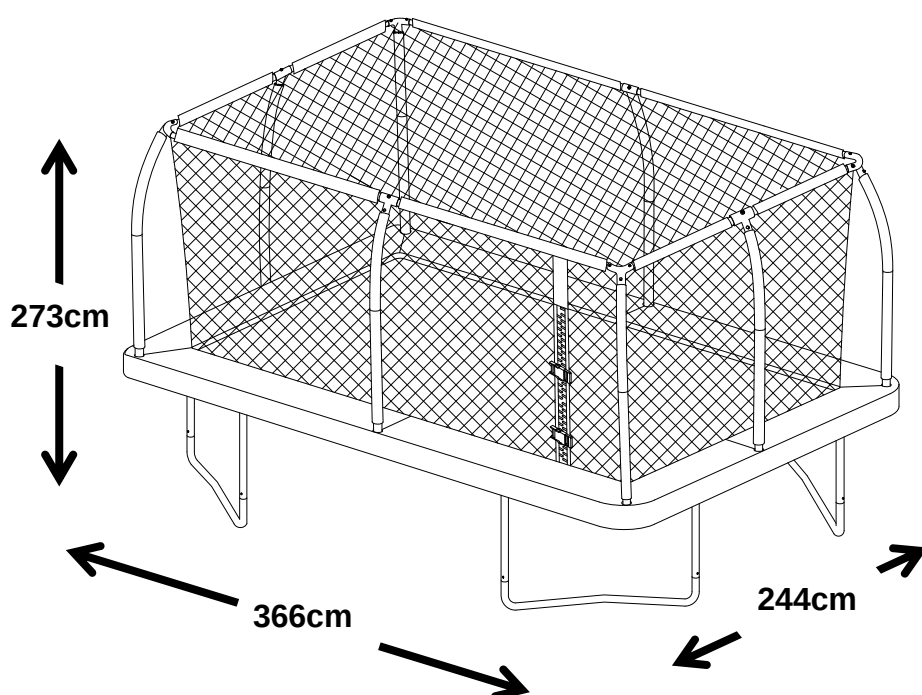




Assembly Instruction

Trampoline – Extreme 366 x 244 x 273



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.

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 not intended to be buried into the ground. Do not use indoors.

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 (sold separately).

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.

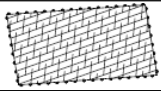
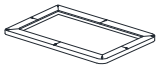
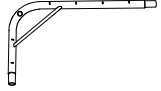
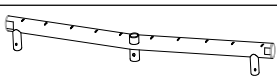
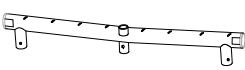
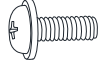
Assembly

Please read the assembly instructions fully before starting to assemble the trampoline.

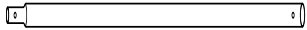
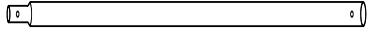
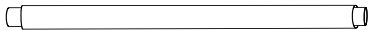
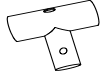
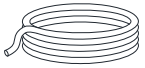
It is advisable to have two people assembling it together.

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.

TRAMPOLINE Parts List

Part No.	Parts	Description	Quantity
1		Trampoline Mat, stitched with Triangle-Rings	1
2		Frame Pad	1
3		Corner Frame Tube A	2
4		Corner Frame Tube B	2
5		Long Side Frame Tube (With 10 holes)	2
6		Short Side Frame Tube (With 8 holes)	2
7		Leg Extension	8
8		Leg Base	4
9		Self-Locking Screw	16
10		Spring Washer (Small)	16
11		Springs (3,2mm x 36N)	60
12		Allen Wrench	1
13		Spring Loading Tool	1
14		Screw	8
15		Spring Washer (Medium)	8

ENCLOSURE Parts list

Part No.	Parts	Description	Quantity
A		Upper Frame Tube with Foam	8
B		Lower Frame Tube with Foam	8
C		Short Top Tube with Foam C	4
D		Long Top Tube with Foam D (with one end shrunk)	4
E		Long Top Tube with Foam E	4
F		T shape tube F	4
G		T shape tube G	4
H		Screw Lock	8
I		Outer End Cap	8
J		Screw	16
K		Arc Washer (Large)	8
L		Arc Washer	16
M		Spring Washer (Large)	8
N		Spring Washer (Medium)	16
O		Enclosure Netting	1
P		Cord	6

Trampoline assembly

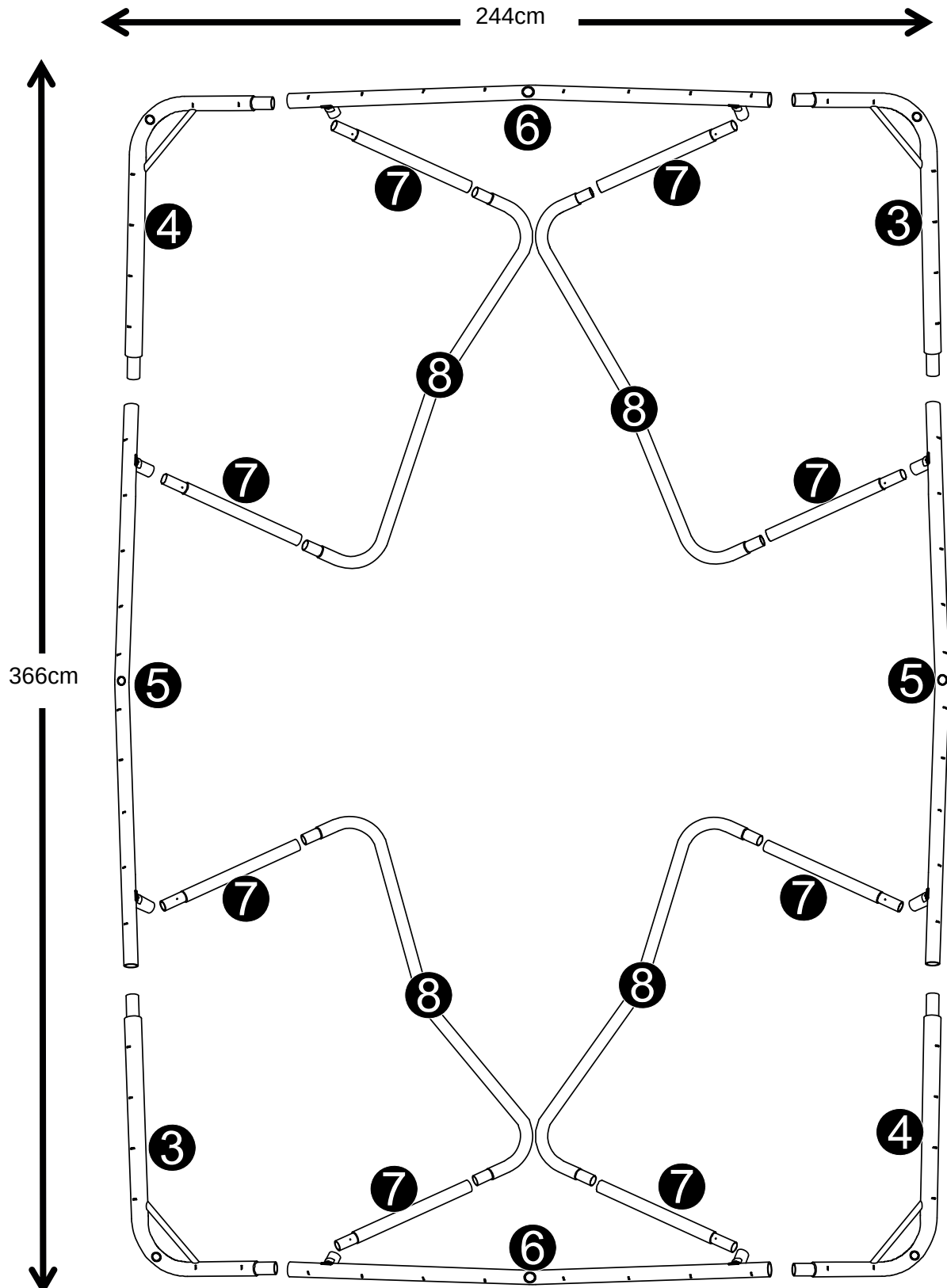
Two people required for assembly.

STEP 1

Start by building the frame. Slide the pieces together. Begin by laying out the pieces as shown in the picture.

Note:

Part 5 main frame tube design features an arc, which is not a defect. It's meant to curve outwards.

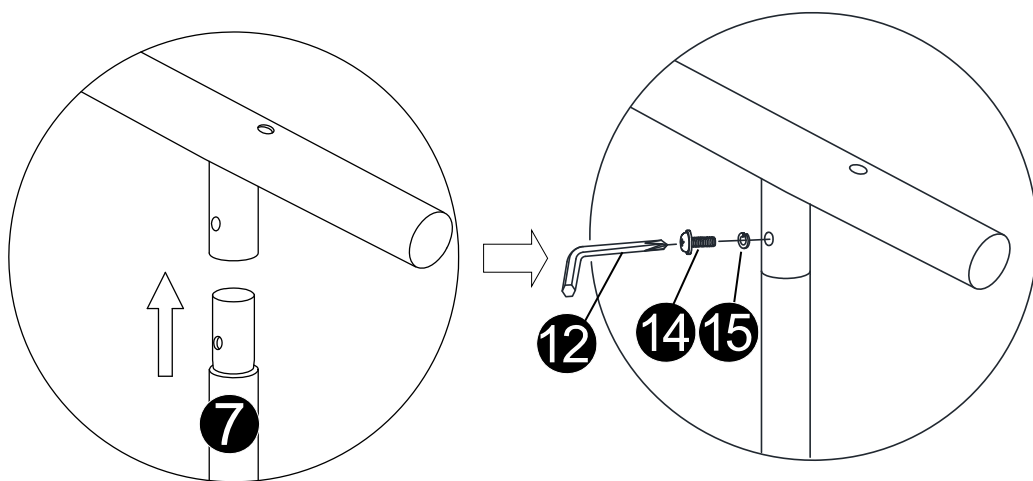
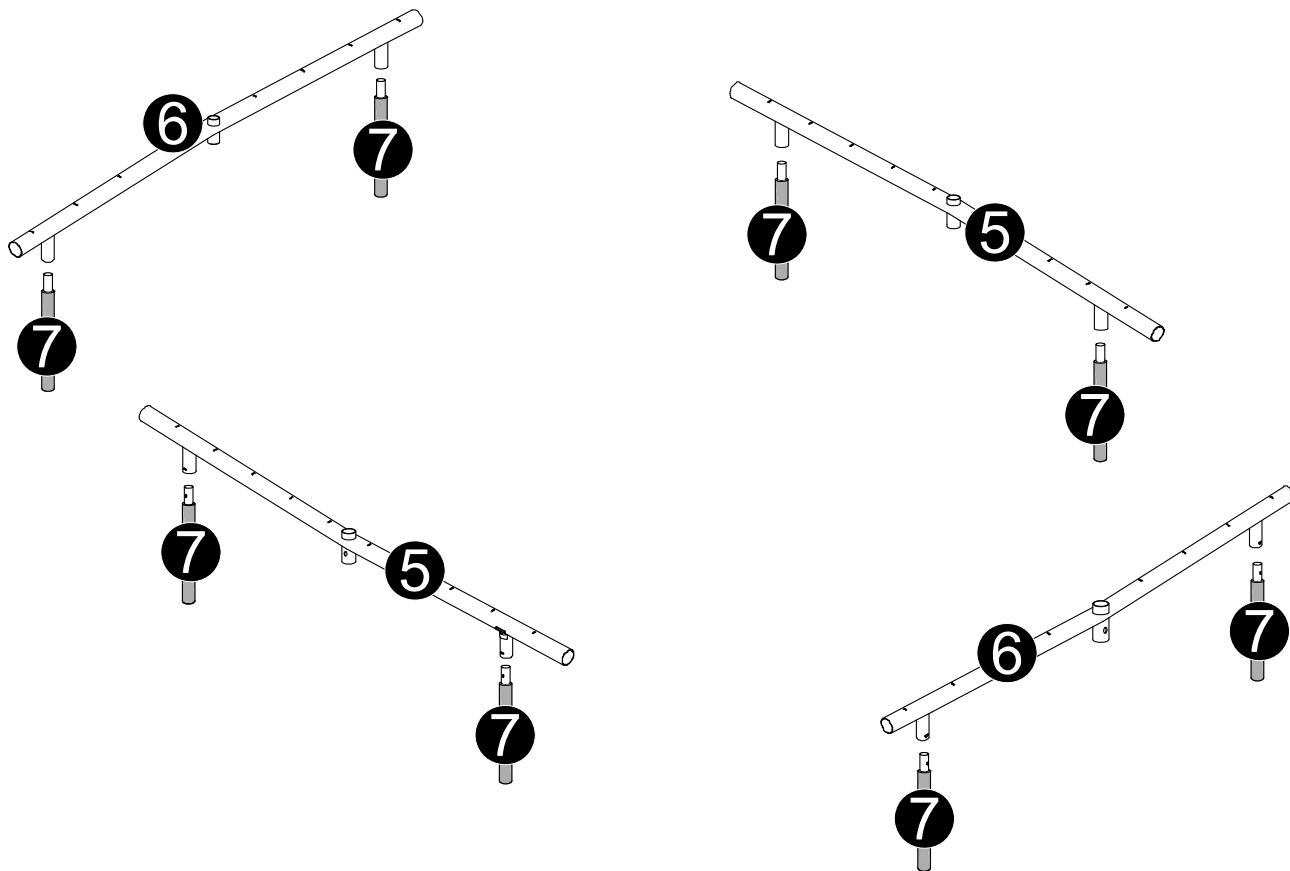


STEP 2

Assemble the Leg Extension.

DO NOT TIGHTEN FULLY AT THIS POINT.

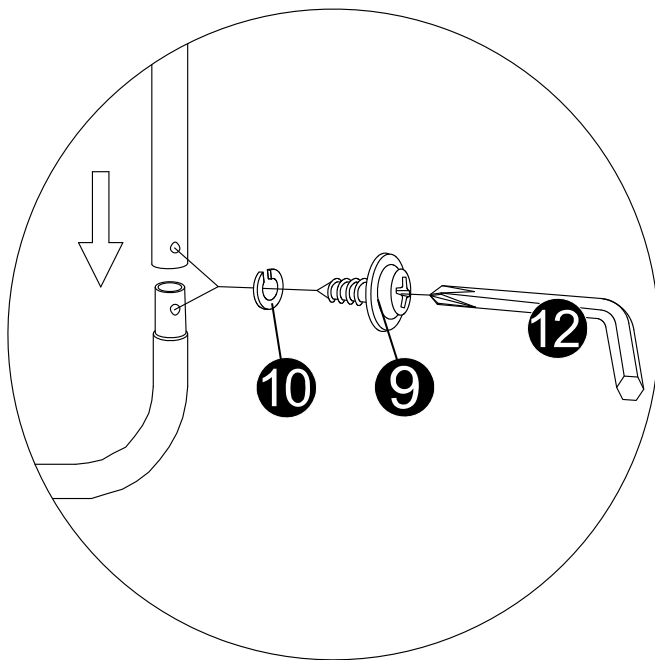
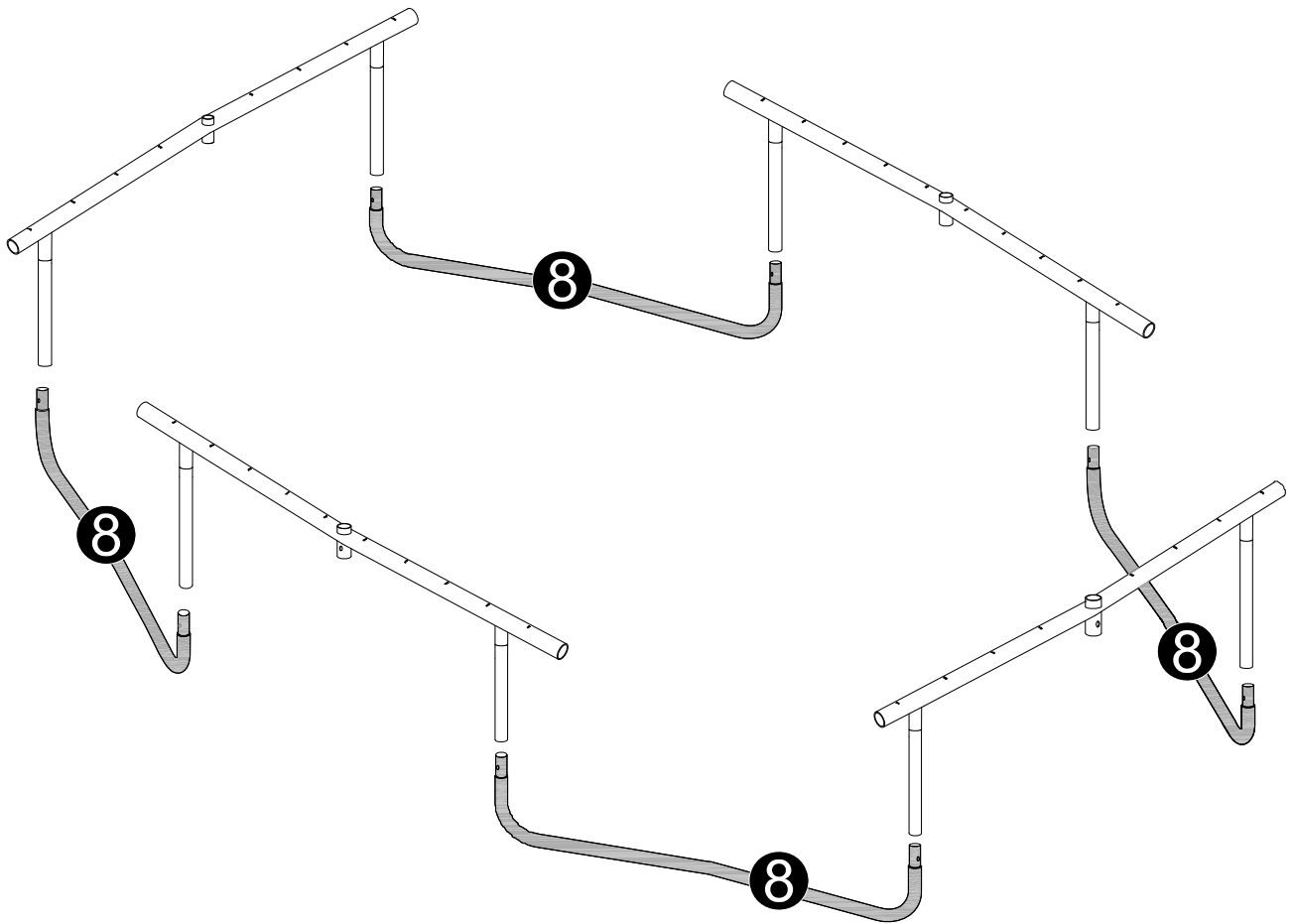
YOU NEED ROOM FOR ADJUSTMENT OF THE TRAMPOLINE FRAME DURING ASSEMBLY AT A LATER STAGE.



Note: Repeat this step until all remaining tubes are assembled.

Total 8pcs

STEP 3



Note: Repeat this step until all remaining tubes are assembled.

Total 4pcs

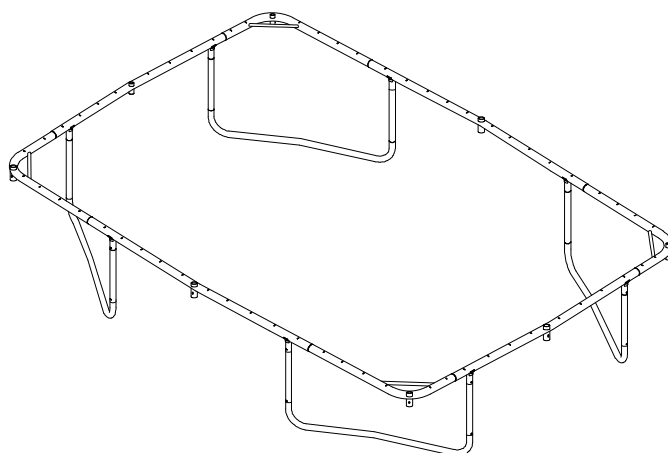
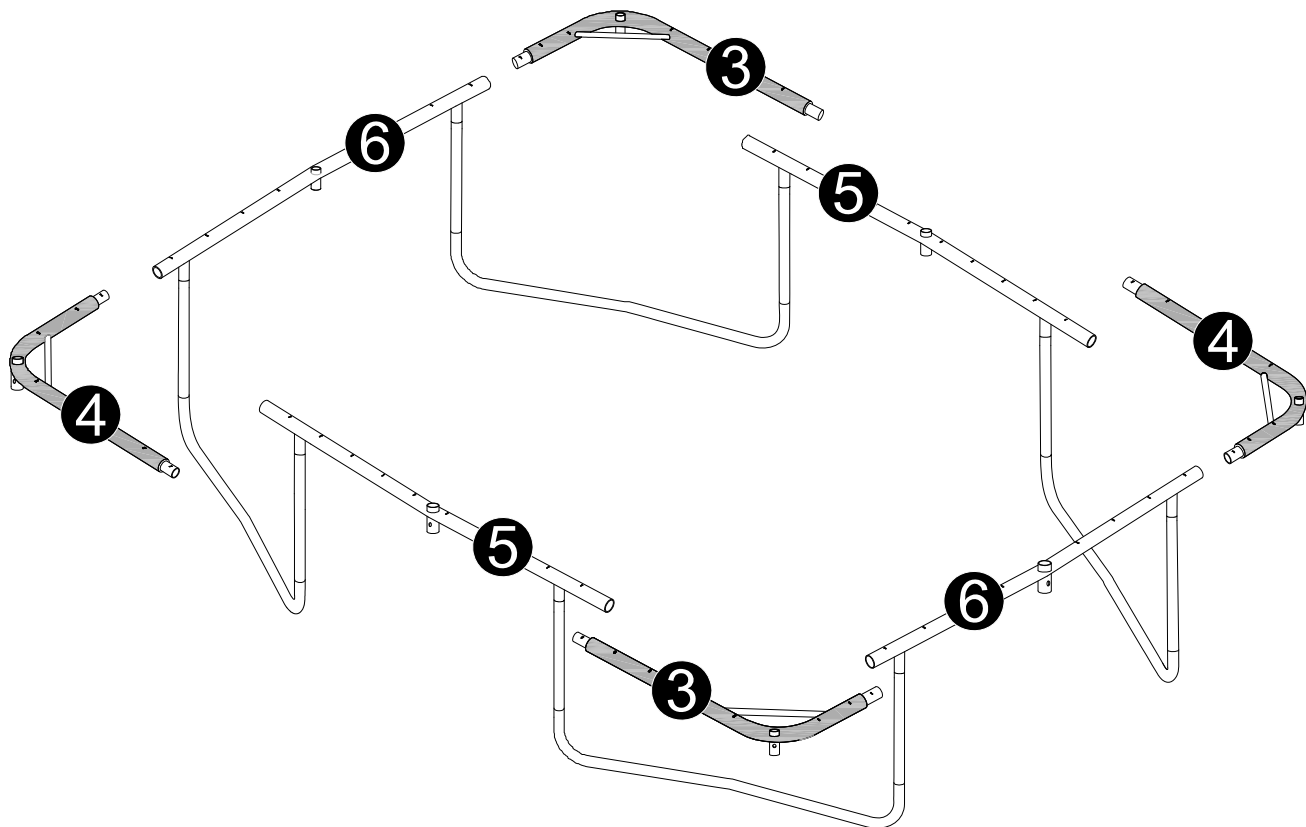
STEP 4

Insert Parts 3 and Parts 4 into the corners of the frame.

NOTE: The same part numbers need to be placed diagonally opposite each other, otherwise the frame cannot be assembled properly.

IMPORTANT:

ONCE THE TRAMPOLINE FRAMES IS ASSEMBLED, FULLY TIGHTEN ALL THE SCREWS.

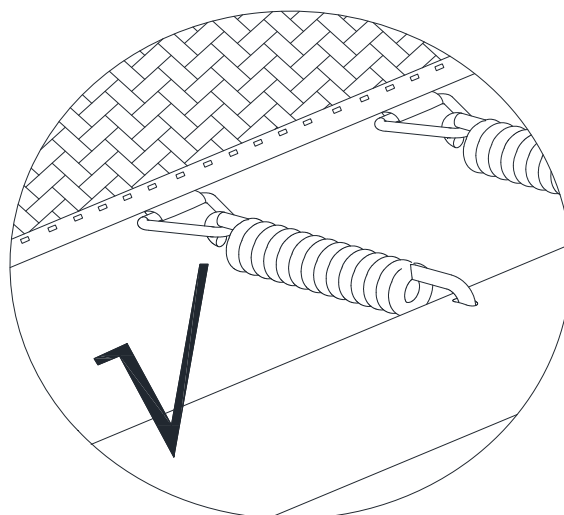
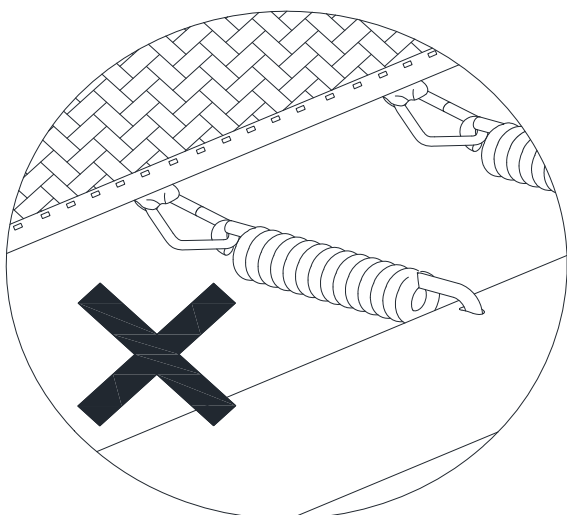
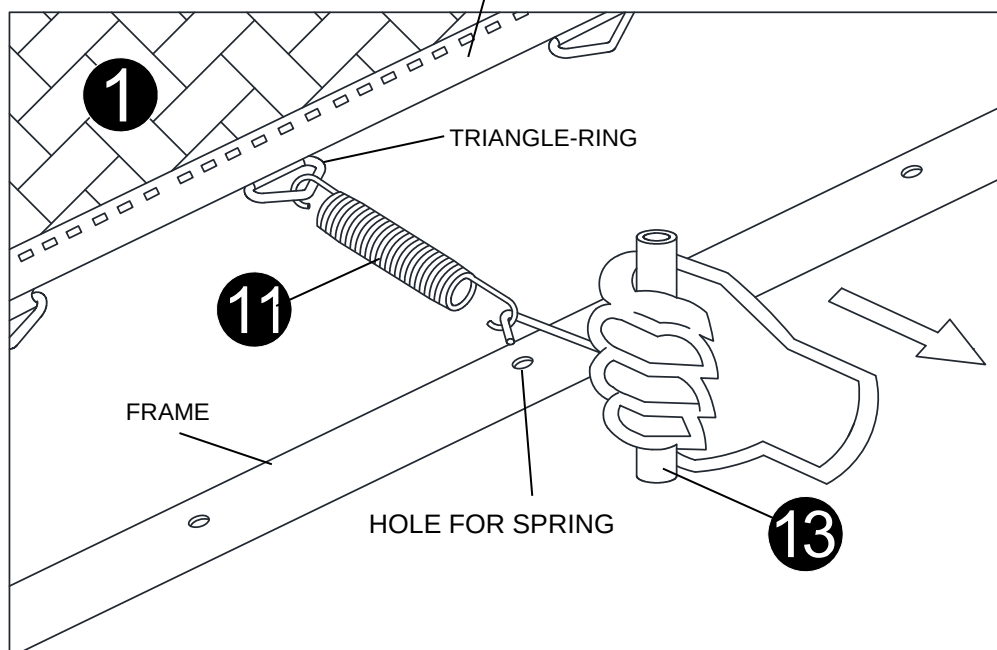


STEP 5

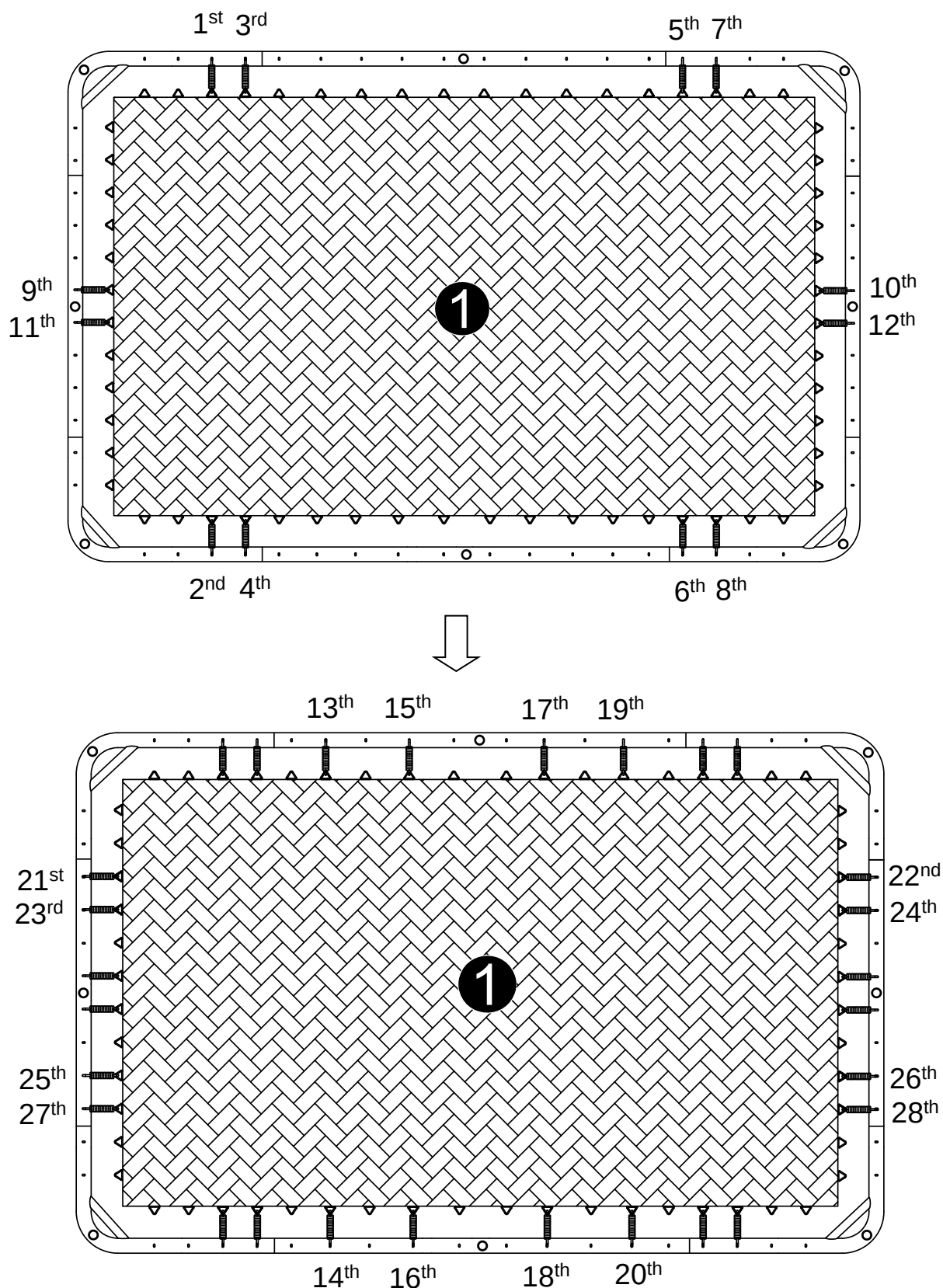
Please take care when attaching the springs.

Start by laying out the Trampoline Mat inside the frame. Select a point to start. Call this 1. Use the special tool to attach the springs as shown.

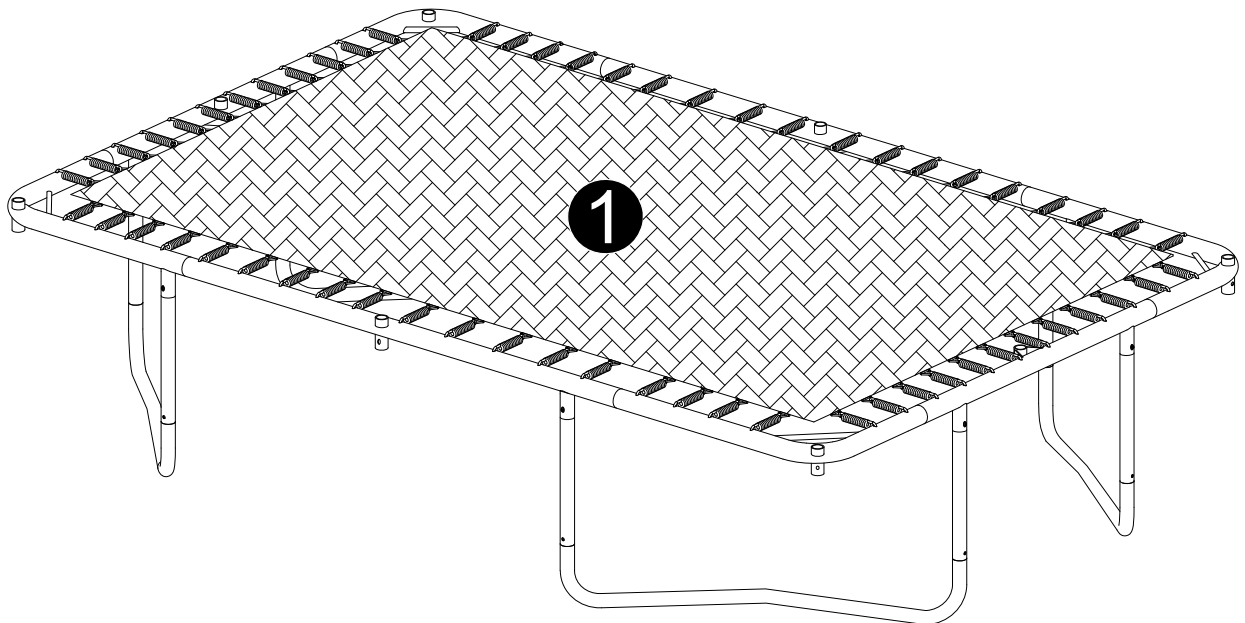
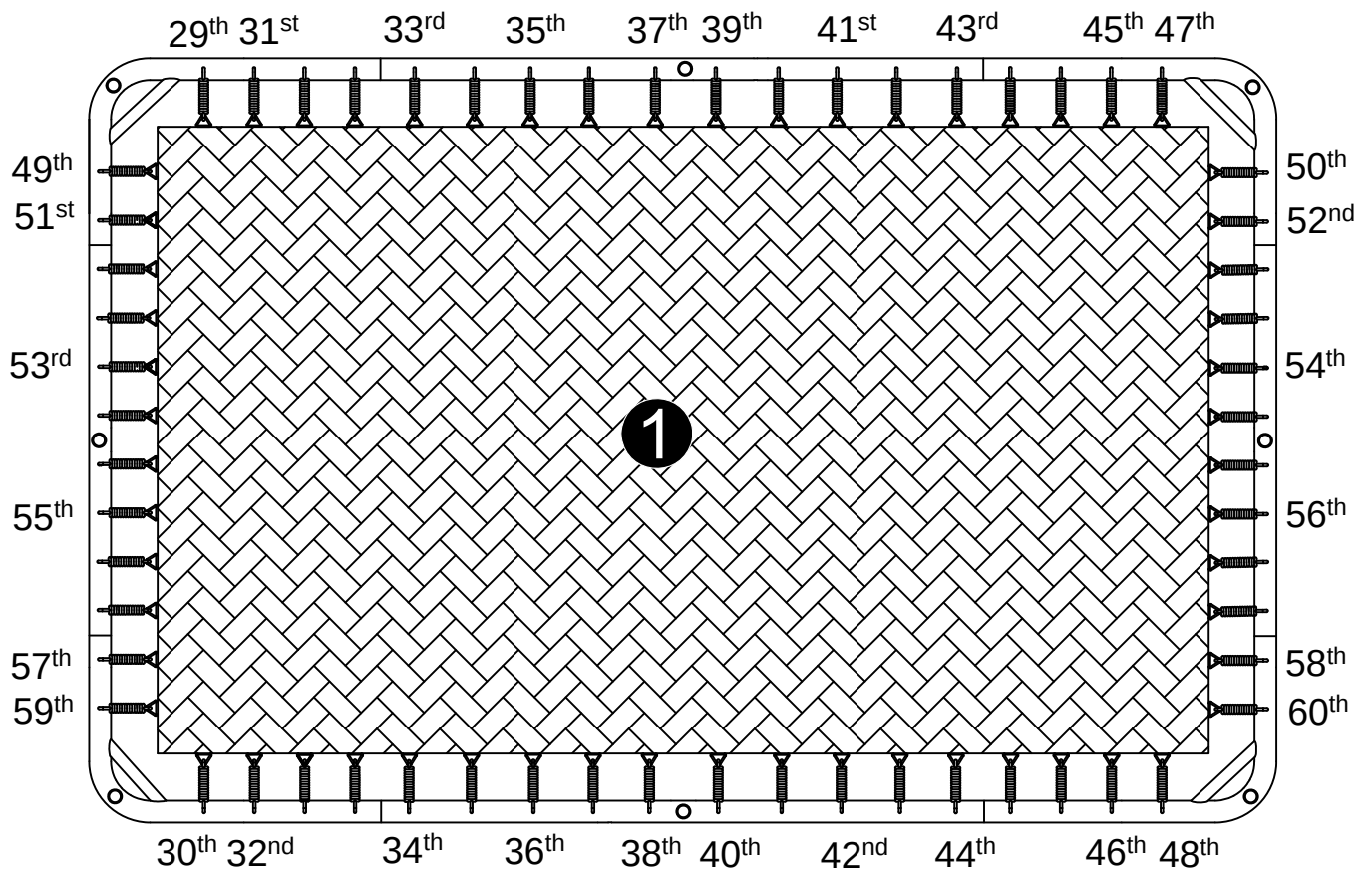
The PE net which is on the edge of the mat should face upward.



Start by putting the hook of the spring in the V-shaped ring on the trampoline mat. Then use the special tool to pull the spring into place on the frame. Make sure that the spring hooks on completely otherwise it may come loose during jumping. When doing this you should wear protective gloves to avoid injuries. When the first spring is in place continue with the next in the numerical order shown on the picture. When you have completed number 28 you can attach the remaining springs in any order. It is important to follow this instruction carefully to get the right tension for the trampoline mat. If you do not follow this pattern it will be very difficult to assemble the trampoline mat correctly.



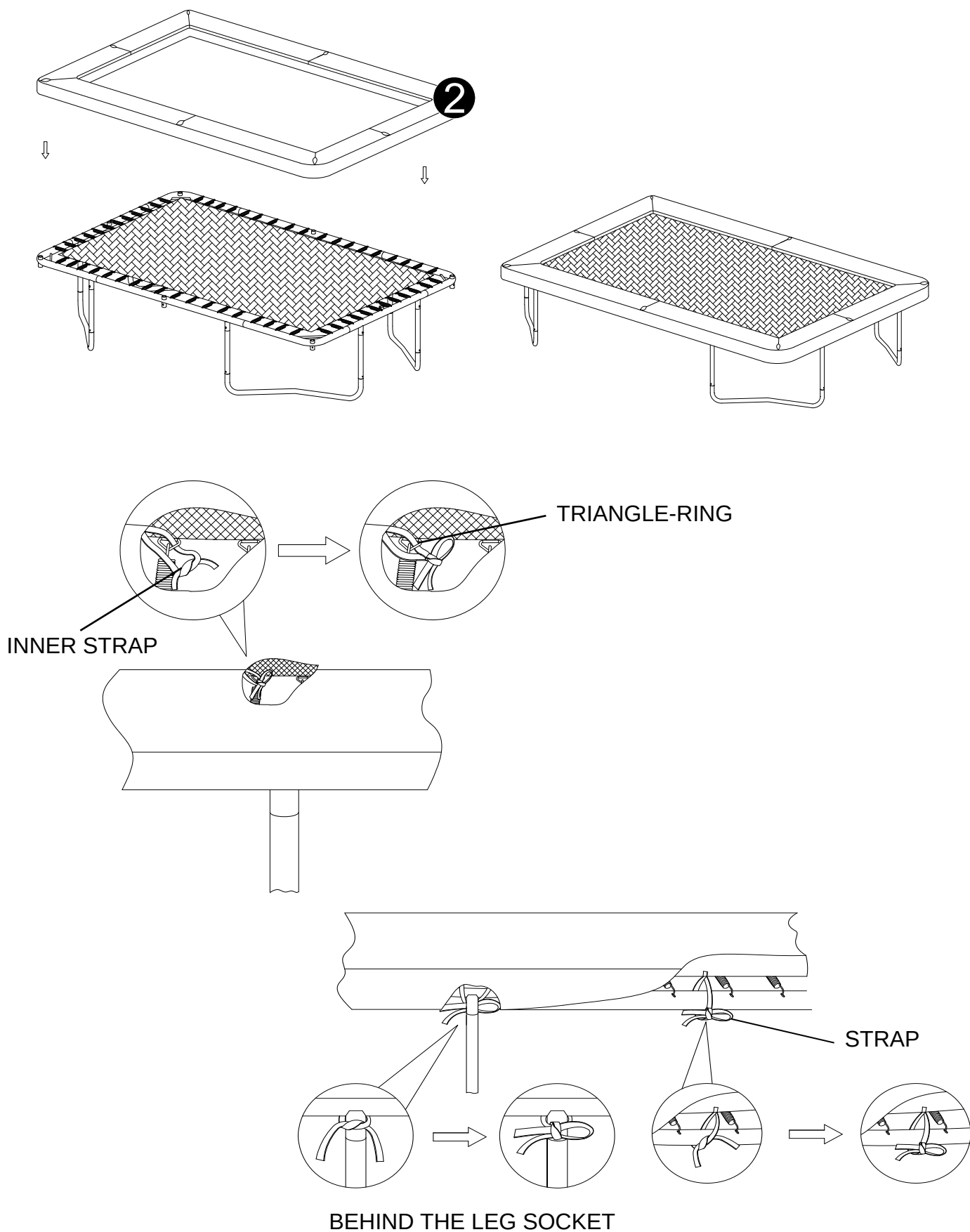
STEP 6



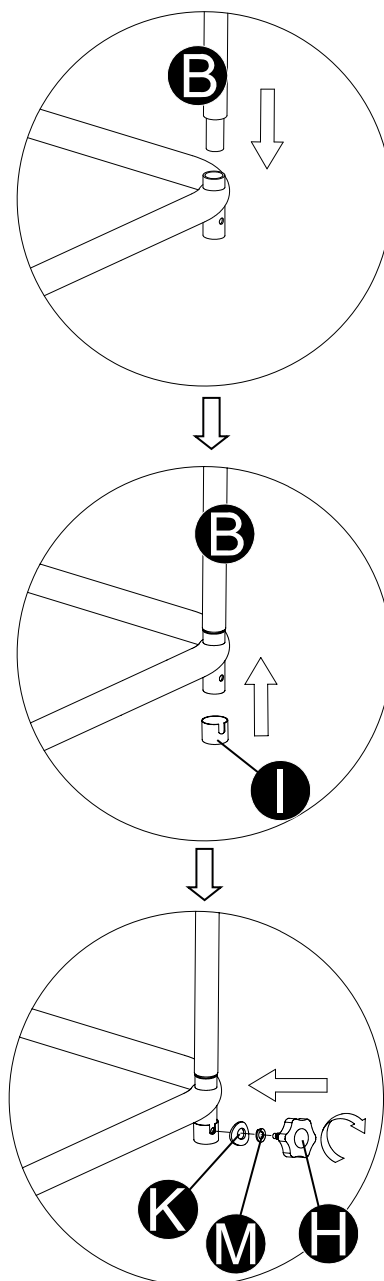
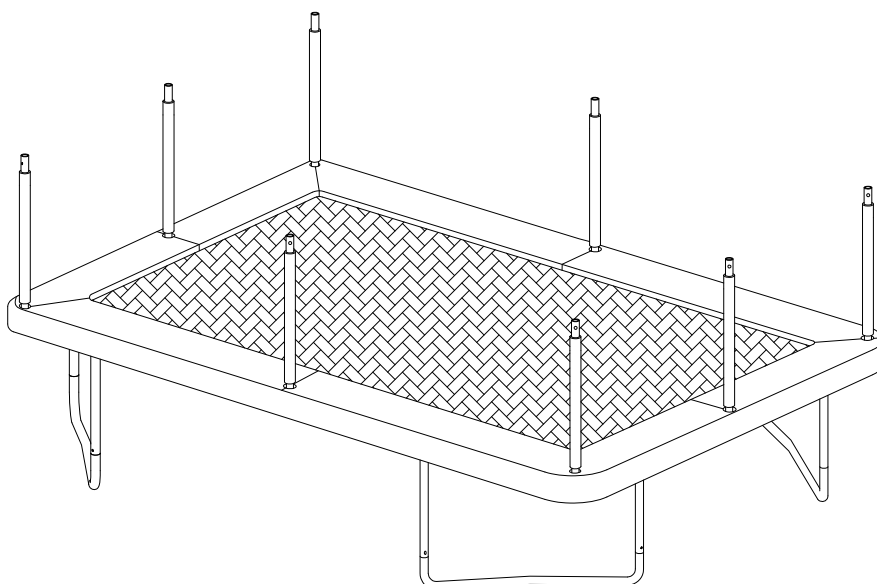
STEP 7

Place the Frame Pad on top of the trampoline.

Secure the Frame Pad and tie the inner straps to the triangle rings and the outer straps to the frame tubes.

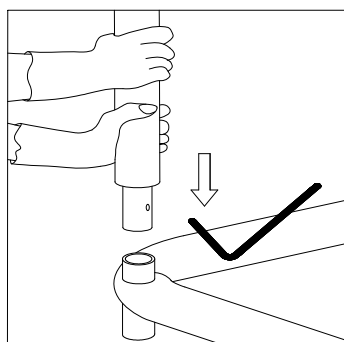
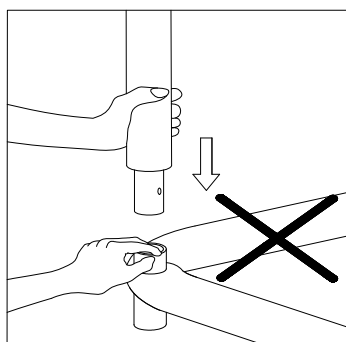


STEP 8



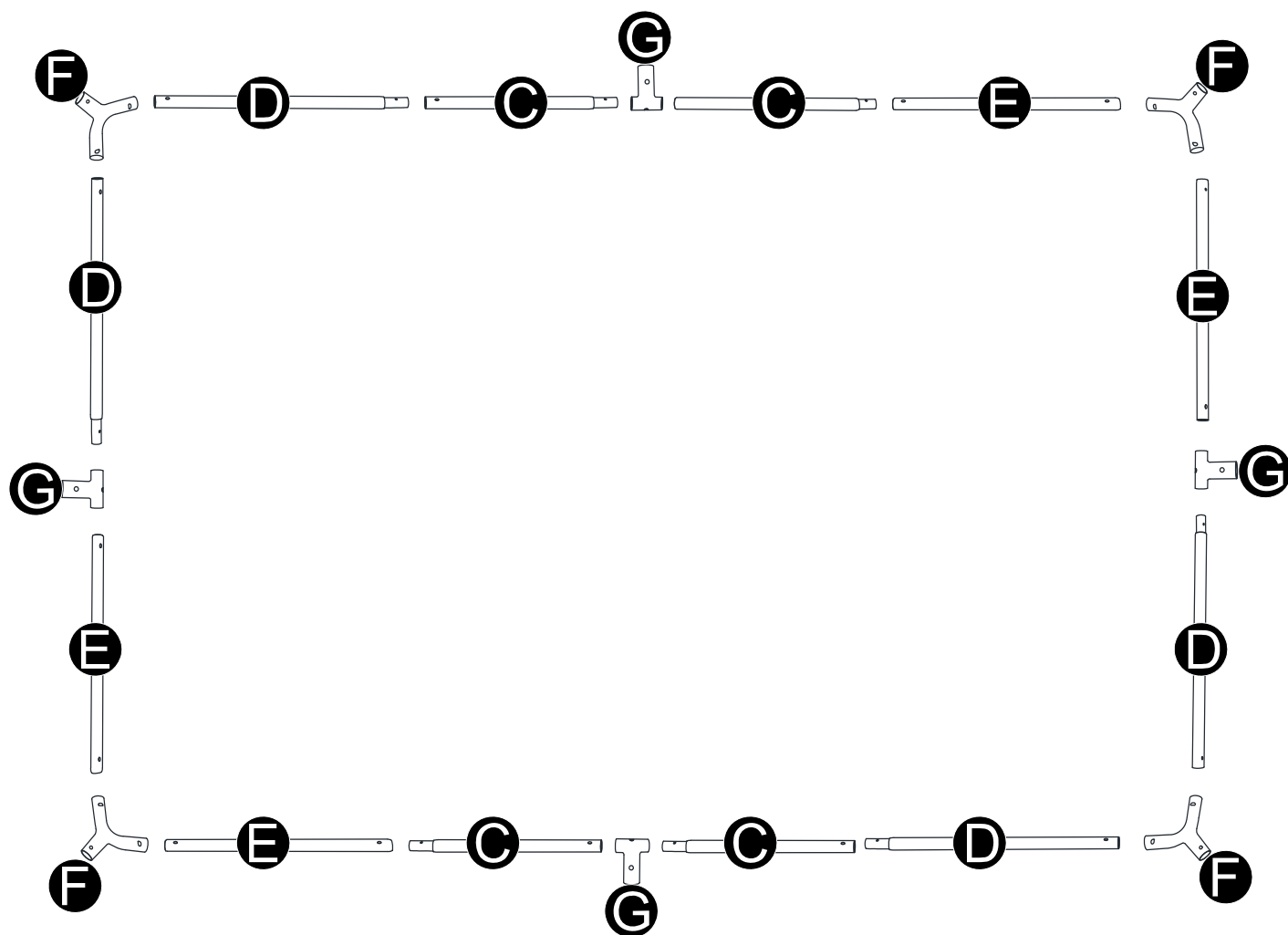
WARNING

DO NOT PLACE HANDS BETWEEN THE POLES DURING ASSEMBLY. MAKE SURE TO WEAR PROTECTIVE GLOVES TO AVOID INJURIES DURING ASSEMBLY.

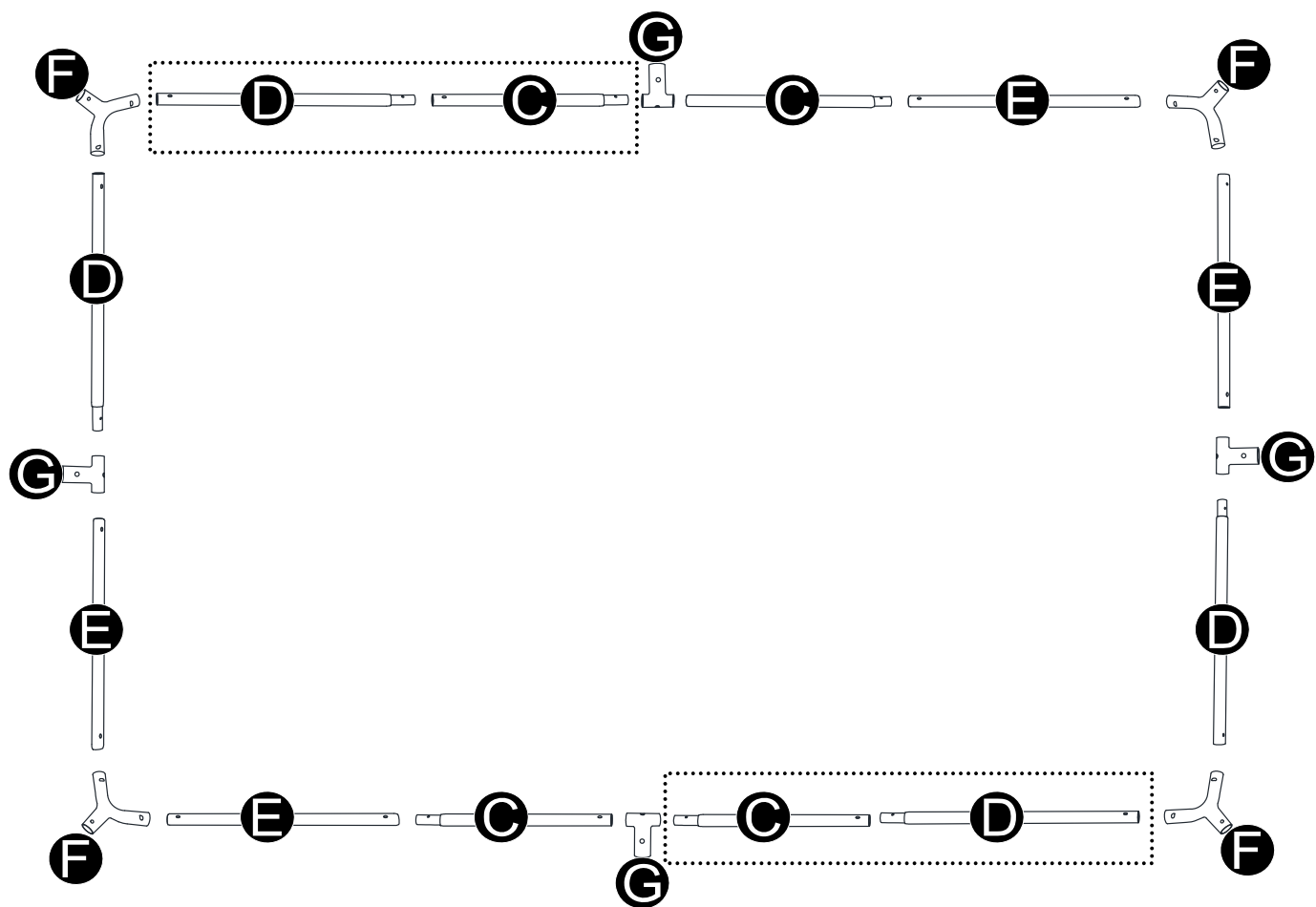
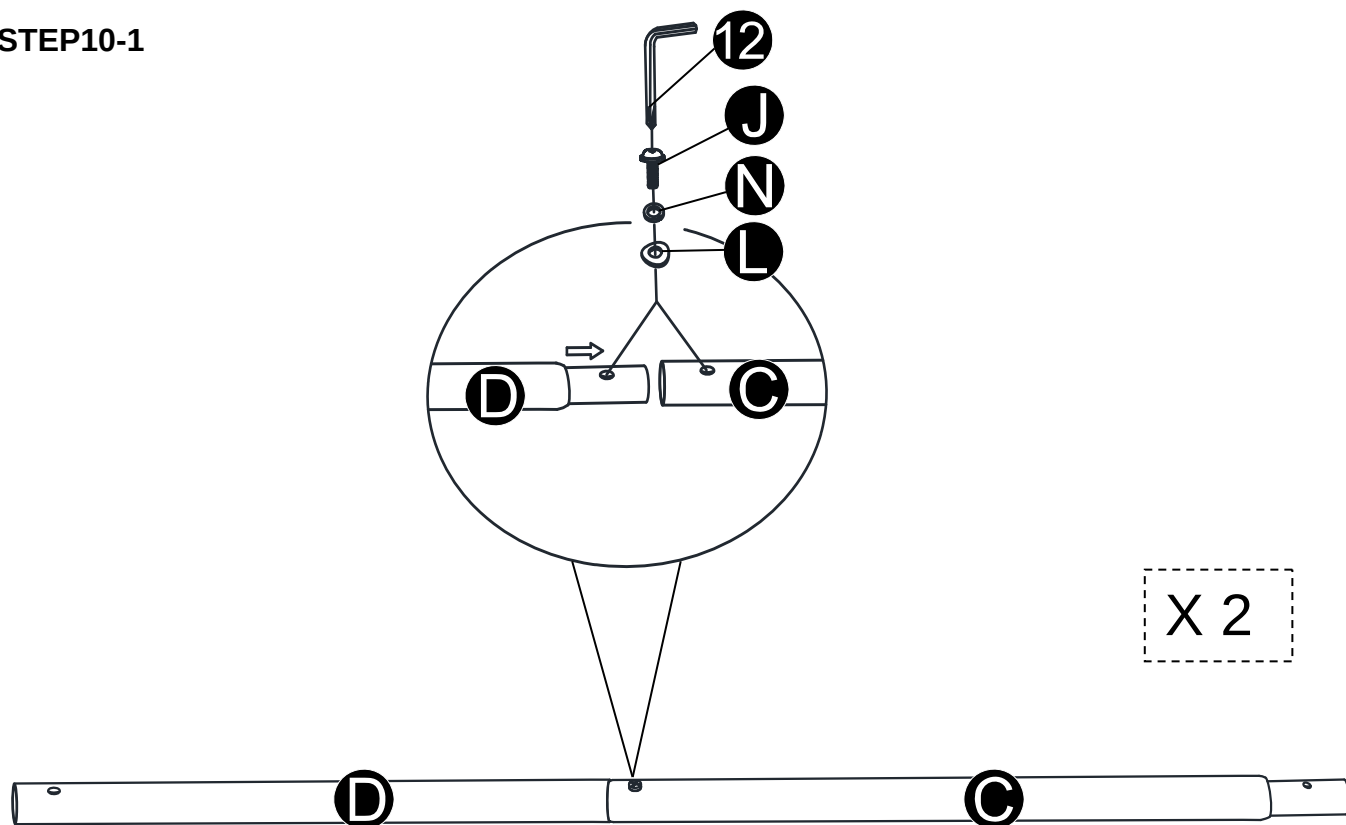


STEP 9

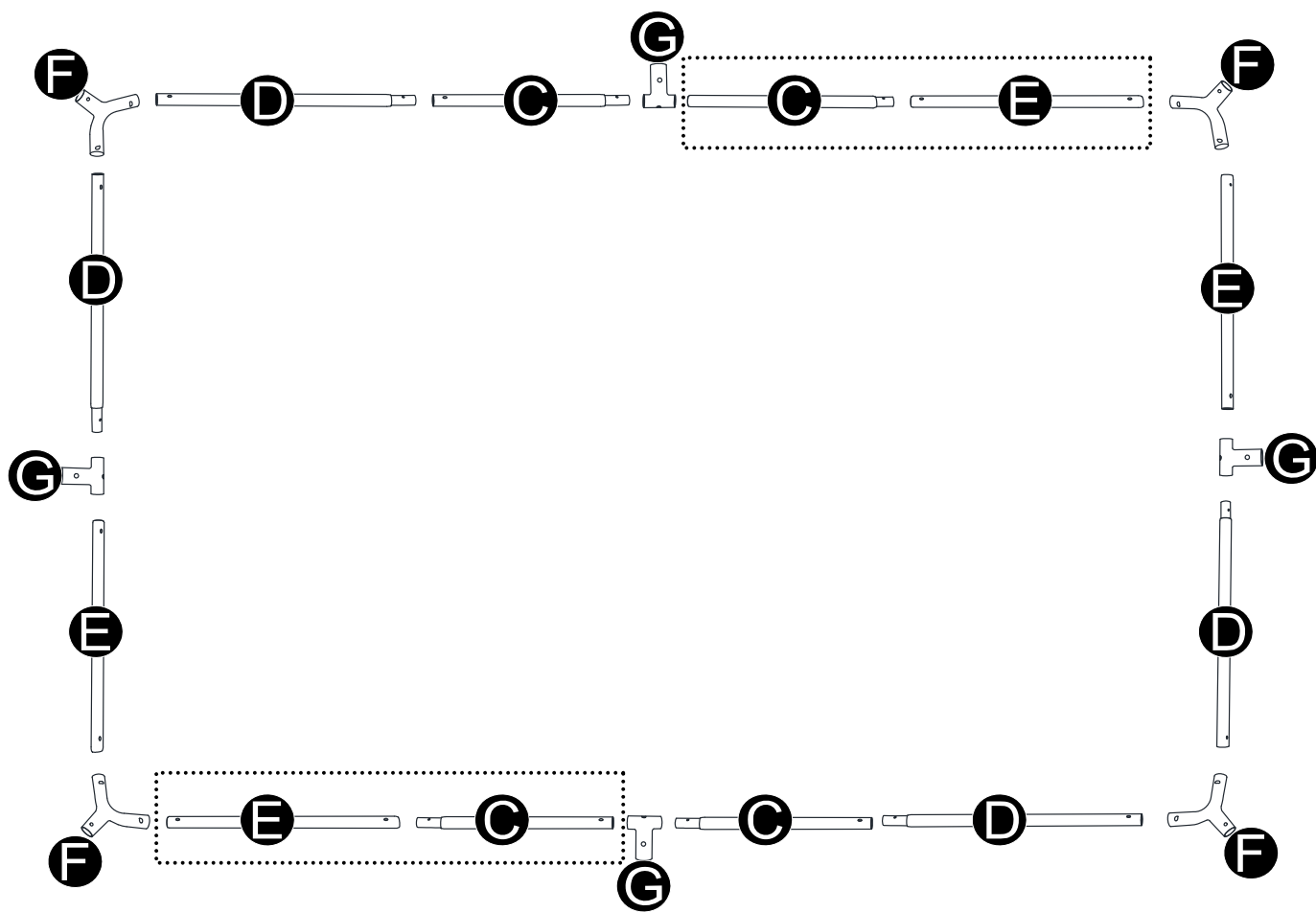
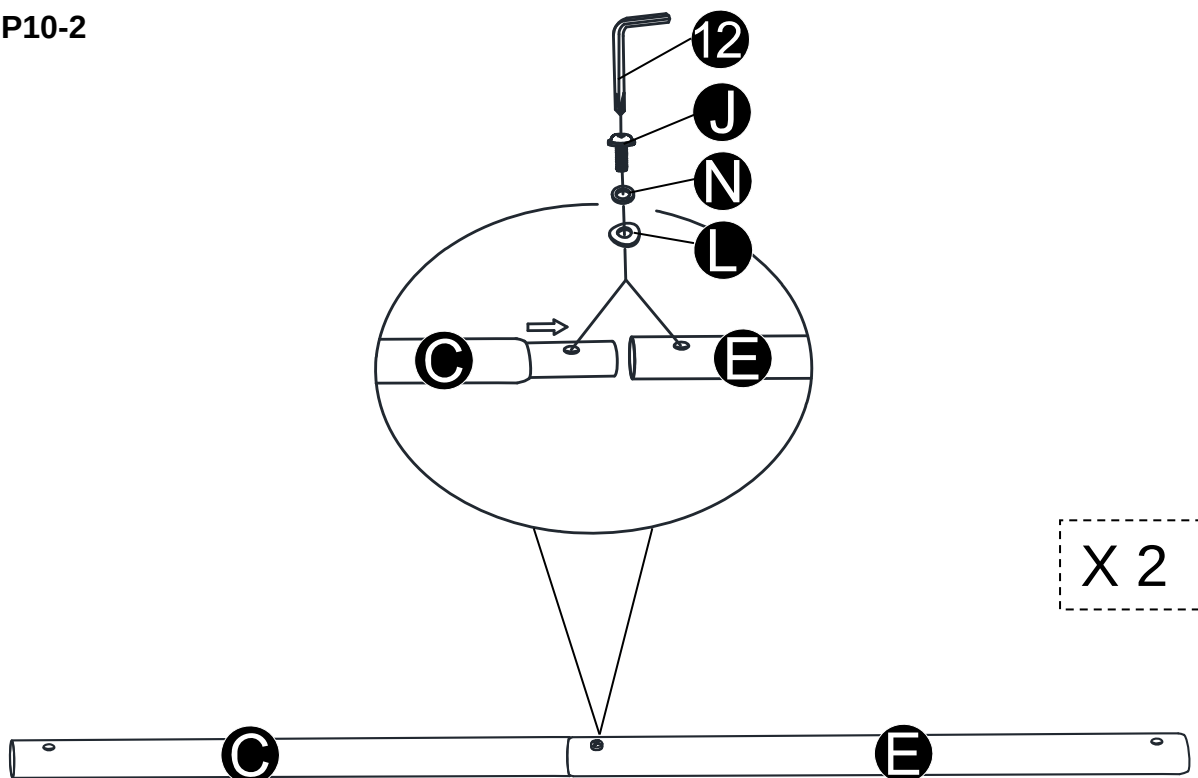
Lay the Top tubes on the ground similar to the picture shown below.



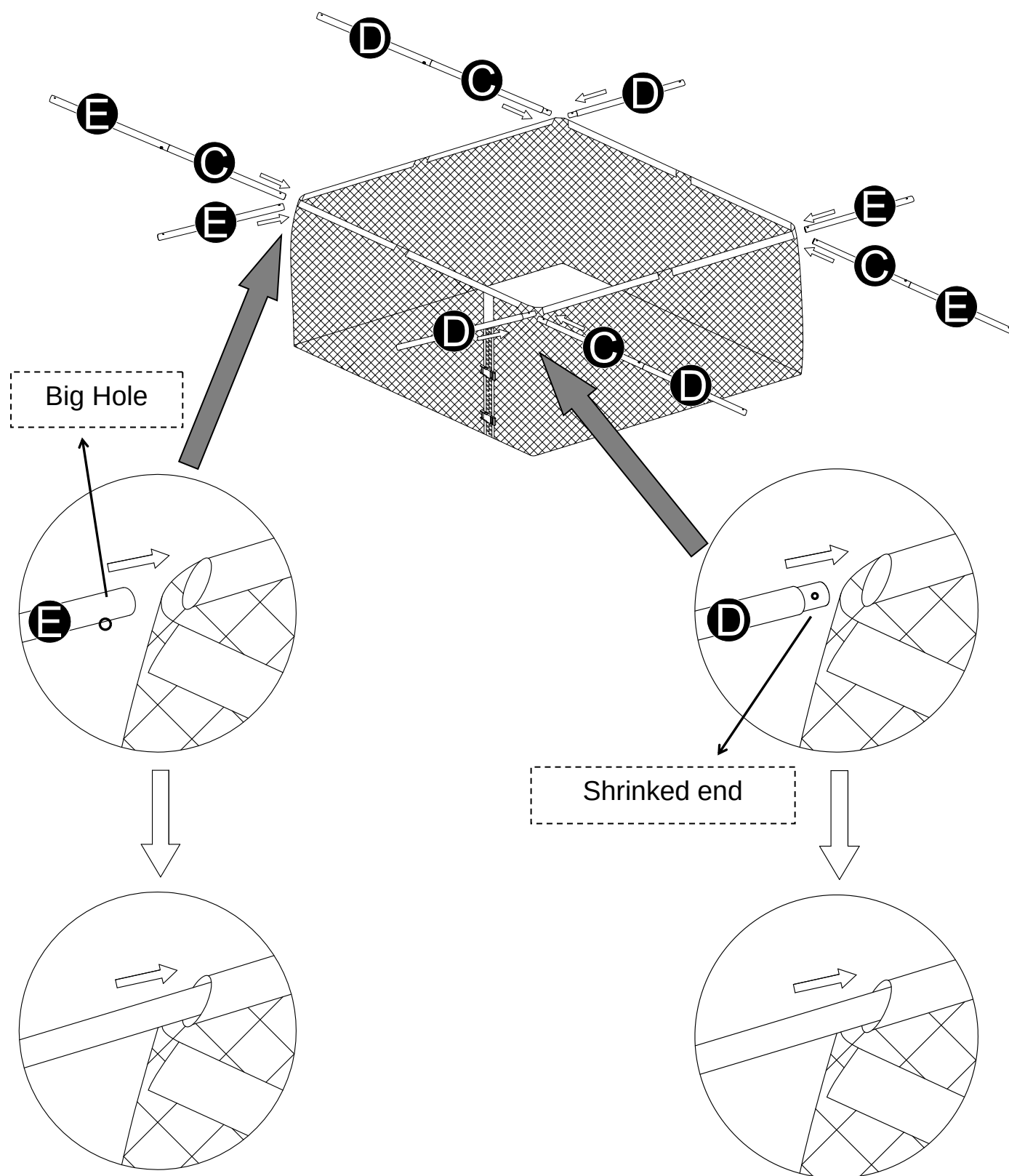
STEP10-1



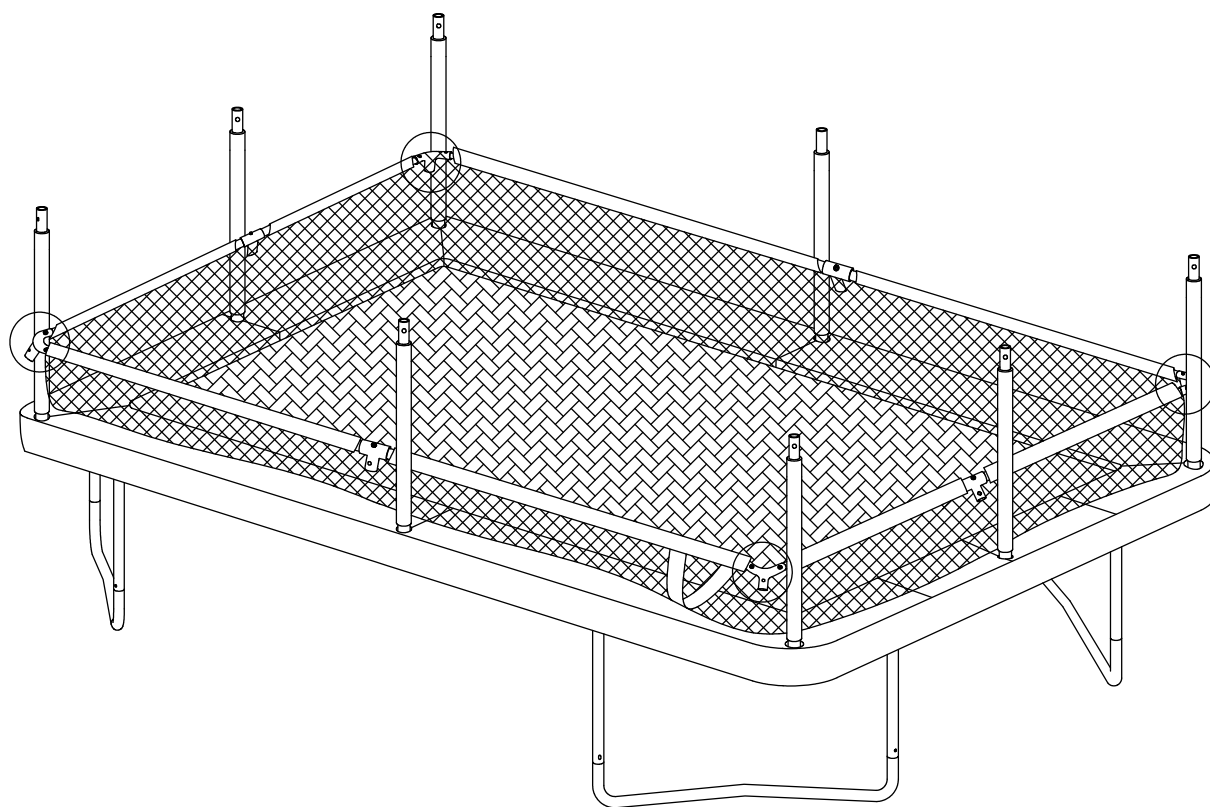
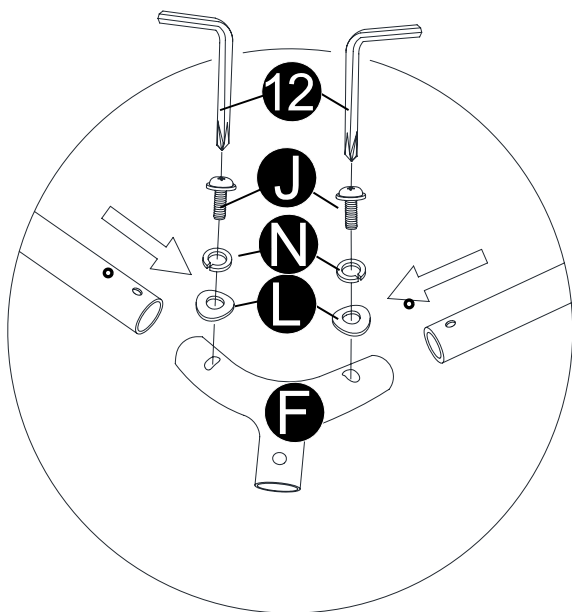
STEP10-2



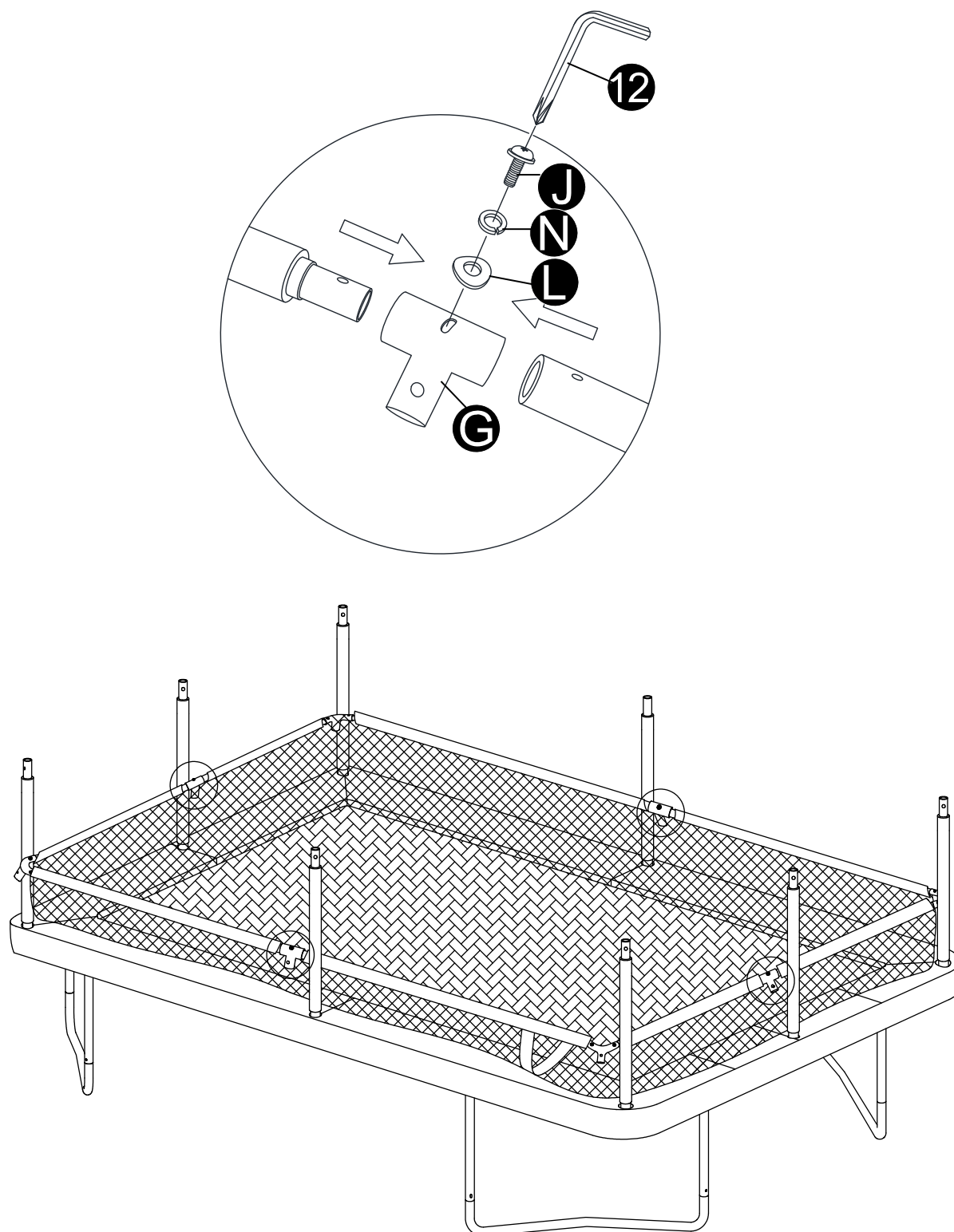
STEP 11



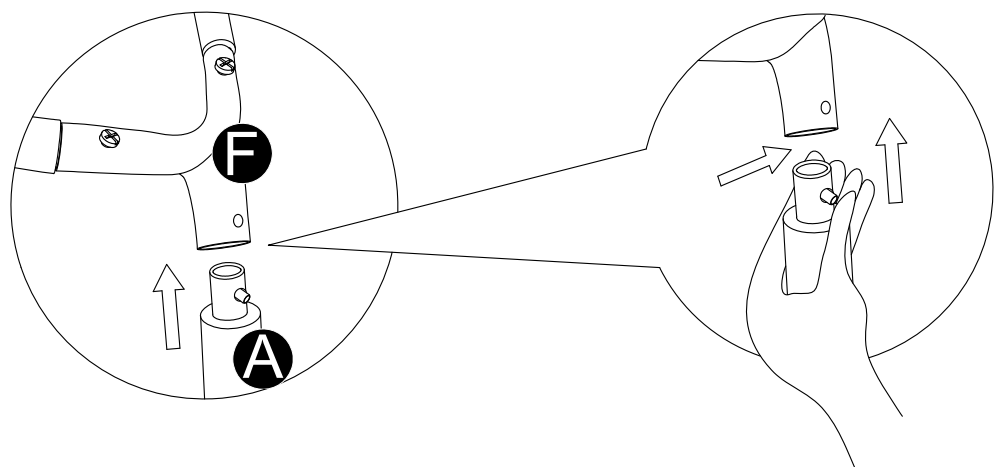
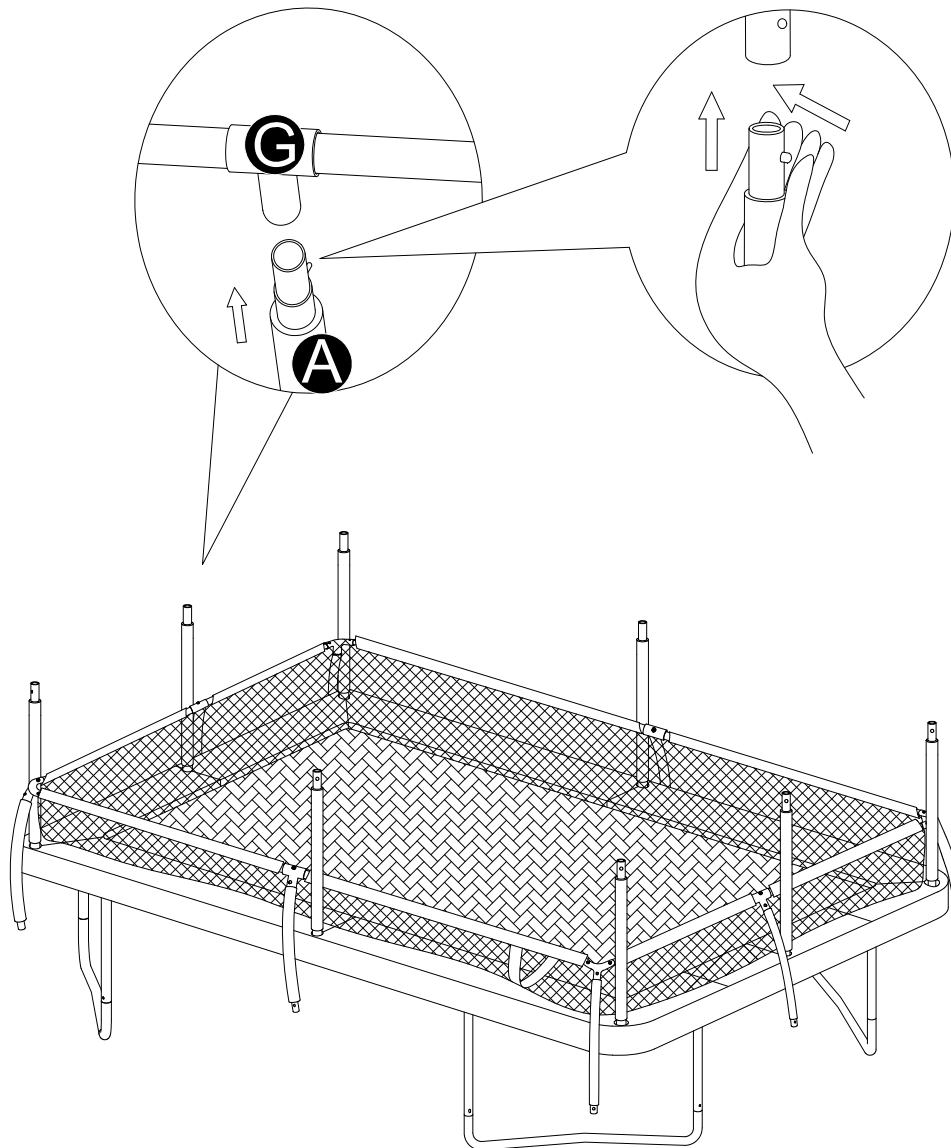
STEP 12



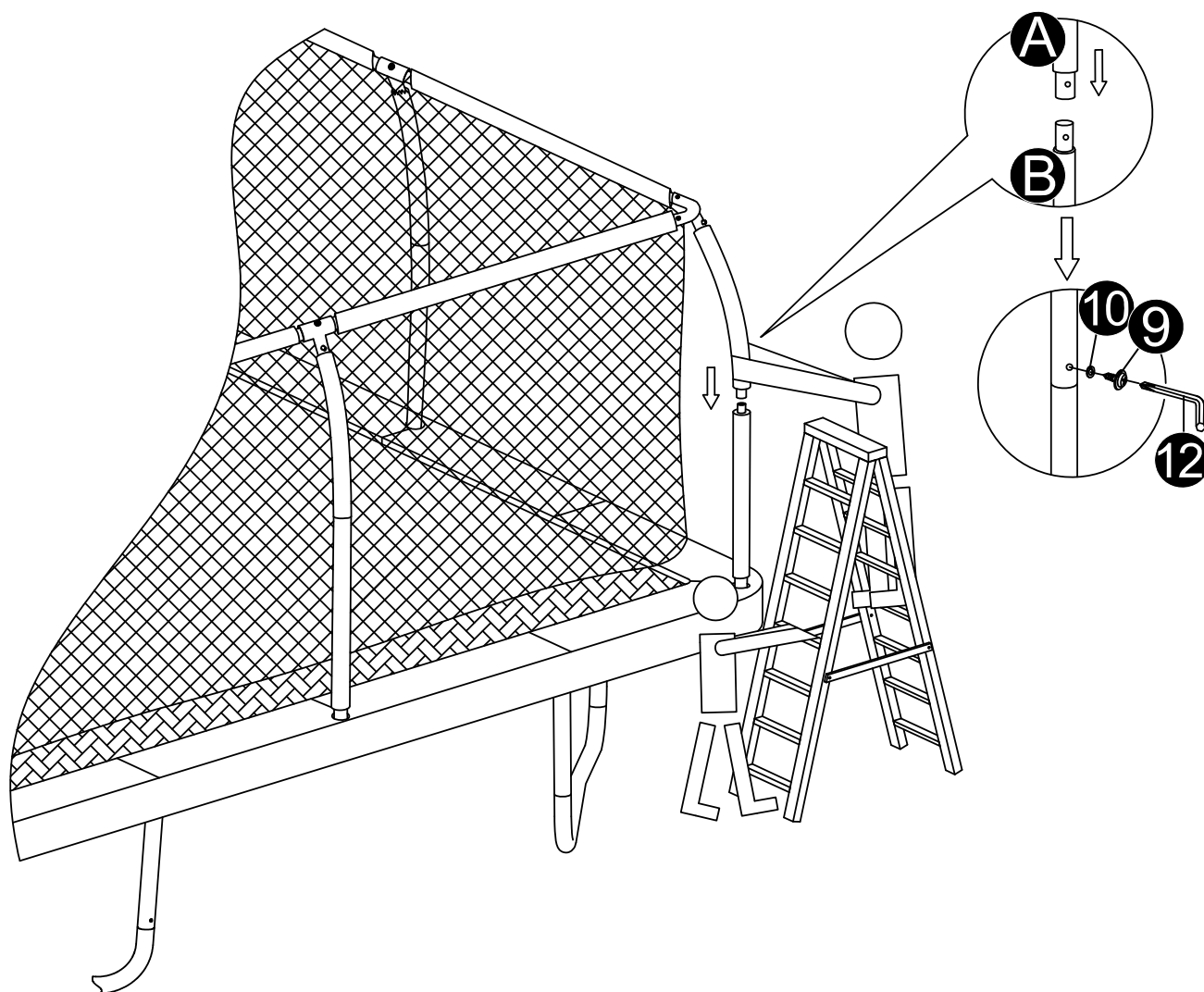
STEP 13



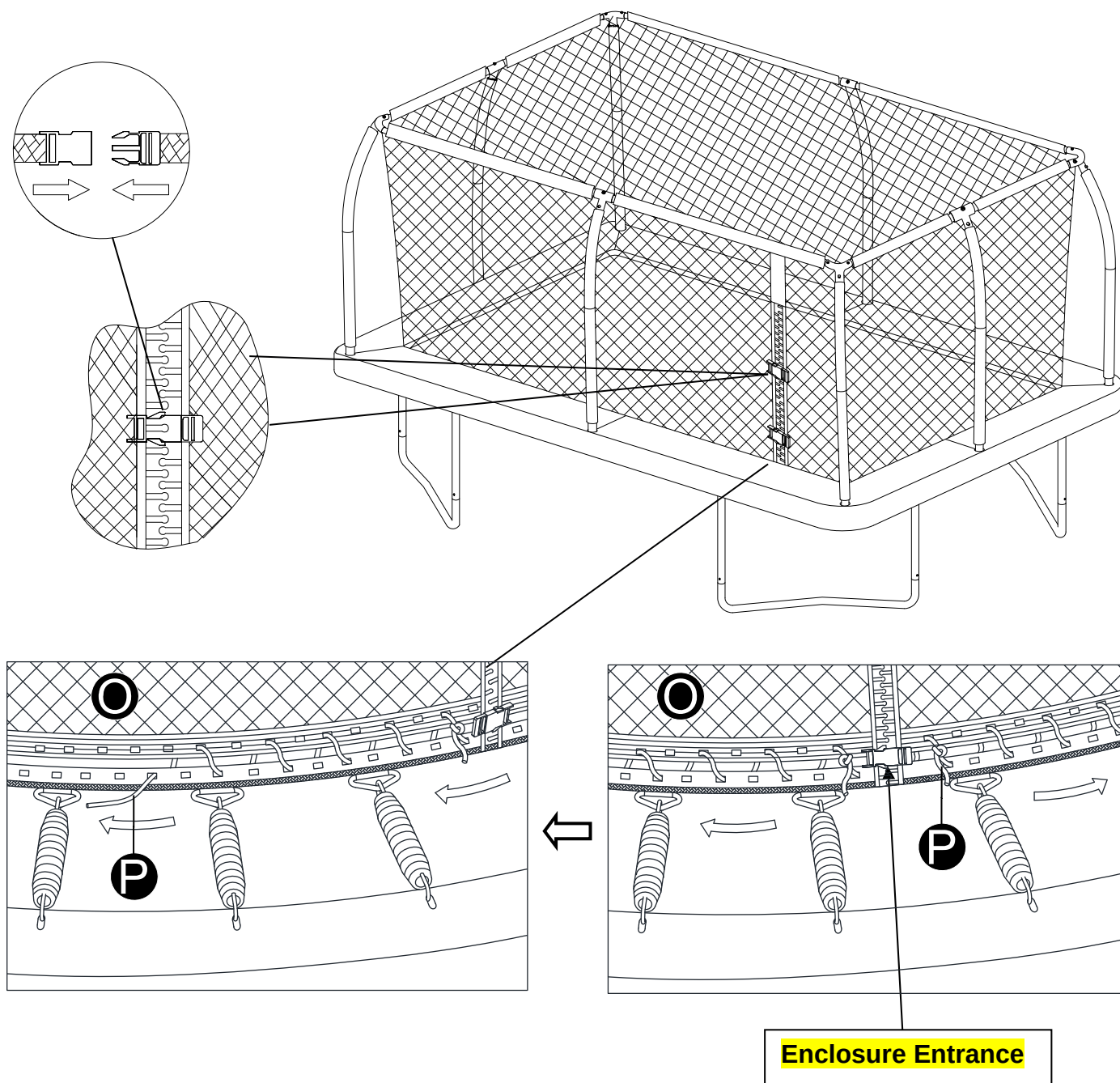
STEP 14



STEP 15



STEP 16



Note:

Start by tying a cord either side of the zip so that zip is locked in place. Now start threading the cords through the holes in the netting onto the corresponding holes in the mattress webbing. There is not a 1:1 ratio of holes so you may need to skip the occasional hole on either the mattress or the netting. Once you have completed tying the netting down ensure that the padding is still secured in place. Tighten padding straps if required.

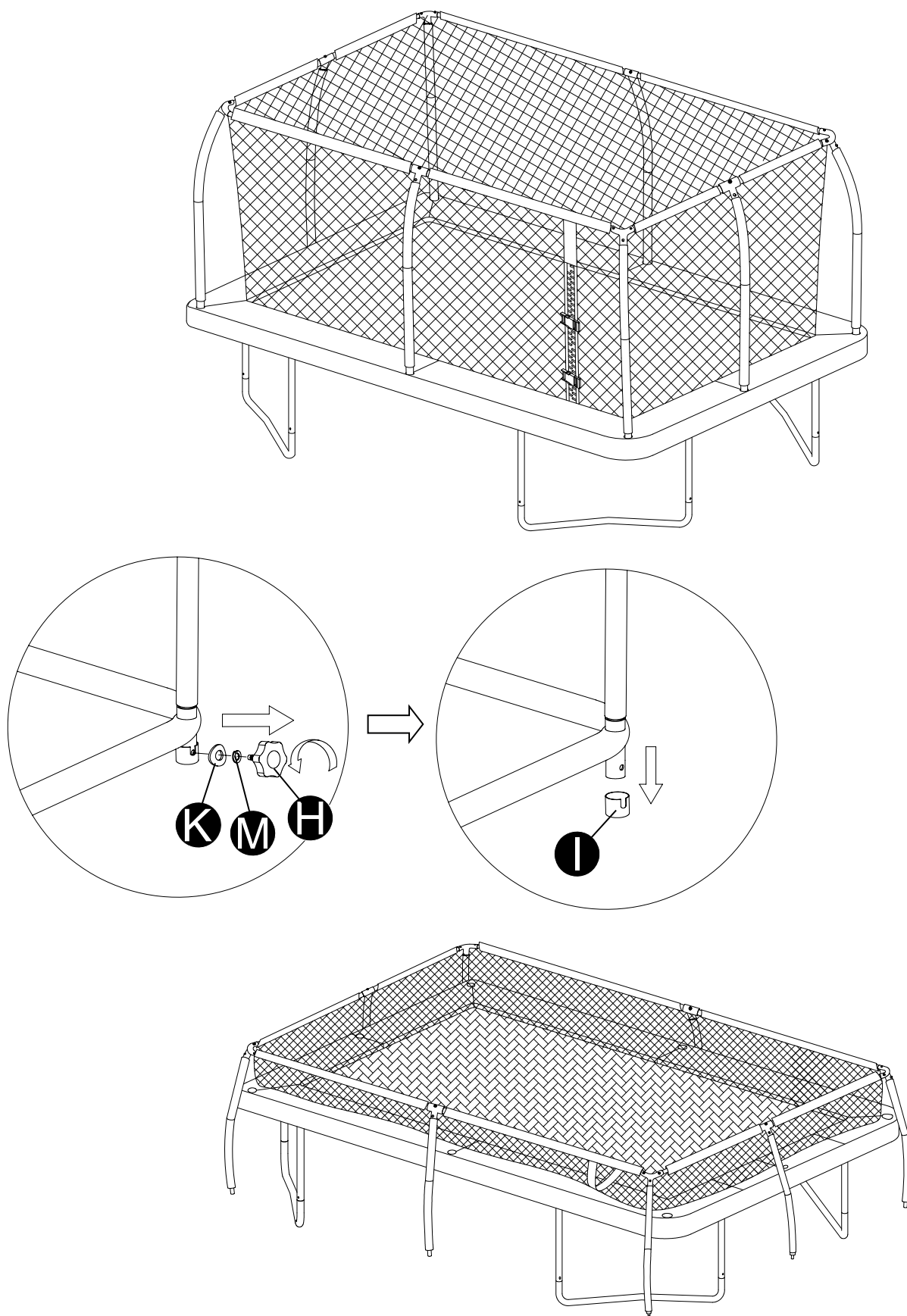
STEP 17

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.

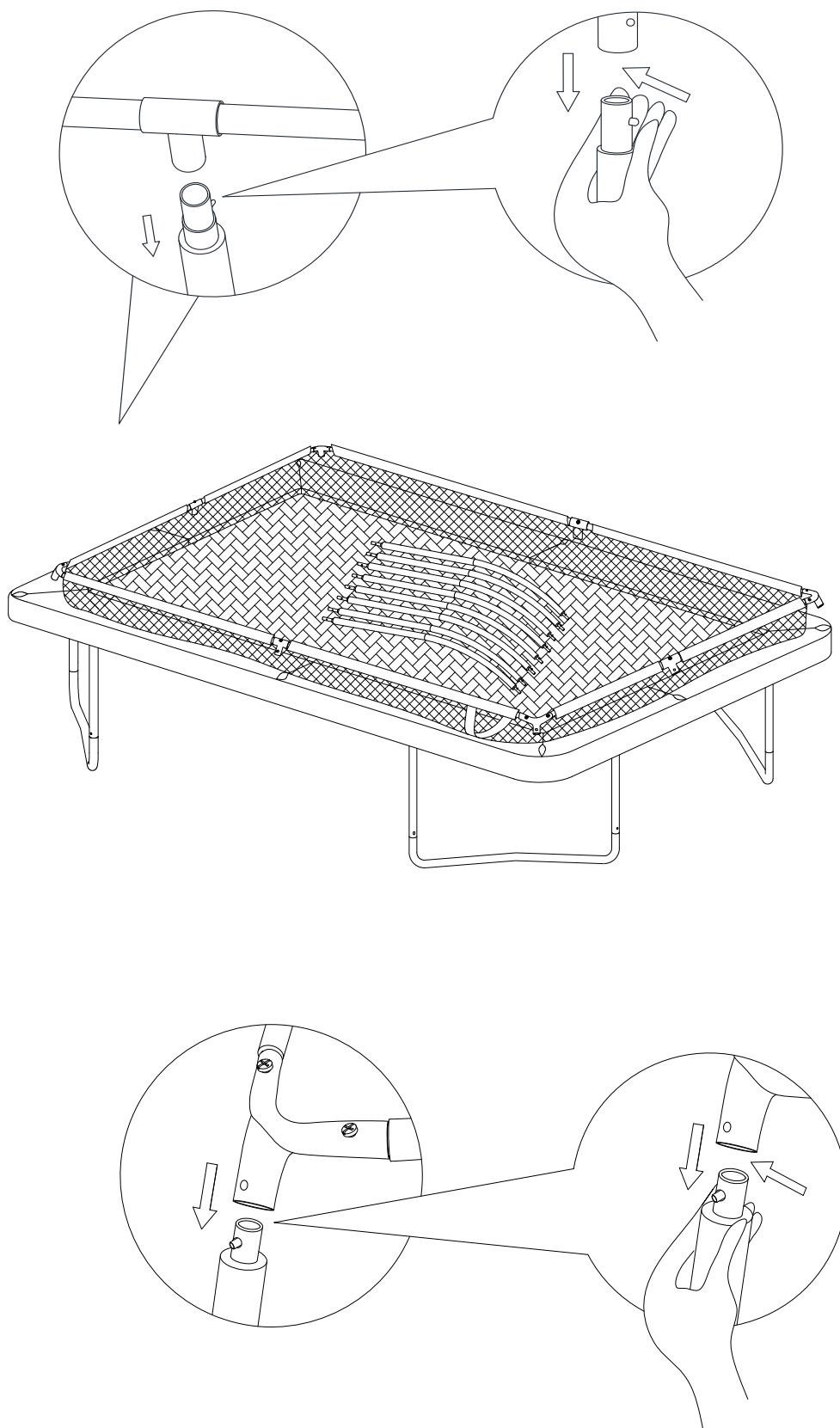
The assembly of the trampoline is now complete. Remember to be careful when jumping.

Quick disassembly

STEP 1

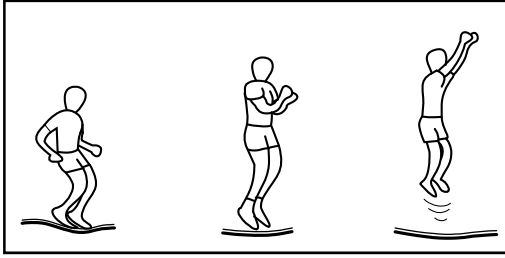


STEP 2



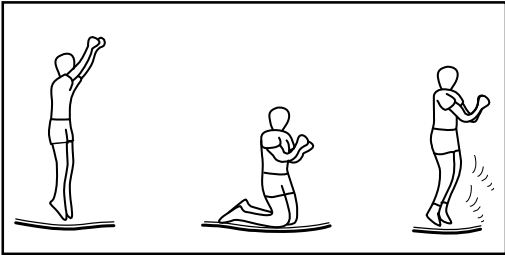
BASIC TRAMPOLINE BOUNCES

THE BASIC BOUNCE



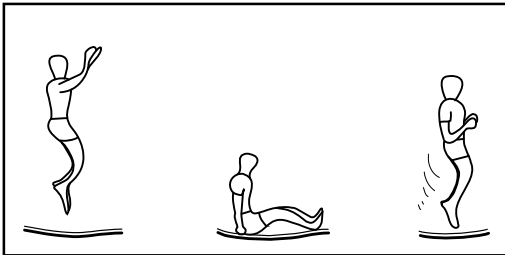
1. Start from standing position, feet shoulder width apart and with head up and eyes on mat.
2. Swing arms forward and up and around in a circular motion.
3. Bring feet together while in mid-air and point toes downward.
4. Keep feet shoulder width apart when landing on mat.

KNEE BOUNCE



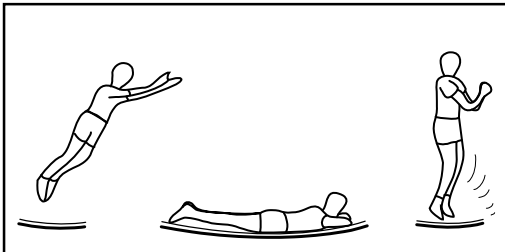
1. Start with basic bounce and keep it low.
2. Land on knees keeping back straight, body erects and uses your arms to maintain balance.
3. Bounce back to basic bounce position by swinging arms up.

SEAT BOUNCE



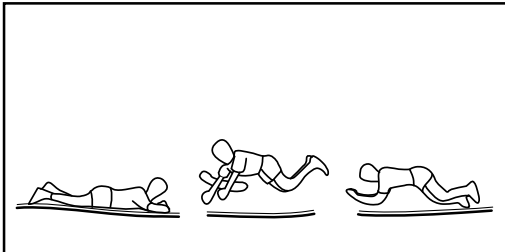
1. Land in a flat sitting position.
2. Place hands on mat besides hips, do not lock your elbow.
3. Return to erect position by pushing with hands.

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:

THIS TRAMPOLINE SHOULD FOR SAFETY'S SAKE ALWAYS BE USED WITH THE ENCLOSURE.

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:

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.

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

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.

WINDY CONDITIONS

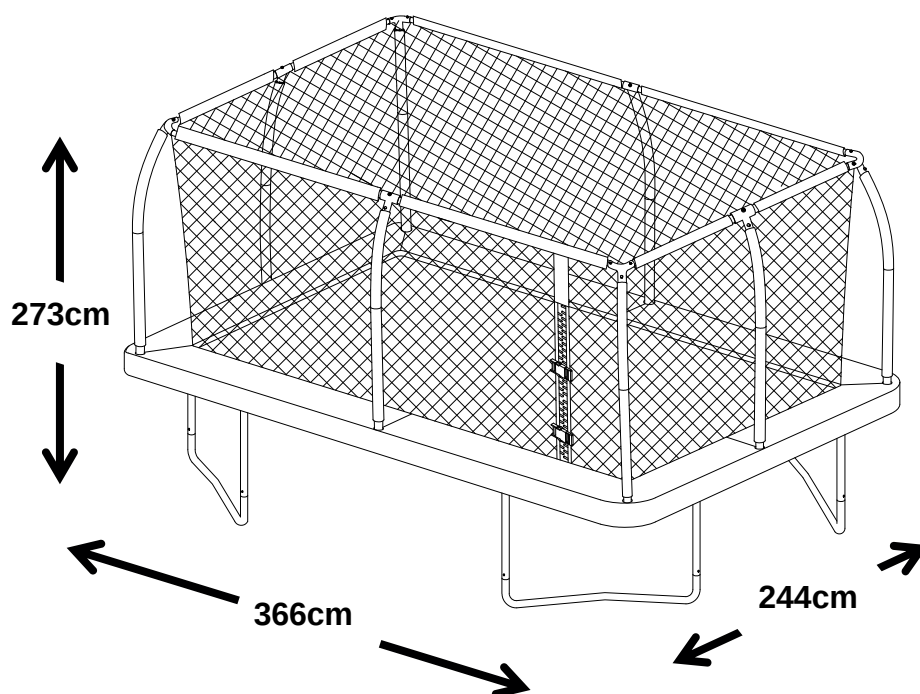
In severe wind situations, the trampoline can be blown about. If you expect windy weather conditions, the trampoline should be moved to a sheltered area or disassembled. Another option is to tie the round, outside portion (top frame) of the trampoline to the ground using ropes and stakes. To ensure security,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

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.



Samlevejledning Trampolin – Extreme 366 x 244 x 273



Det er meget vigtigt, at du læser og forstår vejledningen, før trampolinen samles og anvendes.

Vi håber, at du bliver glad for at bruge trampolinen. En trampolin er rigtig sjov og giver god motion på samme tid. Det tager lidt tid at samle den, men det er lettere, hvis du læser alle anvisninger, før du starter. Det kan tage over en time at samle trampolinen, så vær tålmodig, og få en til at hjælpe dig.

VIGTIGT

Læs følgende erklæring og advarsler for at undgå alvorlige eller fatale ulykker.

Advarsel.

- Maks. 100 kg.
- Kun til privat brug.
- Til udendørs brug.
- Kun en bruger ad gangen. Risiko for kollision.
- Nettet bør udskiftes hvert år.
- Opsyn af en voksen er påkrævet.
- Lav ikke saltomortaler. Det er meget farligt, og du risikerer alvorlige skader eller dødsfald.
- Luk altid sikkerhedsnettets åbning, inden du begynder at hoppe.
- Læs vejledningen.
- Trampolinen skal samles af en voksen ifølge samlevejledningen og derefter tjekkes før brug.
- Hop kun i gymnastiksko eller med bare fødder.
- Tøm lommerne, og hav ikke noget i hænderne.
- Hop altid på midten af dugen.
- Må ikke bruges, hvis dugen er våd.
- Spis ikke, når du hopper
- Hop aldrig ned fra trampolinen.
- Benyt trampolinen i begrænset tid (hold jævnlige pauser).
- Må ikke bruges i stærk blæst. Fastgør trampolinen.
- Forsøg ikke at springe over nettet.
- Hop ikke ind i nettet med vilje.
- Forsøg ikke at hoppe tilbage fra nettet igen med vilje.
- Hæng ikke oven på nettet, og forsøg ikke at klatre op i det.
- Tag smykker af, som kan vikles ind i nettet eller skære i det.

Placering af trampolinen

Placer aldrig trampolinen på et cementgulv eller andre hårde flader. Den bedste placering er på en jævn og stabil overflade som for eksempel en græsplæne. Der skal være et frit område på mindst to meter omkring trampolinen. Sørg for, at der ikke er nogen ledninger, grene, hegn eller andre mulige farer over og rundt om trampolinen. Trampolinen må ikke placeres tæt på pools, gynger, rutsjebaner, klatrestativer eller andre installationer, der udgør en risiko. Denne trampolin er ikke beregnet til nedgravning.

Vejrforhold

Trampolinen må ikke bruges, når den er våd. Skil trampolinen ad om vinteren, og opbevar alle stofdele (dug, skumkanter og sikkerhedsnet) indendørs. Fjern skumkanter og sikkerhedsnet ved stærk blæst, og fastgør trampolinen til jorden med pløkker/jordspyd (sælges separat).

Vejledning

Start langsomt. Forsøg ikke at lave svære øvelser.

Hop ikke i trampolinen, når du er træet. Det øger risikoen for skader. Sørg for at bære passende fodtøj, f.eks. gymnastiksko, eller hop med bare fødder.

Træd aldrig på sikkerhedsbetrækket. Det er ikke konstrueret til at kunne bære en persons vægt. Når du skal ned fra trampolinen, må du aldrig hoppe. Kravl altid af. Hop aldrig i trampolinen, hvis du har indtaget stoffer eller alkohol.

Der skal altid være andre til stede, når du hopper i trampolinen. Så er der nogen til at hjælpe dig, hvis du skulle komme til skade.

Begynd altid med at hoppe midt i cirklen. Hvis du lander mere end 30 cm fra kanten af logoet, skal du omgående holde op med at hoppe!

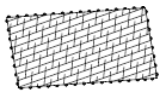
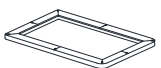
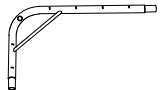
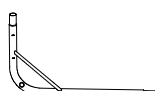
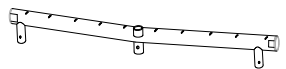
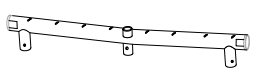
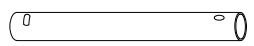
Begynd at hoppe på midten af dugen igen.

Montering

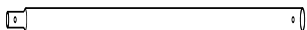
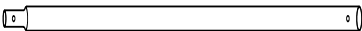
Læs samlevejledningen omhyggeligt, før du begynder at samle trampolinen. Det kan anbefales, at to personer hjælpes ad med at samle trampolinen.

Begynd med at kontrollere, at du har alle de nødvendige dele. Hver dels referencenummer vil blive brugt her i vejledningen som en hjælp til dig.

Oversigt over dele (trampolin) :

Delnr.	Dele	Beskrivelse	Antal
1		Trampolindug med påsyede trekantringe og sikkerhedspude	1
2		Sikkerhedsbetræk	1
3		Tophjørne ramme A	2
4		Tophjørne ramme B	2
5		Rammerør lang side (med 10 huller)	2
6		Rammerør kort side (med 8 huller)	2
7		Benforlænger	8
8		Benbase	4
9		Selvlåsende skrue	16
10		Fjederskive (lille)	16
11		Fjeder (3,2mm x 36N)	60
12		Unbrakonøgle	1
13		Fjedermonteringsværktøj	1
14		skrue	8
15		Fjederskive (mellem)	8

Oversigt over dele(sikkerhedsnet):

Delnr.	Dele	Beskrivelse	Antal
A		Nedre rammerør med skum	8
B		Øvre rammerør med skum	8
C		Kort toprør med skum C	4
D		Langt toprør med skum D (med den ene ende krympet)	4
E		Langt toprør med skum E	4
F		T-rør F	4
G		T-rør G	4
H		Låsehåndtag	8
I		Udvendig endehætte	8
J		skruer	16
K		Buet spændeskive (stor)	8
L		Buet spændeskive	16
M		Fjederskive (stor)	8
N		Fjederskive (mellem)	16
O		Sikkerhedsnet	1
P		Line	6

Montering af trampolin

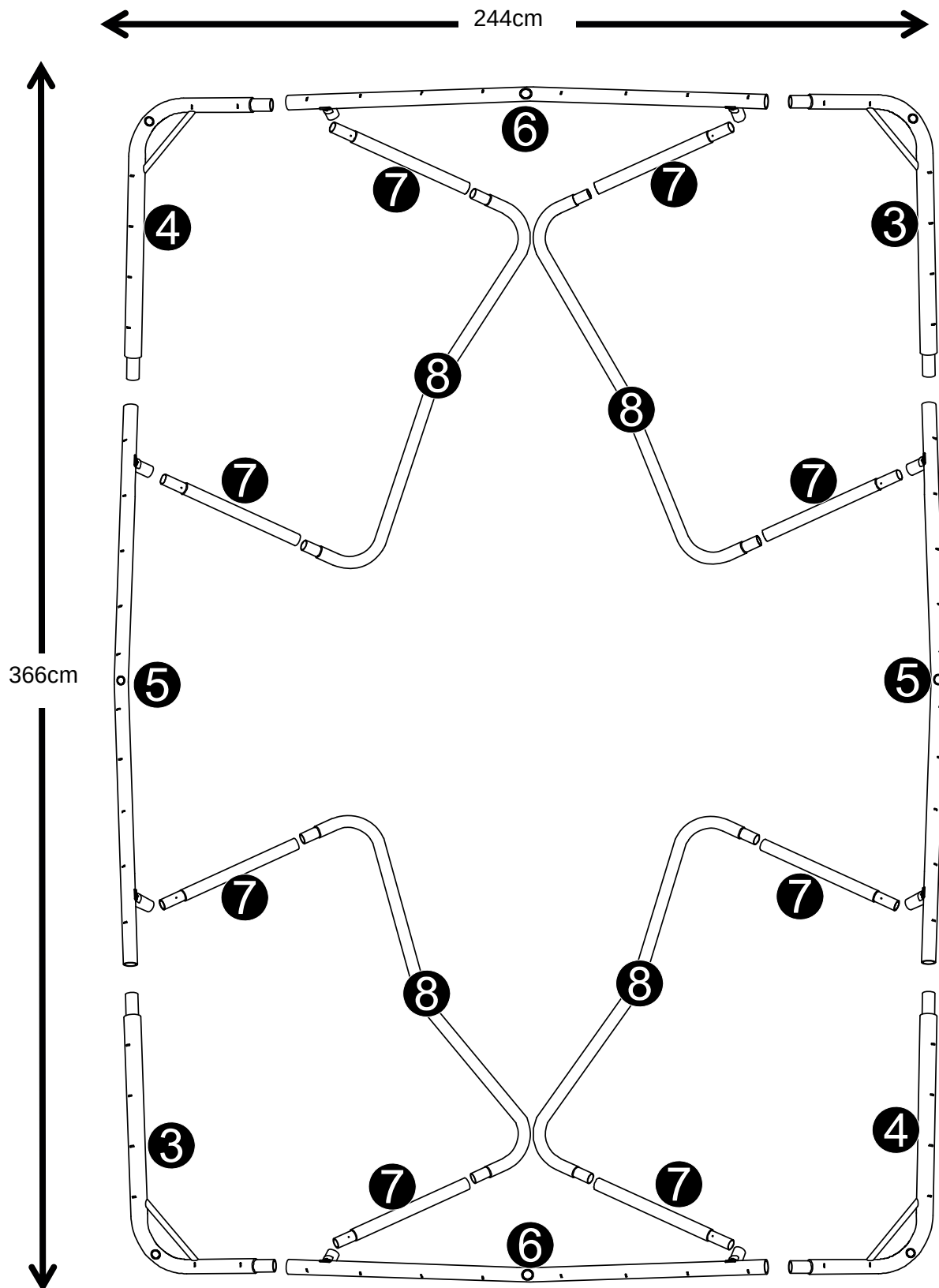
Der skal to personer til at montere trampolinen.

Trin 1

Start med at bygge rammen. Skub delene sammen.
Begynd med at lægge delene ud som vist på billedet.

Bemærk:

Del 5, rammerør lang side, skal være buet. Det er ikke en fejl. Det er designet til at bue udad.

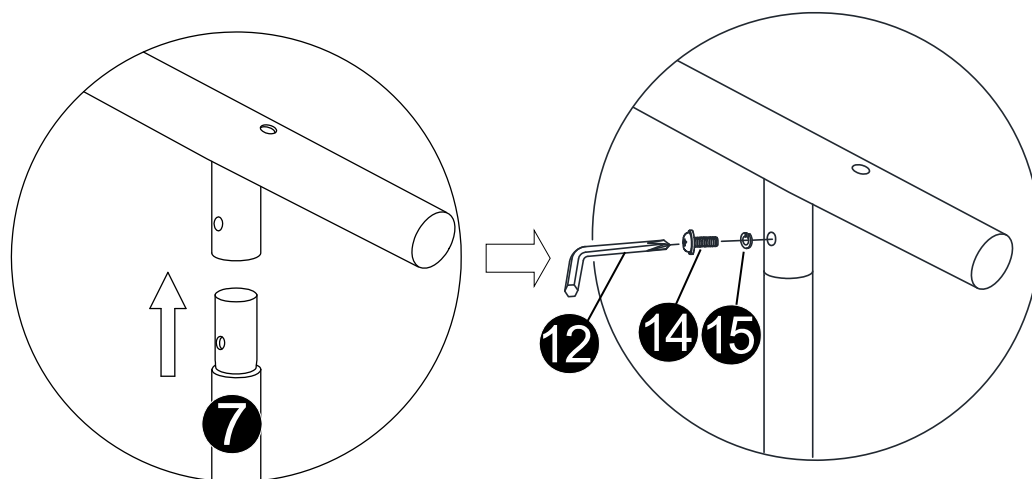
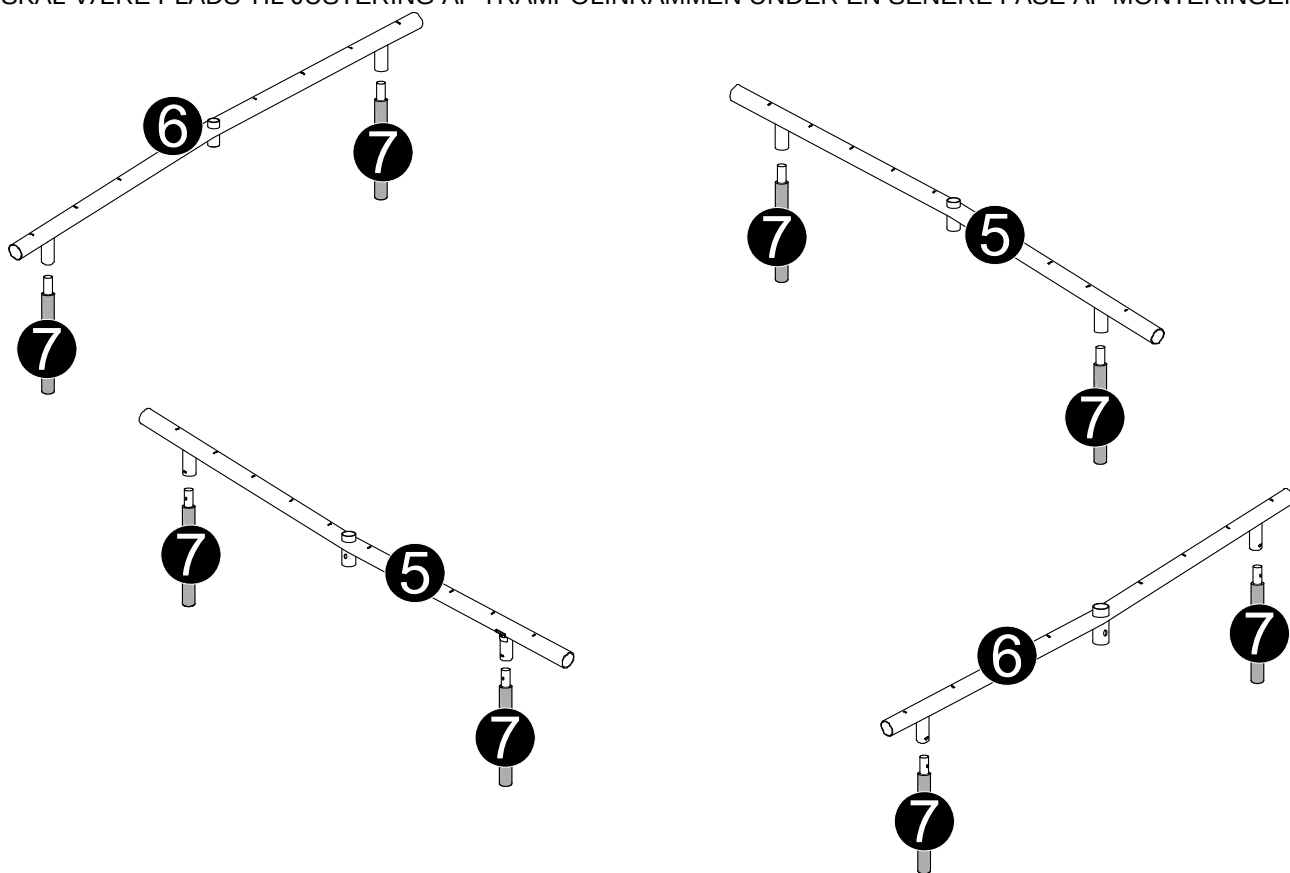


Trin 2

Montering af benforlængere.

SPÆND IKKE HELT TIL PÅ DETTE TIDSPUNKT.

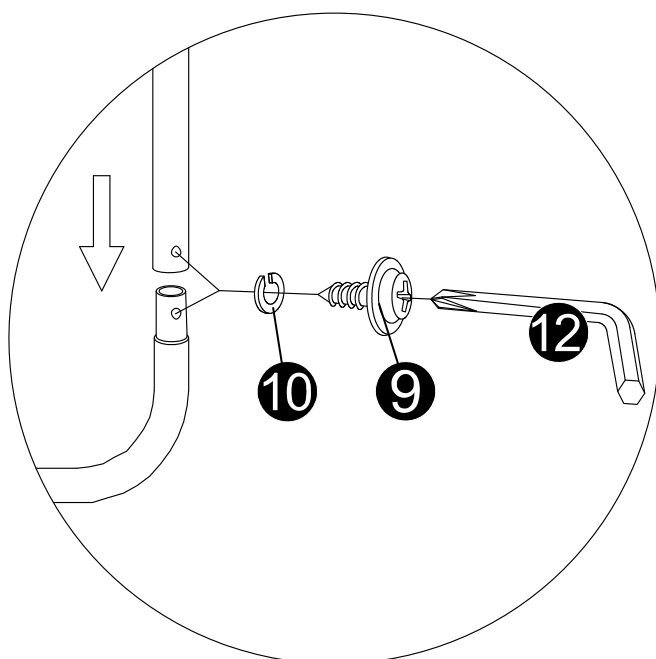
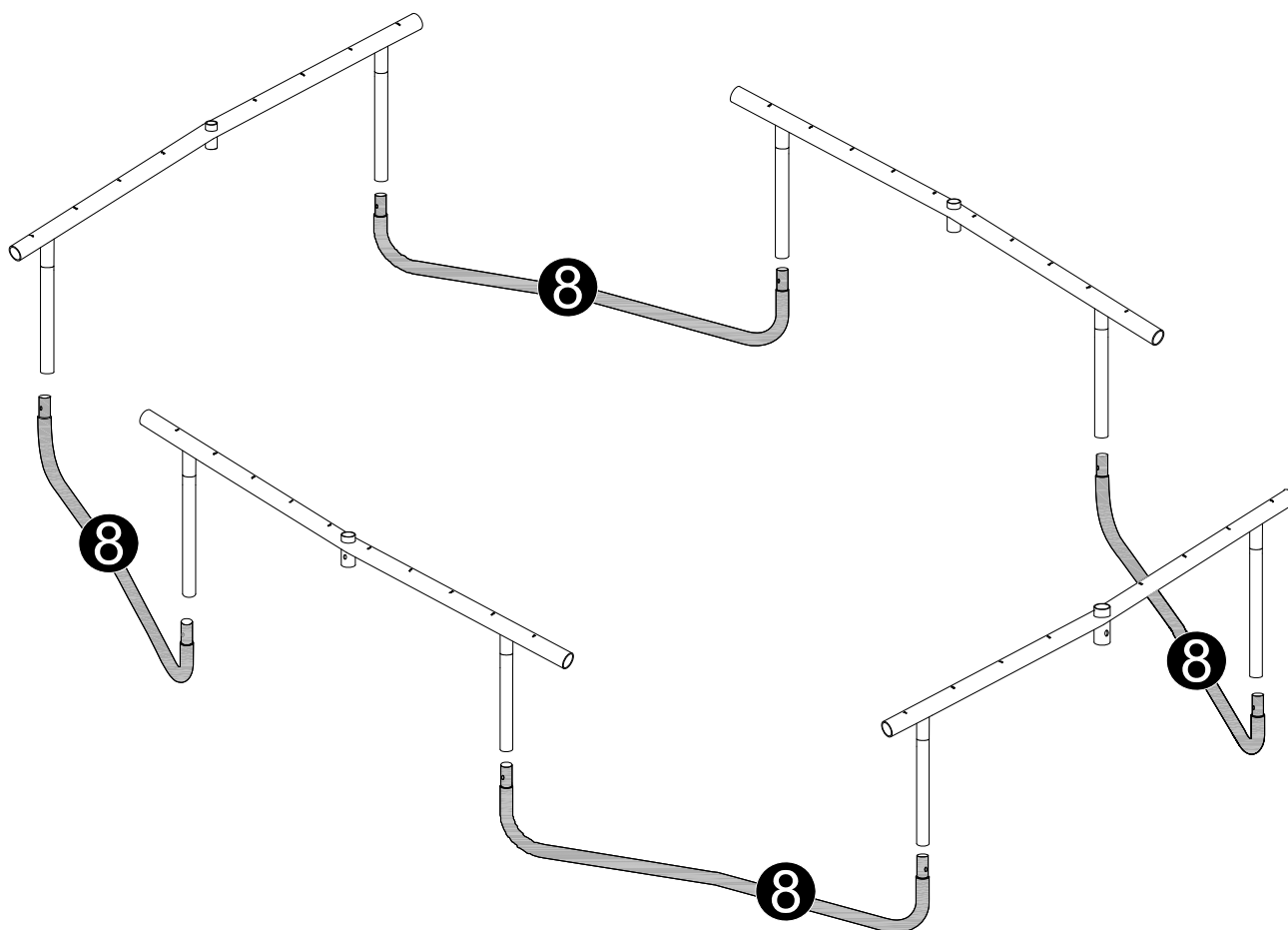
DER SKAL VÆRE PLADS TIL JUSTERING AF TRAMPOLINRAMMEN UNDER EN SENERE FASE AF MONTERINGEN.



Bemærk: Gentag
dette trin, indtil alle
de resterende rør er
samlet.

I alt 8 stk.

Trin 3



Bemærk: Gentag dette trin, indtil alle de resterende rør er samlet.

I alt 4 stk.

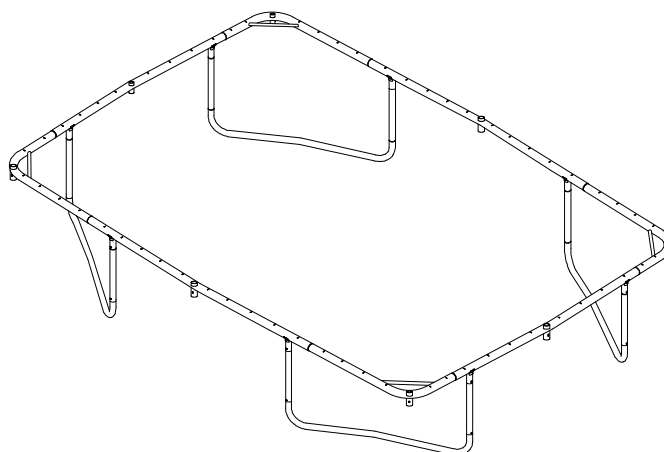
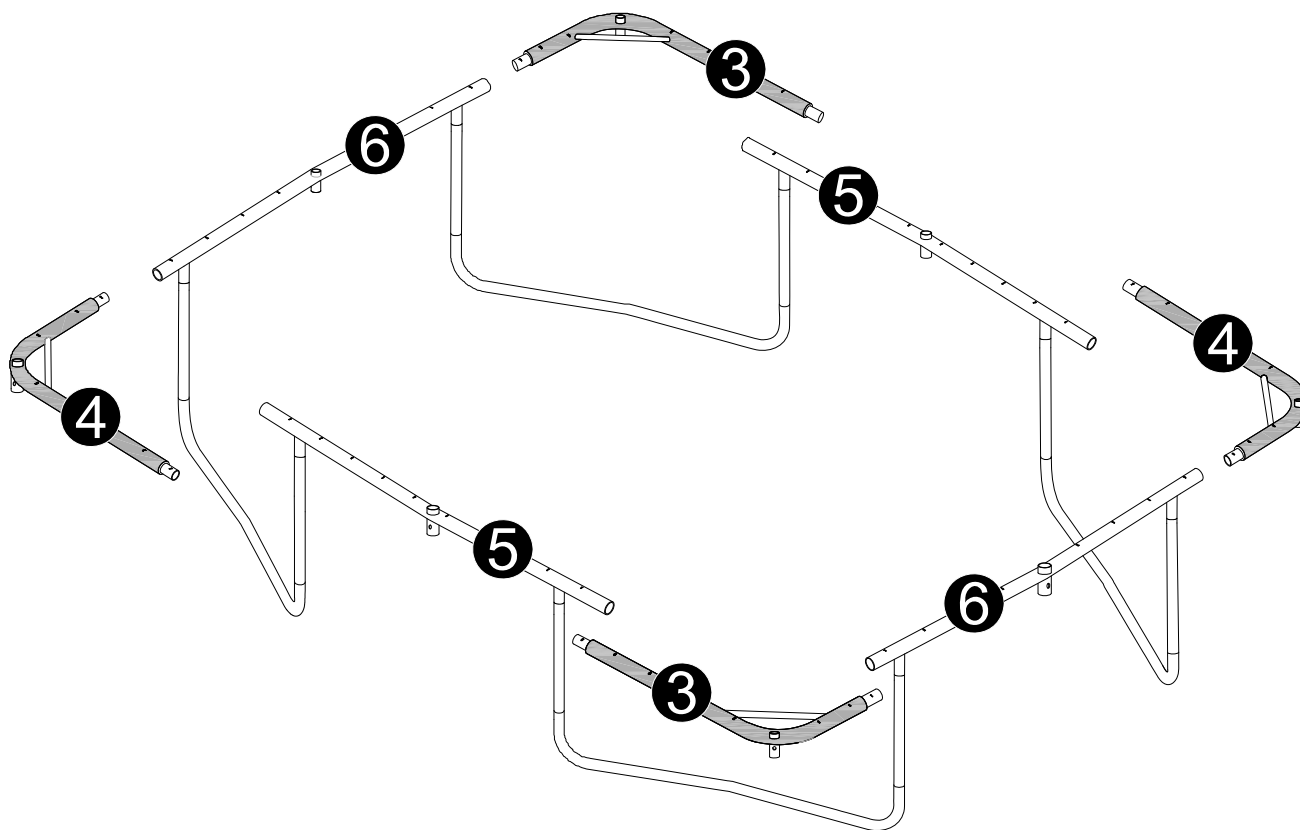
Trin 4

Montér del 3 og del 4 i rammens hjørner.

BEMÆRK: De samme typer dele skal placeres diagonalt overfor hinanden, ellers kan rammen ikke samles korrekt.

VIGTIG:

NÅR TRAMPOLINRAMMEN ER SAMLET SKAL ALLE SKRUE SPÆNDES.

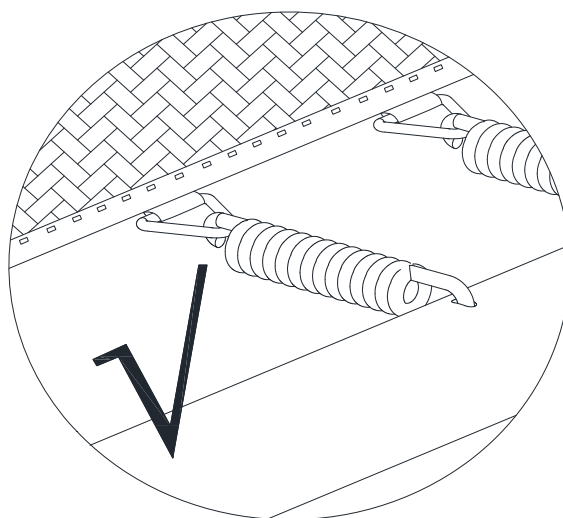
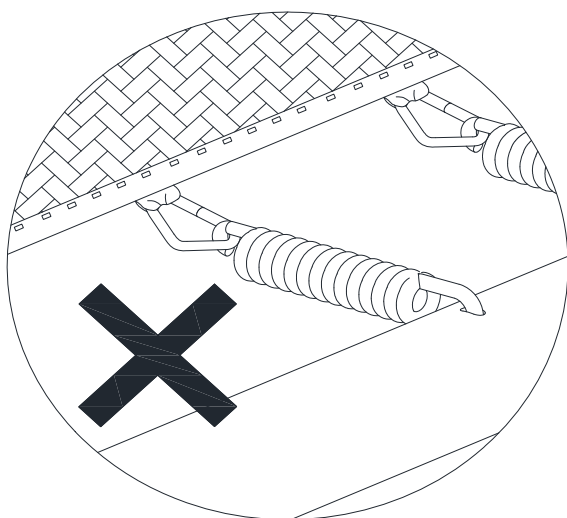
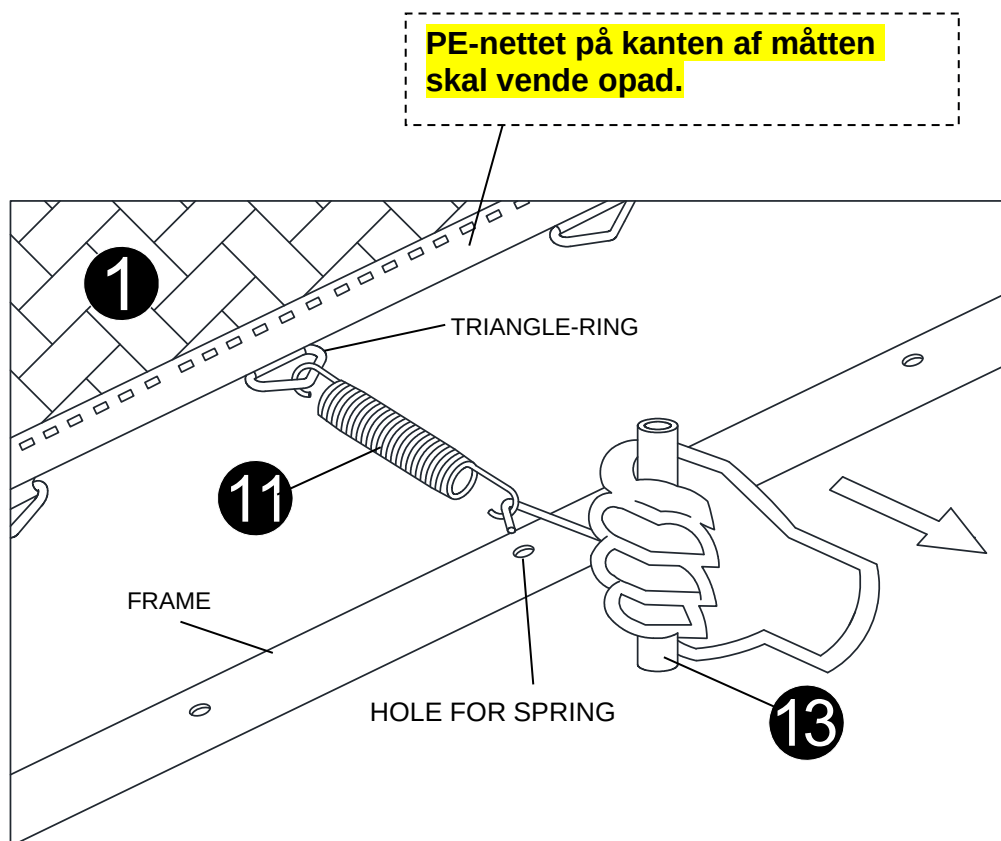


Trin 5

Vær forsigtig, når fjedrene skal monteres.

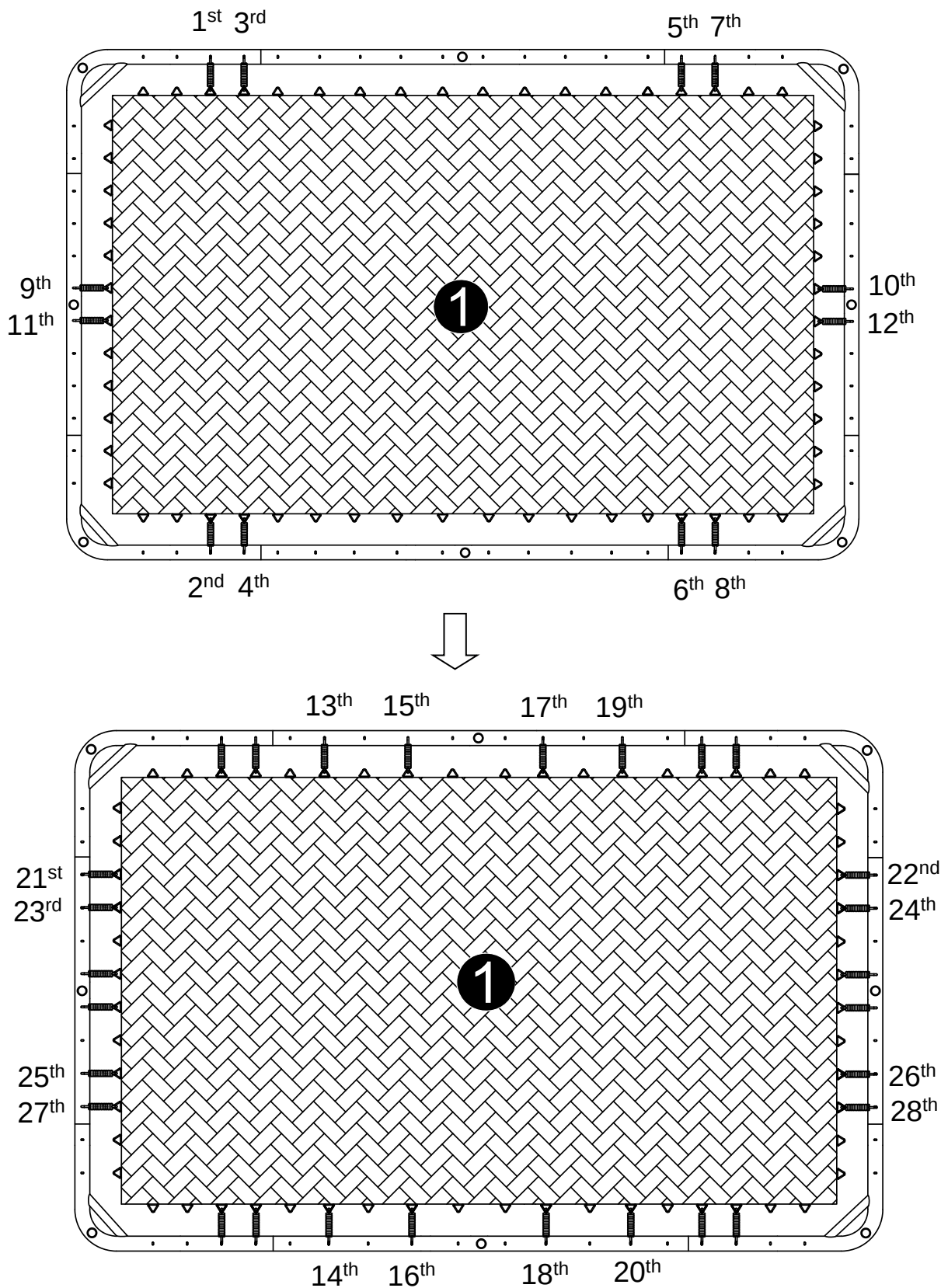
Start med at lægge trampolindugen ud inde i rammen.

Vælg et startpunkt. Kald dette "punkt 1". Brug det specielle fjedermonteringsværktøj til at sætte fjedrene med R-krog fast som vist på billedet.

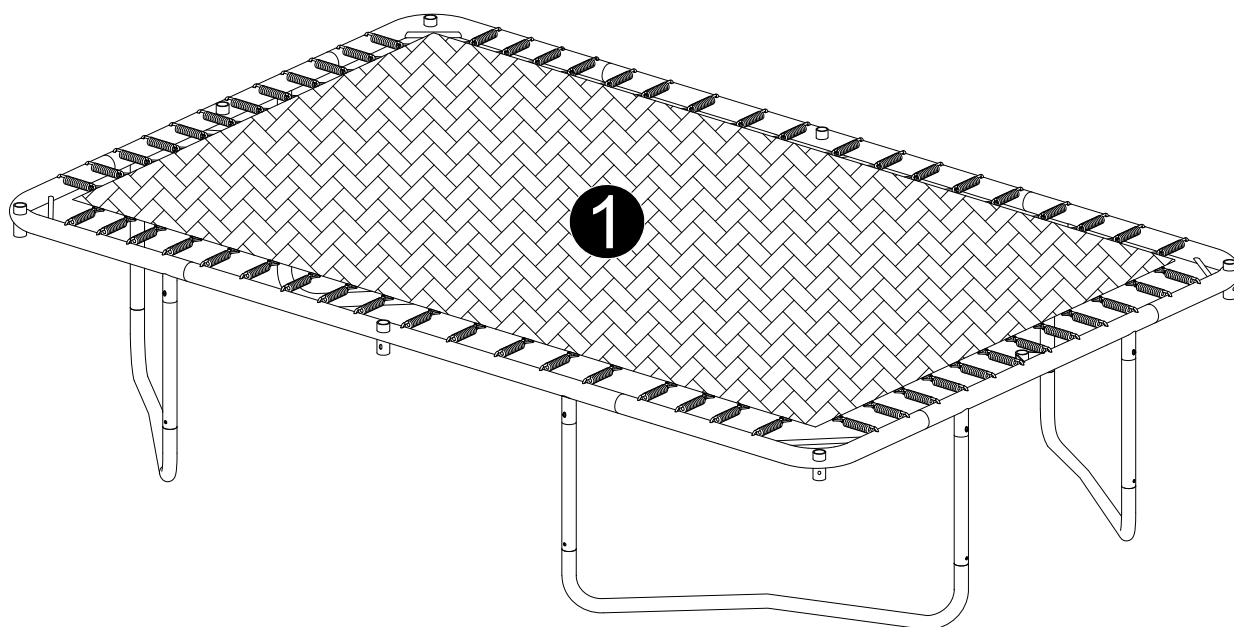
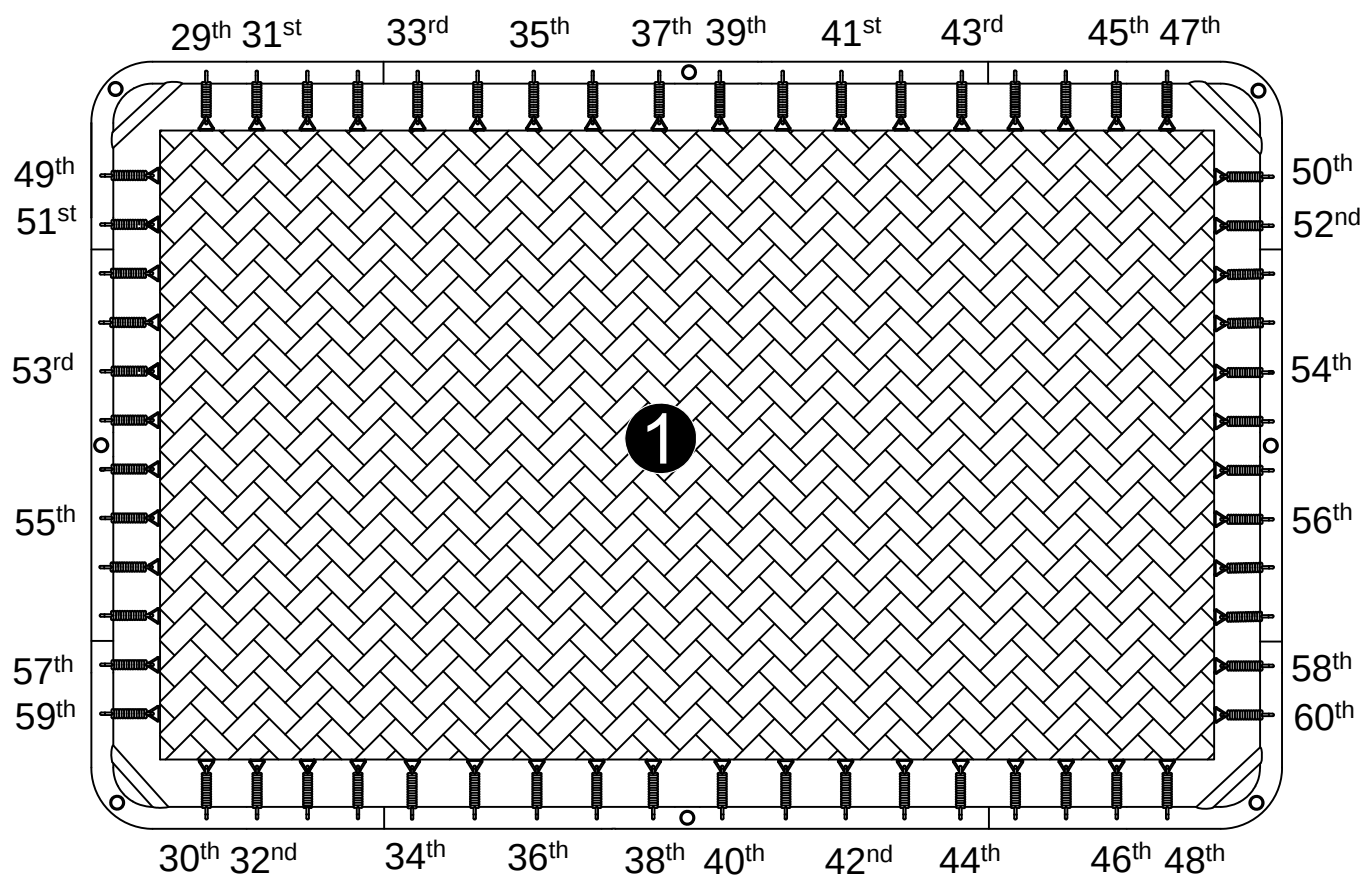


Begynd med at sætte fjederens krog ind i den V-formede ring på trampolindugen. Brug derefter fjedermonteringsværktøjet til at trække fjederen på plads på rammen. Sørg for, at fjederen sidder ordentligt fast, ellers kan den løsne sig, når du hopper i trampolinen. Du bør have beskyttelseshandsker på for at undgå at komme til skade.

Når den første fjeder er på plads, skal du fortsætte i numerisk rækkefølge som vist på billedet. Når du er færdig med nummer 28, kan du fastgøre de resterende fjedre i tilfældig rækkefølge. Det er vigtigt at følge vejledningen nøje for at få spændt trampolindugen korrekt. Hvis du ikke følger dette mønster, vil det blive meget svært at montere trampolindugen korrekt.



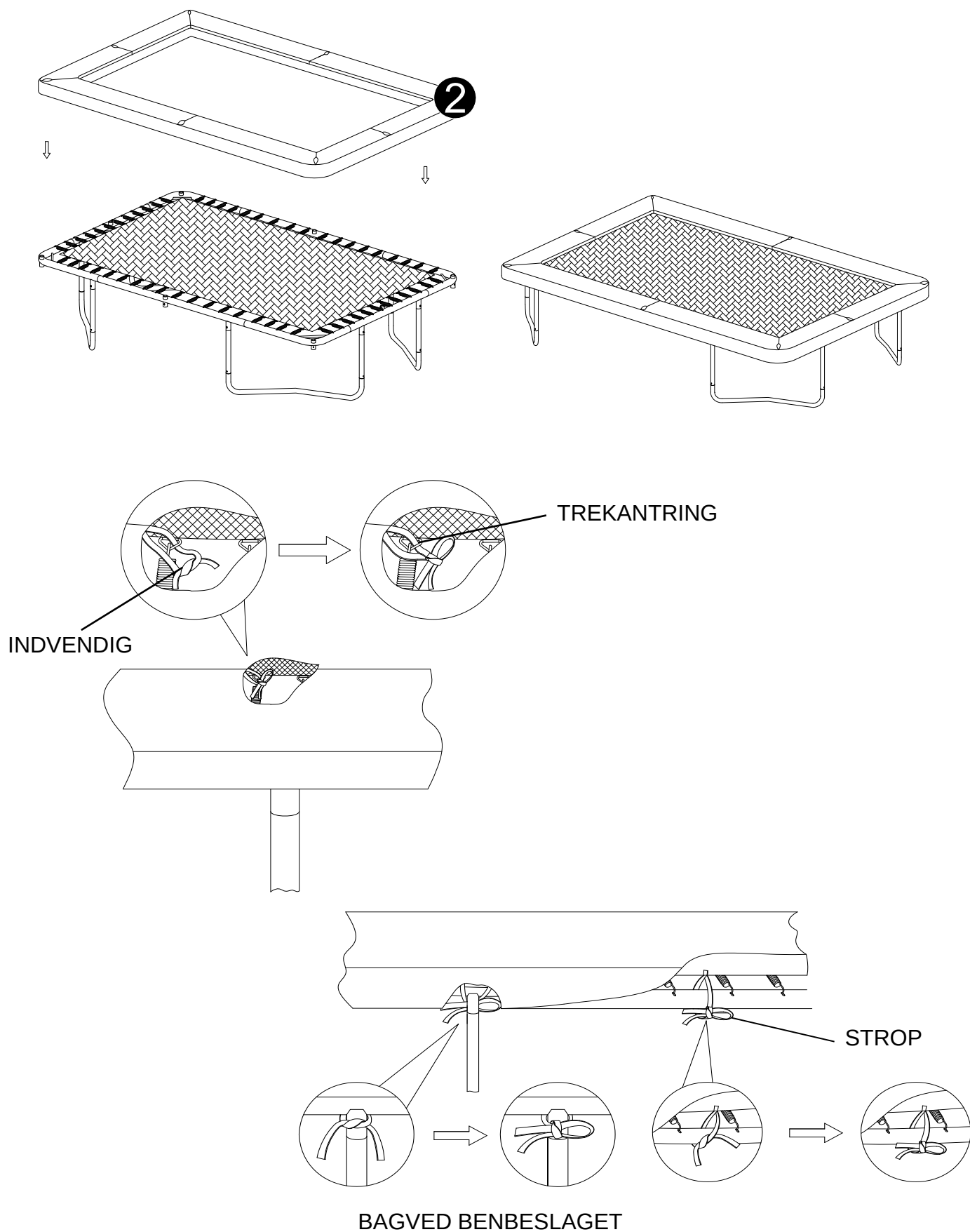
Trin 6



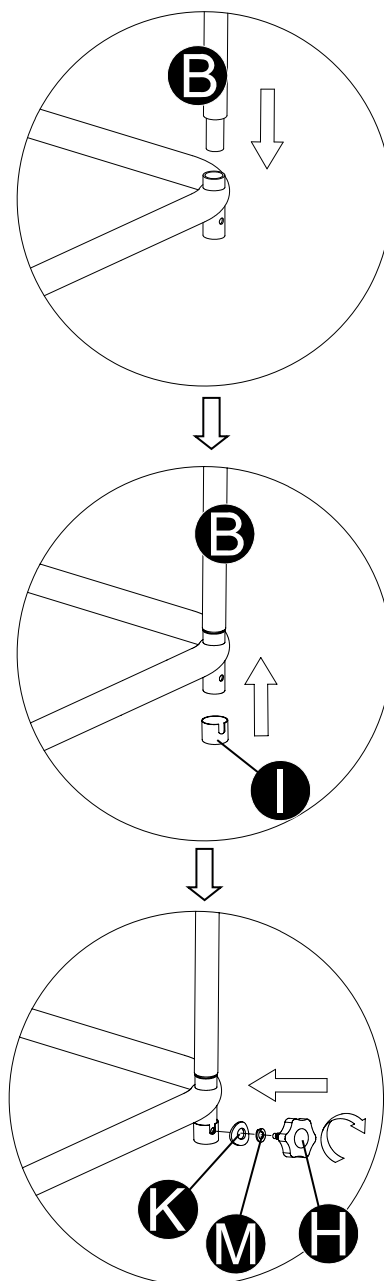
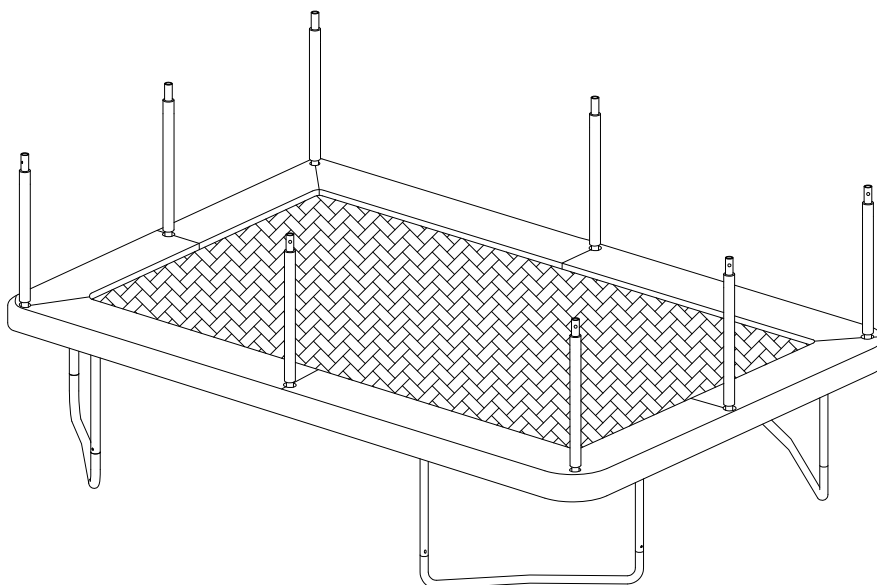
Trin 7

Monter rammeputen ovenpå trampolinen.

Sæt rammeputen på plads, og fastgør de indvendige stropper til trekanttringene og de udvendige stropper til rammerøret.

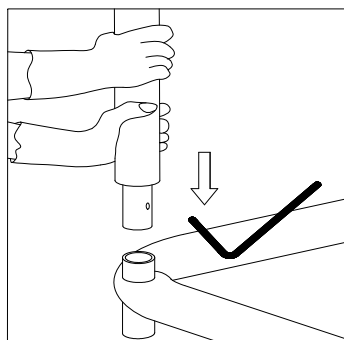
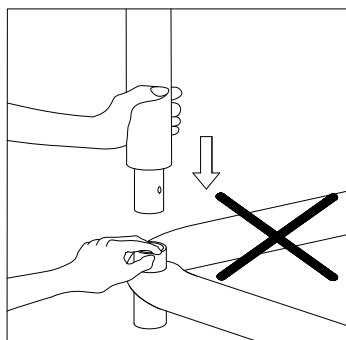


Trin 8



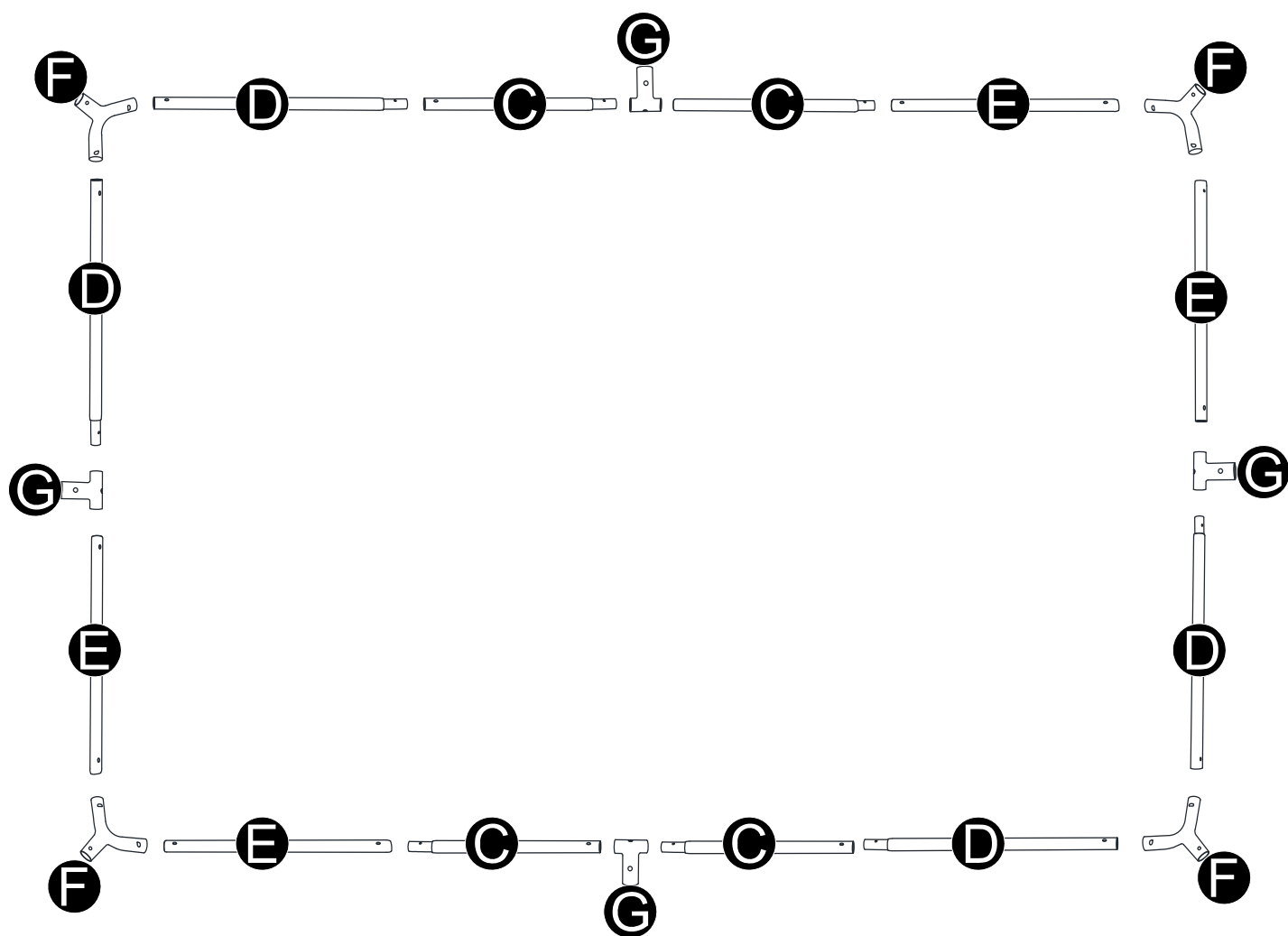
WARNING

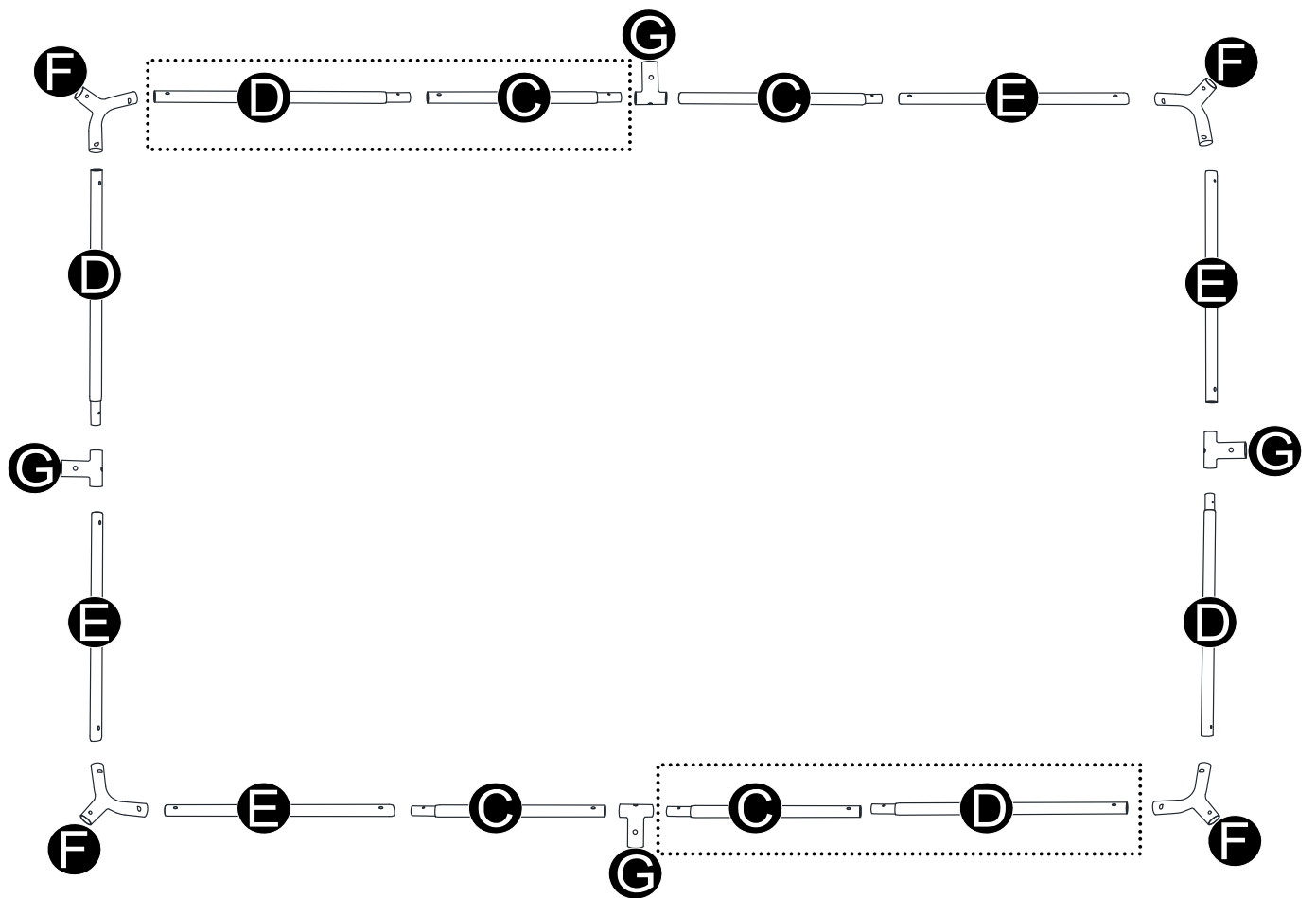
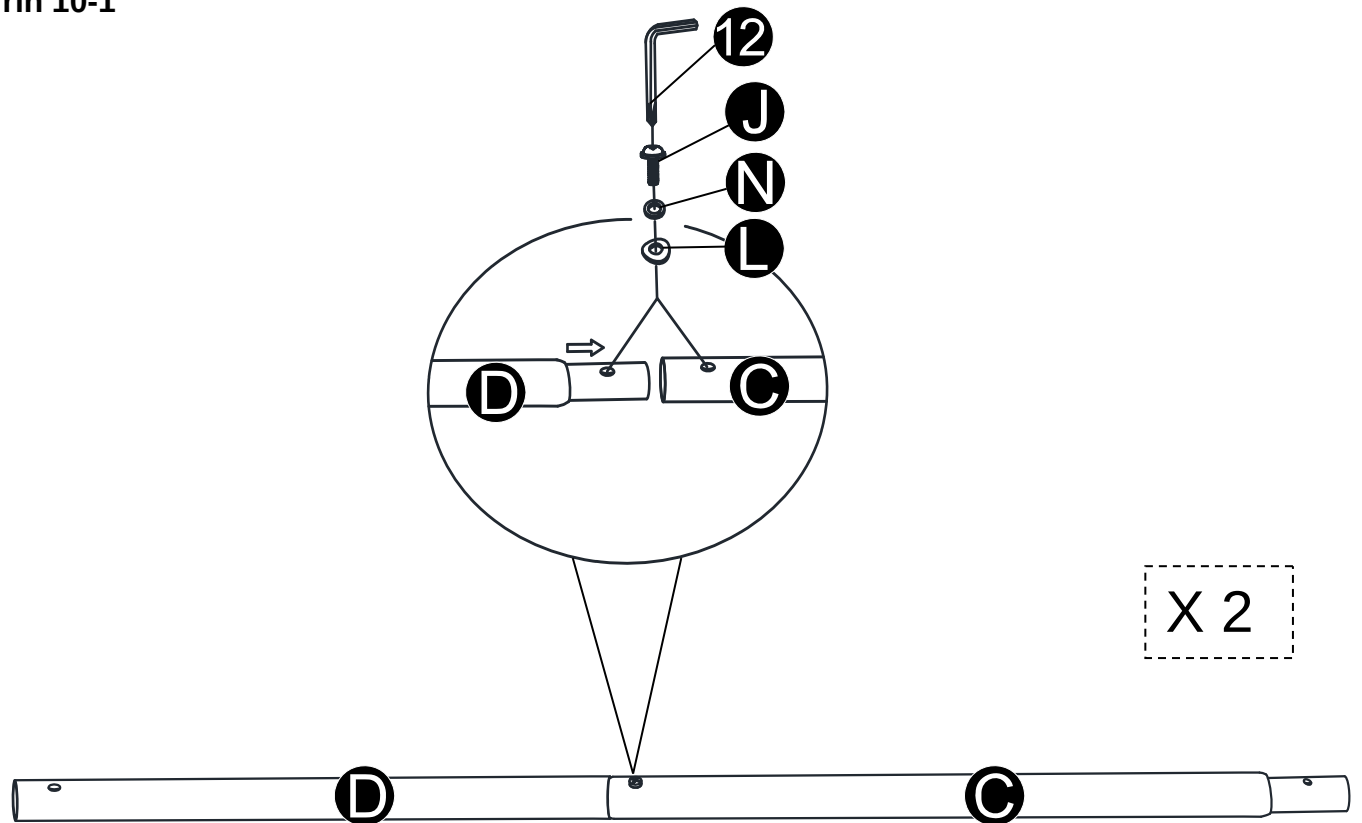
ANBRING IKKE HÆNDERNE MELLEM STÆNGERNE UNDER MONTERING. BRUG BESKYTTELSESHANDSKER UNDER MONTERING FOR AT UNDGÅ SKADER.

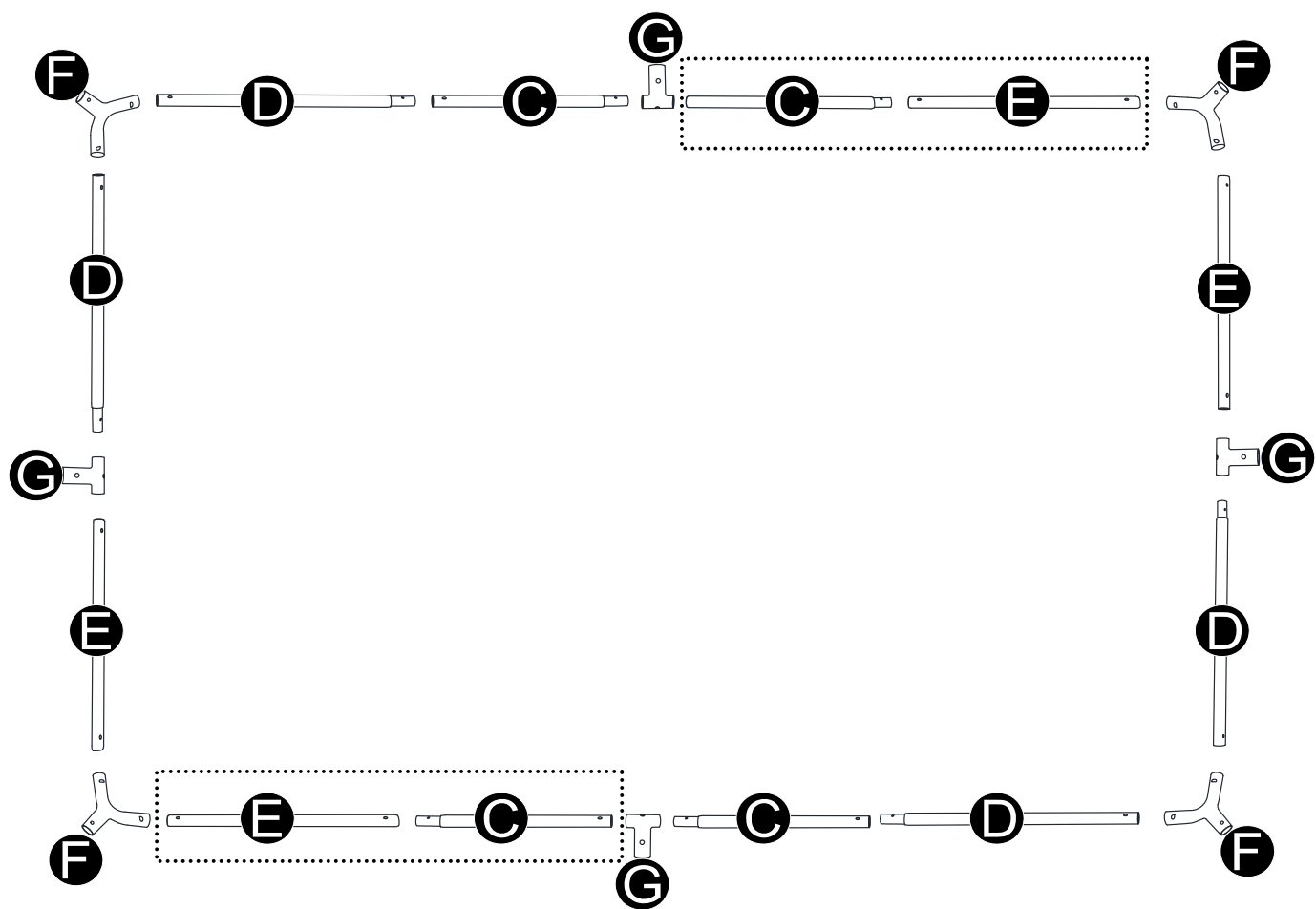
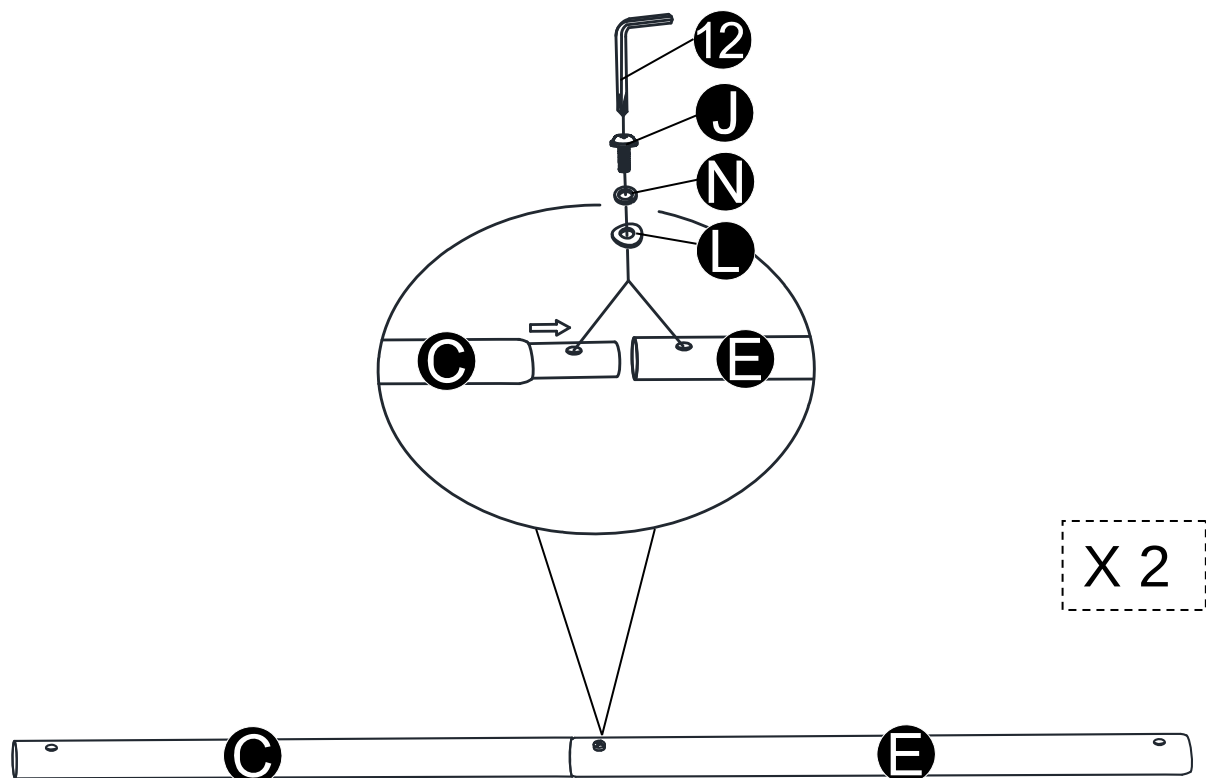


Trin 9

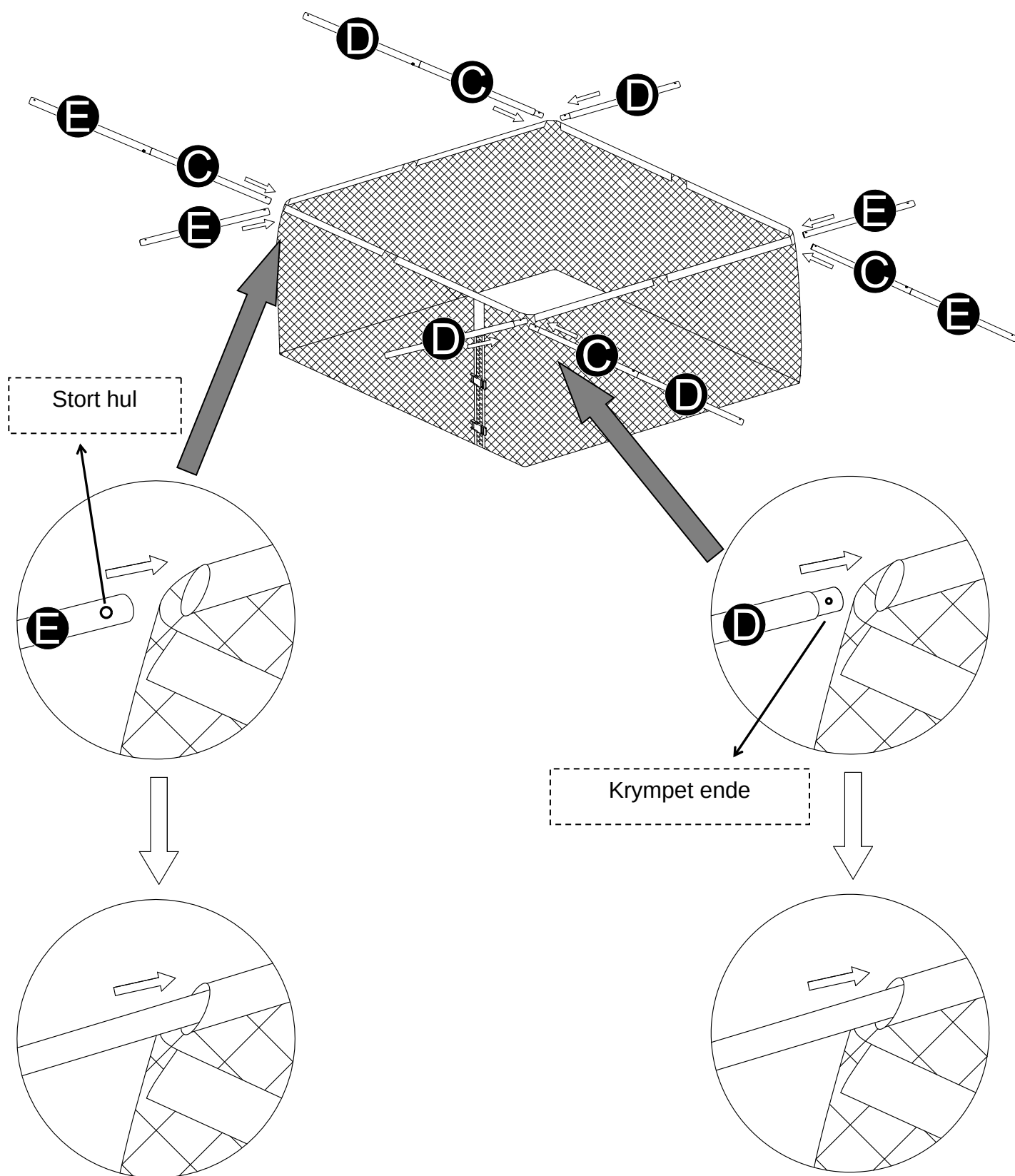
Læg de øverste rør på jorden som vist nedenfor.



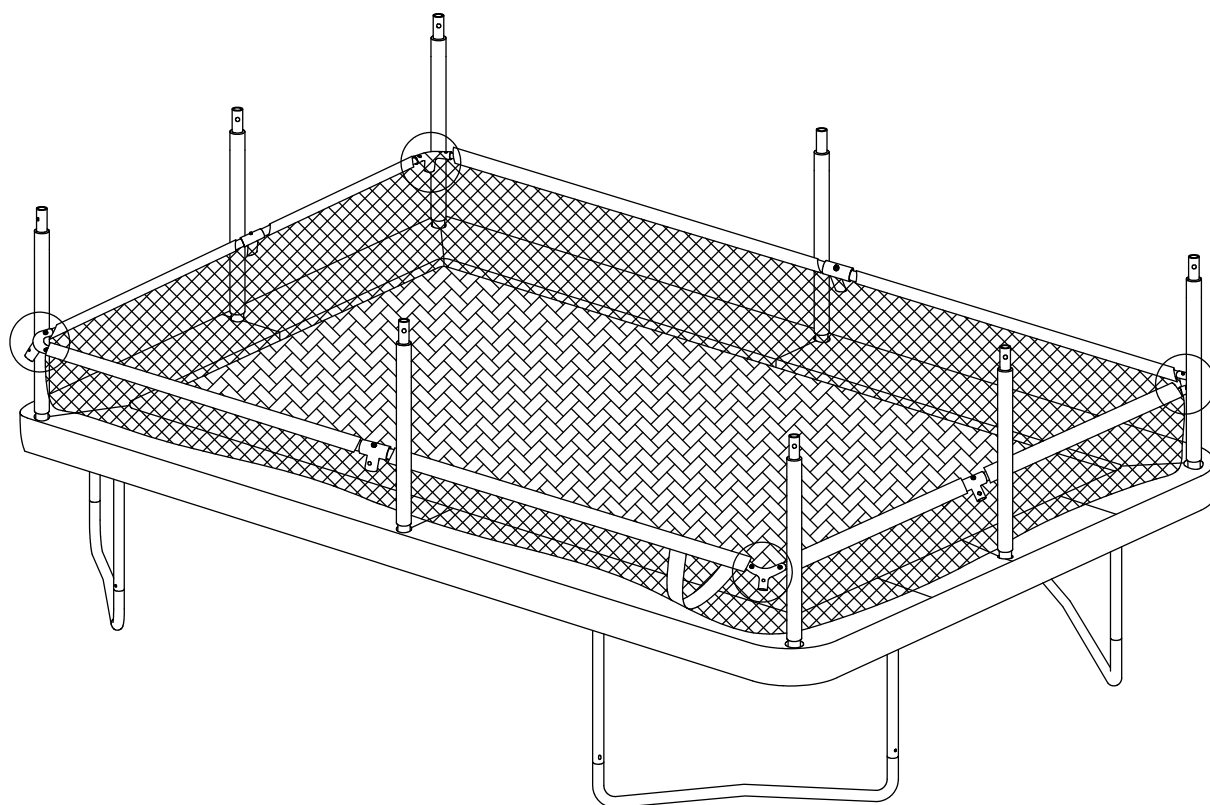
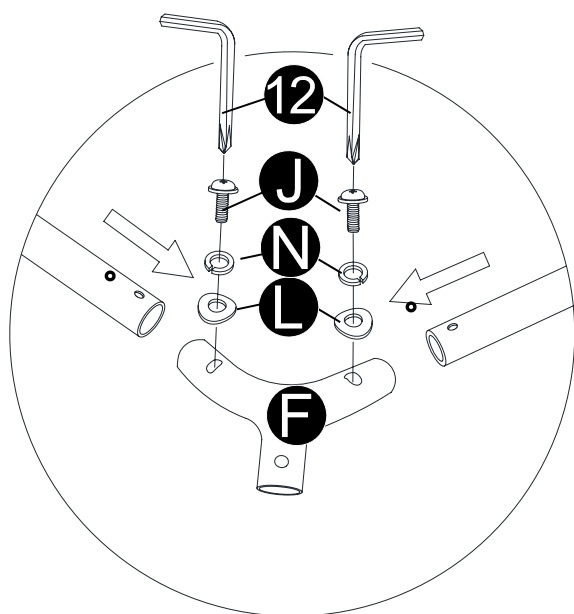




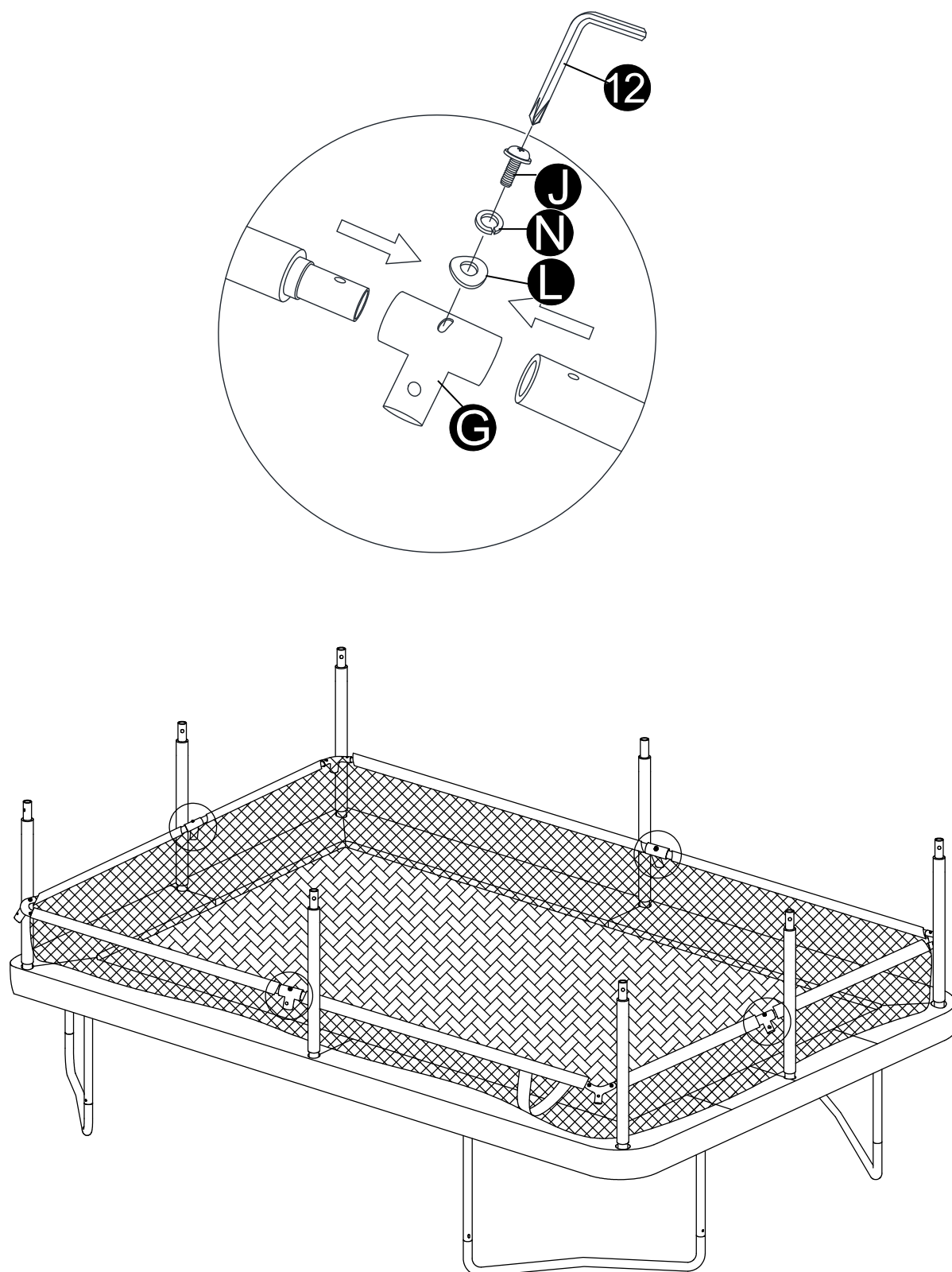
Trin 11



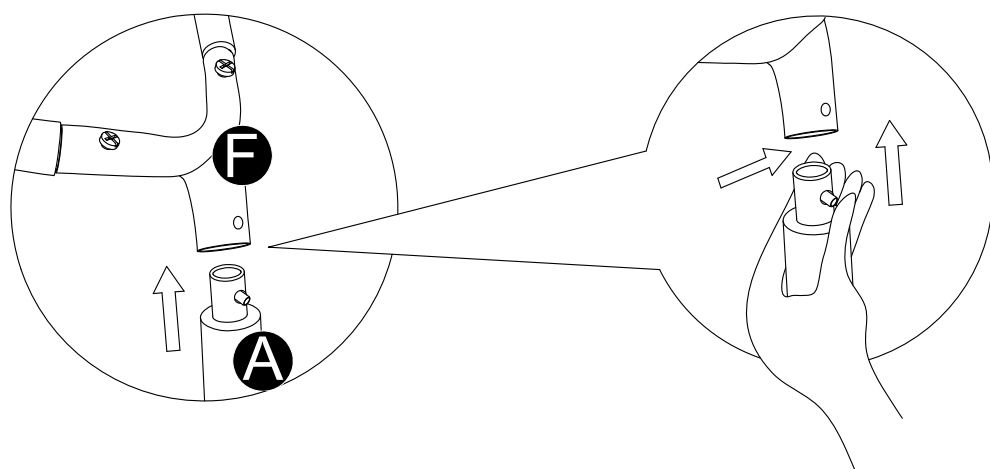
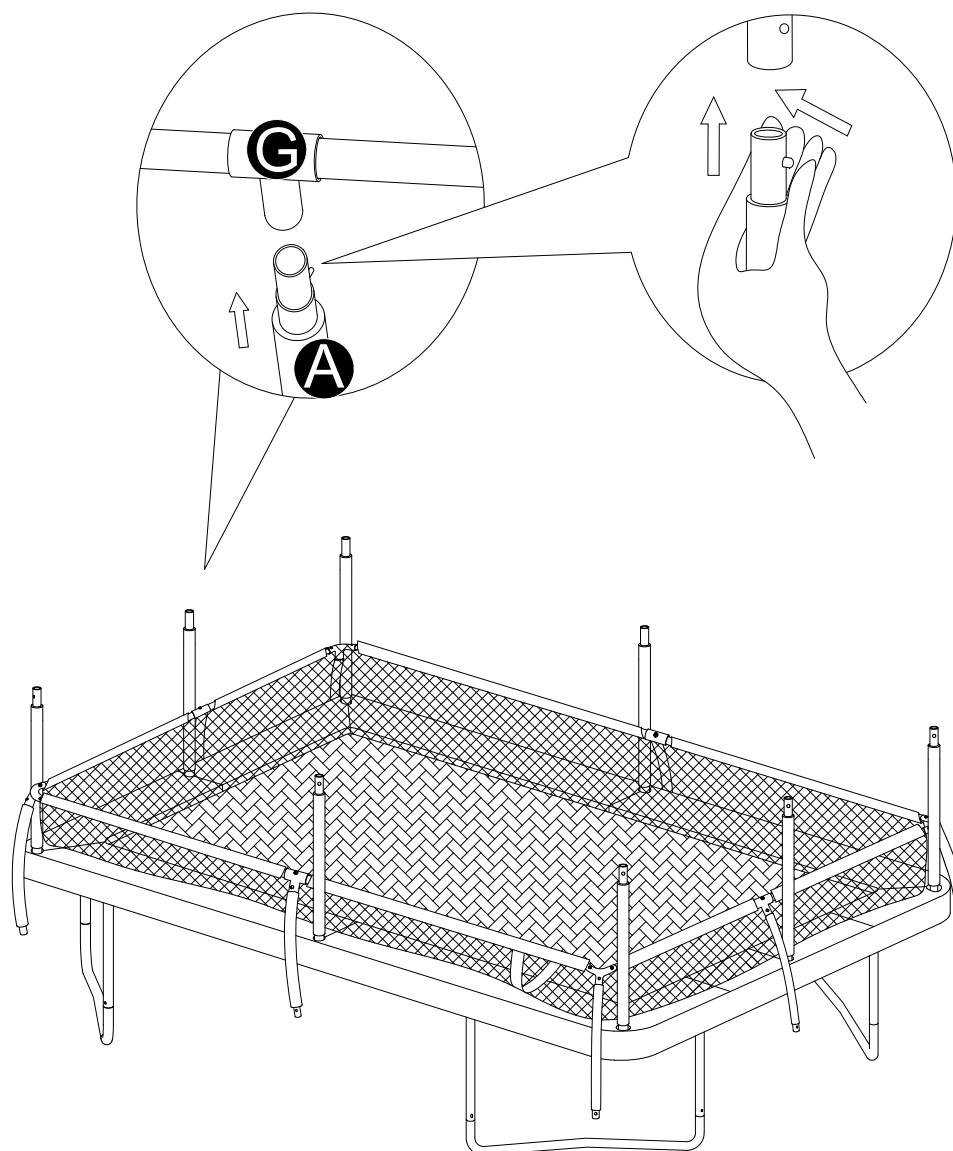
Trin 12



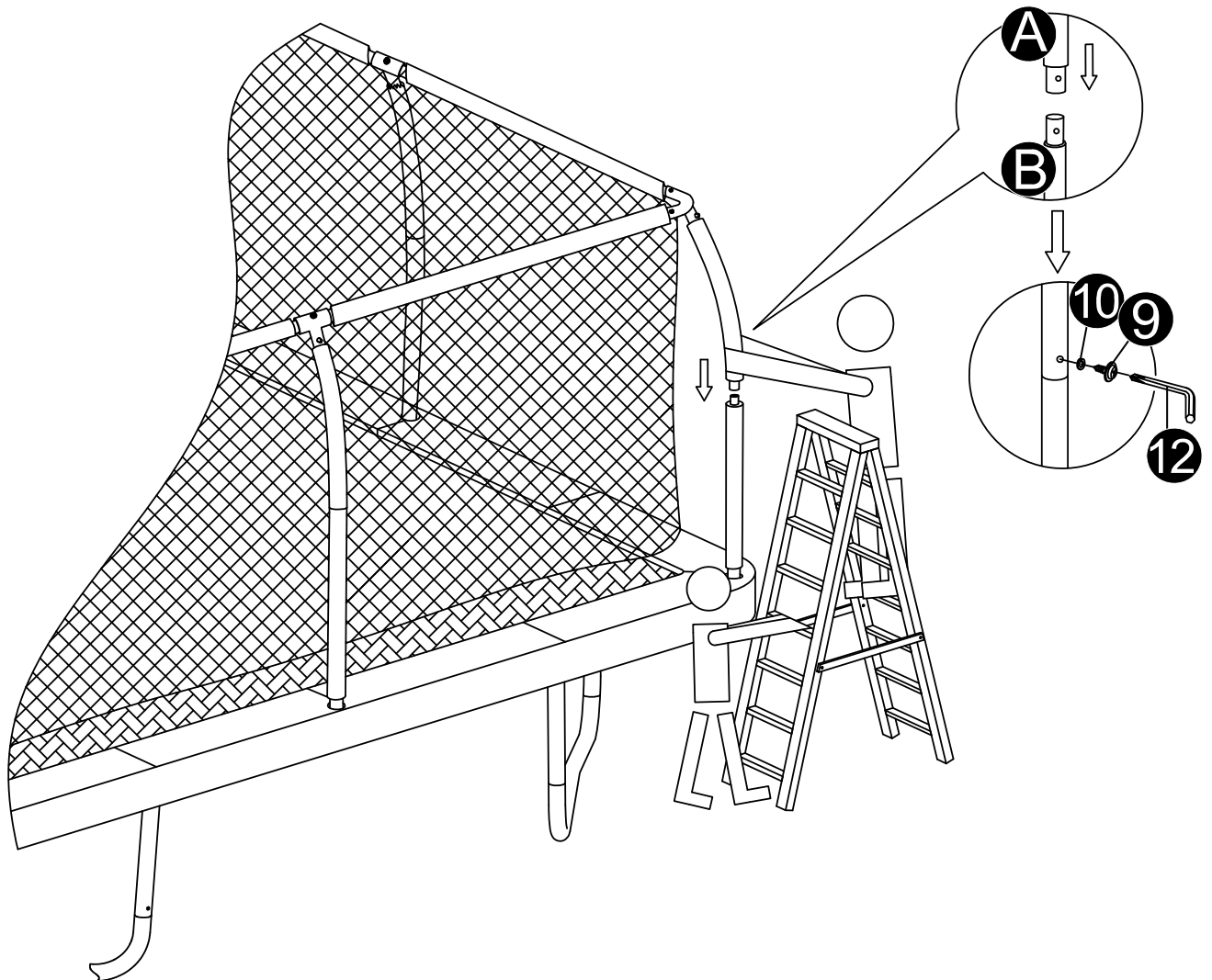
Trin 13



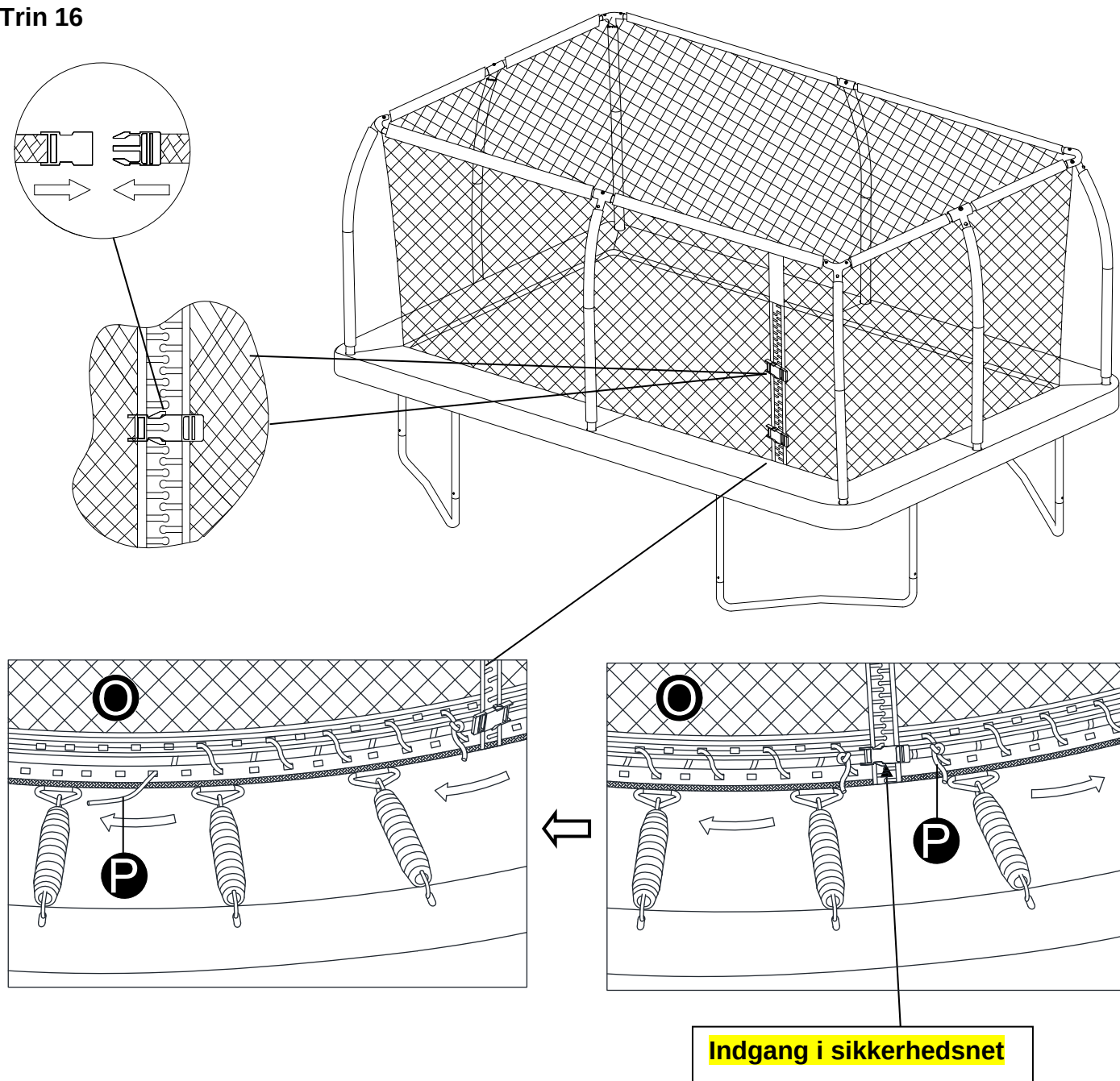
Trin 14



Trin 15



Trin 16



Bemærk:

Start med at binde en snor i hver side af lynlåsen, så den låses fast. Træk derefter snorene gennem hullerne i nettet og ind i de tilsvarende huller i madrasbåndet. Forholdet mellem huller er ikke 1:1, så det kan være nødvendigt at springe nogle huller over i enten madrassen eller nettet. Når du har bundet nettet fast, skal du kontrollere, at polstringen stadig sidder korrekt. Stram om nødvendigt polstringens stropper.

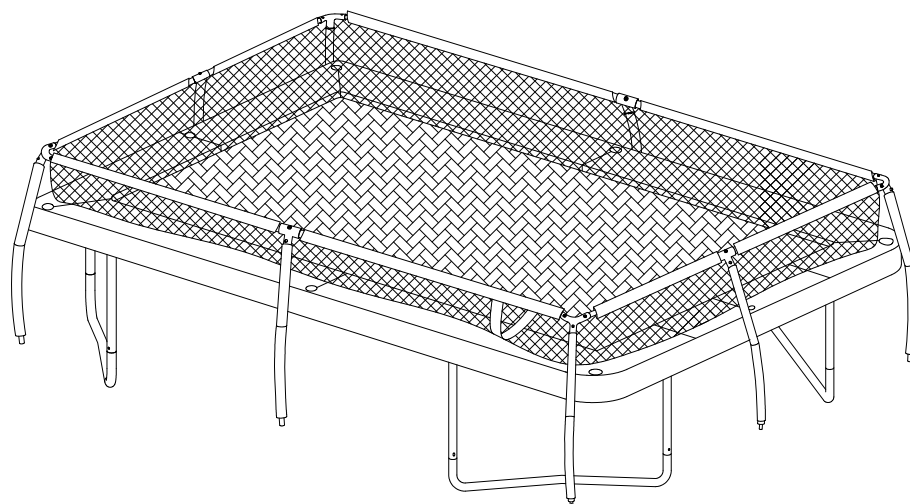
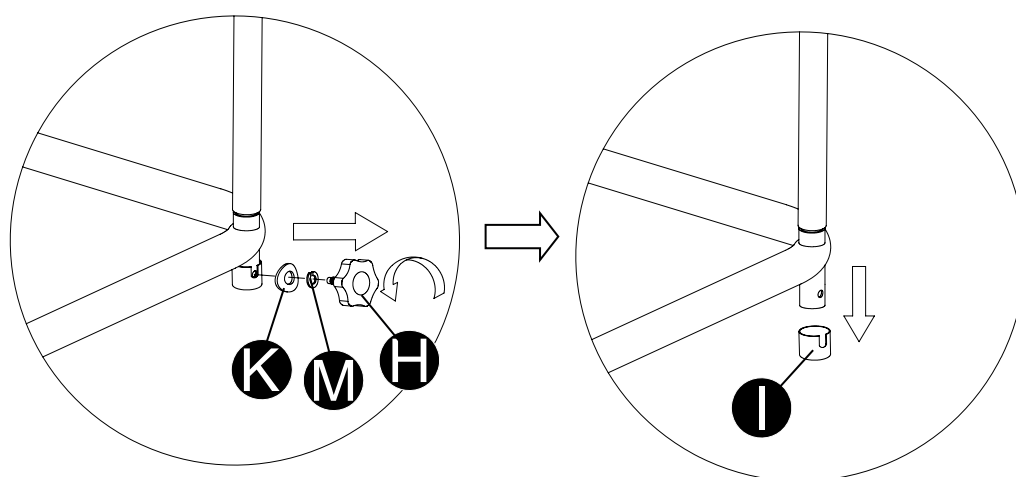
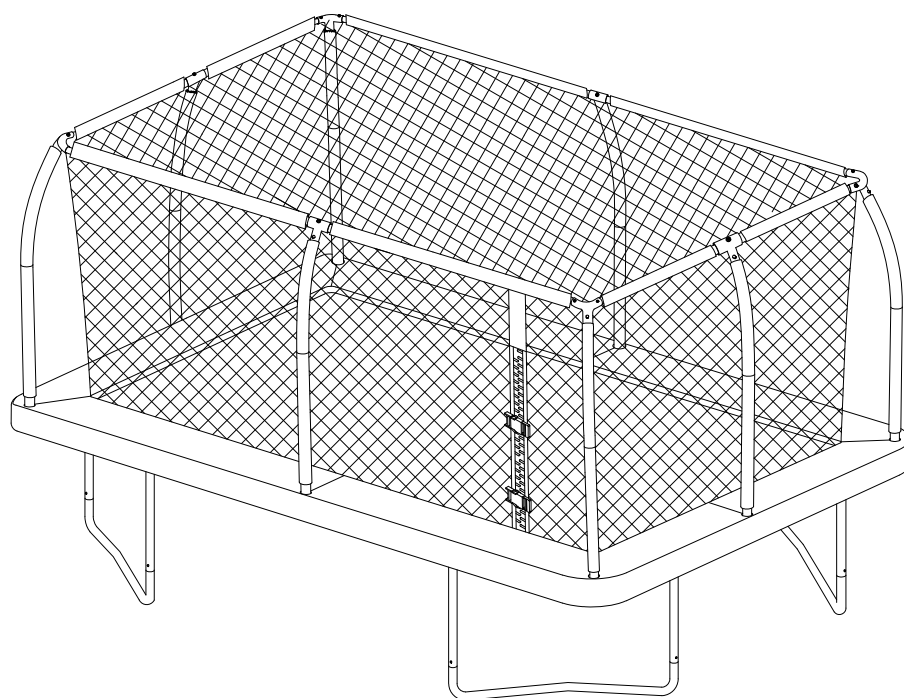
Trin 17

Vigtigt: Husk at stramme alle skruer, møtrikker og spænder på både trampolin og sikkerhedsnet. Hvis ikke dette gøres, kan det ske, at den ikke fungerer korrekt, hvilket kan føre til skader, der ellers kunne have været undgået.

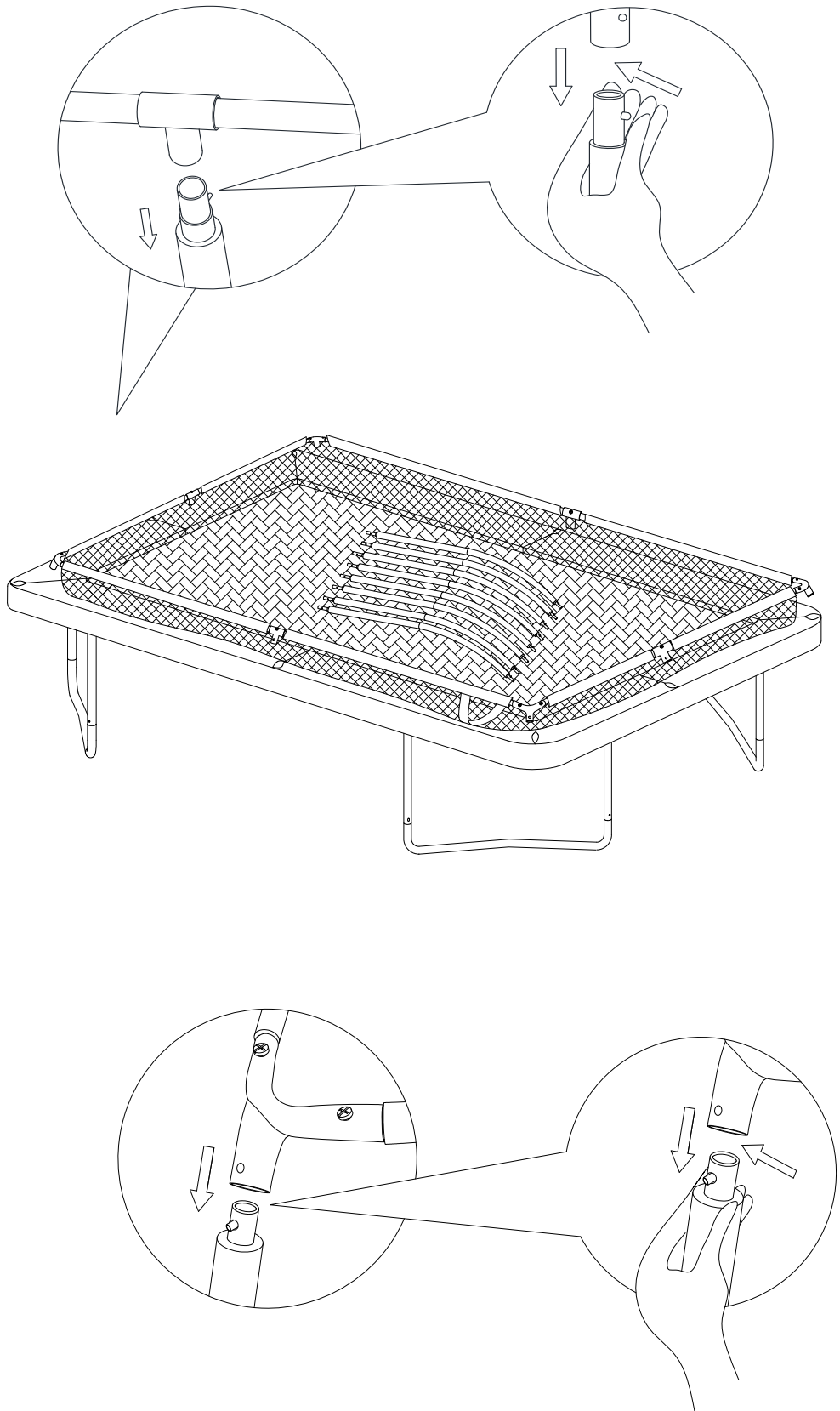
Trampolinen er nu færdigmonteret. Husk at være forsigtig, når du hopper.

Hurtig nedtagning

Trin 1

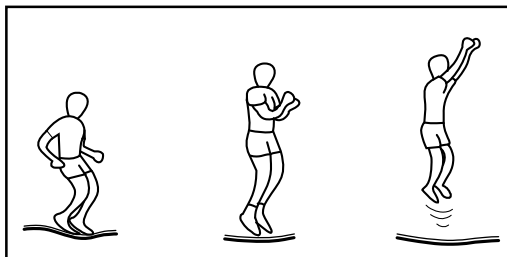


Trin 2



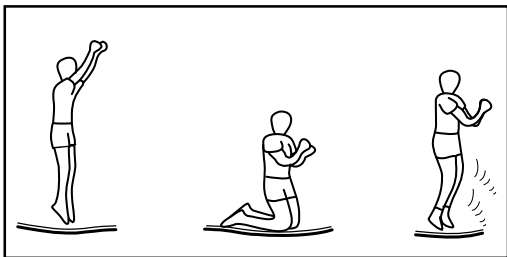
GRUNDLÆGGENDE TRAMPOLINHOP

GRUNDLÆGGENDE HOP



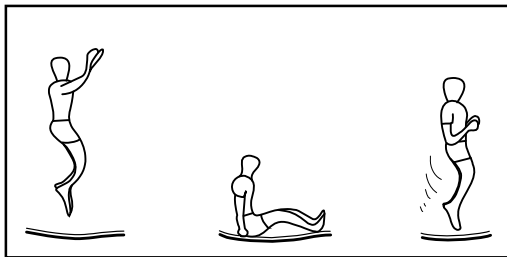
1. Start fra oprejst position, stå med spredte ben og hovedet oppe og med øjnene på rampolindugen.
2. Sving armene fremad og op og rundt i en cirkulær bevægelse.
3. Saml fødderne, når du er oppe i luften, og lad dine tæer vende nedad.
4. Hold fødderne fra hinanden, når du lander på dugen.

HOP PÅ KNÆ



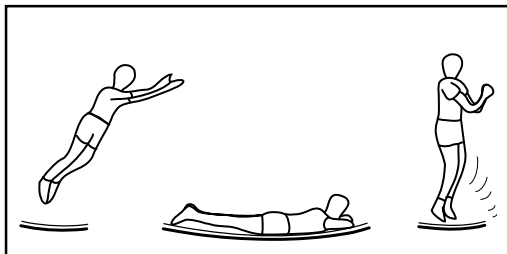
1. Start med lave basishop.
2. Land på knæene, samtidig med at du holder ryggen lige og kroppen strakt, og brug dine arme til at holde balancen.
3. Hop basishop igen ved at svinge armene opad.

HOP PÅ NUMSEN



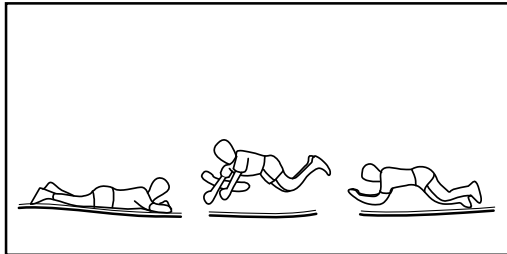
1. Land i siddende stilling.
2. Anbring hænderne på dugen ud for hofterne, lås ikke dine albuer.
3. Hop tilbage til oprejst stilling, skub fra med hænderne.

FORLÆNS HOP



1. Start med at hoppe lavt.
2. Land liggende udstrakt på maven, og hold hænder og arme fremad på dugen.
3. Skub fra på dugen med armene for at returnere til stående stilling.

180-GRADERS HOP



1. Start med at hoppe forlæns.
2. Skub fra med venstre eller højre hånd og arme (afhængigt af, hvilken vej du ønsker at dreje).
3. Hold hoved og skuldre i samme retning, og hold din ryg parallelt med dugen og hovedet oppe.
4. Land liggende udstrakt på maven, og returnér til stående position ved at skubbe opad med hænder og arme.

ADVARSEL!

BEGYND ALTID MED AT HOPPE PÅ MIDTEN AF DUGEN. HVIS DU LANDER MERE END 30 CM FRA LOGOET, SKAL DU STRAKS STOPPE!
BEGYND AT HOPPE IGEN PÅ MIDTEN AF DUGEN.

BEMÆRK!

TRAMPOLINEN SKAL AF SIKKERHEDSMÆSSIGE ÅRSAGER ALTID BRUGES MED ET SIKKERHEDSNET.

PLEJE OG VEDLIGEHOLDELSE

Trampolinen er designet og fremstillet af kvalitetsmaterialer og udsøgt håndværk. Ved korrekt vedligeholdelse vil den give brugerne mange års træning, sjov og glæde, samtidig med at risikoen for skader vil være mindre. Følg vejledningen nedenfor:

Trampolinen er designet til at kunne tåle en bestemt vægt og belastning. Sørg for, at kun én person bruger trampolinen ad gangen. Brugerne bør enten bruge strømper, gymnastiksko eller hoppe i bare fødder, når de bruger trampolinen.

Udendørssko eller sportssko bør IKKE bæres, når trampolinen bruges. For at undgå beskadigelse eller huller i trampolindugen bør kæledyr ikke træde på dugen. Brugerne skal også fjerne skarpe genstande, som de måtte have på sig, før de bruger trampolinen. Der bør ikke medtages nogen former for skarpe eller spidse genstande, når trampolinen bruges.

Undersøg altid trampolinen for slitage, forkert brug eller manglende dele før brug. Der kan opstå en række situationer, der kan øge risikoen for at komme til skade.

Vær opmærksom på:

- * Revner, huller eller flænger i trampolindugen
- * Sunket trampolindug
- * Løse sting eller andre former for ødelæggelse af dugen
- * Bukkede eller knækkede rammedele, f.eks. på trampolinens ben
- * Ødelagte, manglende eller beskadigede fjedre
- * Ødelagte, manglende eller forkert monteret sikkerhedsbetræk
- * Fremspring af enhver art (især skarpe) på rammen, fjedre eller dugen

HVIS DU MENER, AT DISSE FORHOLD ELLER ANDET KUNNE FORÅRSAGE PERSONSKADE FOR BRUGERNE, BØR TRAMPOLINEN SKILLES AD ELLER SIKRES MOD BRUG, INDTIL FEJLEN(E) ER UDBEDRET.

BLÆST

Når det blæser meget, kan trampolinen vælte. Hvis du forventer, at det kommer til at blæse kraftigt, bør trampolinen flyttes til et afskærmet område eller skilles ad. En anden mulighed er at fastgøre den runde, udvendige del (toprammen) af trampolinen til jorden ved hjælp af reb og pløkker. For at være sikker bør det vikles rundt om mindst tre gange. Fastgør ikke kun trampolinens ben til jorden, da de kan falde ud af rammefæstningerne.

FLYTNING AF TRAMPOLINEN

Det kræver to personer at flytte trampolinen. Alle fæstningspunkter bør være sikret med vejrbestandig tape, såsom gaffatape. Dette vil holde rammen intakt, når den flyttes, og forhindre, at fastgørelsespunkterne ikke flytter sig eller går løs. Løft trampolinen lidt fra jorden for at flytte den, og hold den vandret med jorden. Trampolinen bør skilles ad ved al anden form for flytning.