

# Operating instruction



description :	Product specification
Applicable age: over 3 years old	The total width: 126cm
maximum load bearing: 80kg	

( Depending on the jump height and strength will change the bearing data )

Assembly video please scan the QR code .



# The effect of trampoline

Enjoy happy weight loss

According to a NASA study, jumping on a trampoline for 10 minutes is just as effective as running for 30 minutes. It burns a lot of calories, but the trampoline absorbs the impact of vertical jumps, so it is safer than any exercise for men, women and children.

Healthy exercise

Trampoline is a miracle that can regenerate brain cells as well as internal organs. Repeated vertical movements rejuvenate the spinal cord and internal organs, improving resistance to disease, it also improves direction and balance and is very helpful for rehabilitation.

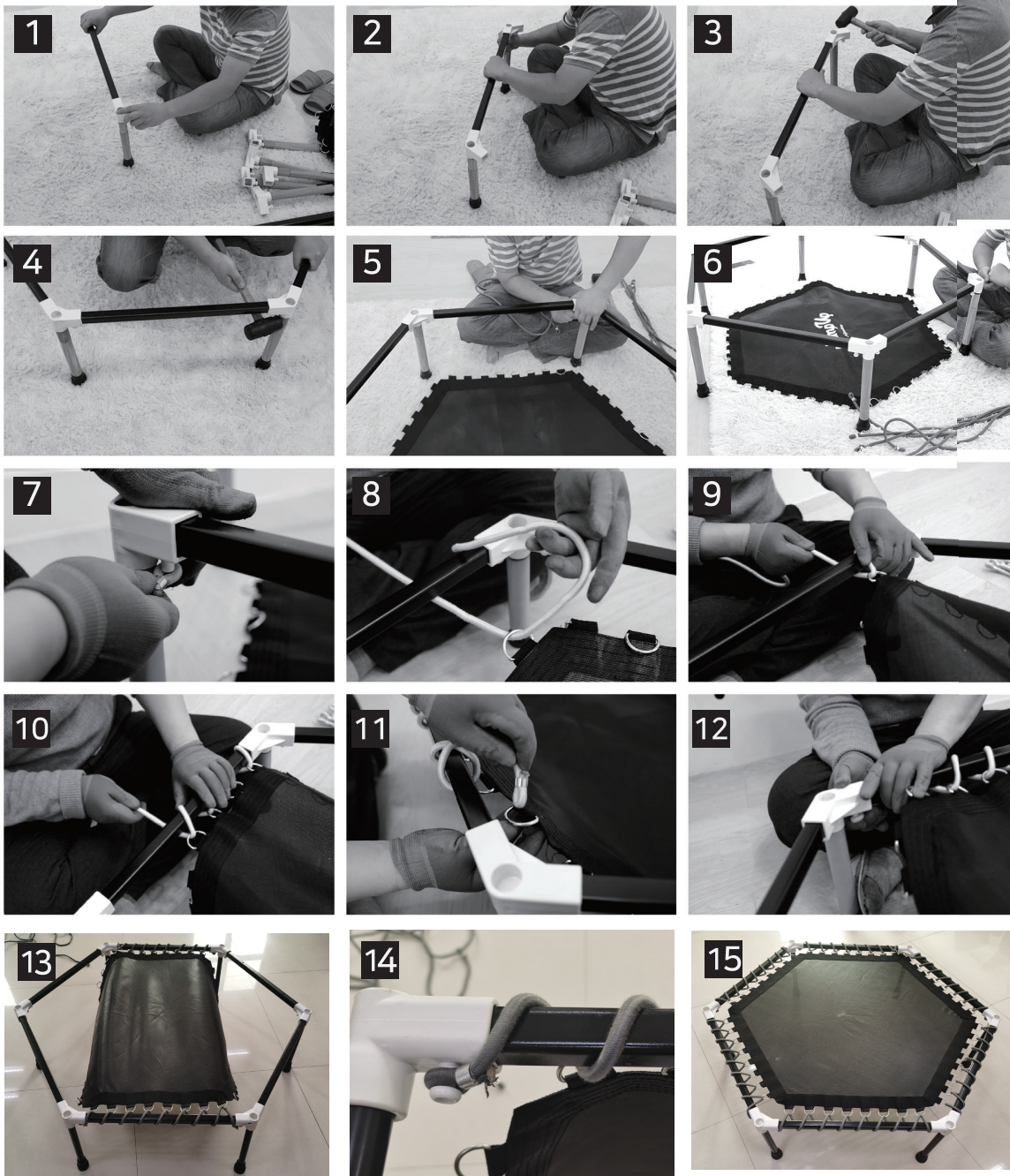
Child development

Children in the trampoline vertical movement, stimulate children's growth board, growth and development is very effective, and through repeated exercise, help children obesity and develop endurance and creativity. Another study shows that stimulating brain cells can help prevent and treat autism



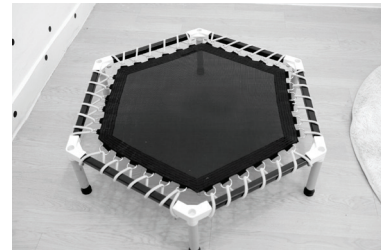
Product components

1. Square tube X6
2. trampoline foot X6
3. Plastic joint X6
4. Horizontal pipe (round pipe) on top of guardrail X6
5. Guardrail riser (square pipe) X6
6. High elastic cushion X1
7. High elastic rubber band X6
8. Safety net X1
9. Safety cover X6



- 1~3 Connect No. 1 square pipe and No. 3 plastic joint pipe.  
(Use rubber hammers for installation)
- 4~5 After installing the no.1 square pipe, insert the no.2 pipe into the no.3 plastic joint pipe and install the trampoline leg.  
(Use rubber hammers for installation)
- 6 After installing the bottom shelf of trampoline (as shown in the picture), unfold no.6 high elastic cushion.
- 7 The no.7 high-elastic rubber band is tied on the hook above the no.3 plastic joint pipe (as shown in the picture).
- 8 As shown in the figure, the no. 7 high-elastic rubber band is worn externally from the top down on the no. 6 high-elastic trampoline pad.
- 9~10 At this point, tighten the no.7 high elastic band by the same method one by one.
- 11 Please wrap it around the last circle (as shown in the figure).
- 12 The rubber band is tied on the hook of no.3 connecting pipe, and 6 surfaces are connected in the same way.

High elastic elastic connection method  
Connect from 1 to 6 in order from left to right



- 1 Install no. 8 safety net on the trampoline at the bottom (as shown in the figure).
- 2~6 After installing the safety net, connect the no. 5 guardrail riser with no. 3 plastic connecting pipe.
- 7 Please use rubber hammer when no. 5 guardrail riser is installed on no. 3 plastic connecting pipe.
- 8 No. 8 safety net is connected with no. 4 guardrail horizontal pipe.
- 9~10 No. 4 guardrail cross tube is connected with no. 3 plastic connecting tube.
- 11~12 After installing the guardrail cross pipe, cover the hole on the no.3 plastic connecting pipe with the no.9 safety cover.

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