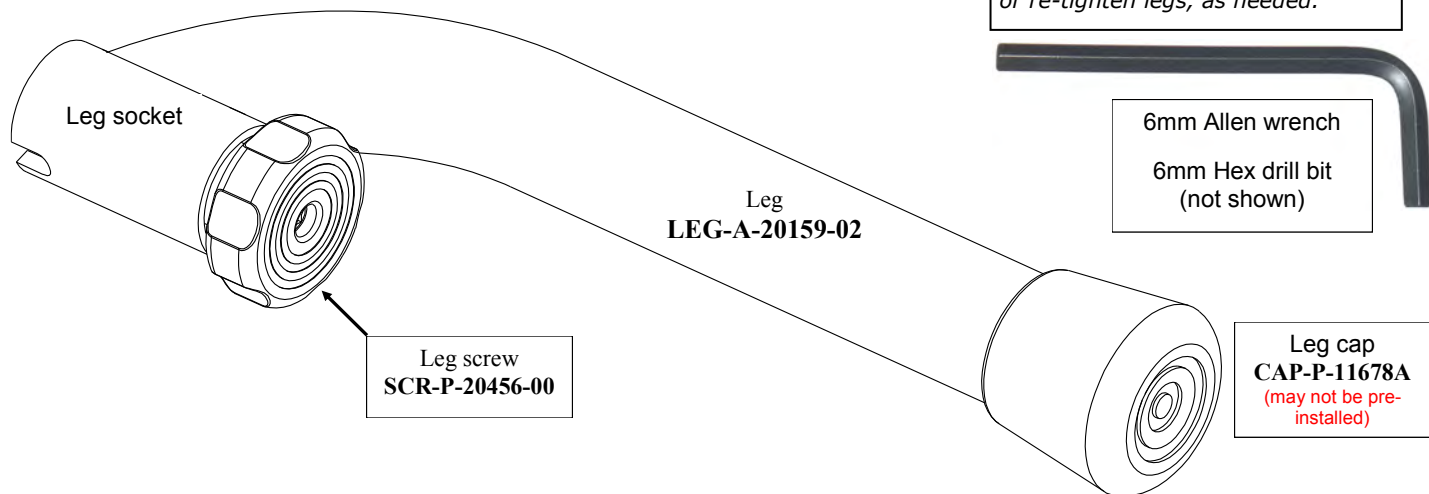
Lock hinges when using trampoline



Unlock hinges to fold frame

**** Installing Leg Pieces ****

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



IMPORTANT: Be sure leg caps are installed securely over bottom of legs, as shown above.



WARNING: Periodically check all leg screws and retighten if necessary. All leg screws should be tight prior to using the rebounder trampoline.

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

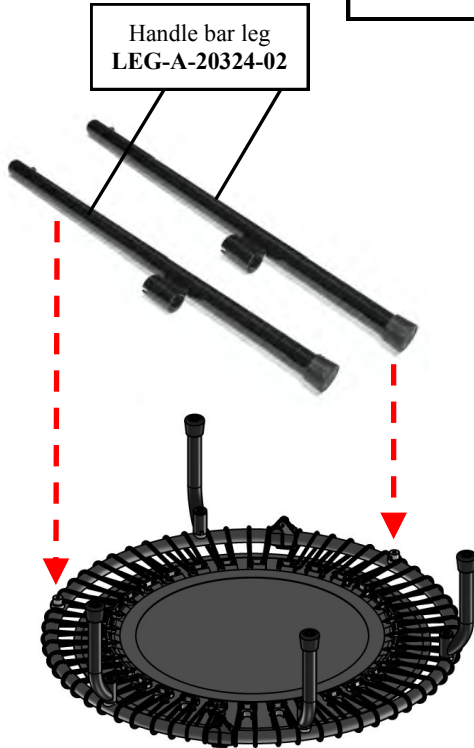
2) Securely tighten the leg to the frame by turning the Leg screw clockwise. The supplied 6mm Allen wrench can also be used by inserting the short end of the wrench into the hole of the leg screw to tighten securely.

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 or use a power drill with a suitable 6mm bit (not supplied) to ensure safe and proper installation.

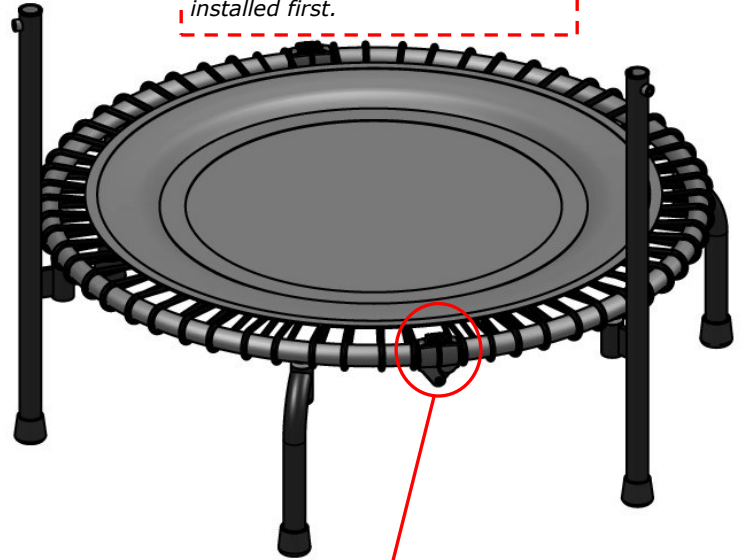
If you are going to install an exercise handle, turn to next page for installation. When all legs are installed, turn your rebounder over.

**The JumpSport Fitness
Trampoline is now ready for use!**

**** Installing Exercise Handle Bar ****



WARNING: If you have handle legs attached, do NOT attempt to use the rebounder without the rest of the handle pieces properly installed first.



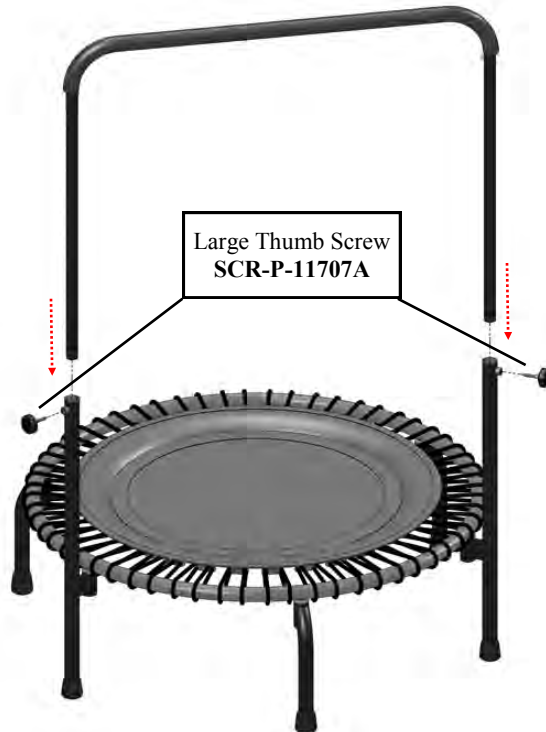
IMPORTANT: A hinge **must** be between the handlebar assembly.

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 leg socket over stud on trampoline frame, and tighten bolts. Be sure that a hinge is between the side handles.

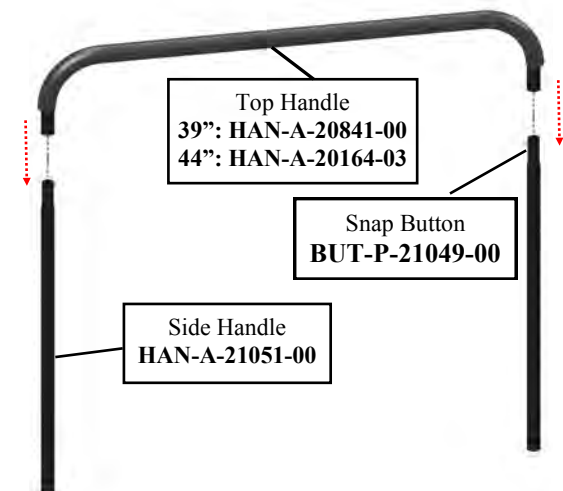
CAUTION

Avoid Injury.

- The exercise handle bar is not designed to support your entire weight. It is to aid with balance and provide exercise versatility.
- If you have handle legs attached, do NOT attempt to use the rebounder without first installing the rest of the handlebar pieces.



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.



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

Your exercise handlebar is now installed!

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

JumpSport® 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 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) / 1 year on Jumping Surface
Series 500 PRO Jumping Surface and EnduroLast Cords*	5 years*	18 months* / 1 year on Jumping Surface
All other components (including hinges)	1 year	1 year

***Mat and cord warranty are 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.

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.

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. (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.

***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.**