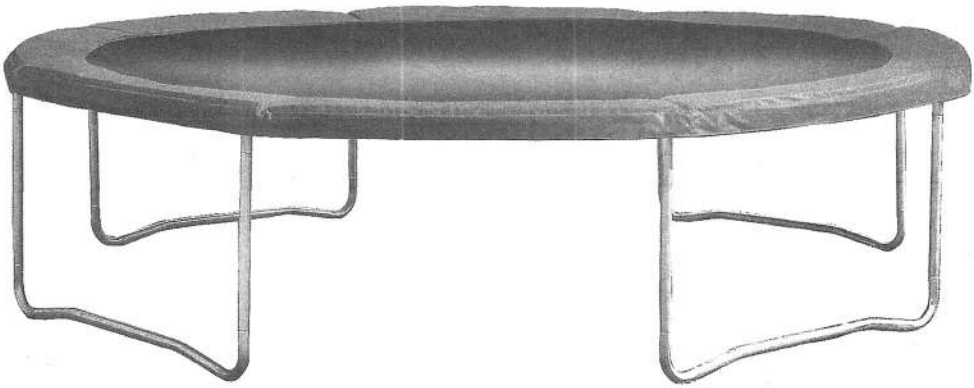
orbit.

USER MANUAL

(TRAMPOLINE)



TRAMPOLINE SIZE:

- ☐ 8 ft/244cm
- ☐ 10ft/305cm
- ☐ 12ft/366cm
- ☒ 14ft/427cm

LEGS QUANTITY:

- ☐ 3 legs
- ☒ 4 legs

Spring QUANTITY:

☐ 48 ☐ 56 ☐ 72 ☒ 88

IN CASE OF MISSING OR BROKEN PARTS, PLEASE CONTACT PLACE OF PURCHACE FOR ASSISTANCE

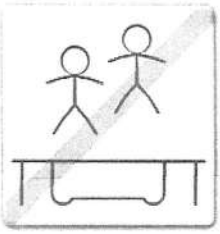
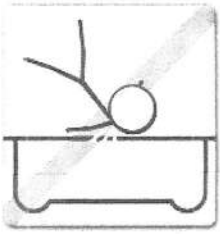
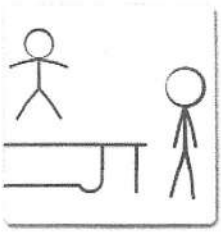
Warning: We are not liable for any injuries that may occur when using the trampoline.

MAXIMUM USER WEIGHT 8ft:	MAXIMUM USER WEIGHT 10ft, 12ft 14ft:
75 KG.	100 KG.

GENERAL SAFETY INSTRUCTIONS

Before you start using your trampoline: Read and understand all information provided to you in this manual. As with all physical sports and activities there is the risk of participants receiving an injury. To ensure your future enjoyment and the prevention of injury, be sure to follow appropriate safety rules and tips.

- Always consult a doctor/physician before performing any kind of physical activity.
- Always check your trampoline before use. Paying specific attention to all the bolts, jump mat and pads position. Do not use the trampoline if any parts are missing or if they show wear and tear.
- Always use the provided safety enclosure when using the trampoline
- Always ensure that the trampoline is used by one person at a time.
- Always ensure that whenever the trampoline is used by anyone at any skill level, to do so under supervision.
- Stop exercising immediately should you feel unwell or if you feel pain in your joints and muscles. Dizziness is a sign of fatigue and you should stop bouncing and lay down on the ground should you feel dizzy.
- When using this trampoline ensure that appropriate clothing is worn, preferably sports wear and socks. NEVER WEAR SHOES ON THE MAT!
- Please be warned that the trampoline is spring based and will allow the user to jump to a greater height than that on the ground, so please bear this in mind and ensure that you are comfortable bouncing at low heights first.
- Proper assembly, care and maintenance of product, safety tips, warnings, and proper techniques for jumping on your trampoline are included in this manual for your safety and an extended product life span. All users and supervisors should therefore familiarize themselves with these instructions. Anybody who chooses to use the trampoline must be aware of their own limitations with regards to performing skills on this trampoline.
- The safety enclosure is there to prevent the user falling off the trampoline, and is not to be jumped into unnecessarily.
- Trampoline should be assembled on grass or BSI approved safety matting.

INFORMATION ON THE USE OF THE TRAMPOLINE:

- INITIALLY, you should get accustomed to your trampoline and understand how much spring is in each bounce .The focus at this point should be body position and technique until each skill can be completed with ease and control.



- BEFORE YOU TRY TO JUMP TOO HIGH the technique for stopping should be learnt as this will help prevent injury should you feel you are jumping out of control.
- As the user lands on the bed knees should be bent so that they stop and absorb the spring in the mat.The position is shown in the image to the left. Arms are held out for increased level of balance.
- This skill is used when the trampoline user wishes to stop bouncing on the trampoline due to fatigue, loss of control, etc.



SOMERSAULTS (FLIPS): DO NOT PERFORM somersaults of any type (backwards or forwards)on this trampoline.If you make a mistake when trying to perform a somersault, you could land on your head or neck. This will increase your chances of your neck or back being broken, which could result in death or paralysis.



FOREIGN OBJECTS : DO NOT use the trampoline if there are pets ,other people, or any objects underneath the trampoline. This will increase the chances of an injury occurring. DO NOT hold any foreign objects in your hand and DO NOT place any objects on the trampoline while in use. DO NOT place the trampoline under over-hanging objects like tree branches, wires, etc as these will increase your chances of being injured.



POOR MAINTENANCE OF TRAMPOLINE: A trampoline in poor condition will increase your risk of being injured. Please inspect the trampoline before each use for bent steel tubes, torn mat, loose or broken springs and overall stability of the trampoline.

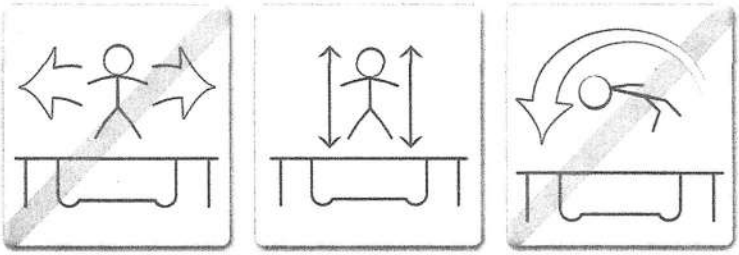


WEATHER CONDITIONS: Please be aware of the weather conditions when using the trampoline. If the mat of the trampoline is wet, the user could slip and injure himself / herself. If it is too windy, the user could lose control.



RESTRICTING ACCESS: When the trampoline is not in use, always store the access ladder in a secure place so that unsupervised children can not play on the trampoline.

TIPS TO REDUCE THE RISK OF ACCIDENTS:



In order to reduce the risk of accidents the "TRAMPOLINE USER" should:

- Always remain in control of their jumps and body position at all times.
- Not attempt to perform skills that are beyond their own level of competence.
- Always control their jump by taking off and landing in the middle of the trampoline.
- Always jump vertically and refrain from bouncing towards the springs in any direction.
- Always consult a professional certified trampoline instructor before attempting anything beyond basic techniques.

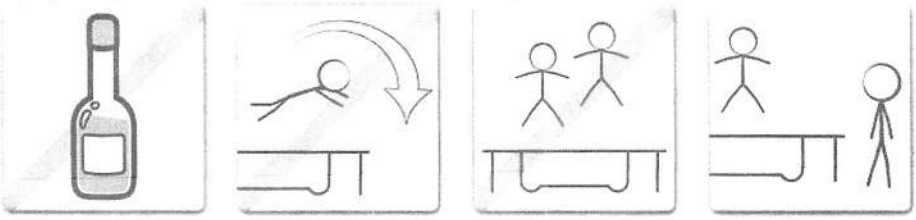
In order to reduce the risk of accidents the "SUPERVISOR" should:

- Fully understand and enforce all the safety rules and guidelines.
- Advise the trampoline user and provide knowledge in what they are doing right and wrong to ensure the safety of the trampoline user.
- Be aware and advise the trampoline user of all the safety warnings.

IMPORTANT: If the Trampoline can not be supervised there should be a method for securing it and preventing anyone from using the product until supervision is available.

TRAMPOLINE SAFETY INSTRUCTIONS:

ADVISORY PRECAUTIONS WHILST USING THE TRAMPOLINE



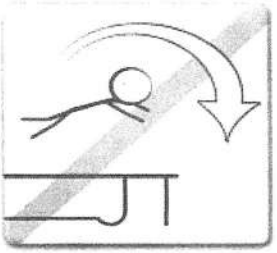
- Do not use the trampoline if you have consumed alcohol or narcotic substances.
- You should climb on and off the trampoline in a controlled and careful manner. Never jump onto or off the trampoline and never use the trampoline as a means to bounce onto or into another object.
- Always learn the basic bounce and master each type of bounce before trying more difficult types of bounces. Review the basic skills section to learn how to do the basics.
- To stop your bounce, flex your knees when you land on your feet.
- Always be in control when you are bouncing on the trampoline. A controlled jump is when you land at the same spot that you took off from. If at any time you feel out of control, stop bouncing immediately.
- Do not jump or bounce for prolonged periods of time or too high for a number of jumps. Keep your eyes on the mat to maintain control. If you do not, you could lose your balance.
- Never have more than 1 person on the trampoline at any one time.

ADVISORY PRECAUTIONS WHILST SUPERVISING THE TRAMPOLINE

IMPORTANT: Familiarize yourself with the basic jumps and safety rules .To prevent and reduce the risk of injuries, ensure that all safety rules are enforced and the new users learn the basic bounces before trying more advanced techniques .

- ALL USERS need to be supervised, regardless of skill level or age.
- Never use the trampoline when it is wet, damaged, dirty or wore out. The trampoline should be inspected before use.
- Keep all objects that could interfere during use away from the trampoline at all times. Be aware of what is overhead, underneath and around the trampoline.
- To prevent unsupervised and unauthorized use, the trampoline should be secured at all time.

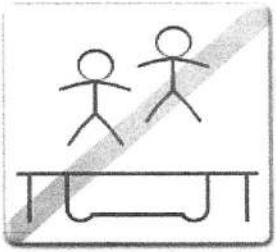
ACCIDENT CLASSIFICATION & IDENTIFICATION:



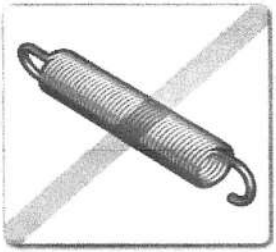
MOUNTING AND DISMOUNTING:
Be very careful when getting on and off the trampoline. DO NOT mount the trampoline by grabbing the frame pad, stepping onto the springs or by jumping onto the mat of the trampoline from an object (eg. A deck, roof, or ladder). This is considered highly dangerous! DO NOT dismount by jumping off the trampoline and landing on the ground. If small children are playing on the trampoline, they may need help in mounting and dismounting.



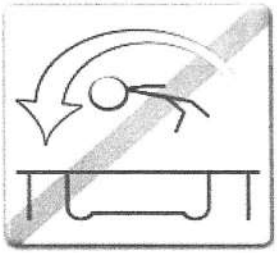
USE OF ALCOHOL OR DRUGS:
DO NOT consume any alcohol or take any drugs (this includes medication that could affect the users co-ordination) when using this trampoline. This is considered highly dangerous since these foreign substances impair your judgements, reaction time and overall physical co-ordination.



MULTIPLE USERS:
If you have multiple users (more than one person on the trampoline at any one time), you increase the chance of being injured. Injuries can occur when you fly off the trampoline, lose control, collide with other jumper(s), or land on the springs .



STRIKING THE SPRING FRAME:
When playing on the trampoline, STAY in the centre of the trampoline mat. This will reduce the risk of being injured by landing on the spring frame. Always keep the frame pads covering the frame of the trampoline.
DO NOT jump or step onto the frame pad directly since it is not intended to support the weight of a person.

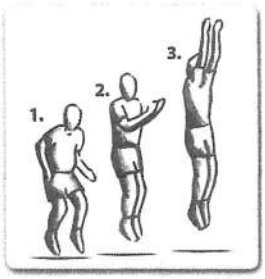


LOSS OF CONTROL:
DO NOT try difficult maneuvres until you have mastered the basics. If you do not follow these guidelines, you increase the risk of someone being injured.

TRAMPOLINE TECHNIQUES:

BASIC SKILLS

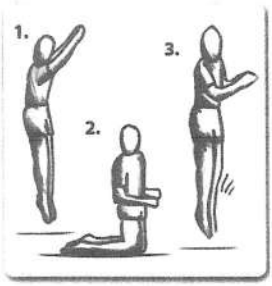
BASIC SKILL 1: The basic bounce



- Start from a standing position, with feet shoulder width apart, head up and eyes on the trampoline bed.
- Swing arms forward and up above head in a circular motion.
- Bring legs and feet together in "mid-air" position and point toes.
- Land back on the mat with feet shoulder width apart (same as start position).
- Why not try moving onto the next skill once comfortable and proficient.

BASIC SKILL 2: The knee drop

- Start with a low basic bounce (as detailed in BASIC SKILL 1).
- Land on knees shoulder width apart, keeping back straight and a strong body position using arms out to the side or in front to maintain balance.
- Bounce back to basic bounce position by using bounce momentum and swinging arms above head.
- Once mastered at this height try bouncing a little higher, but remember to always stay in control of your height.



BASIC SKILL 3: The seat drop



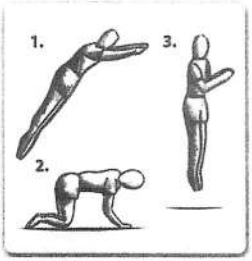
- Start with a low basic bounce (BASIC SKILL 1) in the normal position.
- Land with legs out straight in front of you, with hands either side of your hips and back straight in a strong body position.
- Use the bounce momentum aided with a push from hands to return to a standing position.
- Once mastered at this height try bouncing a little higher, but remember to always stay in control of your height.

IMPORTANT: Please consult a trained trampoline instructor before attempting any more advanced skills to ensure highest possible safety levels are maintained.

TRAMPOLINE TECHNIQUES:

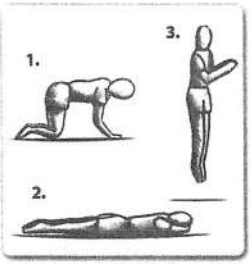
ADVANCED SKILLS

ADVANCED SKILL 1: The basic bounce



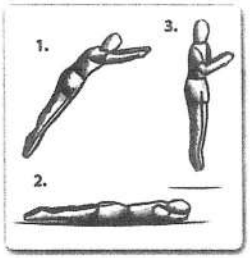
- Start with a low basic bounce (BASIC SKILL1) in the normal position.
- Land on your hands and knees at the same time, ensure that your back is horizontal when bouncing the mat and hands & legs are shoulder width apart.
- Use the momentum of bounce and push off hands to regain the standing position.
- Once mastered at this height try bouncing a little higher, but remember to always stay in control of your height.
- Try moving onto the next skill once comfortable and proficient.

ADVANCED SKILL 2: Hands and knees to front drop



- Land on your hands and knees at the same time, ensure the back is horizontal to the bounce mat and hands & legs are shoulder width apart also.
- Maintain strong body position with back horizontal to mat and straighten legs behind and fold arms in front of face in mid-air ready to land on the mat in a lying down position.
- Ensure the landing is done with all of body touching the mat at same time.
- Push off hands and recover the standing position.
- Once mastered at this height try bouncing a little higher, but remember to always stay in control of your height .Trying moving onto the next skill once comfortable and proficient.

ADVANCED SKILL 3: The front drop



- Start with a low basic bounce (BASIC SKILL 1) in the normal position.
- Maintain a strong body position with back horizontal to mat and straighten legs behind and fold arms in front of face in mid-air ready to land on the mat in a lying down position.
- Ensure the landing is done with all of the body touching the mat at the same time.
- Push off hands and recover the standing position.
- Once mastered at this height try bouncing a little higher, but remember to always stay in control of your height.

IMPORTANT: Should you wish to progress any further and learn more advanced techniques for trampoline, please consult a qualified and registered instructor.

TRAMPOLINE ASSEMBLY:

STEP BY STEP INSTRUCTIONS:

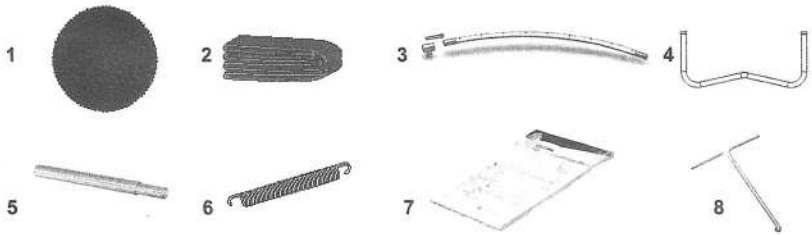
ASSEMBLY BY ADULTS ONLY!

- All you need to assemble this trampoline is our special spring loading tool provided with this product.
- During periods of non-use this trampoline can be easily disassembled and stored.
- Please read the assembly instructions before beginning to assemble the product.
- Please refer to the table for part descriptions and numbers. Use these descriptions and numbers as reference .
- Make sure that all parts listed are present. If you are missing any parts, please contact place of purchase.
- Please use gloves to protect your hands from pinch points during assembly. When you are ready to start, make sure that you have plenty of space and a clean dry area for assembly.

PARTS LIST:

TRAMPOLINES WITH 3 OR 4 LEGS:

Ref. No.	Description	Unit	8ft	10ft	12ft	14ft
1	Trampoline mat stitched with V rings	Pcs	1	1	1	1
2	Frame pad	Pcs	1	1	1	1
3	Top rail with leg sockets	Pcs	6	8	8	8
4	Leg base	Pcs	3	4	4	4
5	Vertical leg extension	Pcs	6	8	8	8
6	Springs	Pcs	Please check the instruction cover			
7	Safety instruction manual	Pcs	1	1	1	1
8	Spring loading tool	Pcs	1	1	1	1

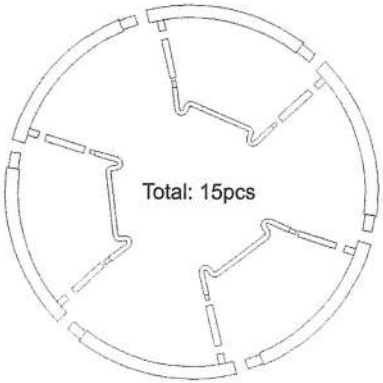


The above specifications, product features and equipment might be changed without further notice due to availablity of parts or due to changes in the specifications.

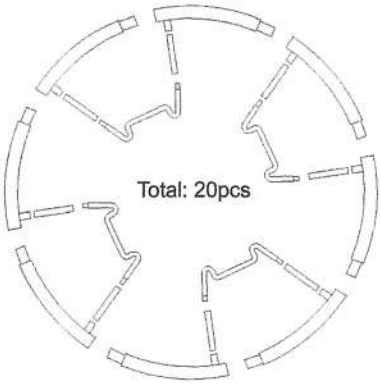
FRAME LAYOUT:

Use the parts lists to identify each part and to make sure that all parts are present. Check which trampoline size you have purchased and lay all parts on the floor according to one of the below pictures which matches your trampoline size.
All the "Top rails with leg sockets" are universal parts and can only be connected together in one way. To connect the parts, simply slide the thinner end of the tubing into the adjacent section with the larger opening. These joints are called "connector points".

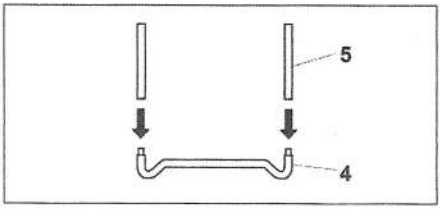
8ft Trampoline (3 legs)



10ft, 12ft, 14ft Trampoline (4 legs)

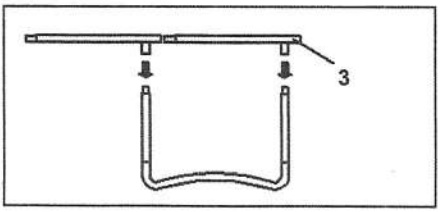


STEP 1: Support assembly



Slide all Vertical Leg Extensions(5) into the Leg Base(4) as shown.

STEP 2: Top Rail Assembly



Two people will be necessary at this point to assemble the trampoline. One person lifts the support assembly from step 1 to a standing (vertical) position and inserts one of the sockets of the top rail with sockets (3) into the vertical leg extension portion of the support assembly. The other person holds the other end and inserts that portion into the other support assembly as shown. You should now have 2 support assemblies held together by 2 top rails with sockets.

STEP 3: Frame assembly

After STEP 2 has been finished all tubes will be like figure 5. Now the complete frame can be built according to figure 6. (Two adults required for this step)

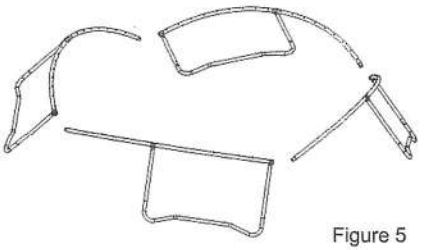


Figure 5

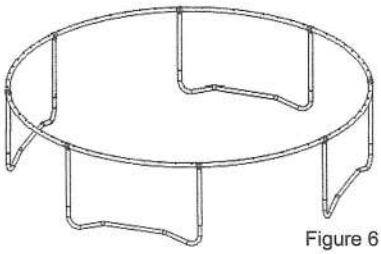
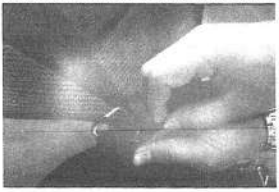


Figure 6

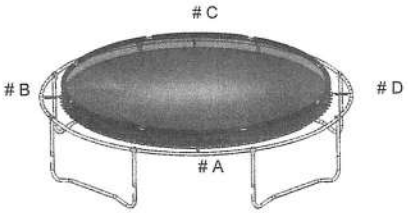
STEP 4: Trampoline mat assembly

Note: The mat already fixed togeter with the net. In case the V ring loose out from the hole, which under the net. Please take care when move the mat and net.

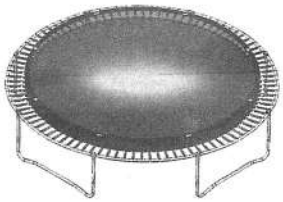


If the V ring loose out from the hole, please fix it in this way.

The hole for the net directly below the zipper entrance connects to the V ring must be in the the middle of the frame sections (#A). Otherwise it will not line up properly when attaching the net to the top of the poles.

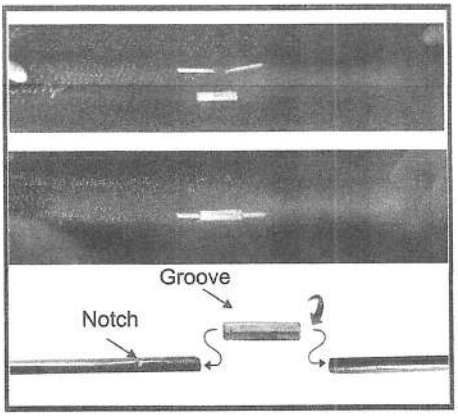


Each triangle go through a hole under the net from #A #B #C to #D. Meanwhile, each spring one ends connects to the triangle and the other end needs to be fixed to the frame hole.



Finally all the springs were fixed as below:

STEP4: Metal rods on top of net assembly



Attention: Side with "groove" in nut needs to be connected with "notch" side in steel rod.

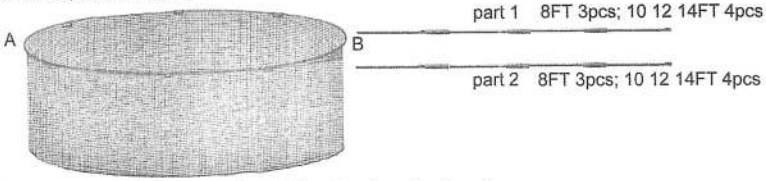
Put correct ends into the metal connector together

Turn "Anti clockwise "
to tighten and join the metal rods.

While guiding the steel rods (10) through the "tunnel", connect each of the steel rods with Connection Nut (7) until a full circle has formed. The metal nut can be fastened by hand or with help of a wrench (11).

For a easy fix, we suggest connect 3 or 4pcs rods as part 1 and another 3 or 4pcs rods as part 2. After fixing two long rods into the net sleeve, then join them together at two ends.

Joints at point A and B:

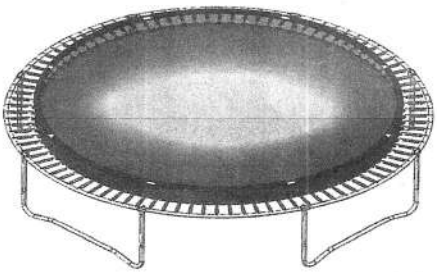


For this, we suggest that two people work together to make it easier.
If one person stands either end of the rods (A and B) and then pushes the rods towards each other to form the circle.



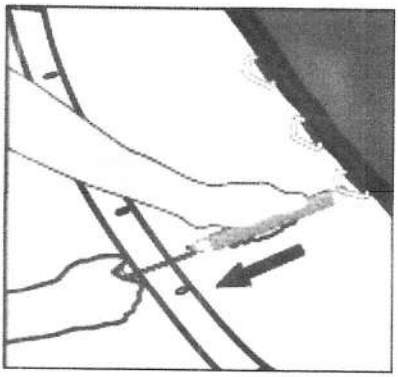
Joints at point A and B:

Put the finished net on the trampoline. Next step is fixing the pad.

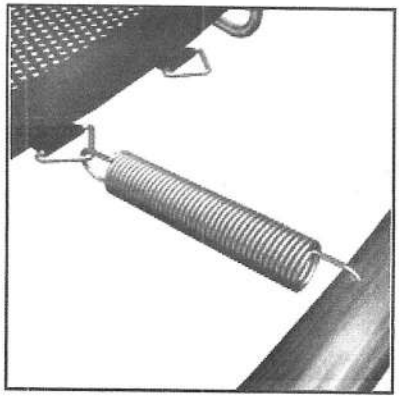


How to use the Spring loading tools

Firstly hang one side of the spring on the triangle attached to the "Trampoline Mat" and use the "spring loading tool" to hook the other side of the spring to the frame (As shown in the image to the right) .



Pull the "Spring Loading Tool" until the spring hook inserts the hole on the "trampoline frame" and disengage the "Spring Loading Tool" leaving the "Spring" in place. Repeat this process for all springs .



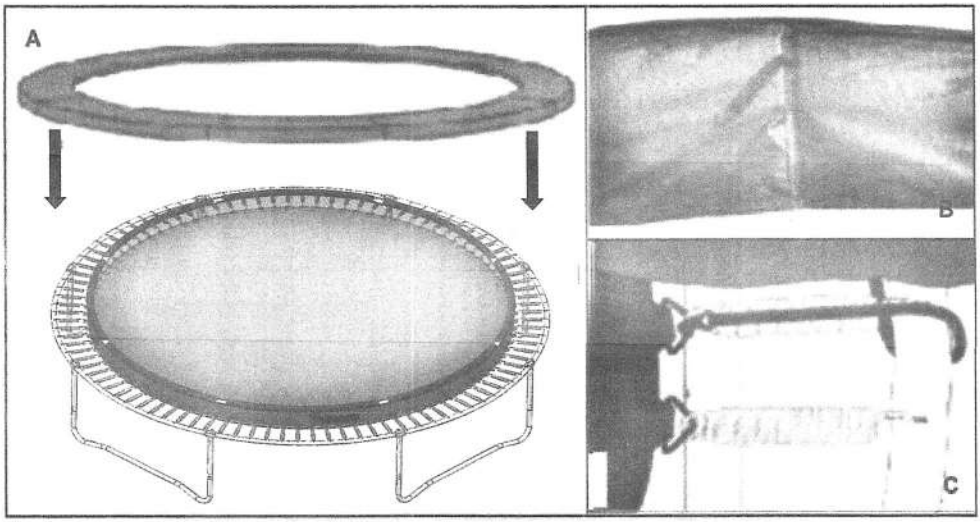
WARNING!! : Please be careful where your hands and other parts of the body are placed as the connector points and spring attachments can create hand or body traps.

STEP 8: Frame pad assembly

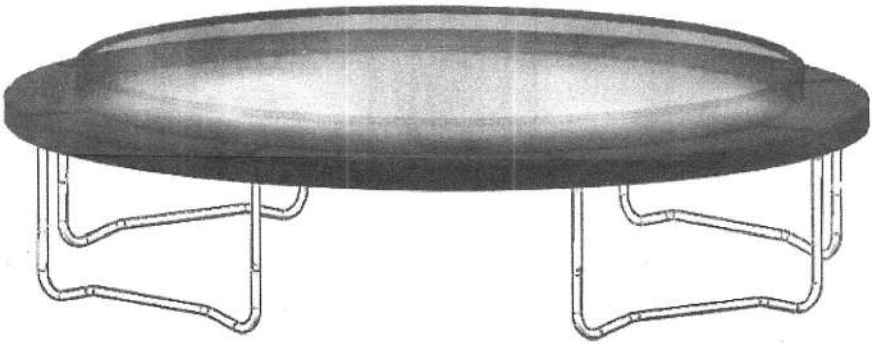
A.
Lay the frame pad over the trampoline so that the springs and the steel frame are covered. Please ensure that the frame pad covers all metal parts.

B.
Tie the straps located at the bottom side of the frame pad to the frame.

C.
Showing the way how to fix the pad to the frame.



Padding fixed as following:



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 withhold a certain amount of weight and use. Please make sure that only one person at any one time uses the trampoline. Also, the person should weigh less than 100kgs (8ft 50kgs). 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:

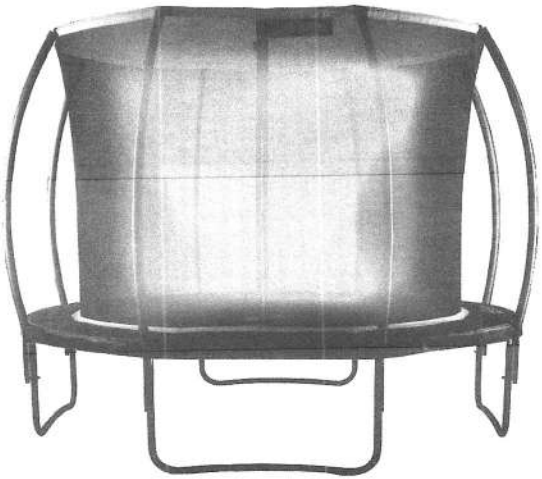
If you need to move the trampoline, two people should be used. All connector points should be wrapped secured with weather resistant tape, such as duct tape. This will keep the frame intact during the move and prevent the connector points from dislocating and separating. When moving, lift the trampoline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

Orbit

USER MANUAL

(SAFETY NET)

Telstar TRAMPOLINES



READ THIS FIRST!!!

Adult supervision:

- Adult assembly required.
- Adult supervision required for children using Safety net.

Protect Children:

- Prevent falls and strangulation. Exit through the door only and use caution.
- Assist children in and out of Safety net.

IN CASE OF MISSING OR BROKEN PARTS, PLEASE CONTACT PLACE OF PURCHACE FOR ASSISTANCE

Warning: We are not liable for any injuries that may occur when using the safety net.

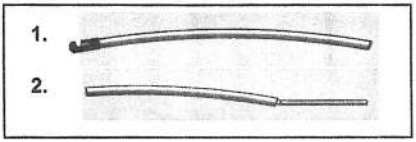
ASSEMBLY INSTRUCTIONS FOR SAFETY NET

PARTS LIST:

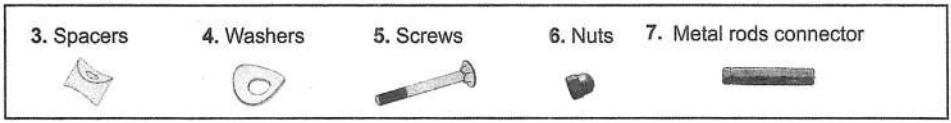
TRAMPOLINES WITH 3 OR 4 LEGS:

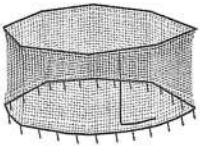
Ref. No.	Description	Unit	8	10/12//14ft
1	Steel tubes with foam protection	Pcs	6	8
2	Steel tubes with foam protection	Pcs	6	8
3	Spacers	Pcs	12	16
4	Washers	Pcs	12	16
5	Screws	Pcs	12	16
6	Nuts	Pcs	12	16
7	Metal rods connector	Pcs	6	8/10/10
8	Safety net	Pcs	1	1
9	Metal rods of top of net	Pcs	6	8/10/10
10	Oval washer	Pcs	6	8
11	Wrench	Pcs	1	1

TUBE:



OTHERS:

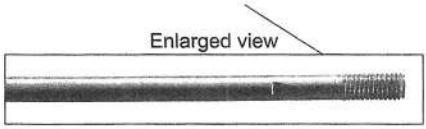






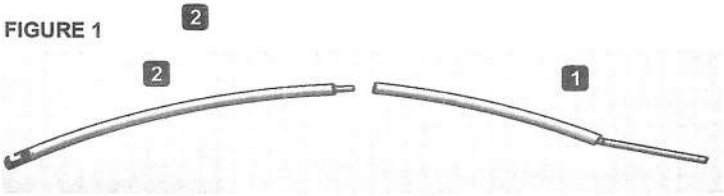


9. Metal rods on top of net



STEP 1:
Connect 2 sections of steel tubes with foam protection together as shown in figure 1.

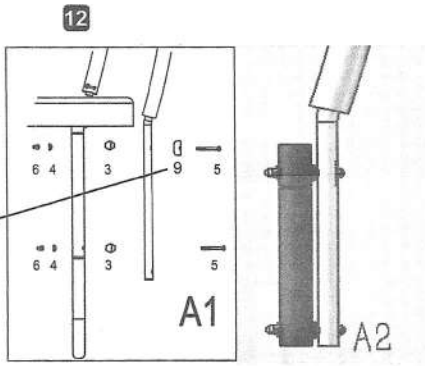
FIGURE 1



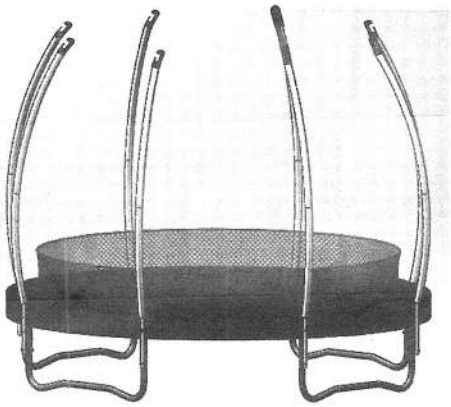
STEP 2:
Fix the steel bottom tubes 12 to the base of the trampoline (See A1 and A2).
The steel bottom poles must be fixed to the base of the trampoline with the angled facing outwards, away from the trampoline

Fixing bottom tubes onto the trampoline legs with two screw sets for each bottom tube. (2 bolts, spacers and nuts). Tighten the bolts firmly.

Note:
The oval washer (9) needs to be placed onto the bolt for the top hole please diagram A1.



Fixing the net pole as show in this picture.



NET ASSEMBLY:

STEP 5:

Fix the metal ring into the plastic caps, which fixed on top of the net poles.

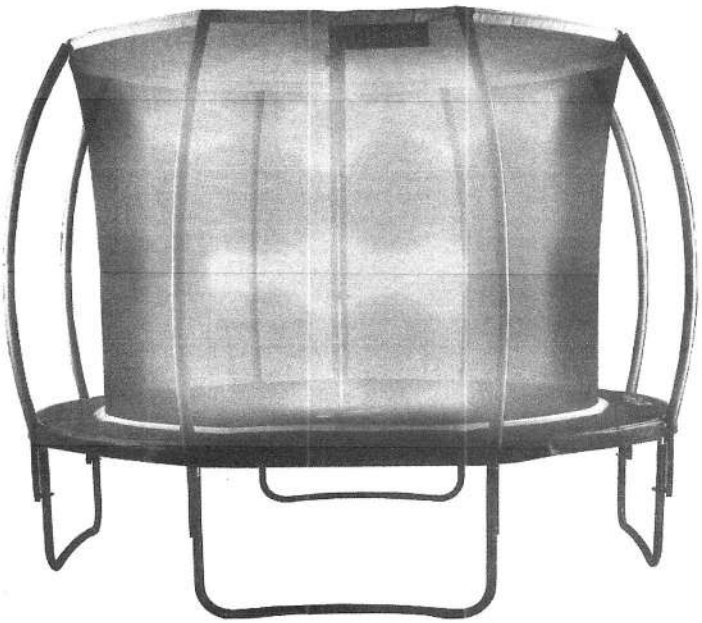
Please note that the metal rod should sit in the plastic cap, not the metal connector .

You may need to feed the rod through the sleeve to achieve this.



FIGURE 4

FINISHED PRODUCT:



IMPORTANT!!

For your safety, make sure to securely fasten enclosure entrance prior to using the trampoline.

CARE AND MAINTENANCE:

This trampoline was designed and manufactured with quality materials and craftsmanship. With proper care and maintenance, it will provide all jumpers with years of exercise, fun, and enjoyment. Please follow the guidelines below:

This trampoline is designed to withstand a specific weight and usage. Ensure only one person uses the trampoline at any one time. Persons over 120kg should not use the trampoline. Jumpers should wear socks, gymnastics shoes, or be barefoot when using the trampoline. Street shoes or tennis shoes should NOT be worn while using the trampoline. To limit damage do not allow pets onto the mat. Jumpers should remove all sharp objects from their person prior to using the trampoline. All sharp or pointed objects should be kept off the trampoline mat at all times.

Always inspect the trampoline before each use for worn, damaged or missing parts.
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 RECTIFIED.

WINDY CONDITIONS

In severe wind conditions, the trampoline can be blown about. If you expect windy weather conditions, the trampoline should be moved to a sheltered area.
During windy conditions it is advised that the enclosure net is dropped to the trampilin mat as it could potentally cause damage to the trampoline.

MOVING THE TRAMPOLINE

When moving the trampoline, you will require the assistance of another adult. All connector points should be wrapped securely 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. After any move please conduct a full safety inspection.