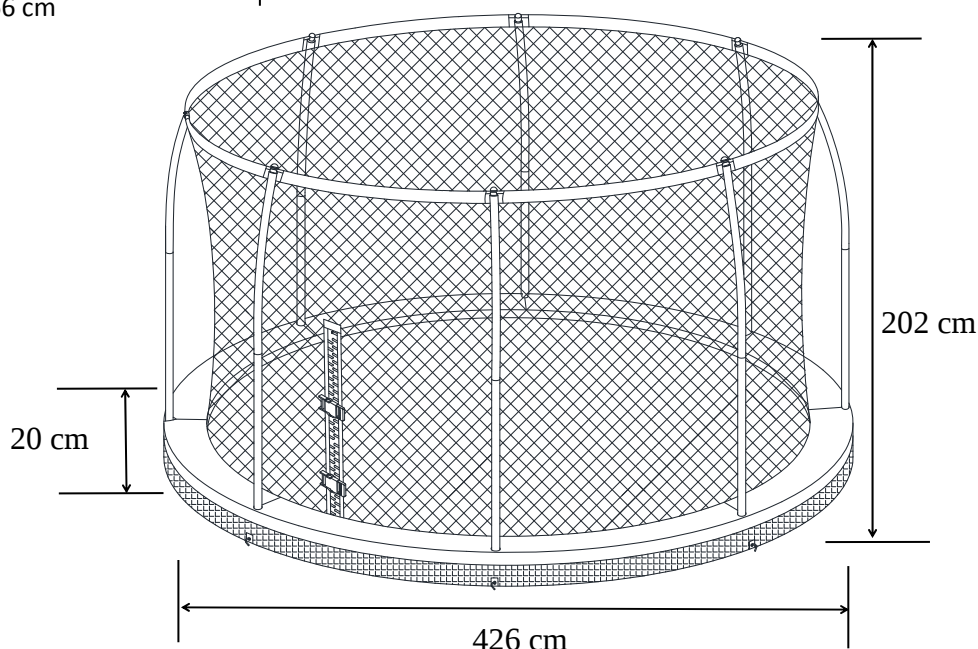
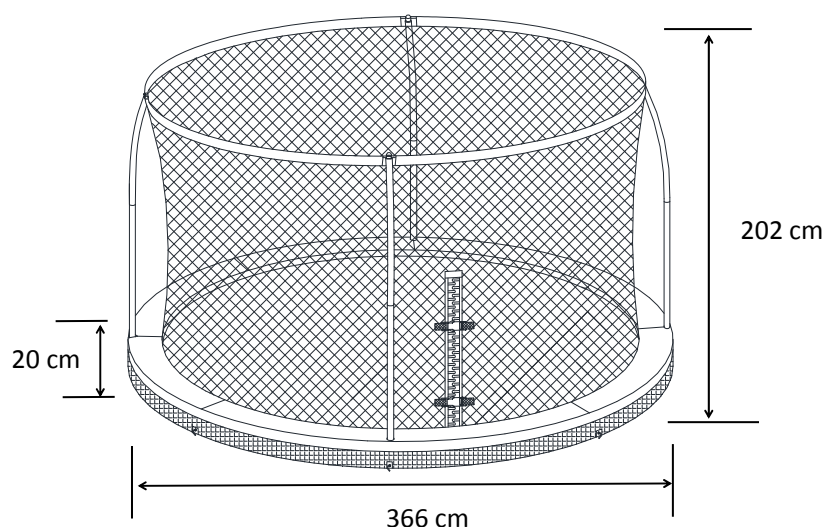


Jump Power

Assembly Instruction Inground Trampoline 366/426



It is very important that you read and understand the instructions before assembling and using the trampoline.

We hope that you will enjoy using the trampoline. A trampoline is great fun and at the same time good exercise. It takes some time to assemble so please read all the instructions before starting and it will be easier. It is possible that the assembly will take more than an hour, so be patient and get the assistance of a friend.

IMPORTANT

Read the following statements and warnings to avoid serious or fatal injury.

Warning!

- Max 100 kg.
- Only for domestic use.
- Outdoor use.
- Only one user. Collision hazard.
- The net should be replaced every year.
- Adult supervision required.
- Do not perform somersaults (flips). This is very dangerous and you risk serious injury or death.
- Always close the safety net opening before jumping.
- Read the instructions.
- The trampoline shall be assembled by an adult in accordance with the assembly instructions and then checked before the first use.
- Jump with proper gym shoes or barefoot only.
- Empty pockets and hands before jumping.
- Always jump in the middle of the mat.
- Do not use when the mat is wet.
- Do not eat while jumping.
- Do not exit by a jump.
- Limit the time of continuous usage (take regular breaks).
- Do not use in strong wind conditions and secure the trampoline.
- Do not try to jump over the net.
- Do not purposely jump onto the net.
- Do not try to purposely rebound off the safety net.
- Do not hang on the top of the net, or try to climb the netting.
- Take off any jewellery that could become entangled with the netting or cut the netting.
- Installation of the trampoline requires a hole to be dug in the ground. If you are not sure about the ground work, please contact a professional.

Placement of the trampoline

Do not place the trampoline on a concrete floor or other hard surfaces. The ideal placement is a level, stable surface like a lawn. There must be at least 2 meters of space around the trampoline. Check that there are no wires, tree branches, fences or other possible hazards above and around the trampoline. The trampoline should not be placed near any pools, swings, slides, climbing frames or other obstructive installations. The trampoline is intended to be buried into the ground.

Weather conditions

The trampoline should not be used when wet. In winter conditions, please disassemble the trampoline and store all fabric parts (mat, foam pad, safety net) inside. In strong wind conditions, disassemble the foam pad and safety net and secure the trampoline to the ground using Ground Stakes/Anchors.

How to use

Take it easy at first. Don't try difficult moves.

Do not jump when tired - this increases the risk of injury. Be sure to wear proper shoes, e.g. gym shoes, or be barefoot when jumping.

Never step on the frame pad. It is not constructed to support the weight of a person. Never dismount by jumping off the trampoline. Always climb off. Don't use the trampoline under the influence of drugs or alcohol.

Always have someone else watching while you jump. If you should injure yourself you will have someone to assist you.

Always start your jump at the centre of the mat. If you land more than 30 cm away from the edge of the logo, stop your jump immediately!

Restart your jump at the centre of the mat.

Assembly

Please read the assembly instructions fully before starting to assemble the trampoline. It is advisable to have two people assembling it together.

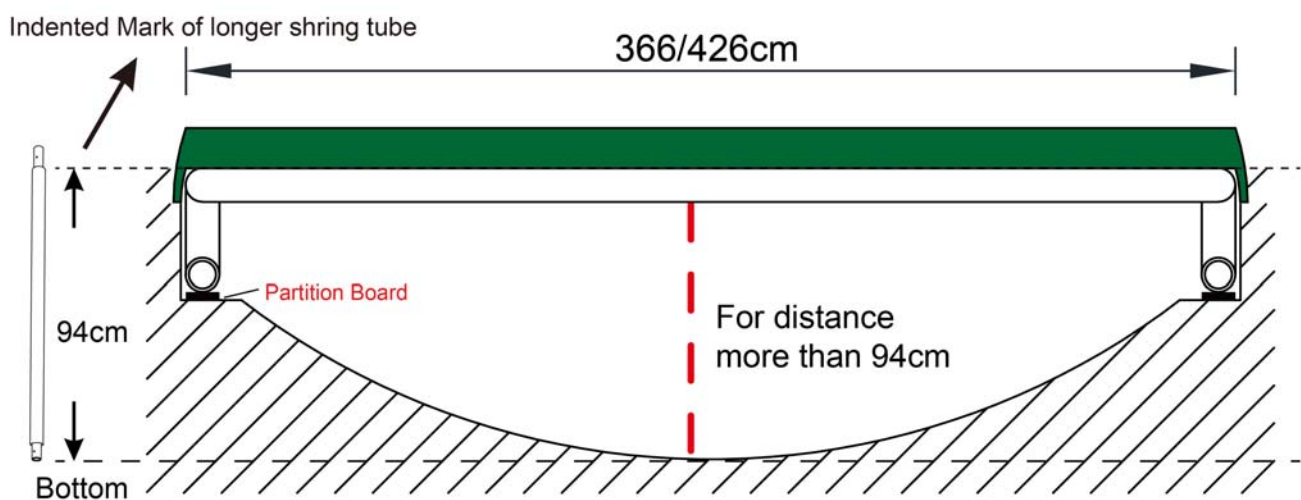
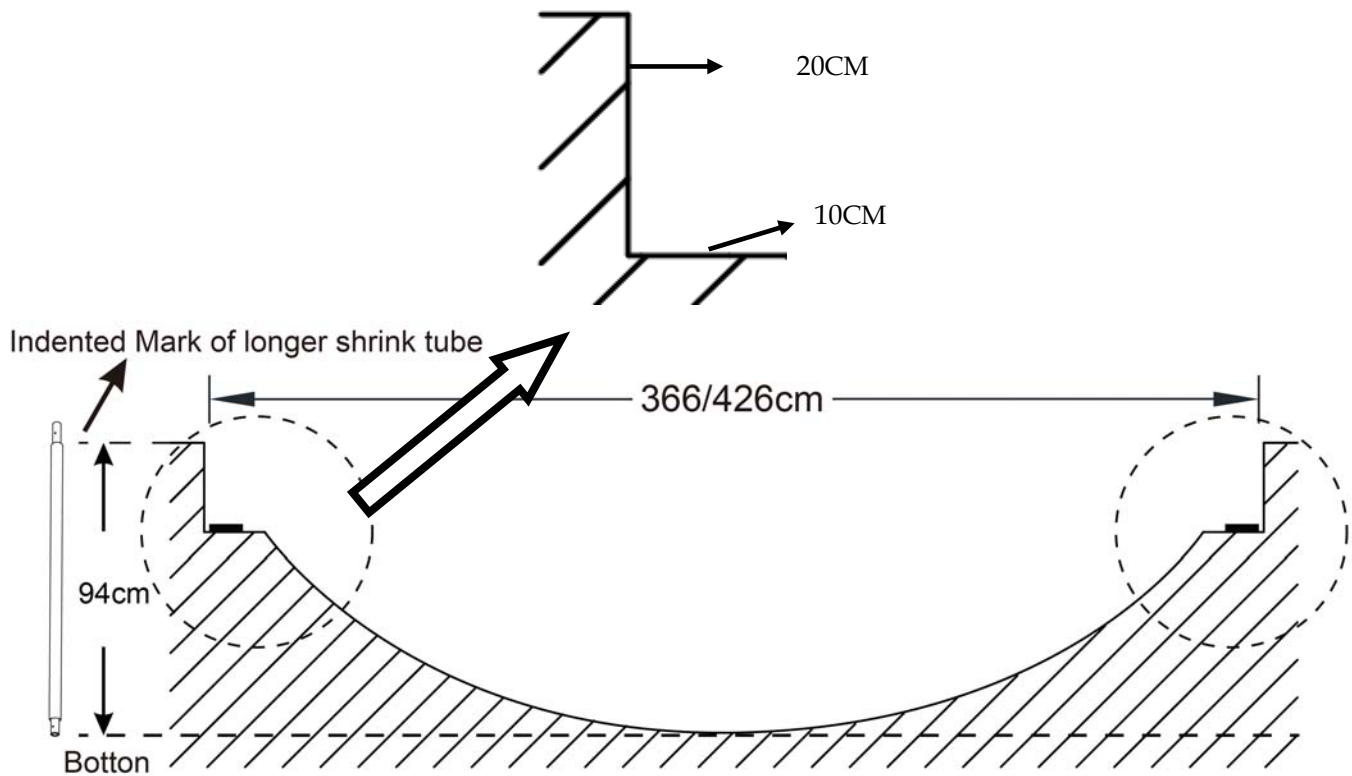
Start first by checking that you have all the required parts. The reference No. of each part will be used in the instructions to guide you.

Working Drawing

Please refer to the following figure to dig a hole.

Hint:

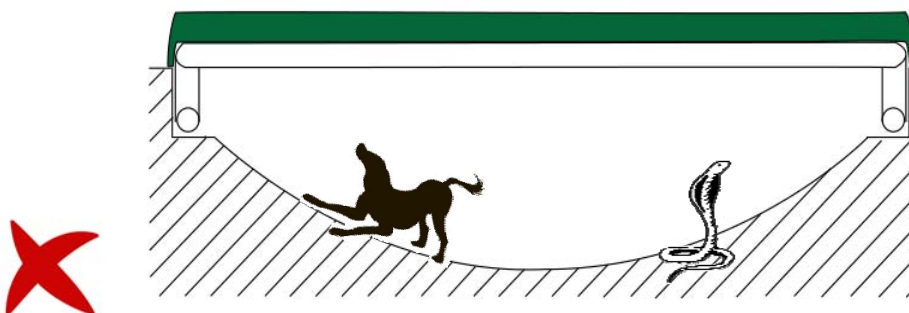
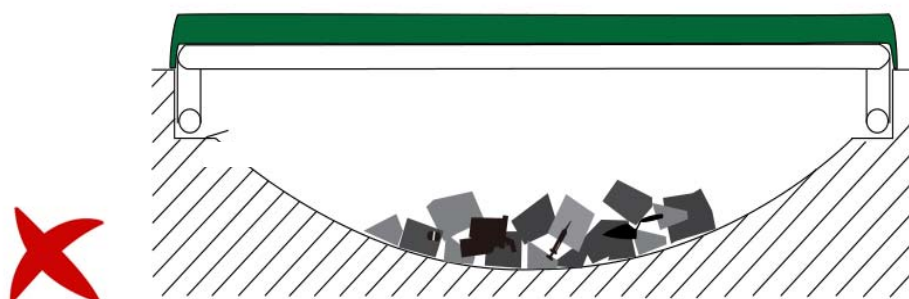
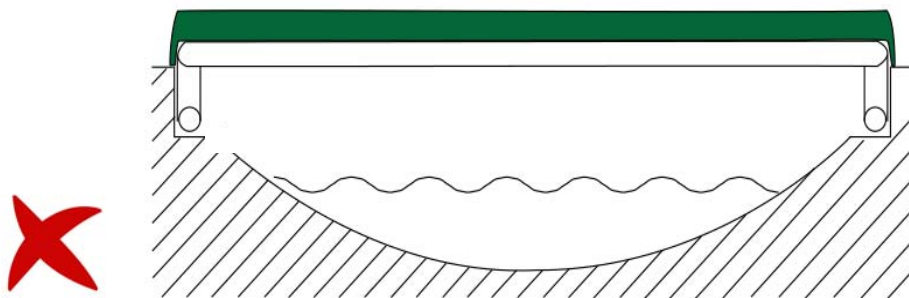
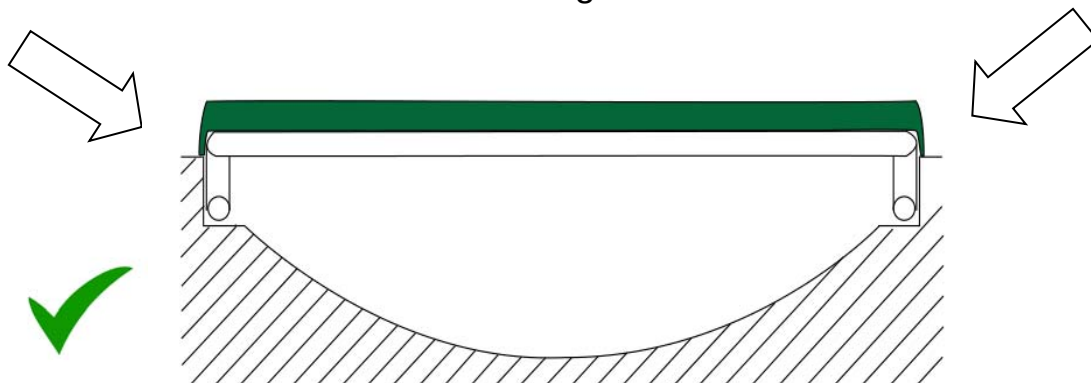
Take any Lower Frame Tube (# B) as a measuring tool to test the depth of the hole to ensure the depth of the hole reaches 94cm. (The distance from the bottom of the tube to the Indented Mark is 94cm).



- This trampoline is intended to be buried into the ground.
- The trampoline must be assembled by an adult in accordance with the assembly instructions and checked before the first use.
- Do not place the trampoline under overhanging objects like tree branches, wires, etc. as these will increase your chances of being injured.
- Always close the provided safety net when using the trampoline.
- Only one user at the same time. Collision hazard.
- Empty pockets and hands before jumping.
- Do not eat while jumping.
- Always jump in the middle of the mat.
- Do not exit by a jump.
- Limit the time of continuous usage (make regular stops).
- Please be aware of the weather conditions when using the trampoline. If the mat of the trampoline is wet, the user could slip and injure himself/herself. If it is too windy, the user could lose control. To avoid injury of damage to property we recommend that you dismantle the trampoline during extreme weather.
- The safety net is there to prevent the user from falling off the trampoline, and is not intended to jump into unnecessarily.
- Installation of the trampoline requires a hole to be dug in the ground. If you are not sure about the ground work, please contact a professional.
- When installing and placing the buried trampoline, as well as in daily use, avoid stepping on the surrounding soil.

WARNING!

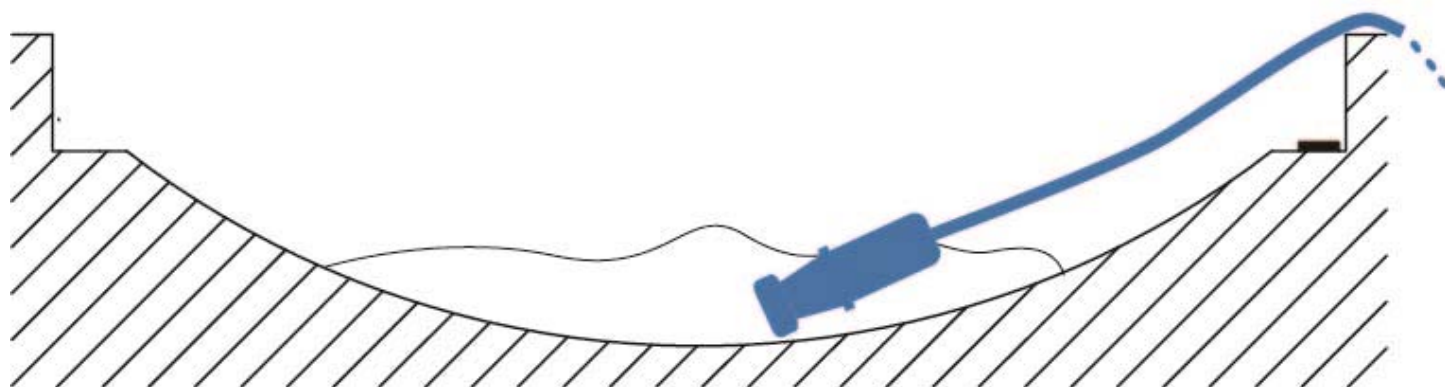
- Be sure that there are no any objects or hazards underneath the trampoline. And you need to clear them out before using.



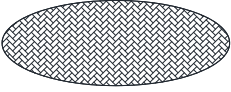
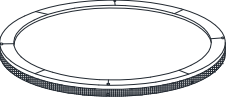
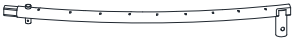
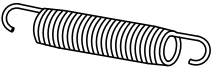
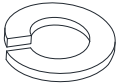
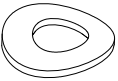
WARNING! Please make sure there is no pets or reptiles underneath.

WARNING!

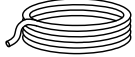
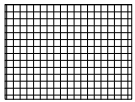
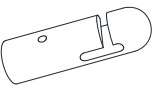
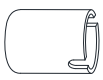
- The hole should not accumulate water.
- After raining or whenever there is accumulation of water after any garden work is done, you should lift the trampoline to see if there is water in the hole, prior to jumping on the trampoline.
- If there is water in the hole, use the pump to drain the water before jumping on the trampoline.
- If you are not sure about how water drainage should be done properly, please contact a professional.



Trampoline Parts List

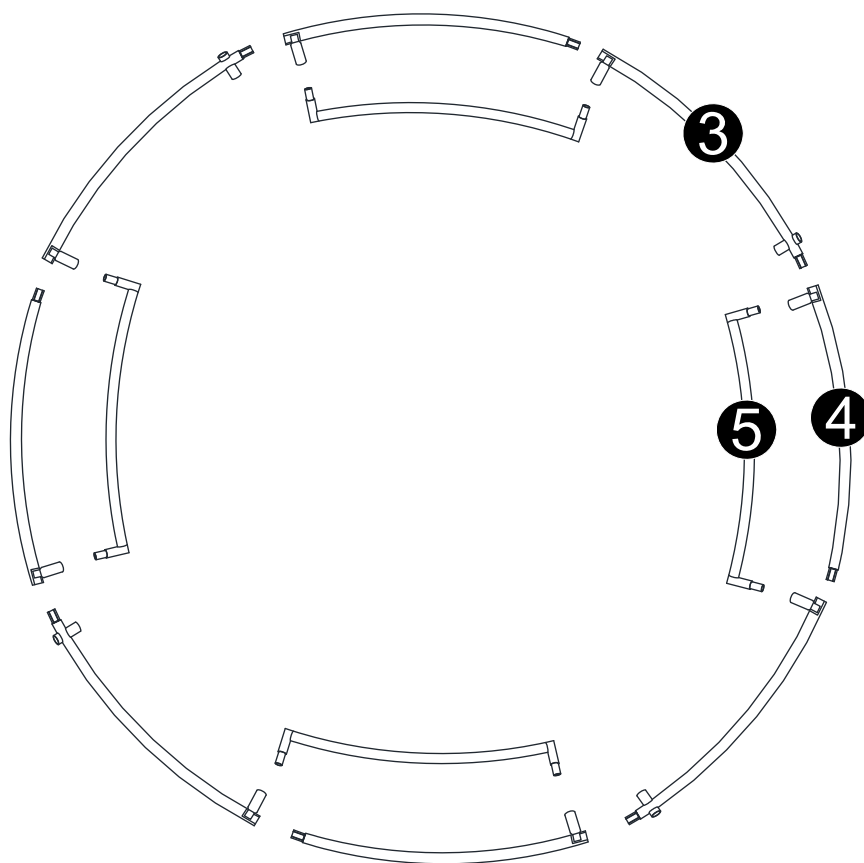
Part Number	Diagram	Description	366cm Quantity	426cm Quantity
1		Trampoline Mat	1	1
2		Frame Pad	1	1
3		Top Rail with Leg Sockets	4	8
4		Top Rail with Leg Sockets	4	0
5		Leg Base	4	4
6		Galvanized Springs	72	88
7		Screws (20mm)	4	8
8		Larger Spring Washer	4	8
9		Small Spring Washer	8	8
10		Arc Washer	4	8
11		Large Cap (used on Leg Base)	8	8
12		Self-Locking Screw	8	8
13		Anchor Set	8	8
14		Allen Wrench	1	1
15		Spring Loading Tool	1	1

Enclosure Parts List

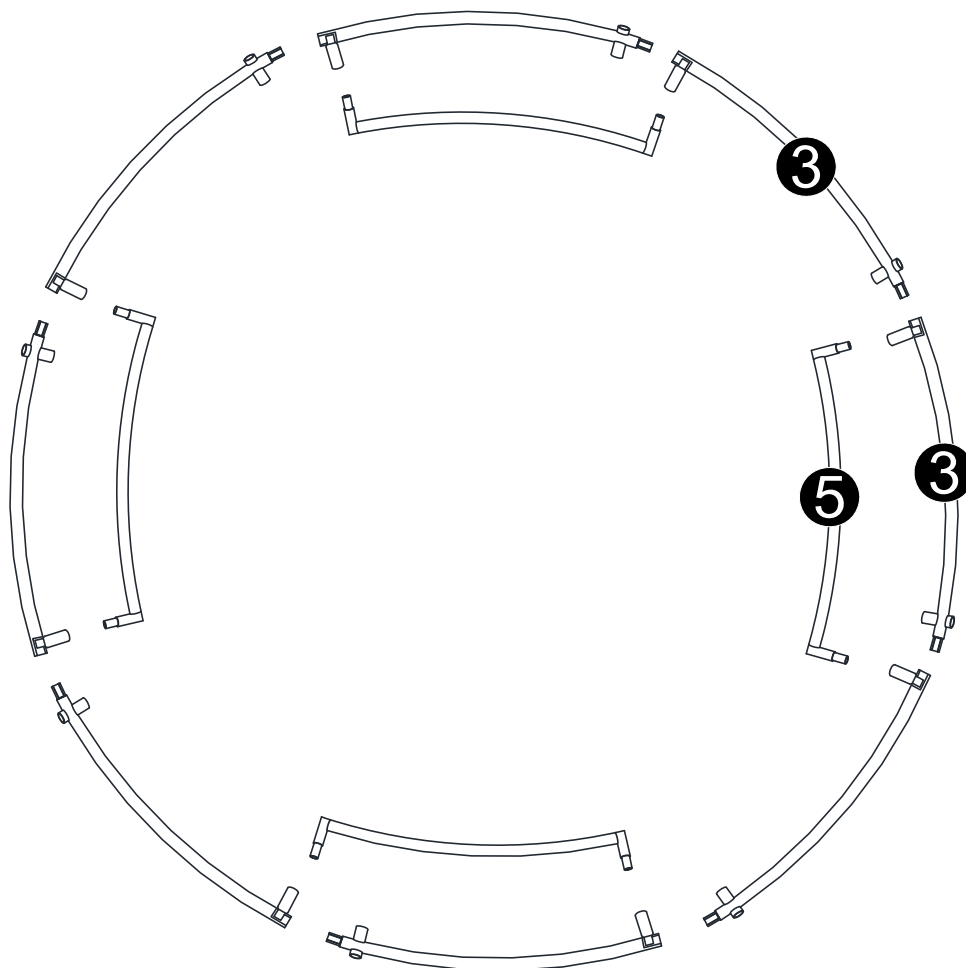
Part Number	Diagram	Description	366cm Quantity	426cm Quantity
A		Upper Frame Tube with Foam	4	8
B		Lower Frame Tube with Foam	4	8
C		Cable Wire	12	12
D		Wrench	1	1
E		Self-Locking Screw	8	16
F		Small Spring Washer	4	8
G		Cord	7	8
H		Enclosure Netting	1	1
I		Plastic Cap	4	8
J		Cap	4	8
K		Outer End Cap	4	8

Trampoline Assembly

STEP 1

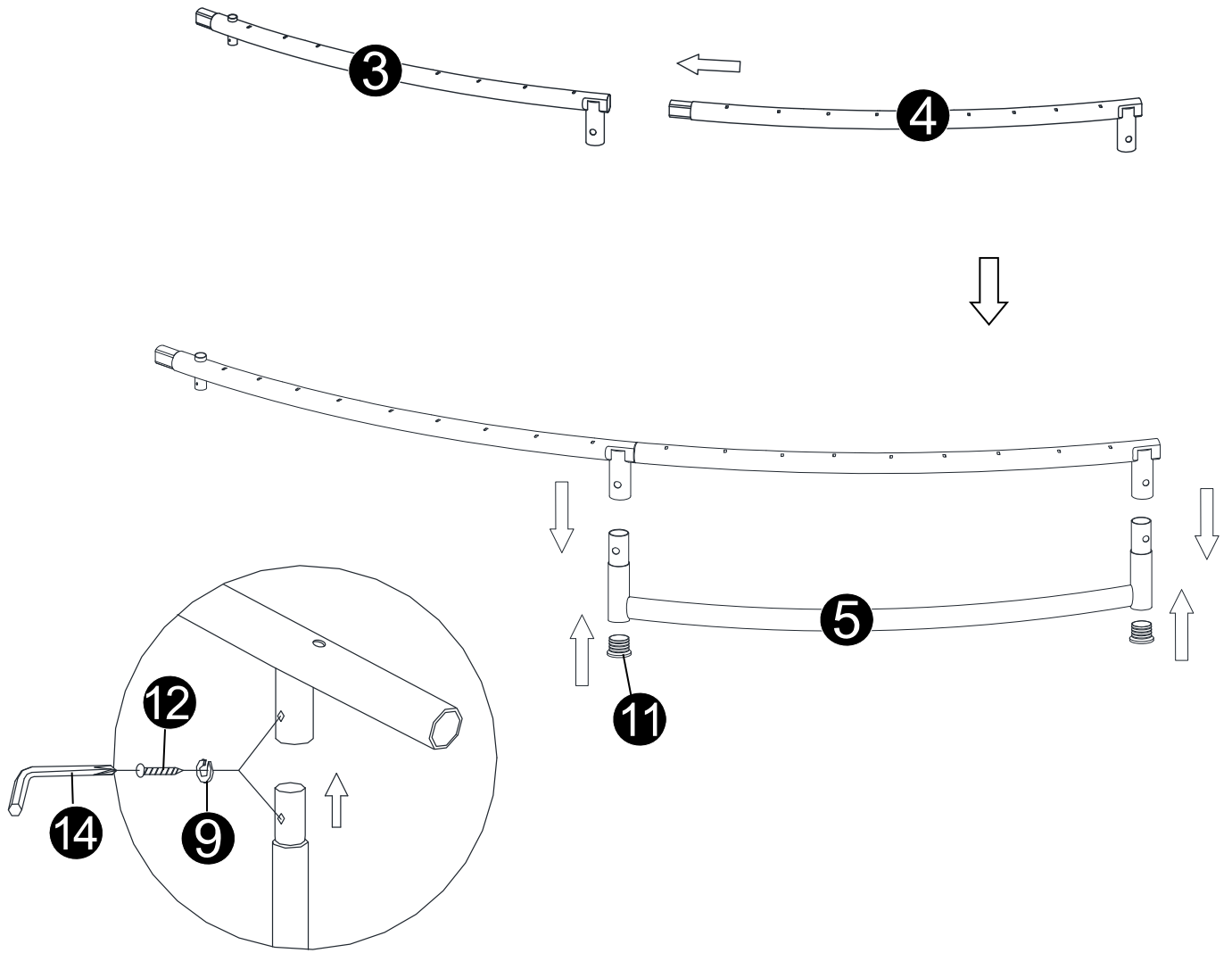


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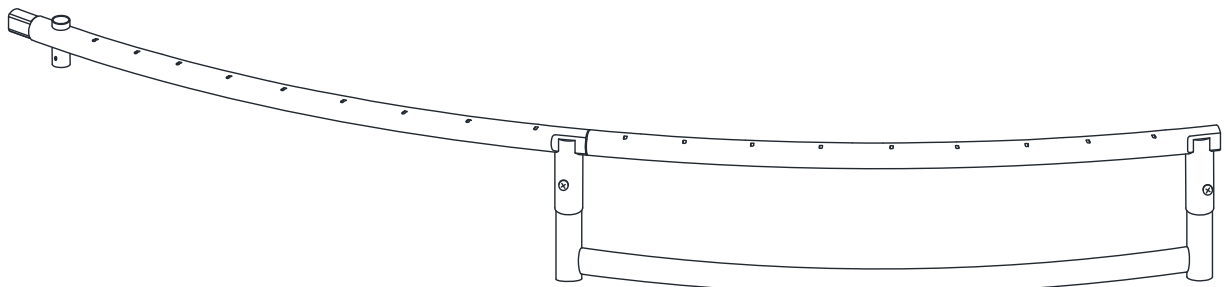


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STEP 2

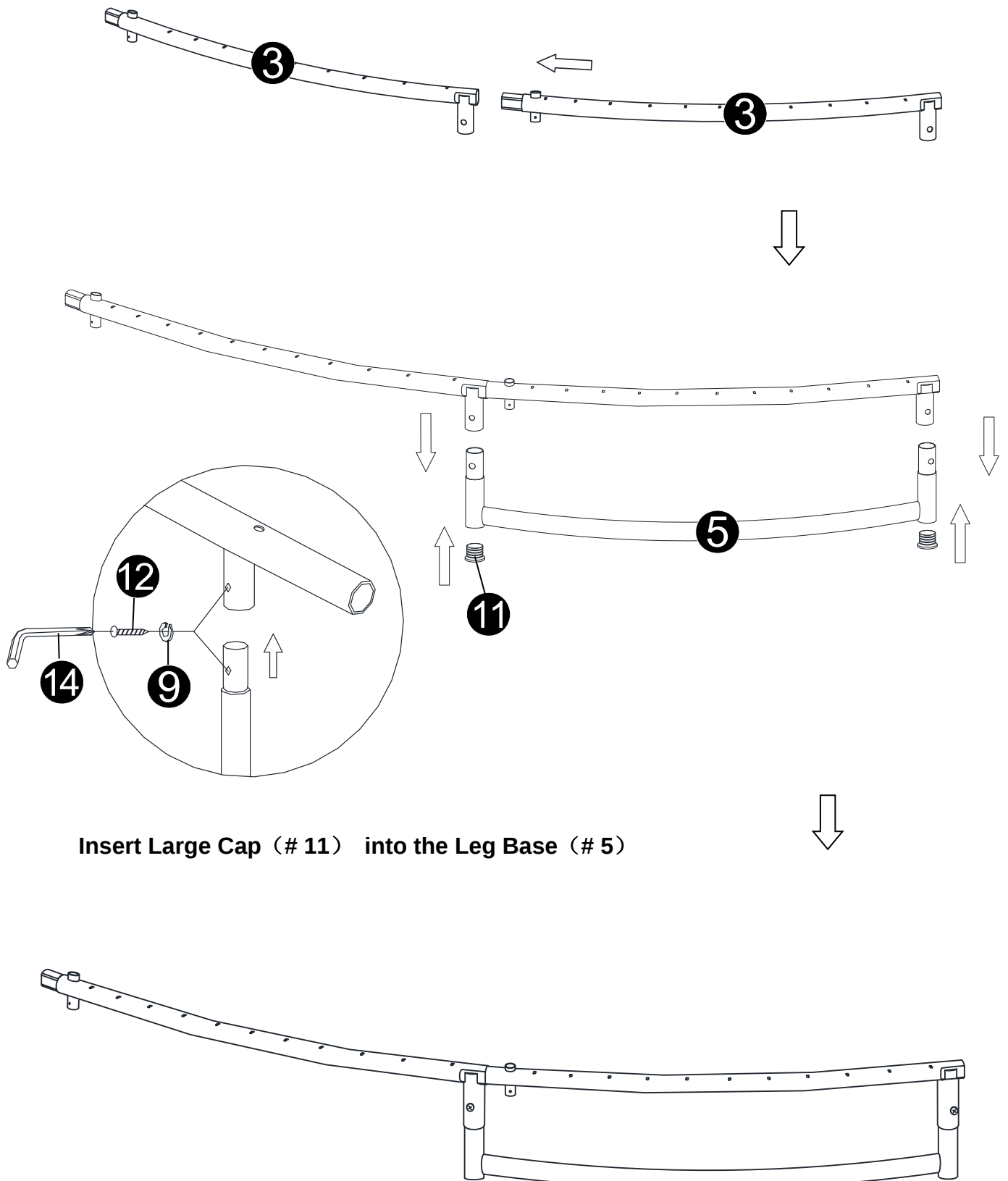


Insert Large Cap (# 11) into the Leg Base (# 5)



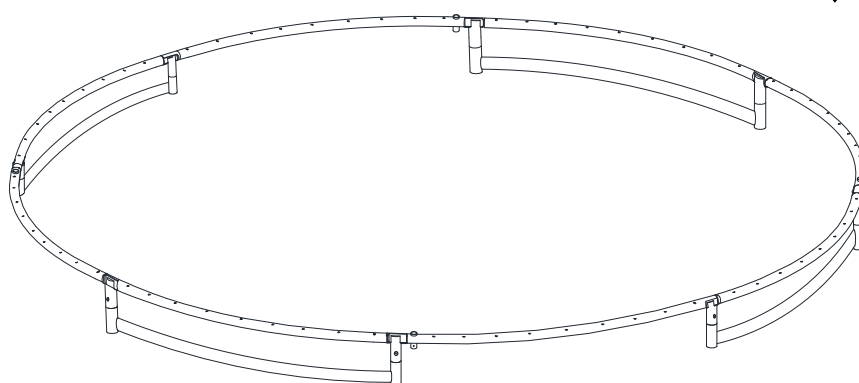
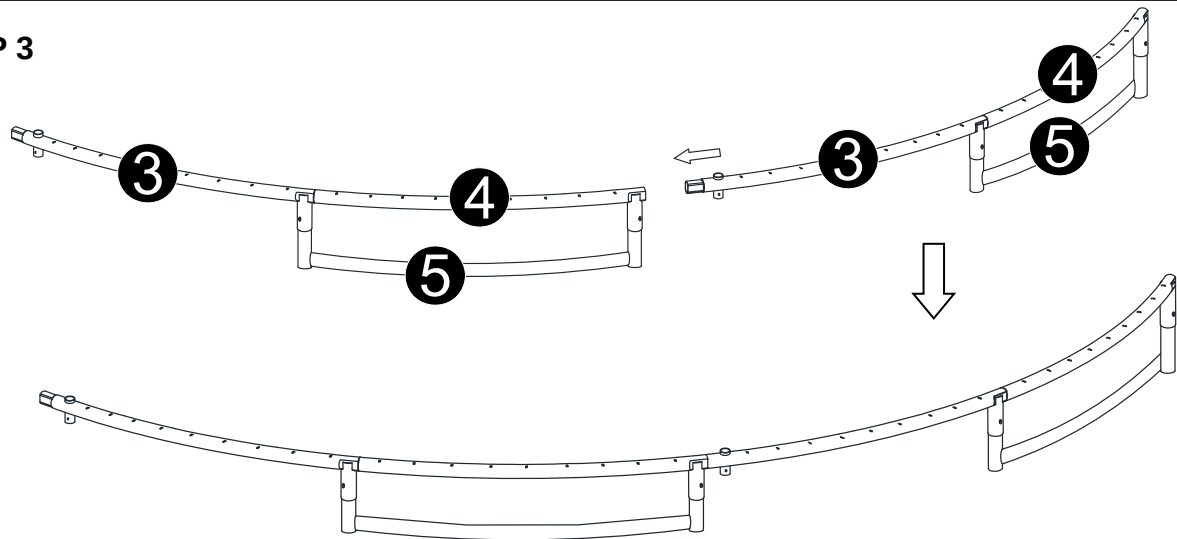
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STEP 2-1

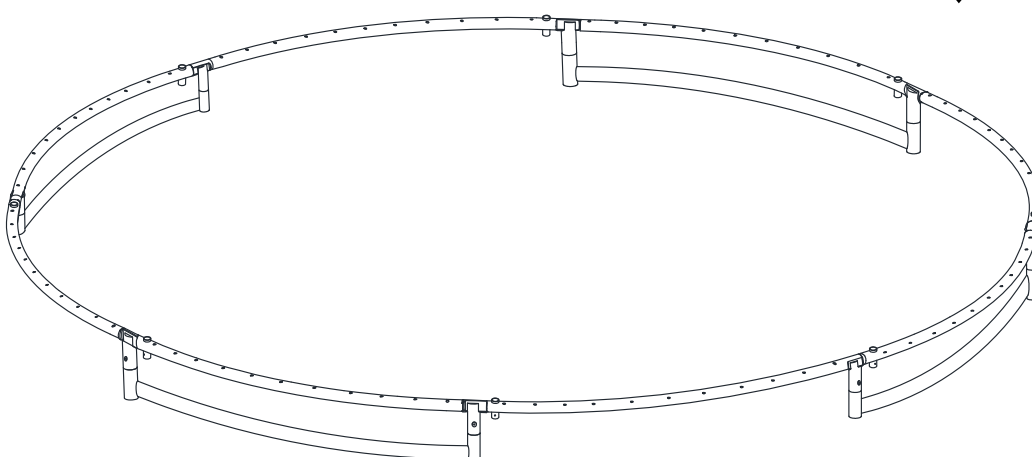
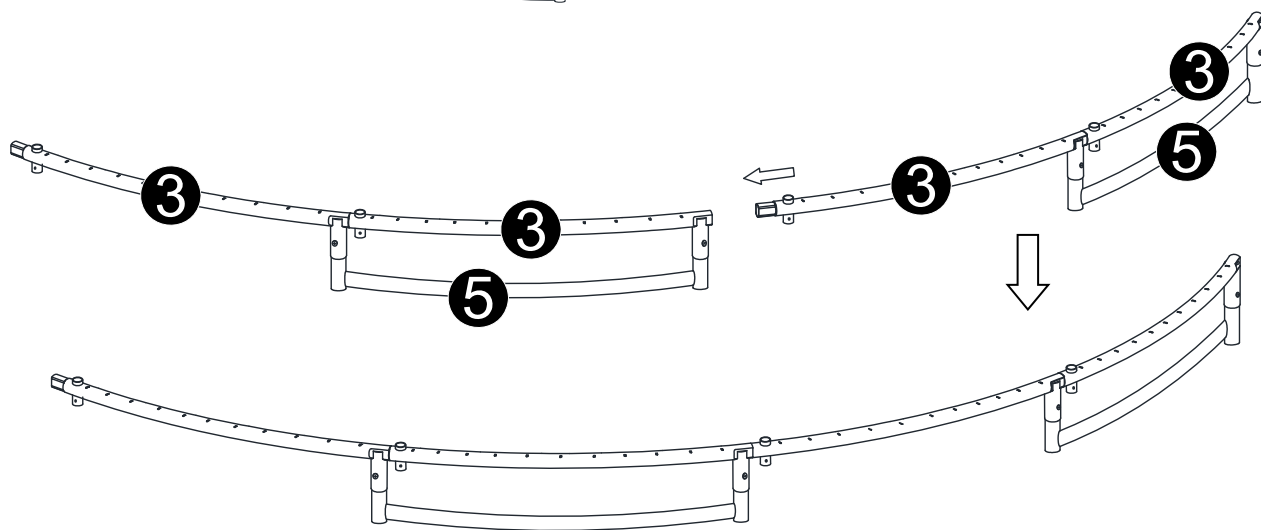


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STEP 3

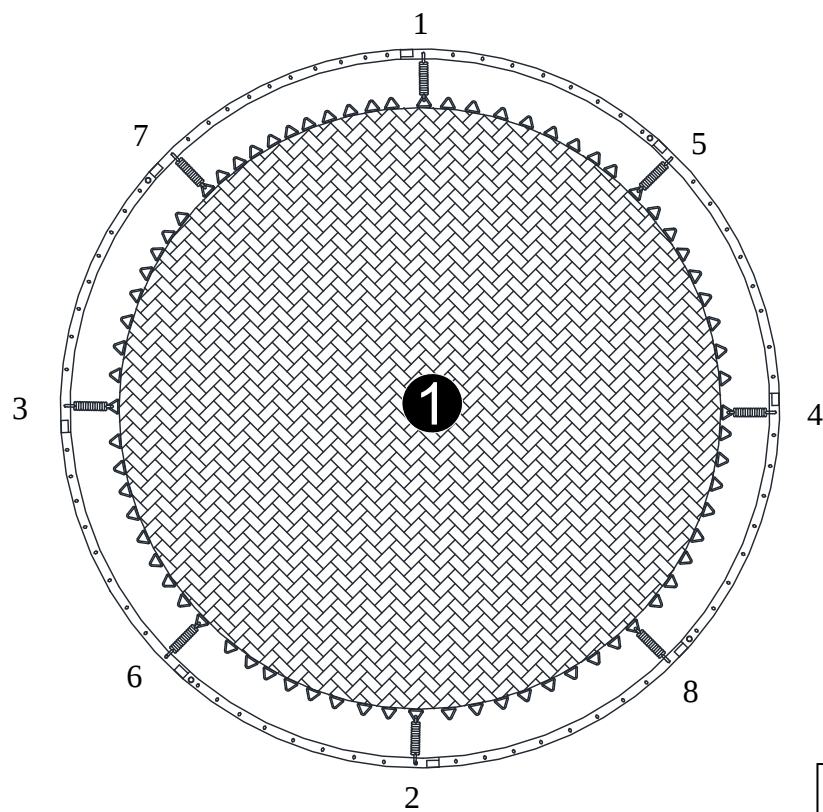
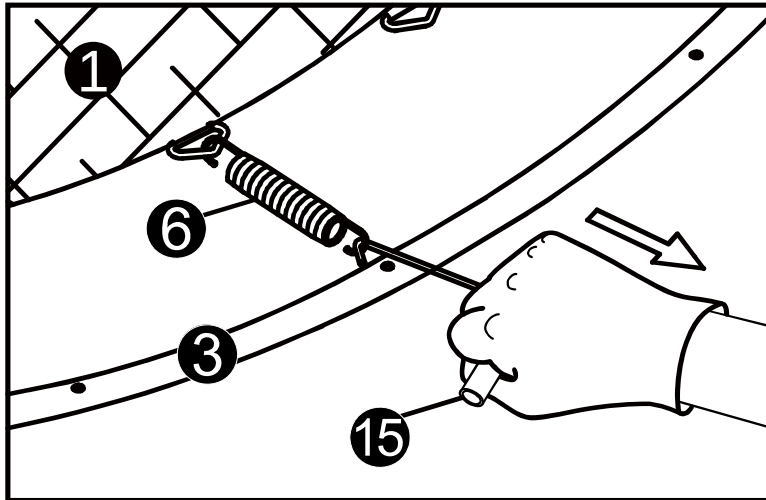


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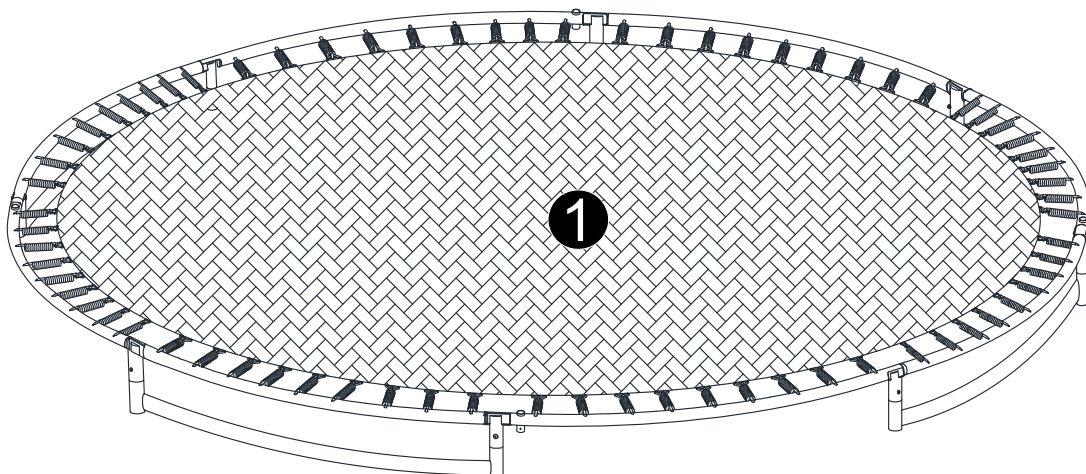


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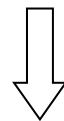
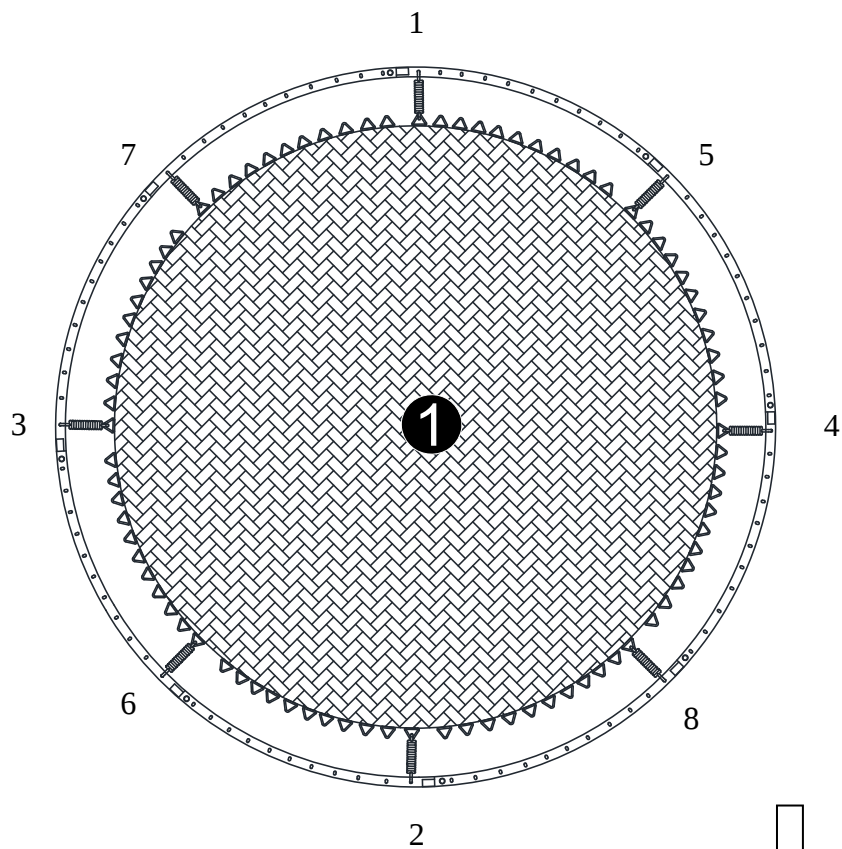
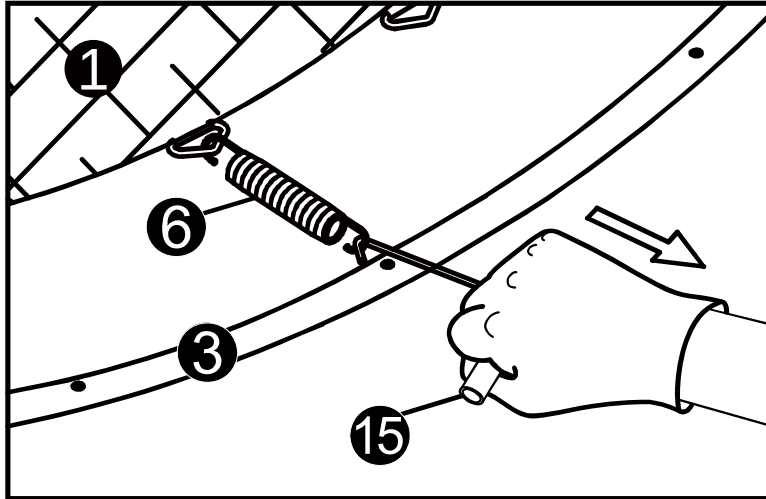
STEP 4



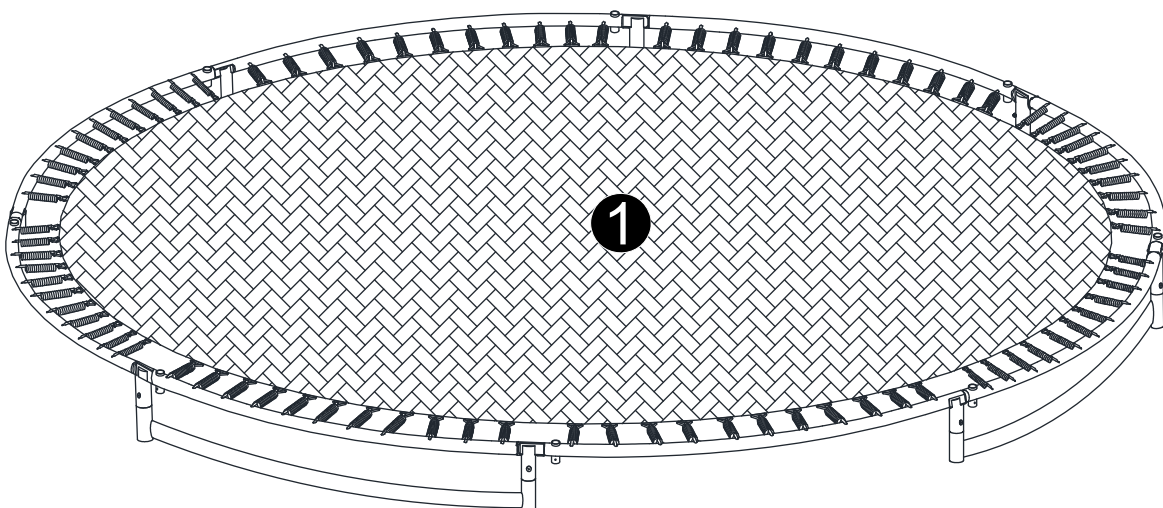
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STEP 4-1



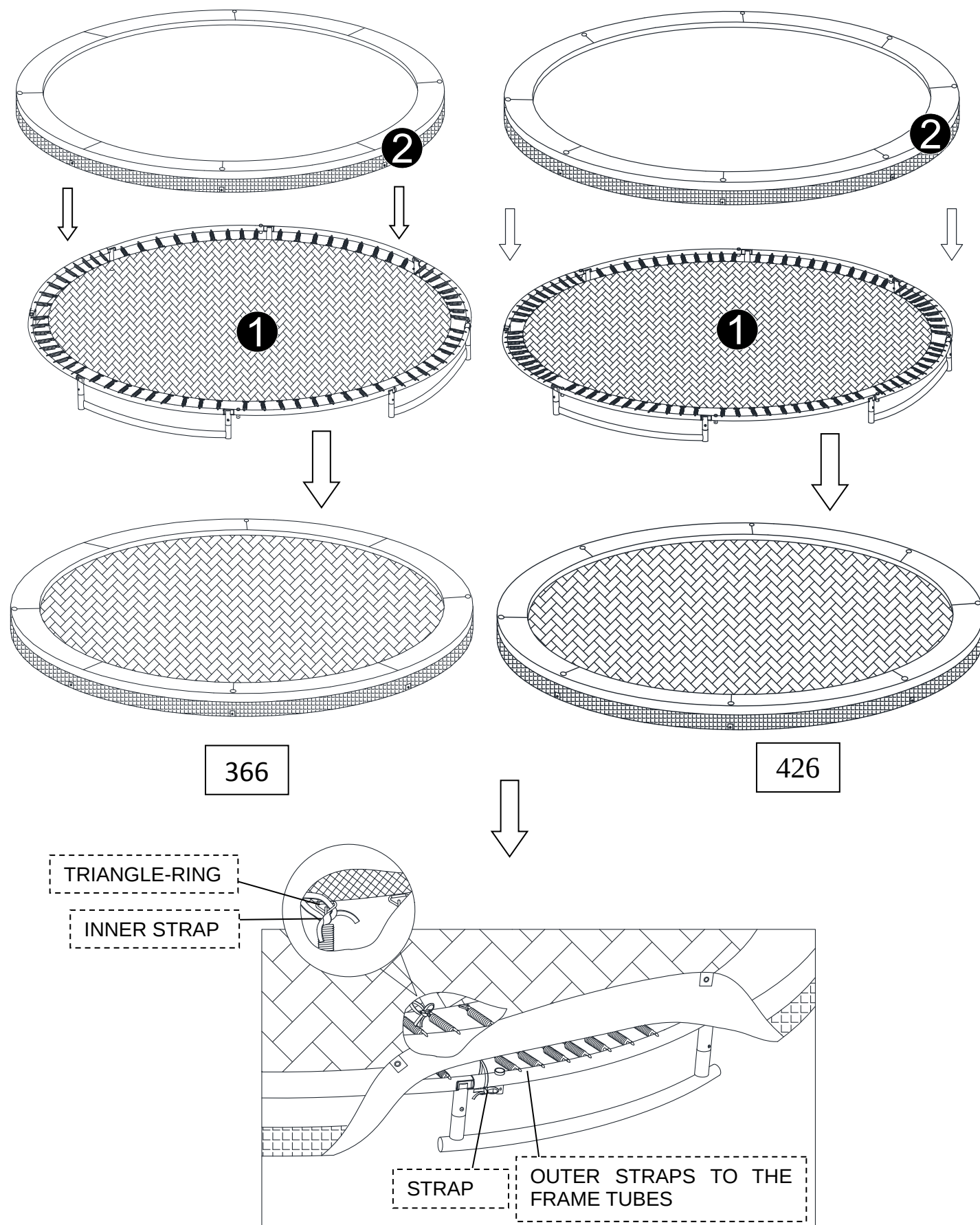
426



STEP 5

Lay the Frame Pad (# 2) over the trampoline so that it covers the springs and the metal frame. Line up the elastic straps so that you have one over the leg base and one on the top rail. Tie the straps as shown.

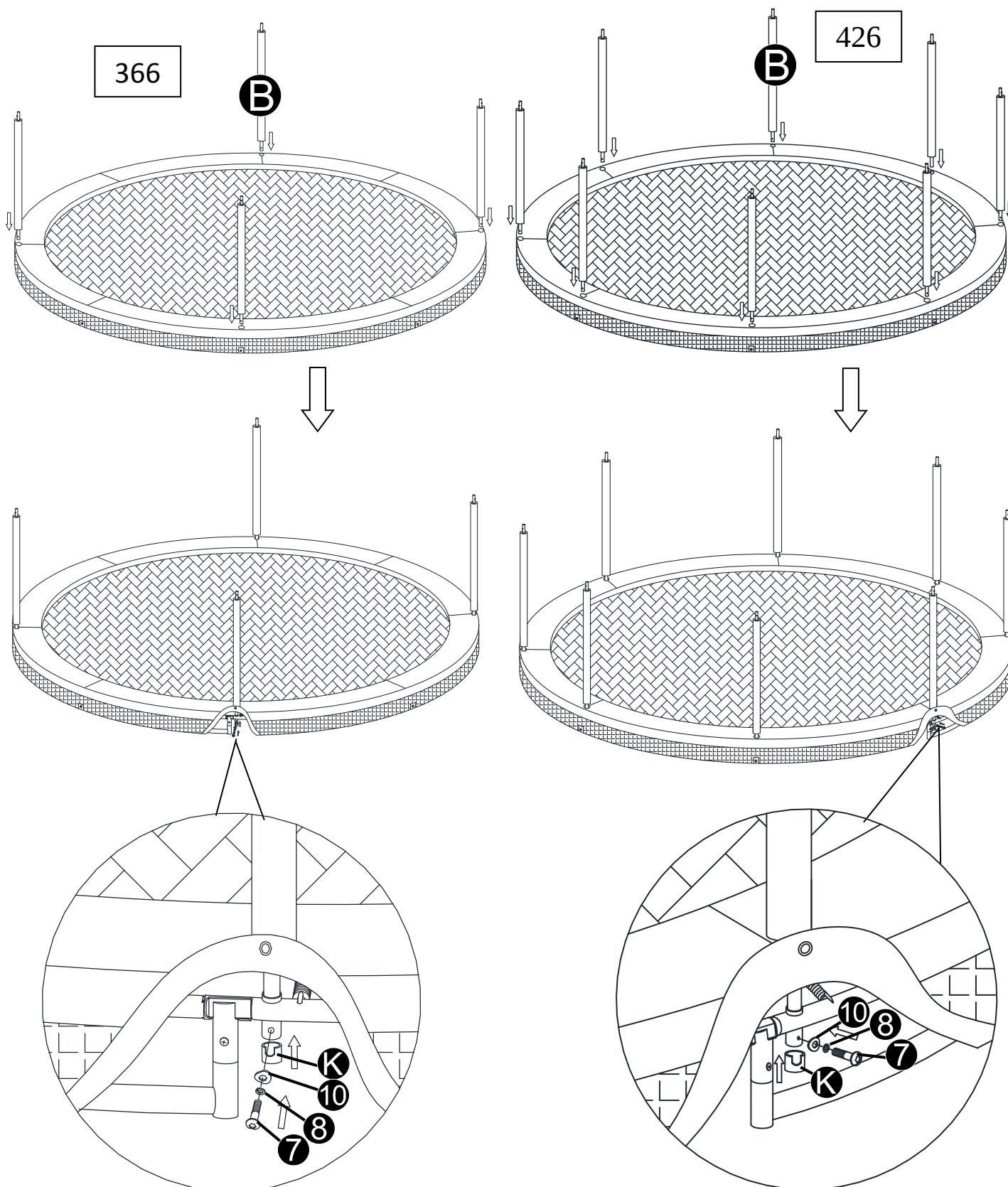
Finally, tie the inner elastic straps around the triangle-ring and tie a half-knot, then tie it into a one-sided bow. Repeat this step for all of the outer straps.



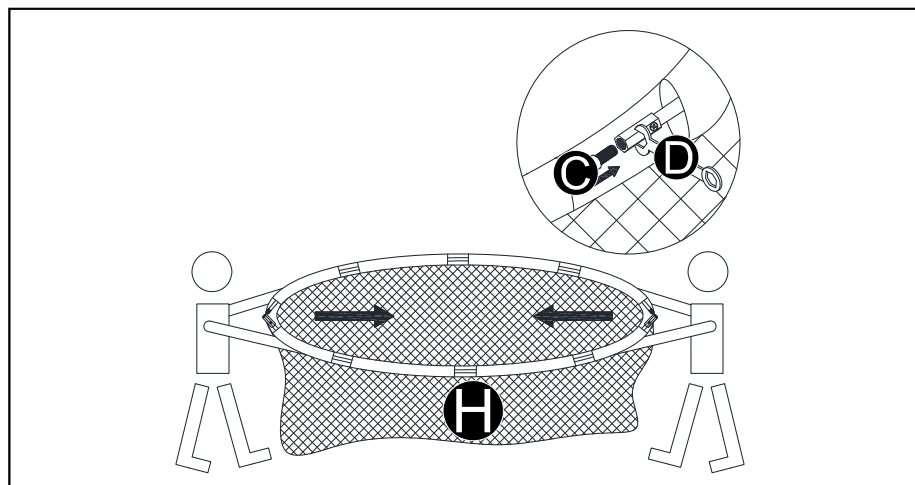
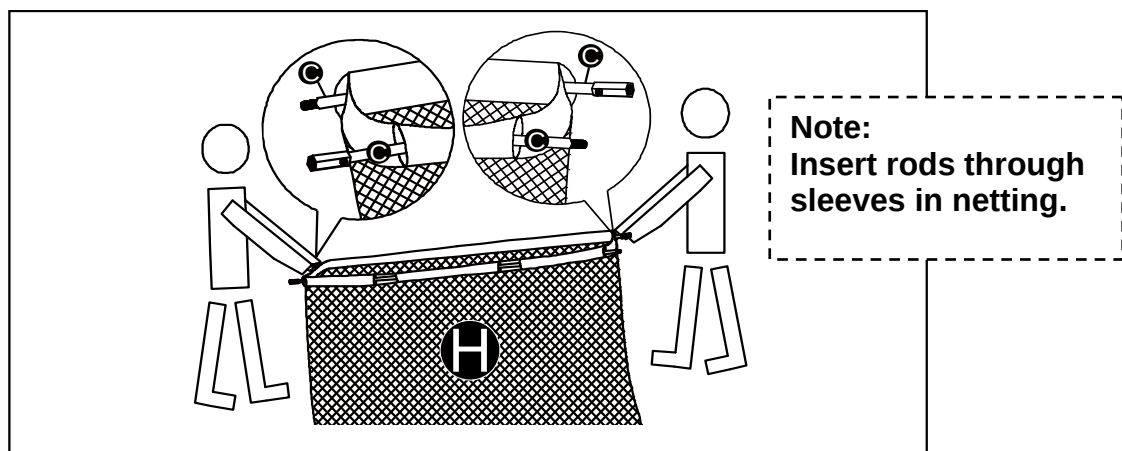
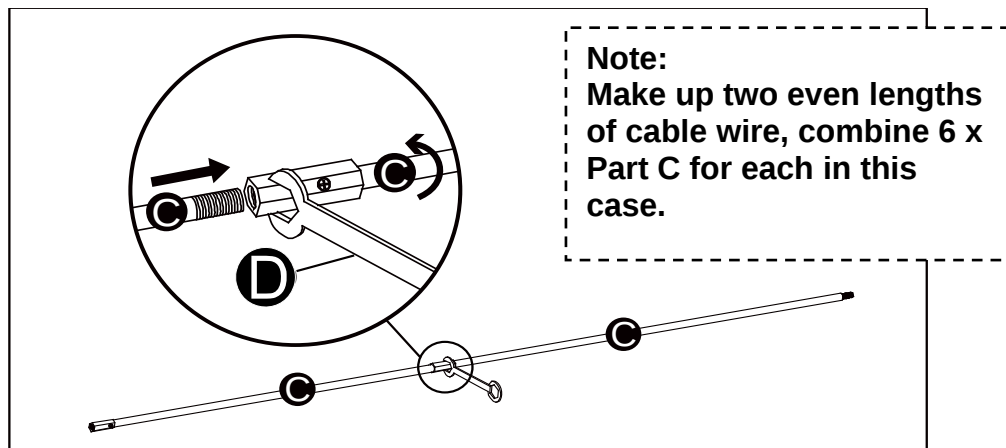
Trampoline Enclosure Assembly

STEP 6

Attach the Lower Frame Tube with Foam (# B) to the holes in Top Rail with Leg Sockets (# 3), Using washer (# 8 #10) and screw (# 7) to secure.

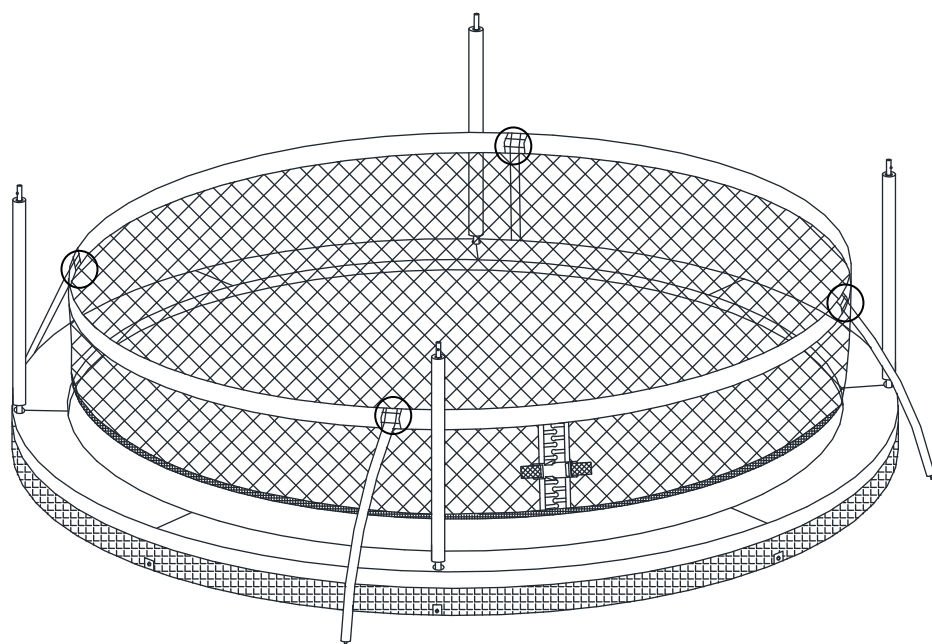
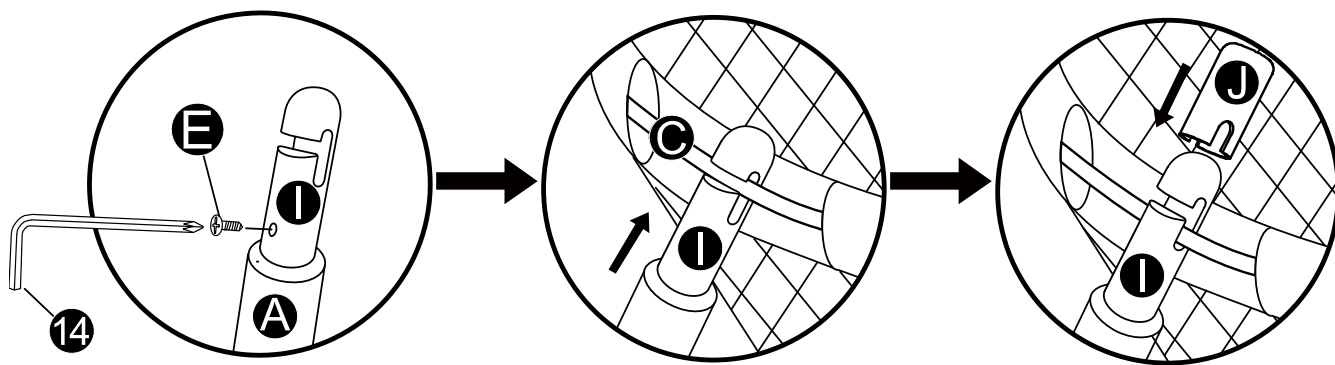


STEP 7



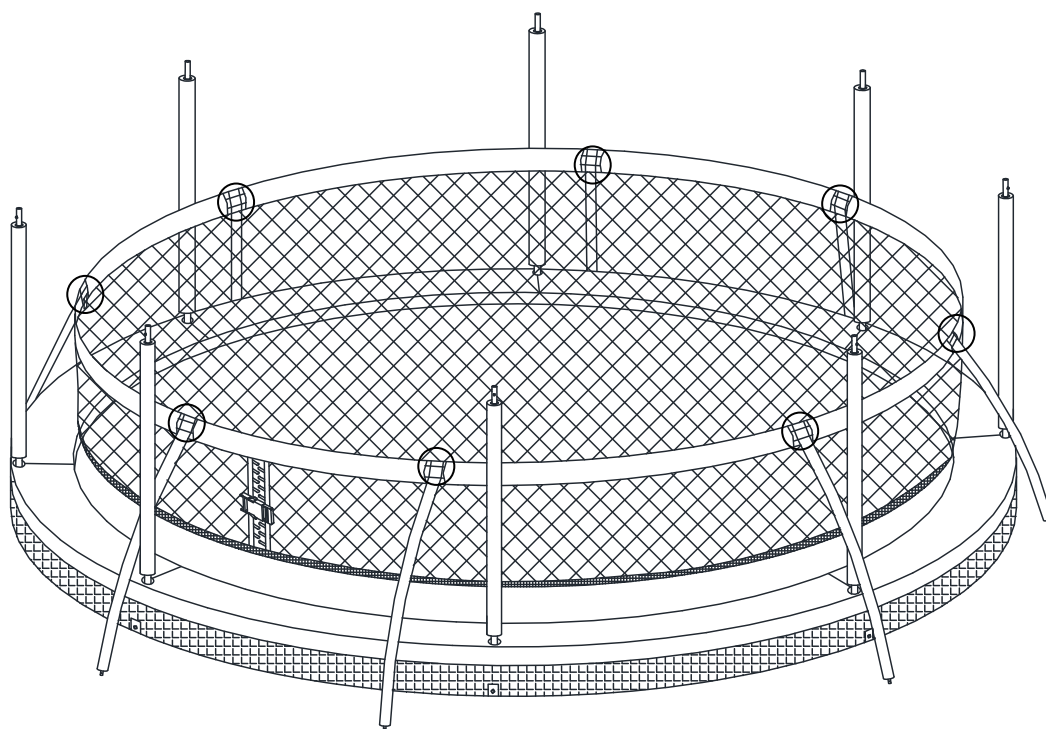
Note:
Now connect the 2 rods together to form a circle.

STEP 8



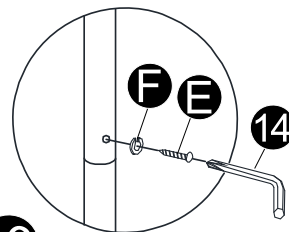
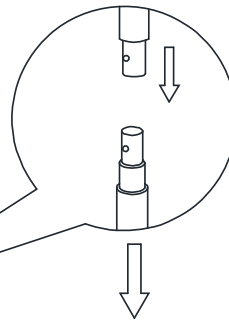
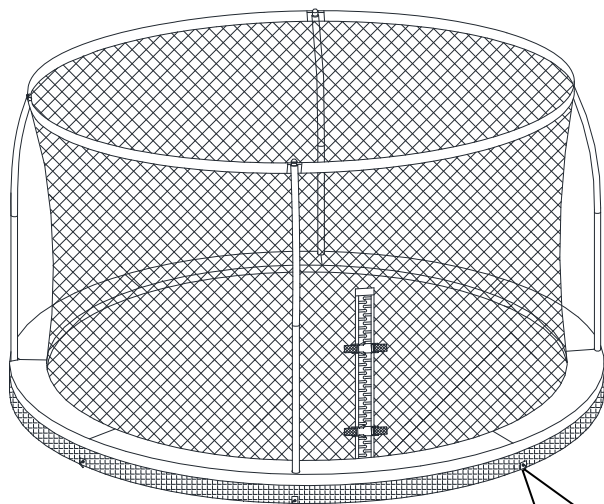
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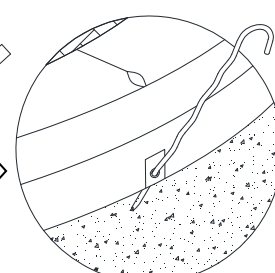
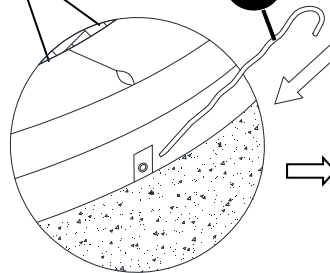


STEP 9

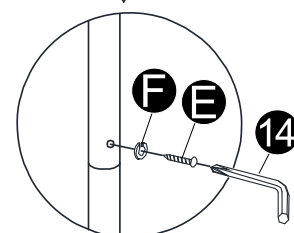
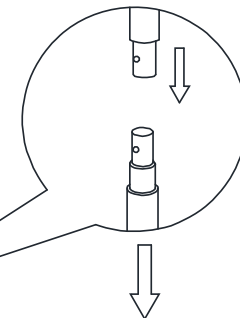
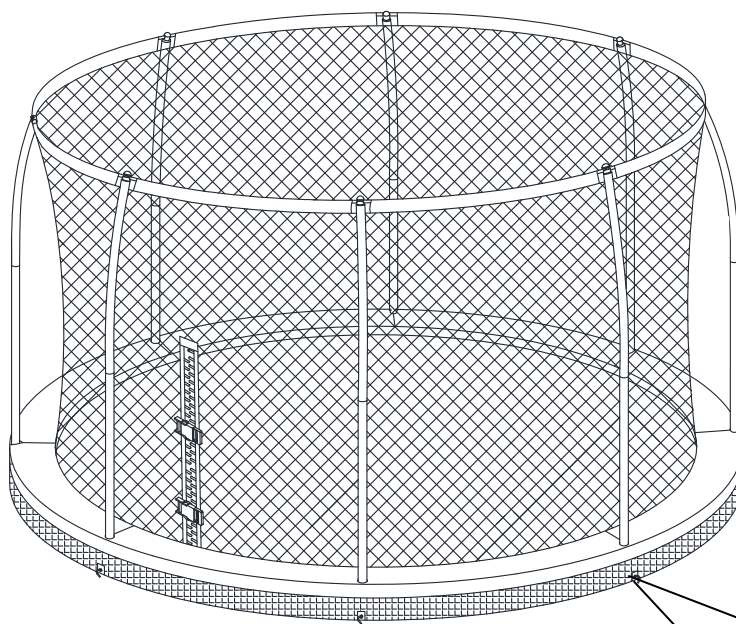
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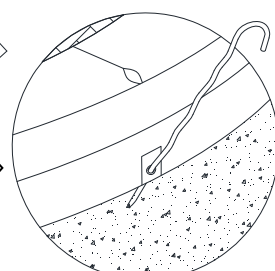
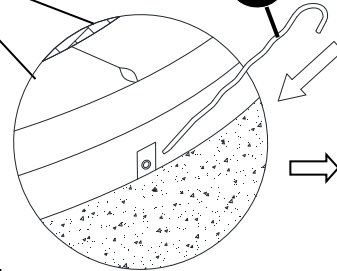
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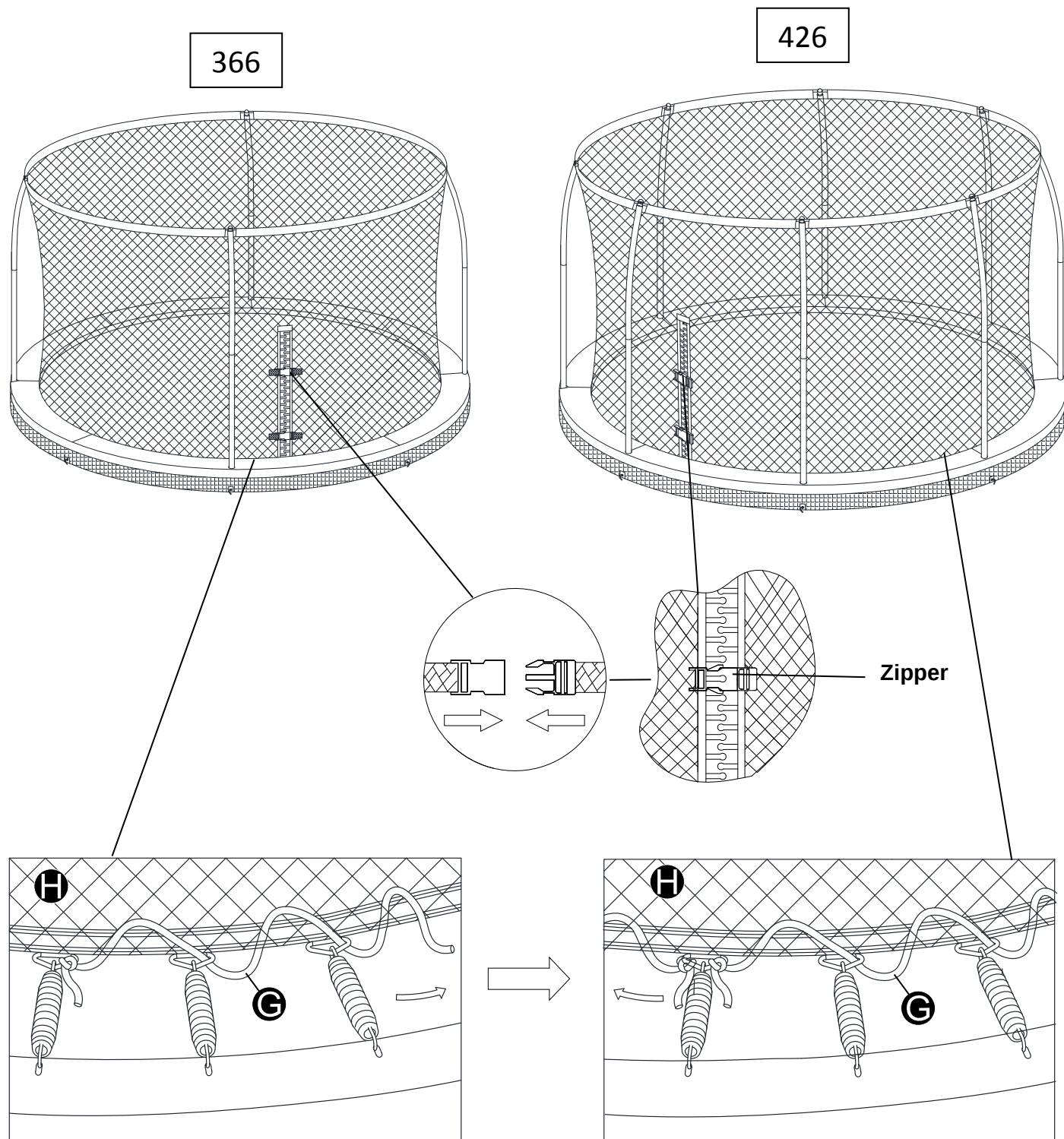


13



Insert Anchor Set (# 13) to holes on the Frame Pad and Leg Base to fix the trampoline.
fix the trampoline in place as shown.

STEP 10



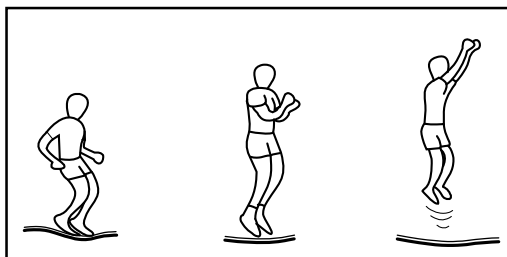
STEP 11

Important: Remember to go back and tighten all screws, nuts and buckles on both the Trampoline and the Enclosure Netting. Otherwise it may not function properly and may lead to injuries that could have been avoided by proper assembly.

The assembly of the trampoline is now complete. Remember to be careful when jumping.

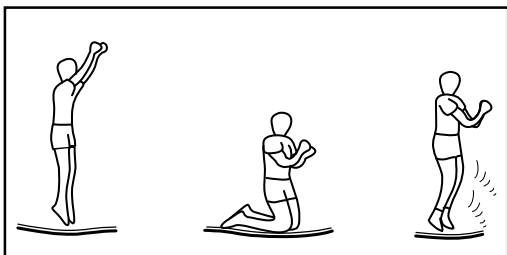
BASIC TRAMPOLINE BOUNCES

THE BASIC BOUNCE



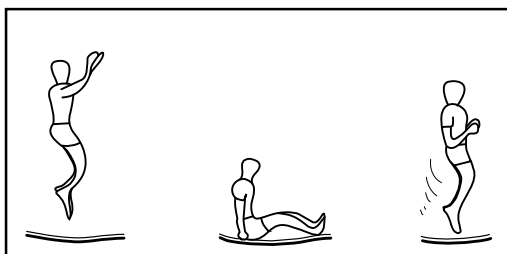
1. Start from standing position, feet shoulder width apart and with head up and eyes on mat.
2. Swing arms forward and up and around in a circular motion.
3. Bring feet together while in mid-air and point toes downward.
4. Keep feet shoulder width apart when landing on mat.

KNEE BOUNCE



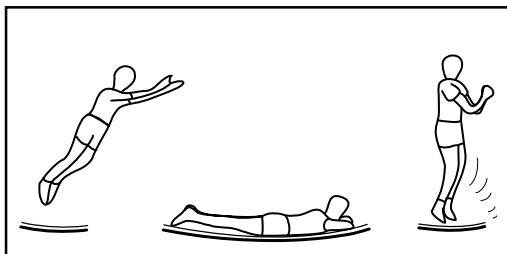
1. Start with basic bounce and keep it low.
2. Land on knees keeping back straight, body erects and uses your arms to maintain balance.
3. Bounce back to basic bounce position by swinging arms up.

SEAT BOUNCE



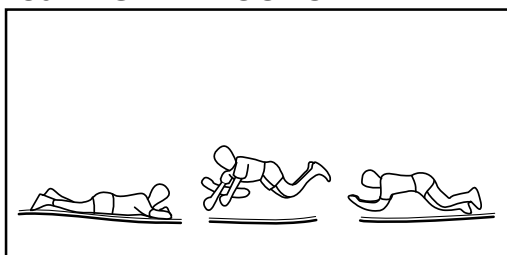
1. Land in a flat sitting position.
2. Place hands on mat besides hips, do not lock your elbow.
3. Return to erect position by pushing with hands.

FRONT BOUNCE



1. Start with a low bounce.
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 and return to standing position by pushing up with hands and arms.

WARNING:

ALWAYS START YOUR JUMP AT THE CENTER OF THE MAT. WHEN YOU LAND MORE THAN 30 CM AWAY FROM THE LOGO, STOP YOUR JUMP IMMEDIATELY! RESTART YOUR JUMP AT THE CENTER OF THE MAT.

NOTE:

MAKE SURE ALL BUCKLES AND ZIPPERS ARE CORRECTLY CLOSED DURING ANY USE OF THE TRAMPOLINE.

CARE AND MAINTENANCE

This trampoline was designed and manufactured with quality materials and craftsmanship. 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. Please follow the guidelines listed below. Installations of additional accessories must be carried out as per manufacturer's instructions.

This trampoline is designed to withstand a certain amount of weight and use. Please make sure that only one person at any one time uses the trampoline. Jumpers should either wear socks, gymnastics shoes, or be barefoot when using the trampoline. Please be aware that street shoes or tennis shoes should NOT be worn while using the trampoline. 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. Any type of sharp or pointed objects should be kept off the trampoline mat at all times. Regularly check that nuts and bolts are securely tightened, since they may come loose over time. Check that all spring-loaded (pit pin) joints are still intact and cannot become dislodged during play; Check all coverings and sharp edges and replace when required Check that mat, padding and enclosure are free from defects.

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

- Punctures, holes, or tears in the trampoline mat
- Sagging trampoline mat
- Loose stitching or any kind of deterioration of the mat
- Bent or broken frame parts, such as the legs
- Broken, missing, or damaged springs
- Damaged, missing, or insecurely attached frame pad
- Protrusions of any types (especially sharp types) on the frame, springs, or mat

Note. Sunlight, rain, snow and extreme temperatures reduce the strength of these parts over time.

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.

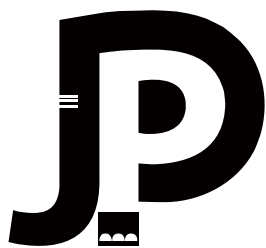
Do not modify the trampoline or any of its parts

The net should for safety's sake be replaced every year.

MOVING THE TRAMPOLINE

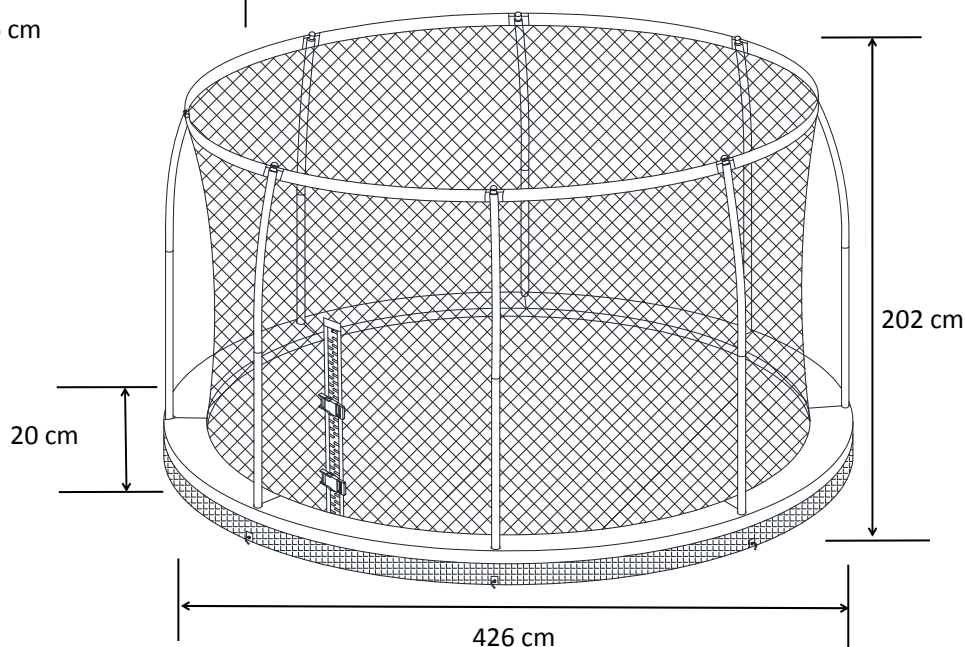
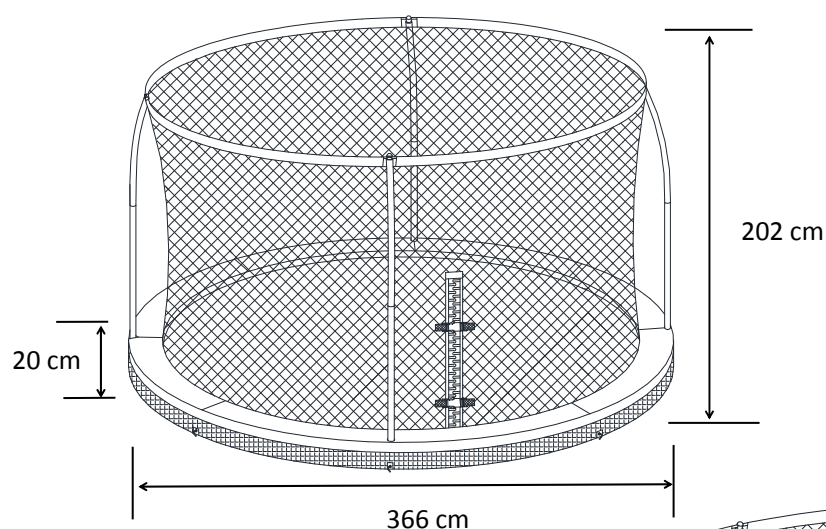
If you need to move the trampoline, two people should be used. All connector points should be wrapped and secured with weather resistant tape, such as duct tape. This will keep the frame intact during the move and prevent the connector points from dislocating and separating. When moving, lift the trampoline slightly off the ground and keep it horizontal to the ground. For any type of other move, you should disassemble the trampoline.

Keep this instruction manual.



Jump Power

Samlevejledning Nedgravningstrampolin 366/426



Det er yderst vigtigt, at du læser og forstår vejledningen, inden du samler og benytter trampolinen.

Vi ønsker dig god fornøjelse med trampolinen. En trampolin er meget sjov og giver samtidig god motion. Det tager noget tid at samle den, så sørg for at læse hele vejledningen, inden den tages i brug, for at gøre det hele lettere. Det er muligt, at det tager mere end en time at samle den, så vær tålmodig, og få hjælp af en ven.

VIGTIGT

Læs følgende instruktioner og advarsler for at undgå alvorlige eller dødelige kvæstelser.

Advarsel!

- Maks. 100 kg.
- Kun til privat brug.
- Udendørsbrug.
- Kun én bruger. Kollisionsfare.
- Nettet skal udskiftes hvert år.
- Opsyn fra en voksen er påkrævet.
- Lav ikke saltomortaler. Det er meget farligt, og du risikerer alvorlige kvæstelser eller at dø.
- Luk altid sikkerhedsnettet, inden der hoppes.
- Læs vejledningen.
- Trampolinen skal samles af en voksen i overensstemmelse med samlevejledningen og kontrolleres, inden den tages i brug.
- Hop kun med rigtige gymnastiksko eller i bare tæer.
- Tøm lommer og hænder, inden der hoppes.
- Hop altid midt på dugen.
- Benyt ikke dugen, når den er våd.
- Spis ikke, mens der hoppes.
- Hop ikke af trampolinen.
- Begræns tiden for kontinuerlig brug (hold jævnlige pauser).
- I stærk vind må trampolinen ikke benyttes, og den skal sikres.
- Forsøg ikke at hoppe over nettet.
- Hop ikke ind i nettet med fuldt overlæg.
- Hop ikke mod sikkerhedsnettet for at blive kastet tilbage på dugen.
- Hæng ikke i toppen af nettet, og forsøg ikke at klatre over nettet.
- Fjern eventuelle smykker, som kan vikles sig fast i nettet eller flånses nettet op, inden der hoppes.
- Montering af trampolinen kræver gravning af et hul i jorden. Hvis du er usikker på jordarbejdet, skal du kontakte en professionel.

Placering af trampolinen

Trampolinen må ikke placeres på beton eller andre hårde overflader. Den ideelle placering er en plan, stabil overflade, som fx en græsplæne. Der skal være mindst 2 meters plads rundt om trampolinen. Undersøg, at der ikke befinder sig ledninger, grene, hegn eller andre mulige farer over og rundt om trampolinen. Trampolinen bør ikke placeres i nærheden af bassiner, gynger, rutsjebaner, klatrerammer eller andre forhindringer. Det er meningen, at trampolinen skal graves ned i jorden.

Vejrforhold

Trampolinen bør ikke benyttes, når den er våd. I vintervejr skal trampolinen skilles ad, og alle tekstildele (dug, skumpude, sikkerhedsnet) skal opbevares indendørs. I stærk vind skal skumpuden og sikkerhedsnettet afmonteres, og trampolinen skal sikres til jorden ved hjælp af pløkker.

Brug af trampolinen

Start stille og roligt. Forsøg ikke at udføre svære hop.

Hop ikke, når du er trætt – dette øger risikoen for kvæstelser. Sørg for ordentligt fodtøj, fx gymnastiksko, eller hop i bare tæer.

Træd aldrig på rammepuden. Den er ikke konstrueret til at understøtte et menneskes vægt. Hop aldrig af trampolinen,

når du er færdig. Stig altid af den. Brug ikke trampolinen, når du er påvirket af stoffer eller alkohol.

Sørg altid for, at en person holder dig under opsyn, mens du hopper. Hvis du kommer til skade, vil du have nogen til at hjælpe dig.

Begynd altid at hoppe midt på dugen. Hvis du lander mere end 30 cm væk fra kanten af logoet, skal du øjeblikkeligt stoppe med at hoppe!

Start forfra med at hoppe midt på dugen.

Samling

Læs samlevejledningen i sin fulde længde, inden du påbegynder samlingen af trampolinen. Det anbefales, at to personer hjælpes ad under samlingen.

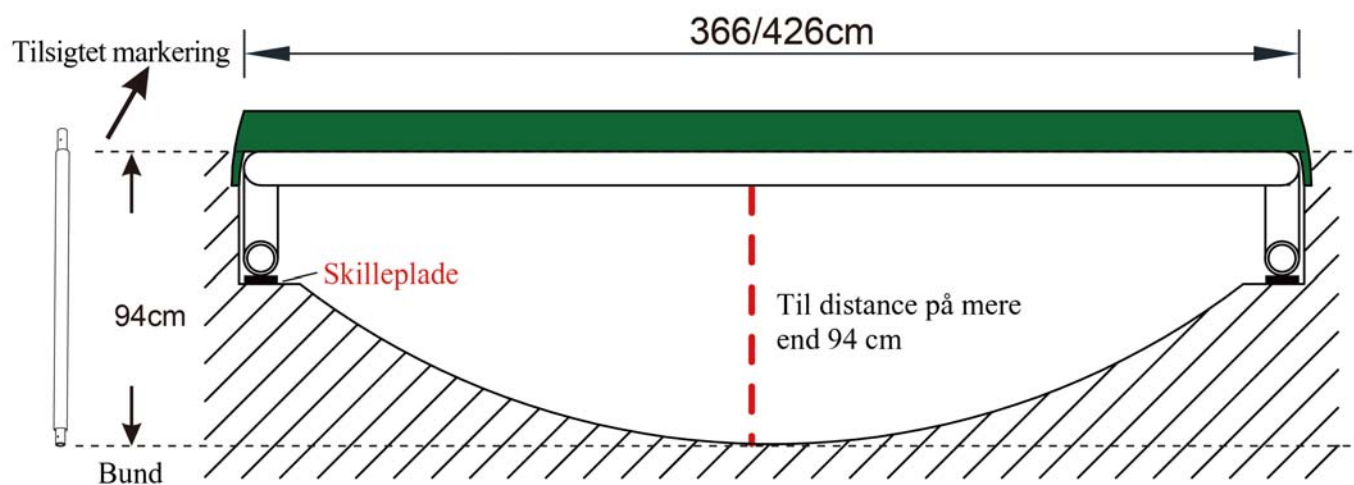
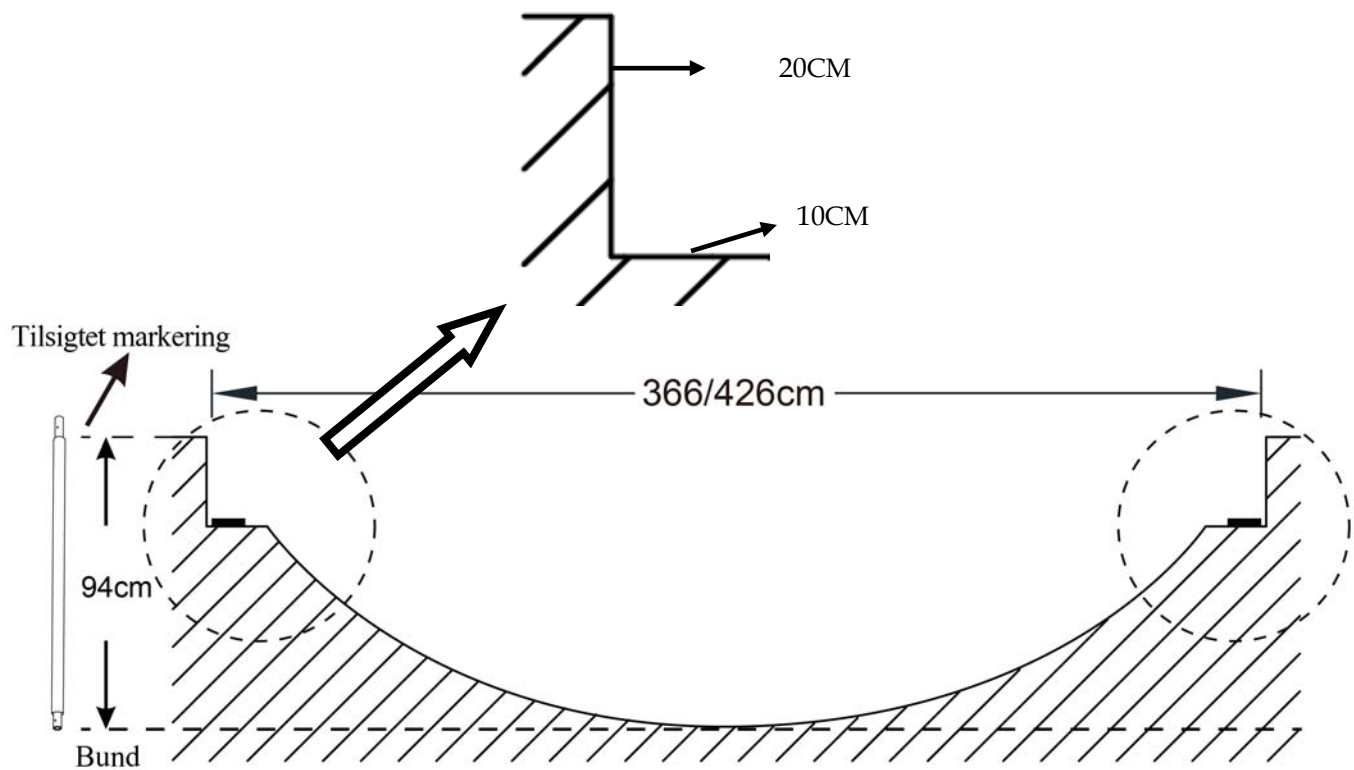
Start med at tjekke, at alle de nødvendige dele er der. Referencenummeret for hver del benyttes i vejledningen til at guide dig.

Arbejdstegning

Jævnfør følgende figur under udgravning af hullet.

Hjælp:

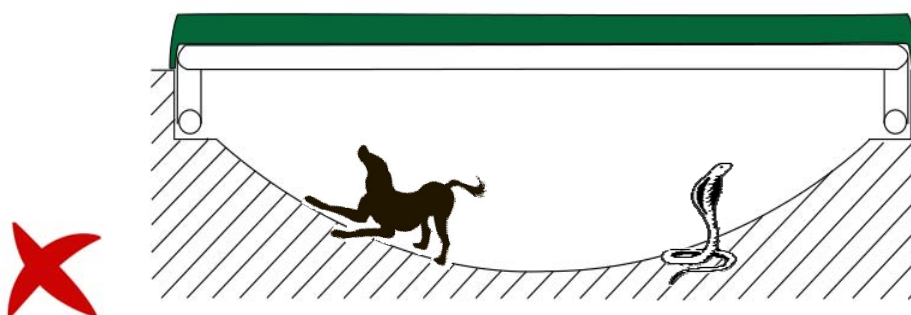
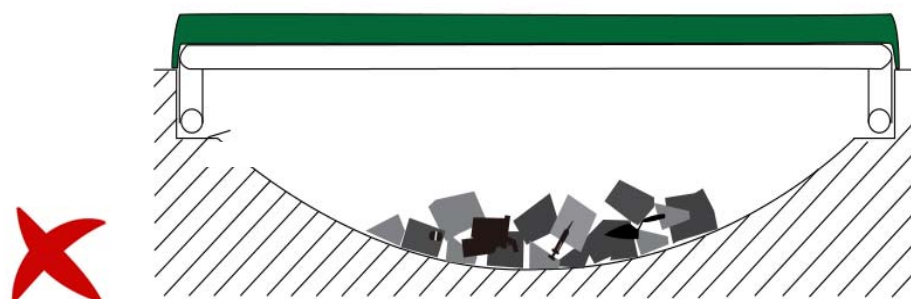
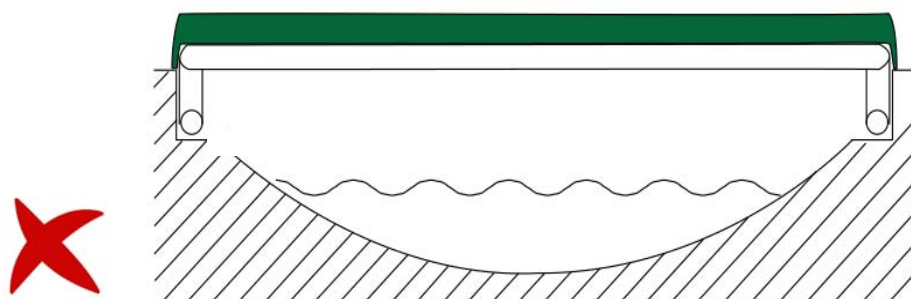
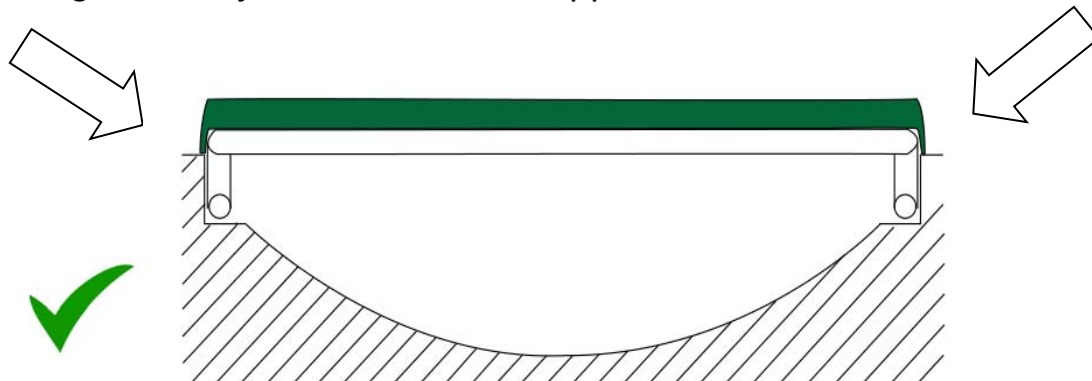
Tag et hvilket som helst nedre rammerør (# B) som et måleværktøj for at teste hullets dybde for at sikre, at hullets dybde når 94 cm. (Afstanden fra bunden af røret til det indrykkede mærke er 94 cm).



- Det er meningen, at trampolinen skal graves ned i jorden.
- Trampolinen skal samles af en voksen i overensstemmelse med samlevejledningen og kontrolleres, inden den tages i brug.
- Placer ikke trampolinen under overhængende objekter, som fx grene på træer, ledninger mv., da dette øger risikoen for kvæstelser.
- Luk altid det medfølgende sikkerhedsnet, inden der hoppes på trampolinen.
- Kun én person må hoppe ad gangen. Kollisionsfare.
- Tøm lommer og hænder, inden der hoppes.
- Spis ikke, mens der hoppes.
- Hop altid midt på dugen.
- Hop ikke af trampolinen.
- Begræns tiden for kontinuerlig brug (hold jævnligt pauser).
- Vær opmærksom på vejrforholdene, når trampolinen bruges. Hvis trampolinens dug bliver våd, kan brugeren falde og komme til skade. Hvis det blæser for meget, kan brugeren miste kontrollen. For at undgå kvæstelser eller tingskade anbefaler vi, at du stiger af trampolinen i ekstremt vejr.
- Sikkerhedsnettet er beregnet til at forhindre brugere i at falde af trampolinen – det er ikke beregnet til, at man kaster sig mod unødigt.
- Monteringen af trampolinen kræver gravning af et hul i jorden. Hvis du er usikker på jordarbejdet, skal du kontakte en professionel.
- Undgå at træde på jorden omkring den nedgravede trampolin under installationen og under daglig brug.

ADVARSEL!

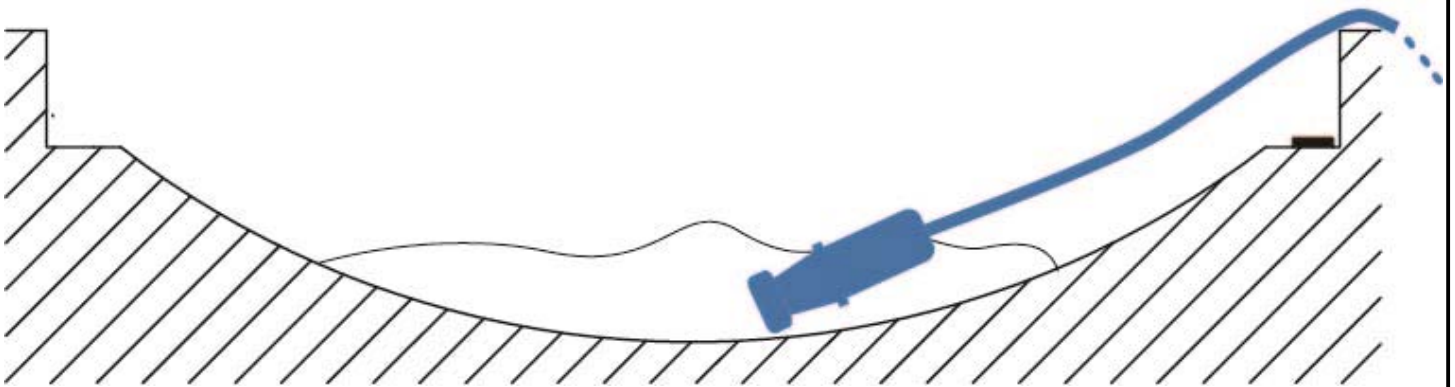
- Sørg for, at der ikke befinder sig objekter eller farer under trampolinen. Og de skal i givet fald fjernes, inden der hoppes.



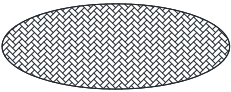
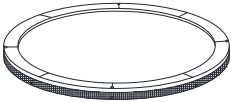
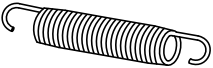
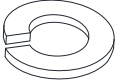
ADVARSEL! Sørg for, at der ikke befinder sig kæledyr eller reptiler

ADVARSEL!

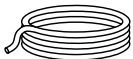
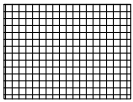
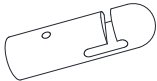
- Der skal ikke kunne samles sig vand i hullet.
- Efter regn, eller når der har samlet sig vand efter eventuelt havearbejde, skal trampolinen løftes for at undersøge, om der er vand i hullet, inden der må hoppes på trampolinen.
- Hvis der er vand i hullet, skal du bruge pumpen til at dræne vandet, inden der må hoppes på trampolinen.
- Hvis du ikke er sikker på, hvordan vanddrænet skal laves korrekt, skal du henvende dig til en fagmand.



Liste over dele til trampolin

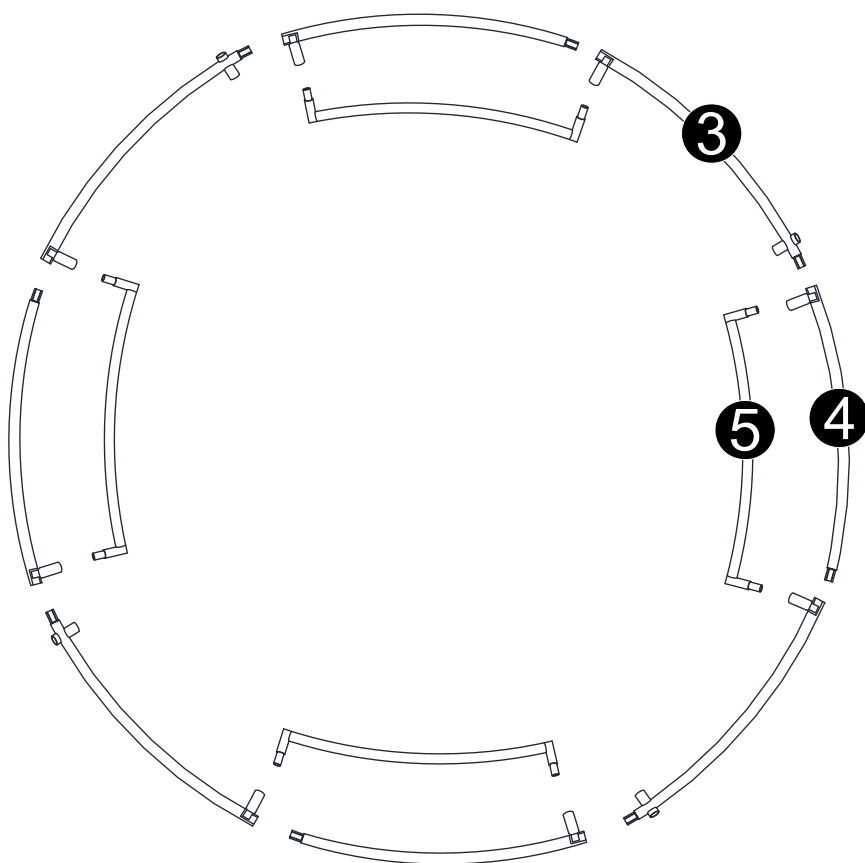
Delnr.	Dele	Beskrivelse	366cm Antal	426cm Antal
1		Trampolindug med påsyede trekantringe	1	1
2		Sikkerhedsbetræk	1	1
3		Topramme med benfæster	4	8
4		Topramme med benfæster	4	0
5		Benbase	4	4
6		Galvaniserede fjedre	72	88
7		Skrue (20mm)	4	8
8		Fjederskive (stor)	4	8
9		Fjederskive (lille)	8	8
10		Buet spændeskive	4	8
11		Stor prop (bruges på ben)	8	8
12		Selvlåsende skrue	8	8
13		Pløk	8	8
14		Unbrakonøgle	1	1
15		Fjedermonteringsværktøj	1	1

Liste over dele til sikkerhedsnet

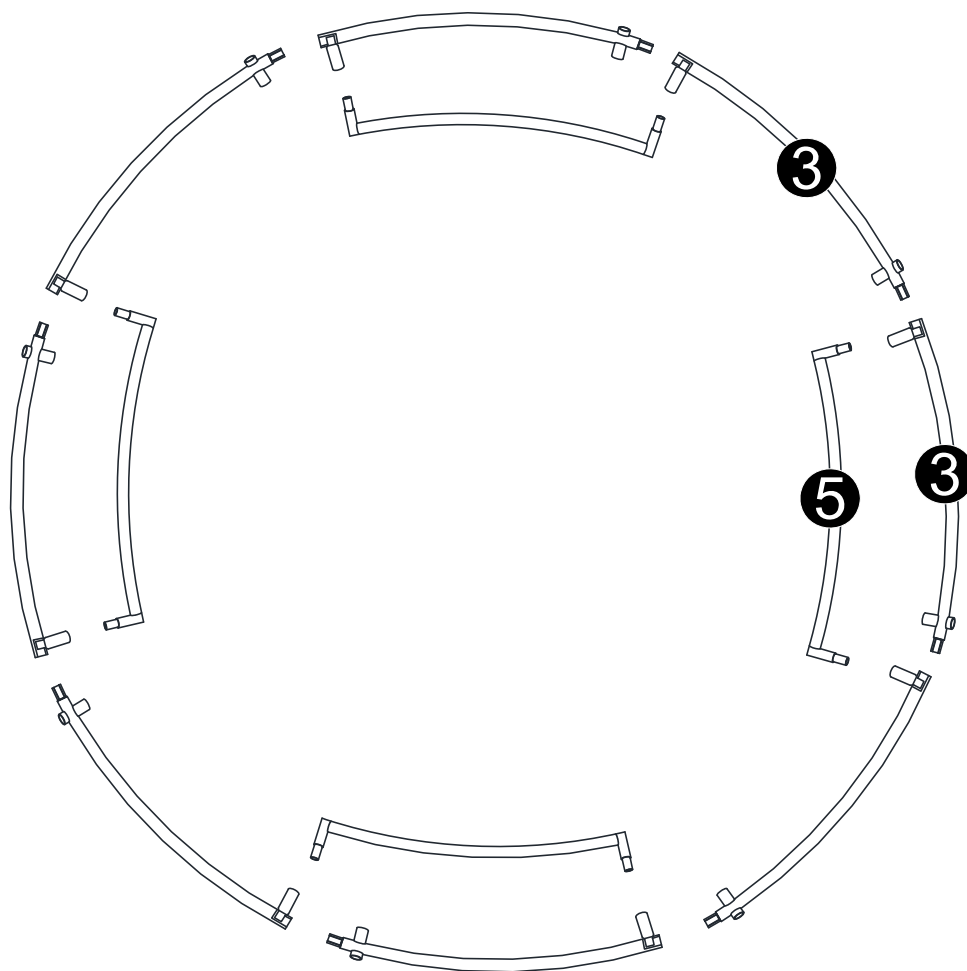
Part Number	Diagram	Description	366cm Quantity	426cm Quantity
A		Toprør med skum	4	8
B		Underrør med skum	4	8
C		Kabeltråd	12	12
D		Fastnøgle	1	1
E		Selvlåsende skrue	8	16
F		Fjederskive (lille)	4	8
G		Line	7	8
H		Sikkerhedsnet	1	1
I		Plastikhætte	4	8
J		Kasket	4	8
K		Udvendig endehætte	4	8

Samling af trampolin

TRIN 1

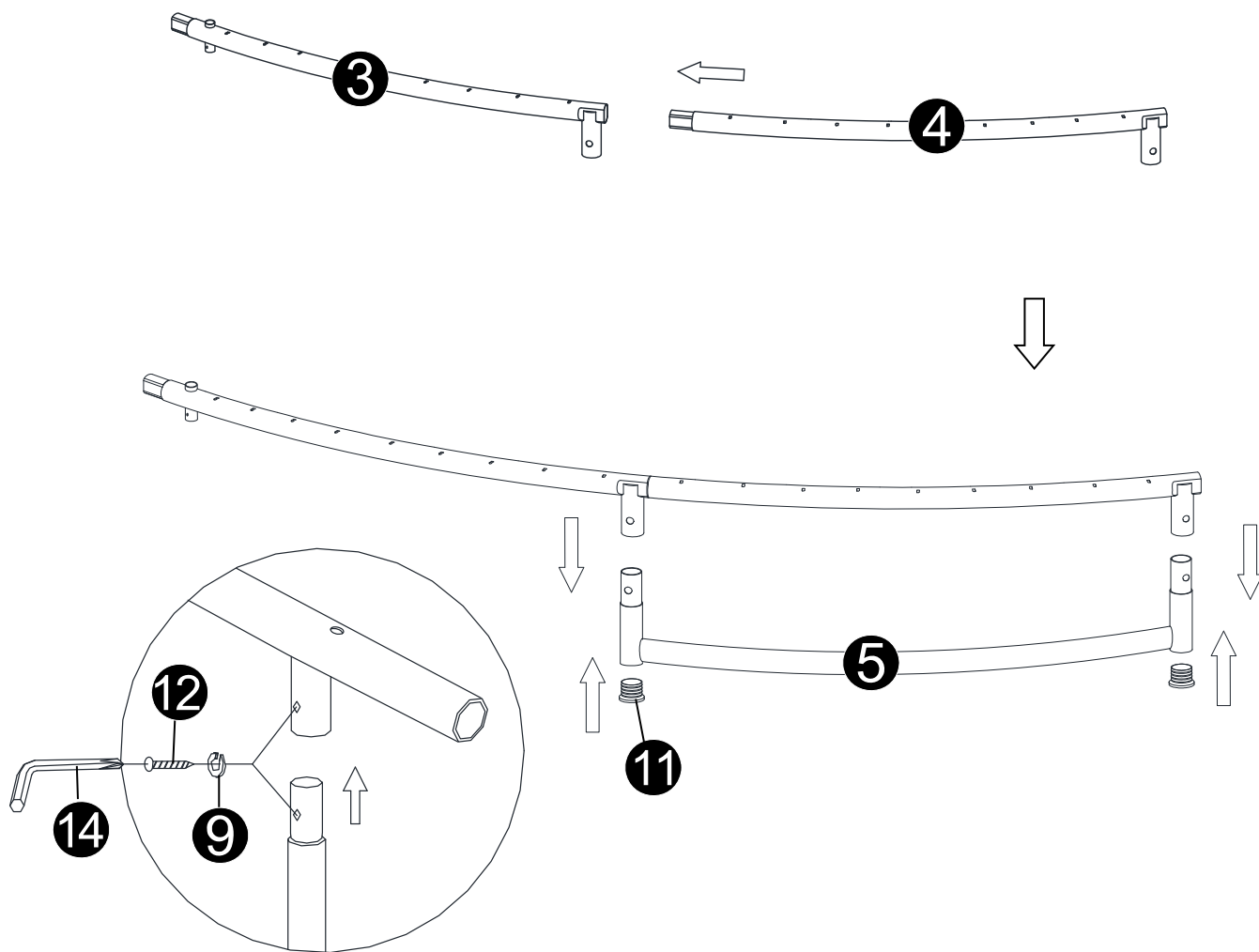


366

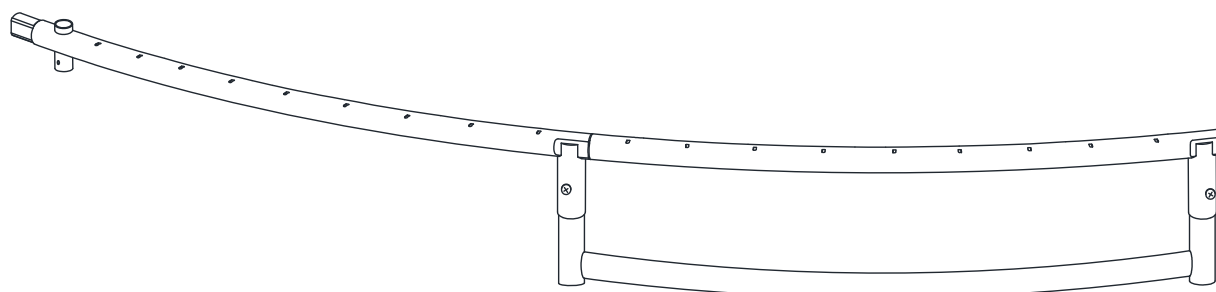


426

TRIN 2

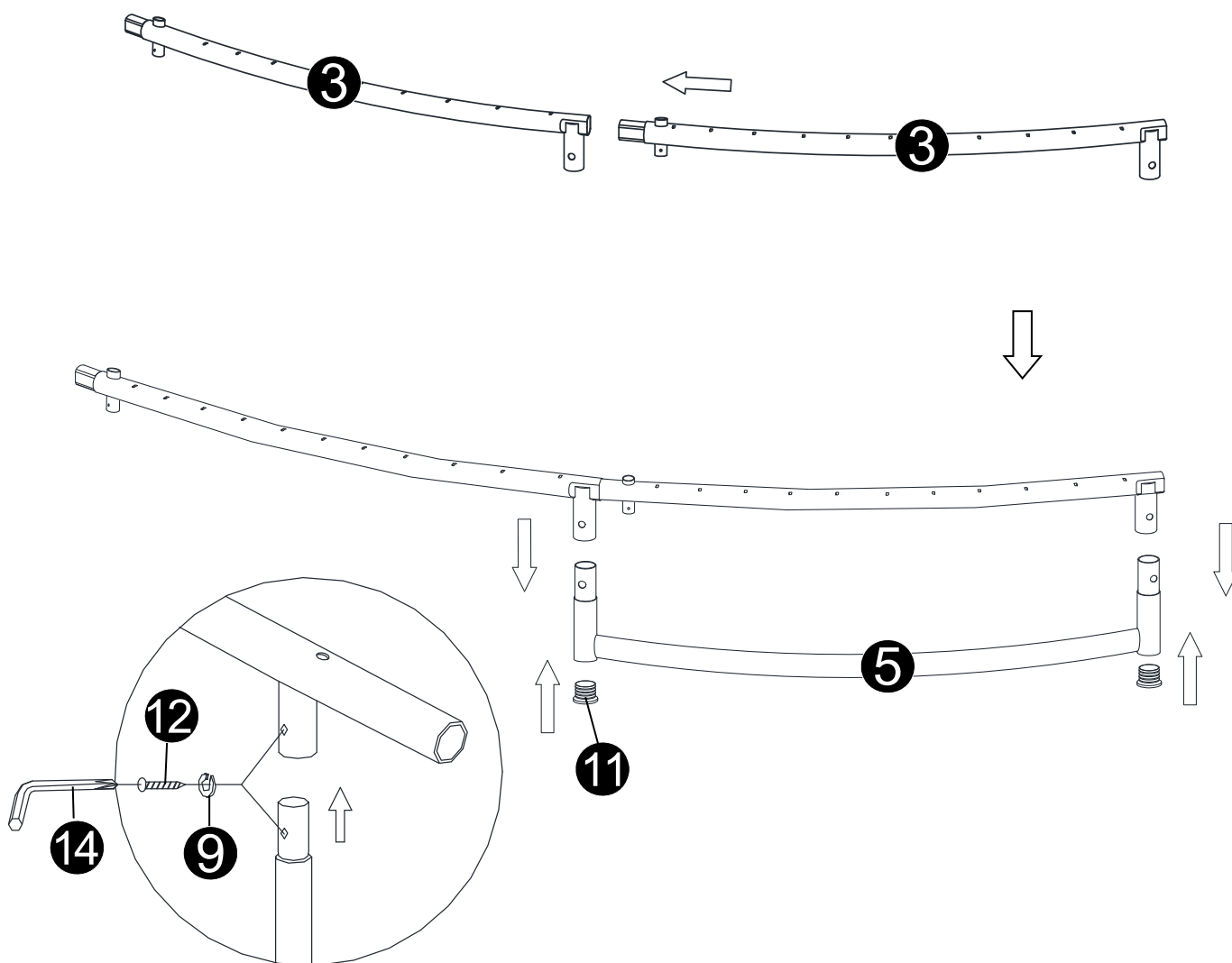


Sæt den store prop (# 11) på benet (# 5)

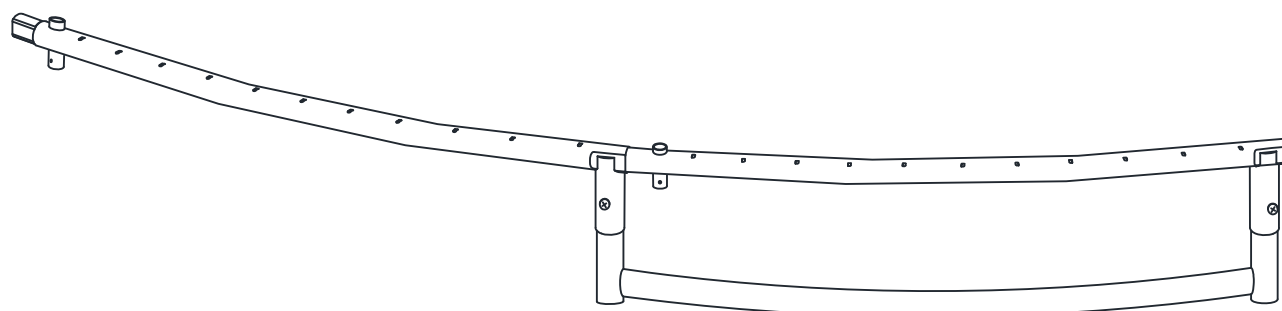


366

TRIN 2-1

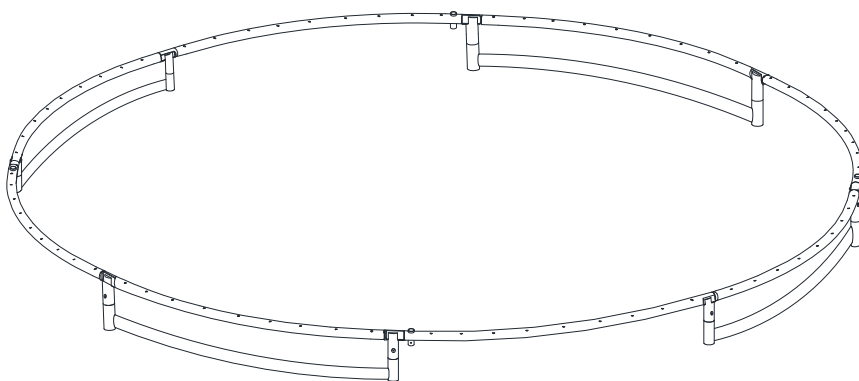
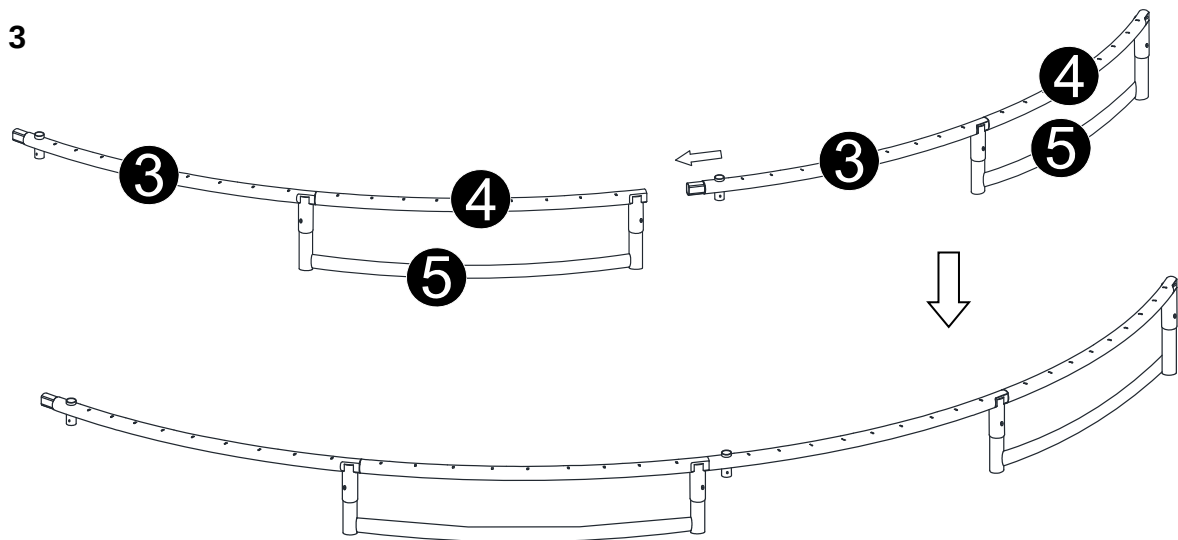


Sæt den store prop (# 11) på benet (# 5)

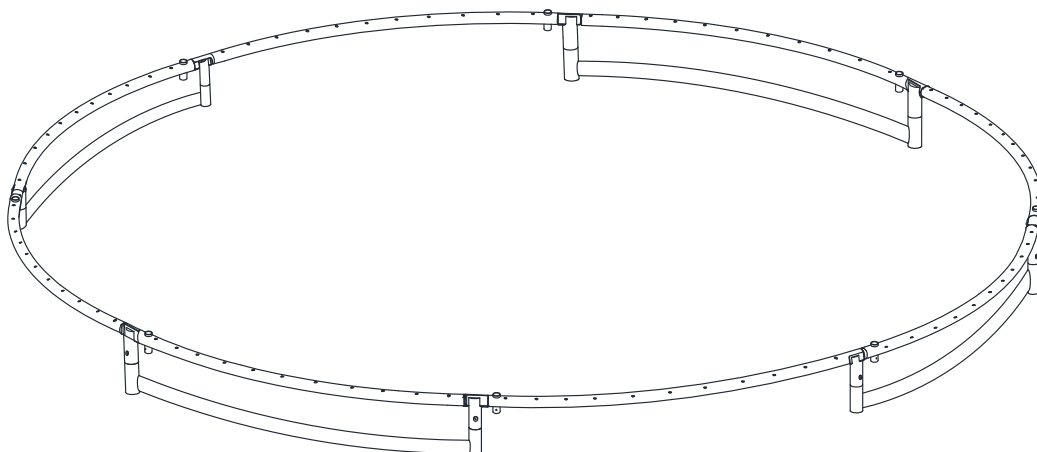
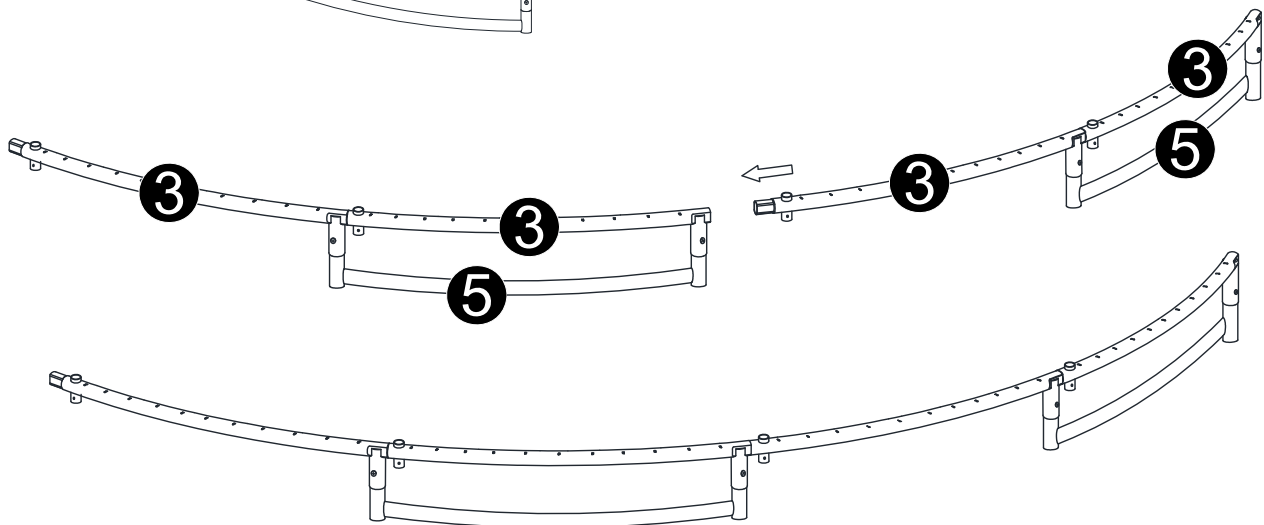


426

TRIN 3

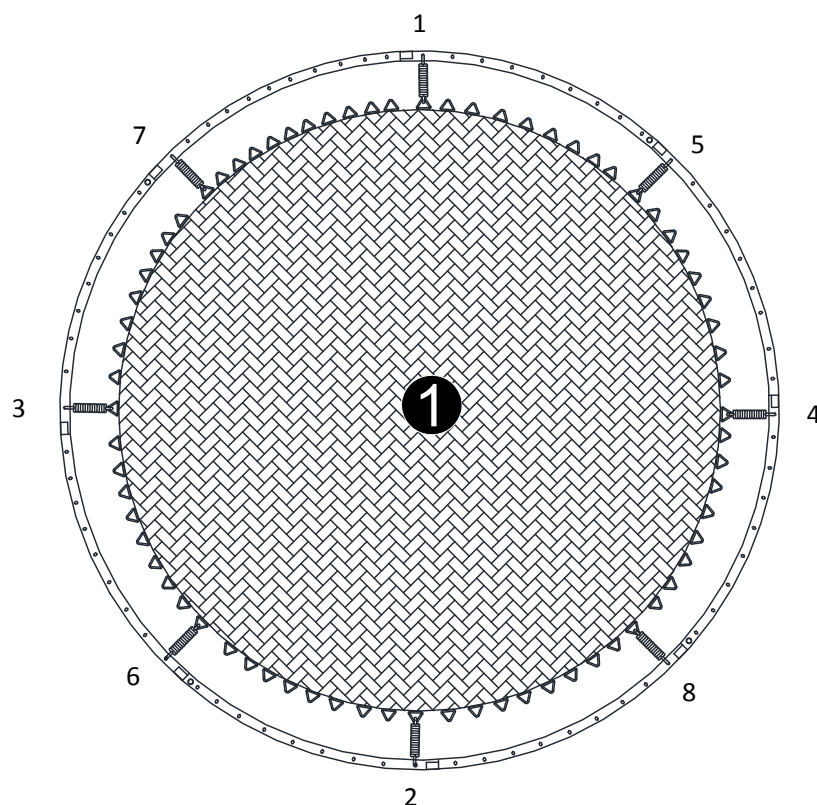
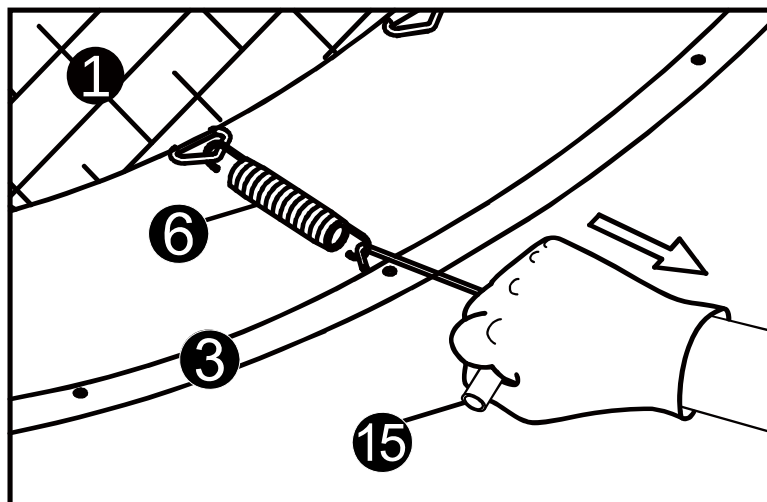


366

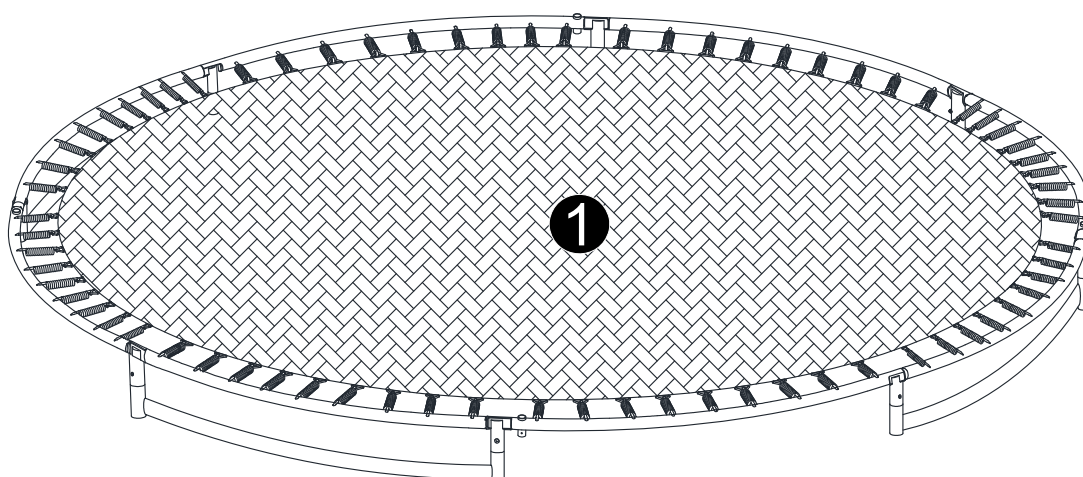
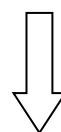


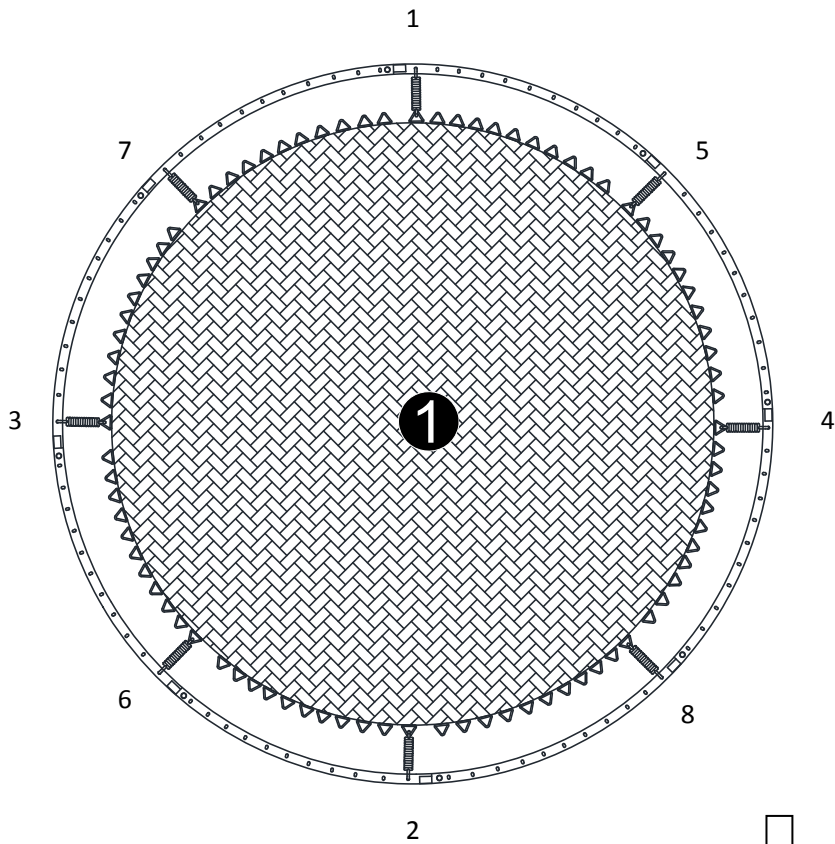
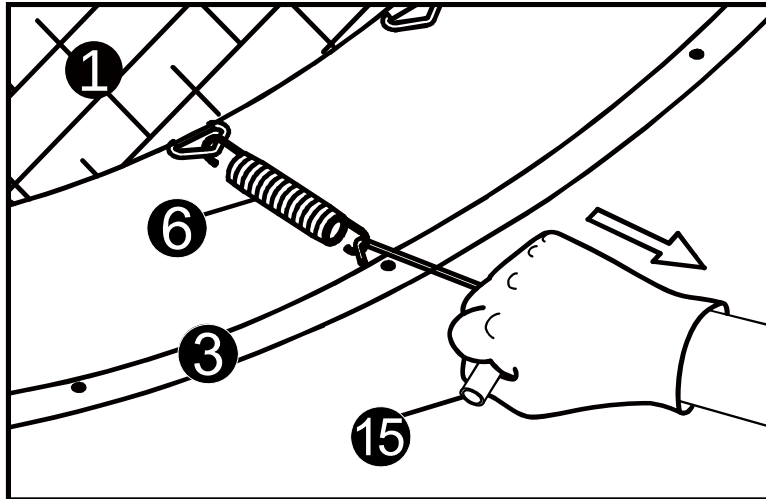
426

TRIN 4

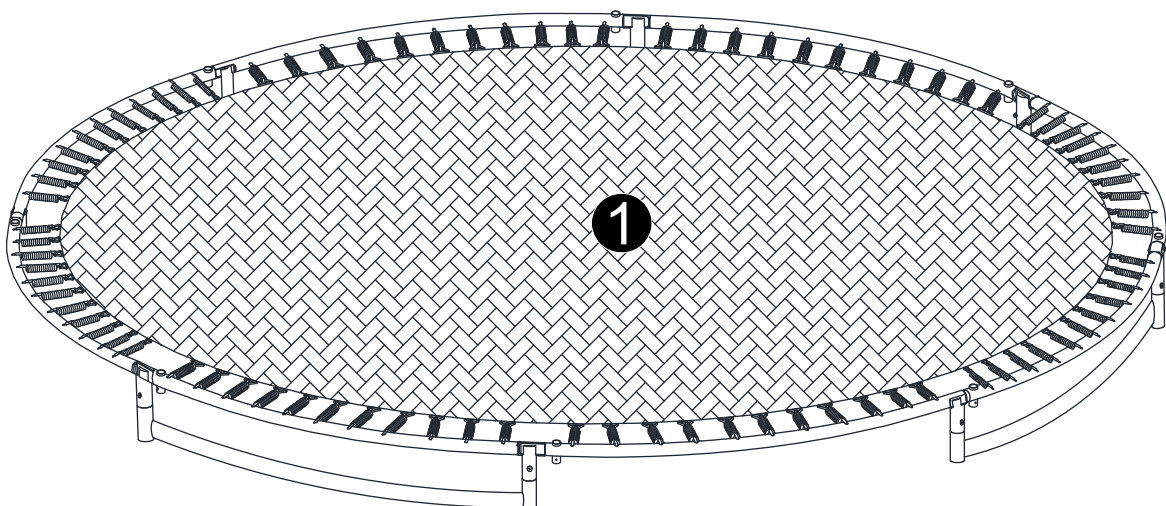


366





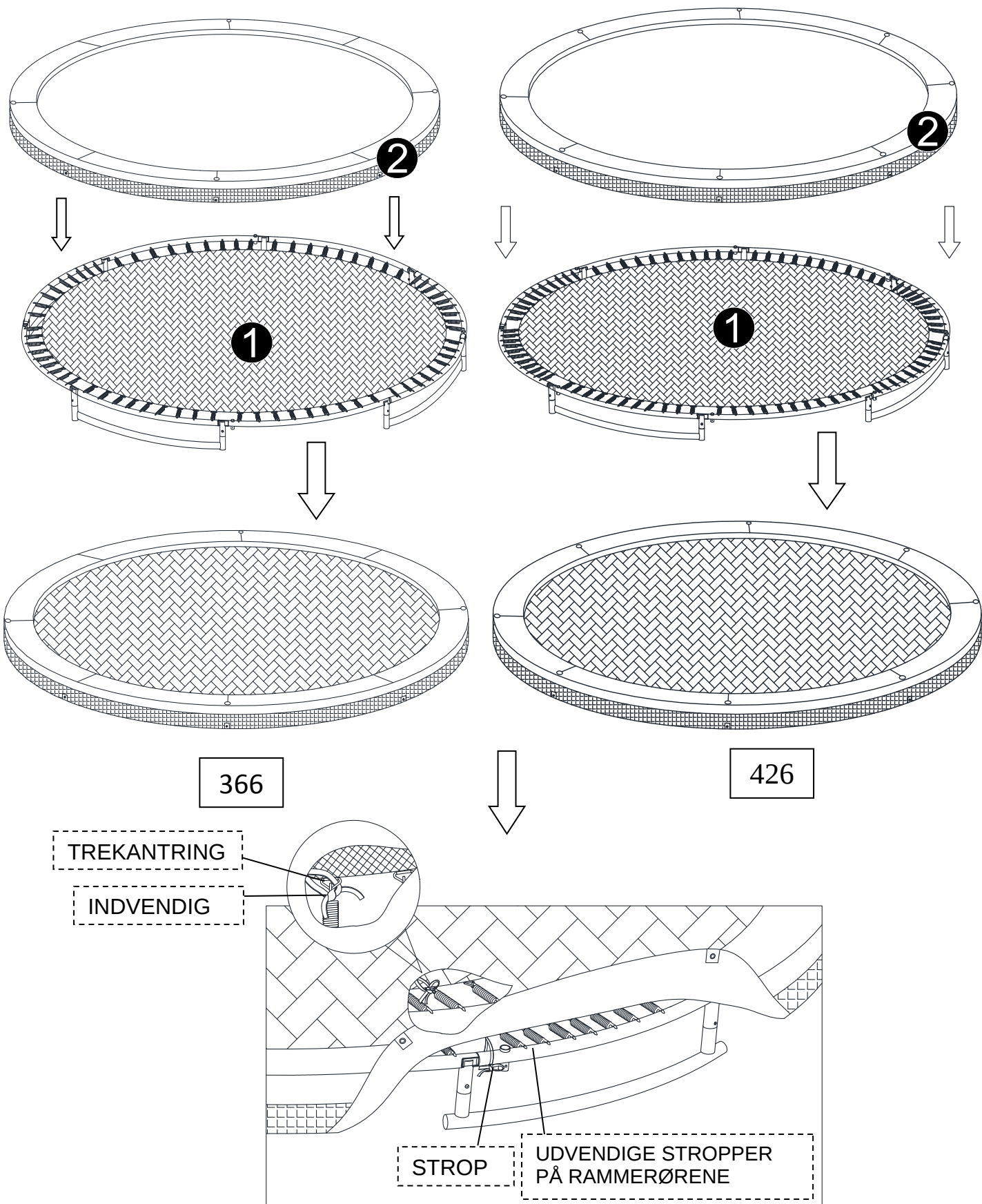
426



TRIN 5

Læg rammepuden (# 2) over trampolinen, så den dækker fjedrene og metalrammen. Juster de elastiske stropper, så der er en over hvert ben og en over toprøret. Bind stropperne som vist.

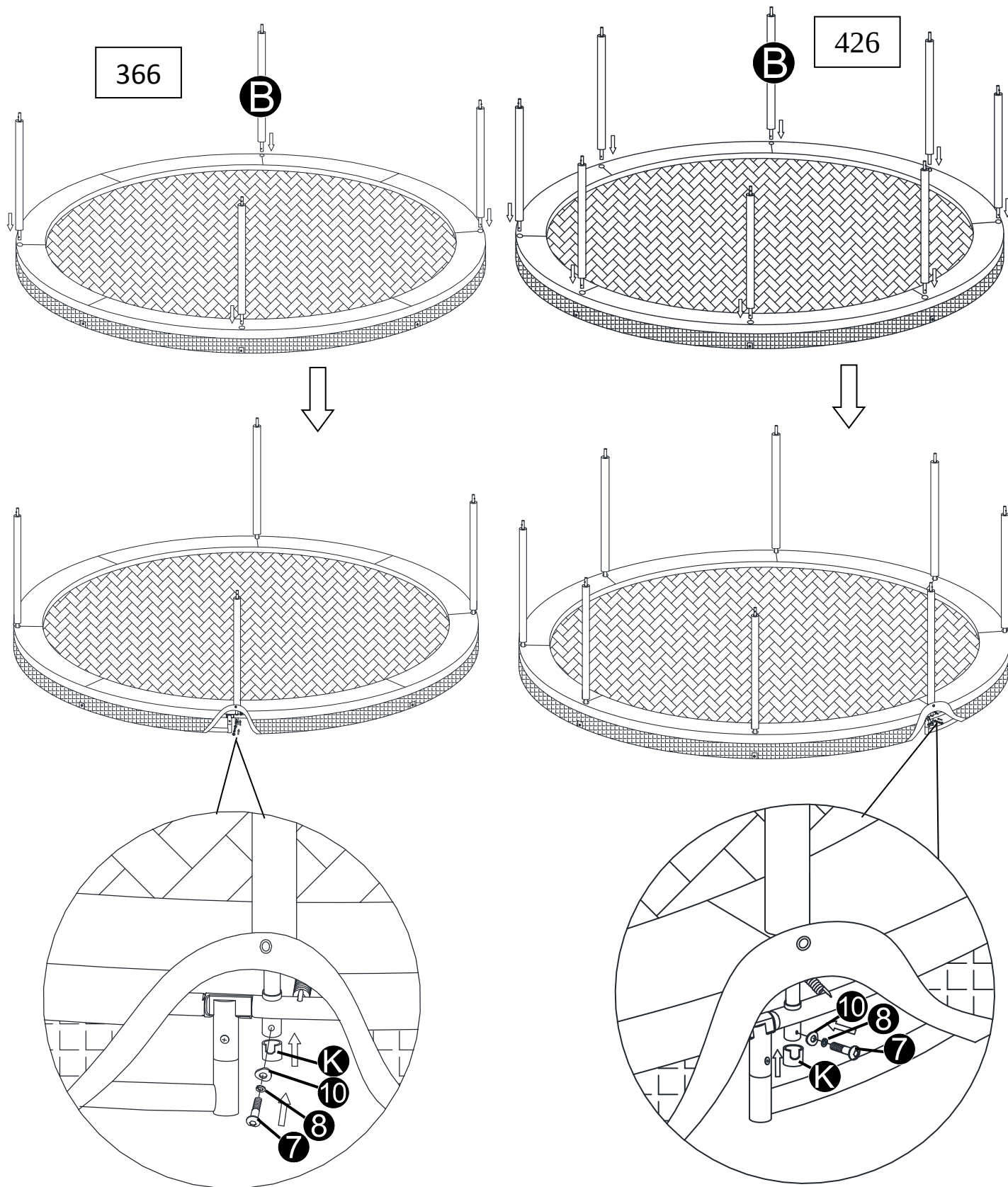
Bind til sidst de indvendige elastiske stropper rundt om trekantringen, og bind en halvknude derefter en halv sløjfe. Gentag trinnet for alle de udvendige stropper.



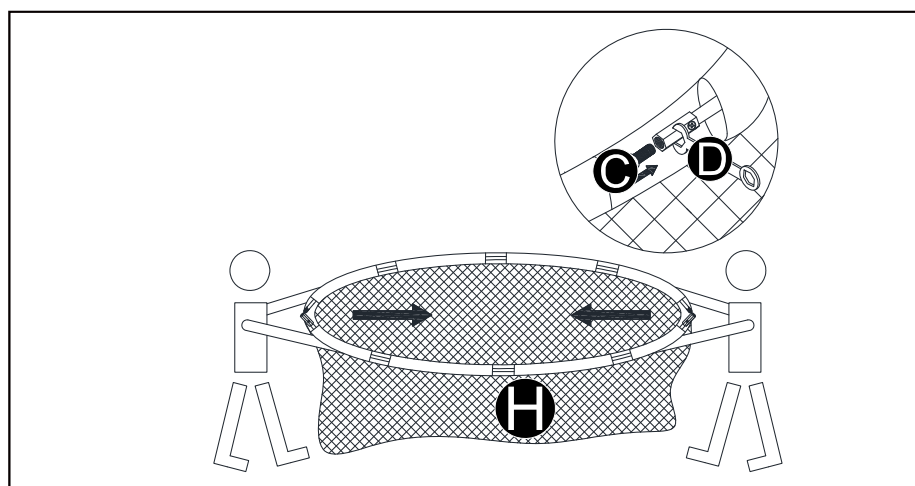
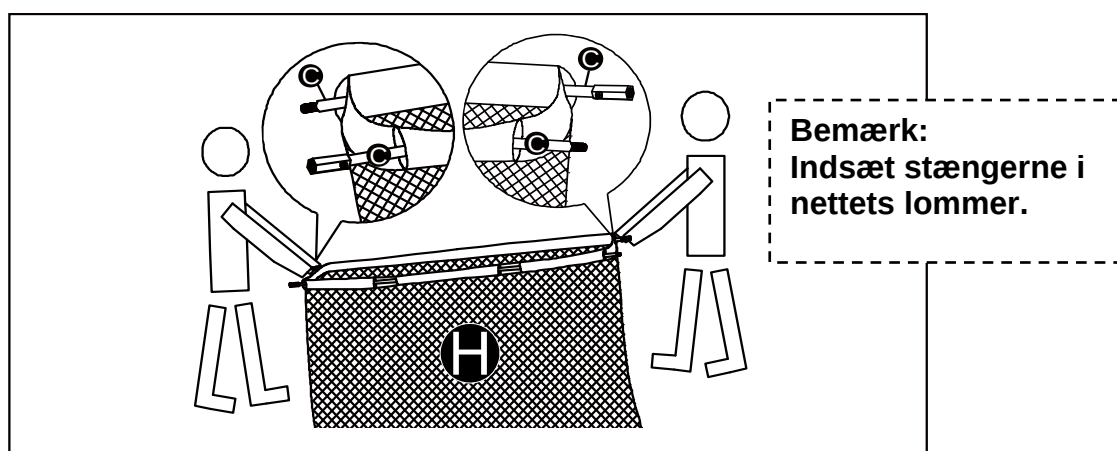
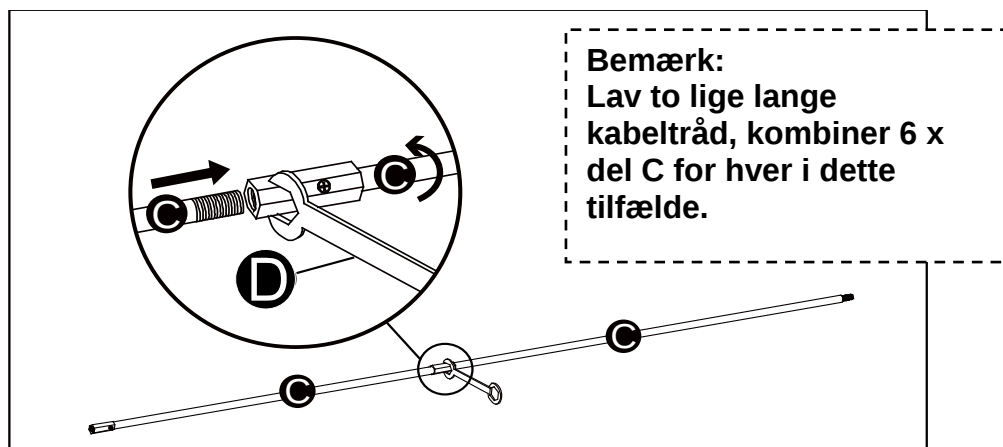
Samling af sikkerhedsnet til trampolin

TRIN 6

Sæt underrøret med skum (# B) på hullerne i toprøret med benfæste (# 3), og fastgør det ved hjælp af låseskiven (# 8 # 10) og skruen (# 7).

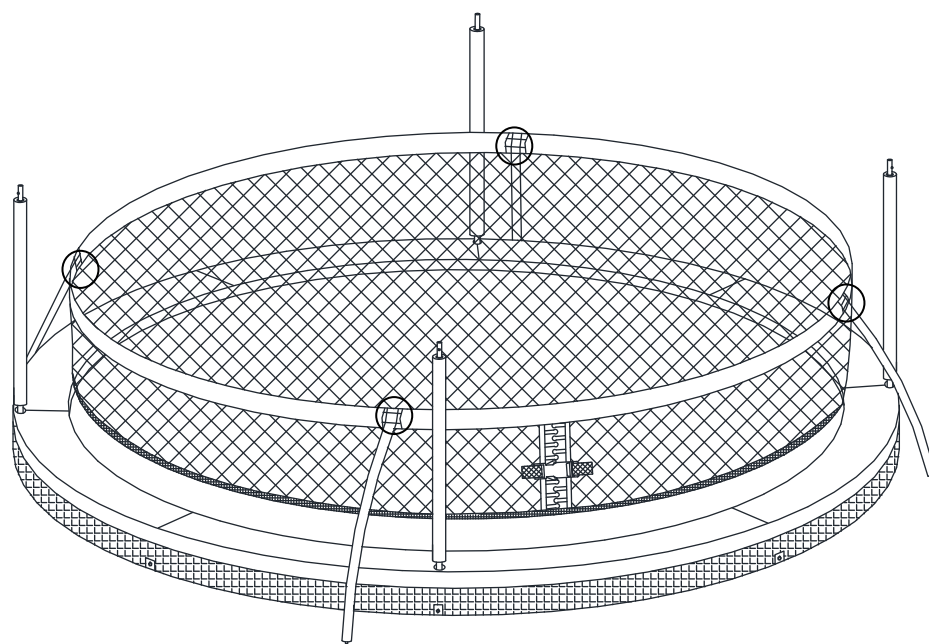
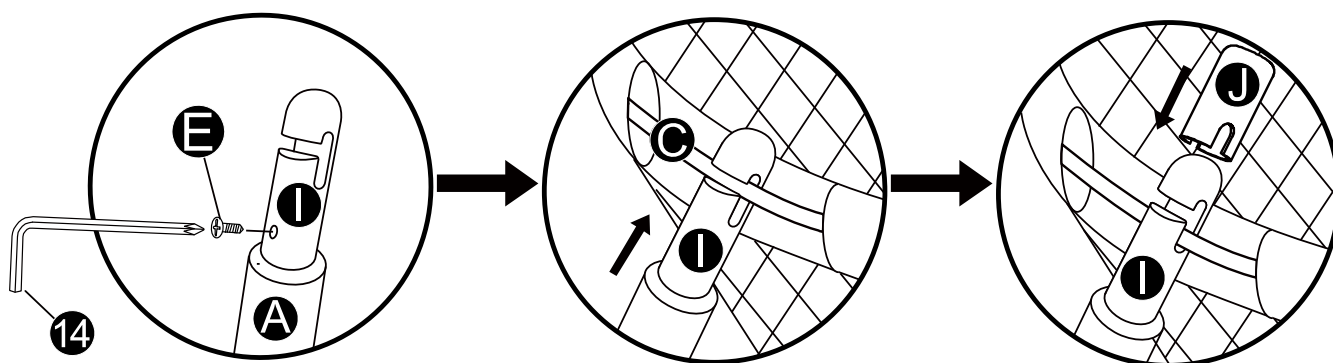


TRIN 7

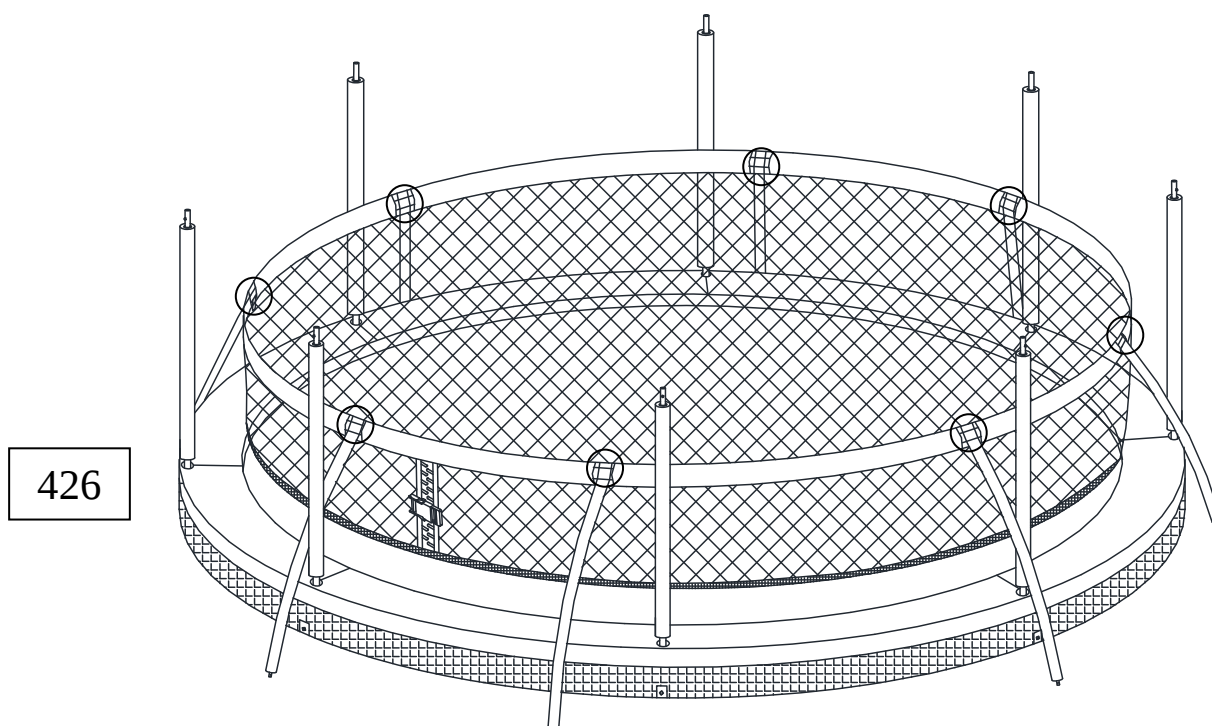


Bemærk:
Forbind nu de to
stænger, så de danner
en cirkel.

TRIN 8

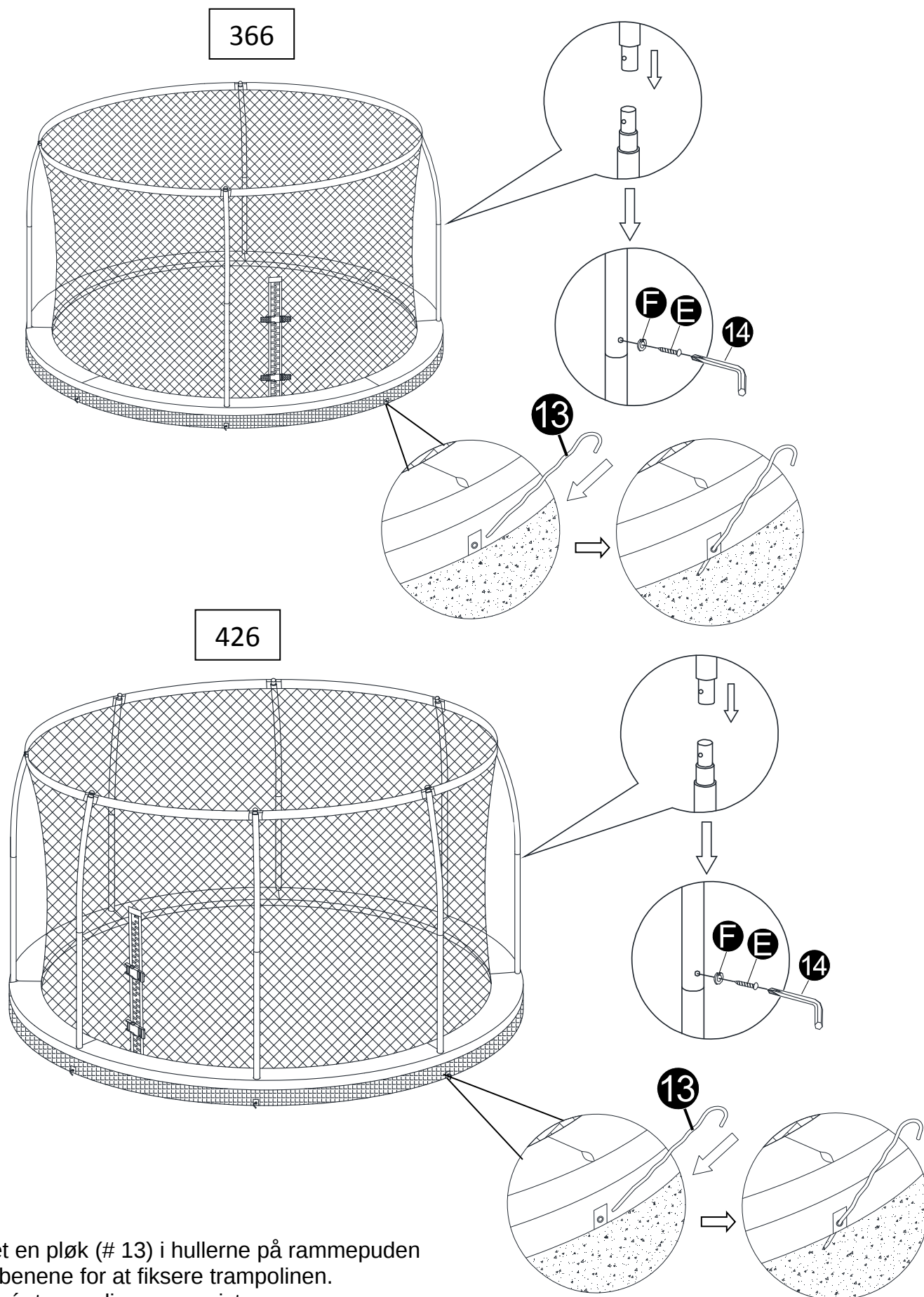


366



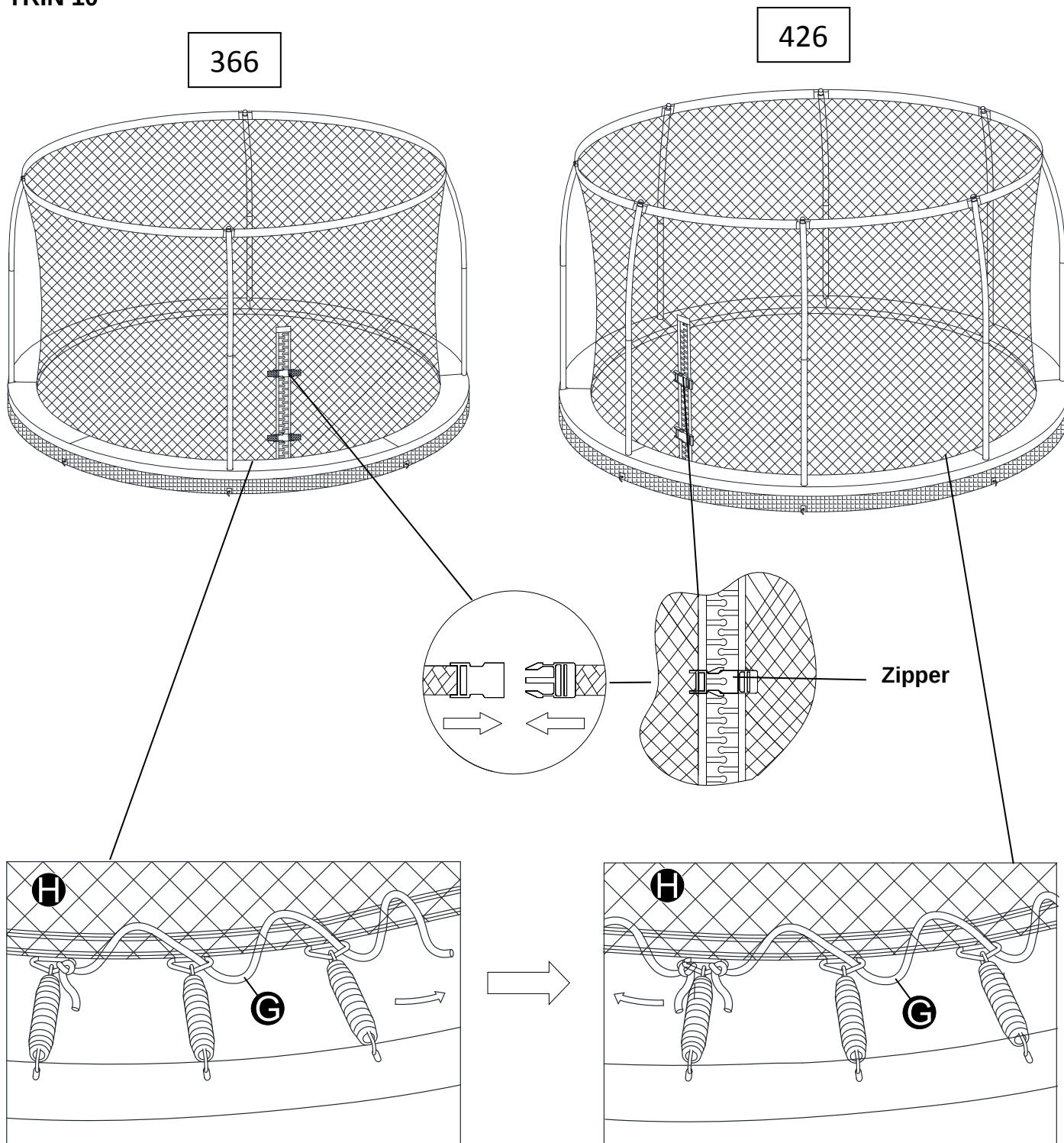
426

TRIN 9



Sæt en pløk (# 13) i hullerne på rammeputen og benene for at fiksere trampolinen. Fiksér trampolinen som vist.

TRIN 10



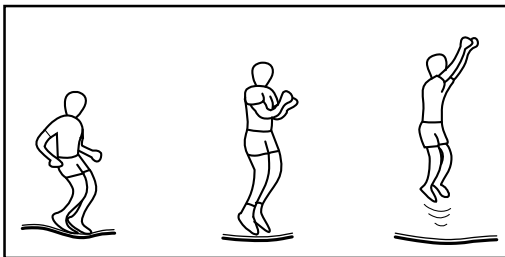
TRIN 11

Vigtigt: Husk at gå tilbage og stramme alle skruer, møtrikker og spænder på både trampolinen og sikkerhedsnettet. I modsat fald fungerer de muligvis ikke korrekt og kan medføre kvæstelser, som kunne have været undgået med korrekt samling.

Samlingen af trampolinen er nu udført. Husk at være forsigtig, når der hoppes.

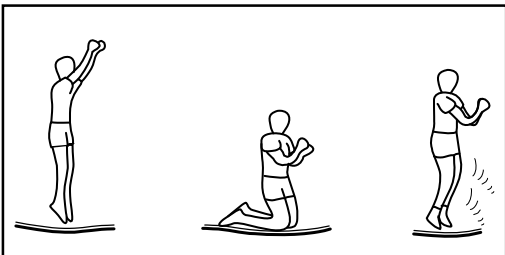
GRUNDLÆGGENDE TRAMPOLINHOP

DET GRUNDLÆGGENDE HOP



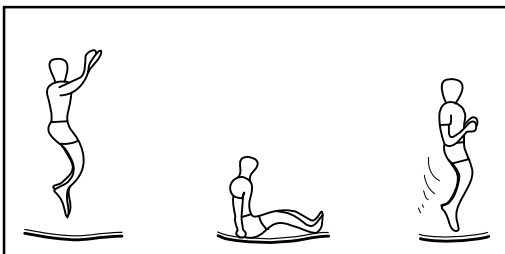
1. Start i stående position med fødderne i en skulderbreddes afstand og hovedet løftet og øjnene på dugen.
2. Sving armene frem, op og rundt i en cirkelbevægelse.
3. Saml fødderne, mens du er i luften, og peg tæerne nedad.
4. Hold fødderne i en skulderbreddes afstand, når du lander på dugen.

KNÆHOP



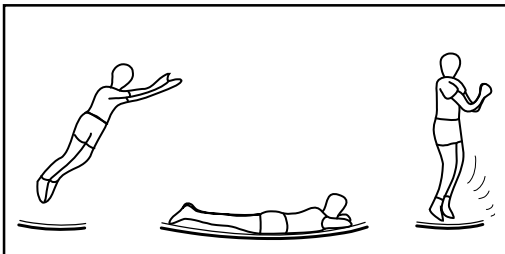
1. Start med et grundlæggende hop, stille og roligt.
2. Land på knæene, mens ryggen holdes lige, kroppen i opret position, og brug armene til at holde balancen.
3. Hop tilbage i et grundlæggende hop ved at svinge armene op.

SÆDEHOP



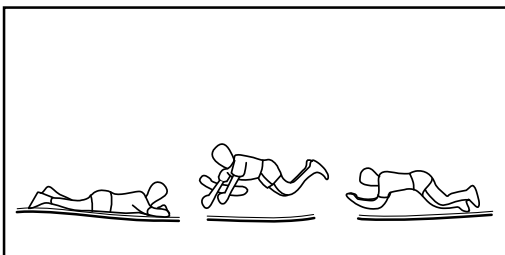
1. Land i fladt siddende position.
2. Placer hænderne på dugen ud for hofterne, lås ikke i albuerne.
3. Vend tilbage til opret position ved at skubbe fra med hænderne.

FRONTHOP



1. Start med et lille hop.
2. Land på maven (ansigtet nedad), og hold hænder og arme frem og på dugen.
3. Skub fra på dugen med armene for at vende tilbage til stående position.

180 GRADERS HOP



1. Start med at lande på maven.
2. Skub fra med venstre eller højre hånd og arm (afhængigt af, hvilken vej du vil rotere).
3. Hold hoved og skuldre i samme retning, og hold ryggen parallelt med dugen og hovedet op.
4. Land på maven, og vend tilbage til stående position ved at skubbe op med hænder og arme.

ADVARSEL:

BEGYND ALTID AT HOPPE MIDT PÅ DUGEN. HVIS DU LANDER MERE END 30 CM VÆK FRA KANTEN AF LOGOET, SKAL DU ØJEBLIKKELT STOPPE MED AT HOPPE! START FORFRA MED AT HOPPE MIDT PÅ DUGEN.

BEMÆRK:

SØRG ALTID FOR, AT ALLE SPÆNDER OG LYNLÅSE ER LUKKET KORREKT, NÅR TRAMPOLINEN BENYTTES.

PLEJE OG VEDLIGEHOLDELSE

Denne trampolin er designet og fremstillet med materialer og håndværk af høj kvalitet. Med korrekt pleje og vedligeholdelse giver den alle brugere mange års motion, sjov og glæde, og det reducerer samtidig risikoen for kvæstelser. Følg vejledningen nedenfor. Montering af yderligere tilbehør skal udføres i henhold til producentens instruktioner.

Denne trampolin er designet til at modstå en vis vægt og brug. Sørg for, at der kun er én bruger ad gangen på trampolinen. Brugere bør enten bære sokker, gymnastiksko eller have bare tæer, når de hopper på trampolinen. Vær opmærksom på, at udesko og tennissko IKKE bør bæres, mens der hoppes på trampolinen. For at forhindre revner i eller beskadigelse af dugen, må kæledyr ikke opholde sig på dugen. Brugere bør også fjerne alle skarpe genstande fra deres person, inden de begynder at hoppe på trampolinen. Enhver type skarp eller spids genstand skal altid holdes væk fra trampolinen. Sørg for jævnligt at kontrollere, at møtrikker og bolte er strammet, da de kan løsne sig med tiden. Kontrollér, at alle fjedersamlinger stadig er intakte og ikke kan falde af under leg; Kontrollér, at dugen, puder og nettet er uden defekter.

Inspicer altid trampolinen inden brug for slitage, slidte eller manglende dele. Der er en række forhold, som kan øge risikoen for kvæstelser. Vær opmærksom på:

- Perforeringer, huller eller slid på trampolindugen
- En hængende trampolindug
- Løse søm eller enhver form for forringelse af dugen
- Bøjede eller ødelagte rammedele, som fx ben
- Ødelagte, manglende eller beskadigede fjedre
- Beskadigede, manglende eller forkert påsat rammepude
- Enhver type fremspring (særligt skarpe) på rammen, fjedre eller måtten

Bemærk. Sollys, regn, sne og ekstreme temperaturer kan med tiden reducere disse deles styrke.

HVIS DU REGISTRERER NOGEN AF DE OMTALTE FORHOLD ELLER ANDET, SOM IFØLGE DIG KAN FORÅRSAGE SKADE PÅ BRUGEREN, SKAL TRAMPOLINEN SKILLES AD ELLER SIKRES MOD BRUG, INDTIL DE(T) PÅGÆLDENDE FORHOLD ER BLEVET UDBEDRET.

Foretag ikke ændringer af trampolinen eller nogen af de tilhørende dele

Nettet bør for en sikkerheds skyld udskiftes hvert år.

FLYTNING AF TRAMPOLINEN

Hvis du er nødt til at flytte trampolinen, kræver det, at I er to personer. Alle samlingspunkter skal være lukket og sikret og vejrbestandig tape, som fx lærredstape. Dette vil holde rammen intakt under flytning og forhindre samlingspunkterne i at give sig og gå fra hinanden. Under flytning skal trampolinen kun løftes en smule fra jorden og bæres parallelt med jorden. Til enhver anden type flytning skal trampolinen skilles ad.

Opbevar denne brugsvejledning til senere reference.