



# WARNING



1. DO NOT attempt somersaults. Landing on your head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed.
2. DO NOT allow more than one person on the trampoline at a time. Use by more than one person at the same time can result in serious injuries.
3. Use trampoline only with mature, knowledgeable supervision.
4. Trampolines over 20 in. (51 cm) tall (including this trampoline) are NOT recommended for use by children under 6 years of age.
5. Inspect the trampoline before each use. Make sure the frame padding is correctly and securely positioned. Replace any worn, defective or missing parts.
6. 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.
7. Stop your bounce by flexing your knees as your feet come in contact with the trampoline bed. Learn this skill before attempting others.
8. 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.
9. Avoid bouncing too high. Stay low until you can control your bounce and repeatedly land in the center of the trampoline. Control is more important than height.
10. Focus your eyes on the perimeter of the trampoline. This will help control your bounce.
11. Avoid bouncing when tired. Keep turns short.
12. 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.
13. Keep objects away which could interfere with the performer. Maintain a clear area around the trampoline.
14. Do not use the trampoline while under the influence of alcohol or drugs.
15. For additional information concerning the trampoline equipment, contact the manufacturer.
16. For information concerning skill training, contact a certified trampoline instructor.
17. 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.
18. 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.



## **ATTENTION**



**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 the manufacturers rules for safe use.**

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

Trampolines, being rebounding devices, propel the performer to unaccustomed heights and into a variety of body movements. Therefore, it is emphasized that all purchasers, and all persons using the trampoline, become familiar with the rules for safe use. Misuse and abuse of this trampoline is dangerous, and can cause serious injuries. The purchaser/user of this piece of equipment is assuming a degree of risk for which the manufacturer cannot be responsible.

On the following pages are articles of information relative to the proper installation and safe operation of the trampoline. This information is a system of:

**Warnings and Cautionary Statements**  
**Homeowner Inspection, Care and Maintenance**  
**Trampoline Placement and Assembly Instructions**  
**Points of Safety**  
**Basic Skills and Instructional Materials**  
**Warranty and Repair, Returns Procedures**

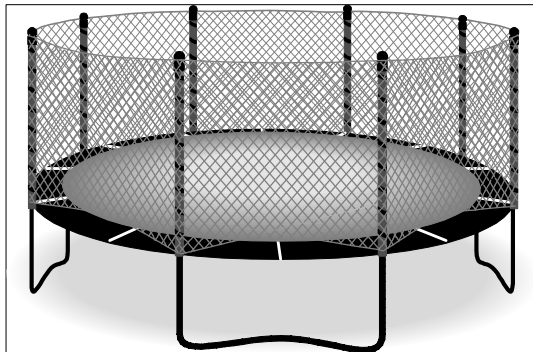
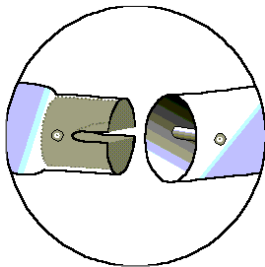
Read this information thoroughly before allowing the trampoline to be used. Keep this manual available for your review, and for review by all potential users. If there are questions please telephone the manufacturer for further explanation. The phone number is 1-408-213-2551, hours are 8:00AM – 5:00PM Monday through Friday, Pacific Time.

**AlleyOop Sports™**  
**PO Box 2446**  
**Saratoga, CA 95070**  
**1-408-213-2551**

# AlleyOop SPORTS™

## Fun & Fitness Center

Featuring the  
Sure-Lok™ frame  
system



Double bed  
technology



**Model AO-UN-037**

U.S. Patents #6053845, 6261207, 6840891, 6846271 and Patents Pending

### Assembly, Installation, Care, Maintenance, and Use Instructions



## WARNING



Do not attempt or allow somersaults on the trampoline. Landing on your head or neck can cause serious injury, paralysis or death, even when landing in the middle



Do not allow more than one person on the trampoline (inside the trampoline enclosure at a time. Use by more than one person at the same time increases the chance of injury.



Do not attempt to jump over the barrier (netting).



Do not hang from, kick, cut or climb on the barrier (netting).

Use trampoline and trampoline enclosure only with mature, knowledgeable supervision.

**Read these materials prior to assembling and using this Trampoline and Trampoline Enclosure. Maximum user wt: 225 Lbs.**

Congratulations on purchasing an AlleyOop Sports™ Fun & Fitness Center! We sincerely believe that you have purchased the best product on the market. It has been engineered with safety, durability, and performance in mind. Please read this manual thoroughly for proper installation, care/ maintenance, and use.

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# AlleyOop

## S P O R T S™

### Have friends over for a backyard camp out!

Let's face it -the ground is the hardest place on earth - particularly when you have been sleeping on it all night.

Now you can rough-it in style with the AlleyOop Sports OutbackTent (we won't tell Mom that you are better rested for those Saturday morning chores).



- Four windows and zippered door with mosquito netting

- Sewn in floor to keep the elements out

- Plenty of room for games and friends

- Installation in seconds!

**Don't miss out on these and other fun accessories at [www.alleyoopsports.com](http://www.alleyoopsports.com)!**

### AlleyOop Hoops™

More fun than a tuna sandwich – Jump higher than tall buildings –Jam like the pros (just don't *hang* like them)...

Whether you are into practicing your outside shot, or improving your up-close game AlleyOop ProFlex Basketball set is a fun way to avoid homework. Heck, athletic scholarships pay for college, too.



- Our most popular accessory.

- Easily installed to your Variable Bounce System

- Set includes basketball

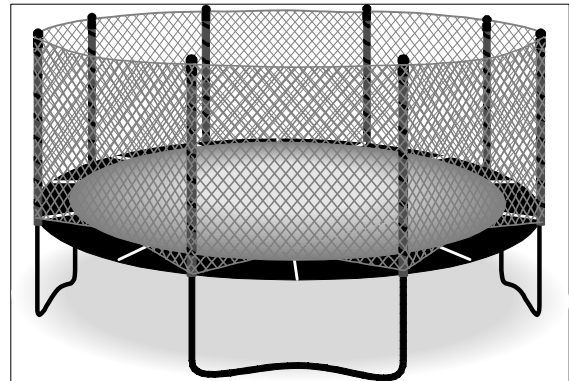
# ASSEMBLY INSTRUCTIONS

Read through all assembly steps carefully before beginning the assembly process. Refer to drawings for clarification.

## STEP 1:

### Trampoline Placement

- ⇒ Adequate **overhead clearance** is *essential*. A minimum of 24 feet (7.3 meters) is recommended from ground level. Provide clearance for wires, tree limbs, and other possible hazards.
- ⇒ **Lateral clearance** is *essential*. Place the trampoline and trampoline enclosure away from walls, structures, fences, pools, and other play areas. Maintain a **clear space** on all sides of the trampoline.
- ⇒ Place the trampoline and trampoline enclosure on a **level surface** before use.
- ⇒ Use the trampoline and trampoline enclosure in a **well-lighted area**. Artificial illumination may be required for indoor or shady areas.
- ⇒ **Secure** the trampoline and trampoline enclosure against unauthorized and unsupervised use.
- ⇒ **Remove any obstructions** from beneath the trampoline and trampoline enclosure.
- ⇒ The trampoline enclosure is **only to be used as an enclosure** for a trampoline and the trampoline must be of the appropriate size as covered by the specific enclosure.
- ⇒ The owner and supervisors of the trampoline are **responsible** to make all users aware of practices specified in the Use Instructions.



(Gloves are recommended during the following steps.)

## STEP 2:

Lay out all frame sections in a circle as shown (see Fig. 1). Verify inventory of each part.

Trampoline inventory consists of 8 components:

- 1) Double top rail with socket [TR-RAI-A-0063] – 4 pieces
- 2) Top rail without sockets [TR-RAI-A-0062] – 8 pieces
- 3) Vertical leg piece [TR-LEG-A-0065R4] – 8 pieces
- 4) Horizontal leg piece [TR-LEG-A-0234] – 4 pieces
- 5) Springs [TR-SPR-A-0067] – 112 total
- 6) Pad sections [TR-PAD-A-0056] – 4 pieces
- 7) Rail panels [TR-PAN-A-0583] -8 pieces
- 8) Jumping mat [TR-MAT-A-0054] -2 pieces
- 9) Pole arch [SE-POL-A-0160/0293] - 2 pieces (used later in assembly).

Note: Some parts may be in the safety enclosure box.

If you are missing any parts, call 1-866-ALLEY OOP.

**Important:** The components must be laid out in the **pattern** shown for the trampoline to be assembled correctly.

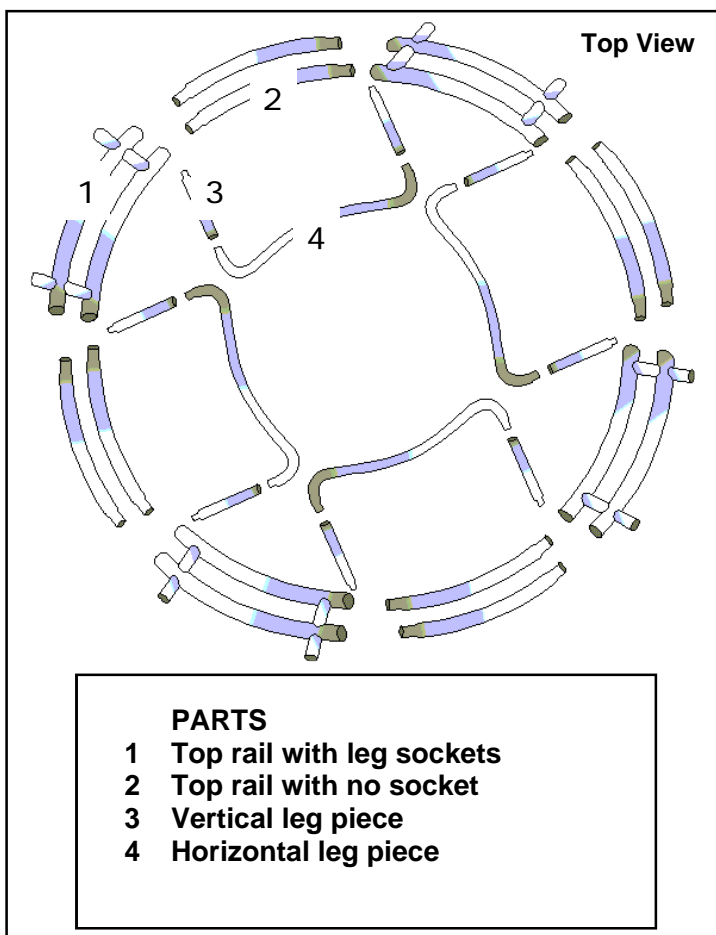


FIGURE 2

## STEP 3:

### Build each leg assembly

Join two vertical leg pieces with one horizontal leg piece to make a **leg assembly**. Snap vertical pieces onto horizontal piece. Repeat with the remaining leg pieces.

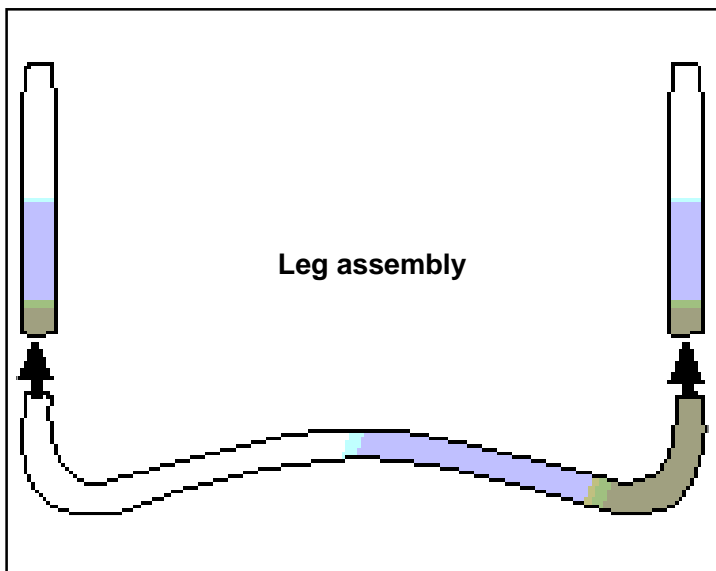


FIGURE 3

## STEP 4:

### Assemble all leg and top rail pieces.

At this point, you may need someone to assist you with the assembly. Hold one leg assembly in the vertical position. Connect frame pieces as shown. Snap leg pieces into rail sockets (if applicable). Continue the pattern by connecting leg assemblies to top rail pieces until the frame is complete.

**Note:** Each leg assembly will straddle top rail pieces with no sockets.

**Important:** Make sure that the slots for springs are facing UP on all rail pieces.

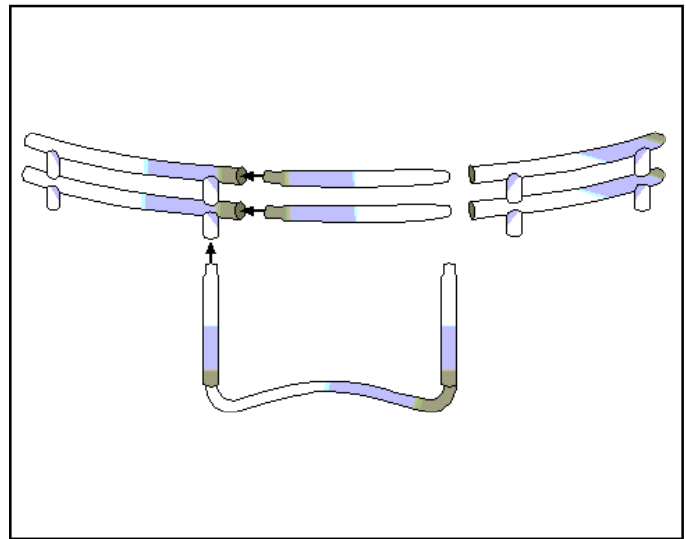


FIGURE 4

For maximum fit and performance, all rail pieces include the Sure-Lok™ system. Assembly consists of aligning the key-way on the small end of one section into the key on the larger end of the adjacent section (see figure 4B).

### Before Installing Springs (Steps 5-8)

Mat will be installed to **LOWER RAIL** first.

It may be helpful in the following steps to note that springs are most readily stretched into place with the aid of another spring. To do so, attach the spring you want to install to a “V” ring on the bed. Connect a second spring to the first by interconnecting spring hooks. Holding the second spring with one hand, pull the attachment spring to the frame. When the attachment spring hook reaches the frame, use your other hand to push it into the frame hole, and disengage the second spring (see Fig. 5).

**NOTE:** The Double bed trampoline can be tuned to your family’s needs by removing springs on the lower bed (see step 10). Initially, however, **ALL** springs should be installed.

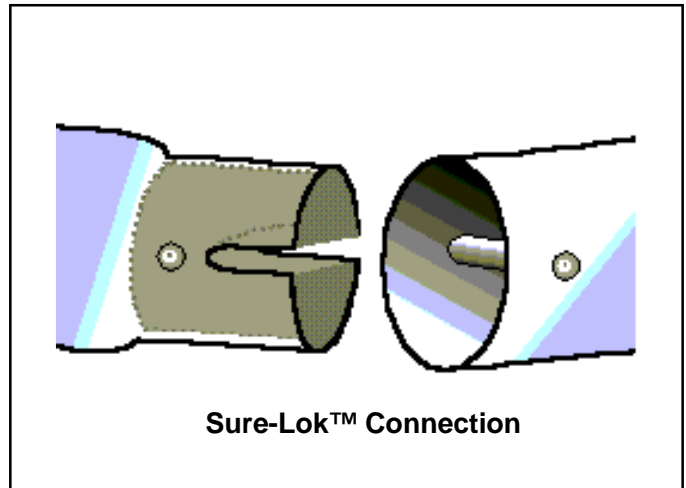


FIGURE 4B

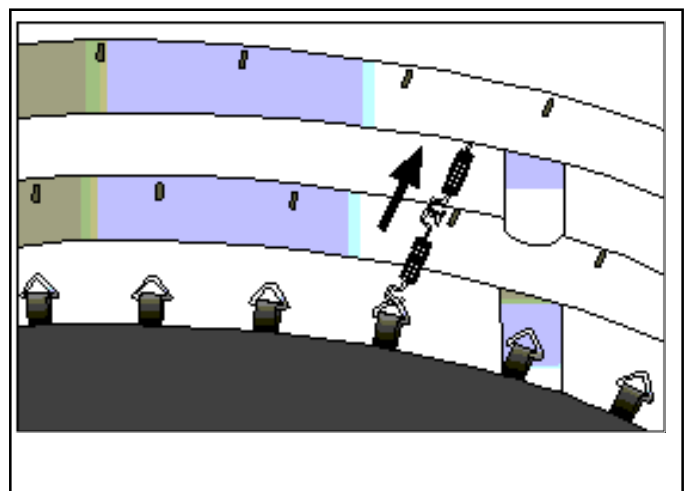


FIGURE 5



## STEP 5:

### Install springs at every 4th hole and V ring

Lay one jumping mat (bed) inside the frame. Select a hole on the LOWER RAIL near one leg, and connect a spring between the V ring and the frame hole at this point. Count 4 holes (and 4 V rings) to the left (clockwise), and connect another spring. See step 5 for easier spring assembly. (Between spring one and two, there will be 3 empty holes and 4 V rings.) Follow this procedure all the way around the trampoline (at 14 locations in total –see figure 5).

Be sure to count holes and V rings accurately. If the count is off, go to where the correct pattern was stopped, and begin again.

Install a spring at every fourth hole and V ring on **lower rail**.

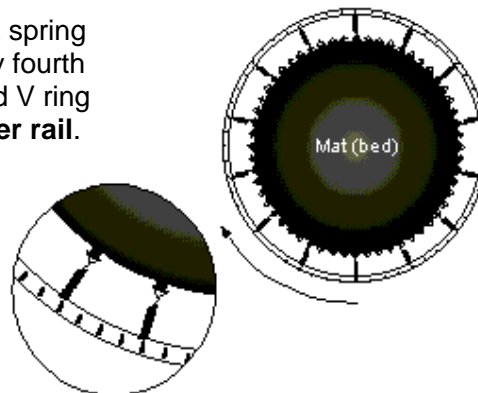


FIGURE 5

## STEP 6:

### Install springs to the middle hole of every *other* section

Between each of the 14 springs, there will be three empty holes and V rings. Working clockwise all the way around the trampoline, connect a spring at every **middle** V ring to the appropriate hole. At the completion of this phase, every other hole and V ring will have a spring installed (see figure 6).

Newly installed springs shown in black

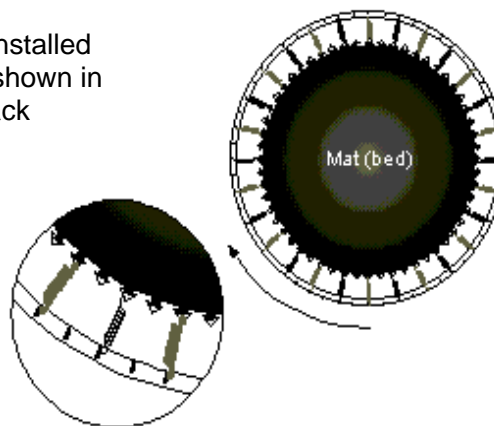


FIGURE 6

## STEP 7:

### Complete installation of the lower mat

Install the remaining springs clockwise to complete the installation of the lower bed (figure 7).

**CAUTION: DO JUMP ON THE TRAMPOLINE UNTIL INSTALLATION IS COMPLETE!!**

Newly installed springs shown in black

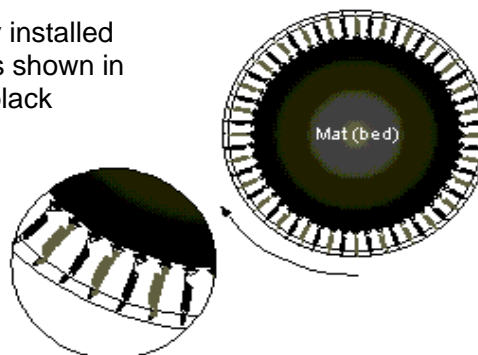


FIGURE 7

## STEP 8:

### Install upper mat.

Repeat steps 5-7 for upper mat. Make sure to install ALL springs.

## STEP 9:

Install frame panels

Lay frame panel over top of frame rail (fabric should hang down on outside of frame). Wrap around upper and lower frame and clip upper edge to lower edge. Clips should be on the inside of the frame (Figures 8 and 9). At the ends of each panel, wrap elastic strap around the inside of the vertical frame tube clip to adjacent panel, so that the panels will maintain their position (Figure 10). Repeat with remaining panels.

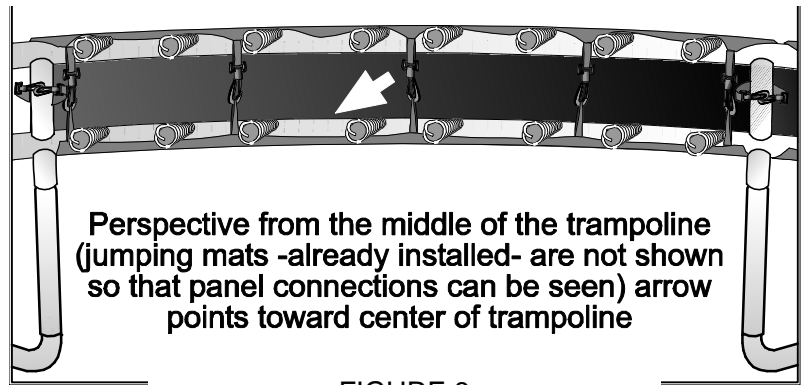


FIGURE 8

## STEP 10:

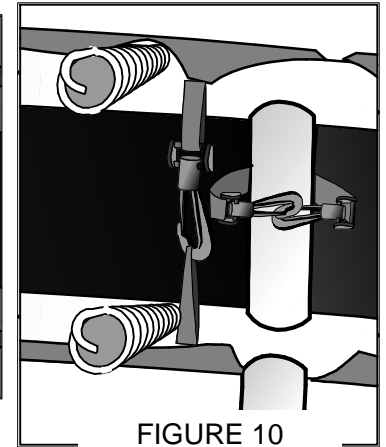
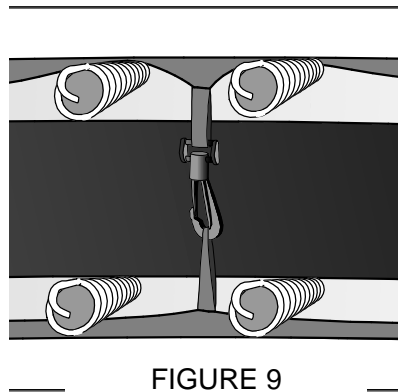
**Layout, align, and join frame pad pieces.**

Lay pad pieces over frame. Align notches in skirt with sockets at each leg. Plastic connectors should be on the underside of mat. Join pieces sections using Velcro® tabs [Figure 11].

**Attach pad to frame of trampoline**

Connect pad to frame at each leg using bungee pieces.

**IMPORTANT:** MAKE SURE THAT THE PAD IS INSTALLED PROPERLY OVER THE FRAME AND THE SPRINGS BEFORE USE.



## STEP 11:

**Tuning the trampoline to meet your family's needs.**

Initial installation calls for all 112 springs. For heavier users, this configuration is necessary. For lighter users, 84 springs is optimum. To arrive at 84 springs, remove every other spring on the LOWER BED (Removing & Leaving 28 springs).

**IMPORTANT:** SPRINGS SHOULD ONLY BE REMOVED FROM THE LOWER BED WHEN TUNING THE TRAMPOLINE. DO NOT REMOVE SPRINGS FROM THE UPPER BED, OR INJURY CAN OCCUR.

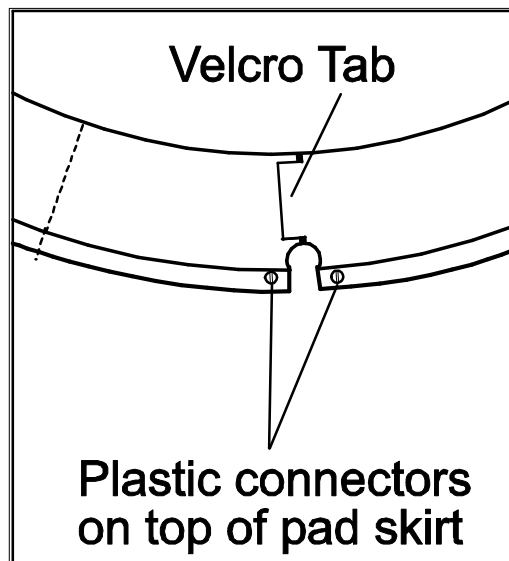
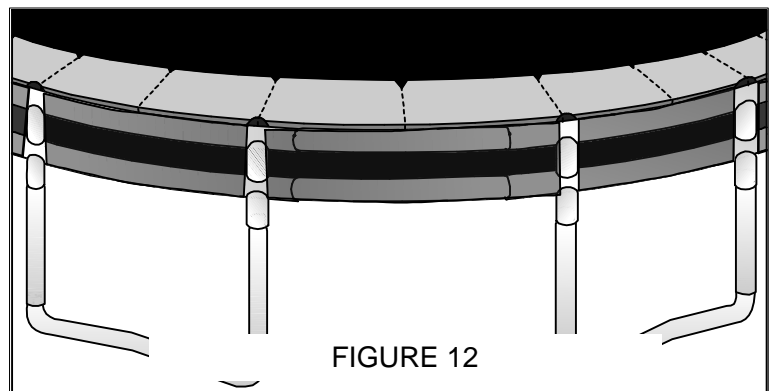


FIGURE 11



### Caution:

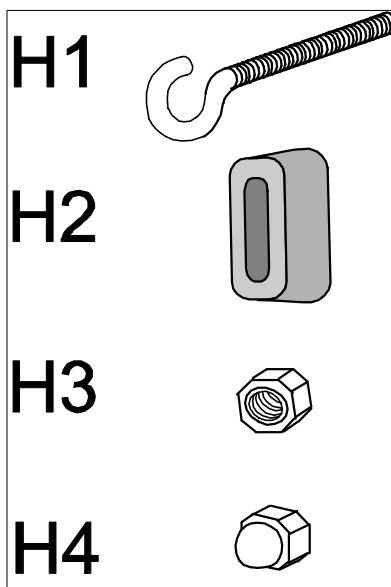


Use of this trampoline is NOT recommended without the safety enclosure installed, which is designed to reduce the likelihood of injury to the user from falling from the trampoline, or coming into contact with the frame and springs of the trampoline. Use of this trampoline is NOT recommended without the trampoline pad installed, which is designed to reduce the likelihood of injury to the user from coming into contact with the frame and springs of the trampoline.

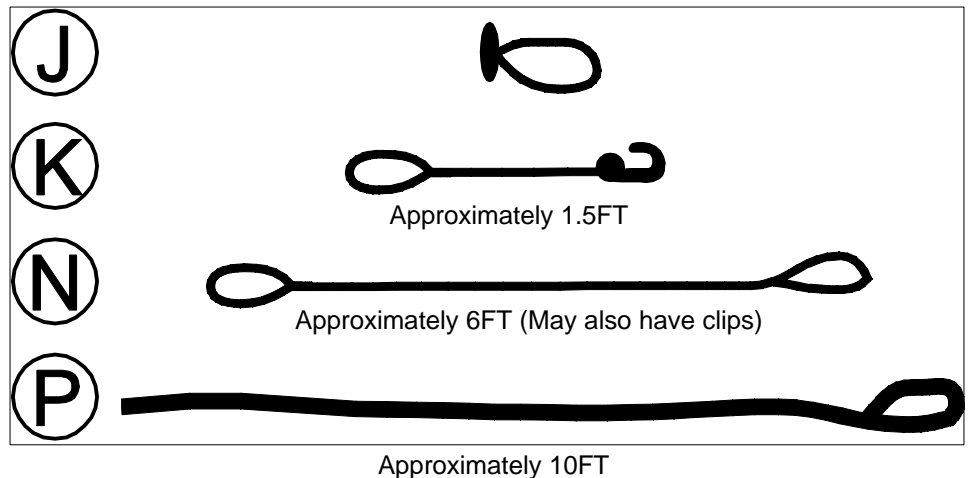
# AlleyOop Sports Fun & Fitness Center™

## Safety Enclosure

Ref. #	Part #	Description	Quantity
H1	SE-EYE-X-0026	Eyebolt	8
H2	SE-CAP-X-0388	Eyebolt Cap	8
H3	SE-NUT-X-0391	Hex nut with nylon insert	8
H4	SE-NUT-X-0462	Steel Acorn Nut	8
A	SE-POL-A-0044	Lower Support Pole	8
B	SE-POL-A-0045	Upper Support Pole	8
C	SE-FOA-X-0028	Long Support Pole Cushion	8
D	SE-FOA-X-0027	Short Support Pole Cushion	8
E	SE-CAP-X-0019	Ball End Cap	6
G1	SE-POL-A-0293	Pole Arch (Female)	1
G2	SE-POL-A-0160	Pole Arch (Male)	1
H	SE-NET-X-0032	Heavy Duty Safety Net Assembly	1
I	SE-BUC-X-0012	Plastic Slider Buckle (1")	1
J	SE-BUN-X-0016	Bungee "T" Anchor	17
K	SE-BUN-X-0294	Bungee Cord, Short	8
L	UN-WRN-A-0080	Safety Placard	1
M	SE-CAB-X-0017	Cable Tie	2
N	SE-BUN-X-0014	Bungee Cord, Long	8
P	SE-STR-X-0049	Pole Strap (with loop)	8
Q	SE-SLE-A-0081	Foam Sleeve	8



PARTS NOT TO SCALE



Step 14:

#### Assemble support poles

Join pole pieces to make 8 pole assemblies by inserting one end of lower support pole (A) into bottom of upper pole (B). Snap steel button on B into the hole on A to lock in place.

Step 15:

#### Install foam and foam sleeves

Slide a long pole cushion (C) onto upper support pole, followed by a short pole cushion (D). Slide foam sleeve (Q) over both foam pieces from top of pole.

Step 16:

#### A) Install ball end cap (SIX OF EIGHT POLES)

Install eyebolt over poles so that the hole in the ball end cap aligns with the hole at the end of each pole. Push eyebolt (H1) through the eyebolt cap (H2), then insert assembly into the small hole on the ball cap (E). Hand tighten hex nut with nylon insert (H3) onto end. When in place, the opening on the eyebolt should face upward toward the ball, and the eyebolt assembly will be loose enough to have access to the eyebolt hook, until step 22 and 26.

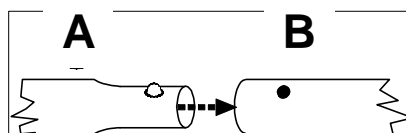
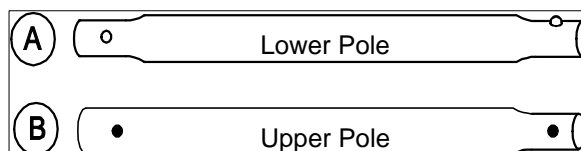
#### B) Install Pole Arch (TWO OF EIGHT POLES)

Two poles will be joined together with pole arch pieces (G1/G2). This will be used as the doorway. Join arch pieces. Snap steel button to lock together.

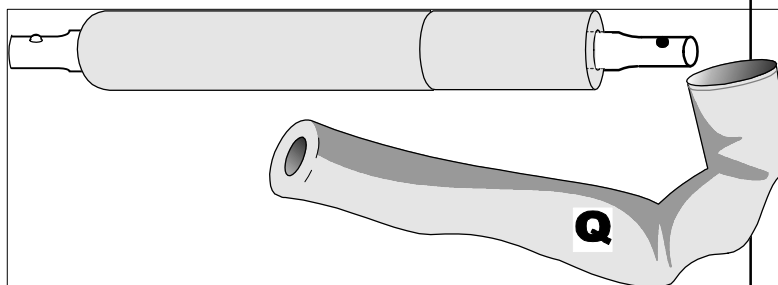
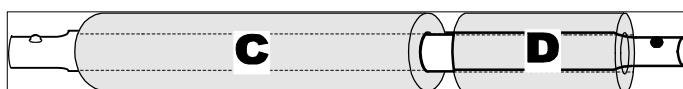
Install arch over poles. Align holes on arch with holes on the ends of the poles. Install eyebolt assembly as outlined in 16A above.

**Important:** Eyebolt hooks must be on same side of pole arch.

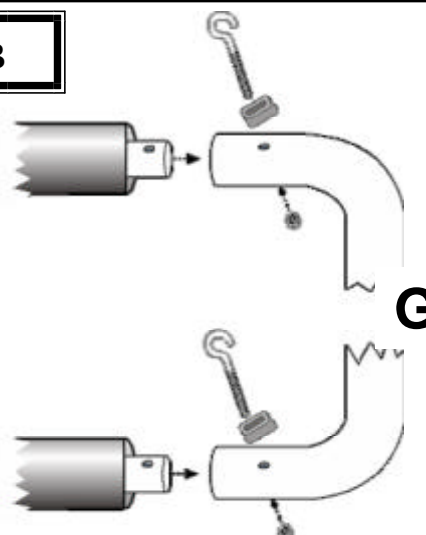
### Step 14



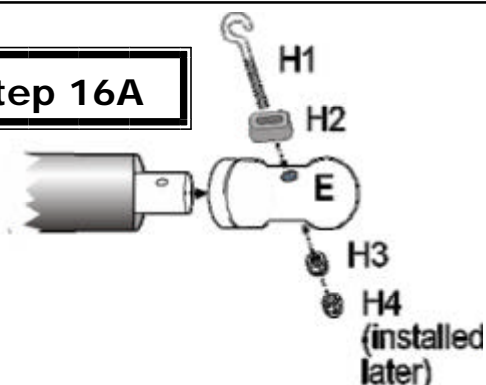
### Step 15



### Step 16B



### Step 16A



## Step 17:

### A) Install door archway:

Locate pole sockets welded to the inside of the trampoline frame (at each leg). Install door arch into two sockets where two separate U-legs on trampoline are adjacent. (see figure 17A.) Insert end of each pole into appropriate socket. (see figure 17B). Eyebolts on door arch must face OUTWARD –away from center of trampoline. Snap poles into place.

**CAUTION: FAILURE TO INSTALL EYEBOLTS SO THAT THEY BOTH FACE OUTWARD CREATES A HAZARD THAT COULD RESULT IN SERIOUS INJURY.**

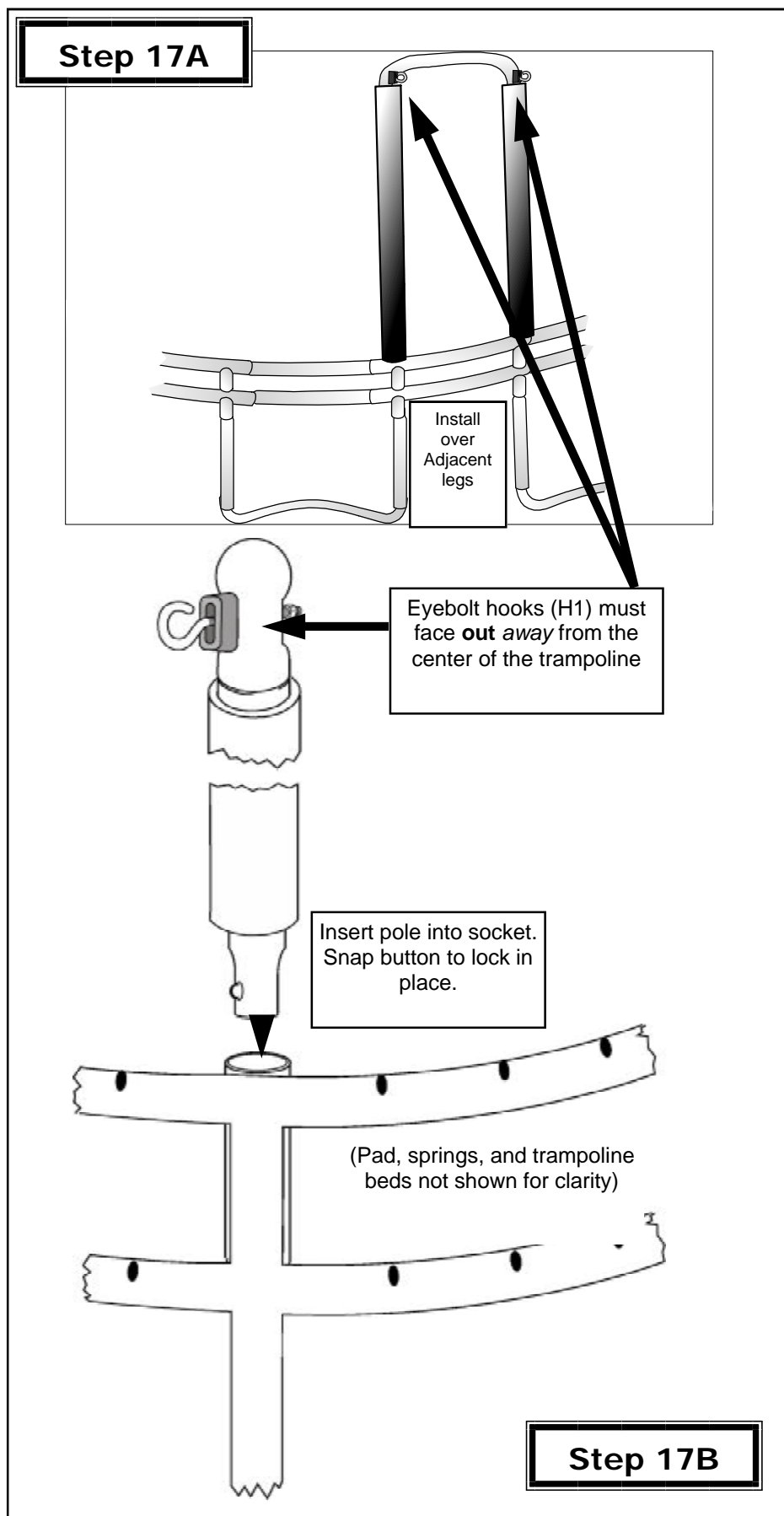
Door should be positioned so that it is readily accessible to users.

### B) Install remaining support poles:

Install support poles into the remaining sockets on the trampoline. MAKE SURE THAT THE EYEBOLT IS FACING OUT, AWAY FROM THE TRAMPOLINE IN ALL INSTANCES. Snap into place.

Note: Poles may need to be rotated outward (so that eyebolt hooks move away from each other to snap in place. Pole arch has hole to allow for rotation.

**CAUTION: FAILURE TO DO SO CREATES A HAZARD THAT COULD RESULT IN SERIOUS INJURY.**

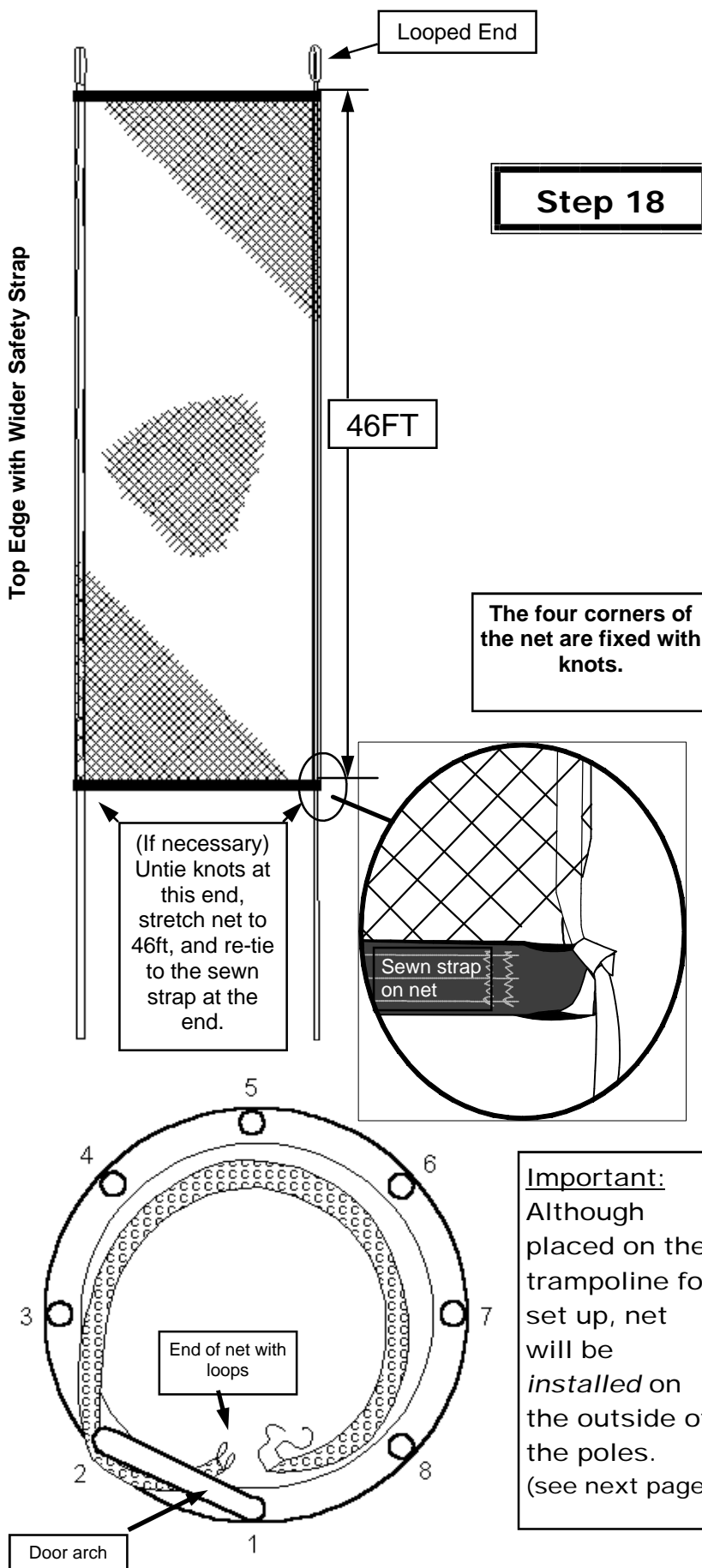


## Step 18:

### Preparing the net

Find an area (approximately 50 ft) to straighten out the net (H). With one person holding the straps at each end, pull and shake net so that mesh is evenly distributed along straps. Note that one end of the straps for the net has loops, as this will be the end that this hung first. Also note: The WIDER strap will be at the top of the net.

Measure the net: The net should measure 46FT from edge to edge of net (see illustration). If the net measures less than 46 feet, untie the knots in the safety straps at the end of the net without loops in the straps. Stretch net to 46ft, and re-tie the straps so that the net will NOT slide along the safety straps.



Poles are numbered according to Step 18 in order to clarify orientation for assembly. Lay the end of the net with the loops down on the bed of the trampoline between the door arch poles.

Wrap the net around the outside of pole 2 (pole 2 is the left pole of the door arch when on the outside of the trampoline).

Continue laying the rest of the net down (clockwise) around the edge of the trampoline bed.

### Important:

Although placed on the trampoline for set up, net will be *installed* on the outside of the poles. (see next page)

## Step 19:

### Attach the net to poles

Hang end of net with loops to pole #1  
Slip loop of WIDE strap into eyebolt at pole one.

#### Hang net on OUTSIDE of pole 2

Pull the netting to pole #2. With light tension on the net, hook the strap and one mesh of net into eyebolt, so it will maintain its position. The net will be slightly bowed on the top.

#### Continue to hang net on OUTSIDE of remaining poles

Repeat, hanging the net on the OUTSIDE of the remaining poles (including pole #1).

The net must be pulled tight at each pole and then hung. It will not reach the bed of the trampoline in many areas, if hung correctly.

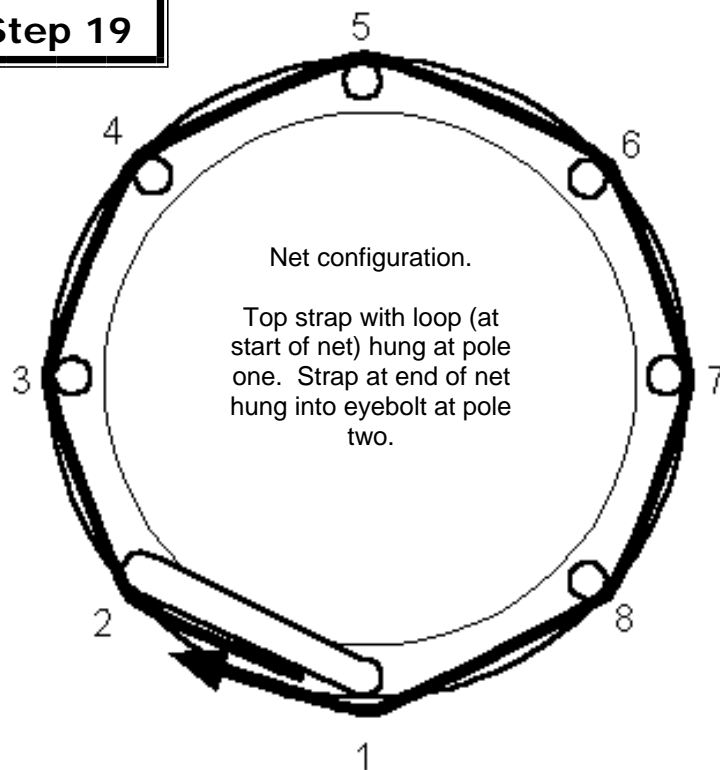
## Step 20:

### Form the doorway by creating overlap

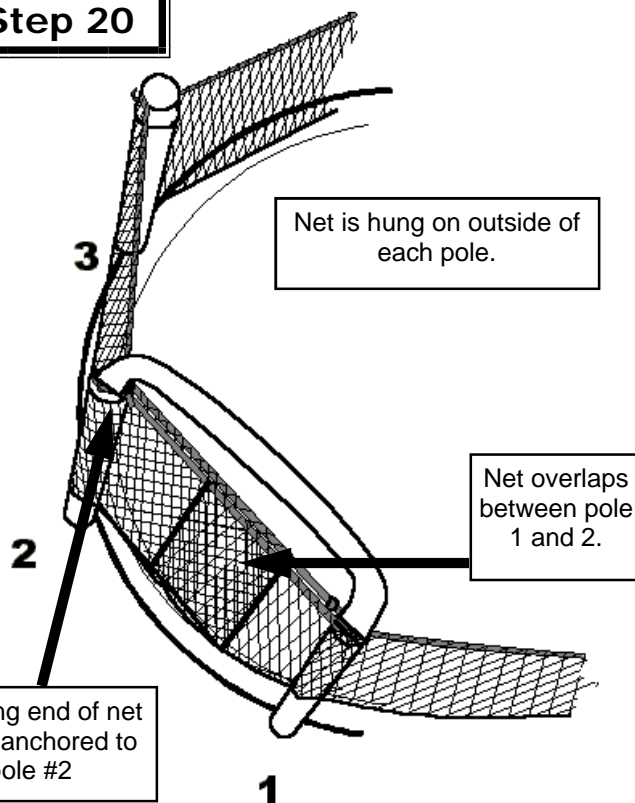
After hanging the net on the outside of pole #1, pull the end of the net toward pole #2. Stretch the strap to pole #2, wrap around pole (above eyebolt) and secure by installing buckle (I). Make sure strap rests in hook of eyebolt.

When hung correctly, inner and outer panel of net should overlap by 1 to 2 (a minimum of 8 inches in the middle, due to the "hourglass" shape.) IMPORTANT: IF THE NET DOES NOT OVERLAP BY AT LEAST 8 INCHES IN THE MIDDLE, READJUST OR CALL

## Step 19



## Step 20

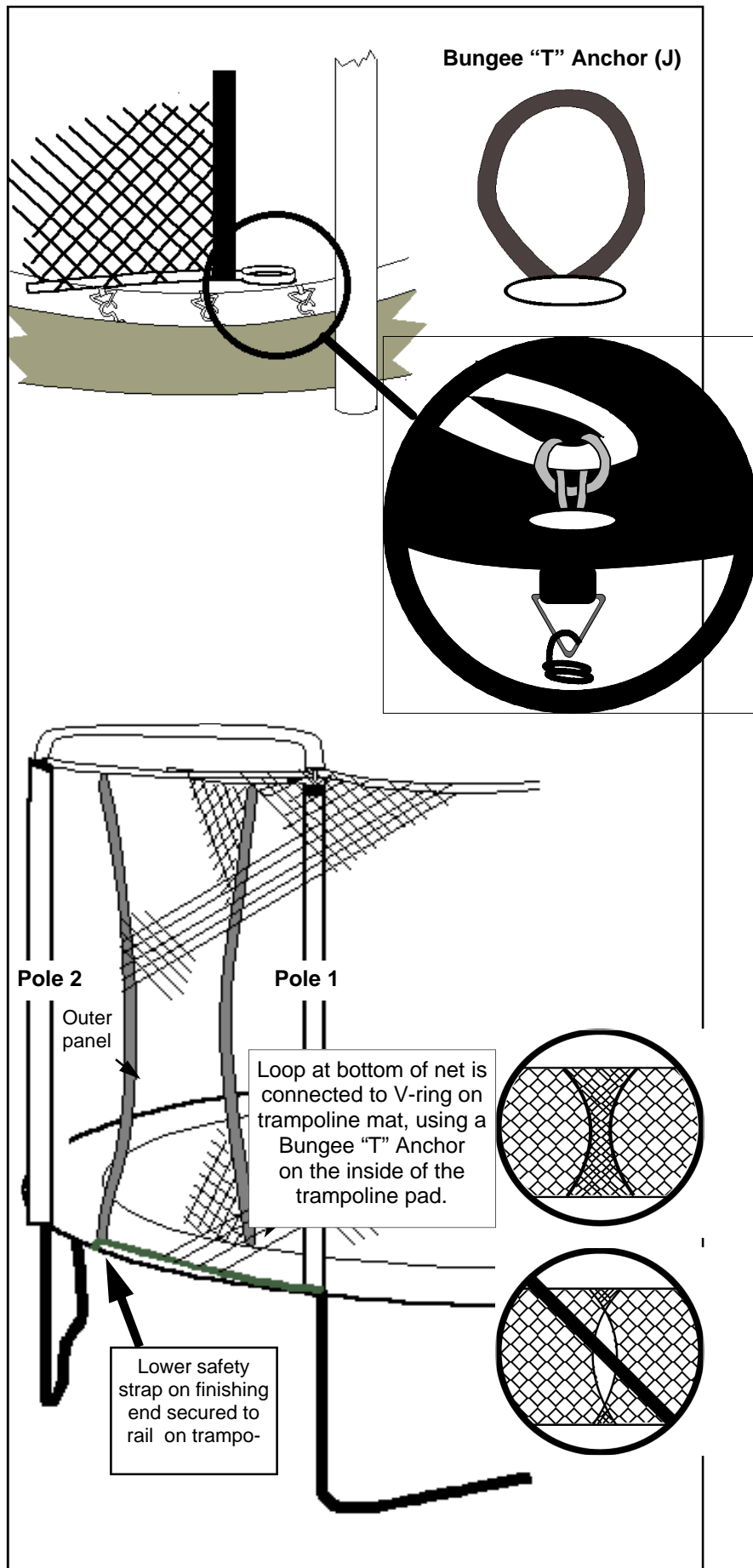


## Step 20 (continued):

### Secure lower ends of net

Attach the Bungee "T" Anchor (I) around the looped end of the lower safety strap. Pull the bungee "T" anchor toward pole #1 until the starting edge of the net is nearly vertical. Feed the "T" through the closest "V" ring on the trampoline mat. (The "T" anchor will be installed to the inside of the trampoline pad.).

Pull the other end of the lower safety strap (attached to the outside section of net) toward pole #2, and tie securely to rail on trampoline directly below edge of net. (Wrap around rail a few times first.)

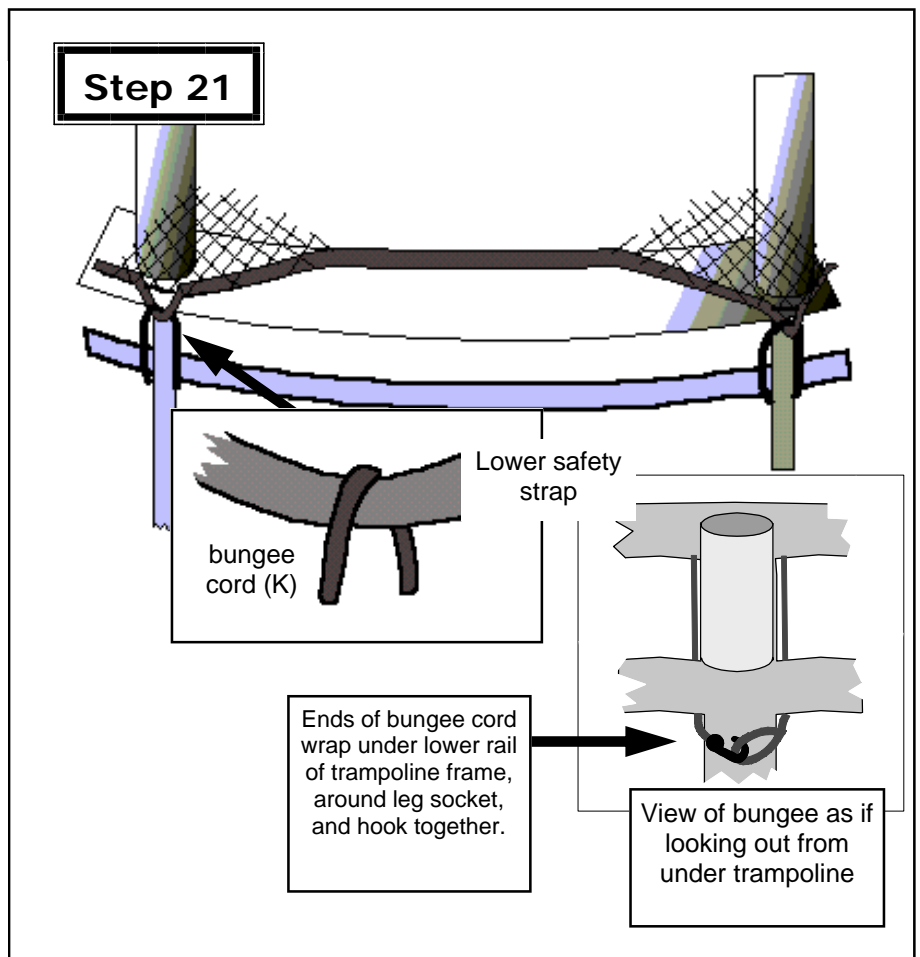




## STEP 21:

### Secure lower safety strap at each pole with shock cord strap

At each pole, wrap a bungee cord strap (K) around the lower safety strap. Pull the ends of the bungee cord toward the bottom of the lower rail of the trampoline and hook together around leg socket. Repeat at the remaining poles.

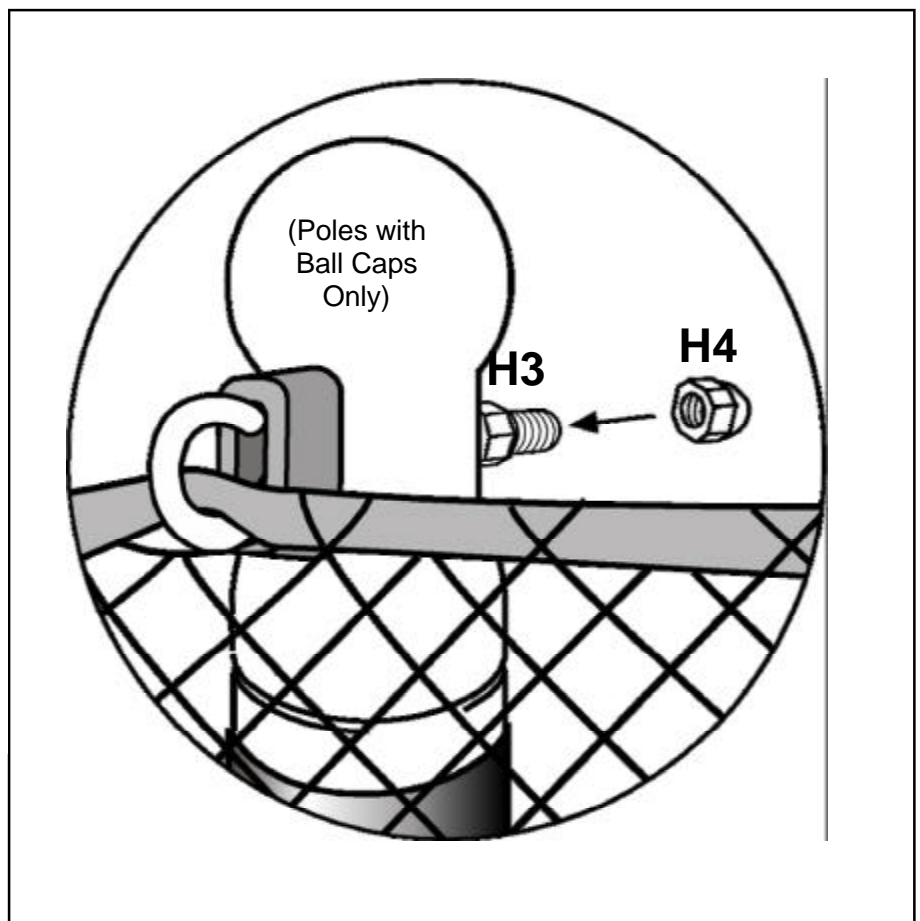


## STEP 22:

### Tighten all eyebolt assemblies (excluding the two poles that form the “pole arch”) and install acorn nuts.

Make sure that the upper strap and one mesh net are seated into the eyebolt hook, and that the eyebolt hook is facing upward. Tighten hex nut with nylon insert (H3) using socket or crescent wrench so that the eyebolt cap closes the hook of the eyebolt, locking the net into place. Install steel acorn nut (H4) onto the end of eyebolt. Tighten with wrench.

Repeat at the remaining poles excluding the two poles with the arch so that the net is locked into place.



## STEP 23:

### Connect lower safety strap to bed of trampoline using "T" Anchors

Work the net down each pole with your hands.

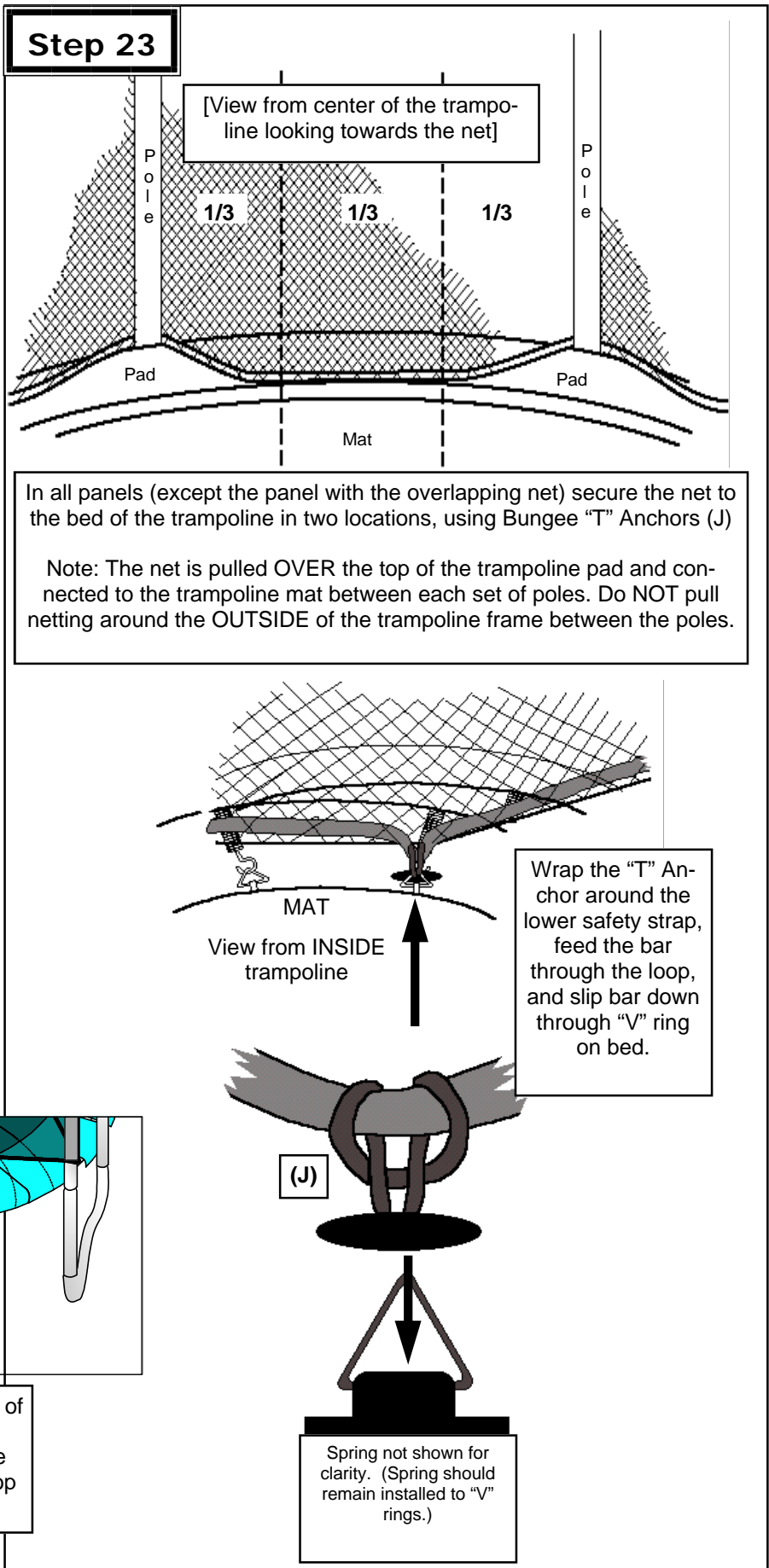
In every panel of net (between two poles) -excluding the panel where the net overlaps – approximate the two points on the lower safety strap that would divide the panel into thirds. At each of these points, wrap a "T" Anchor (J) around the lower safety strap, and feed the bar through the loop.

**Note:** T Anchor must wrap around lower safety strap ONLY. Do **NOT** wrap around net.

Pull the net over the top of the safety pad, and insert the bar through a "V" ring on the *bed of the trampoline* near the point where you have wrapped the strap. Upon completion, you will have secured the panel in two locations to the bed of the trampoline. The net will be over the top of the safety pad at these two points. Repeat in the 6 remaining panels (excluding the panel with the overlapping net).

In the panel with the overlapping net, wrap a T anchor around the lower safety strap **midway between** the end of the inside panel and pole 2, and connect to the closest V ring (as outlined above). Repeat this process with a T anchor around the lower safety strap midway between the end of the outside panel, and the pole 1.

The upper and lower safety straps may need periodic tightening. Check buckles and straps regularly. If the net sags due to extended use, we recommend repeating steps 18-22, so that net is tight again.



## STEP 24:

### Attach bungee cords

#### Attach long bungee cord to pole

Attach one of the long bungee cords (N) to each pole directly below the foam. This can be done by wrapping a bungee cord around the pole (below the pole cushion), and threading one end through the other. Pull all of the slack through the loop, so that the anchored end “chokes” the pole.

#### Attach bungee cord to net.

**Note:** (A ladder may be necessary for this step. Please use caution, and comply with the warnings on your ladder.)

Locate the column of netting closest to the pole, and weave free end of bungee cord vertically up (in and out) through every 3rd square. At the top, loop the bungee cord over ball end cap, or clip into the eyebolt. Repeat at each pole of the remaining poles. **ON DOOR ARCH POLES, INSTALL BUNGEE LOOP AT TOP DIRECTLY INTO EYEBOLT HOOKS.**

## STEP 25:

### Complete suspension system

#### Attach bungee cord to poles, using pole straps

From the inside of the trampoline, hook the looped end of pole strap (P) over each ball end cap. Wind the strap around the pole, weaving it through *every other inside* section of bungee cord (N) as you make your wraps. **Do not weave the pole strap through the net. Weave through the bungee cord only.** This will create approximately 7-10 wraps. Tie the end of the strap to the pole below the foam.

Repeat for the remaining poles with bungee cords. **AT DOOR ARCH POLES, INSTALL LOOP OF POLE STRAP DIRECTLY INTO EYEBOLT HOOKS**

**Important:** The pole strap must wrap through the bungee cord **only**. If the pole strap is wrapped through the net, the system will not work properly.

## STEP 26:

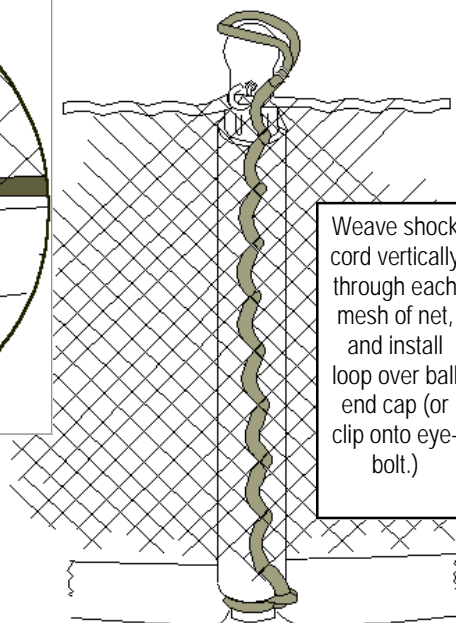
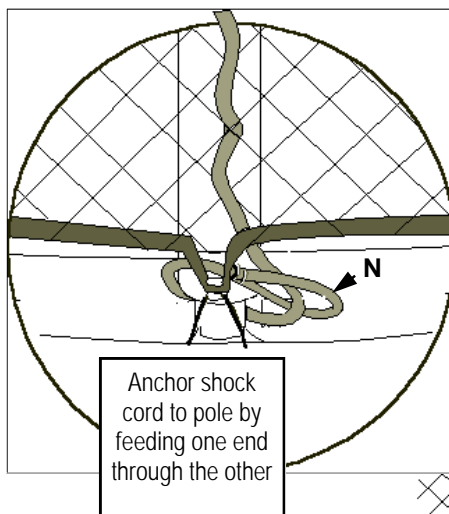
Make sure that pole strap, long bungee, and upper safety strap are in the eyebolt hook on the poles with the arch. Tighten eyebolt assemblies on poles with the arch as outlined in Step 22.

## STEP 27:

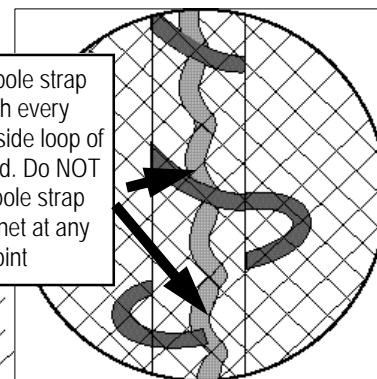
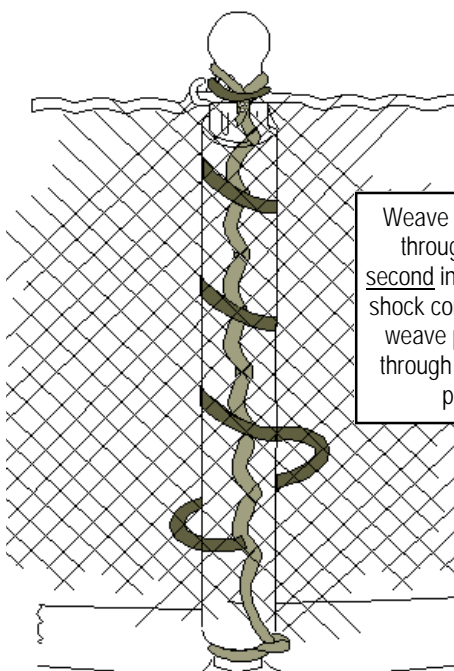
#### Hang warning placard from net near entrance.

Attach safety placard (L) to the outside of the net where it will be visible from the entrance, using cable (zip)tie (M).

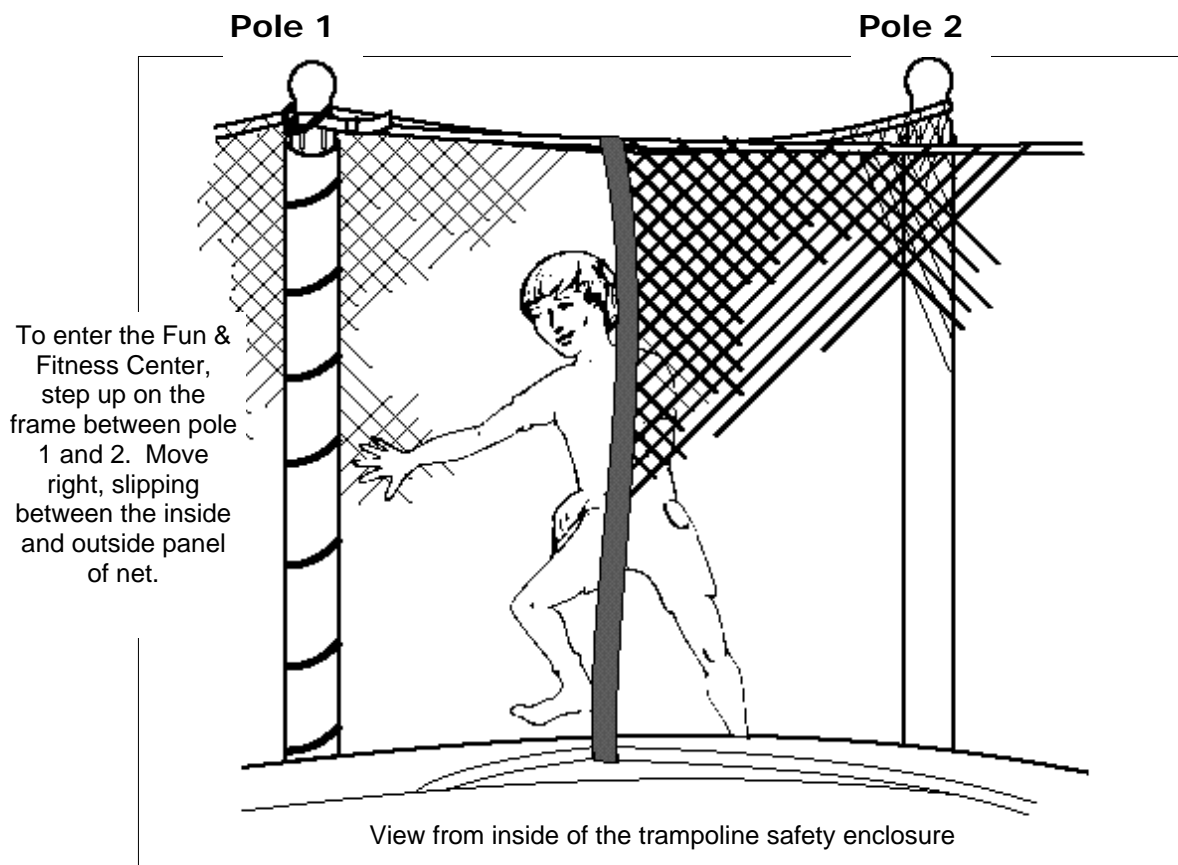
### Step 24



### Step 25



View from outside of trampoline



#### **ASSEMBLY IS NOW COMPLETE**

Make sure that all parts are securely assembled. Familiarize yourself and all users of the trampoline with the care and maintenance instructions, use and instructional materials, and safety precautions contained in this manual before using the trampoline.

#### **DISASSEMBLY**

To disassemble, follow the assembly steps in reverse order. Do not attempt to disassemble any frame components before the mat (bed) and springs have been removed.

Enjoy your **AlleyOop** Fun & Fitness Center!  
SPORTS™

For more information about **AlleyOop** **Hoops,**  
SPORTS™ **The Bounce House** and other fine products,  
visit your local dealer, or call us at  
**1-866-ALLEYOOP**

# CARE & MAINTENANCE

## CARE

Do not allow family **pets** on the Fun & Fitness Center, as claws may snag and pull the mat (bed) material or damage the frame pad.

The Fun & Fitness Center is intended to be used **by one person at a time**, weighing up to 225 pounds. The user should be either barefoot, or wearing gymnastic slippers or non-cleated athletic shoes. The user should remove all sharp objects from their person which may cause injury or damage to the mat (bed). Heavy, sharp or pointed hard objects should not contact the mat (bed) surface.

This unit is designed for year-round outdoor use. However, in climates of cold weather where snow and ice is prevalent, we recommend the pad, mat, and net be taken off and stored in a dry area. Left unattended in snow and ice, your trampoline mat will accumulate weight in the middle causing damage to your springs. To remove the mat, simply reverse the assembly instructions for installing it. Use extreme care in removing the ice and snow in order to remove the mat. We suggest using a high pressure water hose and spray upward from the underside of the trampoline starting at the mat's lowest point. Another recommendation is to use hot water on the ice and snow to melt it away such that the mat can be removed.

In removing the snow and ice, be sure to not use any type of sharp object such as a shovel, hoe, or garden rake to remove the ice as this may cause damage to your mat.

## MAINTENANCE

Your Fun & Fitness Center is manufactured 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 units and reduce the possibility of injury.

One item that poses the greatest hazard is worn out or rotten stitching around the trampoline mat (the black bed). The mat should be restitched about every two to three years regardless of visual evidence of deterioration. **STITCHING MAY FAIL EARLIER, DUE TO EXCESSIVE USE OR EXPOSURE TO EXTREME WEATHER.** Normal mat life is five to eight years with resews over the straps and v-rings required every three years maximum. In most cases where deterioration has begun, evidence will make itself known in the form of broken stitches at the straps or in rotting, frayed straps at the position of the v-ring.

The following guidelines should always be observed.

Inspect the unit before each use and replace any worn, defective or missing parts. The following conditions present potential hazards and increase the danger of personal injury.

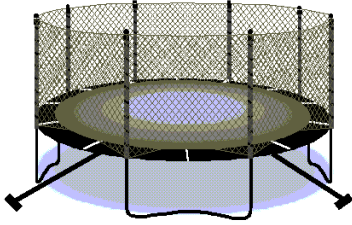
Trampoline	Trampoline Enclosure
<ul style="list-style-type: none"><li>A. Missing, improperly positioned, or insecurely attached frame padding,</li><li>B. Punctures, frays, tears, or holes worn in the bed, net, straps, or frame padding,</li><li>C. Deterioration in the stitching or fabric of the bed, net, straps, or frame padding,</li><li>D. Ruptured or over-stretched springs,</li><li>E. A bent or broken frame, or pole</li><li>F. Sagging jumping mat (bed), or</li><li>G. Sharp protrusions on the frame.</li></ul>	<ul style="list-style-type: none"><li>A. Missing, improperly positioned, or insecurely attached barrier (netting) or enclosure support system (frame) padding and pole caps.</li><li>B. Punctures, frays, tears, or holes worn in the barrier (netting) or support system (frame) padding.</li><li>C. Deterioration in the stitching or fabric of the barrier (netting) or support system (frame) padding.</li><li>C. Ruptured or over-stretched springs,</li><li>E. A bent or broken support system (frame).</li><li>F. Sagging barrier (netting).</li><li>G. Sharp protrusions on the support (frame) or suspension system.</li></ul>

**IF ANY OF THESE CONDITIONS EXIST, THE DEVICE SHOULD BE DISASSEMBLED OR OTHERWISE PROTECTED AGAINST USE UNTIL THE CONDITION IS REMEDIED.**

## SPECIAL CONSIDERATIONS

### WIND

It is possible for the trampoline to be blown about by a high wind. If you anticipate high winds, the unit should be moved to a sheltered location, disassembled, or the round outside portion (top frame) should be tied to the ground using rope and stakes. At least three tie-downs should be used. Do not simply secure the legs to the ground, as they can pull out of the frame sockets.



Three point tie-down using rope and tent stakes. **If you tie down the device, make sure the ends of the stakes are protected and the ropes are visible to users.**

### MOVING THE DEVICE

If you need to move your unit periodically, it should be moved by at least three people, **kept horizontal and lifted slightly to move.** Disassemble the unit for any other type movement.

# CARE & MAINTENANCE SAFETY CHECK LIST

**IMPORTANT:** Inspect the device before using and replace any worn, defective, or missing parts.

**FRAME PADS:** Our pad reduces the risk of accidental injury due to falling onto the frame and poles. and gives minimal resistance to striking or falling onto and through the springs. Frame and pole pad life expectancy is one to two years. To increase life of pad: 1. Do not allow jumpers to stand or sit on pad; 2. Do not allow jumpers to grab pad in order to pull themselves onto trampoline; 3. Do not allow sharp, abrasive objects to come in contact with the pad surface.

		Safety Check	
		Safe	Unsafe
<b>Check for:</b>			
Vinyl Deterioration	Replace	_____	_____
Foam Deterioration	Replace	_____	_____
Missing Pads	Replace	_____	_____
Improperly Attached Pads	Reattach – See Pad Instructions	_____	_____
Stitching Deterioration	Re-stitch	_____	_____

**BEDS / NET:** Beds require periodic re-stitching maintenance every 2 to 3 years. Normal bed life is 5 to 8 years with two re-stitchings. **Make certain the trampoline is visually inspected by a responsible adult, checking the stitching carefully at each “V-ring” before every use. See page 5 for further information on this critical subject.** Likewise, the net, strapping and shock cords will require frequent inspection for deterioration or fraying. If these are visible, discontinue use until the part is replaced

<b>Check for:</b>			
Bent or missing v-rings	Replace v-rings	_____	_____
Faded & breaking top thread	Regular re-sew	_____	_____
Brittle & tearing v-ring tabs	Complete re-sew	_____	_____
Cuts, tears, or holes on bed	Patch*	_____	_____
(Holes greater than 1" cannot be repaired.)			
Cuts, tears, frays on net / strapping	Replace	_____	_____
Missing Warning Labels	Phone manufacturer for replacement	_____	_____

**SPRINGS:** The life of a set of springs is 2 to 5 years depending on weight of jumpers, frequency of use, and care.

<b>Check for:</b>			
Ruptured or over-stretched springs	Replace	_____	_____
Missing springs	Replace	_____	_____
Weak (soft) springs	Replace	_____	_____

**STEEL TUBING:**

<b>Check for:</b>			
Rust	Clean & paint	_____	_____
Structural failure	Replace	_____	_____
Bent frame	Repair or replace part	_____	_____
Sharp protrusions	Repair	_____	_____
Missing frame warning labels	Phone manufacturer 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 telephone the manufacturer for free replacements.



# USE OF YOUR PRODUCT

## PRECAUTIONS

The majority of users of our trampolines are children, and therefore need close supervision and rules to follow while playing on the device. These rules must be enforced by whomever is responsible for the care of the children. It is strongly recommended that the buyer of this product go over the rules and recommendations in the packet of information supplied, including those in this manual. It is also strongly recommended that these rules and recommendations be supplemented with those of your own: (e.g., the time that jumping is allowed, when neighbors can visit, etc., and that these rules and recommendations be reviewed with anyone who is going to jump on the trampoline.) If it is possible, these rules should be reviewed with the parents or guardians of any visitors who may be jumping on the trampoline.

### **Before you Jump, Read this:**

Please read the warnings on the next page with the following in mind:

- ⇒ The Fun & Fitness Center is not designed to prevent injuries associated with unsafe use of the trampoline, or associated with more advanced skills like flips, somersaults, or acrobatic maneuvers. Do not attempt any of these activities.
- ⇒ Each user should become familiar with the warnings, precautionary statements and usage instructions before jumping.
- ⇒ The Fun & Fitness Center does not replace the need for supervision by a responsible, knowledgeable adult.
- ⇒ Allow only one user to use the entrance at one time.
- ⇒ When exiting do not jump off the edge of the trampoline. Always sit on the edge, then carefully lower your body onto the ground.
- ⇒ Do not attach other apparatus to the Fun & Fitness Center unless it is an AlleyOop Sports-approved device. Any additional AlleyOop Sports Accessory that you may attach to the Fun & Fitness Center must be attached and used only in accordance with the instructions for such accessory.

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 headings:

#### **LANDING ON SPRINGS OR FRAME**

The risk of falling on, landing between the springs, or hitting the frame, can be reduced through: proper mounting and dismounting of the trampoline; emphasizing jumping at the center of the bed without traveling toward the sides; and by the installing quality frame pads. Simple frame pads or spring covers on their own, do not give adequate protection.

#### **BOUNCING OUT OF CONTROL**

This problem can be controlled, if not completely eliminated, through proper instruction and mastering of "CHECK BOUNCE." Keep other objects away from the trampoline. It is a dangerous practice to jump from the Fun & Fitness Center to the floor or ground. Do not jump from the trampoline into a swimming pool, a swing, or any other object. Do not install trampoline on concrete, asphalt or hard compacted surfaces.

#### **LANDING INCORRECTLY ON THE BED**

Landing incorrectly on the bed creates great risk of a serious injury with most of these resulting from attempting somersaults. IT IS STRONGLY RECOMMENDED THAT SOMERSAULT PROCEDURES NOT BE PRACTICED. Serious injury or death may occur.





# WARNINGS -POINTS OF SAFETY

Read the following precautions.



1. Do NOT attempt or allow somersaults on the trampoline. Landing on your head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed.
2. Do NOT allow more than one person on the trampoline (inside the trampoline enclosure) at a time. Use by more than one person at the same time can result in serious injuries.
3. Use trampoline and trampoline enclosure only with mature, knowledgeable supervision.
4. Trampolines over 20 in. (51 cm) tall (including this trampoline) are NOT recommended for use by children under 6 years of age.
5. Inspect the trampoline and trampoline enclosure before each use. Make sure the trampoline frame padding, barrier (netting), and the enclosure support (frame) is correctly and securely positioned. Replace any worn, defective or missing parts.
6. Climb on and off the trampoline. It is dangerous to jump onto the trampoline when mounting. Do NOT use the trampoline as a springboard to other objects.
7. Stop your bounce by flexing your knees as your feet come in contact with the trampoline bed. Learn this skill before attempting others.
8. 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.
9. Avoid bouncing too high. Stay low until you can control your bounce and repeatedly land in the center of the trampoline. Control is more important than height.
10. Focus your eyes on the perimeter of the trampoline. This will help control your bounce.
11. Avoid bouncing when tired. Keep turns short.
12. 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.
13. Keep objects away which could interfere with the performer. Maintain a clear area around the trampoline.
14. Do not use the trampoline while under the influence of alcohol or drugs.
15. For additional information concerning the trampoline, contact the manufacturer.
16. For information concerning skill training, contact a certified trampoline instructor.
17. 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.
18. Do not attempt to jump over the barrier (netting). Doing so may result in severe injury or death.
19. Do not attempt to crawl under the barrier (netting). Severe injury or strangulation may result.
20. Do not intentionally rebound off the barrier (netting), or the enclosure support (frame).
21. Do not hang from, kick, cut or climb on the barrier (netting).
22. Wear clothing free of drawstrings, hooks, loops or anything that could get caught in the barrier (netting). Remove all jewelry.
23. Do not attach anything to the barrier (netting) that is not a manufacturer-approved accessory or part of the enclosure system.
24. Enter and exit the enclosure only at the enclosure door or barrier (netting) opening designated for that purpose.
25. Read all instructions before using the trampoline and trampoline enclosure. Warnings and instructions for the care, maintenance and use of this trampoline and trampoline enclosure are included to promote safe, enjoyable use of this equipment.

# BASIC SKILLS

## BOUNCING

The most important thing about bouncing is that it should be done with control in the center of the bed. The basic bounce should always begin low. High, reckless bouncing should never be allowed.

### The Stop Bounce

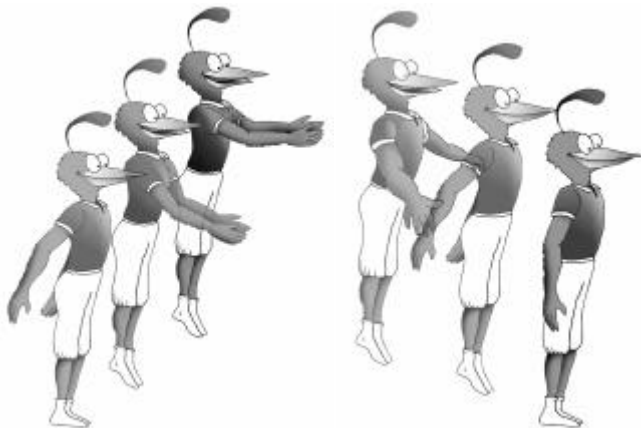
This technique allows the jumper to gain control by stopping quickly. It is done by keeping the feet in contact with the bed, and absorbing *the rebound of the trampoline with the knees and waist*. This skill should be learned right away and should be employed whenever you feel out of balance, or land away from the center area.

#### To learn the stop bounce:

- (1) Stand in center of the bed with your feet about hip-width apart.
- (2) Attempt about three easy bounces, keep them *low* and *controlled*.
- (3) Focus your eyes towards the perimeter of the trampoline while bouncing in order to keep your balance.
- (4) Stop the bounce by bending at your knees and hips on contact with the bed.

## 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 down. Then they circle down and slightly behind the hips, ready to lift again as you bounce up.



## BOUNCE VARIATIONS

The following figures show three variations, which should be assumed at the top of the bounce, before resuming the normal landing position on the feet.



**Tuck**



**Pike**



**Straddle Pike**

Practice these simple variations and concentrate on perfect form. Make sure that the toes are pointed and fingers are straight. Also make sure that you are taking off and landing in the same spot on the center of the bed.

These simple variations to the basic bounce can be a lot of fun, and are very important for gaining experience in coordinated movement.

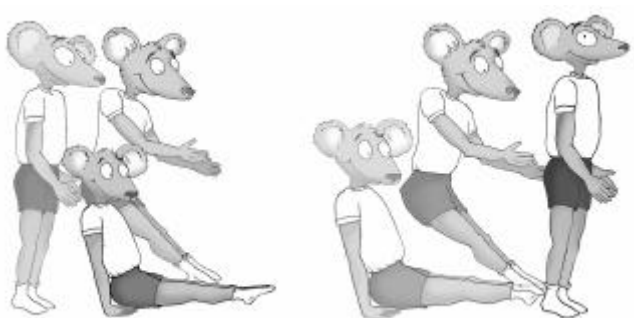
# BASIC LANDING POSITIONS

Positions for all drops (seat, hands and knees, front, and back) should first be performed on the ground, then in a stationary position on the trampoline bed.

Once the position is correctly executed, the drop can be performed after “priming” the trampoline bed. Priming is done by bending the knees and pushing down repeatedly on the trampoline bed, thereby setting the bed in motion. The feet stay in contact with the bed during the entire priming motion.

## The Seat Drop

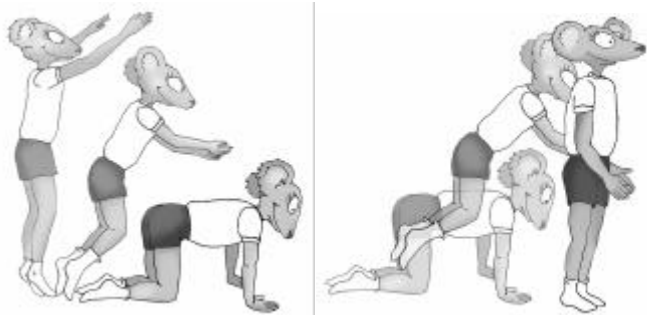
- (1) From the standing position, prime the bed several times.
- (2) Pick up your feet at the top of the last bounce, and sit down. You should land so that your body is in a sitting position with your legs straight out in front of you and your toes pointed. Hands should be on the bed next to your hips. Fingers should be together and pointed toward the toes.
- (3) Push on the bed with your hands to rebound up to your



## The Hands and Knees Drop

To do this drop properly, there should be just as much weight on the hands as on the knees. The back should be about parallel to the bed. 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.

- (1) Get down on your hands and knees on the bed. Make sure you have weight on both your hands and your knees. Don't sit on your heels.
- (2) Remain in this position and try to bounce. Don't 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 bed 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.

## The Front Drop

Contact with the trampoline bed 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 bed forming a triangle. Eyes should be focus on triangle or slightly in front of your fingers.

### STEP 1:

- (1) Start from the hands and knees drop position.
- (2) 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.

### STEP 2:

- (1) Start from a standing position with knees bent so that your upper body is low and close to the trampoline bed.
- (2) Prime the bed several times.
- (3) Lift hips gently upward and backward.
- (4) Land in contact with the bed as described in Step 1.
- (5) Push with the hands to return to the feet.

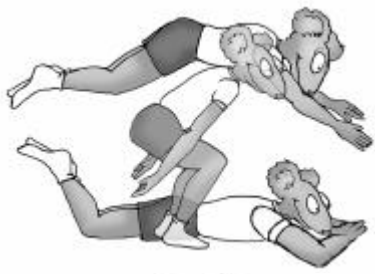
### STEP 3: (See next page)

- (1) Start from a straight standing position.
- (2) Prime the bed several times.

Perform skill as in Step 2.

**Important:** You must come down level. If the landing is made first on the chest and arms, 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 the shoulders

1-3



4-6



and face will land heavy.

### Series of drops

Once you have mastered the individual bounce variations and drops, perform them in sequence. For example: Seat Drop – Hands and Knees Drop – Front Drop, or Seat Drop – Front Drop – Hands and Knees Drop – Seat Drop.

## BEGINNING TWISTING

The following figures will show you a few of the many possible twisting variations of the basic landing positions.

### Seat Drop – Half Twist – Seat Drop (AKA: Swivel Hips)

#### STEP 1:

- (1) Perform a seat drop.
- (2) Push down on the bed with the hands and come to a stand with the arms stretched overhead.

#### STEP 2:

- (1) Perform the movement in Step 1. As you rebound up to your feet, move one shoulder in the direction you want to twist.
- (2) Finish standing with arms stretched overhead, facing the opposite direction (180 degree twist completed).

#### STEP 3:

- (1) Perform as in Step 2. Just before contacting feet



with the trampoline bed, lift legs to land in a sitting position (180 degree twist completed).

### Front Drop – Half Twist – Front Drop

#### (AKA: Turntable)

#### STEP 1:

- (1) Begin in a hands and knees position, with hands forming a triangle, like in a front drop.
- (2) Prime the bed in this position.
- (3) Push backward with hands and extend body to land in the Front Drop position.
- (4) Repeat several times in succession: Hands and Knees Drop – Front Drop – Hands and Knees Drop –etc.

#### STEP 2:

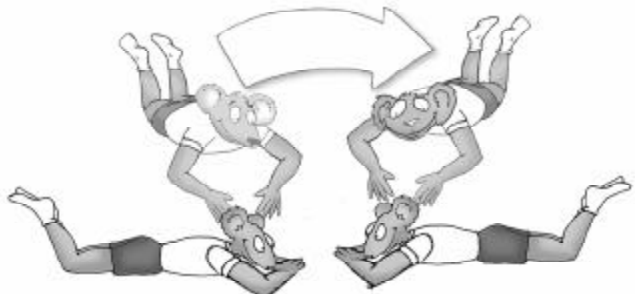
- (1) Perform the movement as in Step 1. However, do it at twice the speed so as to bring the knees inward, under the hips and out again without touching the knees on the bed.

#### STEP 3:

- (1) Perform the movement as in Step 2. Push sideways on the trampoline bed so that the body rotates like the hands of a clock.

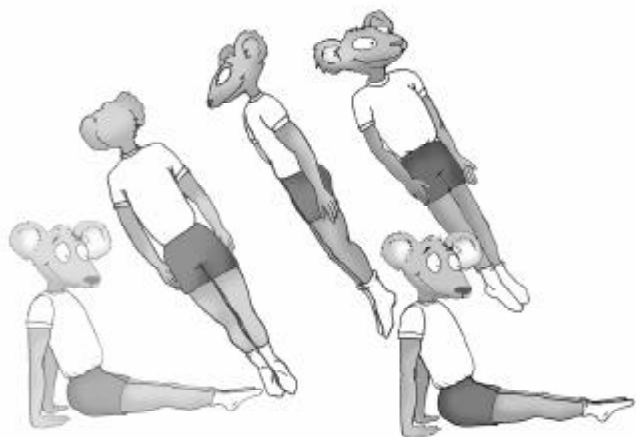
#### STEP 4:

- (1) From a standing position, prime the bed, then perform a front drop. Push sideways, as in Step 3, and complete a 180 degree turn, finishing in a front drop facing



the opposite position.

## Seat Drop – Full Twist – Seat Drop



## ADDITIONAL TWISTING

You can have hours and hours of fun and challenging bouncing by combining twist with each of the basic landing positions (Drops). You can twist:

After the landing position.

Example: Seat drop – 1/2 twist – feet

You can add more twists. Always remember to practice and perfect the smaller twists before moving on to larger twists.

You can also perform a series of twists.

Example: Swivel Hips Perform several in a row, all twisting in one direction, or alternating directions. Turntable – same as swivel hips.

If you find that you love the trampoline, and have mastered the moves discussed in these instructions, you are encouraged to seek additional training from a CERTIFIED TRAMPOLINE INSTRUCTOR.



**PLEASE MAIL THE PURCHASE REGISTRATION CARD  
WITHIN 10 DAYS FROM DATE OF PURCHASE**

# **AlleyOop Sports™**

## **Limited Lifetime Warranty**

**What is covered by this warranty?** This warranty covers any defects in materials or workmanship on all of the components of the AlleyOop Fun and Fitness Center™, and is extended exclusively to the original retail purchaser from the date of purchase.

**How long does this coverage last?** Warranty coverage for each component is as follows:

Steel frame (excluding the parts associated with the Sure-Lok™ connection system), enclosure poles, including finish.

Covered from date of purchase for as long as you own your product.

Enclosure net (excluding straps and shock cords), jumping mats (beds)

Five (5) years from date of purchase.

Hardware, springs, spring pad covering, pole pads, straps, shock cords, and all other parts.

One (1) year from date of purchase.

### **What will**

**AlleyOop Sports™ do?** If you return the defective part freight prepaid as instructed below, AlleyOop will either repair or replace such part, at AlleyOop's discretion, and return it to you freight prepaid.

**What is not covered by this warranty?** This warranty does not cover expenses of on-site labor, 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, tear, and weathering, acts of God (such as wind and lightning), failure to follow directions, improper installation, or improper maintenance. Rust is a natural occurrence with any outdoor steel product, and is likewise not covered by this warranty to the extent it does not affect the structural integrity of the part.

ALLEY OOP 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:** Contact your local authorized AlleyOop dealer for prompt warranty service. If you purchased your Fun & Fitness Center directly from the factory, 1) call the AlleyOop Customer Service Department at 1-888-448-5867 to obtain a Return Authorization Number. All returns must be pre-authorized. 2) Send the part(s) to the designated service center freight prepaid, along with a copy of your original sales receipt and a brief written description of the problem, including how it occurred. 3) After inspecting the returned part(s), AlleyOop 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.

**AlleyOop Sports™ P.O. Box 2446 Saratoga, CA 95070 866-AlleyOop (255-3966)**  
**<http://www.alleyoopsports.com>**