



SPRING LESS TRAMPOLINE OWNER'S MANUAL

8FT TO 16FT Lifespan Spring Less Trampoline



WARNING!

Not suitable for children under 6 years until fully assembled. Small parts. Choking hazard. 

Important

The owner's manual contains safety, assembly, use and maintenance instructions. The PRODUCT must be assembled by an adult who has read and understand these instructions. Keep the packaging away from children and dispose of all packaging before use. It is best to keep the instructions for future reference.

For the installer and your children's safety, it is important to fully read and understand the instructions and safety hazards before commencing the assembly of the product. It is advised to retain the manual for future reference.

TEST STANDARD : AS4989-2006

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GENERAL SAFETY INSTRUCTIONS

1.PURPOSE

The product is intended for home/domestic use only and is not suitable for professional or medical use.

2.DANGER FOR CHILDREN

- **WARNING! Trampolines over 51cm (20 inches) in height are not recommended for children under six years of age.**
- Children using the trampoline must be 6 years of age and over. This trampoline is designed and manufactured to provide you and your family with many years of fun and exercise, but for your benefit and safety, children using this trampoline must be adequately informed of all warnings and safety instructions.
- Do not let children unsupervised near this product. Carry out the suitable settings in the product by yourself and supervise the activity.
- Be aware that the packaging material is not suitable for children. There is danger of suffocation!

3. RISK OF INJURIES

- Do not use the product if it is damaged or defective. In this case, please consult a qualified technician or our service center.
- Check the product before every use. Defective parts must be changed immediately as they can impair the function and the safety of the product.
- Make sure that no more than one person is using the product at the same time.
- Use the product only on even and non-slipping surfaces. Never use it near water and keep sufficient space around it to increase security.
- Beware of moving parts, which could catch your arms and legs. Do not stick any objects in the product's openings.

4. ATTENTION -PRODUCT DAMAGE

- Please do not alter the product. Only use original spare parts. Qualified technicians should only carry out repairs – improper repairs can lead to danger for the user. Use this product only as described in this manual.
- Protect the product against splashes, humidity, high temperature and direct sunlight.

5. ASSEMBLY ADVICE

- The assembly of the product must be done carefully and by **two** able-bodied adults. If in any doubt, ask a technically qualified person.
- Before you start with the assembly, read the instructions carefully and take a look at the assembly instructions.
- Remove all packaging materials and lay down all parts on a free space. This gives you an overview and simplifies the assembly procedure.
- Now, check with the parts list that no part is missing. Dispose of the packaging material when the assembly is completed.
- Beware that when using tools or doing technical work, there is always a risk of injuries. Therefore assemble the product carefully.
- Create a danger free environment; for example, do not let tools lay around the workspace. Store the packaging material in a way that cannot cause any danger. Foils and plastic bags are dangerous for children (danger of suffocation)!
- After installing product according to the instruction manual, please make sure that all screws, bolts and nuts are correctly installed and tightened and that all joints are tightly fixed.
- A free space of at least 9.5 m is necessary above the trampoline. An appropriate free space must be kept between the trampoline and possible sources of danger, such as electric cables, Tree branches, Playing devices, Swimming pools and fences,
- The Trampoline must be set up properly before use.
- Never set up the trampoline in heavy rain, wind or storm conditions, especially lightning conditions. It is recommended that the trampoline be taken apart and stored in bad weather.
- The metal frame of the trampoline will conduct electricity. Lightning, extension cords and all electrical equipment must never be allowed to come in contact with the trampoline.
- The Trampoline must always be used in a well-lit area.
- Nothing must be placed under the trampoline.
- The Trampoline in the vicinity of other leisure devices and constructions must not be used.
- When assembling or disassembly, please use gloves to protect your hands.

SAFETY INSTRUCTIONS TRAMPOLINES

WARNINGS!



Do not land on head or neck.
Do not attempt or allow somersaults.
Landing on your head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed.
If an enclosure is fitted-do not pull top of the net.
Ensure adult supervision is provided at all times.



Only one person at a time on the trampoline.
Do not allow more than one person on the trampoline. Use by more than one person at the same time increases the chance of injury.
Misuse and abuse of this trampoline can cause serious injuries.
This trampoline is not recommended for children under 6 years of age.

- Do not use the trampoline without supervision, regardless of age and experience.
- The safety instructions of the trampoline should always be considered and obeyed. During the use of the trampoline, there is a heavy danger of injury including permanent injuries such as paralysis, or even death.
- Even landings on the trampoline can lead to injuries, particularly to the back, neck or head. Somersaults must be avoided. In any case, only one person should use the Trampoline at a time.
- Neither the importer, the shops nor our manufacturers and suppliers will be responsible or liable in any form for direct, indirect or special damages caused during the use or in connection with it.
- This also applies to financial losses by theft, property loss, loss of earnings/services and profit, loss of satisfaction in the device, costs of the installation, disposal, damage by influences of the weather and environment as well as any other kinds of damages.
- Recognizable production defects are announced immediately by the dealer or manufacturer/ importer and shall be adjusted immediately for further use. The buyer/Operator of the trampoline has to examine the device regularly on wears or damage.
- No clothes with hooks or parts may be carried when jumping on the trampoline, in order to avoid hooks getting caught.
- The trampoline may be set up only on a flat ground.
- Strong winds can blow the Trampoline away. If strong winds are predicted, the Trampoline must be moved to a protected place, and taken apart, or fastened to the ground with cords and herrings. At least three anchorages are necessary. It is not enough to anchor the pennants in the ground since they can tear out of the patch cords.
- Try to avoid the moving the assembled trampoline, because it could bend during transportation. Should it be necessary to move the trampoline, please consider the following:
 - 1.) At least four people must be evenly spaced around the frame to lift the trampoline of the ground.
 - 2.) The trampoline must be carried horizontally
 - 3.) Be careful while moving, because the frame could bend. If this happened, use four people to draw the trampoline in shape.
- Trampolines are jumping devices, enabling the user to jump into unusual heights as well as into a multiplicity of body movements. Jumping in the Trampoline, hitting the frame, cushioning or incorrect landing on the Trampoline can lead to injuries.
- All users must read the recommendations of the manufacturer themselves to ensure they use the device correctly.
- Users should be familiar with the assembly manual. This manual contains assembly guidance; selected precautionary measures as well as recommendations for servicing and maintenance of the trampoline, in order to ensure a secured and fun use of the Trampoline.
- It is the responsibility of the owner or the supervisor to guarantee that all users of the trampoline are informed sufficiently of all warning references and safety instructions.

SAFETY INSTRUCTIONS TRAMPOLINES

FOR THE SUPERVISOR:

The supervisor's role is to make sure the users know all the safety rules as well as learn the basic, fundamental bounces. They need to enforce all the safety rules and warnings in the manual, frame and labels. When a supervisor is not available, the trampoline may be disassembled or covered to limit access. It is the supervisor's responsibility that the placard with the Trampoline Safety Tips is placed where all jumpers are informed about the tips.

- Implement all safety rules and make yourselves familiar with the information in the user manual.
- All users of the trampoline need a supervisor, regardless of the age and the experience of the user.
- Do not recommend this trampoline for children under 6 years of age.
- The trampoline can be only used, if the jumping mat is clean and dry. Worn or damaged jumping mats should immediately be replaced.
- Objects, which could be dangerous to the user, should be away from the trampoline
- Avoid unauthorized and unsupervised use of the trampoline.
- Do not use the Trampoline under influence of alcohol or drugs (incl. medicines).
- Learn the fundamental jump and body positions carefully, before trying difficult jumps.
- Stop jumping by bending your knees when your feet come to contact with the trampoline. The skill of braking should be used whenever you lose balance or control from a previous maneuver. Loss of balance or control will increase the risk of injury from landing on the frame, springs or completely off the trampoline. A controlled jump is considered landing on the same spot that you took off from .If you do lose control when you are jumping on the trampoline, bend your knees sharply when you land and this will allow you to regain control and stop your jump.
- Climb onto the trampoline. Do not jump on it directly. Do not use the trampoline as jumping board for other articles.

ACCIDENT CATEGORIES

Somersaults: A landing on the head or neck increases the risk of neck and back injuries, which can lead to paralysis and sometimes death. This can occur if the user makes an error and falls forward or backward. No somersaults should be attempted on the trampoline. The probability of an injury increases if more than one person is jumping on trampoline. Users can collide, fall off the trampoline, land improperly on the jumping mat and on each other. Smaller users will more easily be hurt in this case.

Climbing on or off the trampoline: The trampoline's jumping mat is approximately one meter above the ground. Jumping off the trampoline onto the ground or another surface can lead to an injury. Jumping onto the trampoline from a building roof, a terrace or other objects can lead to injury. Small children need assistance when climbing on or off the trampoline. Be careful when climbing on and off the trampoline. Do not step on the cushioning or the framework. Do not use the framework for climbing on to off the trampoline.

Hitting the framework or the springs: When playing on the trampoline, stay in the center of the mat. This will reduce your risk of getting injured by landing on the frame of springs. Always keep the frame pad covering the frame of the trampoline. DO NOT jump or step onto the frame pad directly since it is not intended to support the weight of a person.

Loss of control: when users lose control of their jump, they can land wrongly on the jump mat, land on the framework or the cushioning or fall down from the Trampoline. A controlled jump is one where the jumper lands and jumps from the same spot. Before a more difficult jump maneuver is practiced, the basic controlled jump should be mastered perfectly and continuously. If a jump maneuver is attempted, which exceeds the abilities of the jumper; there is a danger of losing control. In order to regain control of the jump and land correctly, knees should be completely bent upon landing.

SAFETY INSTRUCTIONS TRAMPOLINES

Under influence of drugs or alcohol: The probability of an injury rises if the user is under the influence of alcohol or drugs. These substances weaken the response, the faculty of judgment, the space awareness, the co-ordination and the motor functions of the user.

Collision with objects: while using the trampoline, person, animals or articles under it will increase the probability of an injury. Jumping on the trampoline while carrying an article, increases the probability of an injury. Placing the trampoline too close to electric wires, tree branches or other obstacles will increase the probability of an injury.

Bad maintenance of the Trampoline: Users can hurt themselves if the trampoline is in bad condition. A torn jumping mat, bent framework, missing cushioning or missing framework must be replaced before using the trampoline again. The trampoline should be examined before each use.

Weather conditions: A wet jumping mat is too slippery for safe jumping. Gusty or strong winds can lead to a loss of jump control when jumping. In order to lower the probability of an injury, the trampoline should be used under suitable weather conditions only.

METHODS OF ACCIDENT PREVENTION

Role of the user in preventing accidents:

A basic knowledge of the trampoline by the user is a must for security. All users of the trampoline must learn first how to accomplish a low controlled jump as well as the fundamental landing positions and combinations, before turning to advance jump exercises. Users must know why they must control their jump, before they may practice other movements. A controlled jump is when you land and take off from the same location. The first lesson is the understanding of the correct order in developing jumping skills on a Trampoline. For further information or exercise materials, please turn to a trained Trampoline teacher.

Role of the supervisor in preventing accidents:

It lies in the responsibility of the supervisors to guarantee a reasonable and experienced supervision of the users of trampoline. Rules and warnings in this manual must be applied, and known to the users of the trampoline in order to reduce the probability of accidents and injuries. In times, when the supervision is not possible or insufficient, the trampoline should be dismantled and stored in a secured place against unauthorized use.

ASSEMBLY INSTRUCTIONS

Specifications of the product

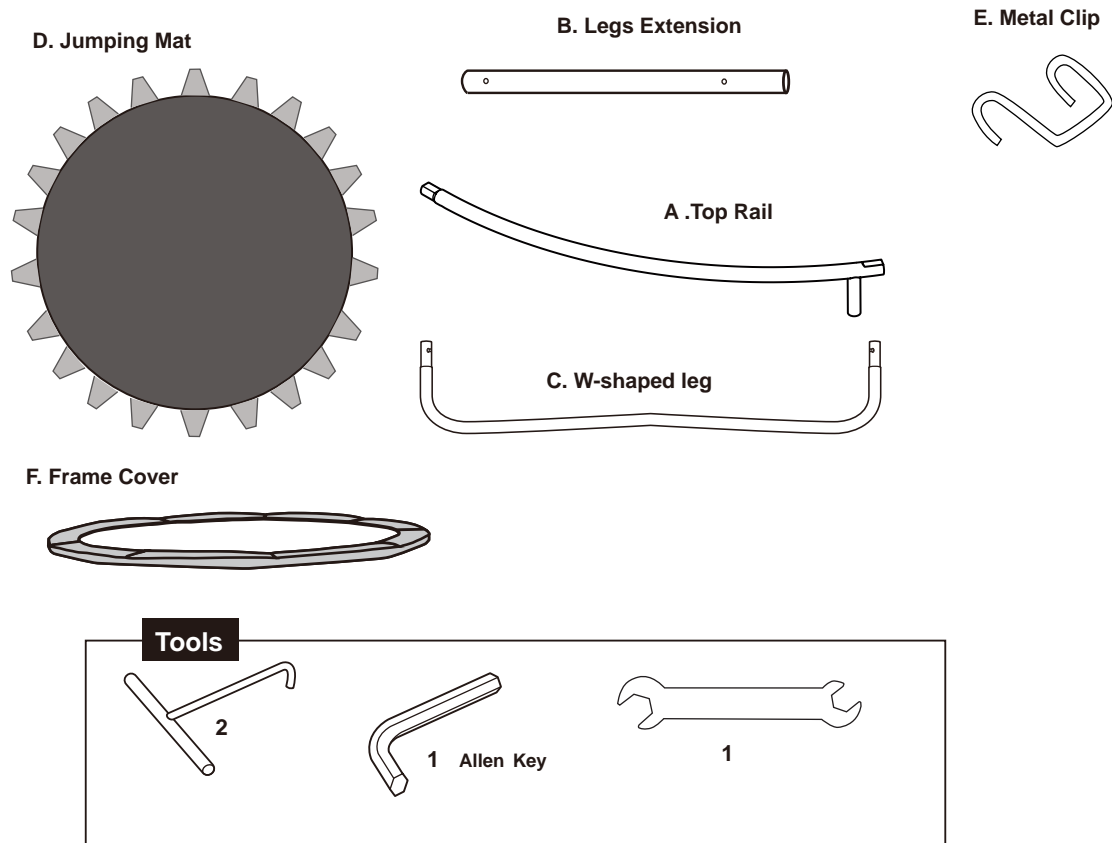
MODEL	8'	10'	12'	14'	16'
Size	244cm	304cm	366cm	426cm	487cm
Total Height	220cm	246cm	260cm	260cm	260cm
Jumping mat	60cm	76cm	90cm	90cm	90cm

TRAMPOLINE ASSEMBLY INSTRUCTIONS

Specifications of the frame

MODEL	8'	10'	12'	14'	16'
Frame cover	1	1	1	1	1
Jumping mat	1	1	1	1	1
Top rail	6	6	8	8	12
Metal Clips	42	60	72	80	108
Leg extension	6	6	8	8	12
W-shaped leg	3	3	4	4	6
Tools	1	1	1	1	1
Ladder	1	1	1	1	1
Anchor	2	2	2	2	2

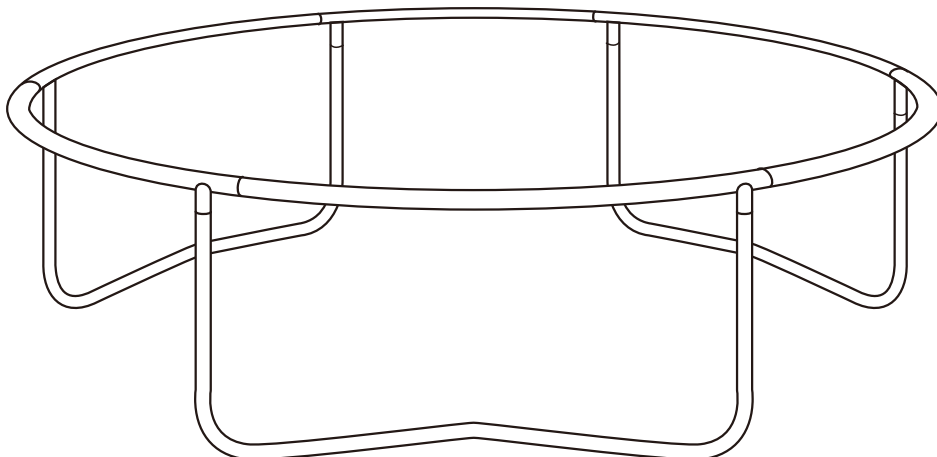
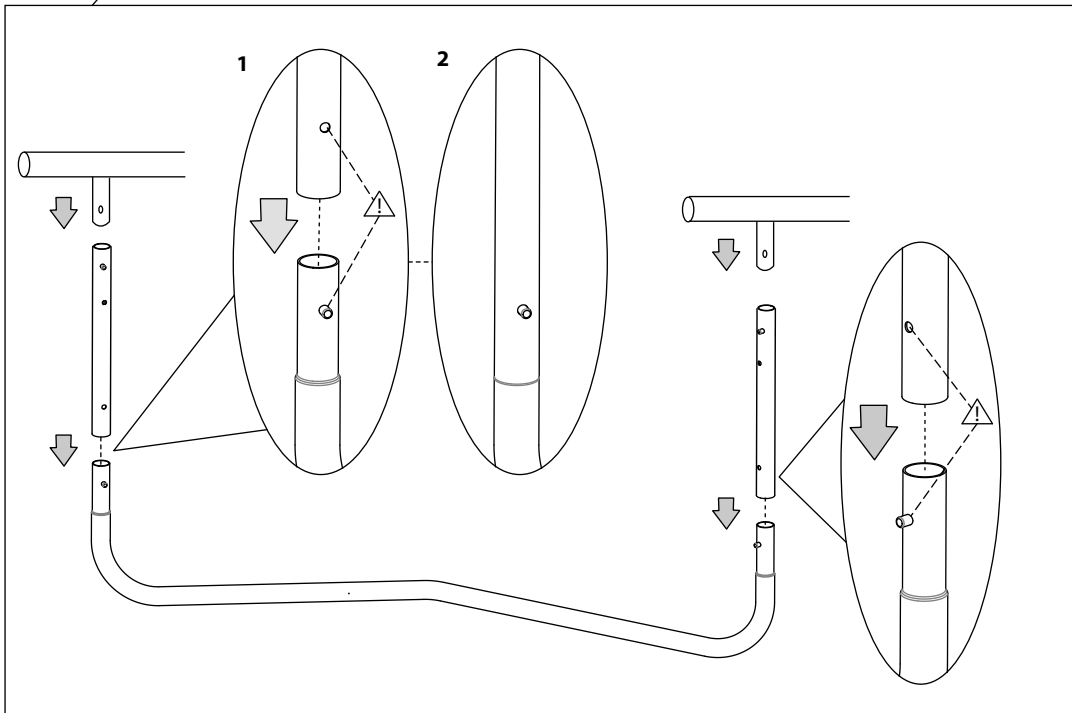
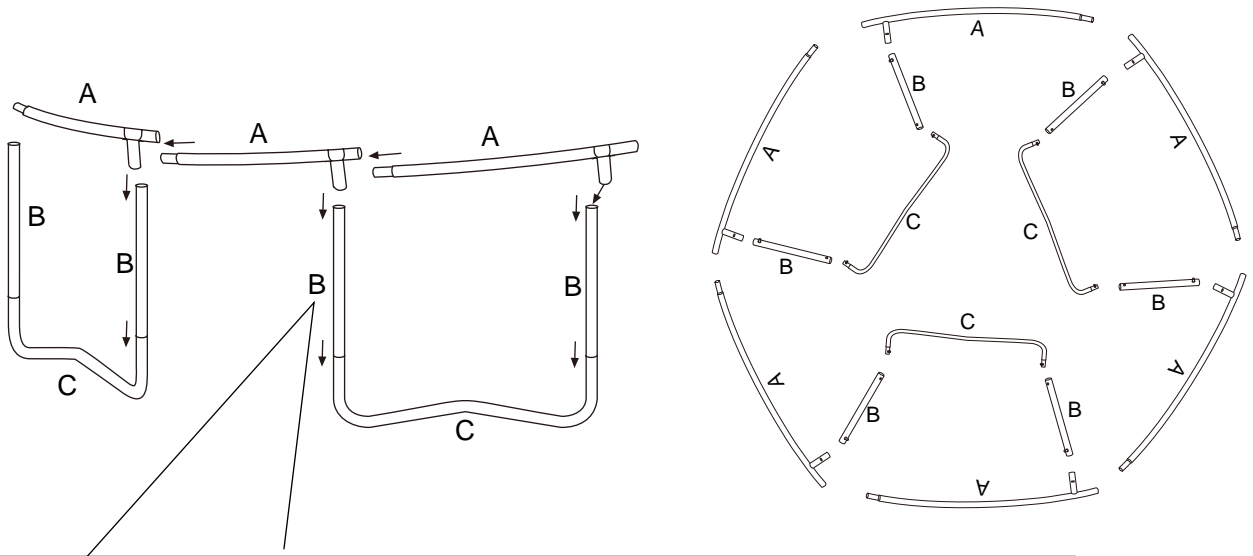
1.PARTS



ASSEMBLY INSTRUCTIONS

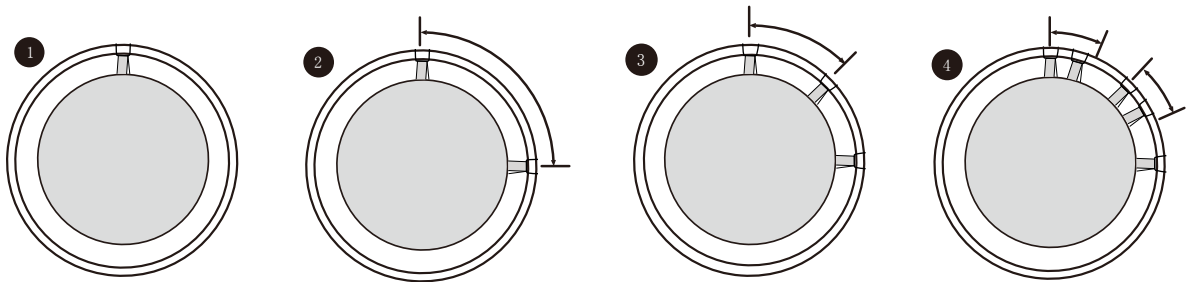
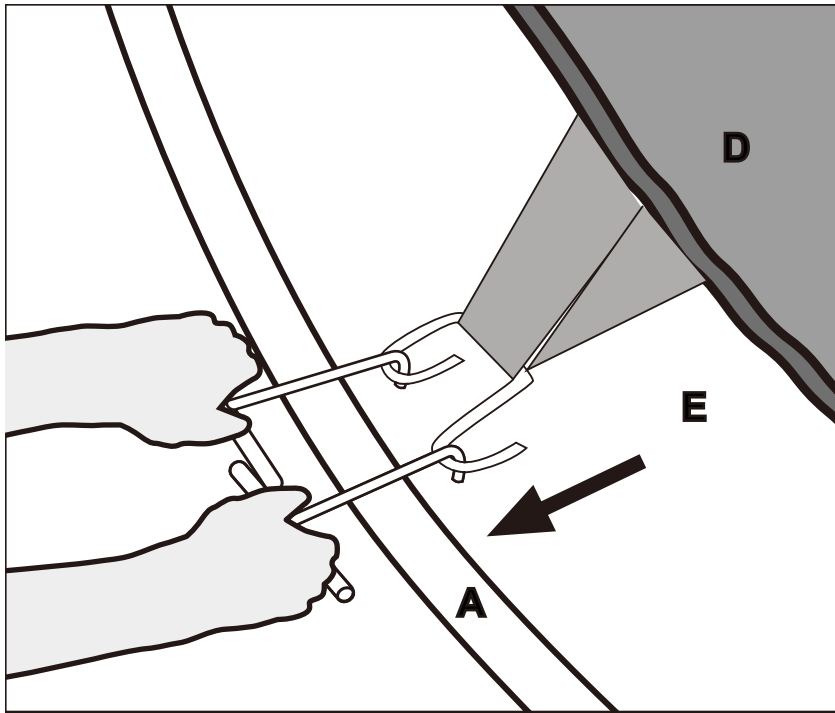
2. FRAME ASSEMBLY

8ft & 10ft--3 legs
12ft & 14ft --4 legs
16ft--6 legs

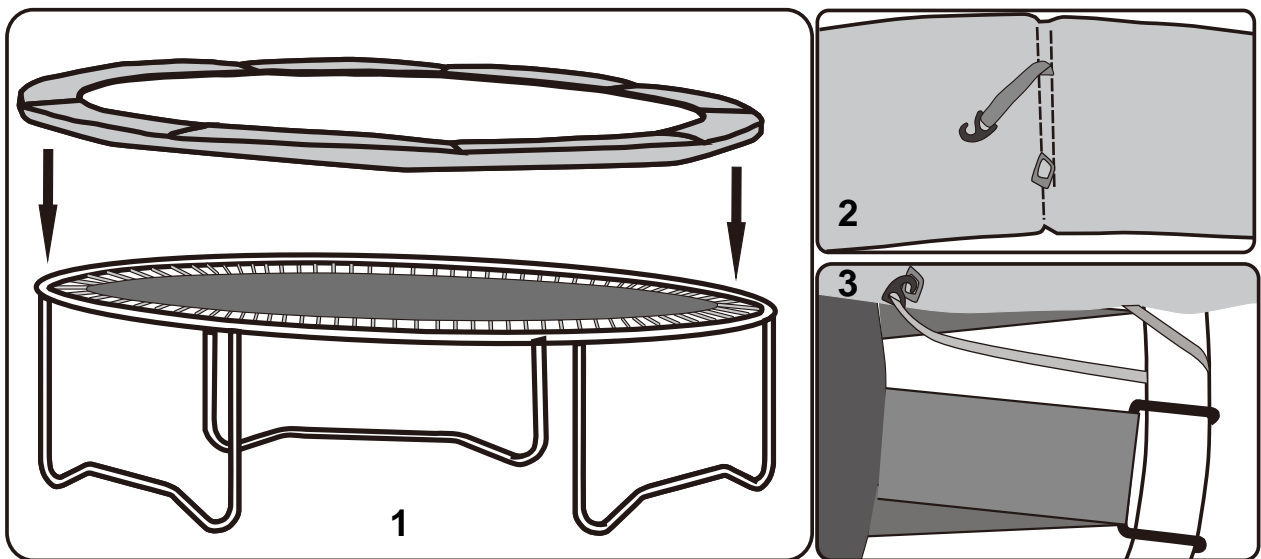


ASSEMBLY INSTRUCTIONS

3. MAT ASSEMBLY



4. FRAME COVER ASSEMBLY



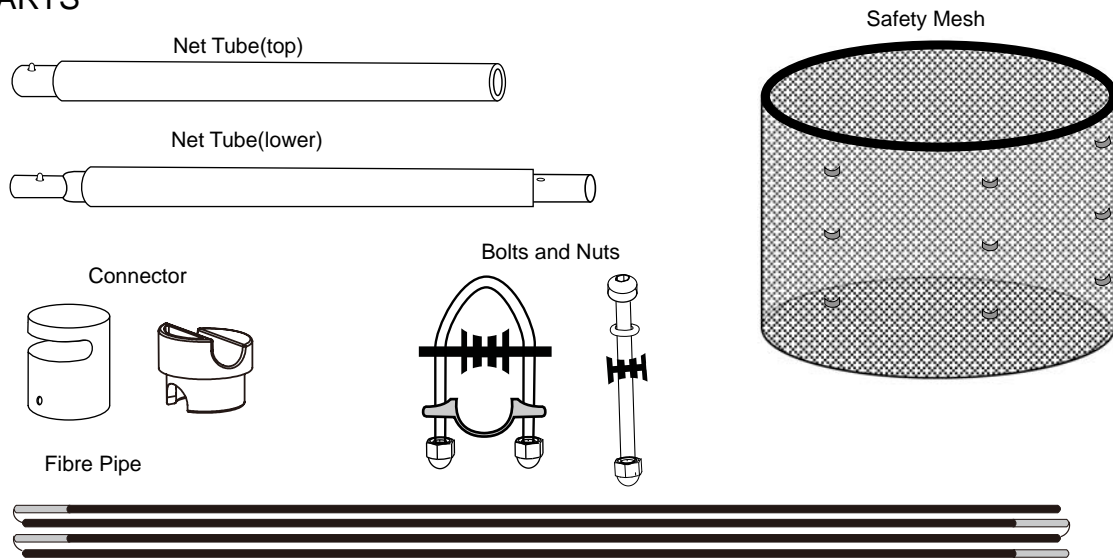
ASSEMBLY INSTRUCTIONS

SAFETY MESH ASSEMBLY INSTRUCTIONS

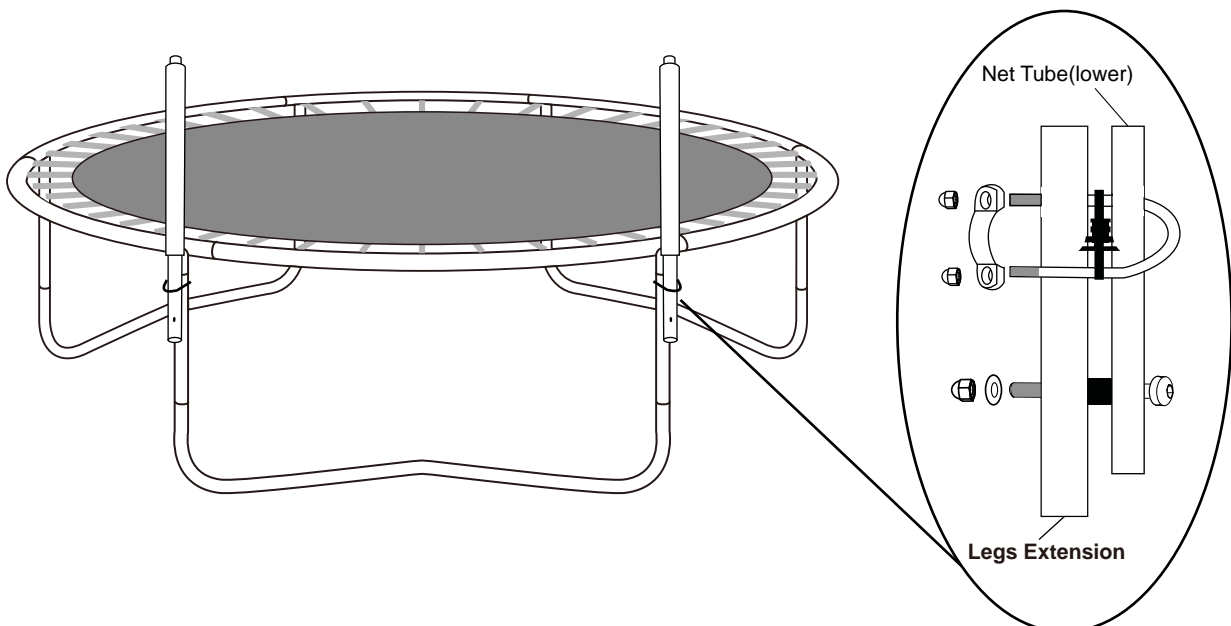
Specifications of the Safety Mesh

MODEL	8'	10'	12'	14'	16'
Net Tube(top)	6	6	8	8	12
Net Tube(lower)	6	6	8	8	12
Safety Mesh	1	1	1	1	1
Connector	6	6	8	8	12
Bolts and Nuts	6	6	8	8	12
Fibre Pipe	1	1	1	1	1

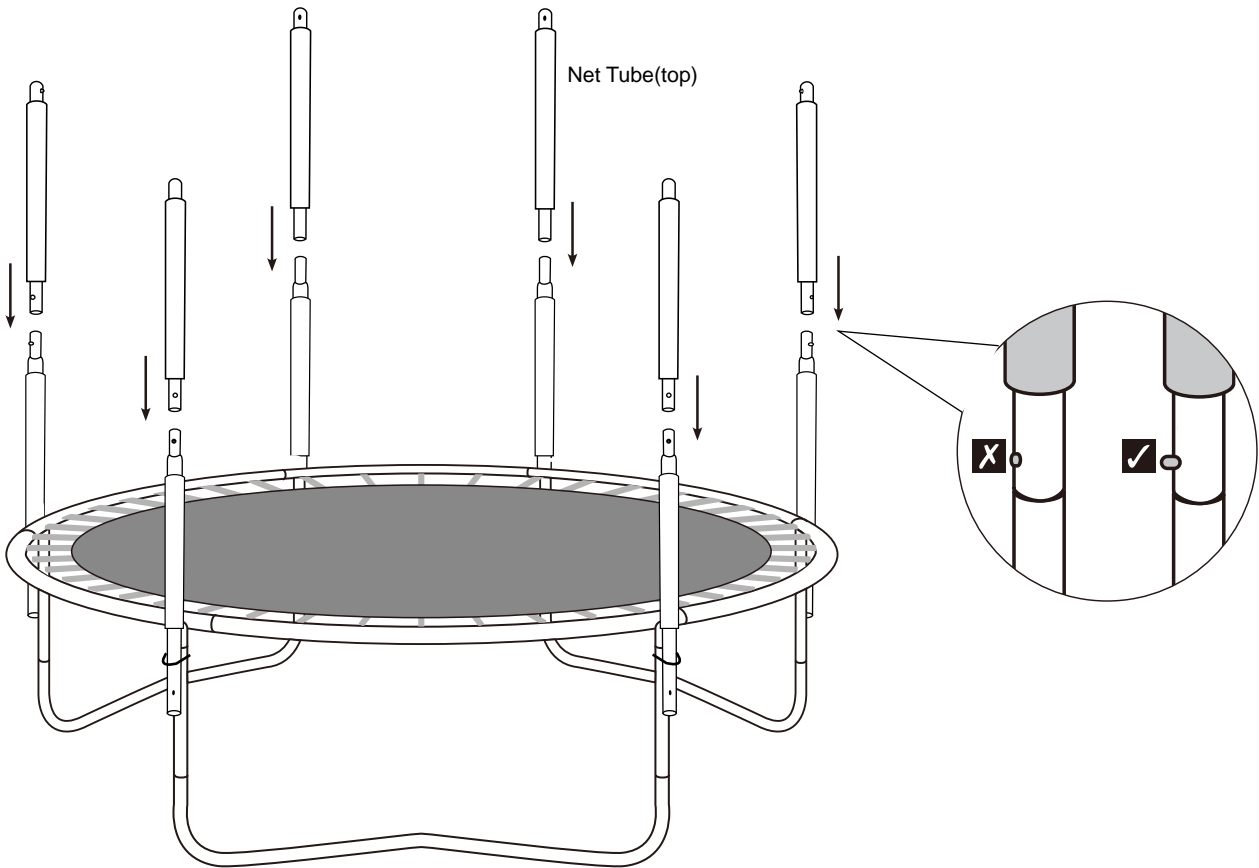
1.PARTS



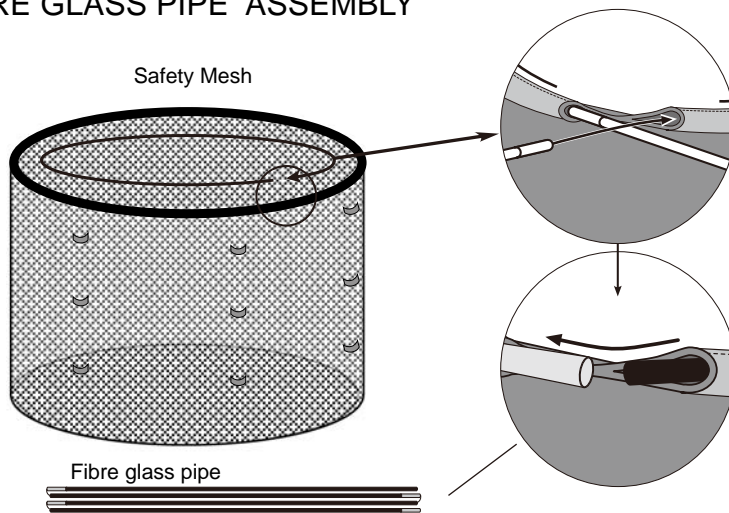
2.NET TUBE ASSEMBLY



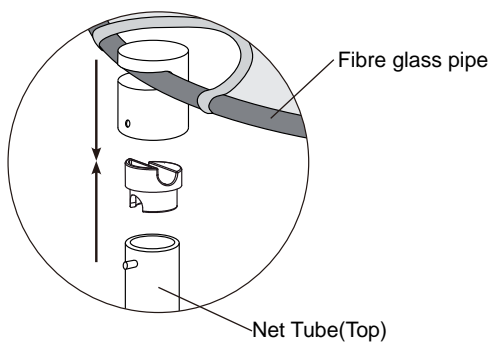
ASSEMBLY INSTRUCTIONS



3.FIBRE GLASS PIPE ASSEMBLY

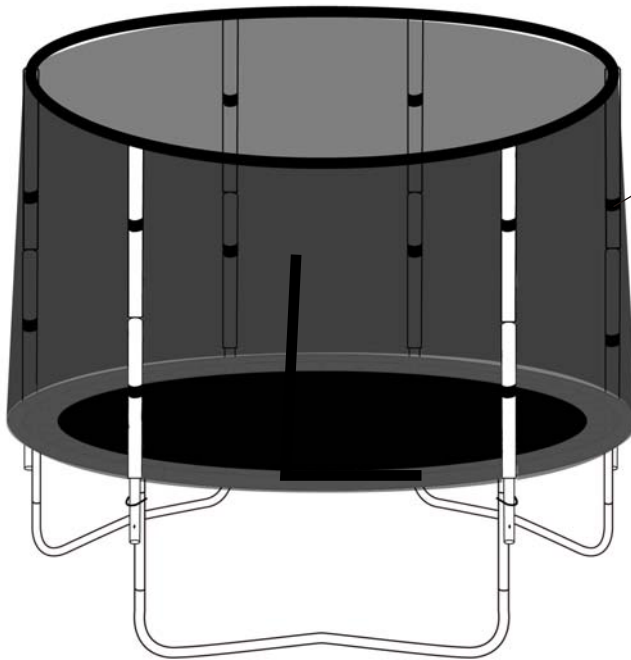


4.NET TUBE(TOP) CONNECT NET



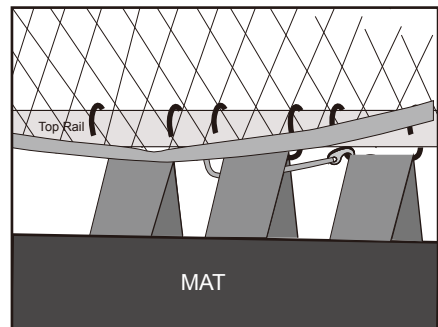
ASSEMBLY INSTRUCTIONS

4.SAFETY MESH ASSEMBLY



STICKER THE VELCRO AROUND THE TUBE

FASTEN THE NET



NOTE : PLEASE MAKE SURE THE WARNINGS ON PAD SHOULD FACE THE NET DOOR WHEN YOU ASSEMBLE THE SAFETY MESH ,.

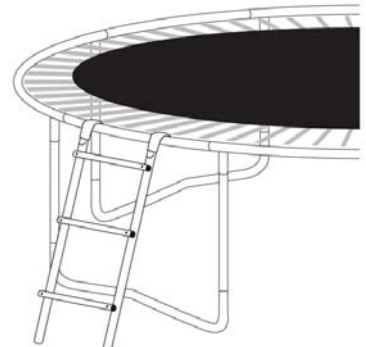
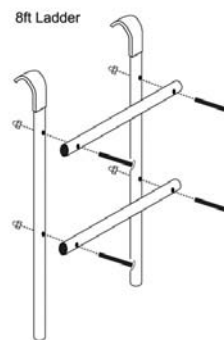
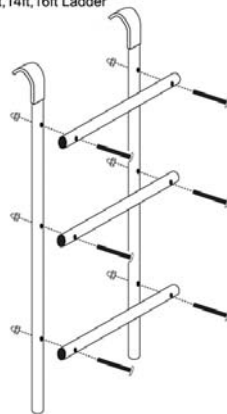
LADDER ASSEMBLY INSTRUCTIONS

Screw M6*55mm



10ft,12ft,14ft,16ft Ladder

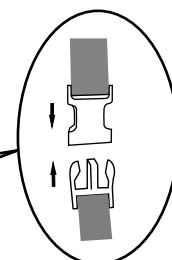
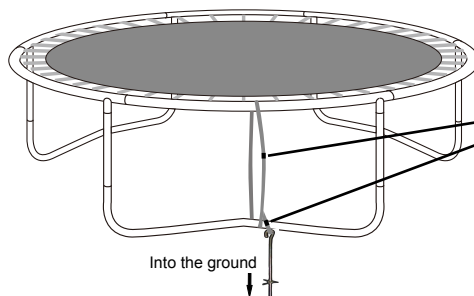
MODEL	8'	10'	12'	14'	16'
Screw(pcs)	4	6	6	6	6



ANCHOR ASSEMBLY INSTRUCTIONS



Anchor 2 pcs



WARNING!

In addition to the instructions and precautions provided with your trampoline, the following precautions must be observed while using the Trampoline Safety Enclosure.

- The metal frame of the trampoline enclosure will conduct electricity. Lights, extension cords, and all such electrical equipment must never be allowed to come in contact with the enclosure.
- Inspect the enclosure before each use. Make sure the straps and all parts are correctly and securely positioned and attached. Tighten any loose hardware. Replace any worn, defective, or missing parts.
- Wear comfortable clothing free of hooks, snaps, drawstrings for anything which or catch in the safety enclosure mesh, Remove jewelry, necklaces, and earrings.
- Climb on and off the trampoline only through the safety enclosure entrance and securely close entrance. Users, especially children, must not attempt to enter or exit between the trampoline frame and the enclosure. Doing this may pose a strangulation risk.
- Do not touch or rebound off the safety enclosure mesh while using the trampoline.
- Read all instructions and complete all assembly before using the safety enclosure.
- Use trampoline and trampoline enclosure only with mature, knowledgeable supervision.
- Adequate overhead clearance is essential. A minimum of 9.5m from ground level is recommended. 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, and other play areas. Maintain a clear space on all sides of the trampoline and trampoline enclosure. A minimum of six feet from frame edge is recommended.
- The trampoline is heavy and is under heavy tension. Three adults are required to set it up. Use appropriate clothing and shoes. Failure to follow these instructions may lead to injury or damage to the trampoline.
- Never set-up the trampoline in heavy rain, wind or storm conditions, especially lightning storms. It is recommended that the trampoline be taken apart and stored in bad weather.
- When moving the assembled trampoline, have at least four people evenly spaced around the frame (NSEW) to lift the trampoline off the ground.
- Place the trampoline and trampoline enclosure on a level surface before use.
- Use the trampoline and trampoline enclosure in a well-lit 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 owner and supervisors of the trampoline and trampoline enclosure are responsible to make all users aware of practices specified in the "Use Instructions".
- The trampoline enclosure is only to be used as an enclosure for a trampoline and the trampoline must be of the appropriate size covered by the specific enclosure.
- Do not allow more than one person on the trampoline or inside the trampoline enclosure. Use by more than one person at the same time can result in serious injuries.
- Use trampoline and trampoline enclosure only with mature, knowledgeable supervision.
- Trampolines over 20 inches (51cm) tall are not recommended for use by children under six years of age.
- Never set-up the trampoline in heavy rain, wind or storm conditions, especially lightning storms. It is recommended that the trampoline be taken apart and stored in bad weather.
- When moving the assembled trampoline and trampoline enclosure have at least four people evenly spaced around the frame (NSEW) to lift the trampoline off the ground.
- Inspect that trampoline and trampoline enclosure before each use. Make sure that frame cover, barrier and, enclosure support padding are correctly and securely positioned. Replace any worn, defective, or missing parts.

WARNING!

- The metal frame of the trampoline will conduct electricity. Lights, extension cords, and all such electrical equipment must never be allowed to come in contact with the trampoline.
- Wear comfortable clothing. Remove jewelry, necklaces, and earrings. Wear clothing free of draw strings, hooks, loops or anything that could get caught in the barrier.
- Enter and exit the enclosure only at the enclosure door or barrier opening designated for that purpose. It is a dangerous practice to jump from the trampoline to the ground or floor when dismounting, or to jump onto the trampoline when mounting. Do not use trampoline as a springboard to other objects.
- Avoid bouncing too high. Stay low until bounce control and repeated landing in the center of the trampoline can be accomplished. Control is more important than height.
- 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 six years of age.
- For additional information concerning the trampoline equipment, contact the manufacturer.
- 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.
- Do not intentionally bounce off the barrier.
- Do not attempt to jump over barrier or attempt to crawl under barrier.
- Do not hang from, kick, cut or climb on barrier.
- Do not attach anything to the barrier that is not manufacturer approved accessory or part of the enclosure system.

For Recreational Use ONLY

Not for Professional Use.

Weight Limit for Trampoline User is 100kgs (220lb).

MAINTENANCE

Inspect the trampoline and trampoline enclosure before each use and replace any worn, defective, or missing parts.

The following conditions could represent potential hazards:

1. Missing, improperly positioned, or insecurely attached frame padding, barrier or enclosure support system (frame) padding and pole caps.
2. Punctures, frays, tears, or holes worn in the bed or frame padding, barrier or enclosure support system (frame) padding and pole caps.
3. Deterioration in the stitching or fabric of the bed or frame padding, barrier or enclosure support system (frame) padding and pole caps.
4. Ruptured springs or bands.
5. A bent or broken frame or support system.
6. A sagging barrier or bed.
7. Sharp protrusions on the support (frame) or suspension system.
8. Loosened or missing hardware.

EXERCISE INSTRUCTIONS

FUNDAMENTAL BOUNCES

STANDING BOUNCE



1. Start in the center of bed, feet shoulder-width apart, arms at side, eyes on end of bed.
2. As you jump from trampoline, arms come up and forward, circling outward and back to side as you again contact bed. Bring feet together, toes pointed, in the air, feet shoulders-width apart again as you contact bed. Arms need never go above your shoulders or behind your body.

KNEE BOUNCE



1. First, assume kneeling position in center of bed, **back straight**, eyes on end of bed.
2. Pump your way to your feet by bouncing, using your arms as in standing bounce.
3. Duplicate position from a low bounce

HANDS & KNEE DROP



1. First, assume position shown in illustration, keeping head up, eyes on end of bed.
2. Duplicate position from a low bounce. Keep your hands as close to your knees as shown in illustration.

FRONT DROP



1. First, assume position of hands and knees bounce. Begin to bounce slightly in this position, then kick legs back, land on stomach, taking some weight on bent forearms as shown in illustration. Make sure you **kick backwards, do not go forward**, and return to hands and knees position.
2. Try from a low bounce, **kicking backwards**, making your belt land where your feet were.

SEAT DROP



1. First, assume sitting position in center of bed, legs spread wide, and hands on bed, leaning slightly forward.
2. Duplicate this position from a low bounce. To come to your feet again, be sure to lean forward and press bed with your hands.

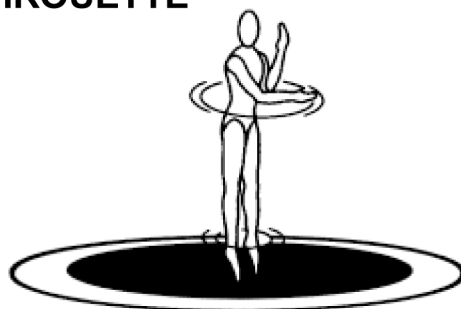
EXERCISE INSTRUCTIONS

BACK DROP



1. Lie on your back on bed, spread your legs slightly and raise them about 45 degrees from the surface of the bed, raise your arms to corresponding angle, raise head and look at end of trampoline. This is your landing position.
2. Try cautiously from a low bounce, making sure you do not lose sight of end bar of trampoline at any time. Weight should be taken more on your shoulders than on your hips.

PIROUETTE



HALF PIROUETTE:

Done like a standing bounce, but at **top of bounce**, swiftly turn head and search for opposite end of trampoline. Do not travel. Land on feet.

FULL PIROUETTE:

Done as above, but continue around, until a complete circle has been made. Spot by looking for end bars as you complete trick.

TUCK POSITION



Done like a standing bounce, but at **top of bounce**, bring knees to chest and grasp with arms. Then lower feet to contact bed.

PIKE POSITION



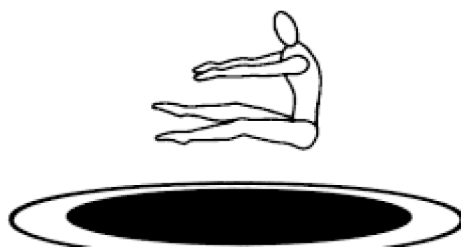
Done like a standing bounce, but at **top of bounce**, keeping knees locked and toes pointed, raise legs as illustrated, then lower feet to contact bed.

LAYOUT POSITION



Done like a standing bounce, but at **top of bounce**, stretch slightly, arching back, and momentarily looking skyward.

STRADDLE POSITION



Done like pike bounce, but with legs spread as widely as is comfortable. Reach for your toes!

CLEANING

Do not use any abrasive cleansers for the cleaning. Use a soft, damp cloth to eliminate dirt and dust.

DISPOSAL ADVICE

Packaging:

This product is delivered with a packaging, to protect it from damages during transport. The packaging materials are made of raw materials, which are recyclable. Please dispose of these materials according to material type.

If you want to dispose of the products, dispose according to regulations in your area. Refer to your municipal institution for further information.

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.lifespanonline.com.au/Warranty-Policy>

CONTACT US

Please visit our website at: www.lifespanonline.com.au

Email us at: info@lifespanfitness.com.au

This manual may be subject to change. Please view our website www.lifespanonline.com.au for the most recent version of this manual