

User's Manual for Trampolines



ZUPAPA TRAMPOLINE

Read all precautions and instructions in this manual before using this equipment.

Trampolines are not recommended for children under 6 years of age.

This enclosure is to be used only with the enclosed trampoline.

This trampoline is not for commercial use.

Save the manual for future reference.



Attention:

If you find that there's any problem with our product, please contact us without any hesitation before you use it. We will answer your questions and resolve your problems within 36 hours.

E-mail address: **official@zupapa.us**

Zupapa website: **www.zupapa.us**



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Attentions You Would Not Want To Miss

Trampolines, being rebounding devices, propel the user to unaccustomed heights and into a variety of body movements. 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.

Safety Information:

1. Do not use trampoline without adult or knowledgeable supervision.
2. Do not attempt or allow somersaults.
3. Do not use the trampoline when it is wet, damaged, dirty, or worn out.
4. Do not allow any jumpers start bouncing on the trampoline unless you inspect that it's in good condition.
5. Do not jump onto or off the trampoline.
6. Do not use a trampoline while under the influence of alcohol or drugs.
7. Do not allow any activity underneath the trampoline.
8. Do not place trampoline on concrete floors, hard ground (i.e. rock) or slippery surfaces and do not use indoors.
9. Do not bounce on the trampoline for extended periods of time because fatigue can increase your chances of injury.
10. Do not wear hard soled shoes such as tennis shoes on the trampoline, as this will cause excessive wear on the mat material.
11. Do not smoke, eat or drink when using the trampoline.
12. Do not consume any alcohol or drugs when using this trampoline.
13. Do not have chewing gum, sweets etc in the mouth when using the trampoline.
14. Do not step directly onto the frame padding or grasp the frame padding.
15. Do not dismount by jumping off the trampoline and landing on the ground, regardless of the makeup of the ground.
16. Do not bounce recklessly on the trampoline since this will increase your chances of getting injured.
17. Do not jump or step onto the frame padding directly since it was not intended to support the weight of a person.
18. Do not try difficult maneuvers until you have mastered the previous maneuver, or if you are just learning how to jump on a trampoline.
19. Do not use the trampoline if there are pets, other people, or any objects underneath the

trampoline.

20. Do not hold any foreign objects in your hand.
21. Do not place any objects on the trampoline while anyone is playing on it.
22. Do not use the trampoline as a device to bounce onto or into another object.
23. Do not have more than 1 person on the trampoline at any one time.
24. Do not use the trampoline without attaching the frame padding. Properly tie down the frame padding before each use.
25. Do not just secure the legs of the trampoline to the ground because they can pull out the frame sockets.

Where To Place My Trampoline?

Make Sure the Trampoline Size You Need

1. The size of your trampoline should fit with your garden, measure your garden to check out the exact numbers.
2. The trampoline you buy should have at least 2.5 meters of clear spacer around it.
3. If you have an enclosure, the spacer asks for at least 1 meter.
4. In terms of horizontal clearance, please ensure that no hazardous objects are near the trampoline such as tree parts, other recreational objects (i.e. swing sets, swimming pools), electrical power wiring, walls, fences, etc.

Put Your Trampoline On A Level Surface

1. The trampoline should put on the level ground to make sure the user's safety.
2. On level ground, the user could get the most power bounce from it.
3. Never place your trampoline on a hill or somewhere is sloping. There is more sloping, there is more dangerous the jumper will have.
4. If your ground is a little uneven, please adjust to make sure the trampoline in good balance.

The Lawn Should Be An Admirable Place

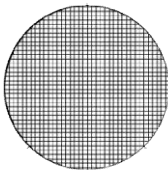
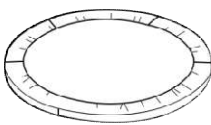



1. The lawn is soft, so that it can protect users from injuries in case they fall.
2. The lawn could deduce the impact energy.
3. The ground like driveway, asphalt or concrete, are not good places to put your trampoline, for they're too hard.
4. The lawn could provide traction. When you use the trampoline, the lawn could keep the




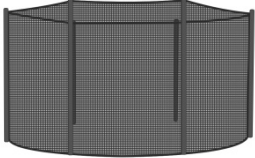
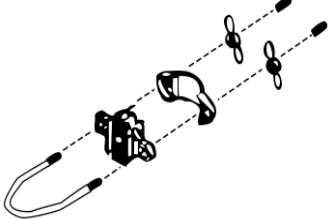

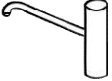


trampoline stable and firm from sliding with the user.



Adequate Overhead Clearance Is Essential

1. Make sure there is no obstacle above your trampoline, such as tree limbs, where is no leaves or bird droppings fall on it.
2. For the jumper's safety, please away from tree limbs, porch overhangs , electrical wires or other possible hazards.
3. The minimum overhead clearance required is 24 feet (7.3 meters).
4. Use the trampoline in a well-lighted area.

Zupapa® Trampoline Specifications

Part Number	Part image	Description	Quantity
#1		Trampoline Mat, Stitched with V-Rings	1
#2		Frame Padding	1
#3		Top Rail with Leg Sockets	3
#4		Top Rail	3
#5		Leg Base	3

#6		Vertical Leg Extension	6
#7		Steel Upper Net Pole with Foam Pad	6
#8		Steel Lower Net Pole	6
#9		Safety Net	1
#10		Clamp Set	12
#11		Galvanized Springs	60
#12		Spring Loading Tool	1
#13		Steel Ladder	1
#14		Trampoline Rain Cover	1

#15		Lawn Stake for Trampoline	3
#16		Slip-resistant Parts for Base Legs	6

Size: 10FT

Maximum Weight Capacity: 330 LBS(150 KGS)

How to Assemble My Trampoline?

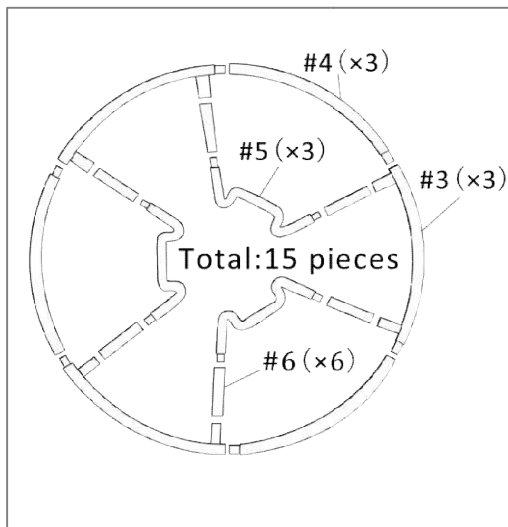
Prior To Assembling:

1. Please read the assembly instructions before beginning to assemble the product.
2. It is recommended that a minimum of 2 persons participate in the assembly of this product.
3. The assembly steps use these descriptions and numbers as reference for your convenience.
Make sure that you have all parts listed.
4. To assemble this trampoline all you need is the special spring loading tool provided with this product.
5. To prevent any injuries to your hands from pinch points during assembly, please use gloves to protect your hands.
6. Keep springs dry as wet springs are very slippery.
7. During periods of non-use, this trampoline can be easily disassembled and stored.

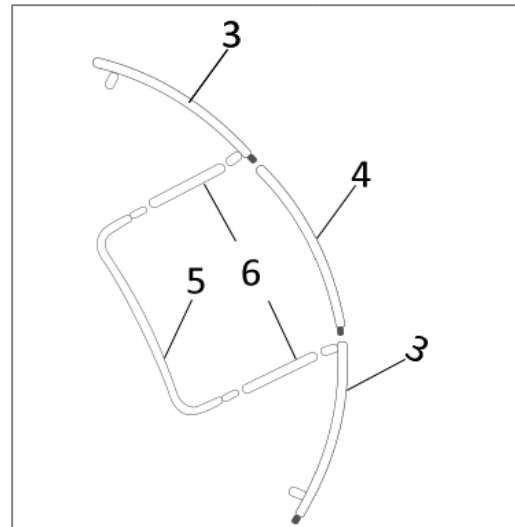
Assembly Instructions:

STEP 1- Frame Layout

10' FT(3 Legs)

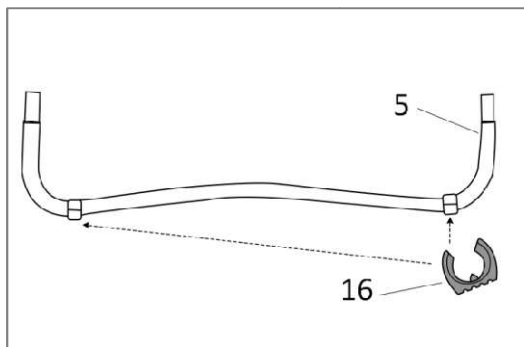


All parts with the same part number are interchangeable and have no "right" or "left" orientation.

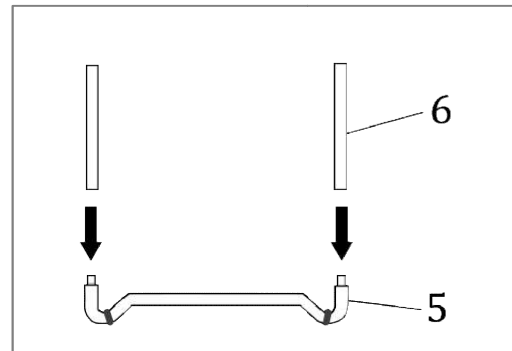


To connect the parts, simply slide a section (male) tubing that is smaller on one end into the adjacent section (female) that has a larger opening. These joints are called "connector points".

STEP 2- Support Assembly

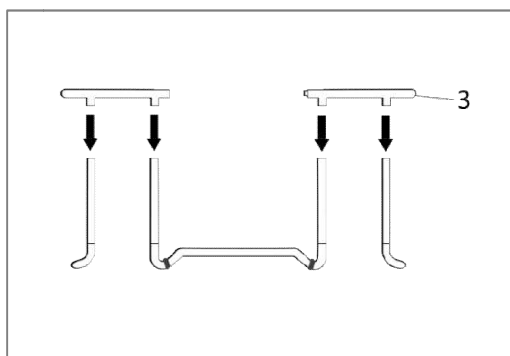


Put these slip-resistant parts (#16) onto the two sides of the Leg Base (#5)

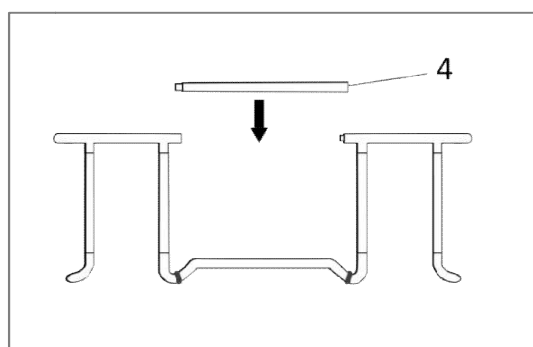


Slide all Vertical Leg Extensions (#6) onto the Leg Base (#5) as shown.

STEP 3-Top Rail Assembly



1. Two people will be necessary at this point to assemble the trampoline. One person lifts the Support Assembly from step 2 to a standing (vertical) position and inserts one of the sockets of the Top Rail with Sockets (#3) into the Vertical Leg Extension portion of the Support Assembly. The other person holds the other end and inserts that portion into the other Support Assembly as shown. You should now have 2 Support Assemblies held together by 1 Top Rail with Socket.



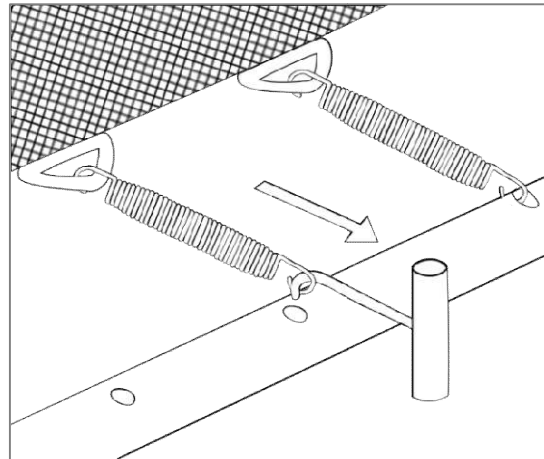
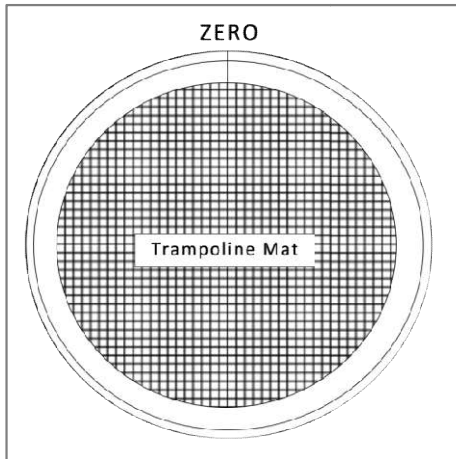
2. Now, install the top rails (#4) into the gaps between the vertical leg extensions (#6) by inserting them into the slots as shown.

STEP 4 - Spring Loading Instruction & Attaching the Jumping Mat to the frame

WARNING: Failure to follow instructions may result in damaged springs or frame warping/displacement. The trampoline is under heavy tension, more effort may be required to attach springs to the frame as you go on. Springs should be attached as per instruction below:

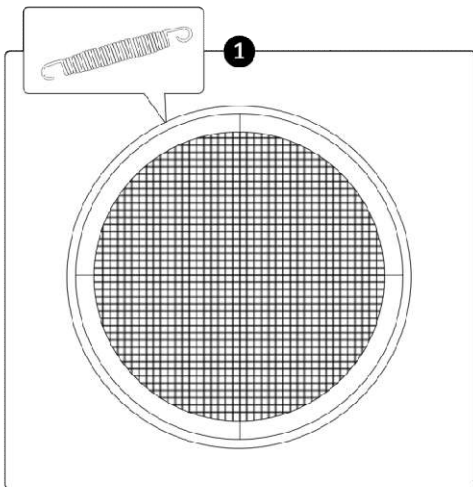
- Use the special spring loading tool (#12) included.
- Make sure all springs (#11) hooks face down.
- All warning labels must be facing upwards.
- Spring hooks must be pushed securely into the frame holes.
- Keep springs dry as wet springs are very slippery.

- Wear heavy duty working gloves to protect your hand and avoid pinch your fingers.

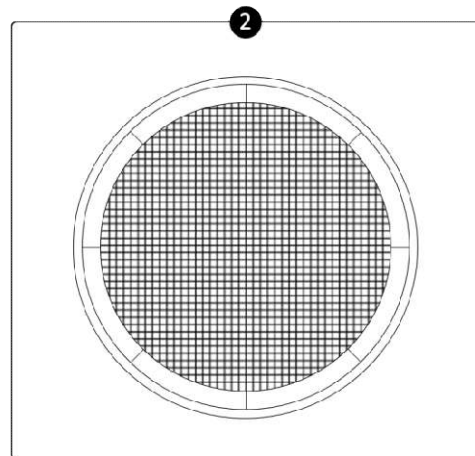


Lay the jumping mat (#1) inside the frame with warning labels facing up. Attach a spring into one of the triangle rings on the mat, then attach spring with ring to frame.

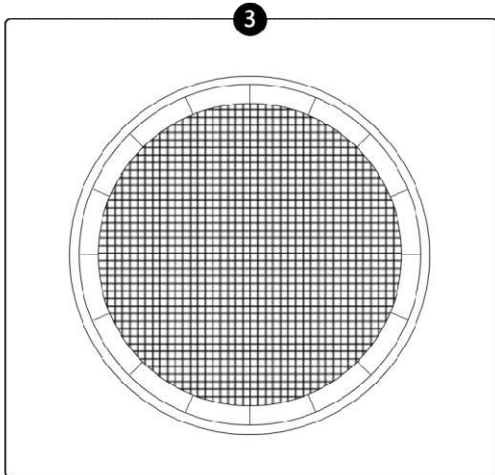
Use the spring loading tool (#12) to attach a spring (#11) with spring hooks face down to the v-ring of the mat and to the aligned hole of the main frame.



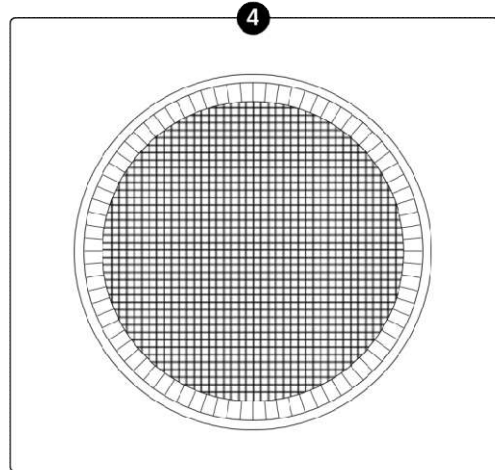
Drop hook into frame hole until it latches on completely and tap it down if hook is not completely in the hole.



Springs under heavy tension may require adjacent springs to be attached every four or five holes, making the springs tension averagely distributed.



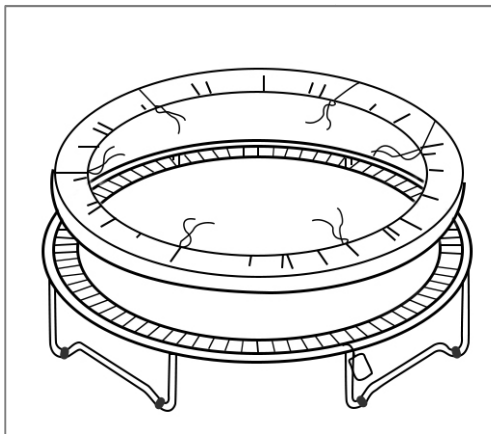
If you notice that you have skipped a hole and v-ring connection, recount and remove or attach any spring required to maintain the count of springs.



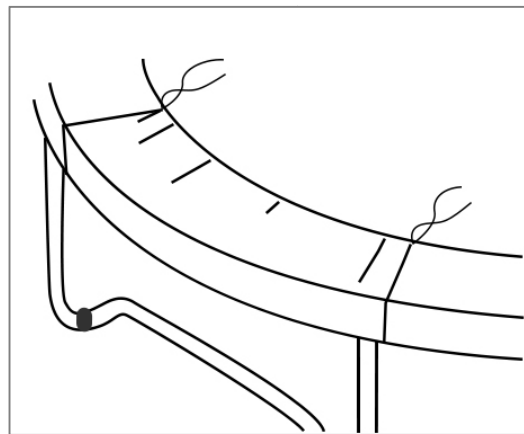
Attach the remaining springs until all the spring are placed on the frame and secured firmly.

STEP 5-Frame Padding Assembly

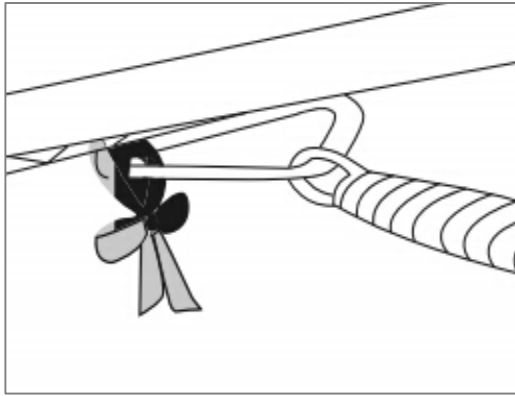
WARNING: Never use the trampoline without attaching the frame padding. Properly tie down the frame padding before each use. Do not use trampoline even if one spring or v-ring is damaged or missing.



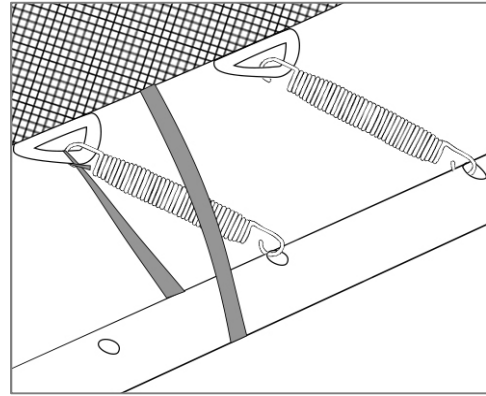
Lay the Frame Padding over the trampoline so that the springs and the steel frame are covered. Please ensure that the Frame Padding covers all metal parts.



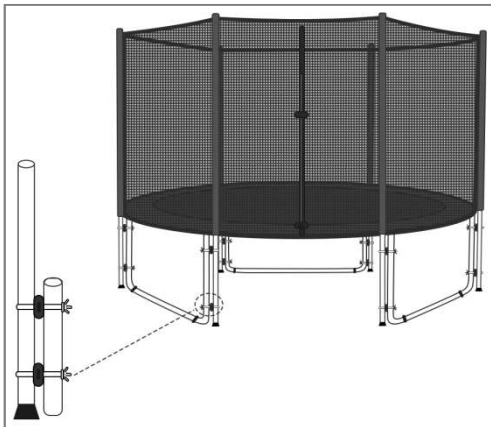
Tie the strap located at the under side of the frame pad to the frame.



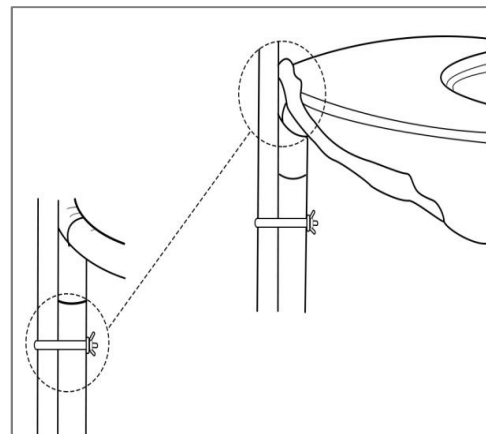
Tie all black webbings which sewn on the inner arc of padding to steel "V" rings.



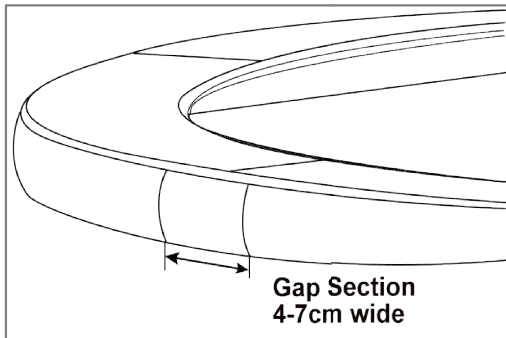
Attach the hook of the elastic strap to the V-ring rounding the outside of the top rail frame.



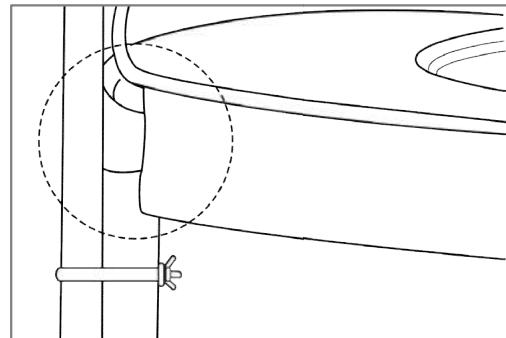
Important tips for avoiding tearing the pad. Our trampoline have spacer between the trampoline vertical tube and enclosure tube, to allow some gap between two tubes for the pad flap.



If there is no spacer (no gap) between two tubes of your trampoline, to avoid tearing the pad, place the pad on the trampoline and keep the flap up around the poles.



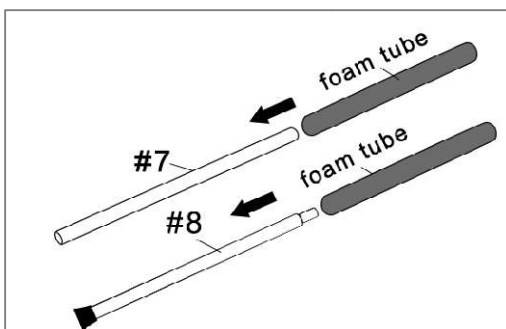
Cut a small gap section on pad's flap around the pole.



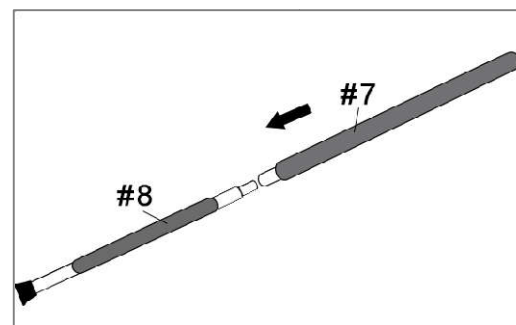
Fold the small gap section to make sure that it won't be jammed between the two tubes.

STEP 6 -Net and Poles Assembly

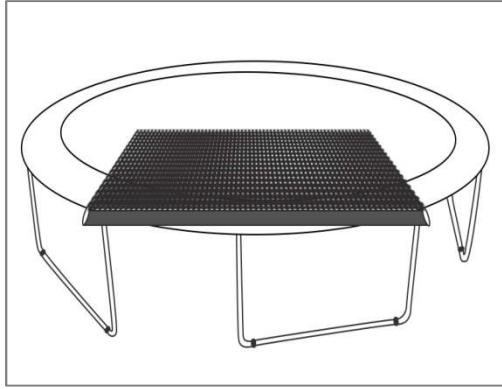
WARNING: Two adults in good physical condition are required for the following assembly.



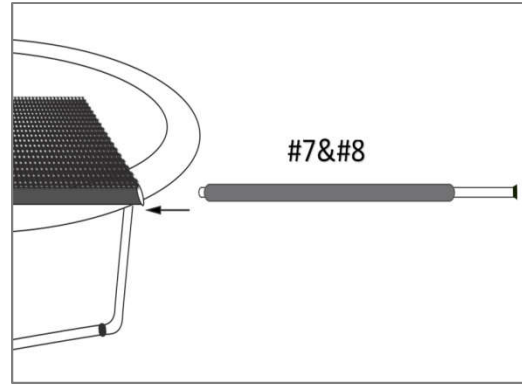
Starting from the foam tube, slide foam tube over pole assembly as shown. Repeat with remaining poles. We've done this step for you.



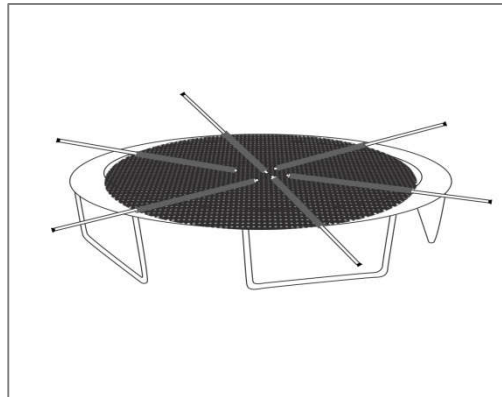
Slide upper pole onto lower pole. Repeat with remaining poles.



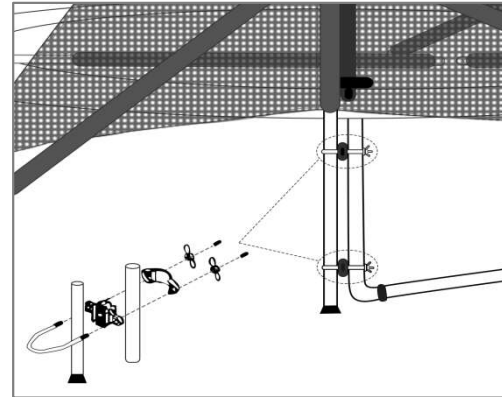
Place the safety enclosure mesh on trampoline tidily as shown ready for next step.



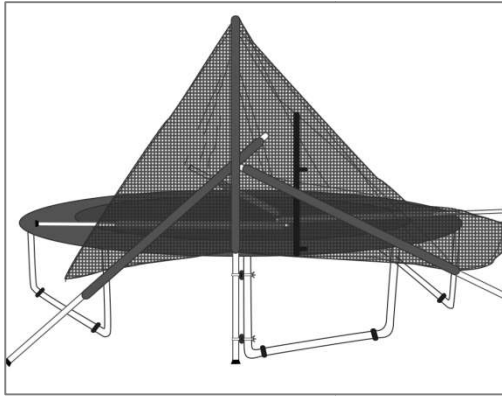
Slide the pole with foam into safety enclosure mesh pole jacket in turn.



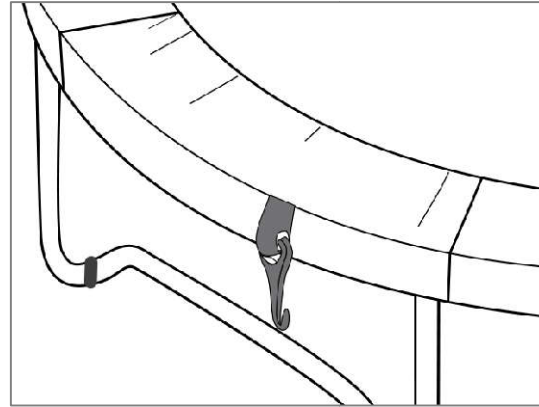
Repeat with remaining until make all poles jacketed firmly.



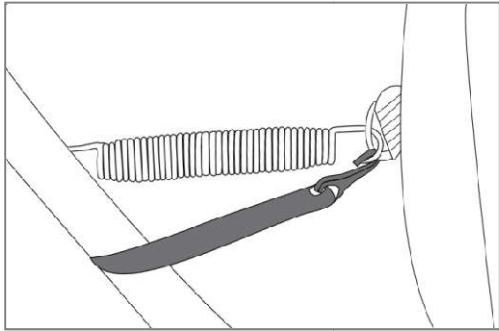
Carry gathered mesh/poles (#7) to chosen entrance site on trampoline. Assign at least one person to hold gathered mesh/poles. Bring entrance pole to one leg and hold in place. Firmly clamp the lower pole (#8) to the upper and the end of the trampoline leg (#6).Then fasten the quick clamp by wrenching on the bolt.



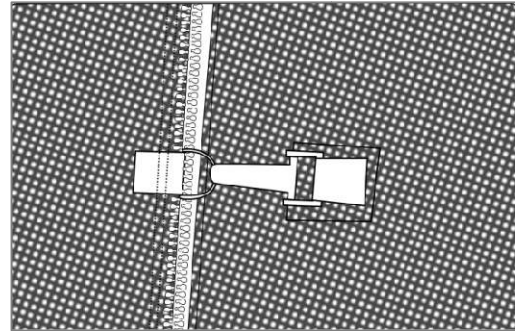
After succeeding in the first pole, repeat with remaining orderly.



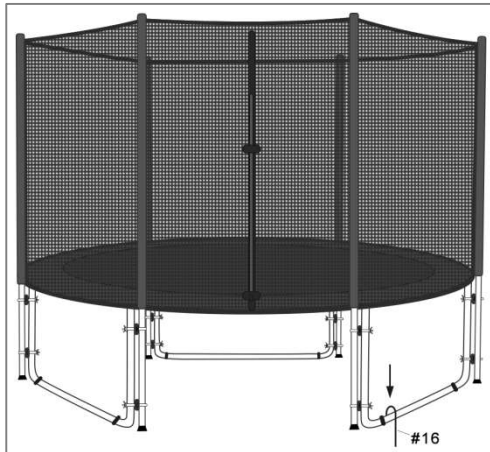
Working clockwise, poles go on alternating legs until you reach the entrance area. Safety enclosure mesh hook when released as shown.



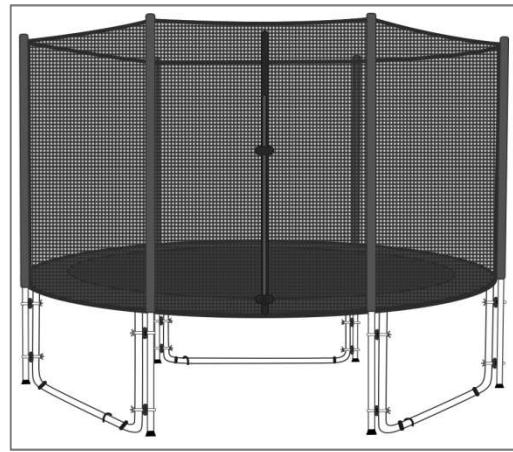
Attach the hook to the nearest triangle ring of mat. do not attach to the springs!



Ending at the entrance slide fastener and hooks. Responsible adult supervisor, must re-zip the slide fastener and re-hook all the hooks securely before jumping begins.



Get the leg base (#5) stuck on the ground by inserting the lawn stake (#16) into the lawn, to avoid the risk of accidents occur. Every leg base (#5) has one lawn stake to fix.



Congratulations! Your trampoline safety enclosure is now complete!

How To Use My Trampoline?

Information On Use Of the Trampoline

1. All jumpers need to be supervised, regardless of skill level or age.
2. Remove all hard and sharp objects (inc jewelers) from person before using trampoline.
3. To mount properly, you should place your hand on the frame and either step or roll up onto the frame, over the springs, and onto the trampoline mat. Do not step directly onto the frame padding or grasp the frame padding in order to avoid injury.
4. To dismount properly, move over to the side of the trampoline and place your hand onto the frame as a support and step from the mat to the ground. Smaller children should be assisted when mounting and dismounting the trampoline.
5. Initially, you should get accustomed to the feel and bounce of the trampoline. The focus must be on the fundamentals of your body position and you should practice each bounce (the basic bounces) until you can do each skill with ease and control.
6. To break a bounce, all you need to do is flex your knees sharply before they come in contact with the mat of the trampoline. This technique should be practiced while you are learning each of the basic bounces. The skill of braking should be used whenever you lose balance or control of your jump.
7. Always be in control when you are bouncing on the trampoline. A controlled bounce is one when your take off point and landing point is the same spot on the mat. If you move up to

the next bounce without first mastering the previous, you increase your chances of getting injured.

8. To stop your bounce, flex your knees when you land on the mat with your feet.
9. Keep your eyes on the mat to maintain control. If you do not, you could lose balance or control.
10. Do not perform somersaults of any type (backwards or forwards) on this trampoline. If you make a mistake when trying to perform a somersault, you could land on your head or neck, which may result in death or paralysis.
11. Please be aware of what is overhead when you are playing on the trampoline. Tree parts, wires, or other objects located over the trampoline will increase your chances of getting injured.
12. A trampoline in poor condition will increase your risk of getting injured. Please inspect the trampoline before each use for bent steel tubes, torn mat, loose or broken springs, and overall stability of the trampoline.
13. Jumpers should wear appropriate clothing. Do not wear hard soled shoes, watch, jewelries or other accessories , as these will cause excessive wear on the mat material.
14. Only one user at a time. If you have multiple jumpers (more than one person on the trampoline at any one time), you increase the chance of getting injured. Injuries could occur when you fly off the trampoline, lose control, collide with the other jumper(s), or land on the springs.
15. 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 or springs. Always keep the frame padding covering the frame of the trampoline.
16. Keep all objects that could interfere with the jumper away from the trampoline. Be aware of what is overhead, underneath, and around the trampoline.
17. Please be aware of the weather conditions when using the trampoline. If the mat of the trampoline is wet, the jumper could slip and injure him or herself. If it is too windy, jumpers could lose control.
18. To prevent unsupervised and unauthorized use, the trampoline should be secured when not in use.

Tips To Reduce The Risk Of Accidents

1. Jumper's role in accident prevention

The key here is to stay in control of your jumps. Do not move onto more complicated and more difficult

maneuvers until you have mastered the basic, fundamental bounce. Education is also key to safety and very important. Read, understand, and practice all safety precautions and warnings prior to using the trampoline. A controlled jump is when you land and take off from the same location. For additional safety tips and instructions, contact a certified trampoline instructor.

2. Supervisor's Role in Accident Prevention

Supervisors need to understand and enforce all safety rules and guidelines. It is the responsibility of the supervisor to provide knowledgeable advice and guidance to all jumpers of the trampoline. If supervision is unavailable or inadequate, the trampoline should be stored in a secure place, disassembled to prevent unauthorized use, or covered with a heavy tarpaulin that can be locked or secured with lock or chains. The supervisor is also responsible to ensure that the safety placard is placed on the trampoline and that jumpers are informed of these warnings and instructions.

Lesson Plan

The following lessons are suggested in order to learn basic steps and bounces before moving onto more difficult, complicated bounces. Before actually getting on and using the trampoline, you should read and understand all safety instructions. A complete discussion and demonstration of body mechanics and trampoline guidelines should occur between the supervisor and student as well.

Lesson 1

1. Mounting and Dismounting - Demonstration of proper techniques.
2. The Basic Bounce-Demonstration and practice.
3. Braking (Check the Bounce) - Demonstration and practice. Learn to brake on command.
4. Hands and knees - Demonstration and practice. Stress should be on four- point landing and alignment.

Lesson 2

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

Lesson 3

1. Review and practice skills and techniques learned in previous lessons.
2. 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.
3. Start with a hands and knees bounce and then extend body into prone position, land on the mat and return to feet.
4. Practice Routine-Hands and knees Bounce, Front Bounce, back to feet, seat bounce, back to feet.

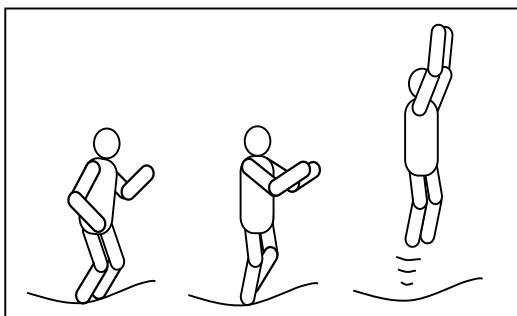
Lesson 4

1. Review and practice skills and techniques learned in previous lessons.
2. Half-Turn.
3. Start from front drop position and as you make contact with the mat, push off with arms in either the right or left direction and turn head and shoulders in same direction.
4. During turn, be sure to keep back parallel to mat and head up.
5. After completing turn, land in 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. Player one starts with a maneuver. Player two has to do Player One's maneuvered and adds on another. Player Three does the maneuvers of one and Two and then adds a third maneuver. it is important to perform your routines under control and not try difficult or highly skilled bounces that you have not yet mastered.

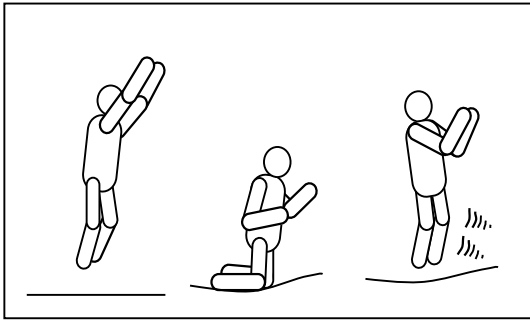
Basic Trampoline Bounces

The Basic Bounce



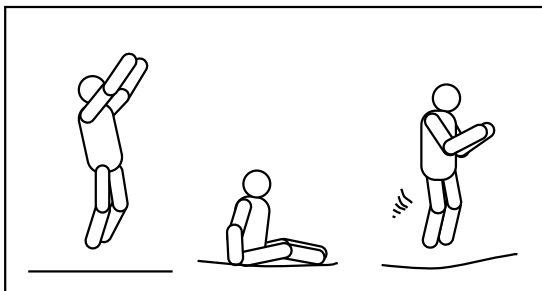
1. Start from standing position, feet shoulder width apart and with head up and eyes on mat.
2. Swing arms forward and up and around in a circular motion.
3. Bring feet together while in mid-air and point toes downward.
4. Keep feet shoulder width apart when landing on mat.

Knee Bounce



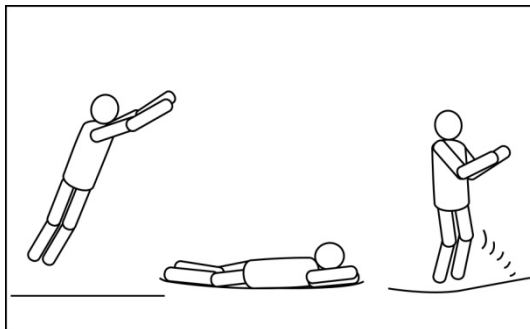
1. Start with basic bounce and keep it low.
2. Land on knees keeping back straight, body erect and use your arms to maintain balance.
3. Bounce back to basic bounce position by swinging arms up.

Seat Bounce



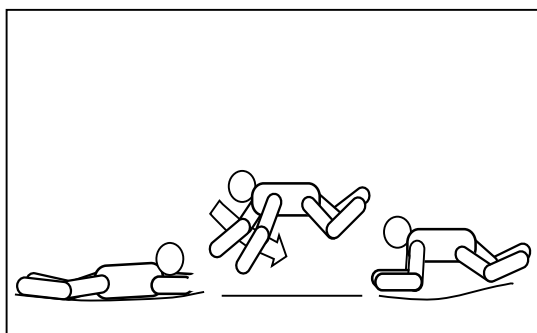
1. Land in a flat sitting position.
2. Place hands on mat besides hips.
3. Return to erect position by pushing with hands.

Front Bounce



1. Start with front bounce position.
2. Land in prone (face down) position and keep hand and arms extended forward on mat.
3. Push off the mat with arms to return to standing position.

180 Degree Bounce



1. Start with 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 and keep back parallel to mat and head up.
4. Land in prone position by return to standing position by pushing up with hands and arms.

How To Maintain My Trampoline?

Prior To Know About

1. All Zupapa® trampolines get TÜV certified. TÜV is German organization that work to validate the safety of products of all kinds to protect humans and the environment against hazards. As independent consultants, they examine products which require monitoring. All Zupapa® trampolines are German quality, safety assurance!
2. If proper care and maintenance is provided, it will provide all jumpers with years of exercise, fun, and enjoyment as well as reduce the risk of injury.

Keep Your Trampoline Clean

1. Please take care of your trampoline and keep it clean especially when anyone use it. Make sure there are no leaves, debris, mildew or bird droppings on it.
2. Every two weeks to wash your trampoline mat with garden hose is admirable.

Use The Rain Cover To Against UV Damage

1. Although Zupapa® trampoline's mat is UV-protected, it's much better to put the rain cover on it to prolong your trampoline's life when you not going to use it.
2. Replace it under a tree can help you to protect your trampoline from UV damage and remember to put the rain cover first to avoid cleaning the leaves or bird droppings.
3. If you need to move the trampoline, two people should be used. All connector points should be wrapped secured with weather resistant tape, such as duct tape.
4. When moving, lift the trampoline slightly of the ground and keep it horizontal to the ground. For any type of other move, you should disassemble the trampoline.

Choose The Right Way To Have Fun With It

1. This trampoline is designed to withhold a certain amount of weight and use. Please make sure that only one person at any one time uses the trampoline.
2. Jumpers should either wear socks or be barefoot when using the trampoline.
3. In order to prevent the trampoline mat from getting cut or damaged please do not allow any pets onto the mat. Also, jumpers should remove all sharp objects from their person prior to using the trampoline.
4. If you also have a grill, please keep your trampoline away from it.

Windy Conditions

1. In severe wind situations, the trampoline can be blown about. If you expect windy weather conditions, the trampoline should be moved to a sheltered area or disassembled.
2. Another option is to tie the round, outside portion (top frame) of the trampoline to the ground using ropes and stakes. To ensure security, at least three (3) tie downs should be used.
3. Do not just secure the legs of the trampoline to the ground because they can pull out the frame sockets.

Use Trampoline In Winter

1. If you don't plan to use it in winter, please put the rain cover on and put it in a dry place. The outdoor place is OK.
2. You can also disassemble your trampoline and store it indoor during the winter.
3. If you want to use it in winter, keep it clean regularly. The rain cover also recommended when you don't use it.

Be Aware Of The Conditions Below

Always inspect the trampoline before each use for worn, abused or missing parts. A number of conditions could arise your chances of getting injured. Please be aware of:

1. Punctures, holes, or tears in the trampoline mat.
2. Sagging trampoline mat.
3. Loose stitching or any kind of deterioration of the mat.
4. Bent or broken frame parts, such as the legs.
5. Broken, missing, or damaged springs.
6. Damaged, missing, or insecurely attached frame padding.
7. Protrusions of any types (especially sharp types) on the frame, springs, or mat.

If you find any of the previous conditions, or anything else that you feel could cause harm to any user, the trampoline should be disassembled or secured from use until the condition(s) has been resolved.

The Warranty Of Zupapa® Trampoline

The limited warranty applied to our product and time frame, beginning from the original date of purchase:

1. 6 months warranty for trampoline pad and enclosure nets.
2. 1 year warranty for jumping mat and springs.
3. 3 year warranty for trampoline frame.
4. A replacement for any defective part will be supplied free of charge.

This warranty does not cover damages that associates with weather related damages, damages due to improper assembly, misuse, excessive weight and improper maintenance and storage.

This Warranty Is Valid Only In The United States!

Contact Us

If you have any question want to contact us, you could send us email directly: official@zupapa.us

Attention: We usually reply you in 36 hours. If there is no reply from us, that might be assigned to Spam because of your mail box setting. Please do check your Spam mail box!

If you have bought a Zupapa® trampoline, and get a question about the trampoline. You could contact the dealer directly. We have authorized dealers to deal with after-sales issues of Zupapa® products.

Zupapa® Trampoline Enjoy Upper Happy Time

Zupapa® trampoline has got highly recommendations from our customers, for our quality products and excellent services, and we will carry on the customer-satisfaction policy and go further. As for us, your satisfaction is the highest priority.

It's exactly our honor to have the chance to introduce ourselves again to you. We've been focusing solely on offering top quality products.

As you know, all Zupapa® trampolines get TÜV certified. Take Zupapa® trampoline home, take safe entertainment for your family. TÜV is German organization that work to validate the safety of products of all kinds to protect humans and the environment against hazards. As independent consultants, they examine products which require monitoring. All Zupapa® trampolines are German quality, safety assurance!

Thanks for your interest. Wish you enjoy the upper happy time with our products.