



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.

### Commercial Use

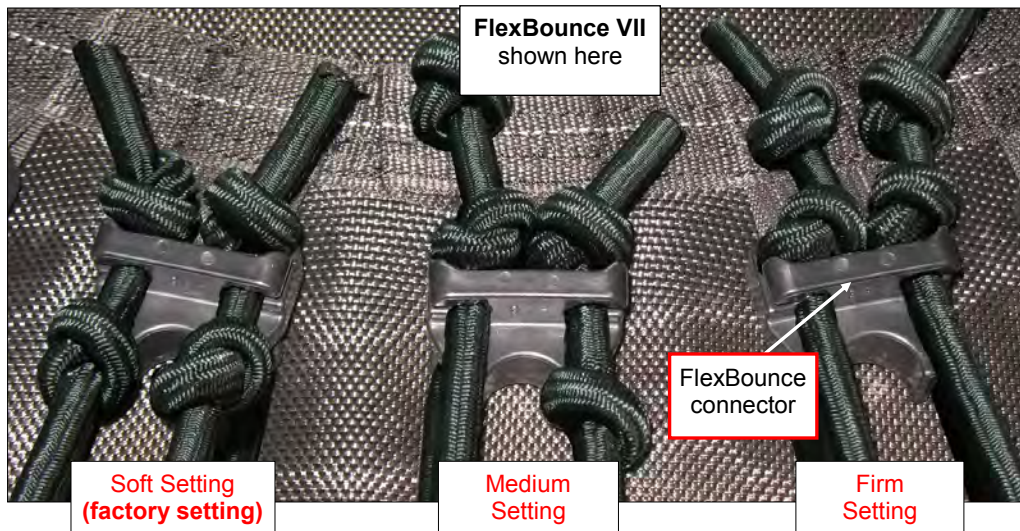
Only models in our 300 and 500 Series are for commercial use, and are subject to shorter warranty periods (see Warranty section).

### How to Adjust FlexBounce™ Cords (if applicable)

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

**IMPORTANT:** Grab cords with both hands and be sure to re-position bungee so tension remains evenly distributed. Not re-positioning will cause cord to wear unevenly.

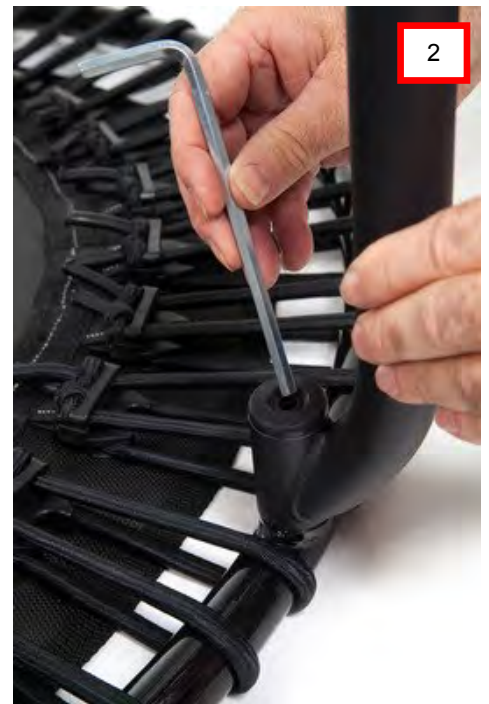
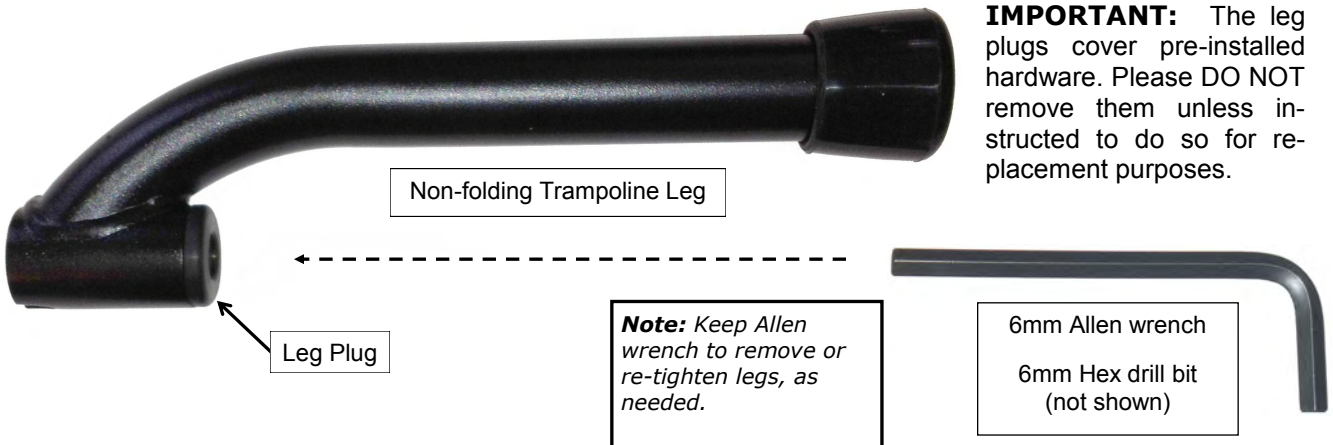
**FlexBounce III** = 3 knot cord



(Pictures are for illustration purposes only and may not match actual product.)

	FlexBounce III Configurations	FlexBounce VII Configurations
<div style="display: flex; align-items: center;"> <div style="writing-mode: vertical-rl; transform: rotate(180deg);">Softer</div> <div style="margin: 0 10px;">↑</div> </div>	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
<div style="display: flex; align-items: center;"> <div style="writing-mode: vertical-rl; transform: rotate(180deg);">Firm</div> <div style="margin: 0 10px;">↓</div> </div>		Medium / Firm / Firm Settings (repeat pattern)
		Firm Setting on every connector

## Installing Leg Pieces



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

## 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.

- 1) With trampoline upside-down, fit leg sockets over stud on trampoline frame. Notch in leg socket lines up with pin on stud.
- 2) Insert the end of the supplied 6mm Allen wrench into the hole in the rubber leg plug and engage the Allen bolt head inside the leg.
- 3) Securely tighten Allen bolts with 6mm Allen wrench.

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

**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 to ensure safe and proper installation.

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

## \*\* Installing Stabilizer Handle \*\*



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

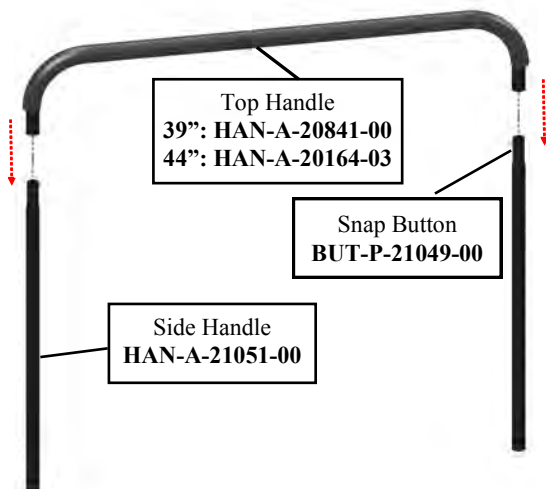


1) Locate the normal leg closest to the Fitness Trampoline logo. At the adjacent normal legs is where the 2 handle legs will be installed as shown above. Turn trampoline upside-down, fit handle bar leg socket over stud on trampoline frame, and securely tighten Allen bolts with a 6mm Allen wrench as shown on previous page. The Fitness Trampoline logo may not be exactly centered between the 2 handle legs as shown above.

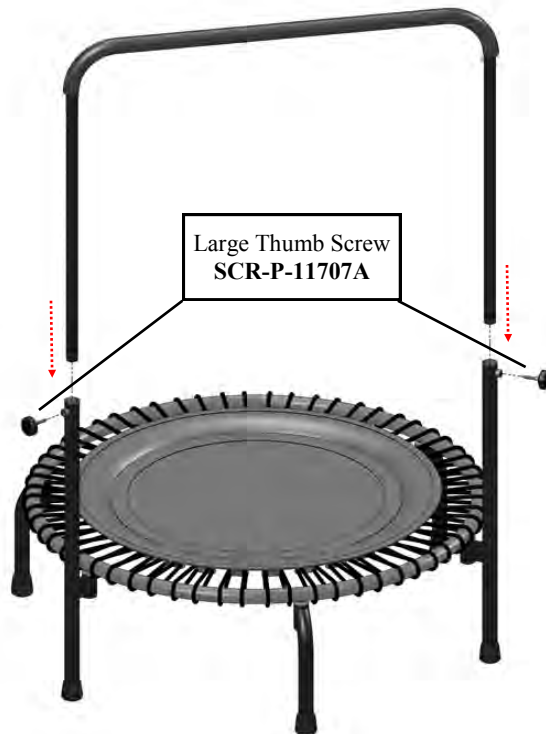
## CAUTION

### 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.



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.



# 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.**