



JumpPRO™ Xcite Assembly Instructions



**10ft x 7ft, 12ft x 8ft and 15ft x 10ft JumpPRO™ Xcite
Oval Trampoline with Enclosure**

WARNING! Read these Assembly Instructions before assembling and using your trampoline. Max User weight Limit 150kg

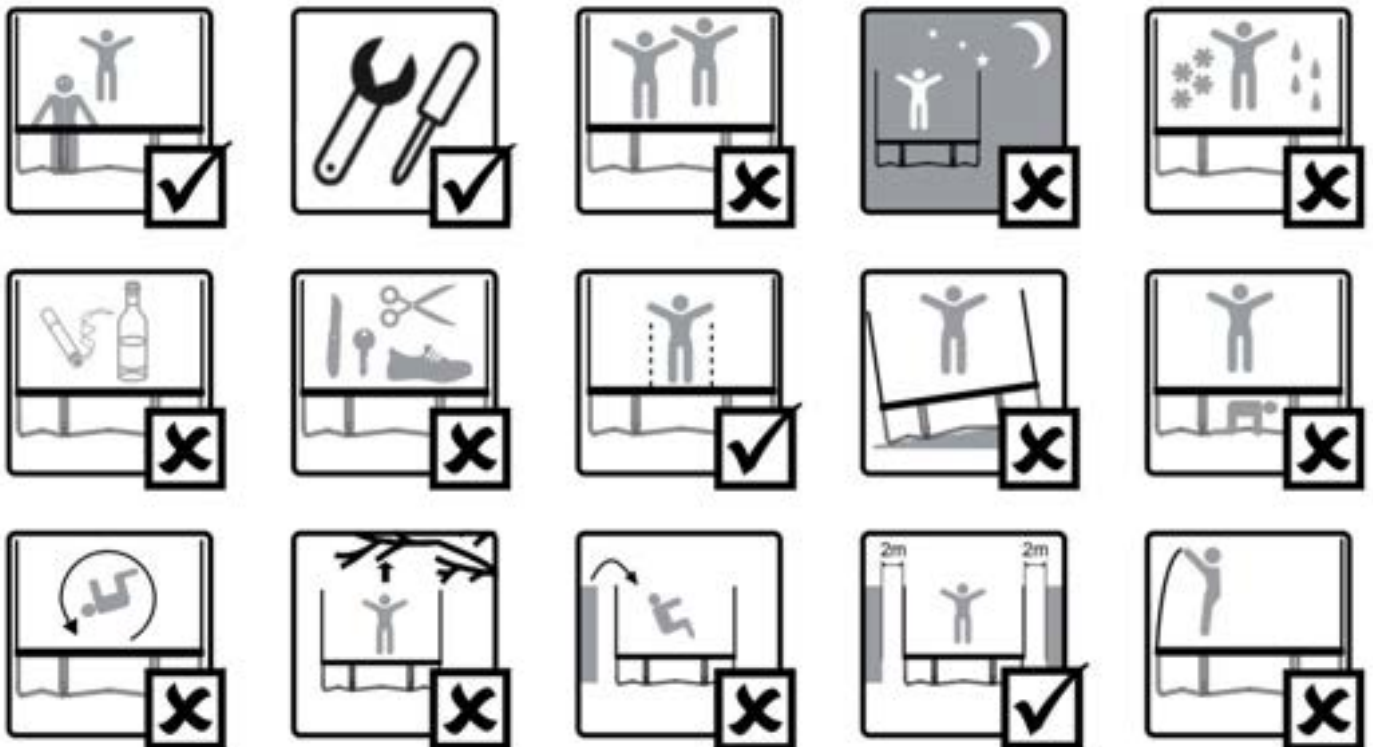


Warning! Not suitable for children under 36 months - small parts, choking hazard!



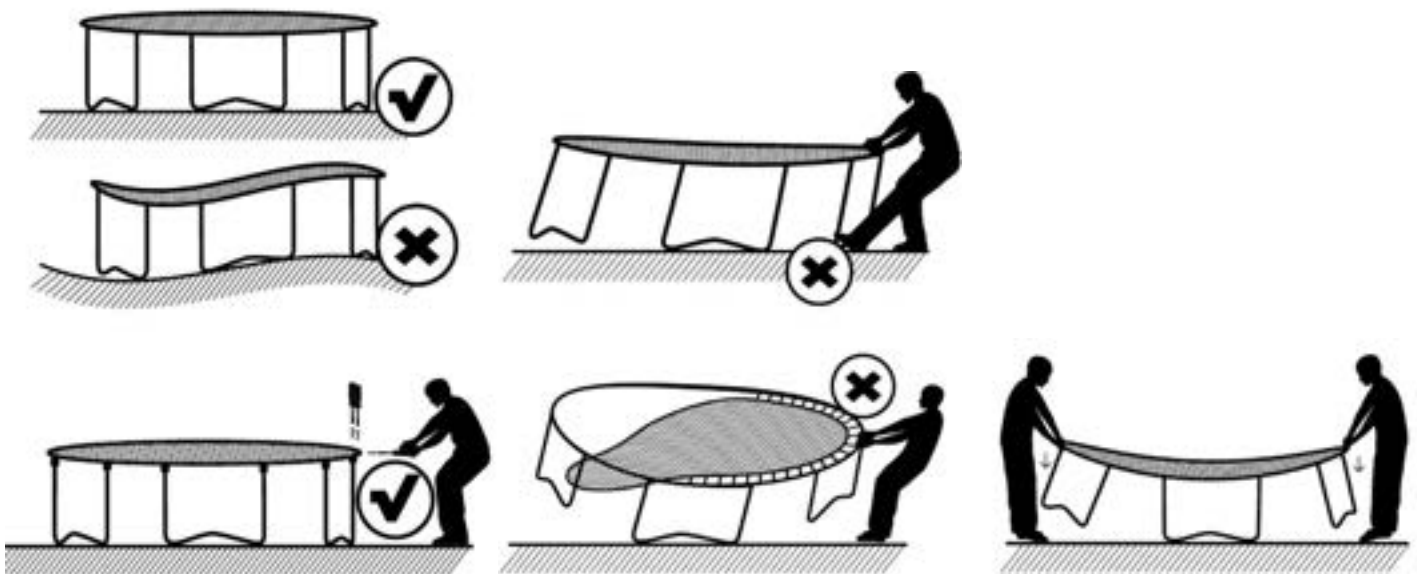
WARNINGS!

- Max User Weight: 150kg.
- Recommended age 6+ years.
- Only for domestic use.
- The trampoline is intended for outdoor use only.
- The trampoline shall be assembled by an adult in accordance with the assembly instructions and thereafter checked before the first use.
- Adult supervision and guidance is required at all times during use.
- Only one user at a time. Collision hazard.
- Always close the net opening before jumping.
- Jump without shoes.
- To prevent accidents due to slipping, do not use the trampoline when the mat is wet.
- Empty your pockets and hands before jumping.
- Always jump in the middle of the jump mat.
- Do not eat while jumping.
- Do not exit by a jump.
- Do not perform somersaults! Somersaults increase the risk of landing on your head or neck which may result in serious injuries or even death. Limit the time of continuous usage (make regular stops).
- Do not use in strong wind conditions and secure the trampoline.



INFORMATION

- The trampoline is not intended to be buried into the ground.
- Product dimensions:
10ft x 7ft: 305x214x245CM
12ft x 8ft: 366x244x265CM
15ft x 10ft: 457x305x270CM
- All users should be aware of their own limitations.
- The risk of severe injury must be taken seriously.
- It is important to bend your knees on landing to achieve the best possible control. Jump up and in the same spot -this provides the best control.
- Aim for the middle marking.
- Gain full control of your jumps before attempting more difficult jumps.
- Moving the trampoline: If the trampoline and enclosure needs to be moved, it should be moved by a minimum of two persons, kept horizontal and lifted slightly.
- If necessary, the trampoline and enclosure can be taken apart for moving. To take the trampoline apart, follow the assembly steps in reverse order.
- It is recommended to place the trampoline on a flat and level surface at least 2 m from any structure or obstruction such as a fence, garage, house overhanging branches, laundry lines or electrical wires.
- Trampolines shall neither be installed over concrete, asphalt or any other hard surface nor at proximity of other conflicting installations (e.g. paddling pools, swings, slides, climbing frames).
- Modifications made by the consumer to the original trampoline (e.g. the adding of an accessory) shall be carried out according to the instructions of the manufacturer.



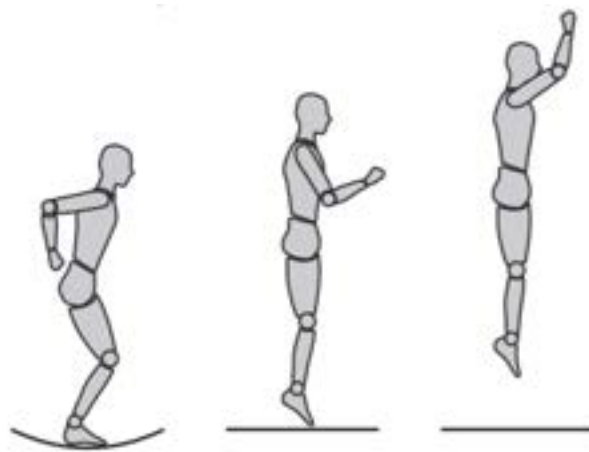
ASSEMBLY AND MAINTENANCE INSTRUCTIONS

- Please pay attention to the need to carry out checks and maintenance of the main parts (frame, suspension system, mat, padding and enclosure) at the beginning of each season and also at regular intervals. If these checks are not carried out, the trampoline could become dangerous.
 - Check all nuts and bolts for tightness and tighten when required.
 - 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.
 - Retain the maintenance instruction manual.
 - Outdoor trampolines should be equipped with a device that in strong wind conditions avoid displacement due to wind (e.g. steel bars in the ground or loads like sand bag or water bags) and/or items catching wind like net and mat should be removed.
 - In certain countries during winter period, the snow load and the very low temperature can damage the trampoline. It is recommended to remove the snow and store the mat and the enclosure indoor.
 - Check that the mat, padding and enclosure are without defects.
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- **NOTE:** Sunlight, rain, snow and extreme temperatures reduce the strength of these parts over time.
 - Inspect the trampoline and the netting for defects before use every time. Tighten up fittings and check regularly that all ties have been tied correctly. Replace the net after 1 year of use.
 - Make sure that the hook-and-loop fasteners are closed correctly during use of trampoline.
 - Trampoline and net should be packed away in winter. Make sure all parts are dry and packed securely. Store dry. Always be aware of wear and tear due to weather and wind.
 - We recommend securing the trampoline in strong winds. Tie the trampoline down with ropes attached to the trampoline top rail. Tie the trampoline down in a minimum of three places distributed evenly across the trampoline frame.
 - Do not secure the legs as these may become misaligned and damage the trampoline. Dismantle or remove the trampoline completely, if required. It may result in great danger if the trampoline is not secured in strong winds.

JUMPING INSTRUCTIONS

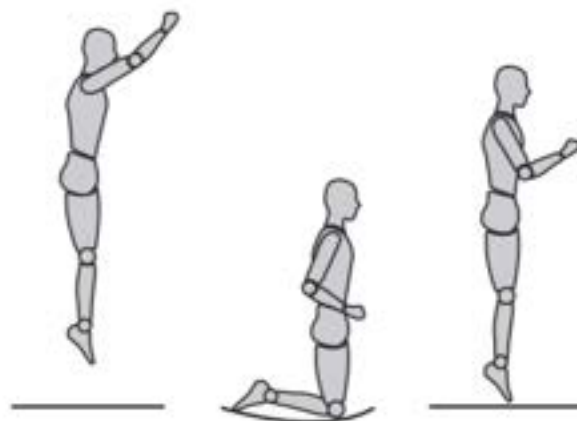
Fundamental Bounce

1. Start from a standing position with your head erect and your eyes on the frame pad.
2. Swing your arms forward and up in a circular motion.
3. Bring your feet together and point your toes downward while in the air.
4. Keep your feet about 30 cm (15 in.) apart when landing on the bed.



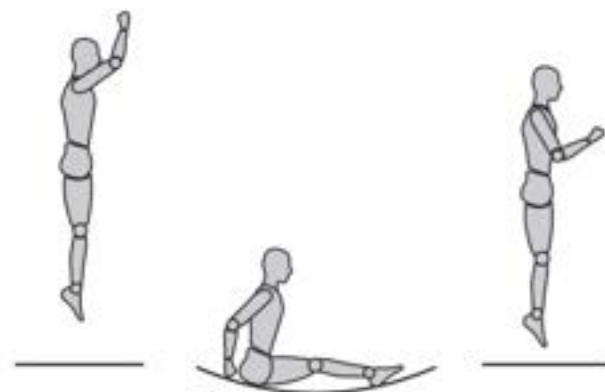
Knee Drop

1. Start bouncing from a standing position, keeping your eyes on the frame pad.
2. Land on your knees, keeping your back straight and your body erect.
3. Bounce back to an erect position.



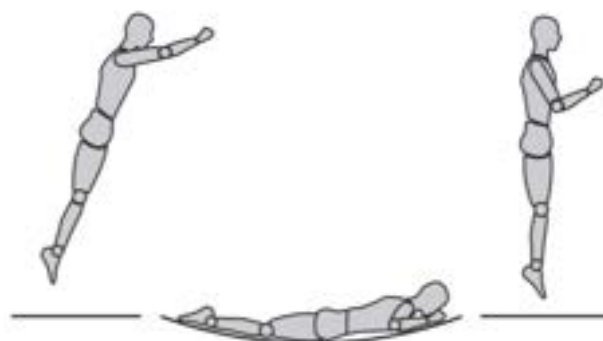
Seat Drop

1. Land in a sitting position with your legs parallel to the bed.
2. Place your hands on the bed beside your hips.
3. Push with your hands to return to an erect position.



Front Drop

1. Start from a low bounce and land on the bed in a prone position.
2. Keep your head up and your arms extended forward on the bed.
3. Push with your arms to return to an erect position.



A certified trampoline instructor should be contacted to further develop your trampoline skills.

WHAT YOU WILL NEED FOR BUILDING YOUR TRAMPOLINE



Gloves



Safety glasses



Mallet

**To help build your trampoline, you will need gloves, safety glasses and a mallet.
Please note that these are not supplied with your trampoline.**

ASSEMBLY INSTRUCTIONS

To assemble this trampoline we have provided you with our special spring pulling tool (item O) and a cross head screwdriver (item J) and spanners (item N). During periods of non-use, this trampoline can be easily disassembled and stored.

Please read the assembly instructions before beginning to assemble the product.











PRIOR TO ASSEMBLING

Please refer to page 6-7 for part descriptions and numbers. The assembly steps use these description and numbers as reference for your convenience.

Make sure that you have all parts listed. If you are missing any parts, please refer to page 20 for instructions on how to obtain any parts.

TRAMPOLINE PART LIST

Item	Part	Photo	10FTX7FT	12FTX8FT	15FTx10FT
A	Frame Pad		1	1	1
B	Jumping Mat		1	1	1
C	Top Rail A		2	2	2
D	Top Rail B		4	4	4
E	Straight Top Rail		2	2	2
F	Spring		52	70	86
G	Leg Extension		8	8	8
H	Leg Base		4	4	4
I	Flat Screw		8	8	8
J	Screwdriver		1	1	1
K	T-connector		8	8	8
L	Fork Screw		16	16	16
M	Screw cap		16	16	16

N	Spanner		2	2	2
O	Spring Pulling Tool		1	1	1
P	T Plastic Cap		8	8	8
Q	Bottom Pole Tube		8	8	8
R	Upper Pole Tube		8	8	8
S	Screw		8	8	8
T	Fiberglass Rod A- With Yellow Label		2	2	2
U	Fiberglass Rod B		6	6	6
V	Enclosure Net		1	1	1
W	Cord		4	4	5

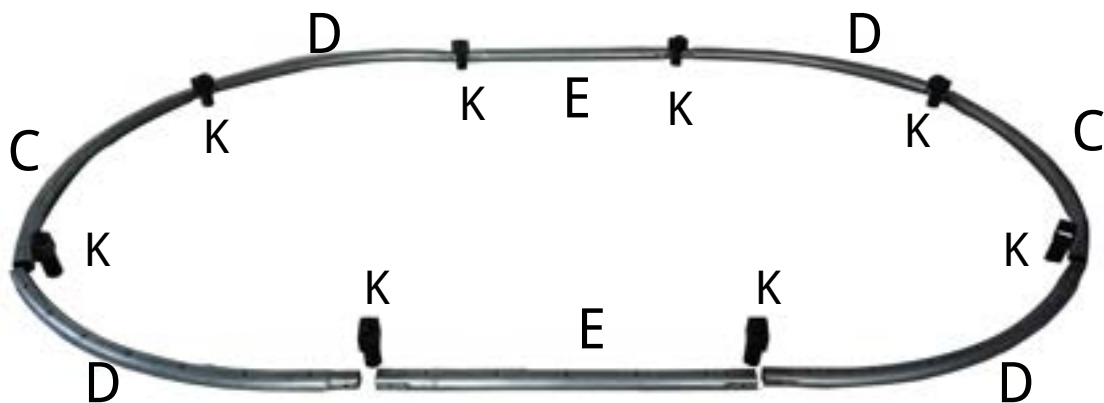
STEP 1: TRAMPOLINE PARTS

Note: Product images are for illustration purposes only, component part colours may vary dependent on which JumpPRO model you have purchased.

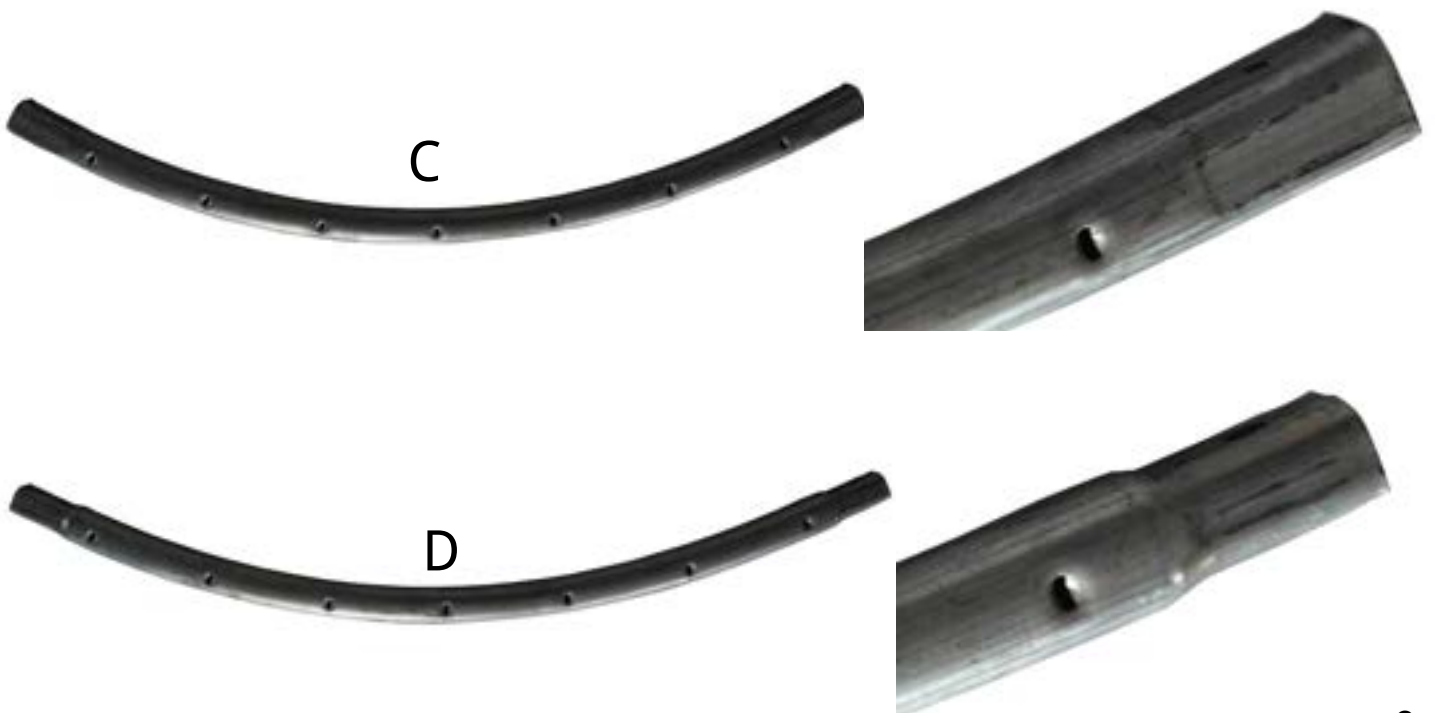


1. Lay out all the trampoline parts in groups, as shown in the picture above..

STEP 2: ASSEMBLING THE FRAME

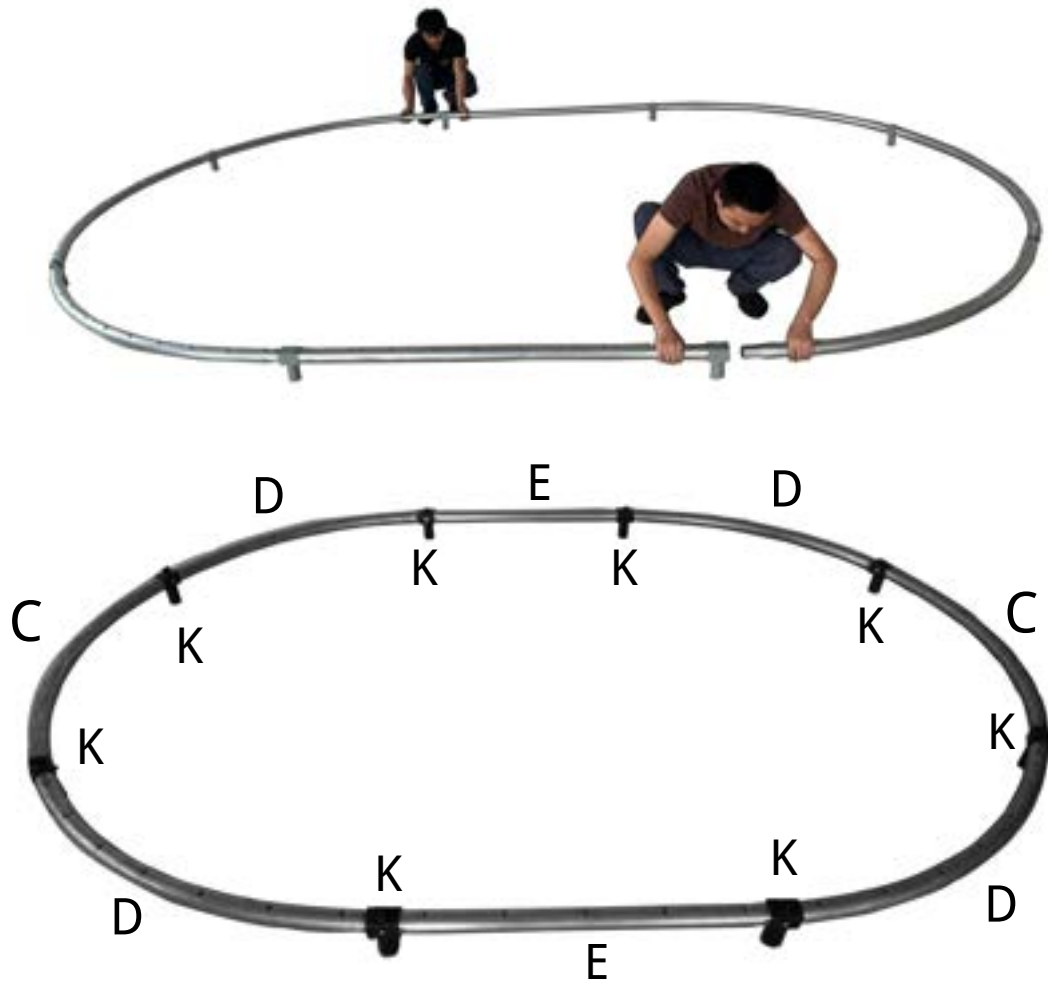


2. Position the top rails (C,D,E) and T-connectors (K) as shown in the above image. Check the ends of the top rails (C,D) to fit the frame correctly.





3. Connect top rails (C,D,E) with T-connectors (K) together firmly.



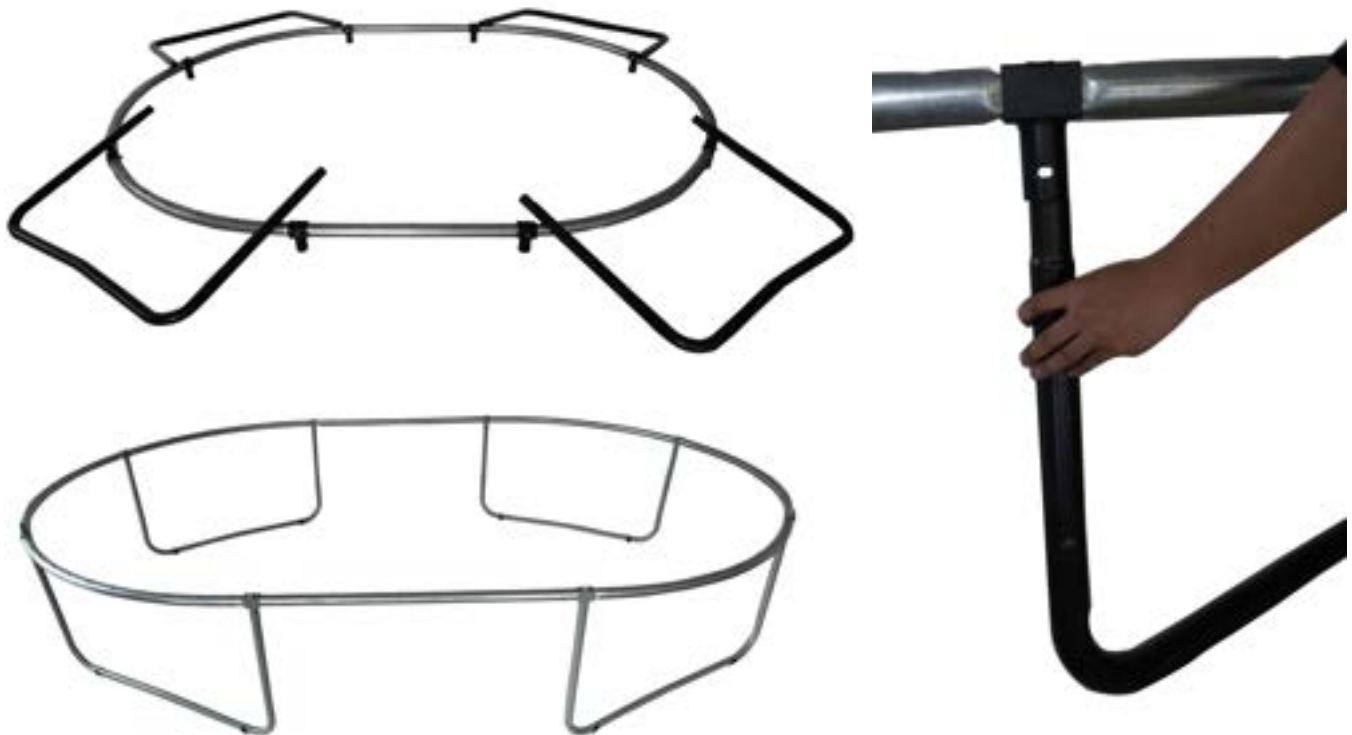
4. Continue until you complete an oval frame, with the help of the second person.



5. Attach the leg extension (G) to the leg base (H) securely. Making sure that the holes in the leg tube extensions are aligned with the holes in the leg base.



6. Secure the leg extensions (G) and leg base (H) using flat screws (I) with screwdriver (J) provided.

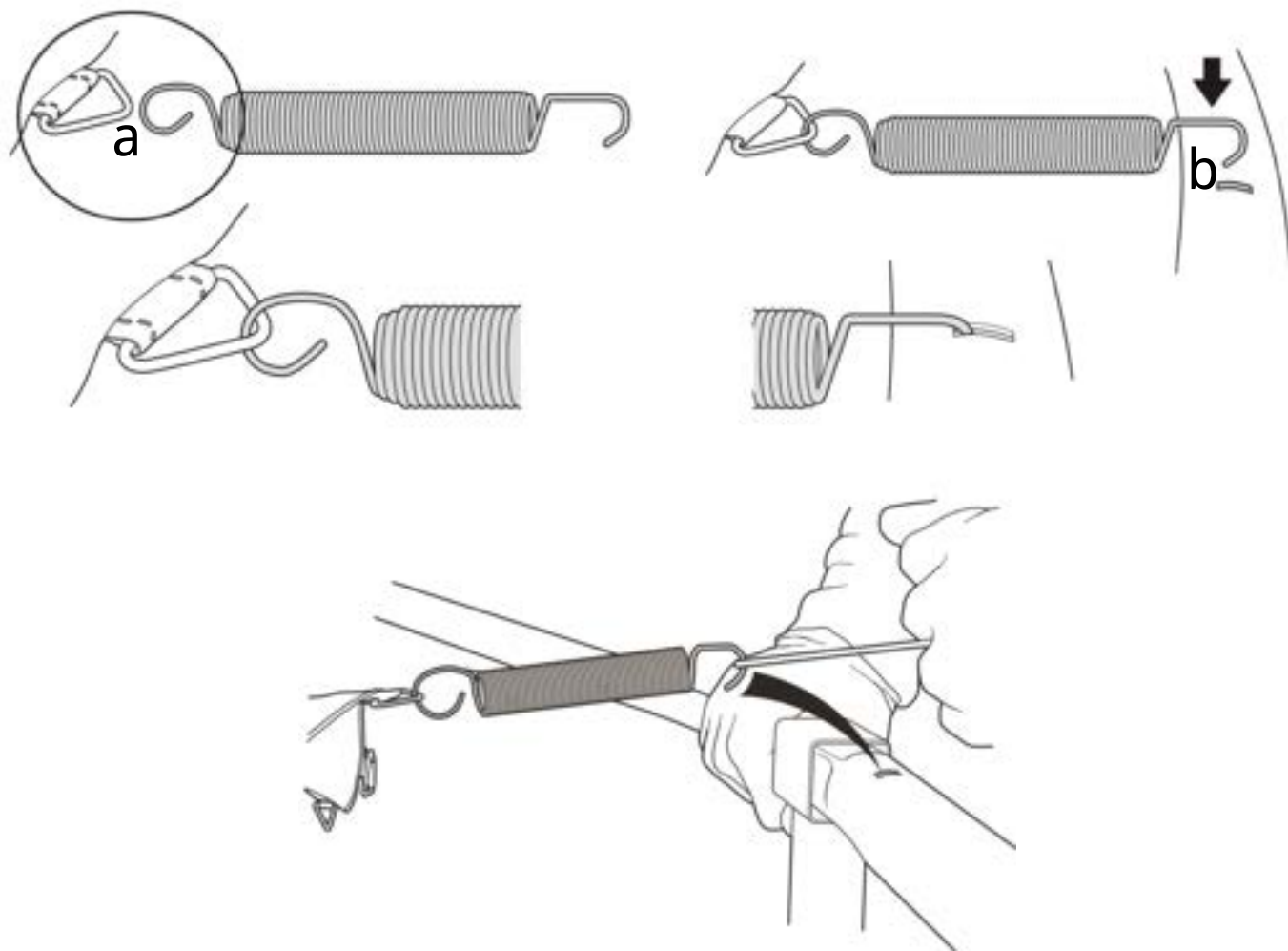


7. Attach the trampoline legs you assemble, to the top rails as the images above show. Repeat this step for all sides.

STEP 3: ATTACHING THE BED

WARNING:

Be careful where you place your hands during spring assembly as connector points can pinch!



IMPORTANT: Springs must be attached the right way around and fully inserted into the holes along the top of the frame.

Note: It is easier to place one hand on the frame and pull the spring towards you, as shown above.

Make sure that "a" is attached to the D-rings of the jumping mat and "b" is attached to the trampoline frame.



8. Fold the jumping mat (B) as the image above shows. Find one D-ring to attach to the top rail (3 o'clock). Then find the D-ring on the opposite side to attach to the opposite side of the top rail (9 o'clock).

Note: To ensure that you have started to fit the bed correctly, please count the springs holes in between 1 and 2, on the frame and the D rings on the bed to make sure that you have the same number of spring holes. If you notice that you have skipped a hole and D-ring connection, recount, remove and adjust accordingly.



9. To even out the tension and avoid over stretching the springs, continue connecting every few springs by using spring pulling tool (O).

10. Continue attaching the springs to your jumping mat in the below sequence.



11. Attach each spring at opposite sides. Repeat this step until all the springs are attached.

STEP 4: FITTING THE FRAME PAD



12. Lay the frame pad (A) over the edge of the frame with the ties facing downwards.



13. Tie all the black straps onto the top rails. Do not tie them to the springs. The trampoline pad is now fitted and you have completed step 4.

WARNING: The trampoline **MUST NOT** be used during construction.

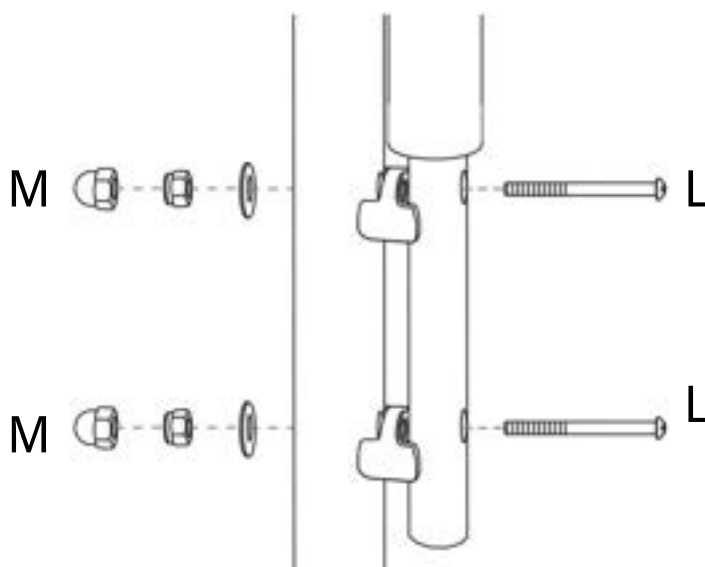
STEP 5: ASSEMBLING THE ENCLOSURE POLES



14. Connect the bottom pole tube (Q) to the upper pole tube (R).



15. Align the holes in the bottom enclosure poles with the holes in the top enclosure poles, fasten with the screws (S) using the screwdriver (J) provided.



16. Insert the fork screws (L) through the bottom pole tubes (Q). Use the plastic spacer (supplied with the fork screws in between the bottom pole tubes and leg extensions. Tighten the nuts of each fork screws with the bolts and spanner provided. Then screw the screw caps (M) onto the back of each nut of fork screws for protection.

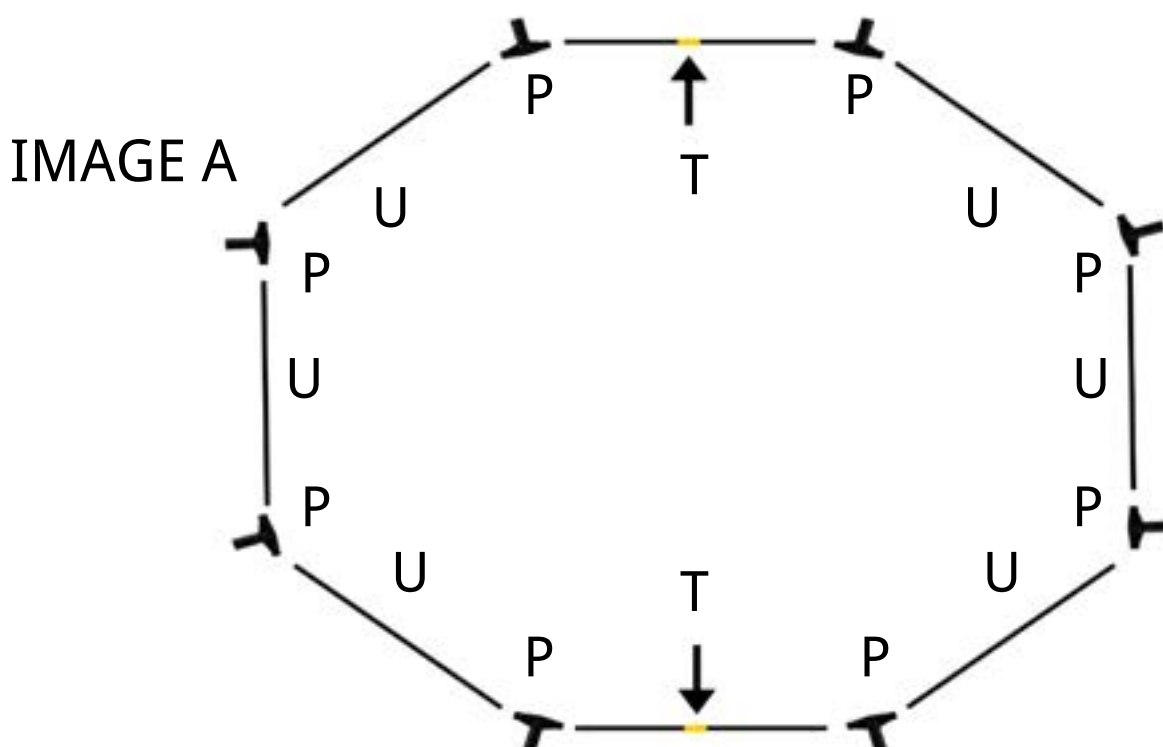


STEP 6: ATTACHING THE FIBERGLASS RODS AND T PLASTIC CAPS TO THE NET

NOTE: The following steps (17-18) should be completed whilst the net is laid out on the trampoline bed.

17. Insert the fiberglass rods (T,U) into the sewn sleeve at the top of the safety net (V).

IMPORTANT: Insert the fiberglass rods (T) with the yellow stickers into the sewn sleeve at the top of the safety net (V) above the JumpPRO logo. Insert another fiberglass rod (T) with a yellow sticker to the opposite side of the safety net. Please refer to the below IMAGE A to correctly fit the fiberglass rods and T plastic caps (P) to the net.



Important!

Make sure that the opening of the net (the zipper) is placed in the middle of the long side of the trampoline. Align the logo at the top of the net with the logo on the pad.

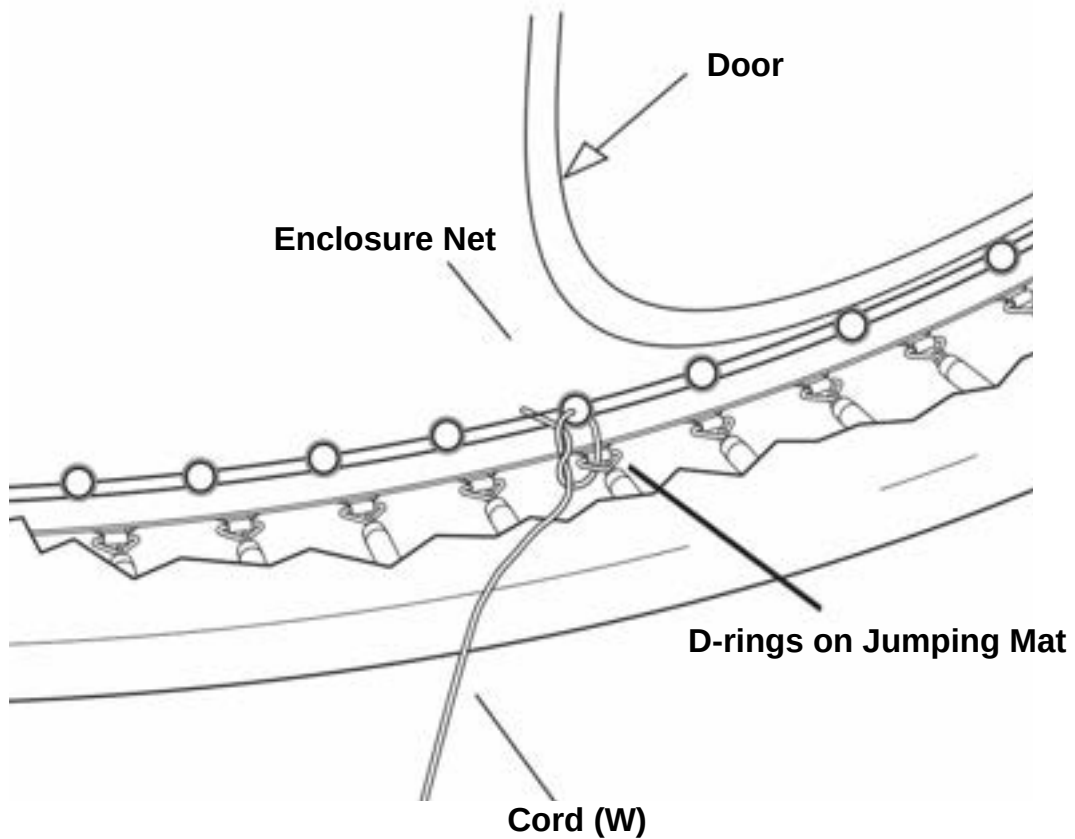


18. Insert the ends of the fiberglass rods into the T plastic caps (P). One person will be required to thread the fiberglass rods through the sewn sleeve whilst the other person is gradually bending the rods through the sewn sleeve to form an oval.

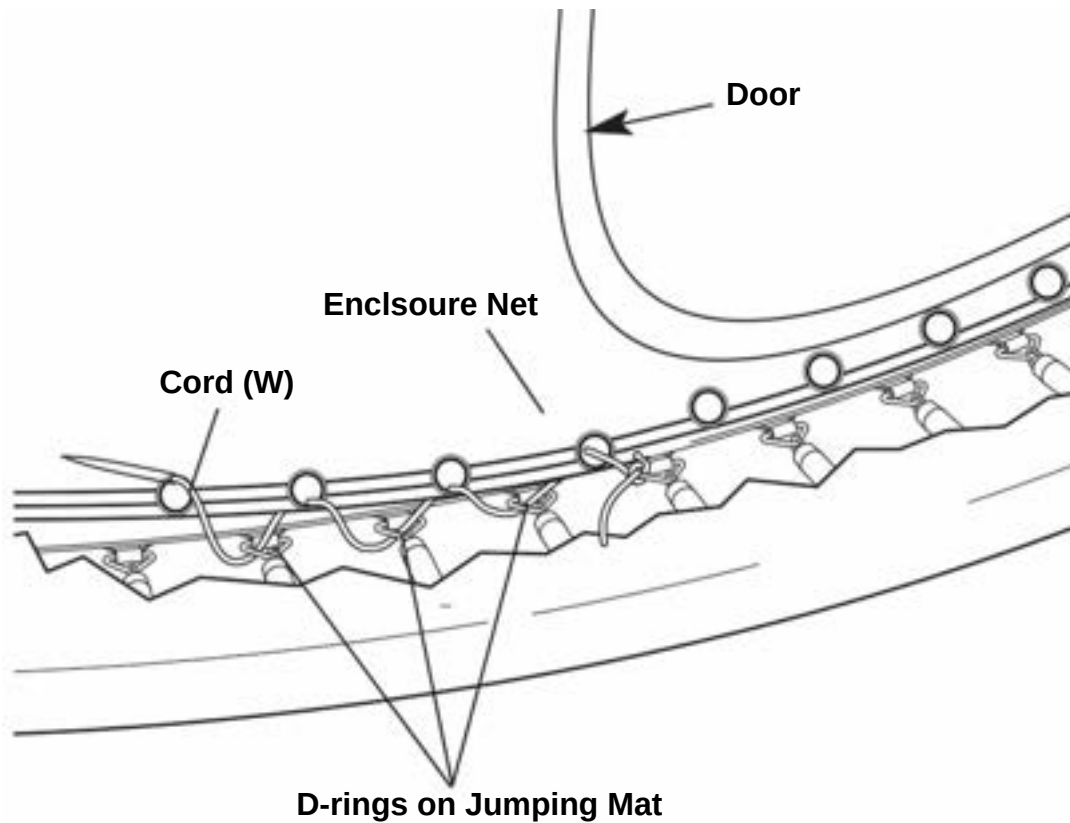




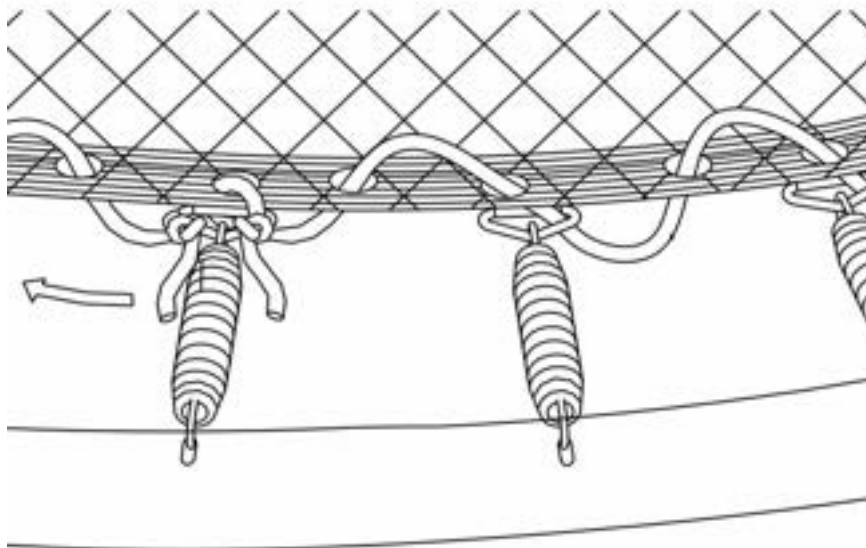
19. Attach the fiberglass rods with the safety net to the top upper poles tube (R) by clicking the T plastic caps (P) into the top of the upper pole tube (R).



20. Locate the D-ring closest to the door of the net. Thread one end of one of the cords (W) through the lower eyelet of the enclosure net (V) above the D-ring and then thread the cord through the D-ring. Tie the safety net to the D-ring, by making a double knot in the cord.



21. Thread the cord (W) through the lower eyelet of the enclosure net (V) halfway between the first D-ring and the D-ring to the left, and then thread the cord through to the left. Repeat this procedure until all the cords are threaded through the safety net and the D-rings as shown. Keep the cords taut.



22. Tie each end of the cord sections to the last D-ring that it reaches. Make sure that the enclosure net is attached to every D-ring on the trampoline bed.



23. The trampoline and enclosure are now fully assembled. Make sure that all parts are securely attached. Familiarise yourself and all users of the trampoline and enclosure with the safety precautions, use the instructional materials, care and maintenance instructions in this manual before using.

SPARE PARTS

To order replacement parts, please contact our Customer Service team:

In order to help assist you, please have the following information to hand:

Product description, item ID and item description (refer to pages 6-7 to obtain this information)

☎ **Phone:**
01342 776 488

✉ **Email:**
sales@trampolines.co.uk

🕒 **Working Days/Hours:**
Monday - Friday: 9am - 5pm