

JumpSport®

Extreme MMA Trampoline Arena Training Bag User's Manual



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 trampoline.



WARNING

Read these materials prior to assembling

Use only with mature, knowledgeable supervision.

DO NOT intentionally rebound off the training bag, pole pads, or enclosure net.

DO NOT hang from, kick, cut or climb on the training bag, pole pads, or enclosure net.



WARNING: Carefully read, understand, and follow all of the warnings and instructions provided with your trampoline and enclosure.

- Hitting or kicking the punching bag in cold, winter weather may result in serious injury, even many days or weeks after the temperatures drop below freezing (32-degrees Fahrenheit / 0-degrees Celsius).
- Trampolines over 20 inches (51 cm) tall are not recommended for use by children under 6 years of age.
- Users should consult with a physician before beginning any exercise or conditioning program.
- If you feel faint or dizzy, immediately stop using the product. Avoid using the training bag when tired. Take breaks often.
- Use only in a well lit area by responsible, mature, non-intoxicated persons.
- Keep objects away which could interfere with safe use. Maintain adequate clearance underneath, above, and around the trampoline.
- Inspect before each use. Make sure the training bag is properly filled and connected, and that all frame and pole padding is correctly and securely positioned. Replace or adjust any loose, worn, defective, or missing parts.
- For information concerning skill training, contact a qualified fitness instructor.
- It is recommended that protective gloves be worn when using the training bag.

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.



CALIFORNIA PROP. 65 WARNING

This product contains chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm.

Retain address information for future use.

Patent info at: patents.JumpSport.com

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Setting Up Training Bag Hardware

What's Included:

- Filling Needle (Hose adaptor)
- Training Bag
- Foam Bag Liner
- Weight Bladder Balls (4)
- Hanging Bolt Assembly (includes spacer and nylock nut)
- Triangle Carabiner
- Anchor Strap with buckles
- Instruction Manual



Fig. 1A

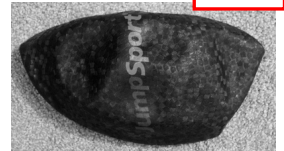


Fig. 1B



Fig. 2

1. Remove the mounting hardware and water bladders from their packaging. (**Figs. 1A and 1B**)
2. This product can only be used with the AlleyOOP™ Trampoline Octagon Kit. Install the Training Bag at one of the Octagon Corner Connectors. (**Fig. 2**)
3. While standing inside the trampoline, place the hanging bolt through the spacer and the Octagon Corner Connector, from inside to outside, as shown. (**Fig. 3**) Secure the bolt assembly with the included nylock nut.
4. Place the triangular carabiner through the hanging loop, as shown. (**Fig. 4**)



Fig. 3



Fig. 4

Filling Balls and Adjusting Bag Weight

The weight of the JumpSport MMA Training Bag is determined by the volume of water added by the user. Use any household scale to determine the water weight of each ball.

JumpSport recommends that water be added first, to the desired weight, before inflating the balls with air.

1. Attach the filling adaptor to any common garden hose.
2. Insert the needle into one of the bladders.
3. Turn on the water, and slowly fill the ball to the desired weight. Each ball will be approximately one quarter of the total desired weight.
4. Using the supplied needle, inflate the ball the rest of the way with air. If the balls will not fit into the training bag, they are over-inflated and should be deflated until they fit.

Recommended Bag Weight

Depending on the age and strength of the user, the following weights are recommended:

Age 6-8 years: **15lbs** total; 3.75lbs/ball

Age 9-12 years: **20lbs** total; 5lbs/ball

Age 13-15 years: **25-30lbs** total; 6.25-7.5lbs/ball

Age 16+ years: **30+ lbs** total; >7.5lbs/ball

Assembling and Hanging the Training Bag

Foam Bag Liner



Fig. 5



Fig. 6



Fig. 7



Fig. 8



Fig. 9



Fig. 10

Once the hardware is installed on the trampoline's safety enclosure, and the balls are filled with water and air, hang the training bag.

1. Insert the foam bag liner into the empty training bag. Roll the foam sleeve to assist with insertion, and then unroll the foam sleeve inside the bag. **(Fig. 5)**
2. Arrange the four filled balls in the training bag. **(Fig. 6)**
3. Pull the hanging straps up through the opening in the bag cap. **(Fig. 7)**
4. Attach the bag cap by zipping it onto the training bag as shown. **(Fig. 8)**
5. Hang the bag from the carabiner and screw it closed, as shown. **(Fig. 9)**
6. Loop the bungee cord around the enclosure pole, and connect it to the loops on the bottom of the training bag. **(Fig. 10)**

Your JumpSport MMA Training Bag is now ready to use and enjoy!



Special Concerns and Cautions



WARNING:

- If outdoor temperatures are expected to drop below freezing, bring the training bag inside. The water inside the balls will expand as it freezes, and may rupture the balls.
- The water-filled balls must be protected from sunlight. They will suffer UV damage, degrade, and leak if left exposed to the sun for long periods.

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® MMA Training Bag, and is extended exclusively to the original retail purchaser.

How long does this coverage last? Warranty coverage for a new JumpSport® MMA Training Bag begins from the original date of purchase and lasts for 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 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, 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.

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 1-408-213-2551 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.