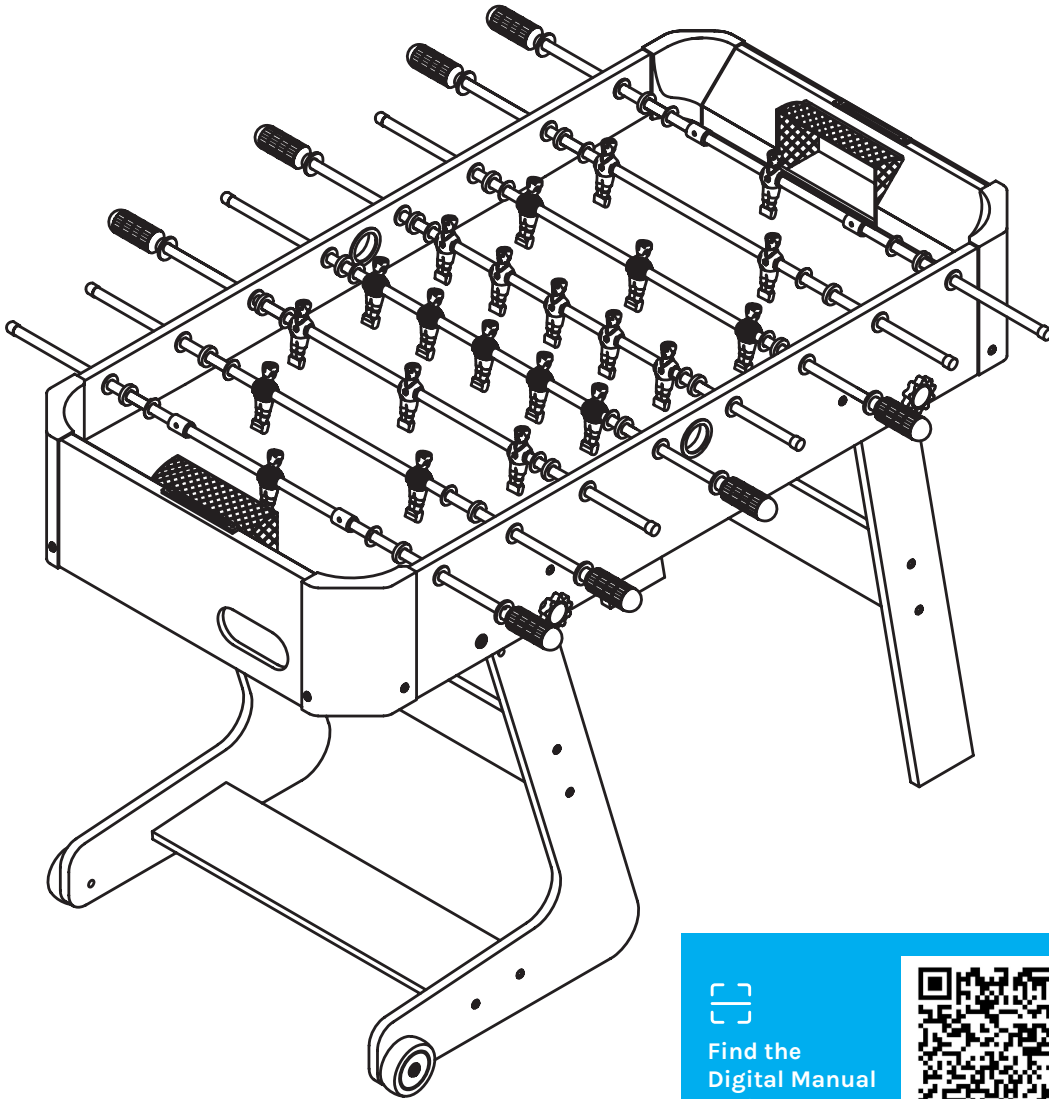


ACTIVEGO

HEADER FOLD UP FOOSBALL SOCCER TABLE (120CM)

USER MANUAL



Find the
Digital Manual
Online



Product may vary slightly from the item pictured due to model upgrades.



**Read all instructions carefully before using this product.
Retain this owner's manual for future reference.**

NOTE:

This manual should not be used to guide your purchasing decision. Your product, and the contents inside its carton, may vary from what is listed in this manual. This manual may also be subject to updates or changes. Updated manuals are available through our website at www.lifespanfitness.com.au



TABLE OF CONTENTS

I.	Safety Instructions	03
II.	Parts List	04
III.	Assembly Instructions	05
IV.	Maintenance	14
V.	Storage	14
VI.	Troubleshooting	14
VII.	Warranty	15

I. SAFETY INSTRUCTIONS

- This product is intended for indoor use in a climate-controlled environment only. Excessive temperatures and humidity may have an influence on the play quality and durability of this table.
- This table should be used by adults or under the supervision of adults.
- Ensure the table is fully assembled and tightened before play.
- Do not sit, climb, or place heavy objects on the table.
- Check that all rods, handles, and hardware are secure to prevent injury.
- Be cautious of fast-moving rods; keep hands, face, and small objects away from rod ends during play.
- Keep packaging, balls, and hardware away from young children to avoid choking hazards.
- Always lift the table with two or more people to prevent back injuries or table damage.
- Do not place any food or drinks on the table or play field.
- Only use the table for its intended purpose.

Assembly Notes

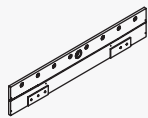
- Assemble the table on a flat surface.
- Use the included instruction sheet and hardware pack.
- When installing parts that have more than one screw or bolt, hand tighten all screws or bolts in place before tightening with screwdriver or Allen key.
- Ensure all screws and bolts are tightened securely before use. Avoid over tightening.
- After assembly, double-check that rods spin smoothly and players are aligned correctly.

Playing Guidelines

- Use only the provided foosballs or regulation replacements.
- Do not slam, kick, or lean on rods.
- Rotate rods with controlled motion to prevent wear and damage.

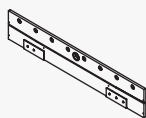
II. PARTS LIST

①



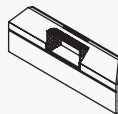
1 PCS

②



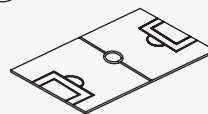
1 PCS

③



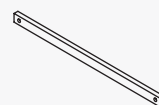
2 PCS

④



1 PCS

⑤



2 PCS

⑥



2 PCS

⑦



2 PCS

⑧



3 PCS

⑨



2 PCS

⑩



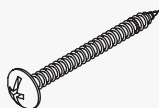
5/16" x 2-1/2"
2 PCS

⑪



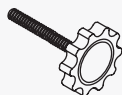
5/16"
6 PCS

⑫



1/8" x 1-3/4"
24 PCS

⑬



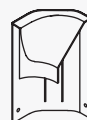
5/16"
4PCS

⑭



5/16" x 1 1/4" BOLT
4 PCS

⑮



2 PCS

⑯



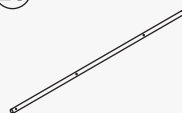
2 PCS

⑰



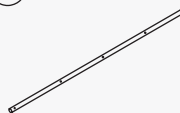
1/8" x 5/8"
16 PCS

⑱



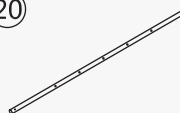
2-Player Rod
2 PCS

⑲



3-Player Rod
4 PCS

⑳



5-Player Rod
2 PCS

㉑



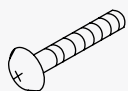
11 PCS

㉒



11 PCS

㉓



3/16" x 1-1/4"
26 PCS

㉔



3/16"
26 PCS

㉕



8 PCS

㉖



8 PCS

㉗



20mm
16 PCS

㉘



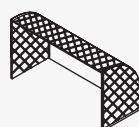
20mm
16 PCS

㉙



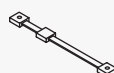
4 PCS

㉚



2 PCS

㉛



2 PCS



2 PCS



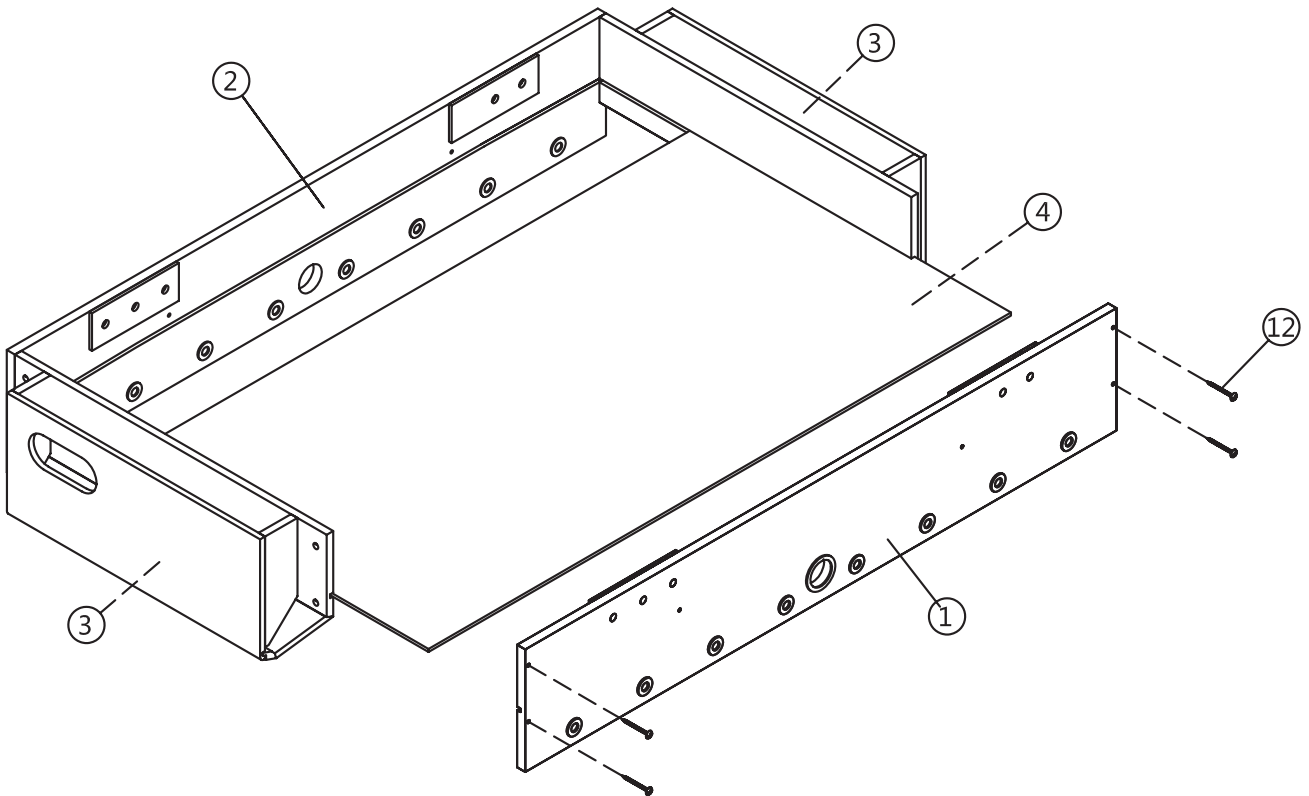
1 PCS

III. ASSEMBLY INSTRUCTIONS

12



8x screws 1/8" x 1-3/4"



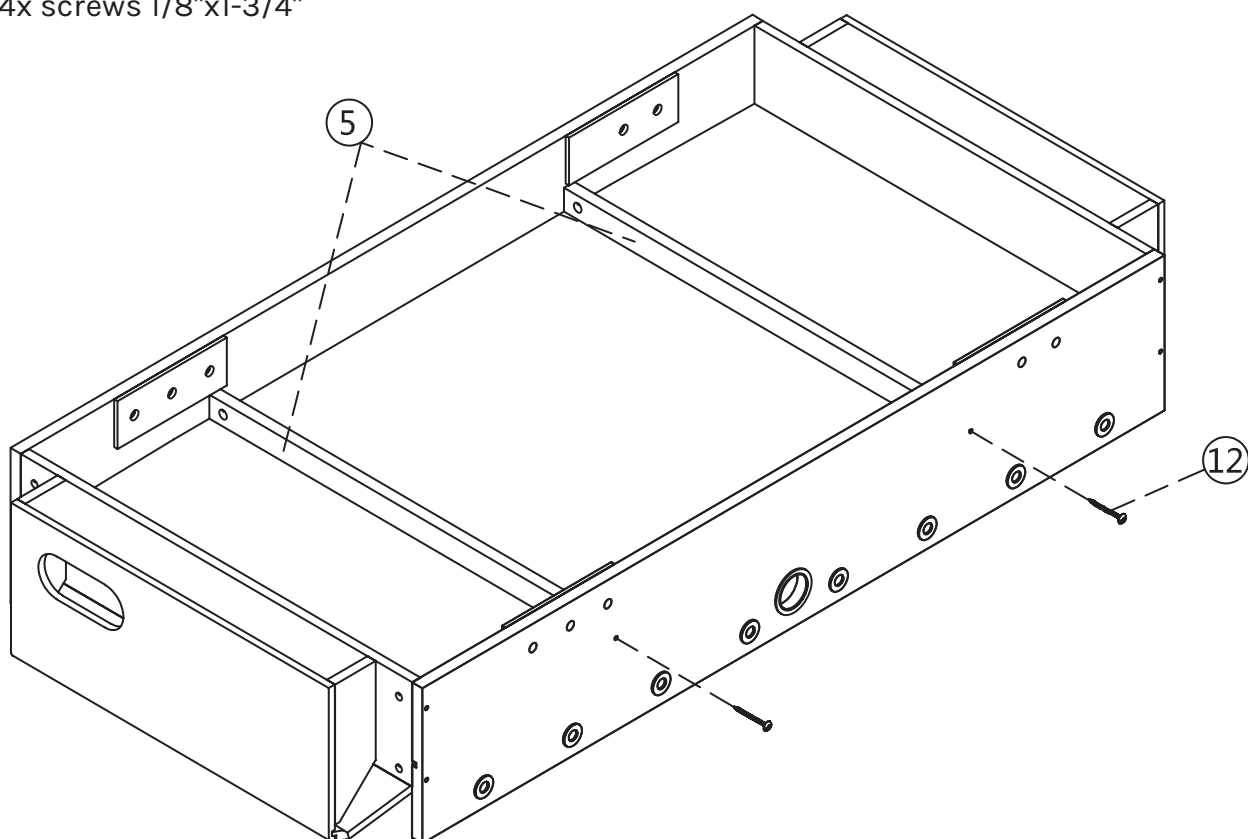
STEP 1: Install the Frame

1. Align the grooves on side panel (2) and the 2x end panels (3) then slot in the field panel (4) upside down to sit into the grooves as pictured. Place the other side panel (1) groove to hold the field panel. Ensure all sides are flush.
2. Secure the left and right side panels (1 & 2) to the end panel (3) using 8x screws 1/8"x1-3/4" (12).
3. Tighten all screws at the end once the panels are all aligned.

12



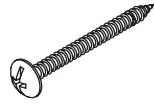
4x screws 1/8"x1-3/4"



Step 2: Install Supports

1. Align the bolt holes for the 2x support beams to the side panels and secure using 4x screws 1/8"x1-3/4" (12).

12



12x screws 1/8"x1-3/4"

11



2x washer 5/16"

10



2x bolts 5/16"x2-1/2"

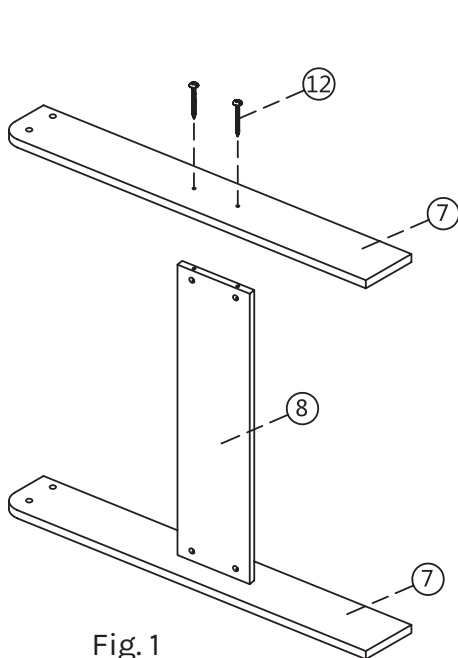


Fig. 1

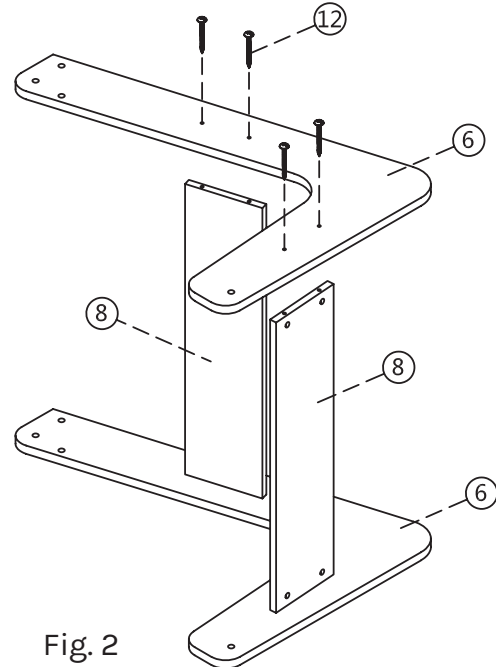


Fig. 2

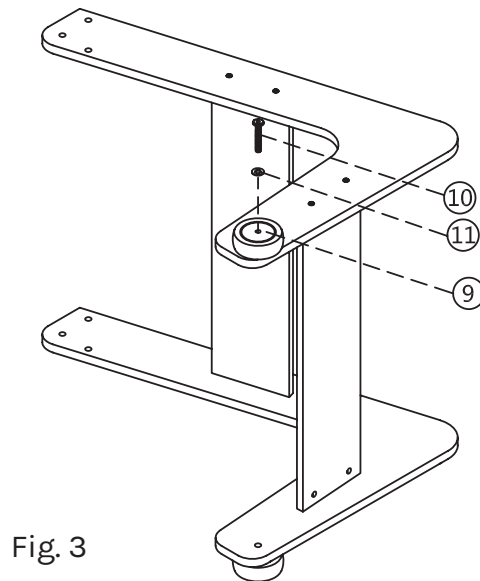


Fig. 3

Step 3: Install Legs

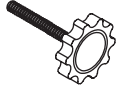
1. Connect the 2x legs (7) to the support beam (8) using 4x screws 1/8"x1-3/4" (12). (Fig.1)
2. Connect the 2x end legs (6) to 2x support beams (8) using 8x screws 1/8"x1-3/4" (12). (Fig.2)
3. Connect the 2x wheels (9) to the end legs using 2x washer 5/16" (11) and 2x bolts 5/16"x2-1/2" (10). (Fig.3)

11



4x washer 5/16"

13



4x knob 5/16"

14

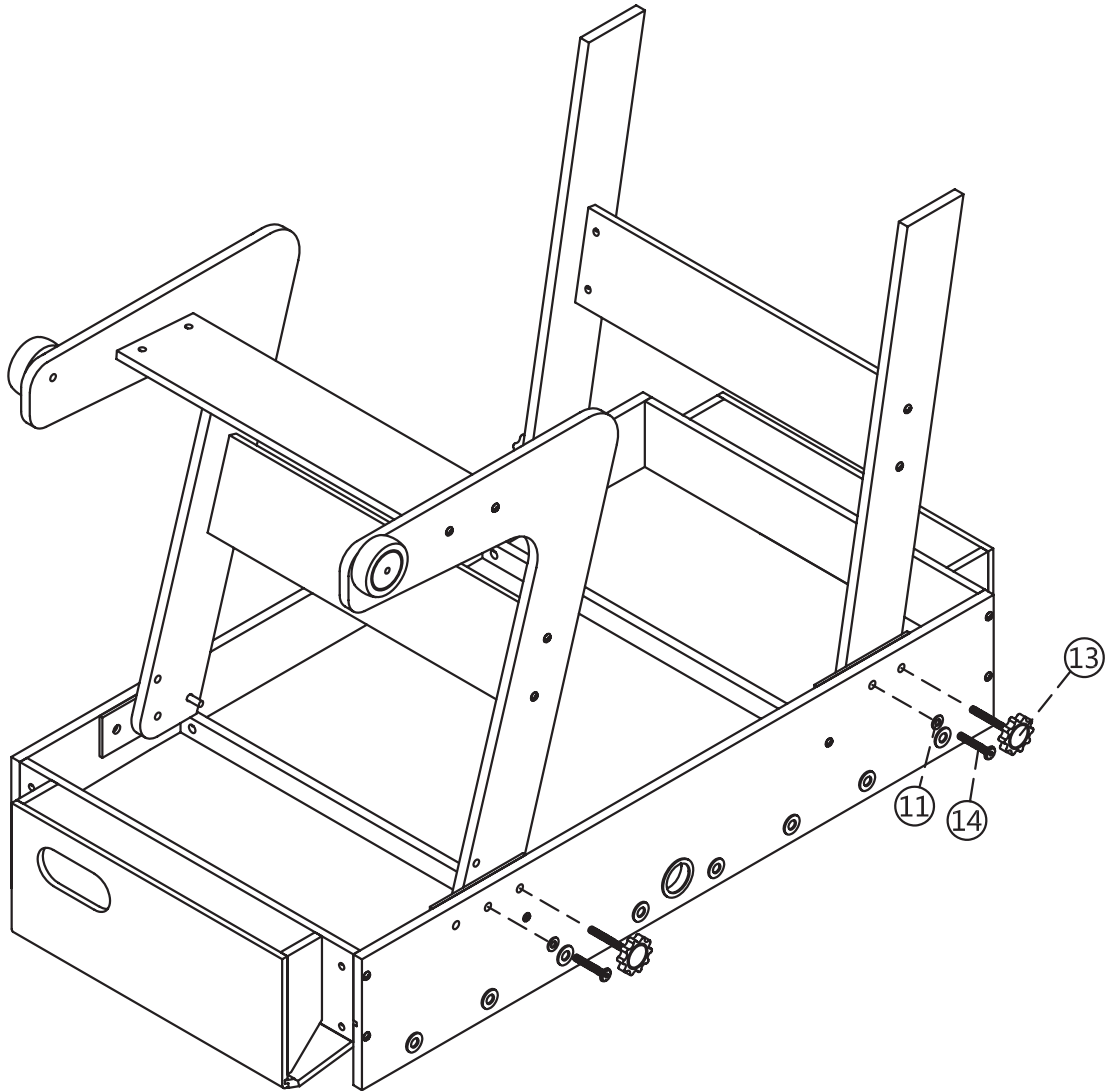


4x bolt 5/16" x1-1/4"

28



4x washer 20mm



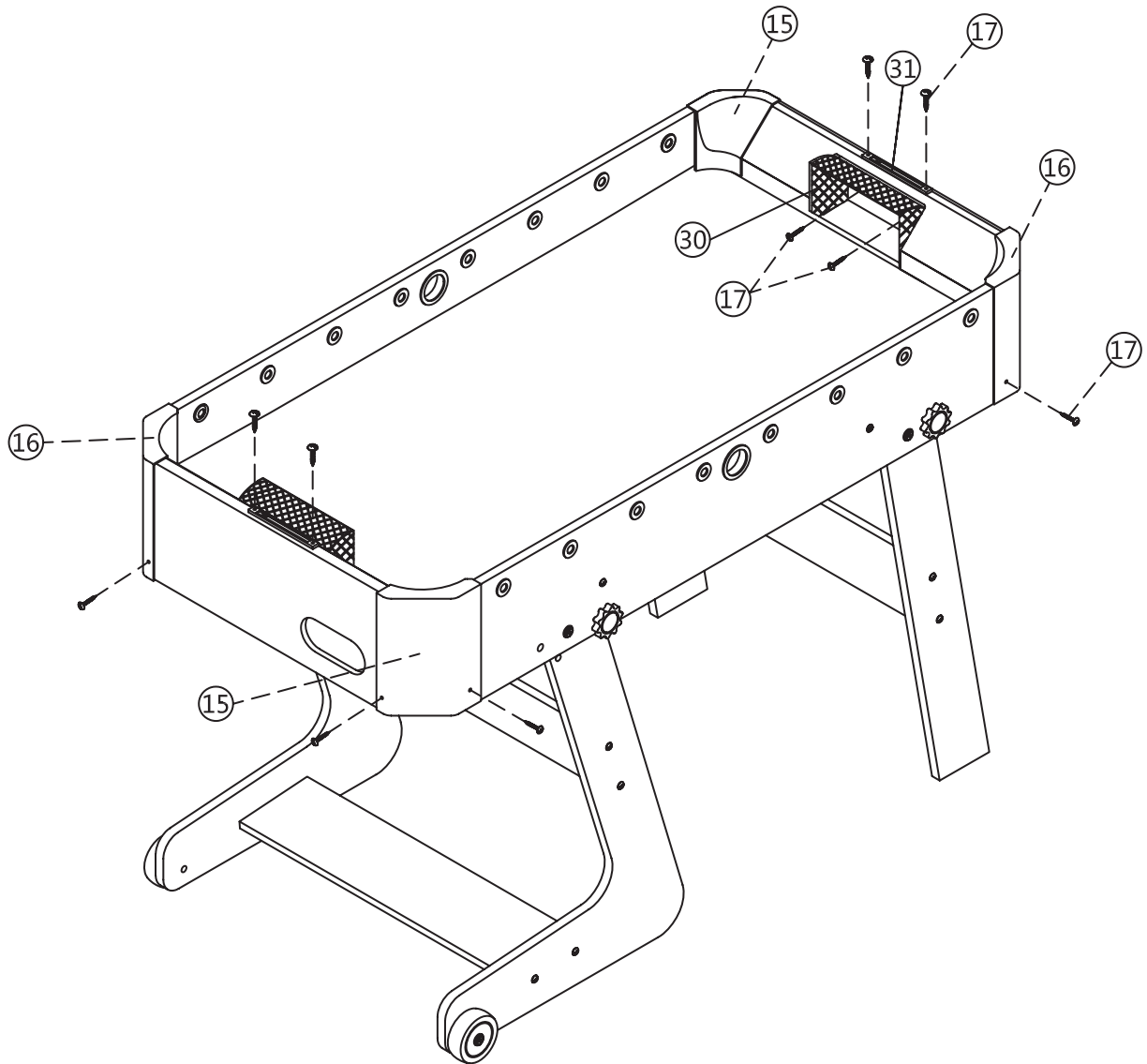
Step 4: Install Legs to Tabletop

1. Align the assembled legs from previous step to the bolt holes on the side panels and secure with 4x knob 5/16" (13), 4x washer 5/16" (11), 4x washer 20mm (28) and 4 bolt 5/16" x1-1/4" (14).

17



16x screw 1/8"x5/8"



Step 5: Install Goal & Corner Ends

1. With 2 people, turn the table over onto the feet.
2. Attach the corner ends on all four corners using 8x screw 1/8"x5/8" (17).
3. Secure the goal to each end using 4x screw 1/8"x5/8" (17).
4. Finally attach score panel (31) also on each end using 4x screw 1/8"x5/8" (17).

Fig. 4

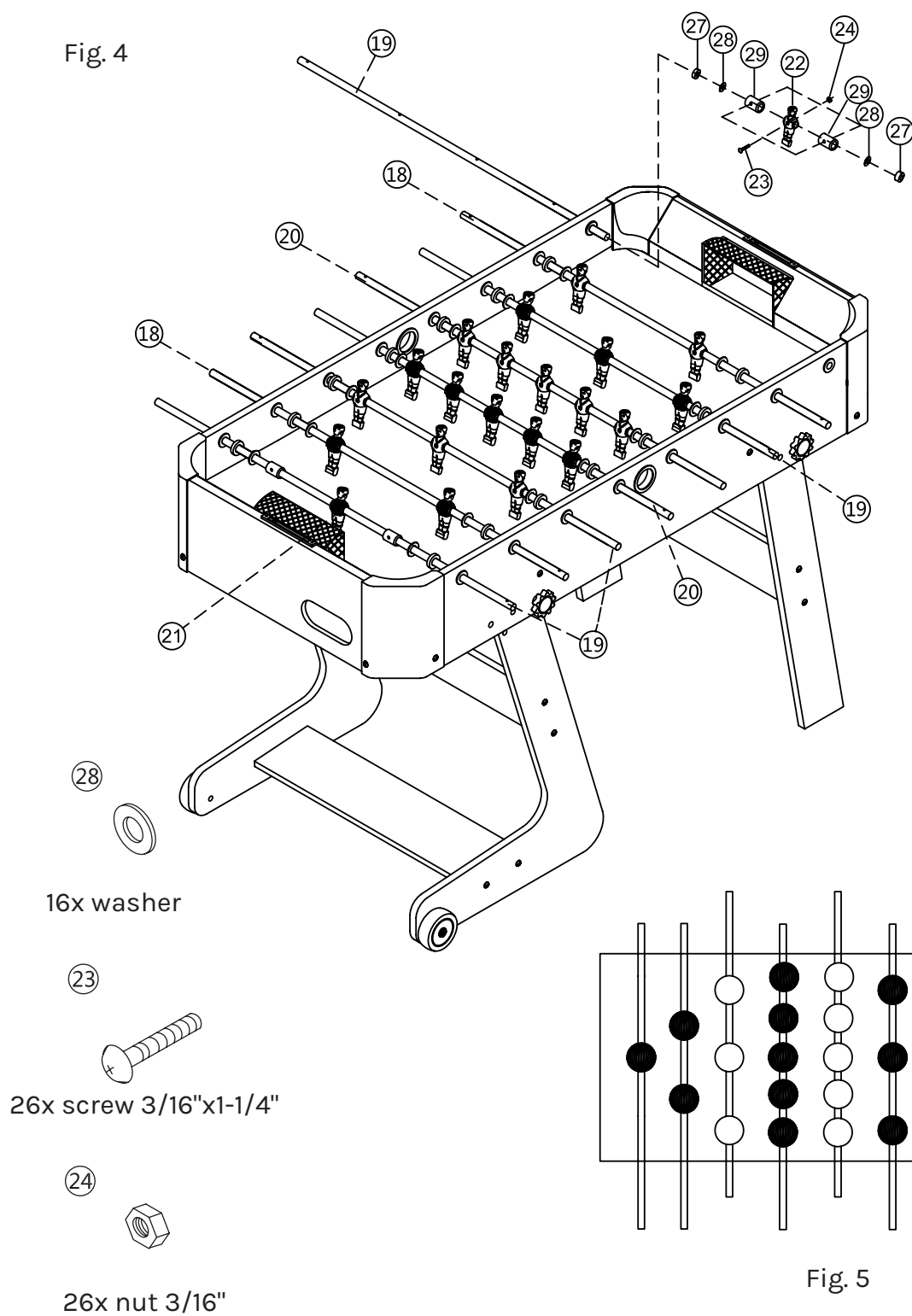


Fig. 5

Step 6: Install Players

- See Fig. 5 for Player placement.
- Ensure the players are facing the right way during installation.

One man (Goalie)

1. Place a 3-man rod (19) into one end of the rod holder, but do not feed it all the way.
2. Then place a rod bumper (27) followed by a washer (28).
3. Next add the stopper (29) and secure using 1x screw 3/16"x1-1/4" (23) and nut 3/16" (24).
3. Add a player (22) in the middle bolt hole of the rod and secure using 1x screw 3/16"x1-1/4" (23) and 1x nut 3/16" (24).
4. Repeat in reverse steps: 3, 2 and then 1. Refer to Fig. 4 for the order.
5. Place the rod into the rod holder.
6. Repeat for the other side (21) Player.

Two Man

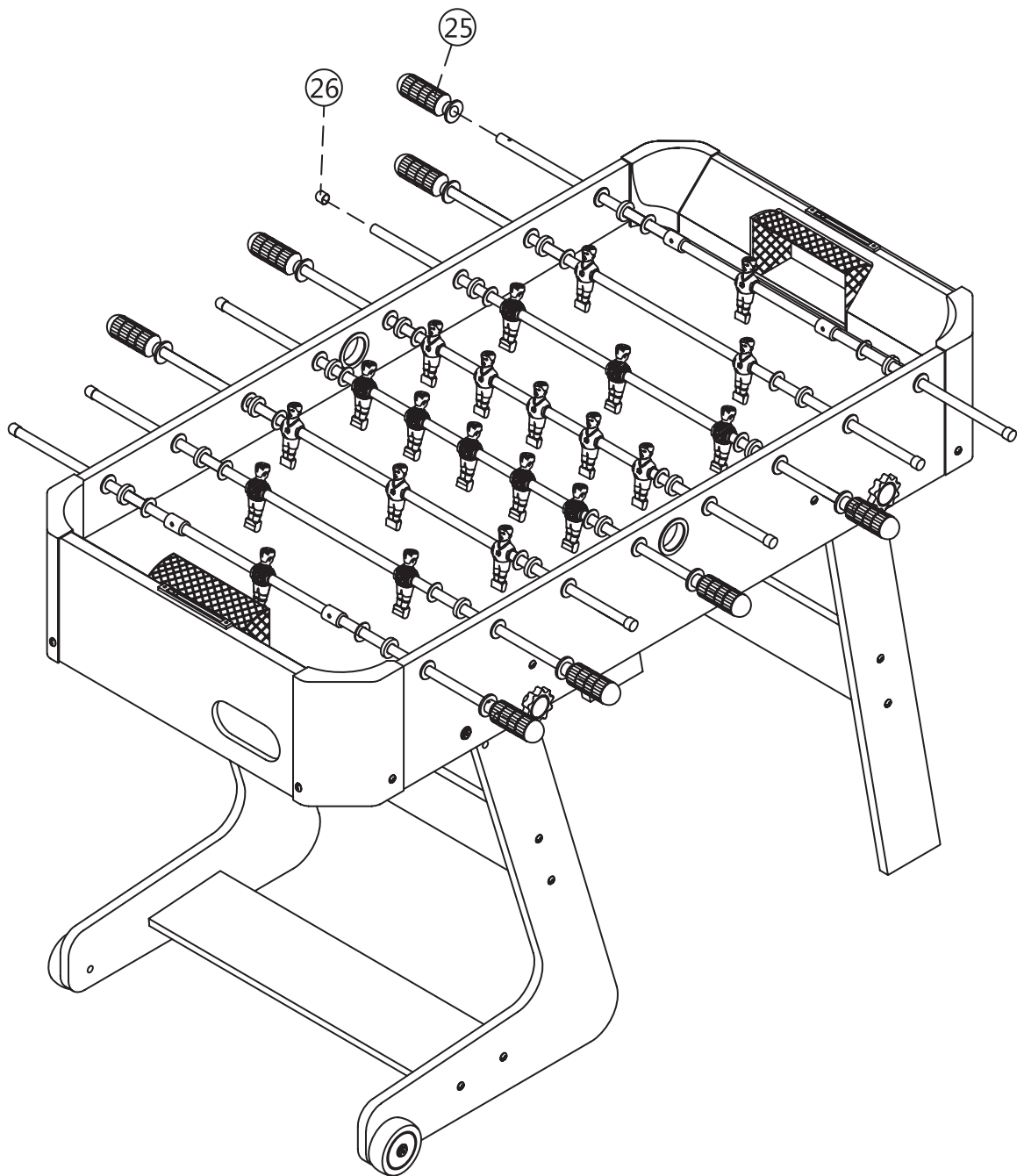
1. Place a 2-man rod (18) into the rod holder, but do not feed it all the way. The team for (22) player needs to lost on the other end and vis versa.
2. Then place a rod bumper (27) followed but a washer (28).
3. Secure 2 players (22) into the 2 bolt holes using 2x screw 3/16"x1-1/4" (23) and 2x nut 3/16" (24).
4. Next place a washer (28) followed by a rod bumper (27).
5. Place the rod to the rod holder.
6. Repeat for the other player (21).

Three man

1. Place a 3-man rod (19) into one end of the rod holder, but do not feed it all the way.
2. Then place a rod bumper (27) followed but a washer (28).
3. Add 3x player (22) to the rod and secure using 3x screw 3/16"x1-1/4" (23) and 3x nut 3/16" (24).
4. Next place a washer (28) followed by a rod bumper (27).
5. Place the rod to the rod holder.
6. Repeat for the other player (21).

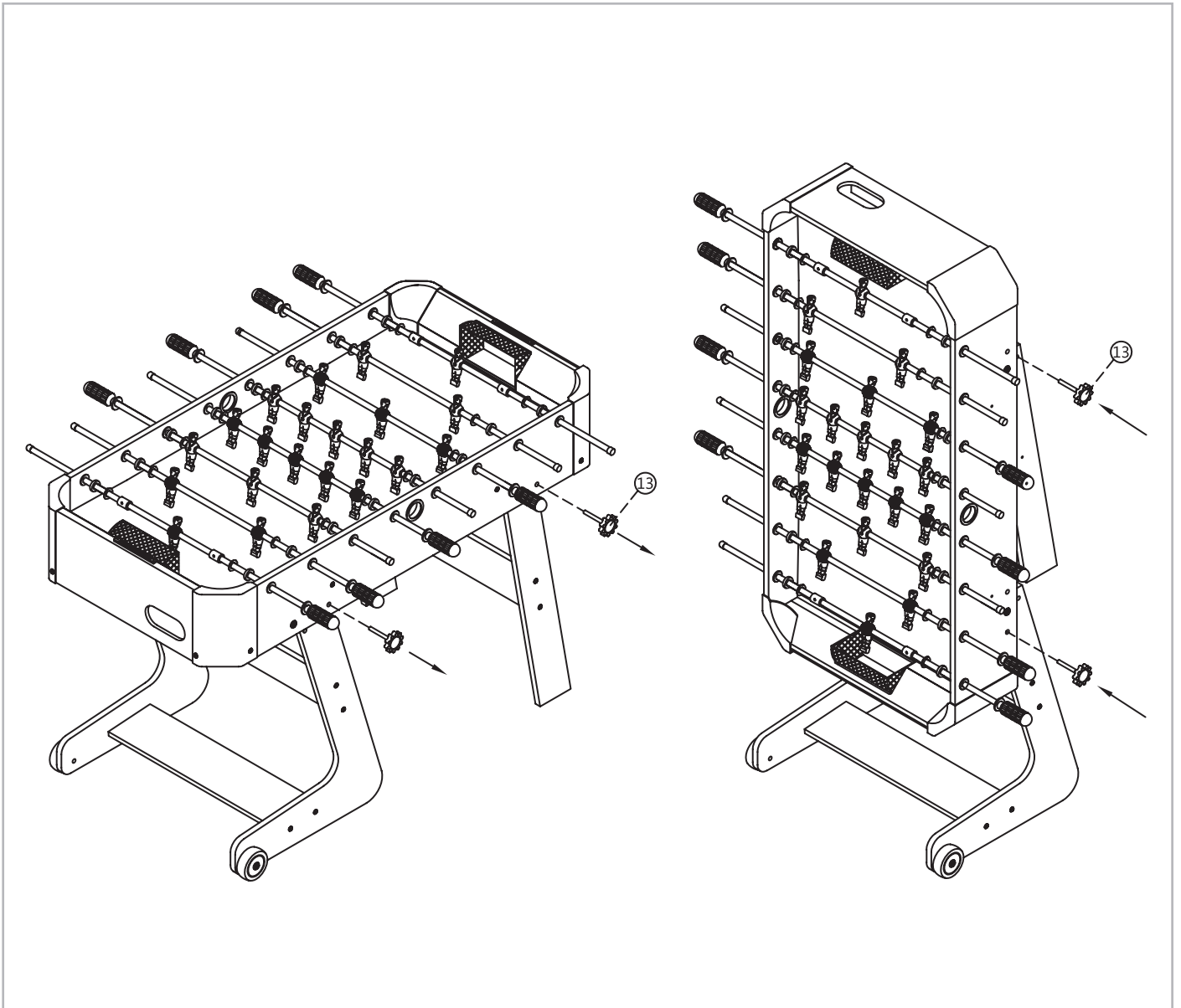
Four Man

1. Place a 5-man rod (20) into one end of the rod holder, but do not feed it all the way.
2. Then place a rod bumper (27) followed but a washer (26).
3. Add 5x player (22) to the rod and secure using 5x screw 3/16"x1-1/4" (23) and 5x nut 3/16" (24).
4. Next place a washer (26) followed by a rod bumper (27).
5. Place the rod to the rod holder.
6. Repeat for the other player (21).



Step 7: Attach Handles & End Caps

1. Attach the handles (25) and the end caps (26) to the rods as pictured.
2. Check all screws are tightened before use.



Folding Instructions

To Fold:

1. Remove the knob (13) from end legs and the legs.
2. Tilt the table upwards onto the end leg side and fold down the legs on the other side.
3. The knobs need to be locked to the end leg (opposite bolt hole to the original position in step 4). The other 2x knobs can be placed back onto the folded legs in the original position or kept in a safe location.

To Unfold

1. Remove the knob (13) from the legs and end legs.
2. Unfold the table until the legs touch the ground.
3. Align the bolt holes for the legs and reattach the Knobs back into the original location (from step 4).

IV. MAINTENANCE

Proper care extends the life of your foosball table:

- **Cleaning Surface:** Wipe the playfield regularly with a soft, dry or slightly damp cloth. Avoid harsh chemicals.
- **Lubrication:** Apply a light silicone lubricant to the rods as needed to ensure smooth operation.
- **Rod Care:** Wipe down rods and handles to remove sweat and dust after play.
- **Hardware Check:** Periodically check and re-tighten bolts, screws, and leg levellers.
- **Player Figures:** Inspect for cracks or looseness. Replace or tighten as required.
- **Ball Condition:** Replace damaged or chipped balls to maintain smooth play.

V. STORAGE

If the table will not be used for an extended period:

- **Indoor Storage:** Store indoors in a cool, dry location away from direct sunlight or moisture.
- **Covering:** Use a dust cover to protect the playfield and rods from dirt and scratches.
- **Transportation:** Always transport upright and with assistance. Avoid dragging the table to prevent damage to the legs or playfield.

VI. TROUBLESHOOTING

Problem	Solution
Loose Rods	Tighten rod bearings or handles.
Stiff Rods	Clean and lubricate rods as per maintenance instructions.
Wobbly Table	Adjust leg levellers or retighten bolts.
Uneven Play	Ensure the table is placed on a flat, level surface.

VII. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at www.consumerlaw.gov.au.

Please visit our website to view our full warranty terms and conditions:
<http://www.lifespanfitness.com.au/warranty-repairs>

WARRANTY AND SUPPORT

Any claim against this warranty must be made through your original place of purchase. Proof of purchase is required before a warranty claim may be processed.

If you have purchased this product from the Official Lifespan Fitness website, please visit <https://lifespanfitness.com.au/warranty-form>

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit <https://lifespanfitness.com.au/warranty-form> and fill in our Repair/Service Request Form or Parts Purchase Form.

Scan this QR code with your device to go to lifespanfitness.com.au/warranty-form



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