

SPRINGFREE TRAMPOLINE MODEL SF60E

Trampoline and Enclosure Assembly, Installation,
Care, Maintenance and Use Instructions



WARNING: Read these materials prior to assembling and using this trampoline and enclosure

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Do not attempt or allow somersaults. Landing on the head or neck can cause serious injury, paralysis or death even when landing on the middle of the bed.



Do not allow more than one person at the same time on the trampoline or enclosure. Use by more than one person can result in serious injury.



Keep face clear of loaded trampoline and enclosure rods, particularly during assembly and disassembly.

Recommended weight limit: 220 lbs (100 kg)

The Springfree™ Model SF60E trampoline has been designed for optimal use by most healthy children and adults. Persons at or near 220 lbs (100 kg) should be cautious in their maneuvers to ensure they do not exceed the capabilities of this trampoline.

Stability recommendation

The FlexiNet™ safety enclosure system catches and cushions users from impact that may result from leaving the jumping surface. Vigorous, high-speed contact with the FlexiNet™ safety enclosure by persons approaching the recommended weight limit may result in tilting or tipping of the trampoline off its base. Springfree recommends that active users at the upper end of the recommended weight range migrate to our family-sized product, the SF90E.

For increased stability during use, especially for users approaching the 220 lb (100 kg) weight limit, we recommend that you use the supplied sandbags (described in the assembly instructions). The sandbags also help keep the trampoline down in windy weather.

WARNINGS

1. DO NOT attempt or allow somersaults. Landing on the head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed.
2. Do not allow more than one person on the trampoline/inside the trampoline enclosure. Use by more than one person at the same time can result in serious injuries.
3. Use trampoline/enclosure only with mature, knowledgeable supervision.
4. Trampolines over 20 in. (51 cm) tall with or without enclosures are not recommended for use by children under 6 years of age.
5. Inspect the trampoline/enclosure before each use. Make sure the barrier and the enclosure support (rods) are correctly and securely positioned. Replace any worn, defective, or missing parts.
6. Do not attempt to jump over or climb under the enclosure barrier. Do not intentionally rebound off the barrier. Do not hang from, kick, cut or climb on the barrier.
7. Wear clothing free of drawstrings, hooks, loops, or anything that could get caught in the barrier.
8. Do not attach anything to the barrier that is not a manufacturer-approved accessory or part of the enclosure system.
9. Climb on and off the trampoline at the enclosure door. It is a dangerous practice to jump from the trampoline to the floor or ground when dismounting, or to jump onto the trampoline when mounting. Do not use the trampoline as a springboard to other objects.
10. Bounce in the centre of the mat.
11. Stop bounce by flexing knees as feet come in contact with the trampoline bed. Learn this skill before attempting others.
12. Learn fundamental bounces and body positions thoroughly before trying more advanced skills. A variety of trampoline activities can be carried out by performing the basic fundamentals in various series and combinations, performing one fundamental after another, with or without feet bounces between them.
13. Avoid bouncing too high or too long. Stay low until bounce control and repeated landing in the centre of the trampoline can be accomplished. Always control your bounce.
14. While keeping the head erect, focus eyes on the trampoline toward the perimeter. This will help control bounce.
15. Avoid bouncing when tired. Keep turns short.
16. Bounce only when the surface of the bed is dry. Wind or air movement should be calm to gentle. The trampoline must not be used in gusty or severe winds.
17. Do not allow children under the trampoline.
18. Keep small children away from the trampoline/enclosure while others are bouncing on it because the edge can move in and out vigorously, and there is the potential for a rod to pop out if the bouncer lands heavily near the edge.
19. Do not use the trampoline/enclosure while under the influence of alcohol or drugs.
20. Keep objects away, which could interfere with the performer. Maintain a clear area around the trampoline.
21. Properly secure the trampoline/enclosure when not in use. Protect it against unauthorized use. If a trampoline ladder is used, the supervisor should remove it from the trampoline when leaving the area to prevent unsupervised access by children under 6 years of age.
22. For additional information concerning the trampoline equipment, contact the manufacturer.
23. For information concerning skill training, contact a certified trampoline instructor.
24. Read all instructions before using the trampoline/enclosure. Warnings and instructions for the care, maintenance, and use of this trampoline/enclosure are included to promote safe, enjoyable use of this equipment.

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springfree

Springfree Trampoline Aust Pty Ltd
PO Box 8259
76 Wises Road, Suite 11
Maroochydore QLD 4558
Australia

free: 1800 123 204
fax: 07-5451 0170
email: fun@springfreetrampoline.com.au
web: www.springfreetrampoline.com.au

BEFORE YOU GET STARTED

Thank you very much for purchasing the Springfree™ Trampoline.

Before you assemble and enjoy the trampoline, please ensure that you read and fully understand the Warnings, Installation and Placement Instructions, Care and Maintenance Instructions, User and Owner Responsibilities and Assembly Instructions.

Trampoline and Enclosure Installation and Placement Instructions

1. Adequate overhead clearance is essential. A minimum of 24 ft (7.32 m) from ground level is recommended. Provide clearance for wires, tree limbs, and other possible hazards.
2. Lateral clearance is essential. Place the trampoline/enclosure away from walls, structures, fences, and other play areas. Maintain a clear space on all sides of the trampoline/enclosure.
3. Place the trampoline/enclosure on a level surface before use.
4. Use the trampoline/enclosure in a well-lit area. Artificial illumination may be required for indoor or shady areas.
5. Secure the trampoline/enclosure against unauthorized and unsupervised use.
6. Remove any obstructions from beneath the trampoline/enclosure.
7. Do not attempt to use the trampoline/enclosure until it is completely assembled.
8. The owner and supervisors of the trampoline/enclosure are responsible to make all users aware of practices specified in the use instructions.
9. The trampoline enclosure is only to be used as an enclosure for a trampoline and the trampoline must be of the appropriate size as covered by the specific enclosure.

Care and Maintenance Instructions

Inspect the trampoline/enclosure before each use and replace any worn, defective, or missing parts. The following conditions could represent potential hazards:

1. Punctures, frays, tears, or holes worn in the bed, mat edge, or net
2. Deterioration in the stitching or fabric of the bed, mat edge, or net
3. Broken, missing, or splintered trampoline rods, or rods disconnected from the mat edge
4. A bent or broken frame, or sharp protrusions on the frame
5. A sagging bed, or a loose enclosure net; improperly attached bed or improperly attached enclosure net
6. Rods not fully inserted in to sockets or ball joint not fully engaged mat edge
7. If the plastic edge fittings have deteriorated or are damaged, rods may release and cause injury. Inspect regularly, but keep face well clear in the process. Check that the ball retainer clip is engaged. Replace damaged components.
8. Enclosure support rods missing, broken or improperly assembled
9. Enclosure rods not fully up into the net pockets
10. Missing C-clips from the joiners or sockets on the frame

The soft edge of the Springfree™ trampoline is designed to reduce injury. It is not designed to cope with deliberate, continuous, vigorous bouncing activity. Do not deliberately bounce around the edge.

The Springfree Trampoline Recommendation

The Springfree™ Trampoline Engineering Team has spent 11 years engineering the world's safest trampoline. Statistics show trampoline-related injuries occur both through impact with the frame and springs of traditional trampolines and by jumpers exiting the trampoline's jumping surface at speed.

While our patented Springfree system removes the first set of traditional risks, only the installation of our patented FlexiNet™ jumping enclosure system ensures jumpers remain on the jumping surface at all times without risking impact with rigid poles or support systems.

If you've chosen a more traditional non-enclosure product, we strongly recommend you consider upgrading your Springfree™ trampoline with our industry leading FlexiNet™ safety net system. It's designed to deliver more fun as well as more safety.

Responsibilities for Trampoline Safety and Accident Prevention

RESPONSIBILITIES OF THE OWNER AND SUPERVISOR

1. Provide supervision to for all jumpers regardless of age or skill
2. Understand all of the safety rules and information in the User's Manual and ensure the rules are being followed.
3. Assess skill levels, provide basic jump instructions, and ensure all users understand and follow the trampoline safety guidelines.
4. Ensure that unsupervised or unauthorized users are not permitted to jump.
5. Keep small children away from the trampoline while others are bouncing on it.
6. Do not allow children under the trampoline.
7. Ensure there is only one jumper on the trampoline at a time

RESPONSIBILITIES OF THE USER

1. Climb on and off the trampoline. Do not jump on or off the trampoline.
2. When initially using the trampoline, begin in the centre of the mat with low controlled bounces
3. Before jumping warm up the muscles, which also increases blood flow, which increases flexibility, joint mobility and reduces the risk of injury.
4. Understand basic techniques such as stop bounce and basic straight jump
5. Understand and follow all the safety guidelines. In particular avoid doing flips and jump with only one person on the trampoline at a time.
6. Make sure someone is supervising at all times.

For further information or additional instructional materials, contact a certified trampoline instructor.

TRAMPOLINE AND ENCLOSURE ASSEMBLY INSTRUCTIONS

Read through the following steps before beginning the assembly process.

Precautions

- Keep small children at least 25 feet away while assembling or disassembling the trampoline; they could be injured by improperly assembled rods releasing and ejecting from the frame.
- Do not attempt to use the trampoline until it is completely assembled.
- Two people are recommended for trampoline assembly.
- Gloves are recommended during the assembly process.
- Be aware that when loaded, the rods can spring back and may cause injury.
- Treat any loaded rod with caution until you are sure it is properly installed. In particular, keep your face well clear of the rods during assembly or disassembly. An improperly installed rod could release and cause facial injury or blindness.
- The sheath on the rod is intended to provide protection from any fibreglass fibres or splinters. Do not remove the sheath.
- Once a rod ball is in the socket in the mat, a small clip automatically engages to lock it in place. To release a rod ball from a socket, push and hold the clip towards the mat centre before pushing the rod out of the socket.

TRAMPOLINE		ENCLOSURE	
Straight Frame Sections	2	Net	1
Curved Frame Sections	4	Collapsible Rods	10
Legs	6	Horizontal Rods	2
Vertical Leg Supports	6	C-Clips (attached to frame)	10
Rods	60		
Mat	1		
Bolt and Nuts	12		
Wrench	2		
Sandbags	4		

Table 1: Parts Itinerary

Preparation

Confirm all components are present (Table 1). If you are missing any parts please call your authorized Springfree service centre listed on Page 28 of this manual.



Figure 1-A: The round sections being connected

Step 1: Assembling round frame sections

Assemble both pairs of round frame sections, with the leg sockets facing downwards (Figure 1-A).

Step 1 details on following page

Holding the frame section with a pinned end, insert one end (Figure 1-B) of the pin into the tab on the outside of the frame.

Rotate the frame downwards so that the other end of the pin is locked in the inside tab (Figure 1-C).

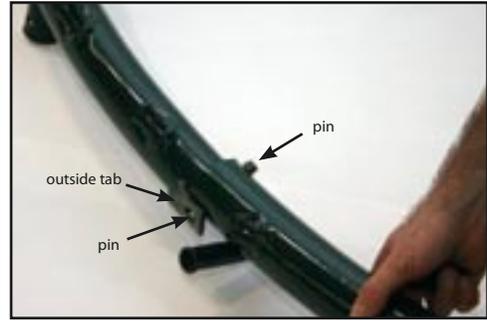


Figure 1-B: Pin being inserted into the tab

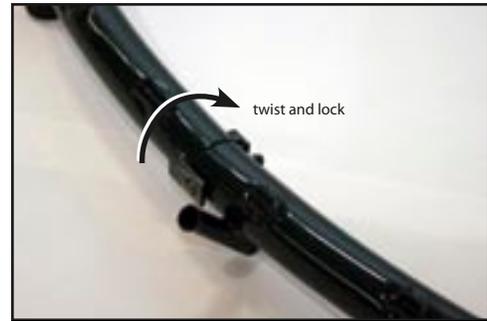


Figure 1-C: The round frame sections locked together

Step 2: Assembling the straight frame sections

Tip: This step is easier to perform with two people.

Join the two half circles together with the straight frame sections (Figure 2-A). Here's how: Arrange the two half circles so that the straight frame sections fit between them.

Insert the pins on each end of the straight section into the outside tabs on the round sections. When both pins are inserted, twist the straight section to lock the section in place (Figure 2-B).

Note: If performing this task by yourself, notice that the pin on one end of the straight section is longer: Insert this pin first to assist with aligning the straight section.



Figure 2-A: The straight sections attached to the round sections to make a complete oval shape

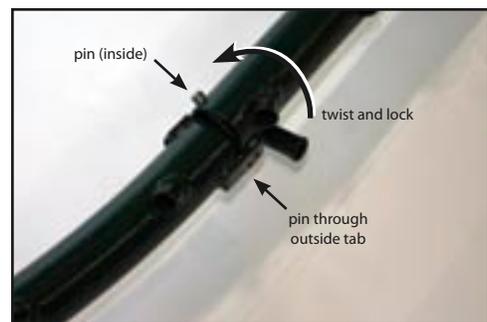


Figure 2-B: Twisting the straight section into place

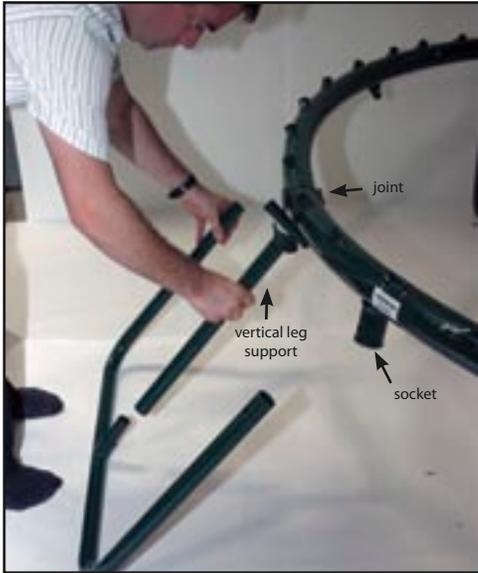


Figure 3-A: The straight sections attached to the round sections to make a complete oval shape

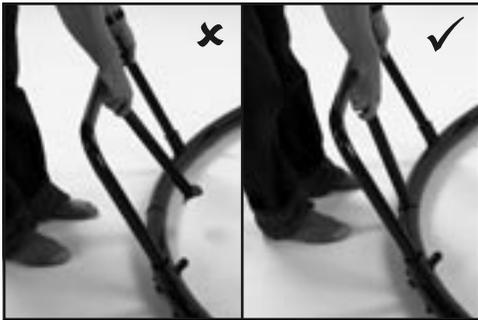


Figure 3-B: The correct (right) and incorrect (left) orientation of the vertical leg supports.

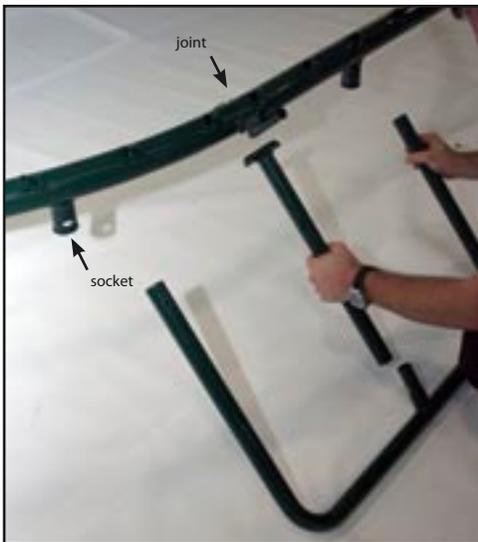


Figure 4: Legs attached to the straight sections

Step 3: Attaching the legs to the round frame sections

Locate the joint between the two round frame sections.

Attach a vertical leg support to the leg piece. Next, insert the leg with the support into the sockets on the frame (Figure 3-A).

Note that the vertical leg support is off to one side. Make sure the saddle of the vertical leg support meets at the joint in the frame. If it does not, remove the leg and turn it around (Figure 3-B).

Tip: This step is more easily performed by two people—one person to lift the frame and one person to align the leg.

Step 4: Attaching legs to side sections

Locate a joint between a straight frame section and round frame section.

Attach a vertical leg support to the leg piece. Next, insert the leg with the support into the sockets on the frame (Figure 4).

Note that the vertical leg support is off to one side. Make sure the saddle of the vertical leg support meets at the joint in the frame. If it does not, remove the leg and turn it around (Figure 4).

Step 5: Fastening the legs to the frame

Fasten the legs to the frame with the bolts and nuts provided. Do not over-tighten .

If the holes do not line up, check that the leg is the right way round (refer to Step 3) or lift the leg slightly.

The nut should be towards the mat centre; the bolt head should be towards the outside (Figure 5)

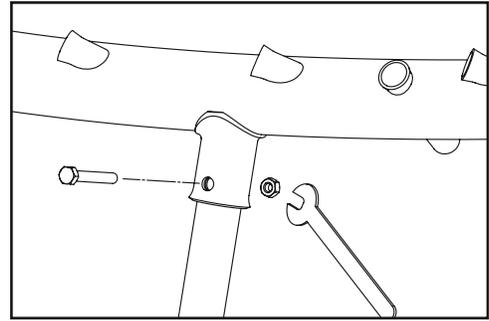


Figure 5: Legs fastened to the frame with a nut and bolt

Step 6: Positioning the enclosure

Tip: Follow Steps 6 and 7 very carefully to ensure proper placement of the enclosure.

Lay the enclosure net around the frame with the enclosure door (the zippers) between two legs on a straight frame section (Figure 6).

Ensure the inside of the enclosure is up. The enclosure pockets are on the outside at the top of the net, and should be down; there is a Velcro strap on the outside of the door, so it should be down.

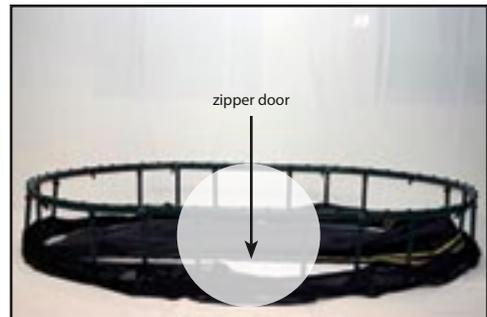


Figure 6: The enclosure properly laid around the trampoline frame

Step 7: Inserting the first rod

Find the strip at the lower part of the net with the holes in it.

Select the hole that has a label "1st Rod Position" sewn next to it (Figure 7-A).

Find the rod socket on the round frame section that has the sticker "1st Rod Position" next to it (Figure 7-B).



Figure 7-A: The hole strip on the enclosure



Figure 7-B: The first rod socket



Figure 7-C: The rod going into first socket

Put the rod through the net hole and back into the socket hole you have located (Figure 7-C).

Slide the net at the hole down to the bottom of the rod. The first rod label should be facing out (Figure 7-D).



Figure 7-D: Sliding the enclosure net down

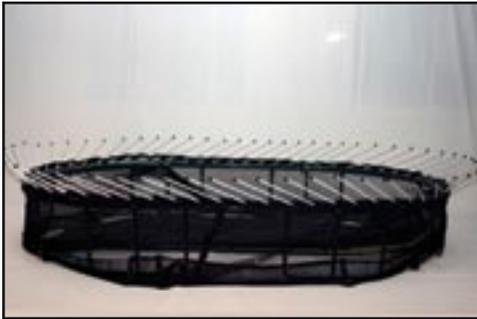


Figure 8: The rest of the rods inserted through the enclosure holes and into the frame sockets

Step 8: Inserting the remaining rods

Insert the remaining rods through each hole in the bottom strip of the enclosure and into the respective sockets (Figure 8).

Ensure the rods are seated right down to the bottom of each socket.

WARNING: Ensure rods are seated right down to the bottom of each socket. Rods that are improperly seated may eject unexpectedly, which may cause injury.



Figure 9: The mat placed inside the trampoline frame

Step 9: Placing the mat inside the frame

When all rods are in place, put the mat inside the frame with the jumping surface facing up. The jumping surface has the colored stripes sewn around the edge (Figure 9).

WARNING: Treat any loaded rod with caution until you are sure it is properly installed or uninstalled. Keep your face well away from any loaded rod.

Step 10: Attaching the first rods to the mat

Choose the rod in the socket with the sticker "1st rod position." Connect the ball end of this rod to the fitting in the mat marked with a label "1st rod position" (Figure 10-A).

Connect the rod to the left of the first rod with the corresponding cleat in the mat.
Repeat at the opposite end of trampoline.



Figure 10-A: The first rod attached to the mat

Tip: Make sure the safety clip in the mat-edge socket has closed behind the ball. If the ball is properly installed, you should not be able to slide the ball out of the mat socket (Figure 10-B).

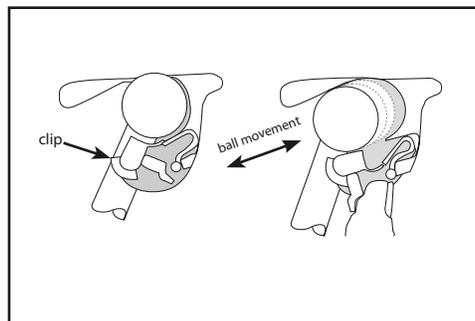


Figure 10-B: Safety clip operation. Clip secured (left); Clip released (right)

WARNING: Do not use the trampoline until it is completely assembled. Failure to follow these instructions may cause rods to break or eject from the frame.

Step 11: Attaching every fifth rod to the mat

Working from right to left, count four empty sockets in the edge of the mat. Mount the fifth; this leaves four unconnected rods between groups (Figure 11-A).

Continue around the tramp from right to left, mounting every fifth mat socket to the corresponding rod.



Figure 11-A: Every fifth rod attached to the mat

Tip: It is easiest to mount the rod ball to the fitting by pushing the rod in and up towards the mat, while pulling the mat fitting to the left. The ball then pushes back naturally into the fitting (some rods will need to be bent a long way at first).

Tip: Push the rod in with your right hand, palm facing up, and with your elbow to hip, while pulling the mat socket left and up with the left hand. This method uses your body weight to flex the rods (rather than pure arm strength), and it also keeps your face away from the loaded rods (Figure 11-B).

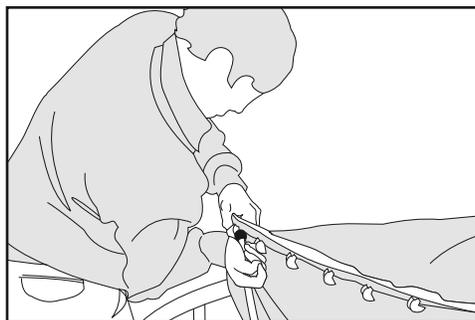


Figure 11-B: Preferred rod bending technique



Figure 12-A: The remaining rods attached to the mat

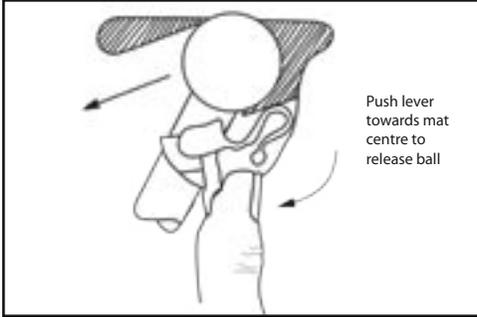


Figure 12-B: The release clip on the mat fitting

Step 12: Attaching the remaining rods to the mat

Now, install one more rod to the left of each group, while circling the trampoline.

Continue to circle around the trampoline installing one rod per group until all rods are connected (Figure 12-A).

WARNING: Treat any loaded rod with caution until you are sure it is properly installed or uninstalled. Keep your face well away from any loaded rod.

Tip: If you miscount, and need to release a connected rod, release the clip before trying to disconnect the ball from the mat socket. The clip is released by pushing the lever towards the mat centre. Apply pressure on the rod until it is unloaded (Figure 12-B).



Figure 13: The enclosure being slid up the rods and up onto the mat

Step 13: Sliding the enclosure net up the rods

Lift the enclosure net from the ground, up on to the trampoline mat. (It may be a tight fit over the mat edge.)

Circling the trampoline from right to left, slide the net bottom strip up the rods to the top, just under the mat edge. The long zip will now end along the straight edge of the trampoline.



Figure 14: The horizontal rods being inserted into their sleeves in the enclosure

Step 14: Inserting the horizontal net supports

Locate the top edge of the enclosure along the straight edge of the trampoline.

Slide the horizontal rod into the pocket along the top enclosure edge and secure with the Velcro tab (Figure 14).

Repeat on other side of the trampoline.

WARNING: Treat any loaded rod with caution until you are sure it is properly installed or uninstalled. Keep your face well away from any loaded rod.

Step 15: Assembling the enclosure rods

Straighten the enclosure rods and slide the white joiner down to lock the two rods together (Figure 15-A, B and C).

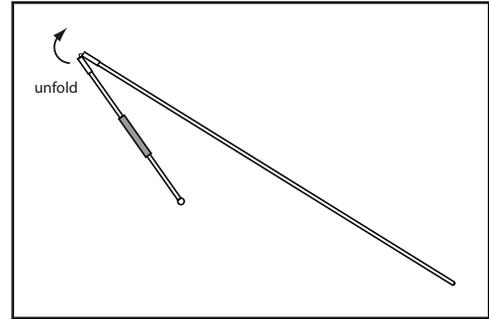


Figure 15-A: Straightening an enclosure rod

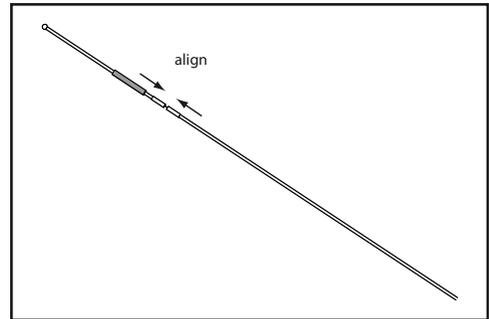


Figure 15-B: Aligning rod parts at the joint

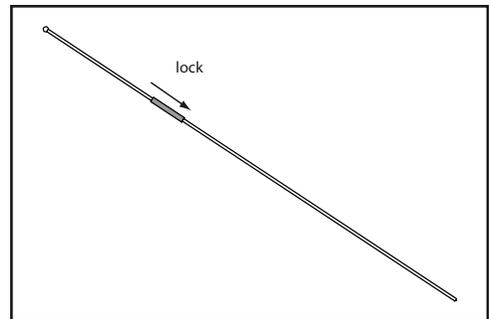


Figure 15-B: Locking the joint

Step 16: Inserting the rod into the enclosure pocket

Insert the ball end of the rod up through the loop and into a pocket in the top edge of the net. Hoist the net up (Figure 16).

Ensure the rod is pushed right to the end of the pocket. Unless you do this, the internal catch cannot prevent the rod from coming out during use.



Figure 16: The enclosure rods being inserted



Figure 17: The enclosure rod being bent and inserted into the socket

Step 17: Bending the enclosure rod into the socket

Bend the rod and insert the bottom end into the socket on the frame (Figure 17). Ensure that the rod is pushed right down into its socket and locked in place by the C-Clip.

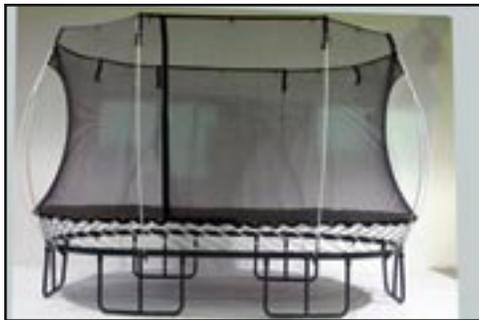


Figure 18: The completed trampoline with enclosure

Step 18: Completing the enclosure

Continue around the tramp from right to left installing all the enclosure rods.

The main trampoline and enclosure is now complete; there remains one final step...

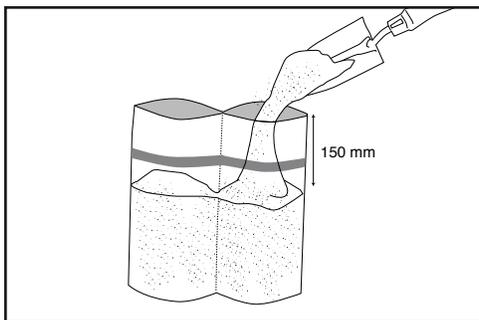


Figure 19: The sandbags being filled

Step 19: Filling the sandbags for stability

For increased stability, your trampoline comes with four sandbags that are to be placed over each leg on the sides of the trampoline.

Fill bags to approximately 6 inches (150 mm) below the top with wet or dry sand (Figure 19-A), and then place one sandbag on each of the four straight-oriented legs (Figure 19-B)

Congratulations! You have successfully completed the assembly of your Springfree trampoline!

Be sure to review all warnings and precautions with your family before using. Happy jumping—the Springfree way!

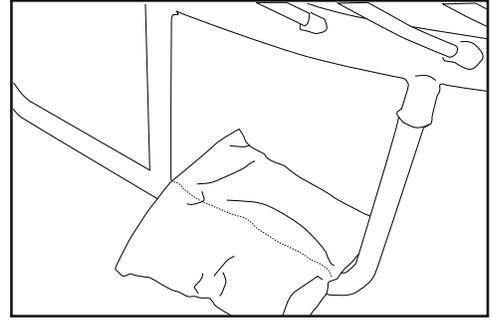


Figure 20-B: The sandbag placed over the legs

TRAMPOLINE AND ENCLOSURE DISASSEMBLY INSTRUCTIONS

The disassembly is largely the reverse of the assembly steps. The following points should be noted:

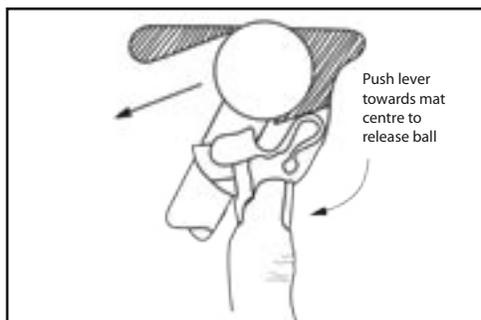


Figure 1: The release clip on the mat fitting

Enclosure

First, remove the C-clips at the bottom of the enclosure rods, then lift the bottom of the enclosure rods out of their sockets in the frame. Once the net is slack, pull the rods from the pockets at the top of the net. The net will then be lying around the trampoline as in Step 12 of the Trampoline and Enclosure Assembly Instructions (Figure 1).

WARNING: Do not attempt to fold the trampoline enclosure support rods while the rods are installed in the trampoline and under tension.

TO FOLD THE ENCLOSURE ROD

1. Remove the enclosure rod assembly from the enclosure rod socket in the base of the trampoline.
2. Remove the rod assembly from the rod pocket at the top of the net.
3. Slide the white joiner up and fold the

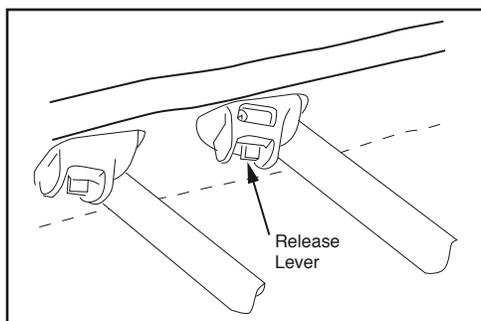


Figure 2: The release clip on the mat fitting (view beneath mat edge)

Trampoline

1. To release each rod, push the clip lever towards the mat centre, and hold. Then push the ball end of the rod towards the mat centre to disengage it from the socket (Figure 2).
2. Move around the trampoline releasing every fifth rod.
3. Continue circling, releasing rods to the right of the gap until all rods are released (by working at the right of the gap rather than the left, your knuckles have more clearance).
4. Once the mat is free, the frame can be disassembled.

WARNING: Treat any loaded rod with caution. Keep your face well clear of any loaded rod.

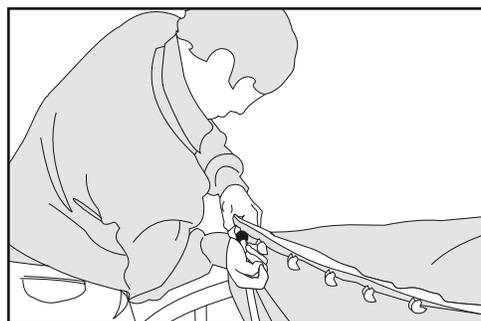


Figure 3: Preferred rod bending technique

Tip: One method to release a rod is to grip a pair of rods with the right hand while releasing the clip of the upper rod with the left hand. Now by tightening the grip on the two rods the upper rod ball slips out of the socket, while the rod is still held firmly in the hand. From there, the rod can be freed in a safe and controlled manner (Figure 3).

WARNING: Do not attempt to disassemble any frame components before the mat and rods have been removed. The frame and legs need to remain assembled to carry the rod loads.

BASIC TRAMPOLINE SKILLS

These instructions contain information on basic skills, landing positions, and how to perform series of drops. The instructions are ordered according to difficulty. Further information is available from Springfree™ Trampoline or from a certified trampoline instructor. Basic jump-

ing and landing skills should be learned in a progression. More difficult skills should not be attempted until basic skills are mastered.



Figure 1: The Stop Bounce

Bouncing

The most important thing about bouncing is that it should be done with control in the centre of the bed. The basic bounce should always begin low. High, reckless bouncing should never be allowed.

THE STOP BOUNCE

This technique allows the jumper to gain control by stopping quickly. It is done by keeping the feet in contact with the bed, and absorbing the rebound of the trampoline with the knees and waist. This skill should be learned right away and should be employed whenever you feel out of balance, or land away from the centre area.

To learn the Stop Bounce:

1. Stand in centre of the bed with feet about hip-width apart.
2. Attempt about three easy bounces. Keep them low and controlled.
3. Focus your eyes towards the perimeter of the trampoline while bounding in order to keep your balance.
4. Stop the bounce by bending at your knees and hips with the feet in contact with the bed (see figure).

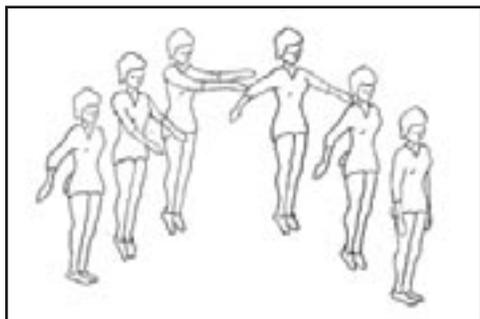


Figure 2: Arm Action

ARM ACTION

Arms are very important for proper control and lift. Whenever you go up, your arms go up. They go up to a set position about shoulder height and shoulder width. They should remain in this balanced position until you start down. Then they circle down and slightly behind the hips, ready to lift again as you bounce up.

BOUNCE VARIATIONS

The figures show four variations, the star, the tuck, the pike, and the straddle pike. These should be assumed at the top of the bounce, before resuming the normal landing position on your feet.

Practice these simple variations and concentrate on perfect form. Make sure that your toes are pointed and fingers are straight.

These are simple variations to the basic bounce and are very important for gaining experience in coordinated movement.



Figure 3: Tuck



Figure 4: Pike



Figure 5: Star



Figure 6: Straddle-pike

Basic Landing Positions

Positions for all drops: seat, hands and knees, front, should first be practiced on the ground, then in a stationary position, and only then on the trampoline bed.

Drops should be performed after 'priming' the trampoline bed. Priming is done by bending your knees and pushing down repeatedly on the trampoline bed, thereby setting the bed in motion. The feet stay in contact with the bed during the entire priming motion.



Figure 7: The seat drop

THE SEAT DROP

To learn the seat drop

1. From the standing position, prime the bed several times.
2. Pick up your feet at the top of the last bounce, and sit down. You should land so that your body is in a sitting position with legs straight out in front and your toes pointed. Hands should be on the bed next to your hips. Fingers should be together and pointed toward the toes.
3. Push on the bed with your hands to rebound up to your feet.

THE HANDS AND KNEES DROP

To do this drop properly, there should be just as much weight on your hands as on your knees. Your back should be about approximately parallel to the bed. Knees and hands should land simultaneously, as with the middle of the body landing in the centre of the trampoline. Hands should be directly under the shoulders. Knees should be directly under the hips. Your toes should be pointed.

To learn the hands and knees drop

1. Get down on your hands and knees on the bed. Make sure you have weight on both your hands and your knees. Do not sit on your heels.
2. Remain in this position and try to bounce. Do not rock back and forth between the hands and knees, but develop an even landing on all four points.
3. From the standing position, prime the bed several times. Lift upward with your hips, reach forward with your hands, and land on all fours. Look slightly in front of your hands on landing. Push to rebound to your feet.



Figure 8: The hands and knees drop

THE FRONT DROP

Contact with the trampoline bed should simultaneously take place with your hands, elbows, chest, stomach, hips, and knees. Knees should be bent.

You must come down level. If the landing is made first on your chest and arms, they will rebound before your knees hit which will result in a straining action on your back. If this type of landing is made with a traveling, diving approach there is a chance that your elbows may become skinned. If the landing is made so that your knees and hips hit first, then they will rebound and your shoulders and face will land heavily.

Step 1

1. Start from the hands and knees drop position.
2. As you rebound from the hands and knees, stretch so that you land on your stomach. From this position rebound to your hands and knees.

Step 2

1. Start from a standing position with knees bent so that your upper body is low and close to the trampoline bed.
2. Prime the bed several times.
3. Lift hips gently upward and backward.
4. Land in contact with the bed as described in Step 1.
5. Push with your hands to return to the feet.

Step 3

1. Start from a straight standing position.
2. Prime the bed several times.
3. Perform skill as in Step 2.



Figure 9: The front drop

Series of Drops

Once you have mastered the individual bounce variations and drops, practice them in sequence. For example: Set drop-Hands and knees drop-Front drop, or Seat drop-Front drop-Hands and knees drop-Seat drop.

Beginning Twisting

The figures show a few of the many possible twisting variations of the basic landing positions.

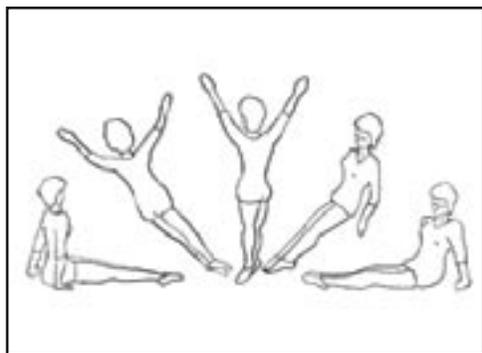


Figure 10: Swivel hips

SEAT DROP-HALF TWIST-SEAT DROP (SWIVEL HIP)

Step 1

1. Perform a seat drop.
2. Push down on the bed with your hands and come to a stand with the arms stretched overhead.

Step 2

1. Perform the movement in Step 1. As you rebound up to your feet, move one shoulder in the direction you want to twist.
2. Finish standing with arms stretched overhead, facing the opposite direction (180-degree twist completed).

Step 3

Perform as in Step 2. Just before contacting feet with the trampoline bed, lift your legs to land in a sitting position.

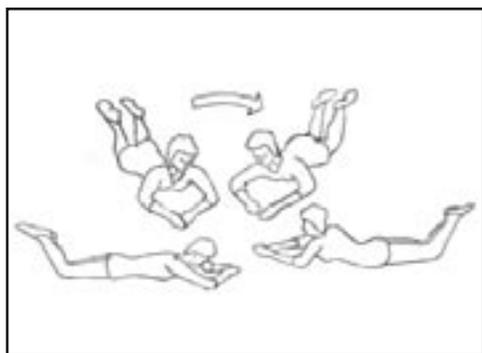


Figure 11: Turntable

FRONT DROP-HALF TWIST-FRONT DROP (TURNABLE)

Step 1

1. Begin in a hands and knees position, with hands forming a triangle, like in a front drop.
2. Prime the bed in this position.
3. Push backward with your hands and extend your body to land in the front drop position.
4. Repeat several times in succession: Hands and knees drop-Front drop-Hands and knees drop-etc.

Step 2

Perform the movement as in Step 1. However, do it at twice the speed so as to bring your knees inward, under your hips and out again

without touching your knees on the bed.

Step 3

Perform the movement as in Step 2. Push sideways on the trampoline bed so that your body rotates like the hands of a clock.

Step 4

From a standing position, prime the bed, and then perform a front drop. Push sideways, as in Step 3, and complete a 180-degree turn, finishing in a front drop facing the opposite position.

SEAT DROP-FULL TWIST-SEAT DROP (FULL BARREL ROLL)

1. Perform this as you would a half-barrel roll but keep moving your shoulder in the direction of the twist so that you finish in the seat drop position.
2. During the twist, hands should be placed by your sides, with your body held straight.

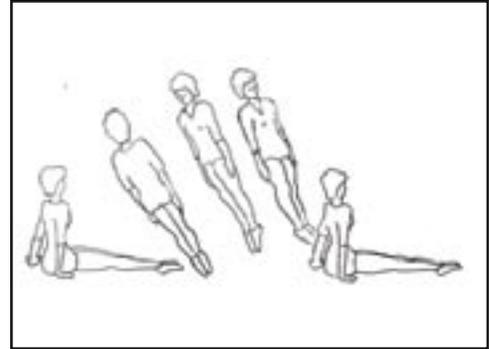


Figure 12: Full barrel roll

Additional Twisting

You can combine a twist with each of the basic landing positions. You can twist after the landing position.

Example: Seat drop – twist-feet

You can add more twists. Remember to practice and perfect the smaller twists before moving on to larger twists.

You can also perform a series of twists.

Example: Swivel hips

Perform several in a row, all twisting in one direction, or alternating directions.

WARRANTY

Springfree Trampoline Aust Pty Ltd
Limited Trampoline Warranty

Warranty Coverage

Springfree Trampoline Aust Pty Ltd warrants its products to be free of defects in material and workmanship under normal domestic recreational use and service conditions. The various component parts of the trampoline are warranted against failure and defects in workmanship as follows:

Steel Frame	10 years
Jumping Mat	2 years
Fiberglass Rods	2 years
FlexiNet	1 year

The warranty in respect of the mat and the enclosure net does not cover normal wear and tear (e.g. stitching wear due to use), burns, cuts or snags. The warranty on the frame does not cover surface rust.

Warranty claims resulting from manufacturing QA defects e.g. cuts in mat, broken cleats, tears in net, missing components etc must be reported within 7 days of the product being assembled at your premises. Warranty claims for these manufacturing QA related defects lodged outside the initial 7 days' use period may be rejected by Springfree Trampoline Aust Pty Ltd.

SPRINGFREE TRAMPOLINE AUST PTY LTD IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR ANY OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUE OR PROFITS, LOSS OF ENJOYMENT OR USE, COST OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES. SOME STATES/TERRITORIES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTY OF MERCHANTABILITY, OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES/TERRITORIES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY THE ABOVE LIMITATION MAY NOT APPLY TO YOU. THIS WARRANTY IS NOT TRANSFERRABLE.

How to Make a Warranty Claim

Please contact Springfree Trampoline Aust Pty Ltd on toll free number 1800 123 204 to lodge a Warranty Claim. If the Warranty Claim is accepted, then:

1. Carefully package and return the defective part to Springfree Trampoline Aust Pty Ltd, P O Box 8259, Maroochydore 4558 via economy mail (Freight Collect) listing a Serial No;
2. Following receipt of the defective part, Springfree Trampoline Aust Pty Ltd will either repair or replace the defective part and return to your nominated delivery address. Freight charges to be paid by Springfree Trampoline Aust Pty Ltd;
3. At its sole discretion, Springfree Trampoline Aust Pty Ltd may agree to ship a warranty replacement part prior to receipt of the defective part. To assist in this regard emailed photographs of the defective part/s can be helpful in assessing the claim.

This warranty gives you specific rights. You may also have other rights, which vary, from one state or territory to another.

SPRINGFREE WORLDWIDE AUTHORIZED SERVICE CONTACTS

North America

Springfree Trampoline
7100 Warden Avenue, Unit 3
Markham, Ontario, Canada L3R 8B5

Email: sales@springfreetrampoline.com
Website: www.springfreetrampoline.com

Toll free: 1-866-899-7370
Fax: 1-905-948-0016

Australia

Springfree Trampoline Aust Pty Ltd.
ABN 98108865890
11/76 Wiseman Road
PO Box 8259
Maroochydore, QLD 4558
Australia

Email: sales@springfreetrampoline.com.au
Website: www.springfreetrampoline.com.au

Toll free: 1-800-123-204

New Zealand

Supertramps Trampolines
37 Oxford Street, PO Box 1063
Levin, New Zealand

Email: enquiries@trampolines.co.nz
Website: www.trampolines.co.nz

Toll free: 0-800-501-115
Phone: 06-368-3960
Fax: 06-368-0134

If you require service on a Springfree™ product and your territory is not included in this list, then contact us via one of our registered e-mail addresses above.

SPRINGFREE TRAMPOLINE MATERIALS AUTHORIZATION FORM

Please complete this form and forward it to Springfree Trampoline or your retailer when requesting product warranty assistance.

Contact details

Please enter your complete contact details to accelerate the warranty claim process.

First name*

Last name*

Apt.

Street and number*

City*

State*

Zip/Postal code*

Phone number*

Email address*

Purchase details

In addition to the information below, **please attach a copy of your receipt, packing slip, or credit card statement.**

Place of purchase*

Date of purchase*

Warranty claim details

Please tick the component(s) for which the warranty claim is being made.

- | | | |
|--------------------------------------|--|--|
| <input type="checkbox"/> Steel frame | <input type="checkbox"/> Fibreglass rod | <input type="checkbox"/> Horizontal enclosure pole |
| <input type="checkbox"/> Leg member | <input type="checkbox"/> Enclosure net | |
| <input type="checkbox"/> Jumping mat | <input type="checkbox"/> Enclosure rod or joiner | |

Please describe briefly the component fault and what you think caused it:*

* Required field

† SpringFree Trampoline Authorized Service Centers are listed in the rear of this manual.

