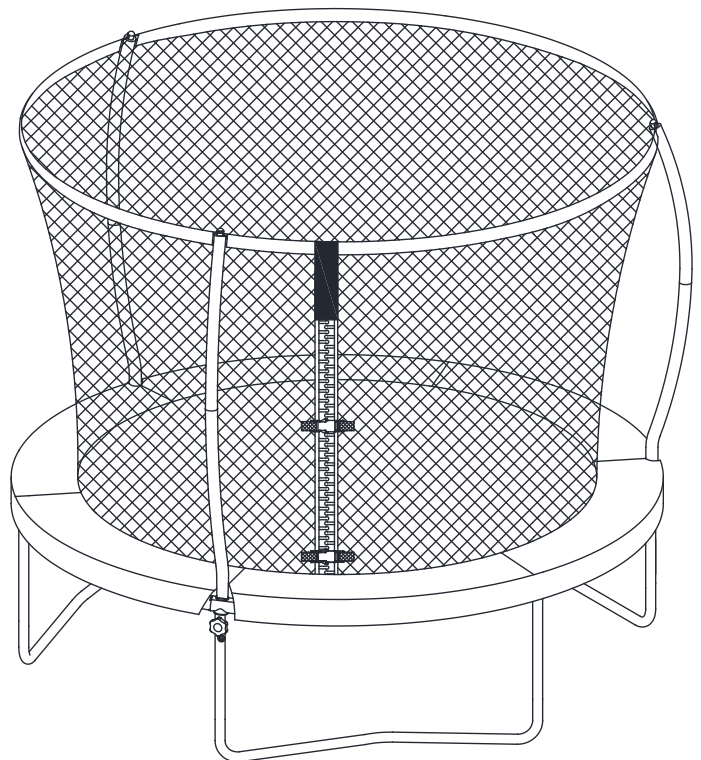


HOMEBASE

TRAMPOLINE WITH ENCLOSURE

Galvanised steel frame
PVC safety padding
UV-resistant jumping mat
Zero welding for extra strength
Easy to assemble
H243 x Dia. 244cm
Max user weight: 75kg
Not suitable for children
under 6 years of age



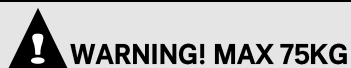
INSTRUCTION MANUAL

IMPORTANT: Please read these instructions before using the product and retain for future use.
HHGL Limited, Witan Gate House, 500-600 Witan Gate, Milton Keynes, MK9 1BA

Thank you for purchasing this product. It will take a little time to assemble it. It is not unusual for you to take more than an hour to assemble, so please be patient and enjoy this process with a friend.

You must thoroughly read and understand the instructions in this manual before assembling and using this trampoline.

Save this manual for future reference.



WARNING! MAX 75KG

TRAMPOLINE ASSEMBLY AND MOVING

Select a location where you want the trampoline permanently prior to assembly.

WARNING:

MOVING THE TRAMPOLINE

If you need to move the trampoline, two or three people are required. When moving, lift the trampoline slightly off the ground and keep it horizontal to the ground. For any type of other movement, you should disassemble the trampoline.

WARNING:

We strongly recommend that you do not use the trampoline without an enclosure. If you find the trampoline is being used without an enclosure, stop the user and immediately purchase and install the enclosure. Lateral clearance is essential. Place the trampoline away from walls, structures, fences and other play areas. Maintain a clear space on all sides of the trampoline.

WARNING:

Do not allow children to play or jump on the trampoline when it's windy or during tornado season. Wind can lift up this trampoline and cause serious injury or death.

INTRODUCTION

Before you begin using this trampoline, be sure to carefully read all the information provided to you in this manual. Just like any other type of physical recreational activity, participants can be injured. To reduce the risk of injury, be sure to follow appropriate safety rules and tips.

- Misuse and abuse of this trampoline is dangerous and can cause serious injury!
- Trampolines, being rebounding devices, propel the performer to unaccustomed heights and into a variety of body movements.
- Always inspect the trampoline before each use for worn mats, loose or missing parts.
- Proper assembly, care and maintenance of product, safety tips, warnings, and proper techniques in jumping and bouncing are all included in this manual. All users and supervisors must read and familiarize themselves with these instructions. Anybody who chooses to use this trampoline must be aware of their own limitations in regards to performing various jumps and bounces with this trampoline.



NO SOMERSAULTS OR FLIPS – PARALYSIS OR DEATH can result if you land on your head or neck!



No more than ONE user at a time (maximum weight - 75kg).

ALWAYS CONSULT A PHYSICIAN BEFORE PERFORMING ANY KIND OF PHYSICAL ACTIVITY

WARNING:

- Not suitable for children under 6 years of age.
- The trampoline must be assembled by an adult in accordance with the assembly instructions and checked before the first use.
- Max 75 kg.
- Only one user. Collision hazard.
- Adult supervision required.
- Only for domestic and outdoor use.
- No somersaults.
- Always close the net opening before jumping.
- Jump without shoes.
- Do not use the mat when it is wet.
- Empty pockets and hands before jumping.
- Always jump in the middle of the mat.
- Do not eat while jumping.
- Do not exit by a jump.
- Limit the time of continuous usage (take regular breaks).
- Do not use in strong windy conditions and secure the trampoline.
- The trampoline is not intended to be buried into the ground.
- The net should be replaced every year.
- Trampoline size: 244cm x 244cm x 243cm.
- Place the trampoline on a level surface at least 2 m from any structure or obstruction, such as a fence, garage, house, overhanging branches, laundry lines or electrical wires.
- The trampoline shall not be installed over concrete, asphalt or any other hard surface not at proximity of other conflicting installations (e.g. padding pools, swings, slides, climbing frames).
- Always check your trampoline before use. Paying specific attention to all the bolts, jump mat and pads position.
- Don't use if any parts are missing or look like they show wear and tear.
- Stop exercising immediately should you feel unwell or dizzy.
- The safety enclosure is there to prevent the user falling off the trampoline, and is not to be jumped into unnecessarily.
- Modifications made by the consumer to the original trampoline (e.g. the adding of an accessory) should be carried out according to the instructions of the manufacturer.
- Warning. Read the instructions.

JUMP INSTRUCTIONS

- Refer to and comply with the exercise instructions and always retain a proper biomechanical position when using the trampoline. Please be aware of the health risks that incorrect or intensive training may cause.
- Basic principles and recommendations for use:
Learn the basic body positions and jumps before attempting more advanced techniques. You can vary trampoline routines by performing the basic jumps in different series or combinations, and with or without vertical jumps between tricks.
- To stop bouncing, bend your knees as your feet land on the trampoline's jumping surface.
- Learn this technique first before attempting any others.
- Avoid bouncing too high. Control is more important than height.
- Stick to small bounces until you can jump and land in the middle of the trampoline under perfect control.
- Never look away from the trampoline. This will help you control your bouncing.
- Avoid bouncing on the trampoline when tired.
- Only use the trampoline if you are in excellent physical condition.
- For information on learning additional techniques and tricks, contact a professional trampoline instructor.

ASSEMBLY INSTRUCTIONS & INSTRUCTIONS FOR USE

- To ensure that the product is safe, heed the assembly and adjustment instructions, and the instructions for use. Please read carefully and retain for future reference.
- Assembly instructions:
This product requires assembly, please be sure to carefully follow the steps set out in these instructions (parts lists and tools supplied, assembly procedure, etc.).

IMPORTANT INSTRUCTIONS FOR ENCLOSURE NETTING AND MAT

1. Maintenance of Trampoline Enclosure Net, Mat and Pad

Enclosure nets and padding are prone to wear and tear like tires on a car. Gradual deterioration of the material will occur; the speed of which will depend on the level of exposure to UV rays, airborne pollution and outdoor weather conditions such as rain and wind.

The net and padding needs to be properly maintained and checked by following the Maintenance Schedule set out in these instructions. When the material shows any signs of weakness, you must stop using the trampoline immediately, properly store the trampoline and restrict access by users until a new replacement net or padding is properly installed.

2. Maintenance Requirement for Enclosure Net

Your trampoline enclosure netting is manufactured with UV resistant material. Despite this the netting is exposed to the outdoor elements including sunlight, wind, rain and wildlife. The net surrounding the trampoline must be checked prior to each use. This includes, but is not limited to inspecting the net for cracks, excess wear, brittleness, and stretching. Also inspect all connections and the entire enclosure for overall integrity. The net must be immediately replaced if it shows any signs of wear, damage, stretching, cracking, looseness, brittleness or other losses in integrity. The following Maintenance Schedule must be followed:

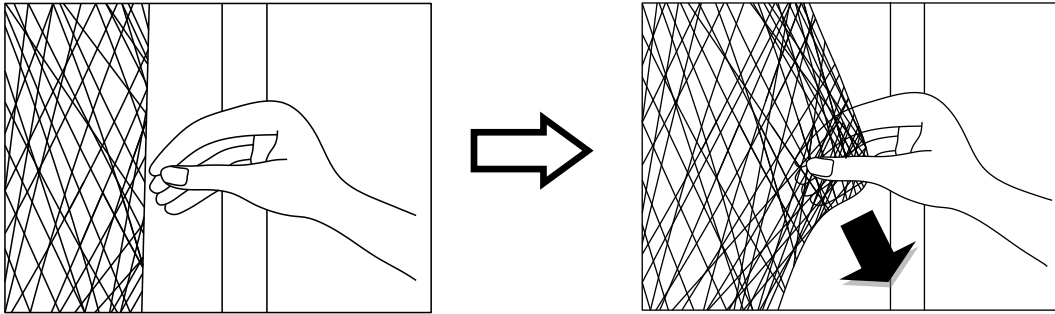
1 to 3 Months	3 to 6 Months	6 to 12 Months
Inspect the enclosure (net, net hanger, and straps) prior to every use.	Thorough inspection for UV damage and prior to every use for net, net hanger and straps.	Thorough inspection before every use on net, net hanger, straps, zippers, ties and strings. Replace after 12 months or earlier if necessary.

IT IS RECOMMENDED THAT THE NET BE REPLACED ON A YEARLY BASIS UNDER NORMAL USE, EVEN IF IT DOES NOT SHOW ANY VISIBLE SIGNS OF DAMAGE.

How to Inspect the Trampoline Net for Proper Use

Always check the enclosure netting for signs of UV damage, deterioration, brittleness, cracking, and tearing every time before using the trampoline and enclosure.

Step 1 - Inspect the enclosure netting before each use for wear or tear by pinching and pulling a section of the netting between fingers and pulling downward. Please see diagram below.



If it produces any tear or cracking or ripping sound, then the net is unsafe and **MUST** be taken down immediately. **STOP USING THE TRAMPOLINE ENCLOSURE IF YOU FIND ANY SIGNS OF WEAR OR TEARING ON THE NETTING.**




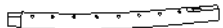


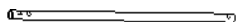








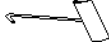

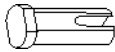
Step 2 - Walk around the whole perimeter of the trampoline to visually check for material deterioration or other damage.

3. Maintenance Requirement for Trampoline Pad



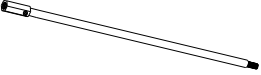
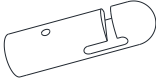




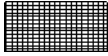
Walk around the whole perimeter of the trampoline to visually check for material deterioration, tears, looseness, loss of elasticity or other damage in the pad.

Trampoline and Enclosure Parts List

Trampoline

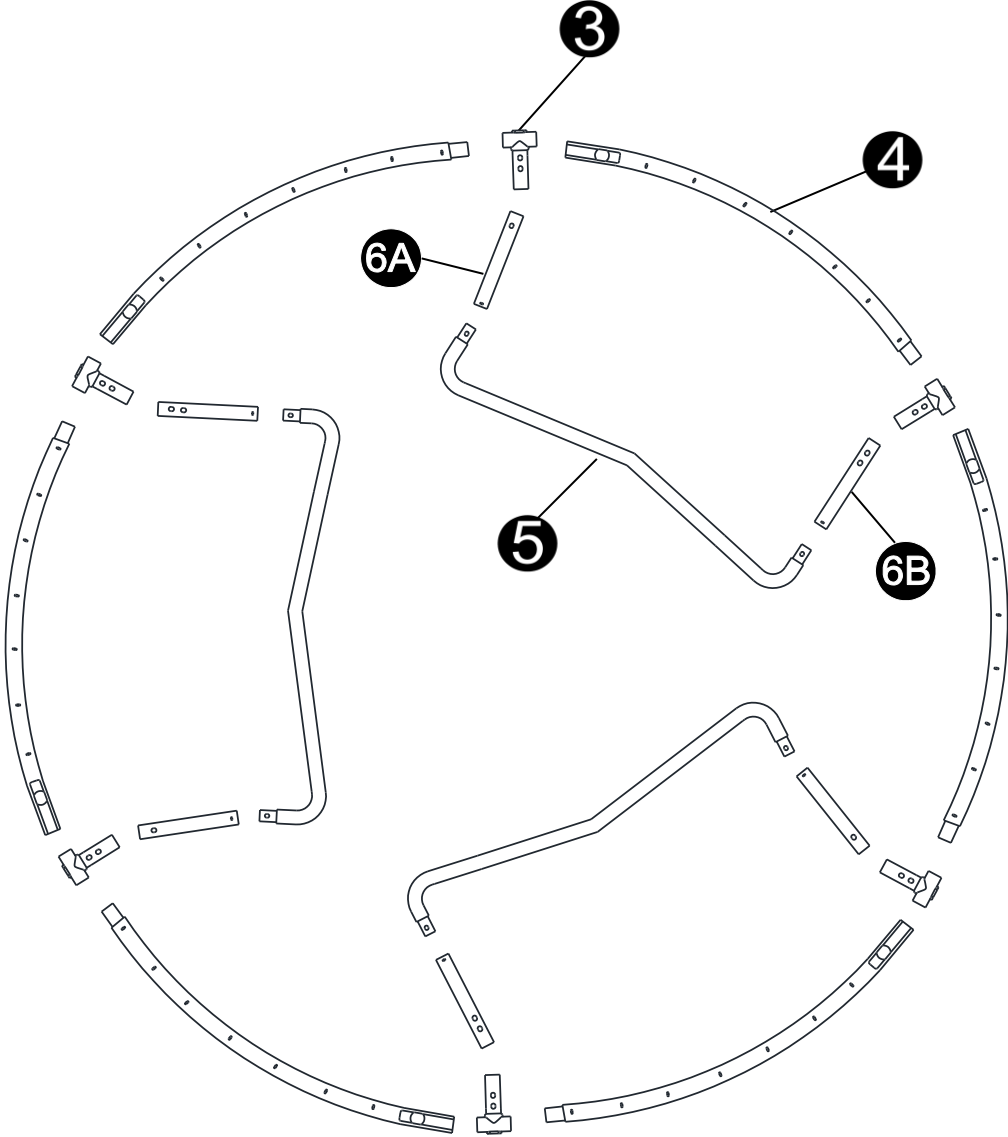
Part Number	Diagram	Description	Quantity
1		Trampoline Mat	1
2		Frame Pad	1
3		T-joint Tube	6
4		Top Rail	6
5		Leg Base	3
6A		Leg Extension (2 holes)	3
6B		Leg Extension (3 holes)	3
7		Bolt (45mm)	6
8		Cap Nut	6
9		Spring Washer	9
10		Arc Washer	15
11		Self-locking Screw	6
12		Small Spring Washer	9
13		Galvanised Springs	42
14		Wrench	1
15		Spring loading Tool	1
16		Allen Key	1
17		Plastic End Cap	3

Enclosure

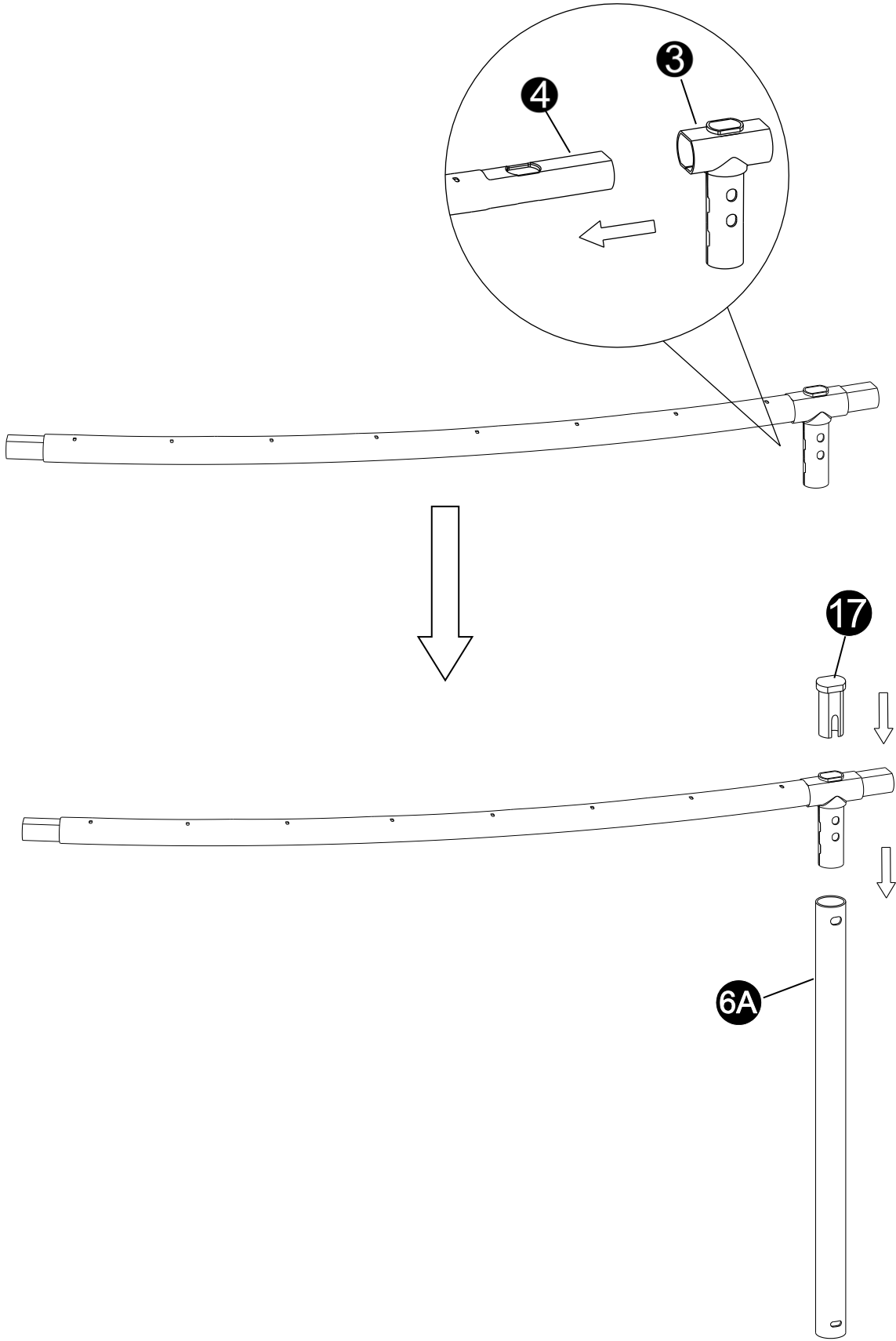
Part Number	Diagram	Description	Quantity
A		Upper Frame Tube with Foam	3
B		Lower Frame Tube with Foam	3
C		Cable Wire	6
D		Plastic Cap	3
E		Cap Nut	3
F		Self-locking Screw	6
G		Screw Lock	3
H		Cord	5
I		Enclosure Netting	1

TRAMPOLINE ASSEMBLY

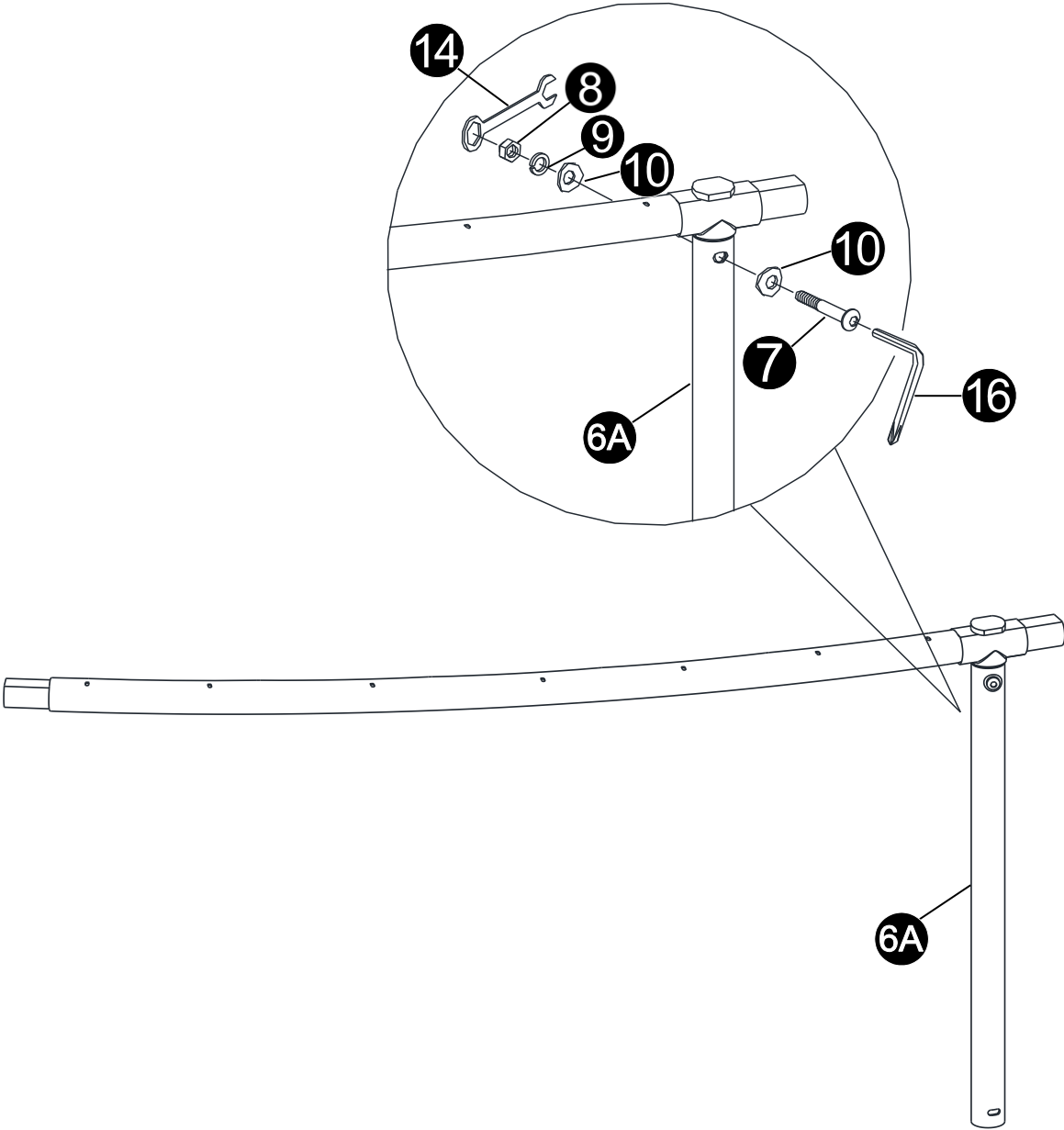
Step 1



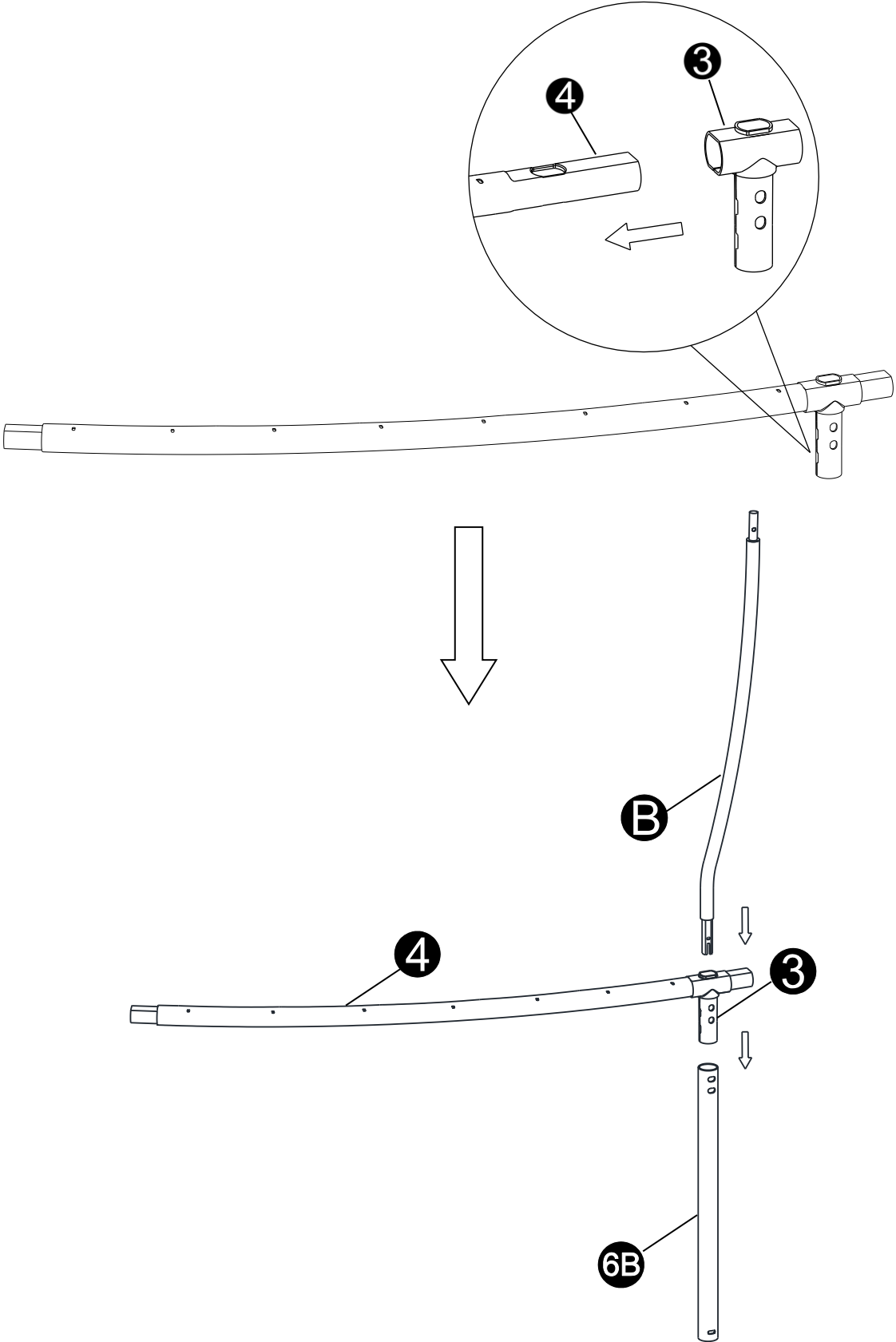
Step 2



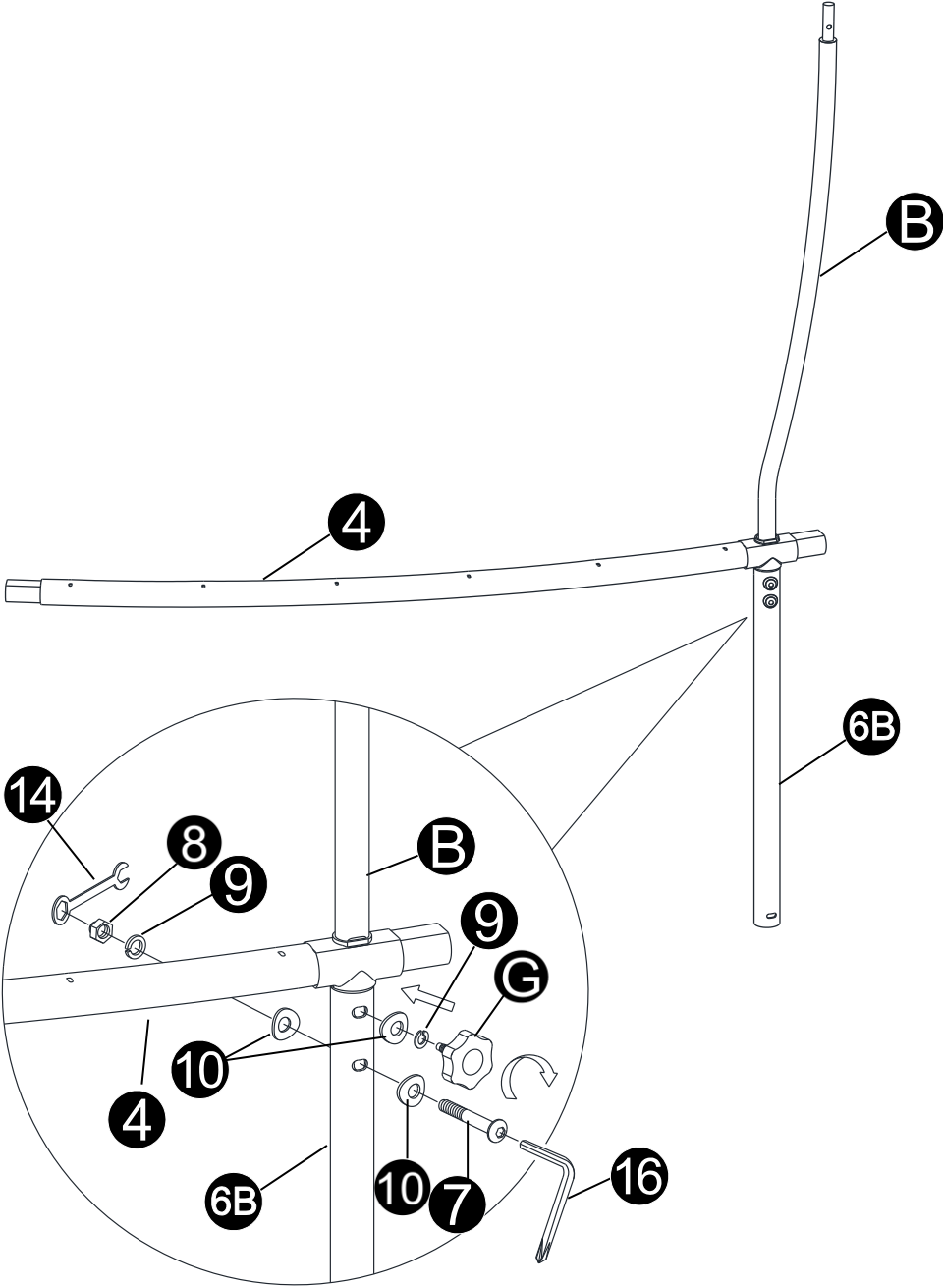
Step 3



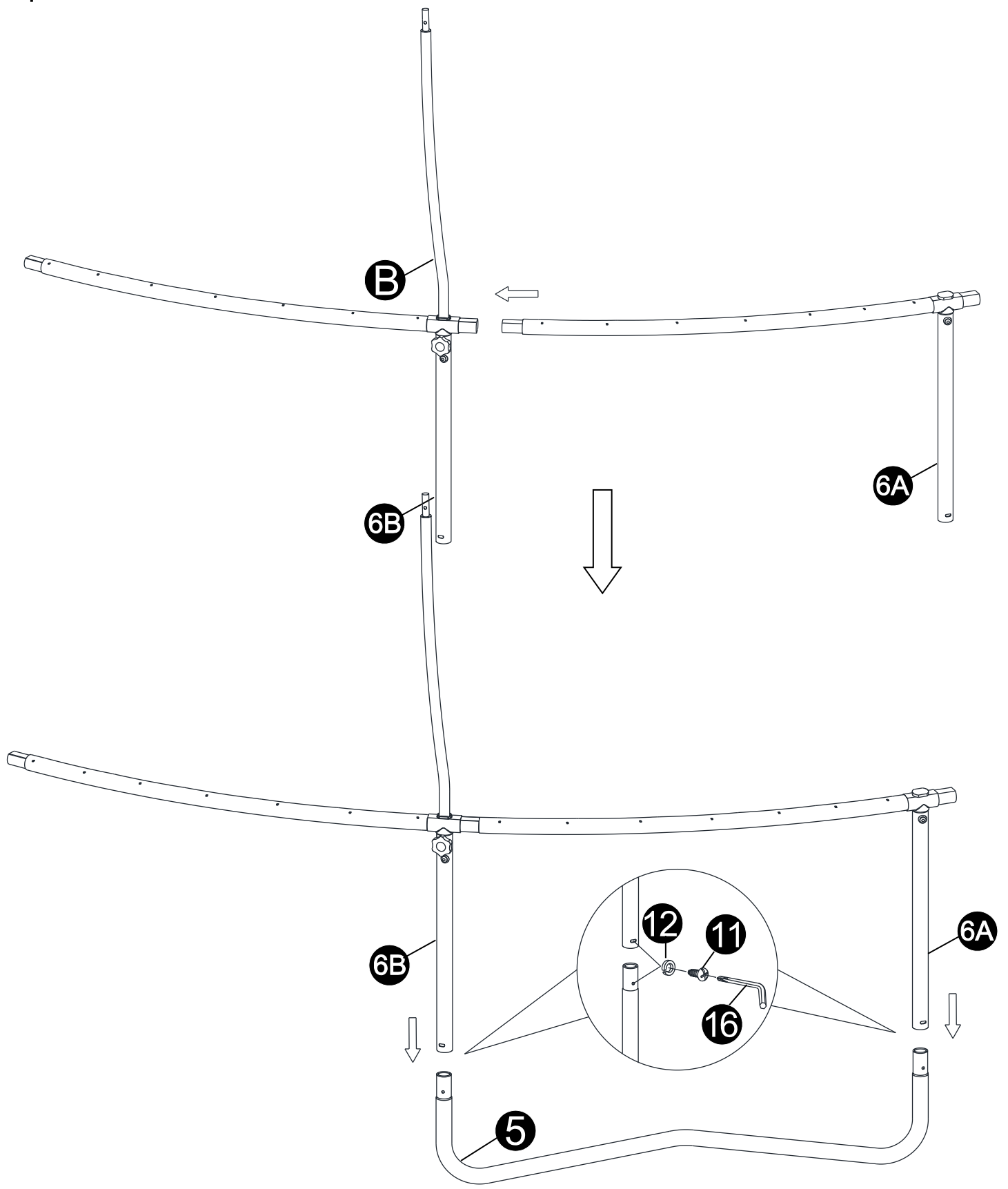
Step 4



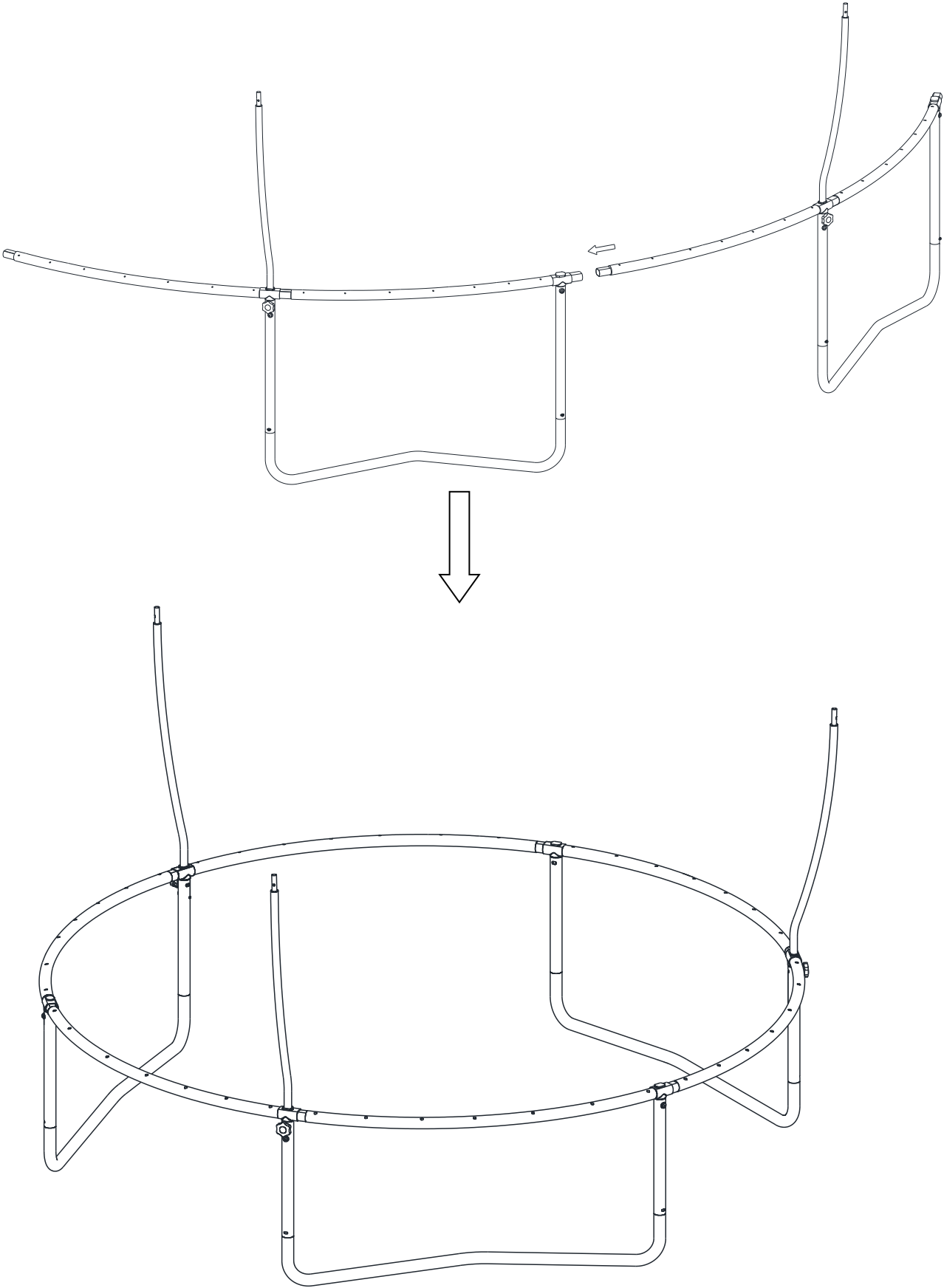
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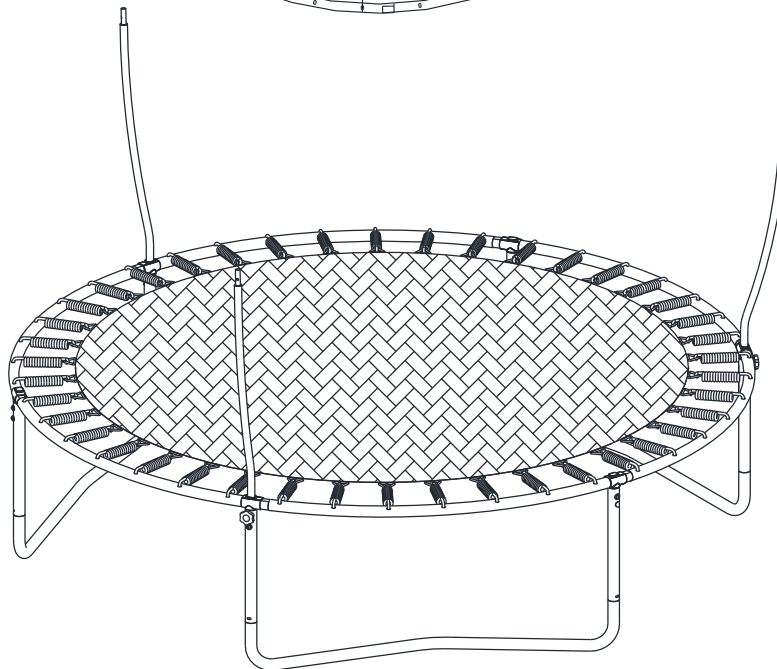
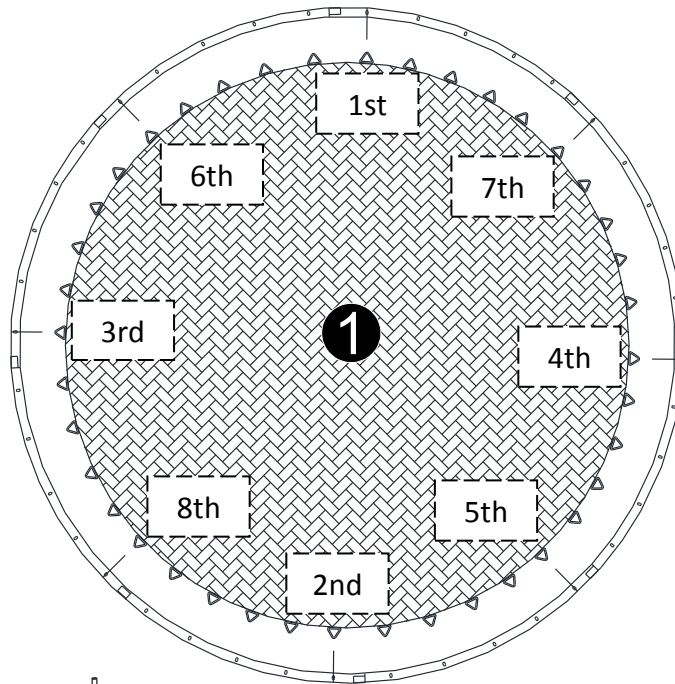
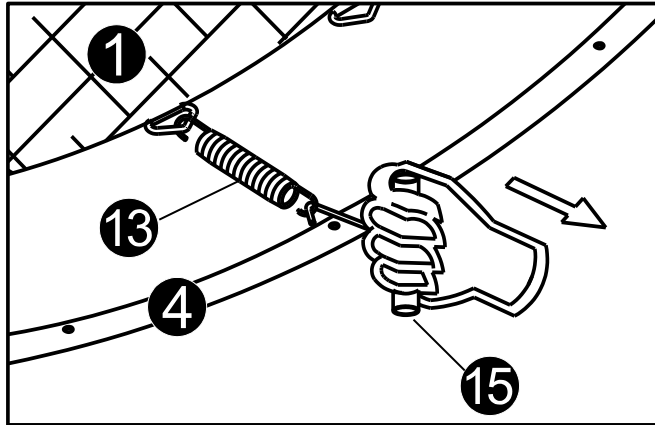
Step 6



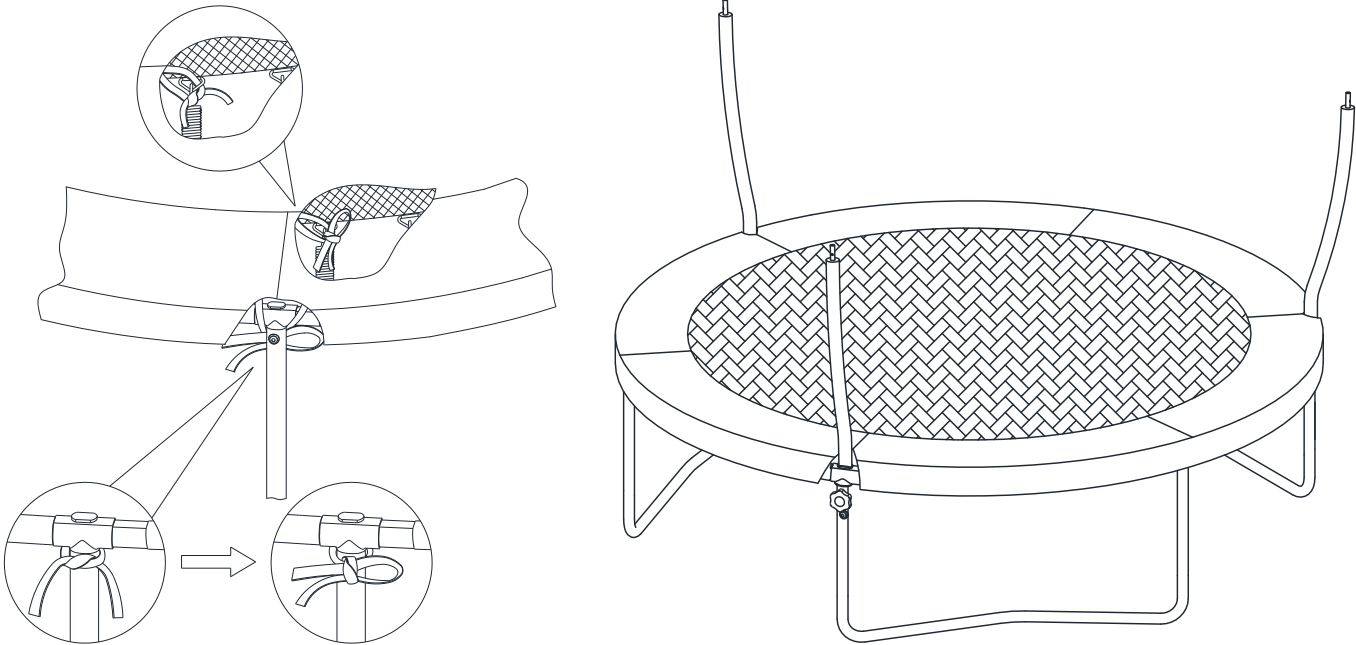
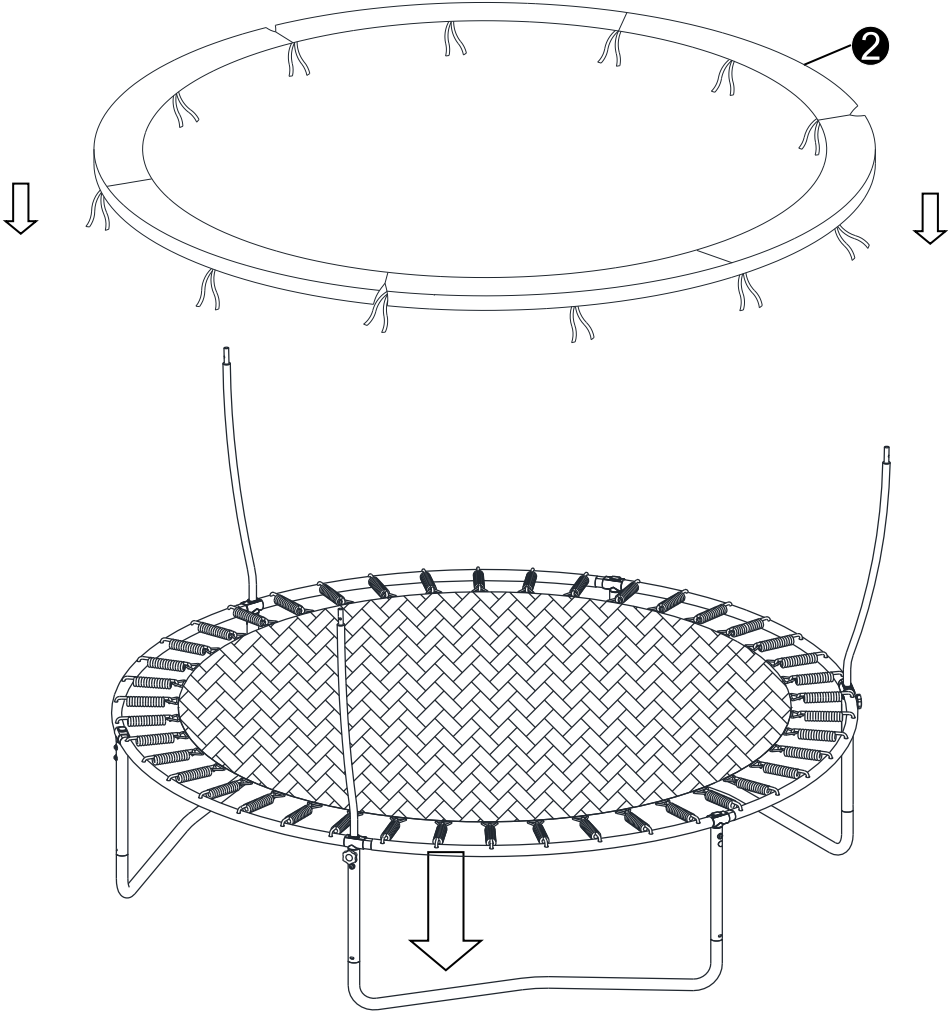
Step 7



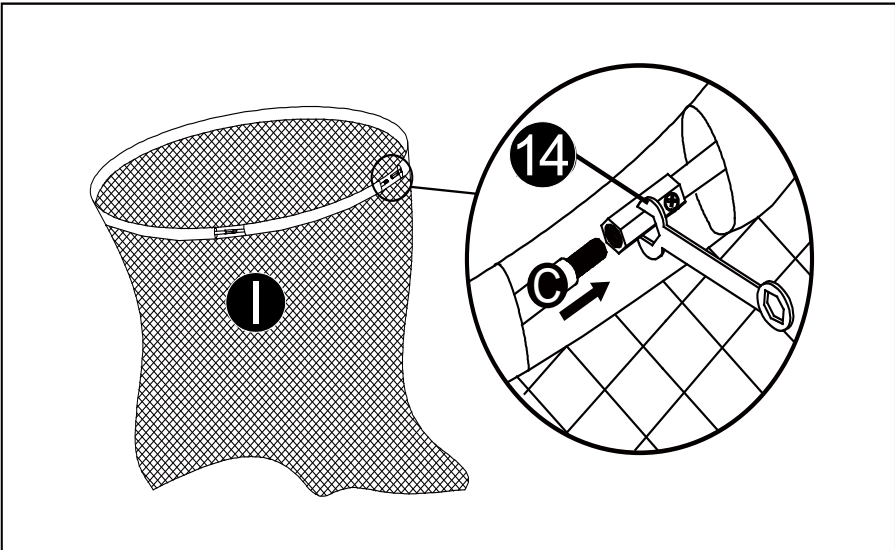
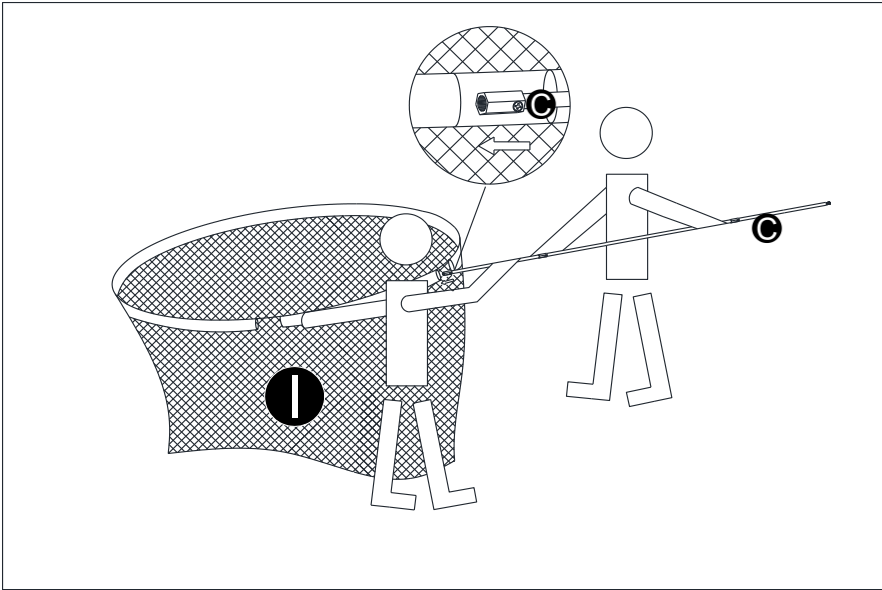
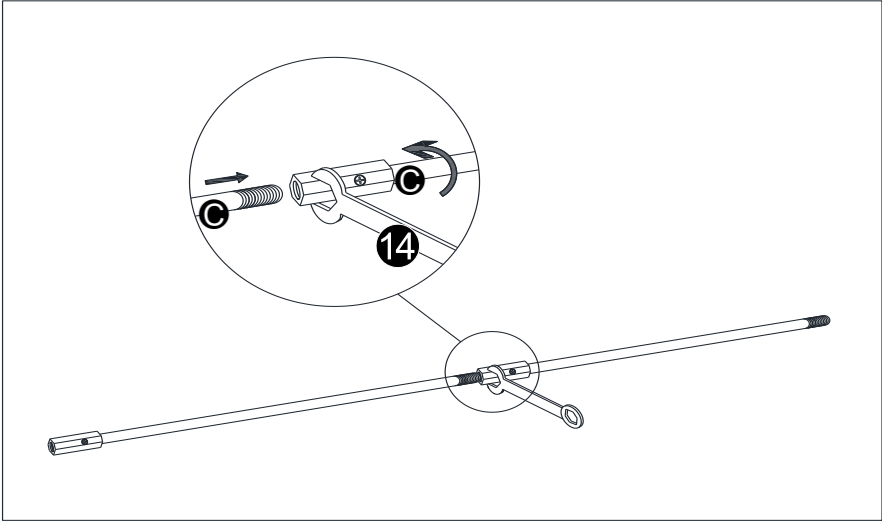
Step 8



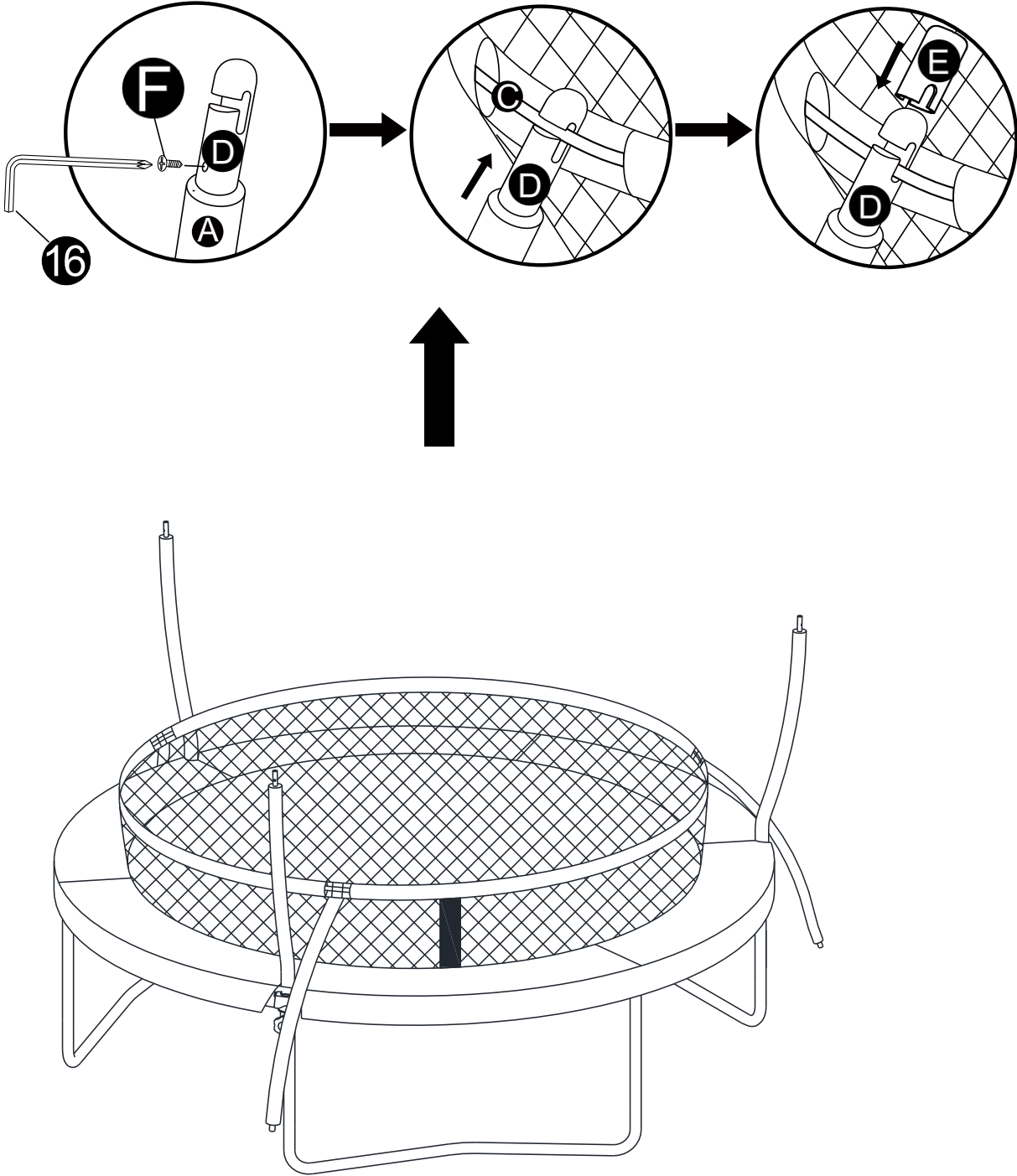
Step 9



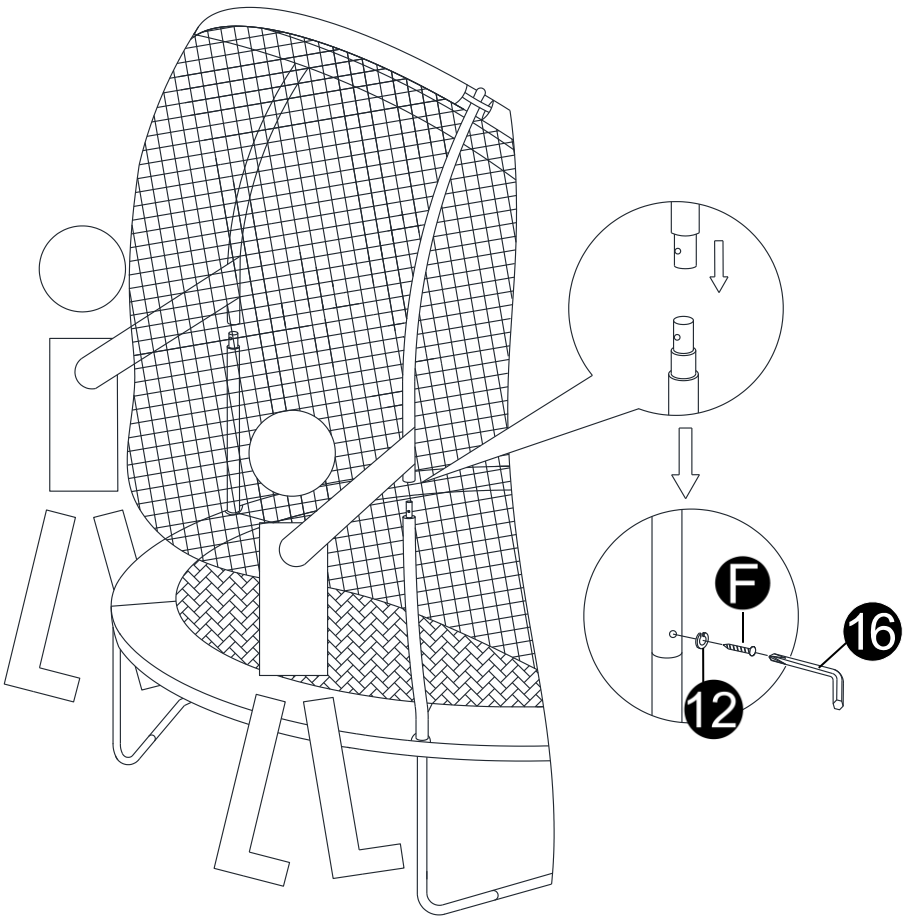
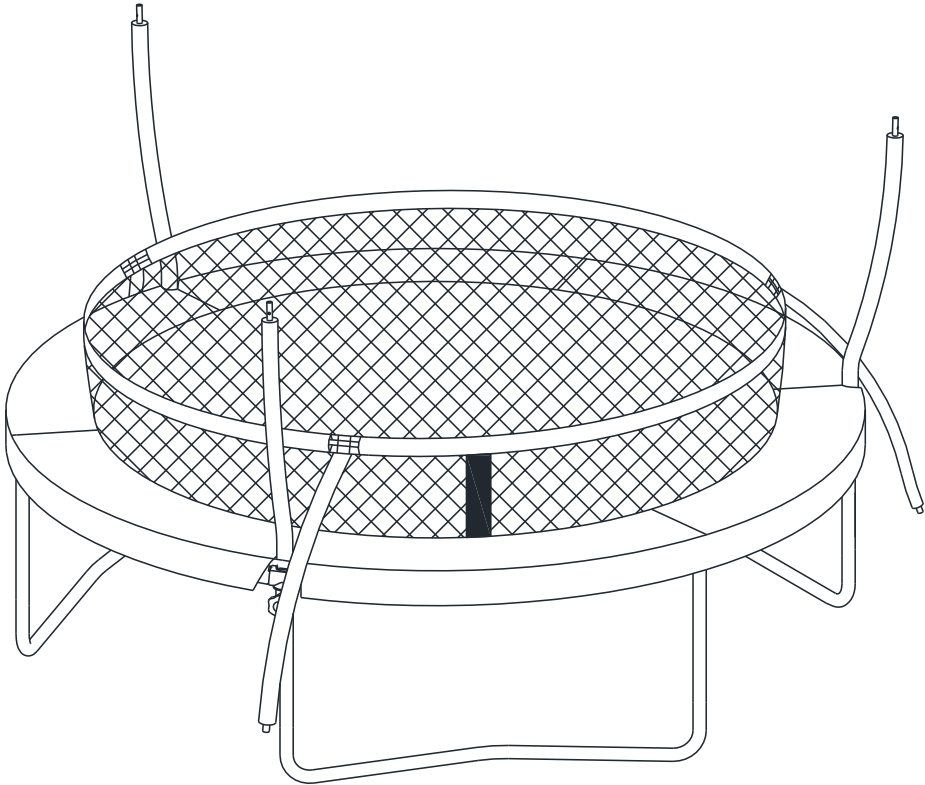
Step 10



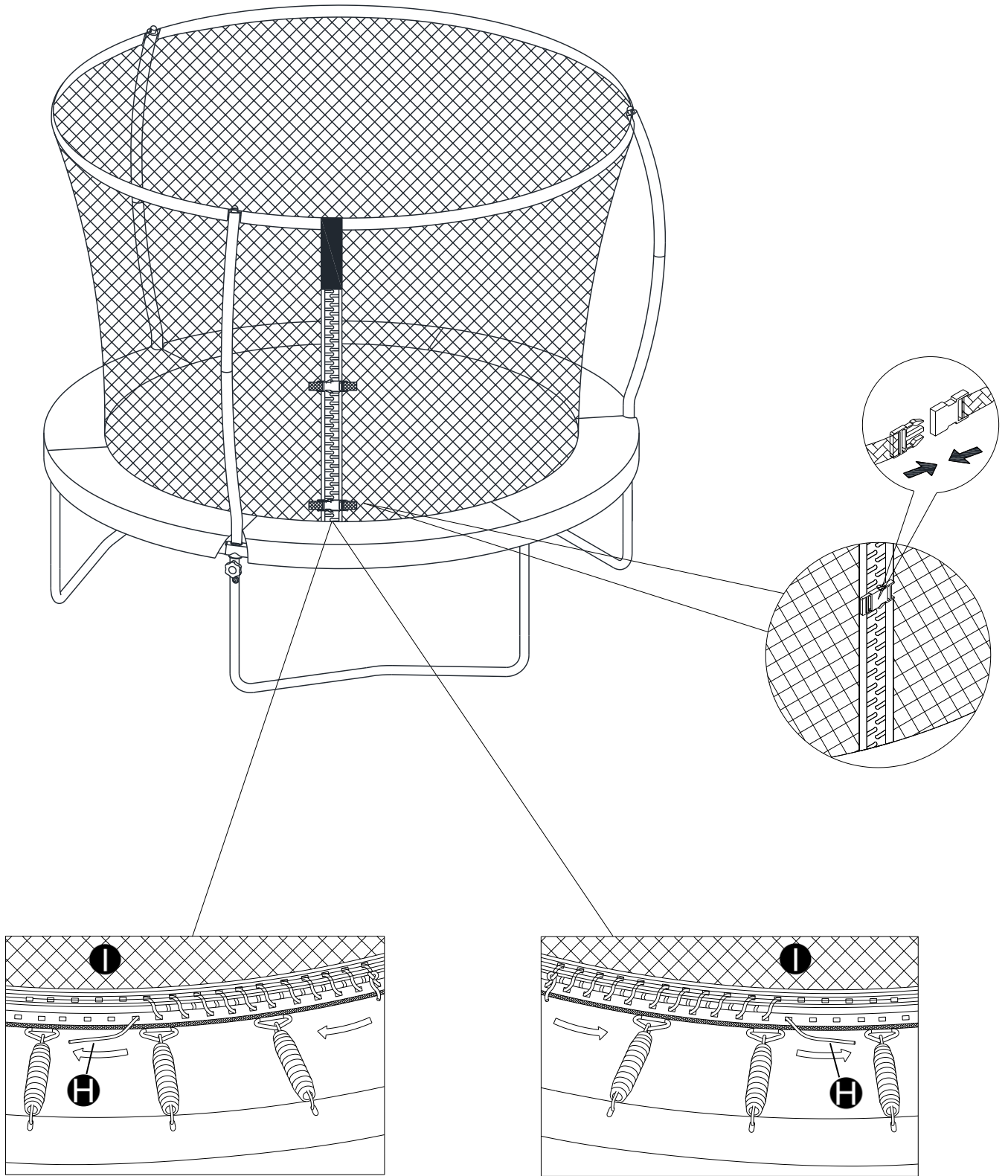
Step 11



Step 12



Step 13



Disassembly of the Trampoline

To disassemble the trampoline, follow assembly steps in reverse order.

MAINTENANCE

It is necessary to carry out checks and maintenance of the main parts (frame, suspension system, bed, padding, and enclosure) at regular intervals, pointing out that if these checks are not carried out, the trampoline could become dangerous.

- Check all nuts and bolts for tightness and tighten when required.
- Check that the springs are intact and cannot come unhooked when jumping.
- Check that the circular protective pad covers the spring.
- Check the cord used to secure the net. Danger of suffocation.
- Check all coverings for bolts and sharp edges and replace when required.
- Check that the net, trampoline mat and all protective elements are in good condition a capable of supporting the user's weight. Sun, rain, snow and extreme temperatures may reduce lifespan of trampoline component parts. Replace them, if necessary.
- In strong windy conditions, outdoor trampolines should be equipped with a device to avoid displacement due to wind (e.g. steel bars in the ground or loads like sand bag or water bags).
- In strong windy conditions, items catching wind like net and mat should be removed.
- In certain countries during winter period, the snow load and the very low temperature can damage the trampoline. It is recommended to remove the snow and store the mat and the enclosure indoor.
- Check that mat, padding and enclosure are without defects. Sunlight, rain, snow and extreme temperatures reduce the strength of these parts over time.
- Make sure that the hook-and-loop fasteners are closed correctly during use of trampoline.
- Replace the net, trampoline at and protective elements every 1 year.
- Any defective parts must be replaced in accordance with the manufacturer's instructions.
- Keep the maintenance instructions

MOVING AND TRANSPORTATION

A minimum of 2 people are required to move the trampoline. Position yourselves around the trampoline, gently lift structure and move to desired location.

The trampoline must be fully dismantled if transported by car. Check the assembly instructions and follow each step, starting at the end. Removing springs is a delicate operation which must only be carried out using the tool provided.

LEARNING THE FUNDAMENTAL TRAMPOLINE SKILLS

The following lessons are suggested for you to learn basic steps and bounces. Before using the trampoline, you should read and understand all warnings. The bounces are diagrammed on the next page.

Lesson 1

- A. Mounting and Dismounting – Demonstration of proper techniques
- B. The Basic Bounce – Demonstration and practice
- C. Braking (Check the Bounce – Demonstration) and practice. Learn to brake on command
- D. Hands and Knees Bounce – Demonstration and practice. Stress should be on four-point landing and alignment

Lesson 2

- A. Review and practice of techniques learned in Lesson 1
- B. Knee Bounce – Demonstration and practice. Learn the basic down to knee and back up before trying half twist to left and right
- C. Seat Bounce – Demonstration and practice. Learn basic seat bounce then add a knee bounce, hands and knees repeat

Lesson 3

- A. Review and practice skills and techniques learned in previous lessons
- B. Front Drop – To avoid mat burns and teach the front bounce position, all students should be requested to assume the prone position (face down on the ground) while the instructor checks for faulty positions that could cause injury
- C. Start with a Hands and Knees bounce and then extend body into prone position and on the mat and return to feet
- D. Practice Routine – Hands and Knees Bounce, Front Bounce, return to feet, Seat Bounce, return to feet, Seat Bounce, return to feet

Lesson 4

- A. Review and practice skills and techniques learned in previous lessons
- B. Half – Turn
 - i. Start from front drop position and as you make contact with mat, push off with arms in either the right or left direction and turn head and shoulders in same direction
 - ii. During turn, be sure to keep back parallel to mat and head up
 - iii. After completing turn, land in the Front Drop position

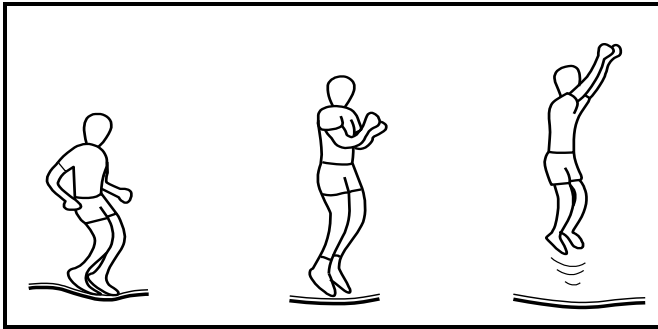
After completing this lesson, the student now has a basic foundation of trampoline bounces. Jumpers should be encouraged to try and develop their own routines with the emphasis on control and form.

A game that can be played in order to encourage students to try developing routines is “BOUNCE”. In this game, players count off from 1 to 10. Player one starts with a maneuver. Player two has to do player one’s maneuver and add on another. Each player must do the routine properly in the correct sequence. The first person to miss receives the letter “B”. This continues until someone spells out the word “BOUNCE”. The last remaining contestant is deemed the winner! Even when playing this game, it is important to perform your routines under control and not try difficult or highly skilled bounces that you have not yet mastered.

A certified trampoline instructor should be contacted to further develop your trampoline skills.

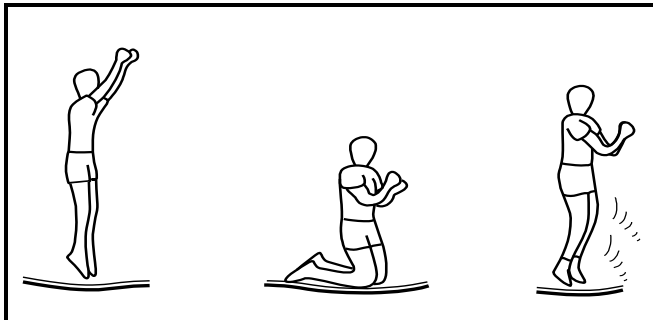
BASIC TRAMPOLINE BOUNCES

THE BASIC BOUNCE



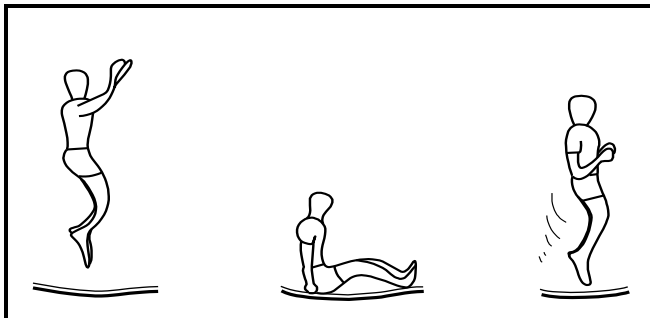
1. Start from the standing position, with your feet shoulder width apart and with head up and eyes on mat
2. Swing arms forward and up in a circular motion
3. Bring feet together while in mid-air and point toes downwards
4. Keep the feet shoulder width apart when landing on mat

THE KNEE BOUNCE



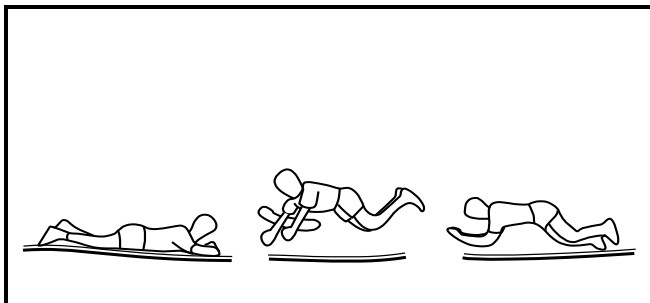
1. Start with the basic bounce and keep it low
2. Land on knees while keeping your back straight and body erect, while using your arms to maintain balance
3. Bounce back to basic bounce position by swinging arms up

THE SEAT BOUNCE



1. Land in a flat sitting position
2. Place hands on mat besides hips, but do not lock your elbow
3. Return to erect position by pushing with hands

THE 180 DEGREE BOUNCE



1. Start with the Front Bounce position
2. Push off with left or right hands and arms (depending on which way you wish to turn)
3. Maintain head and shoulders in the same direction while keeping your back parallel to the mat and your head up
4. Land in the prone position and return to standing position