

INSTRUCTION MANUAL

A00-009/A00-010 EN C000000



WARNING

Always install the trampoline with at least two people. keep head and face away from frame of trampoline. Failure to do so can cause serious injury to head or face, or lead to other serious injures. We are not liable for any injuries that may occur when using the trampoline.

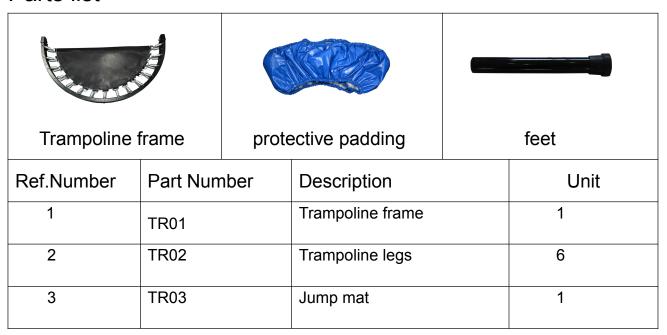
Once a person on the trampoline

Max. User weight 100Kgs

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Parts list



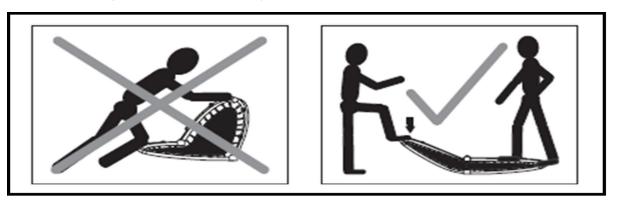
Notes & Warnings

- •This product should not be used by persons weighting more than 100kgs.
- •The legs of the trampoline are installed tightly, please make sure not to pinch your fingers or hand during assembly.
- •The springs can be stiff in the early stages of usage of the trampoline and will loosen with time. Please be careful while install the trampoline and do not hurt your body .
- •Never jump on the trampoline in pointed shoes or outdoor footwear. Always wear gym shoes only. Wearing other footwear could damage the trampoline.
- Do not jump off the trampoline. You could injure yourself when you hit the

ground.

WARNING

Keep others away from equipment when in use. Children under the age of 12 should be instructions before using the trampoline, as with any fitness exercise program consult with your doctor before use



When unfolded, the frame ends snap together. Pay attention to your fingers when unfolding the frame! Keep your fingers away from the ends of the frame!

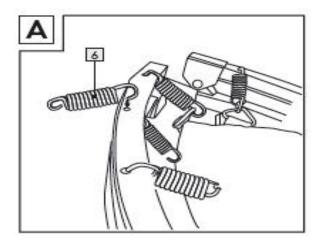
Before Assembly

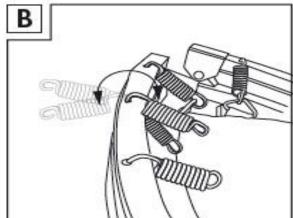
Please check the springs before setting up the product. These are pre-assembled. Proceed as follows if any of the springs are not correctly secured or have to be replaced:

- 1. Insert the spring with the open end into the frame, as shown in Figure A.
- 2. Turn the spring towards the jumping mat (Fig. B).
- 3. Pull the corresponding hook on the jumping mat over the hook at the free end of the spring (Fig. C).

4. Check that all the hooks of the jumping mat are in the correct position

(Figure D). The dismantling of a spring is performed in reverse order.





Assembly Diagrams

- 1. Pull the free ends of the frame apart (so that the frame forms a semi-circle as in Fig. E.
- 2. You will need two people to perform this step. Place the frame upside-down (with the Action logo facing the floor). One person should step on one side of the frame to hold it down while the other person folds out the frame (as shown above). Make sure that all joints have locked into place.
- 3. Remove the covering caps and turn the frame the right way up. Pull the protective padding on to the unfolded frame (Figure F). Make sure that the openings on the underside of the protective padding are positioned exactly over the mounting points for the feet.
- 4. Turn the frame upside down again and screw all feet on to the mounting points on the underside of the frame (Figure G).
- 7. Turn the trampoline over and place it on its feet (Fig. H). It is now assembled and can be placed in a suitable location.

Note: The warning sign must be visible at all times (Fig. H).

