



## JumpPRO™ Xcite Assembly Instructions



### 9ft x 6ft, 10ft x 7ft and 12ft x 8ft JumpPRO™ Xcite Rectangular Trampoline with Enclosure

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

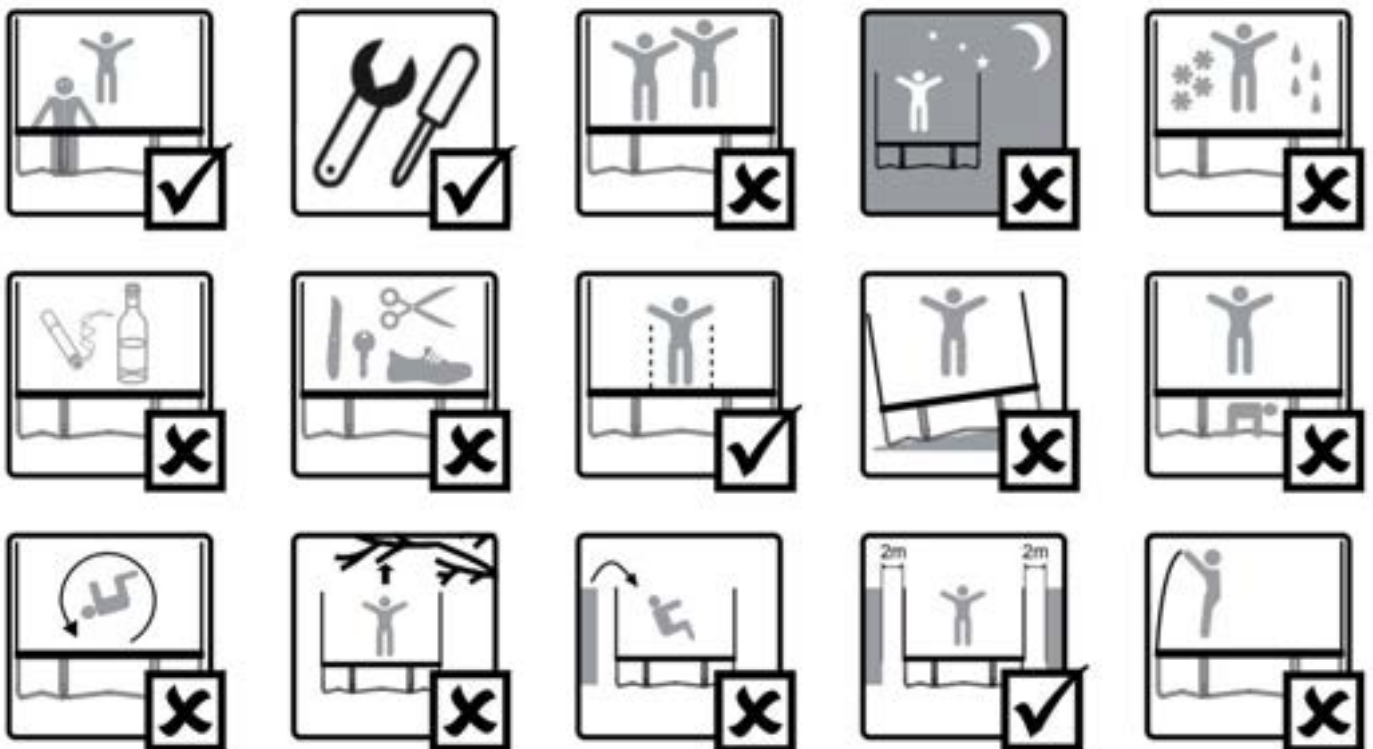


Warning! Not suitable for children under 36 months - small parts, choking hazard!



## 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.

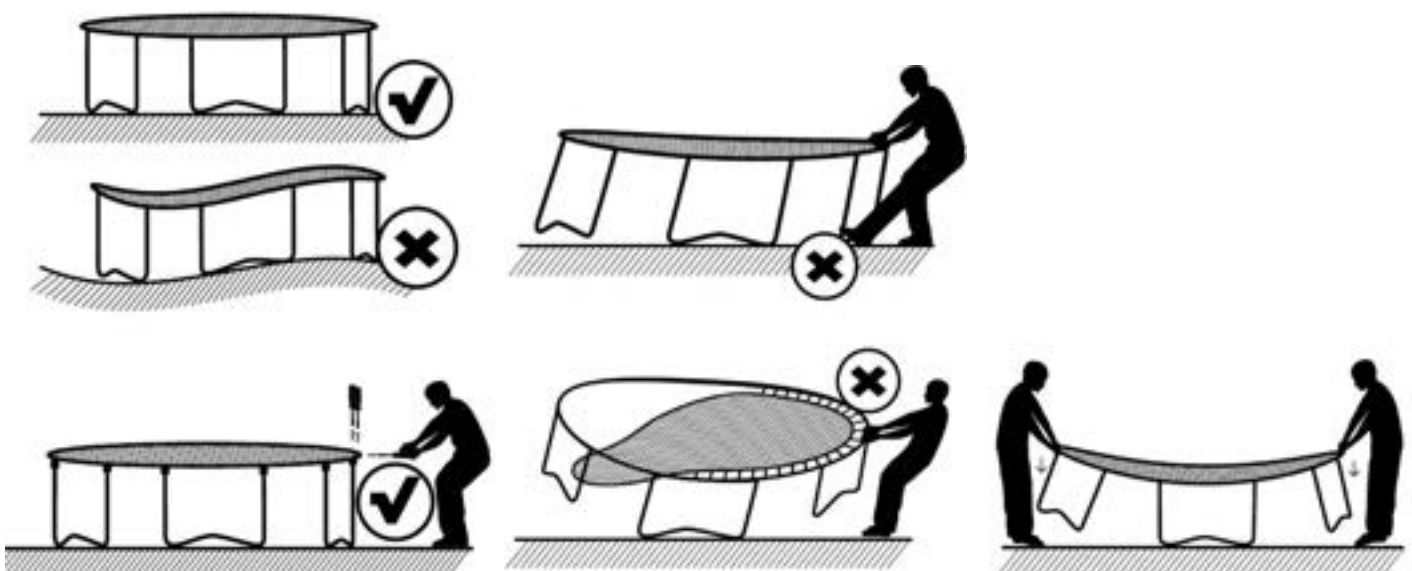


## INFORMATION

- The trampoline is not intended to be buried into the ground.
- Product dimensions:  
9ft x 6ft: 275x183x245CM  
10ft x 7ft: 305x214x256CM  
12ft x 8ft: 366x244x265CM
- 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.
- 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.

## MOVING THE TRAMPOLINE

- If the trampoline and enclosure needs to be moved, it should be moved by a minimum of two people, 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.



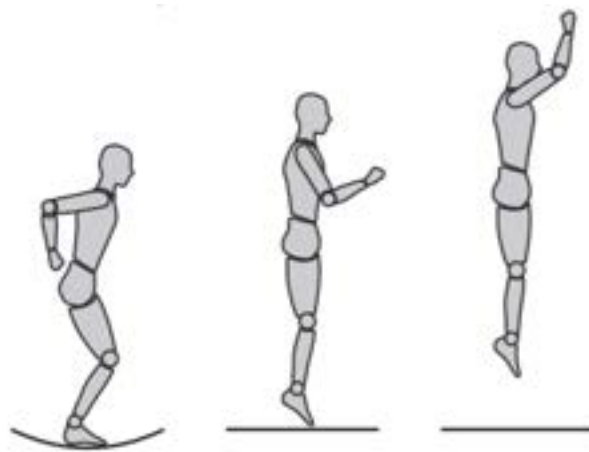
# ASSEMBLY AND MAINTENANCE INSTRUCTIONS

- 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 years 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

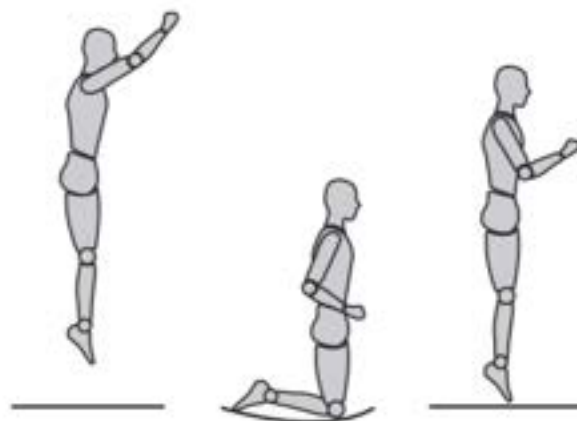
## Fundamental Bounce

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.



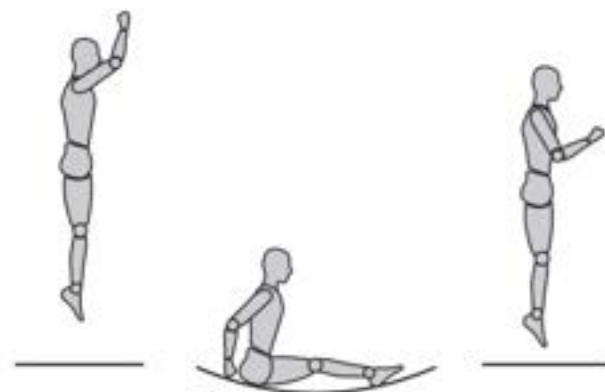
## Knee Drop

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.



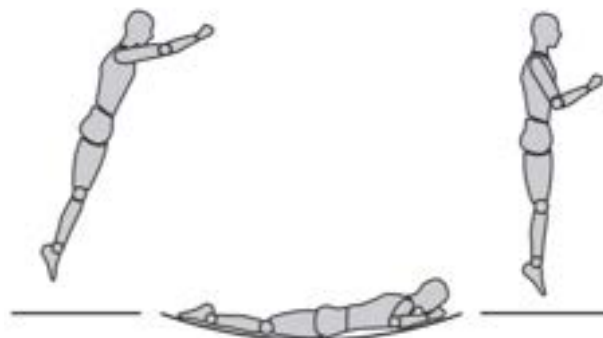
## Seat Drop

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 N) and a cross head screwdriver (item O) and spanners (item K). 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 pages 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 22 for instructions on how to obtain any missing parts.

# TRAMPOLINE PARTS LIST

Item	Part	Photo	9FTX6FT	10FTX7FT	12FTX8FT
A	Frame Pad		1	1	1
B	Jumping Mat		1	1	1
C	Corner Tube-Right		2	2	2
D	Corner Tube-Left		2	2	2
E	Top Rail B		2	2	2
F	Top Rail A		2	2	2
G	Spring		48	52	64
H	Leg Extension		8	8	8
I	Leg Base		4	4	4
J	T-connector		8	8	8
K	Spanner		2	2	2
L	Fork Screw		16	16	16

M	Screw cap		16	16	16
N	Spring Pulling Tool		1	1	1
O	Screwdriver		1	1	1
P	Enclosure Net		1	1	1
Q	Cord		4	4	5
R	Bottom Enclosure Pole		8	8	8
S	Top Enclosure Pole		8	8	8
T	Screw		16	16	16
U	Pole Cap		8	8	8
W	Fiberglass Rod A		4	4	6
X	Fiberglass Rod B		4	4	4
Y	Corner connector for fiberglass rods		4	4	4

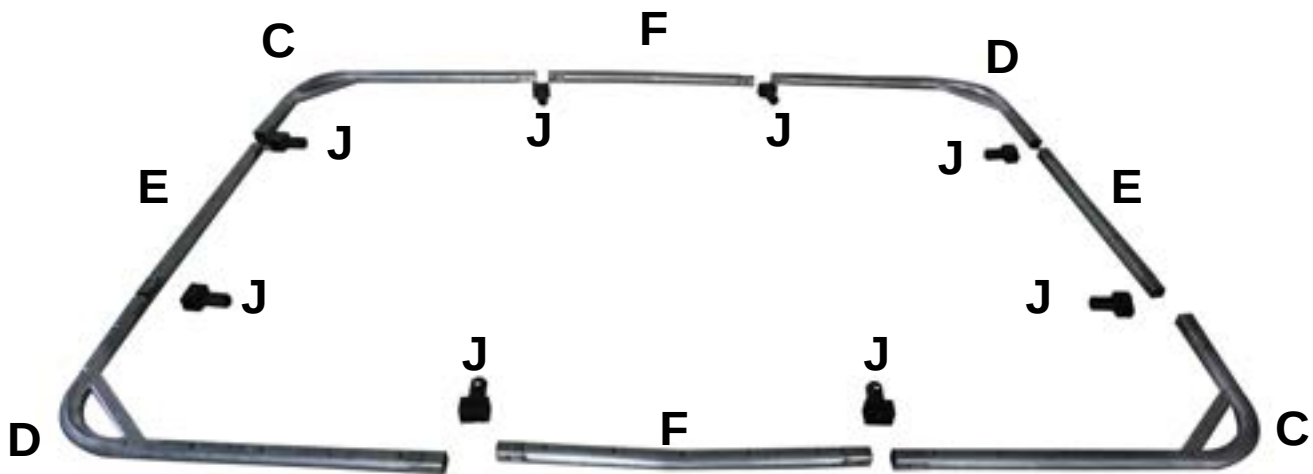
## STEP 1: TRAMPOLINE PARTS

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.

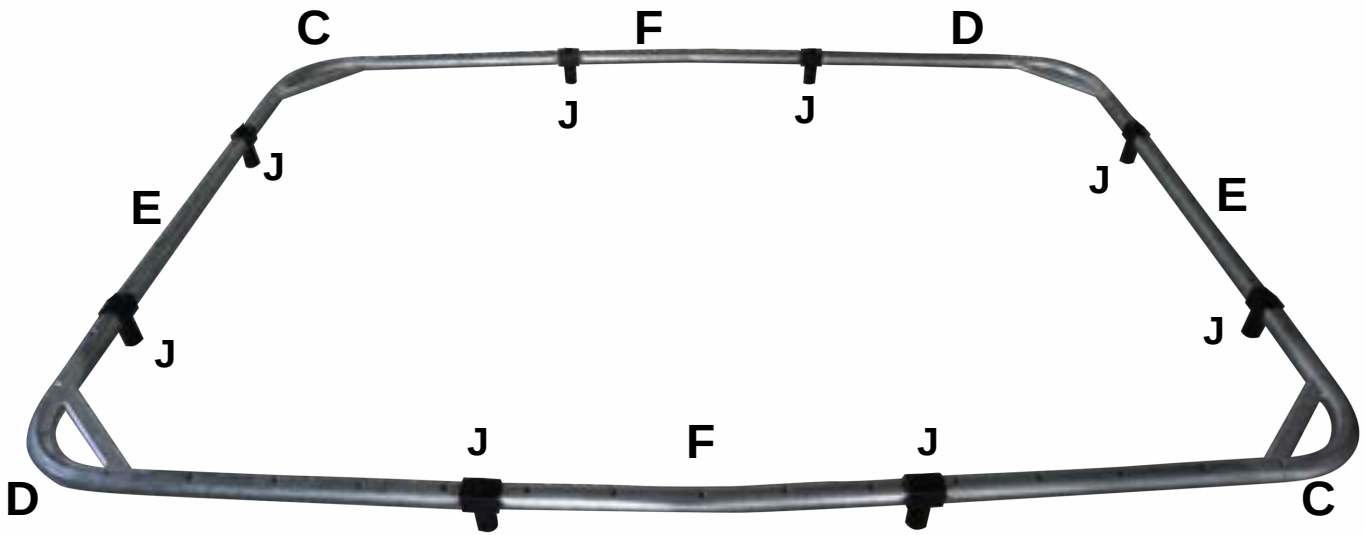
## STEP 2: ASSEMBLING THE FRAME



2. Position the frame tubes (C,D,E,F) and T-connectors (J) as shown in the above image.



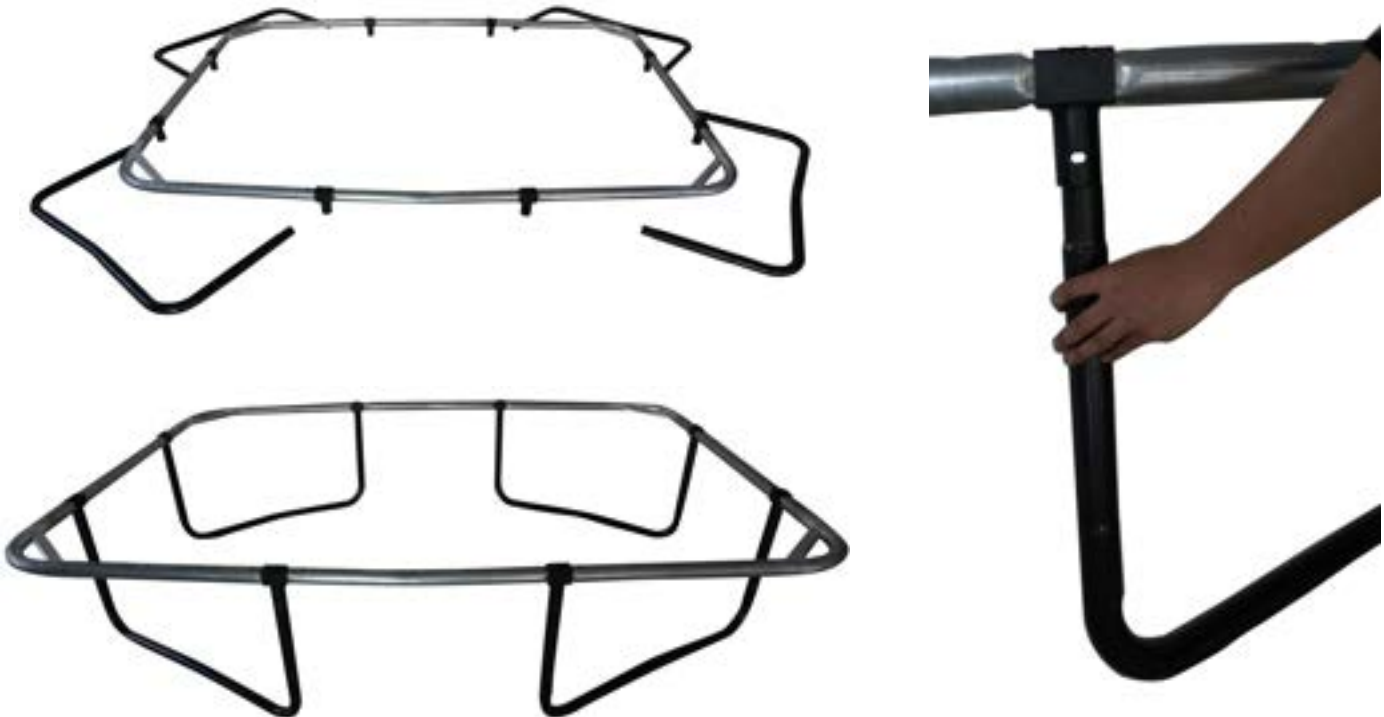
3. Connect all the top rails (C,D,E,F) with T connectors (J).



4. Continue until you form a complete rectangle frame.



5. Attach the leg extensions (H) to the leg bases (I) securely.

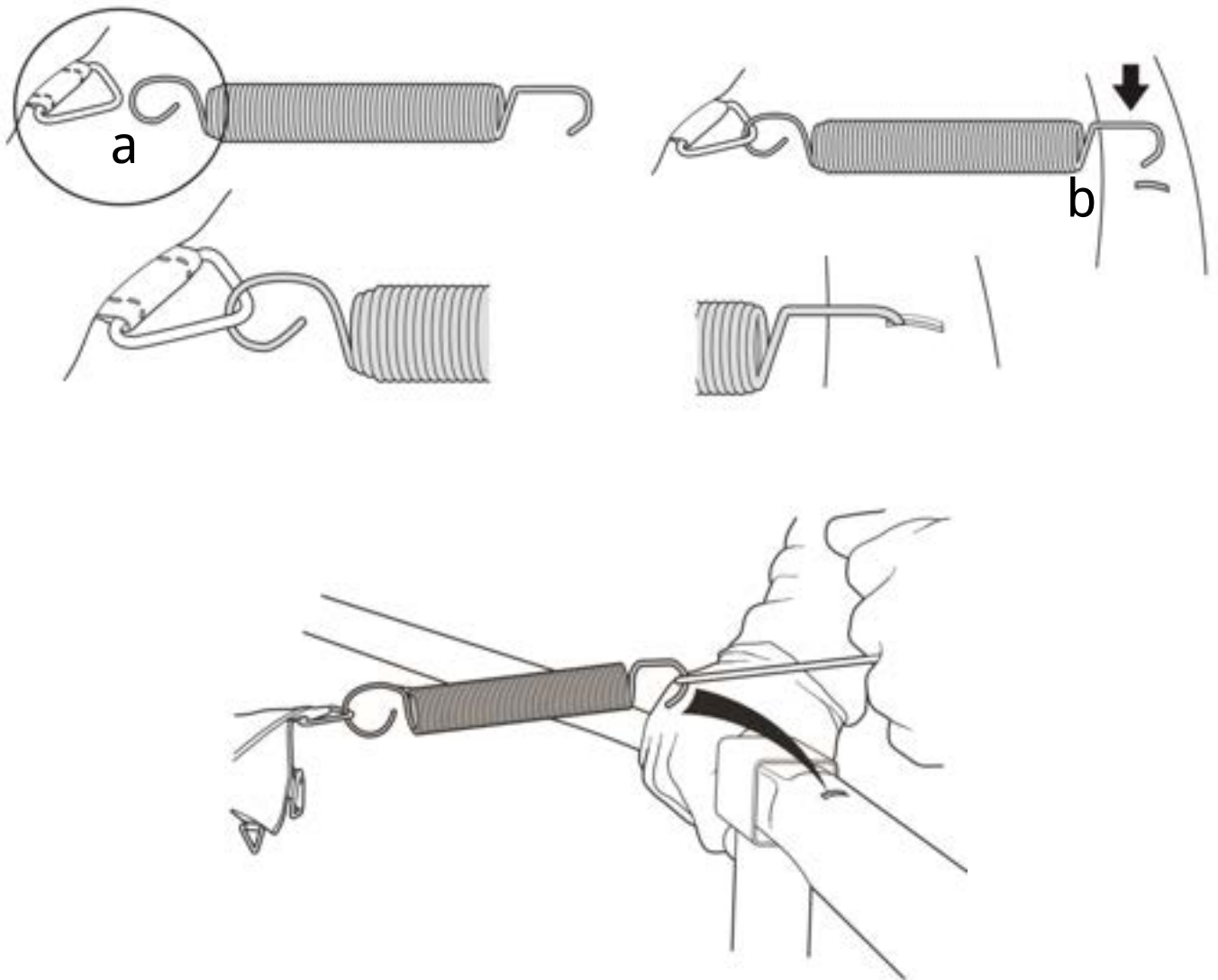


6. Attach the trampoline legs you assembled, to the top rails as the images above show. Repeat this step for all 4 corners. Ensure the holes in the bottom of the T-connectors are aligned with the holes in the leg extensions (H).

## STEP 3: ATTACHING THE BED

### WARNING:

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



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

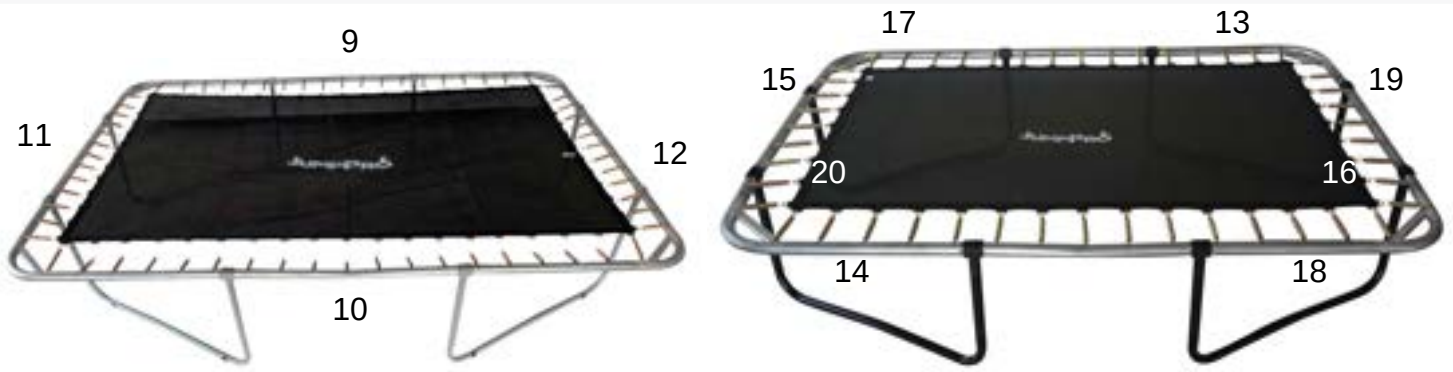
Make sure that "a" is attached to the D-rings of the jumping mat and "b" is attached to the trampoline frame.



7. Slot 8pcs of springs (G) to the spring holes in the 4 corners of the top frame tubes.



8. Connect the other end of the springs onto the corresponding D-rings of the jumping mat (B).  
**Important: Springs must be attached the right way around and fully inserted into the holes along the top of the frame.**



9. To even out the tension and avoid over stretching the springs, continue connecting every few springs in the above sequence until all springs are attached by using spring pulling tool (N).

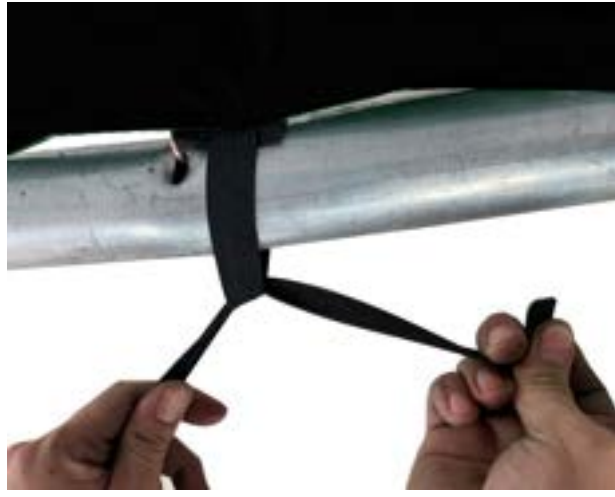
## STEP 4: FITTING THE FRAME PAD



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



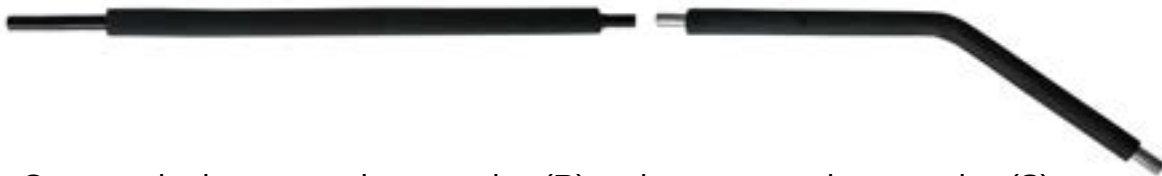
11. Connect the sections together with the attached hook and loop sections.



12. 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



13. Connect the bottom enclosure poles (R) to the upper enclosure poles (S).



14. Align the holes in the bottom enclosure poles with the holes in the top enclosure poles, fasten with the screws (T) using the screwdriver provided (O).

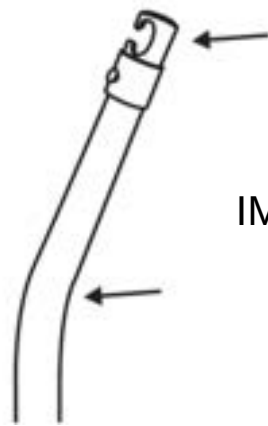
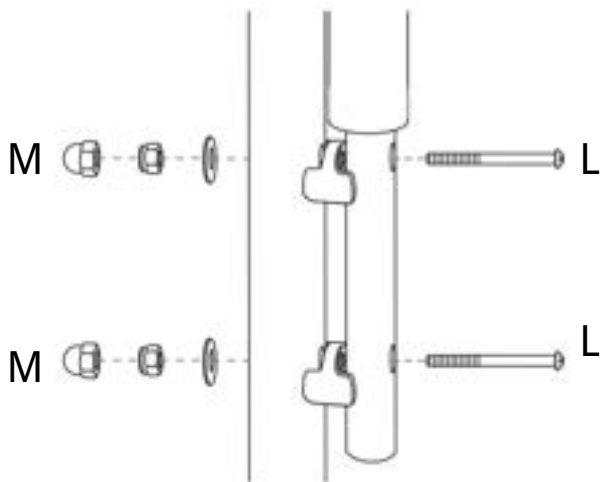


IMAGE (A)

15. Attach the top enclosure pole caps (U) to the top of the enclosure poles (S), fasten with the screws (T) and screwdriver (O).

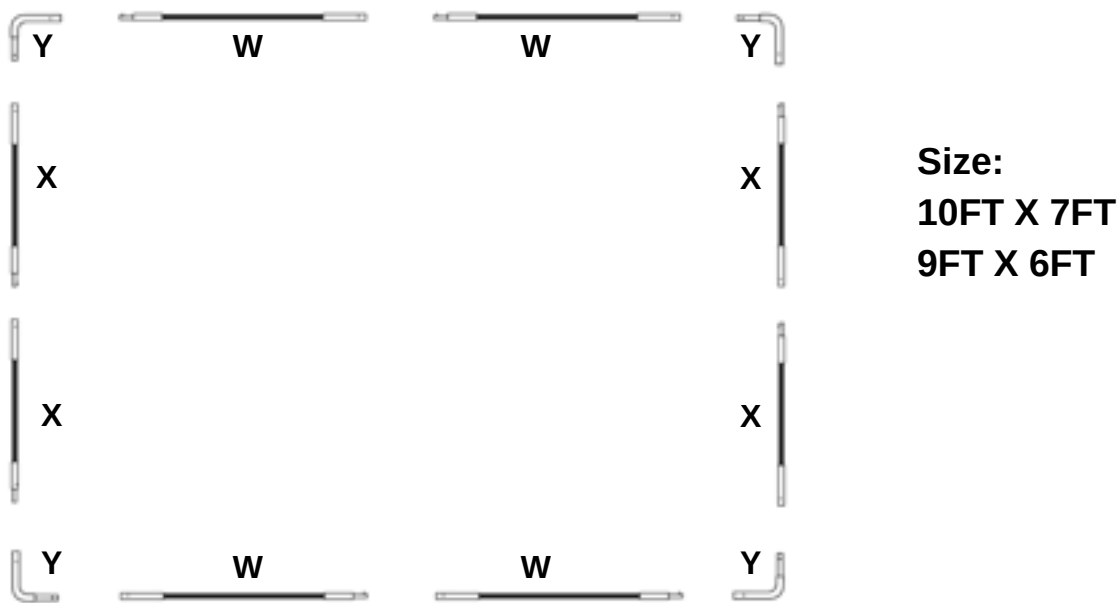
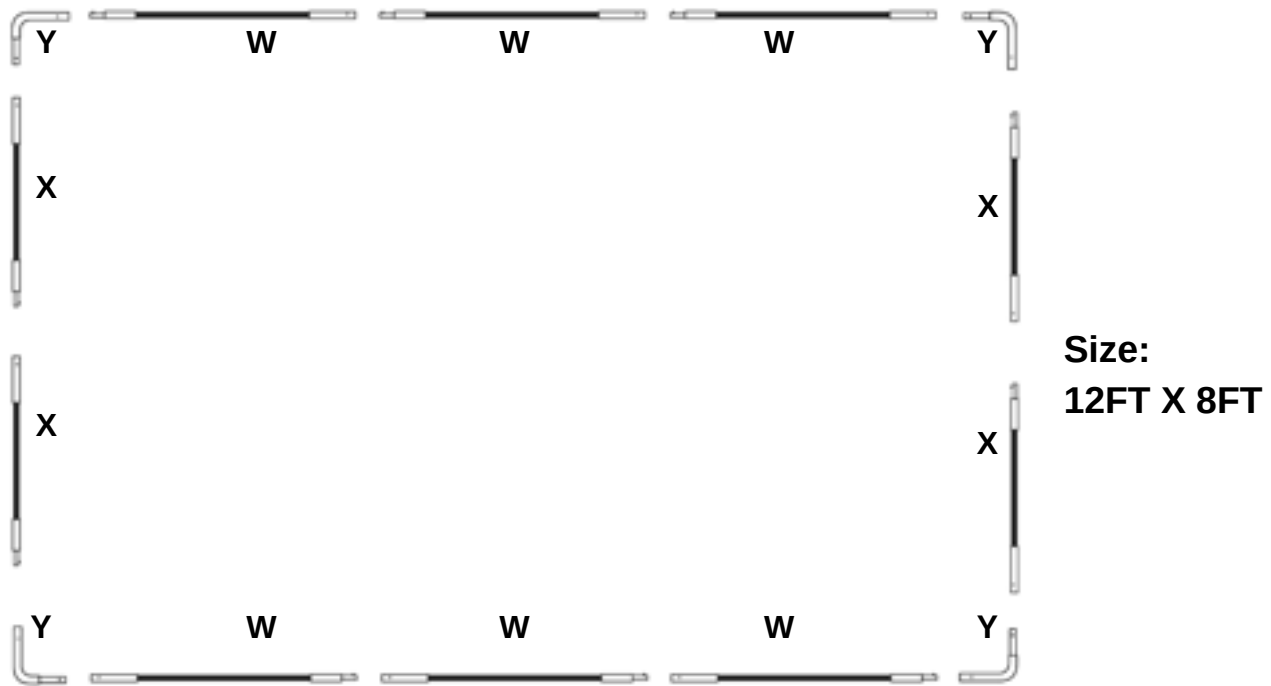
**IMPORTANT:** Refer to the picture (IMAGE (A)) above, to clearly see which way round to attach the pole caps, the opening of the pole cap has to be on the same side as the outside bend of the top enclosure pole facing outwards.



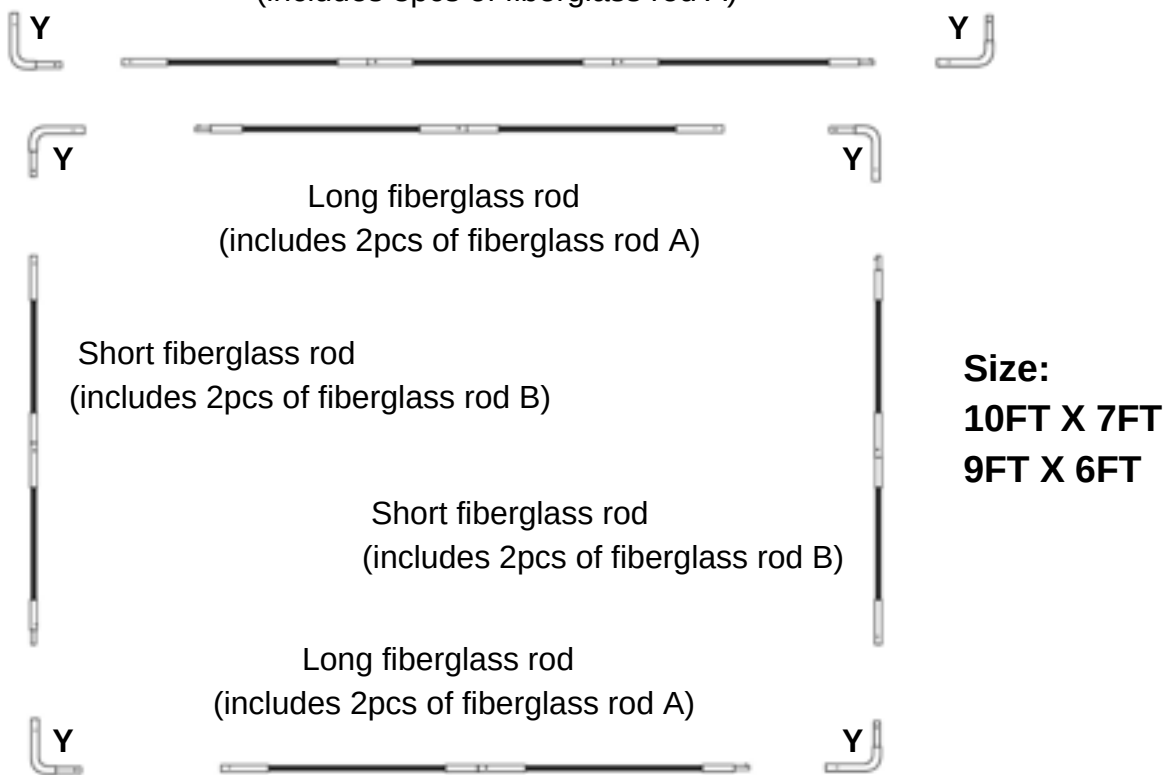
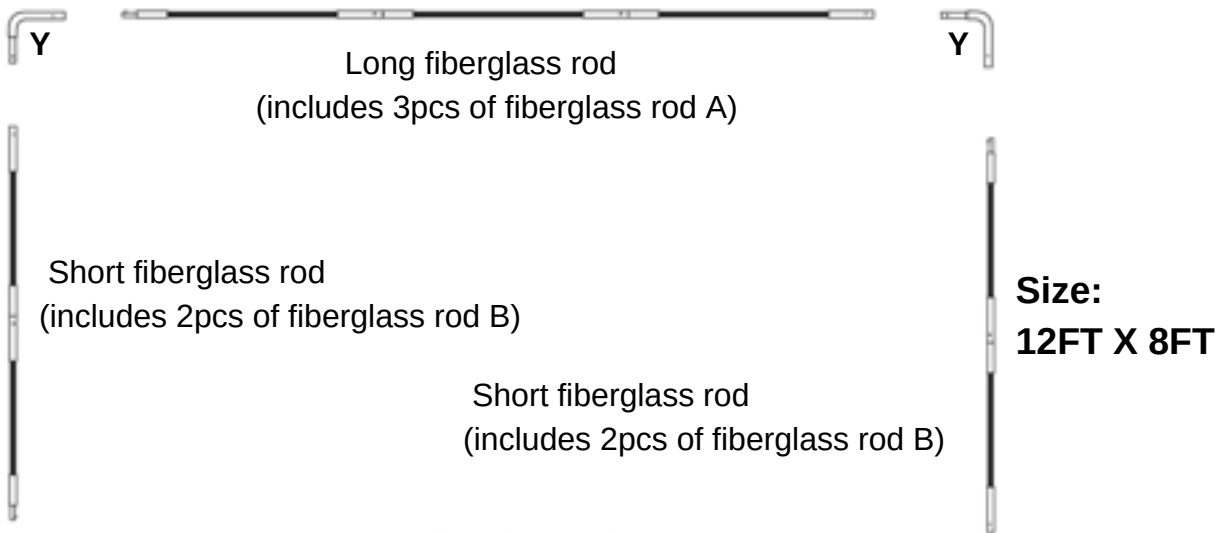
16. Insert the fork screws (L) through the bottom enclosure poles (R). Use the plastic spacer, supplied with the fork screws in between the bottom pole tubes and leg extensions. Tighten the nuts of each fork screw with the bolts and spanners provided. Screw the screw caps (M) onto the back of each nut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



## STEP 6: ATTACHING THE FIBERGLASS RODS TO THE NET



17. Lay out and position the fiberglass rods (W,X) and fiberglass corner connectors (Y) as above.



18. 12FT X 8FT: Use 3pcs of fiberglass rods A (W) to make the long fiberglass rods.  
10FT X 7FT and 9FT X 6FT: Use 2pcs of fiberglass rods A (W) to make the long fiberglass rods as images above show.

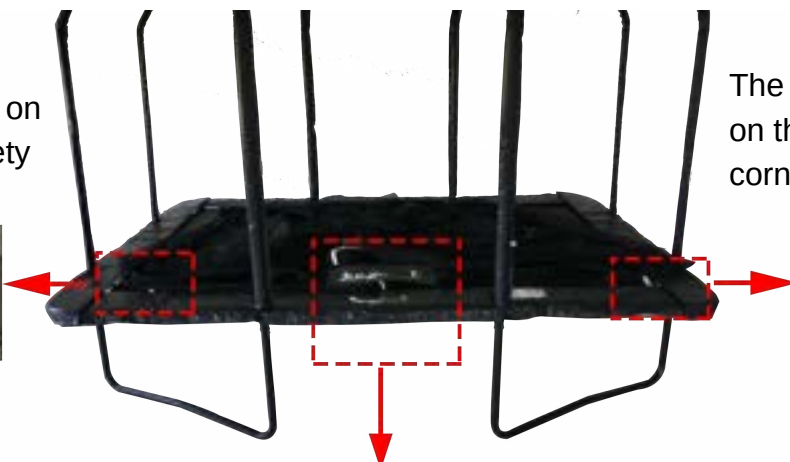
19. Use 2pcs of fiberglass rod B (X) to make a short fiberglass rods.

When assembled, there should be 2 long fiberglass rods for the long sides and 2 short fiberglass rods for short sides.

## IMPORTANT - INSTALLING THE SAFETY NET

Lay the safety net on the trampoline bed

There are 3 white dots on each corner of the safety net



The product label should be on the front right hand corner



The zipper and logo on the net should align with the logo on the pad

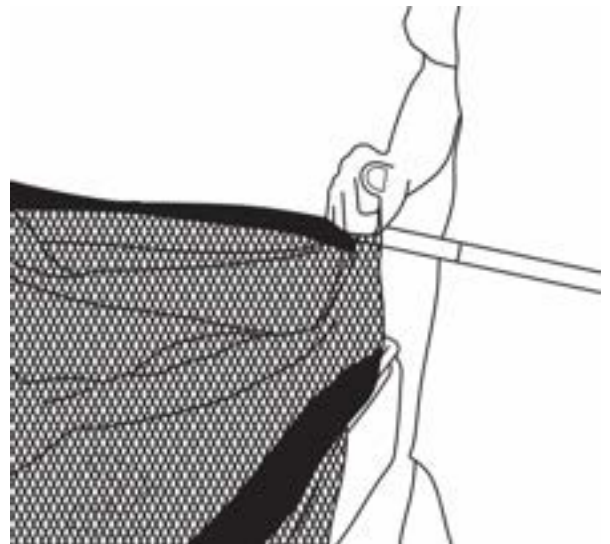
Start the following steps (20 and 21) from the front right hand corner, where the product label is.



**Note:** The following steps (20-21) should be completed whilst the net is laid out on the trampoline bed.

20. Insert the fiberglass rods into the sewn sleeves on the top of the safety net (P). Long fiberglass rods for long sides and short fiberglass rods for short sides.

**Note:** 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. See **IMAGE B**



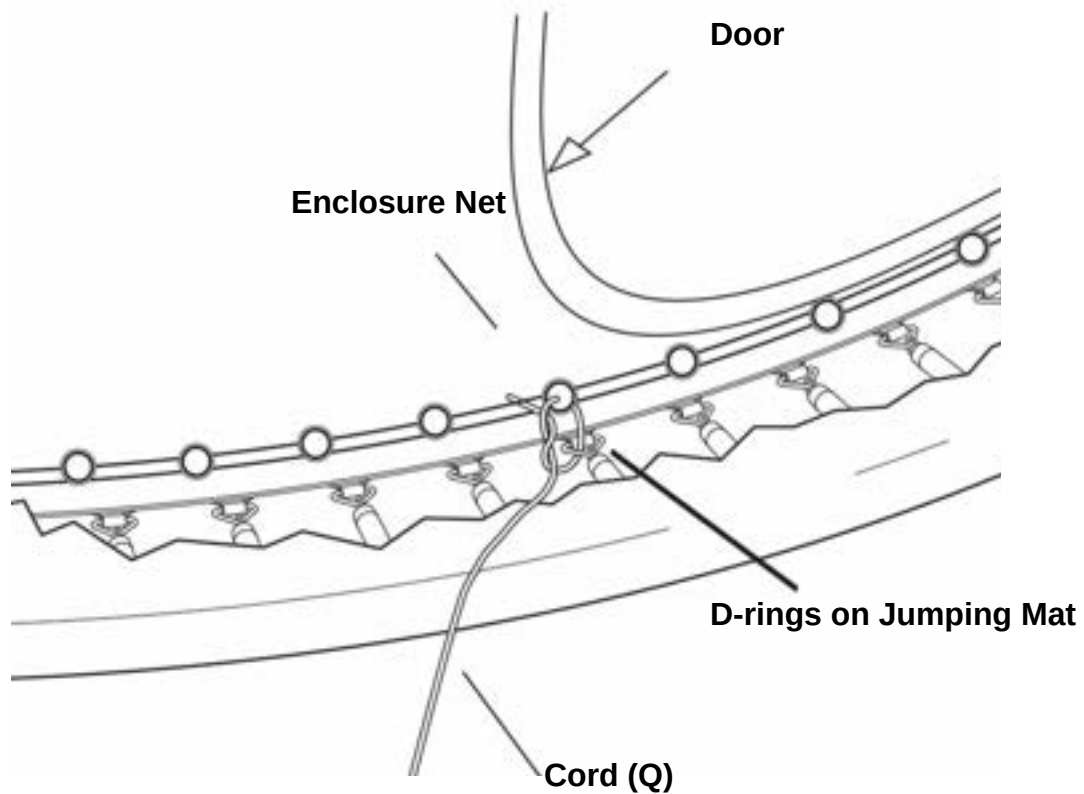
21. After inserting the fiberglass rods into the safety net both the long sides and short sides, connect the short side to the long side with the fiberglass corner connectors (Y).

Push buttons need to be inserted into the corner pieces. Press the top of the push buttons together and push in all the way to the end of the corner piece, making sure that the buttons pop out through the holes.

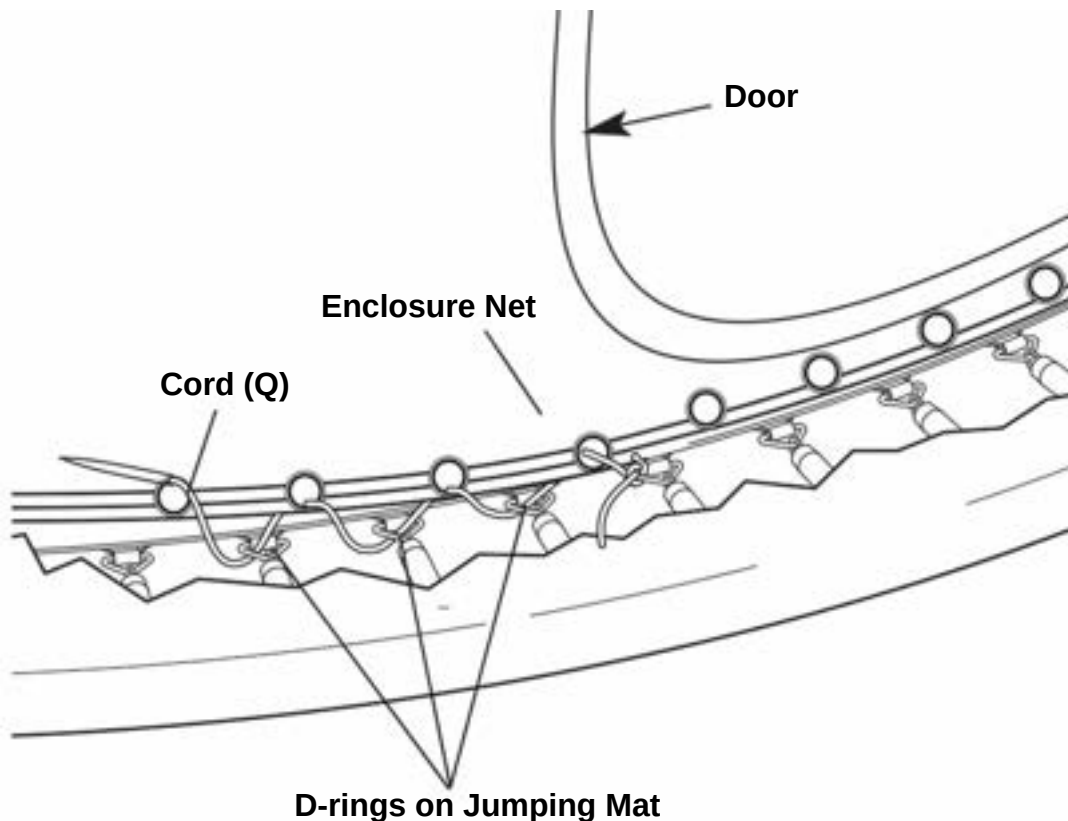


22. Connect the fiberglass rod to the top of the poles by clicking it into the pole caps (U). Repeat this step for all 8 poles.

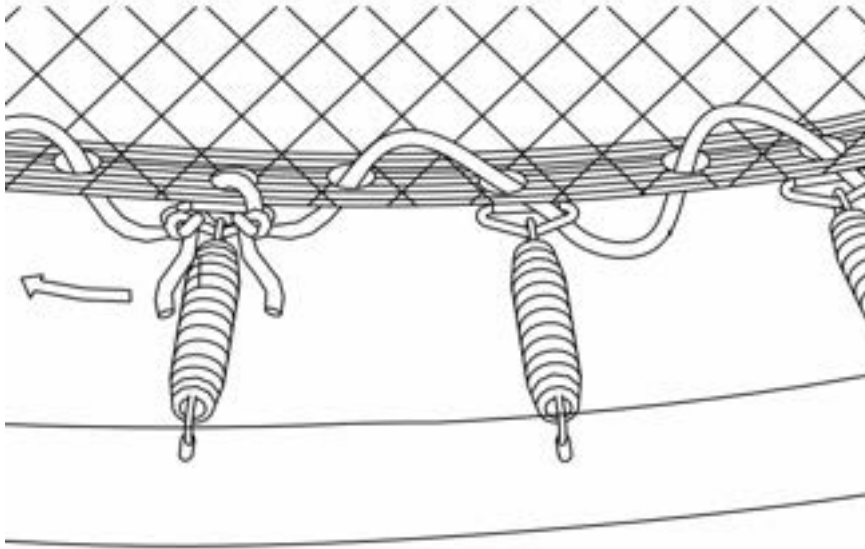




23. Locate the D-ring closest to the door of the net. Thread one end of one of the cords (Q) through the lower eyelet of the enclosure net (P) above the D-ring and then thread the cord through the D-ring. Tie the enclosure net to the D-ring, by making a double knot in the cord.



24. Thread the cord (Q) through the lower eyelet of the enclosure net (P) 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 enclosure net and the D-rings as shown. Keep the cords taut.



25. 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.




26. 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 and instructional materials, and 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](mailto:sales@trampolines.co.uk)

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