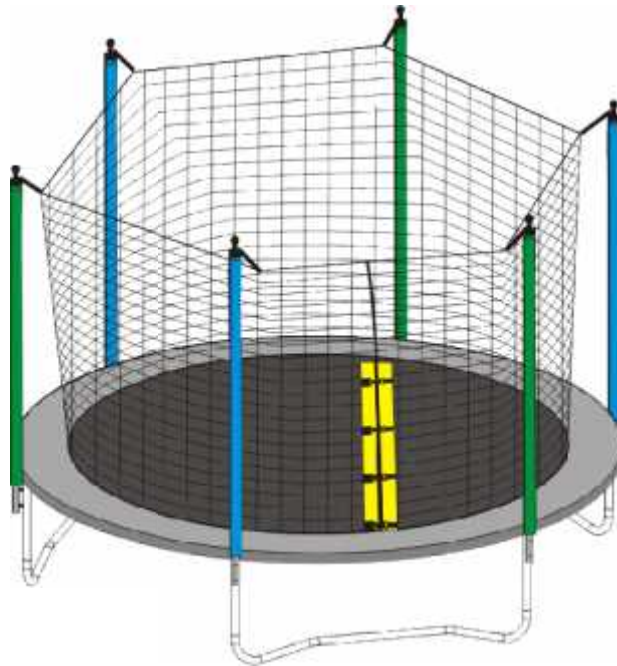




Round Skyhigh Trampoline & Enclosure combo

Assembly Instructions



- ☐ 8'(244 cm) Trampoline
- ☐ 10'(305 cm) Trampoline
- ☐ 12'(244 cm) Trampoline
- ☐ 14'(305 cm) Trampoline

- ☐ 3 Legs
- ☐ 4 Legs

Spring ☐ 42 ☐ 54 ☐ 64 ☐ 80

Skyhigh

READ THIS FIRST!!!

Thank you for purchasing a Round Skyhigh
Trampoline & Enclosure package

**IN CASE OF MISSING OR BROKEN
PARTS, PLEASE CONTACT PLACE OF
PURCHASE FOR ASSISTANCE.**



Trampoline Assembly Instructions

Firstly find a suitable location for the trampoline to be situated:

1. Ensure adequate overhead clearance. A minimum of 26ft (8 meters) from ground level is recommended e.g wires, tree branches etc.
2. Ensure adequate lateral clearance. Place the trampoline away from walls, structures, fences, swimming pools and other play areas or equipment. It is recommended to maintain a clear space all around the trampoline.
3. Make sure the trampoline is on a level surface before use.
4. It is recommended to use the trampoline in a well lit area.
5. It is recommended to secure the trampoline against unauthorized and unsupervised use.
6. Remove any obstructions from underneath the trampoline.
7. The owner and supervisors of the trampoline are responsible for ensuring all users are aware of safe use of the trampoline.

Assembly of the trampoline should only be done by an adult and we recommend 2 people to do it.

During periods of non use the trampoline can be easily disassembled and stored away.

Please refer to the table for part descriptions and numbers. The assembly instruction use these descriptions and numbers as reference.

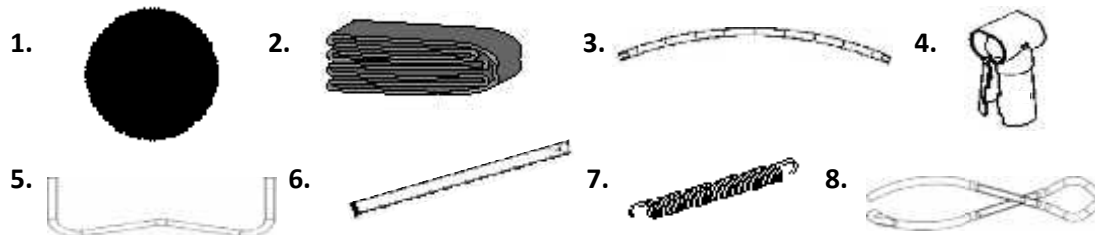
It is best to use gloves to protect your hands from pinch points during assembly.

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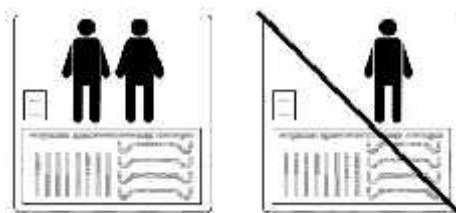
Parts List:

Reference Number	Part Number	Description	8'	10'	12'	14'
1	TR800	Trampoline Mat, stitched with V-Rings	1	1	1	1
2	TR801	Frame Pad	1	1	1	1
3	TR802	Top Rail	6	6 or 8	8	8
4	TR803	T shape section	6	6 or 8	8	8
5	TR804	Leg Base	3	3 or 4	4	4
6	TR805	Vertical leg extension	0 or 6	6 or 8	8	8
7	TR806	Springs	Please check front page			
8	TR807	Safety instruction Placard	1	1	1	1
9	TR808	Spring Loading Tool	1	1	1	1

DIAGRAMS OF PARTS:



Enclosed in this manual are the current specifications and product features available at time of printing, however, changes may be made in equipment, availability, specifications and features without notice.

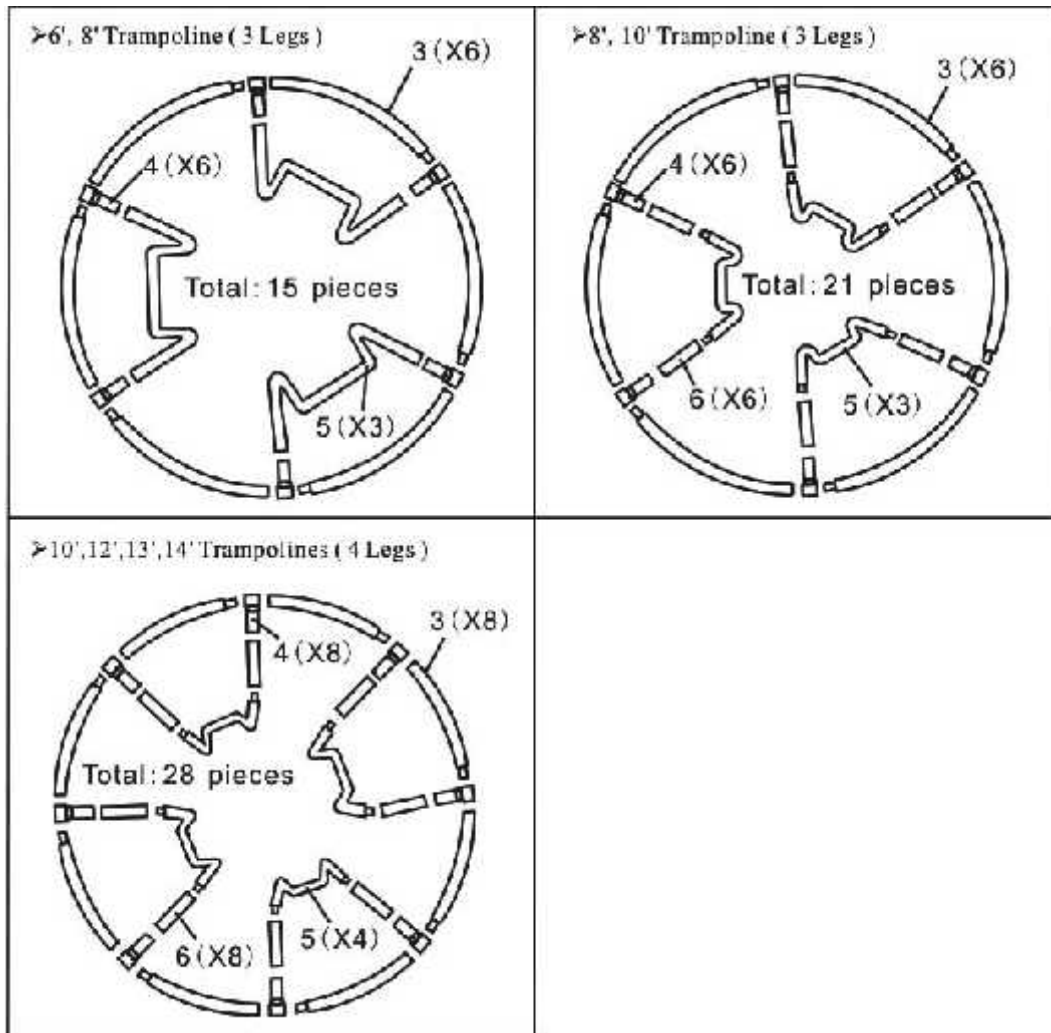


TWO PEOPLE ARE REQUIRED TO ASSEMBLE THIS TRAMPOLINE. PLEASE REMEMBER TO WEAR GLOVES DURING ASSEMBLY TO AVOID PINCHING.



STEP 1 - ASSEMBLING THE MAIN FRAME

Check that you have all the parts required using the relevant illustrations below. All parts with the same part # are interchangeable and do not have “right” or “left” orientation, To connect the parts, simply slide a section of tubing into the adjacent section. These joints are called “T shape section”



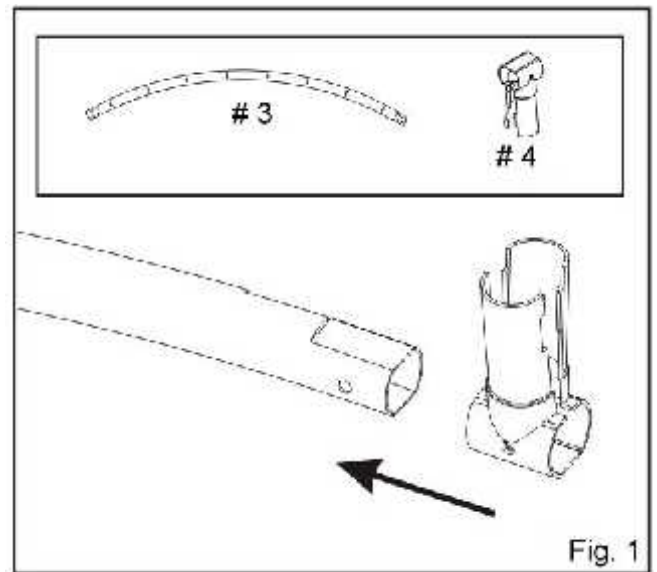
WARNING



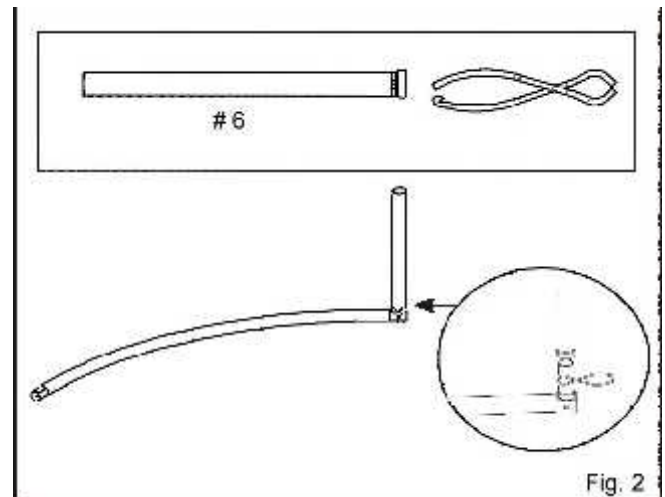
IMPORTANT - It is essential that the intended site for this trampoline is completely flat and level. If the ground is un-level this will cause movement in the frame and could cause stress on the joined sections.

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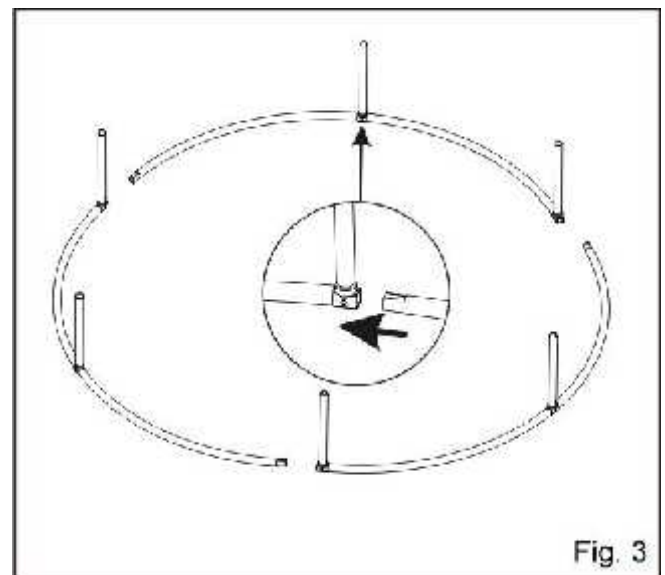
1. Insert one T-section (part 4) into one end of each top rail section (part 3). Ensure the hole in the T-section matches the hole in the rail. Use a rubber mallet if necessary. Use the spring hook tool to help spread the T-section if required. Repeat for the other T-sections, but do not connect the top rail sections together as yet.



2. Fit the leg tubes (part 6) onto the T-sections using the spring hook tool to compress the T-section. please note the orientation of the leg tubes is important. The T-sections must be fitted to the wider end of the leg tubes. Take care not to pinch your fingers when compressing the T-sections.

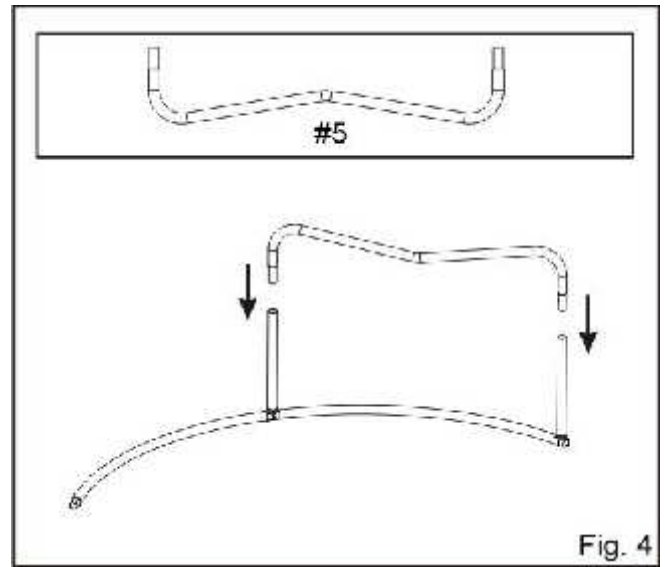


3. Connect 2 top rail sections together. Repeat for the other top rail sections as shown in Fig 3.

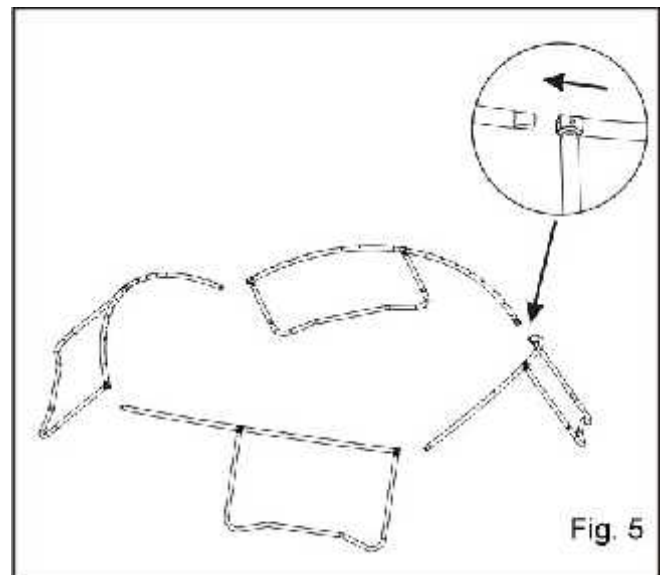


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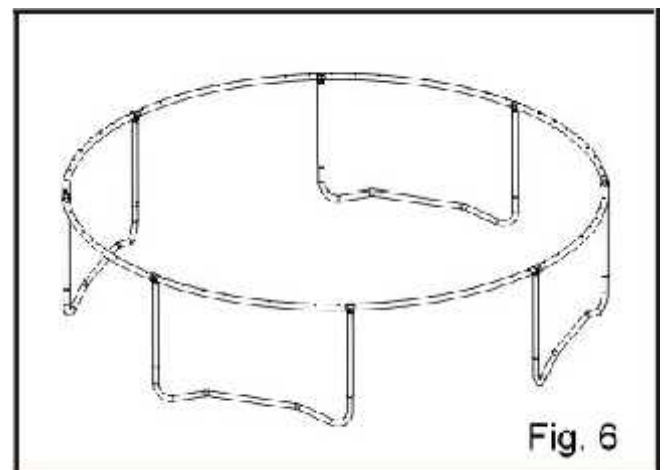
4. Fit the W-shape tube (part 5) onto the leg tubes (part 6) as shown in Fig.4
Make sure they lock into place. Fit the remaining tubes (part 5)



5. Turn over the 4 sub-assembled sections and connect them together. Note that at this stage the sections can still be parted. The assembly will become rigid only when the trampoline mat is attached.



6. The completed frame should look like Fig.6

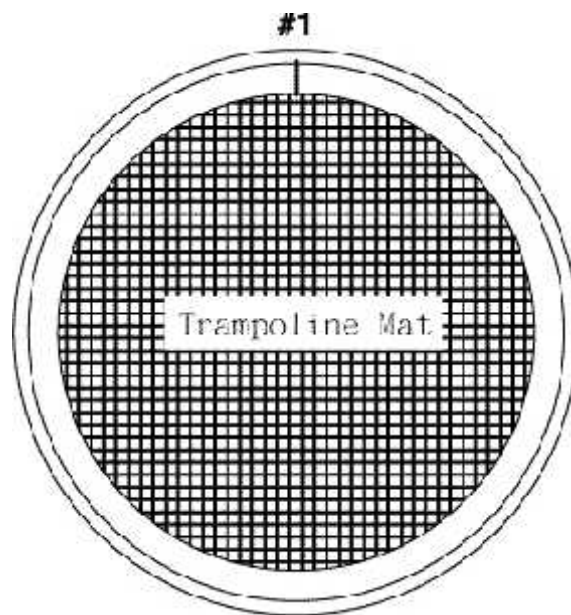


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Step 2 - Trampoline Mat (Bed) Assembly

Take care when attaching the springs to the trampoline mat. You will need 2 people to complete this part of the assembly. ATTENTION when attaching the springs, the connector points can pinch as the trampoline mat stretches the springs and tightens.

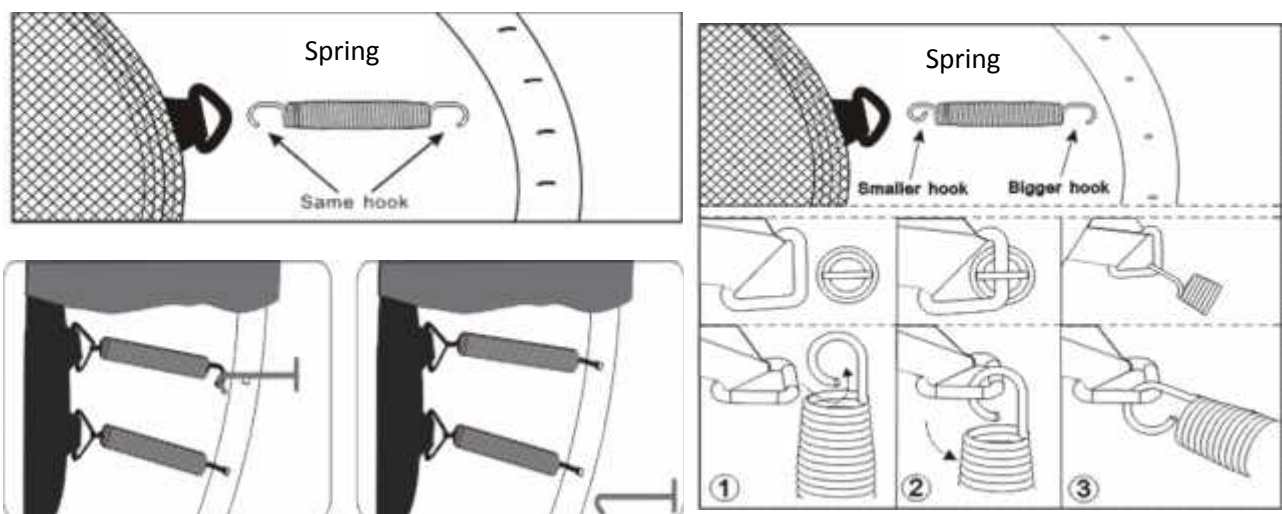
1. Lay out the trampoline mat (part 1) inside the ready built frame (the white cross and safety labels should be facing upwards)



2. How to use the spring tool:

Step 1: Position the spring on the edge of the jumping mat (select your spring type A or B). Attach tool and link up to the spring hook with the hook end of the tool.

Step 2: Pull the tool and attach the spring hook up to the frame. (see below)



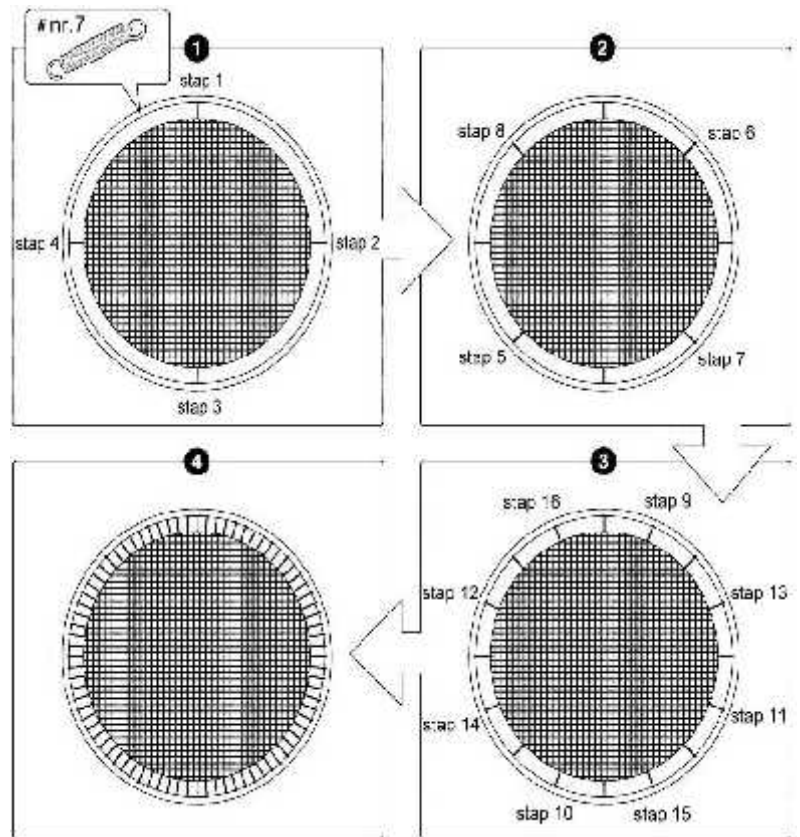
3. Attaching the springs:

The following figures tell you how to connect the springs most easily and tighten the trampoline mat as evenly as possible.

D. Choose a starting point on the frame of the trampoline. Use the clock to help you and start at 12 o'clock. Attach this spring first. Repeat this at the 6 o'clock point. Assemble the first 4 springs at 12, 6, 3 and 9 o'clock.

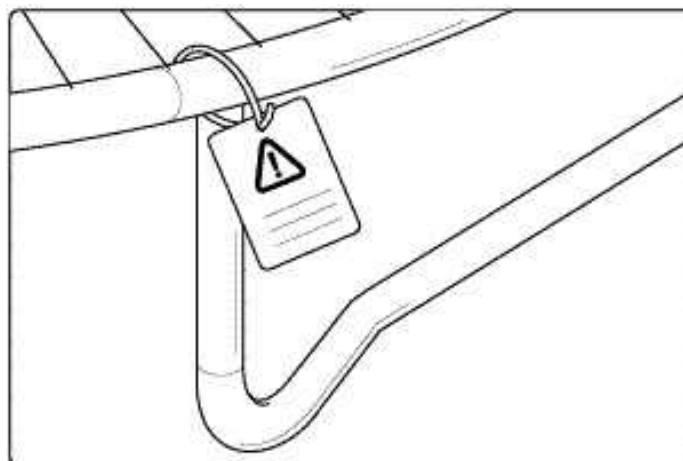
E. Repeat (B) to attach the remaining springs in the same way. To even the tension on the trampoline mat and make it easier to fit the springs, always attach consecutive springs at opposite points of the clock. It may help to have a second person to do this with you to avoid having to keep moving around the trampoline. After assembly the space between all the springs should be equal.

F. If you notice that you have skipped a hole and V Ring connection, recount and remove or attach any springs required to maintain the number of springs.



If you notice that you have skipped a hole and V ring connection, recount and remove or attach any springs required to maintain the count of springs.

Step 3 - Safety Cardy Instruction Placard (part number 7). Using the cable tie attach the safety instruction placard to the trampoline. The tie should go round the vertical frame joint and the top rail to ensure it remains attached.

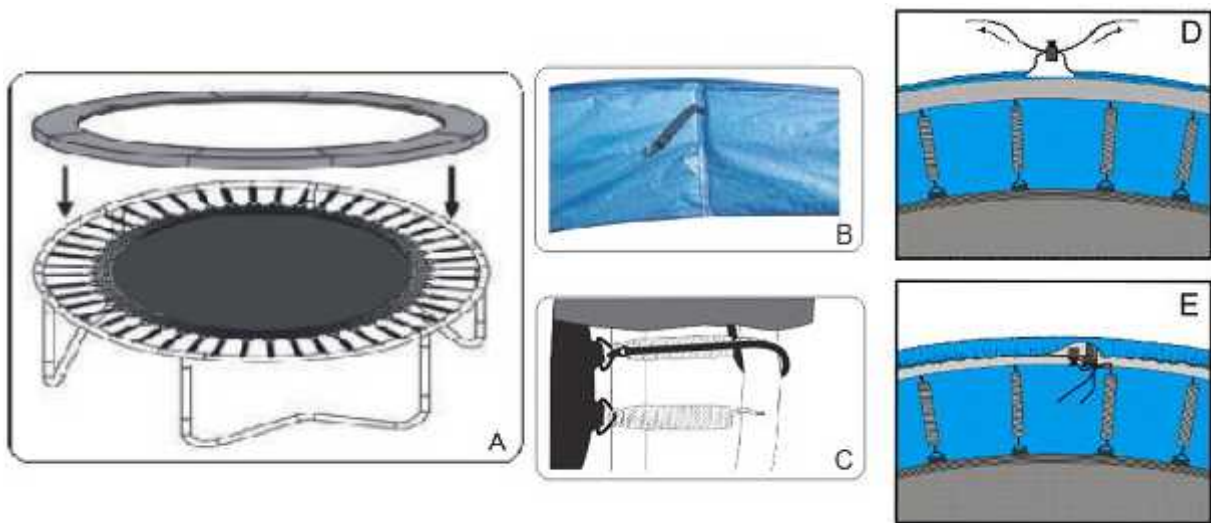


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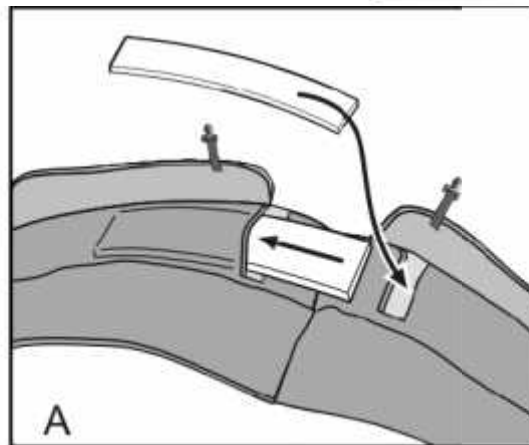
Step 4 - Frame Pad Assembly

1. Lay out the frame pad (part number 2) over the trampoline so that the springs and the steel frame are covered. Please ensure that the frame pad covers all the metal parts. Tie the strap located on the underside for the frame pad to the frame. Select your pad type from the below options.

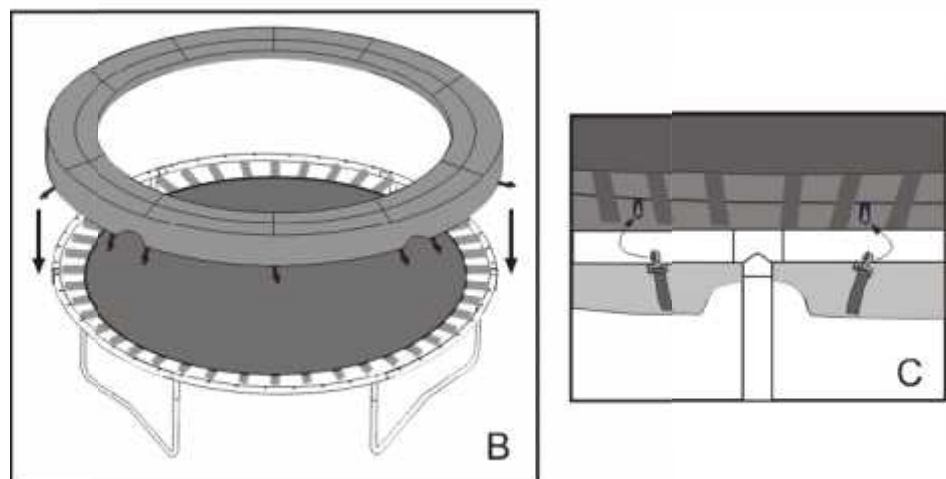
Model 1:



Model 2:

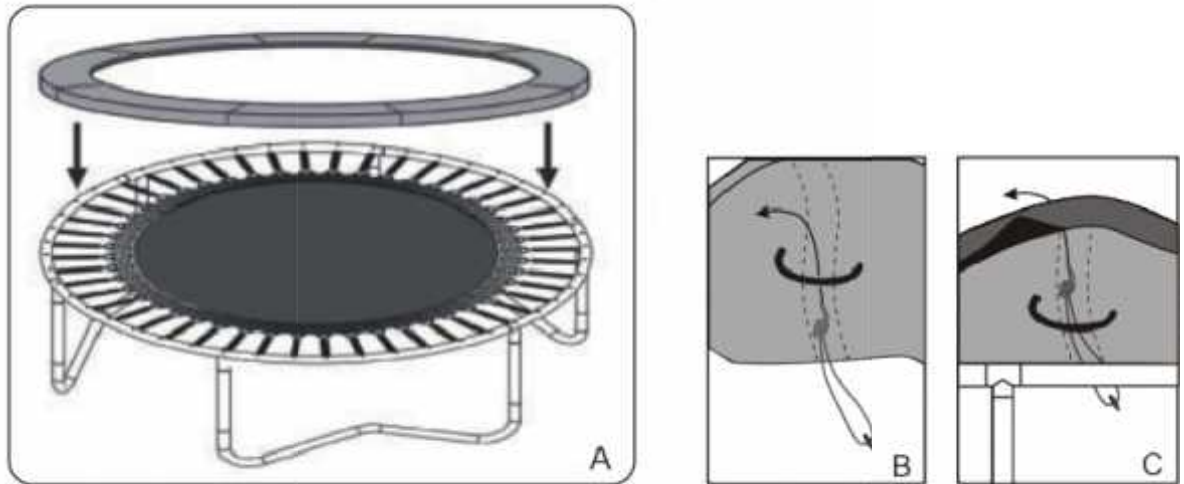


Model 3:

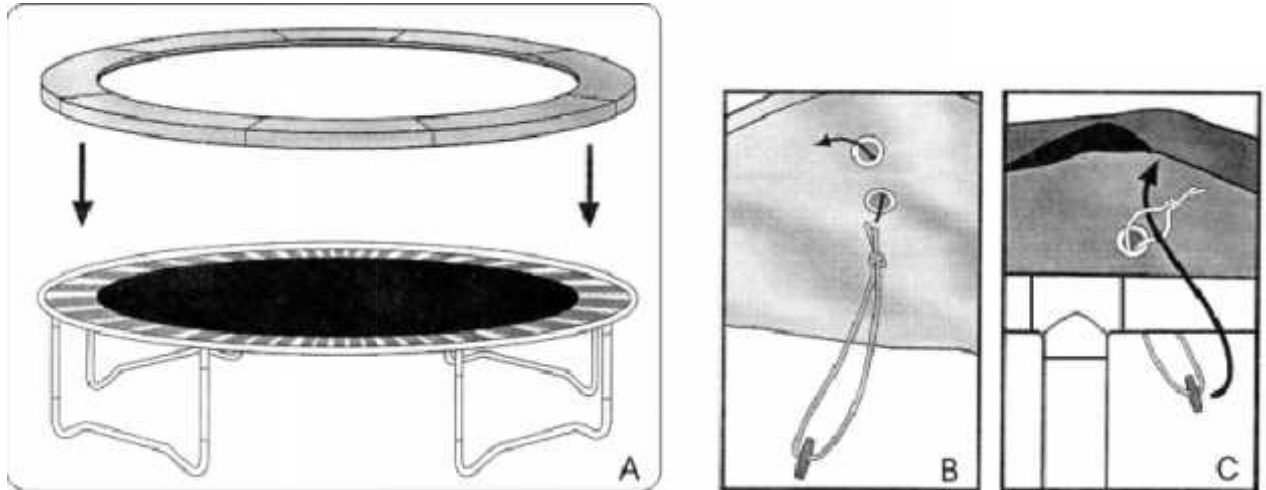


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Model 4:



Model 5:



Safety Enclosure Assembly:

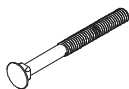
Reference Number	Description	8'/10' (3 Legs)	12'/14' (4 Legs)
1	Steel Pipe	3 or 6 PCS	4 or 8 PCS
2	Steel Pipe	3 or 6 PCS	4 or 6PCS
3	Screw	6 or 12 PCS	8 or 16 PCS
4	Bolt	6 or 12 PCS	8 or 16 PCS
5	Safety Net	1PC	1PC
6	Spacer	6 or 12 PCS	8 or 16 PCS
7	CAP	3 or 6 PCS	4 or 8 PCS
8	Safety Nut	6 or 12 PCS	8 or 16PCS
9	Spanner	1PC	1PC
10	Fix Strap	3 or 6 PCS	4 or 8 PCS
X1	Nylon Washer	6 or 12 PCS	8 or 16 PCS

2. DIAGRAMS FOR PARTS:



OTHERS:

3. Screw



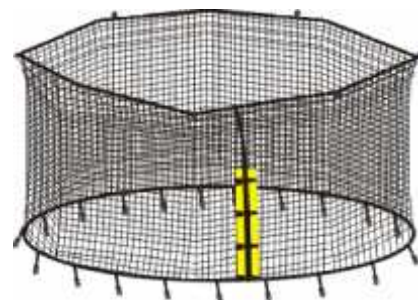
4. Bolt



X1. Nylon Washer



5. Safety Net



6. Spacer



8. CAP



9. Safety Nut



10. Spanner



11. Fix Strap



WARNING : To avoid strangulation and entanglement, keep all cords out of the reach of young children.

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Step 1 -

Connect poles 1 and 2 together as shown below in Fig.1. Ensure the locking mechanism clicks in securley into place.



Fig.1

Step 2 -

Repeat step 1 until all the poles are set up

Step 3 -

Now connect the poles to the trampoline legs as shown below in Fig.2

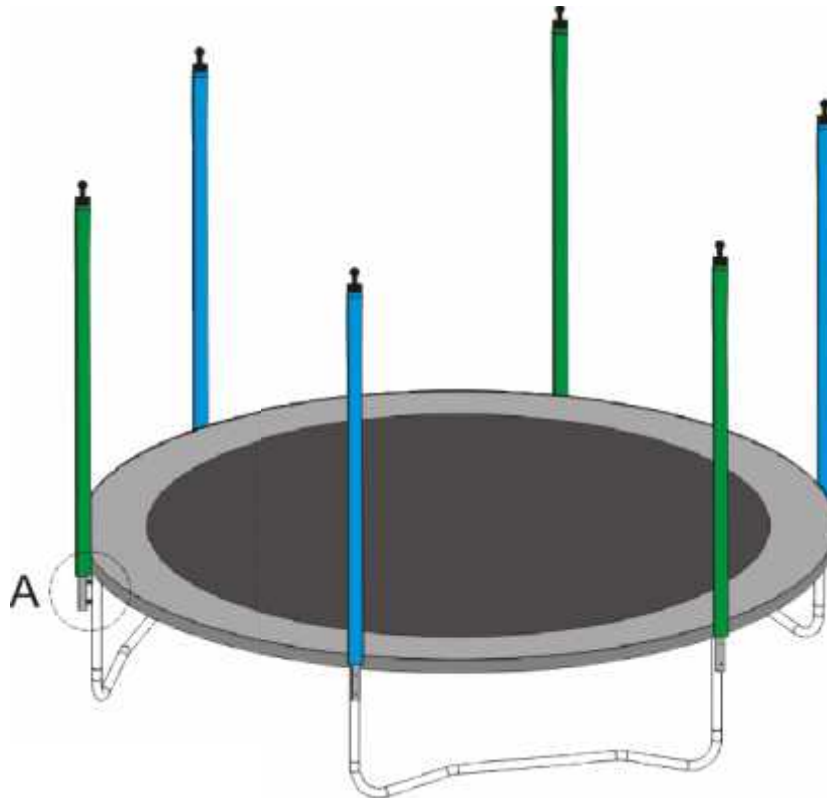
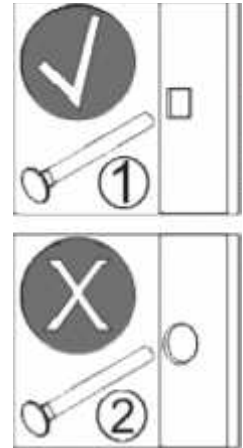
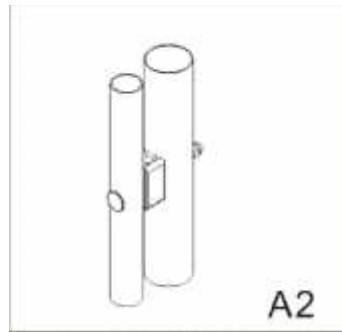
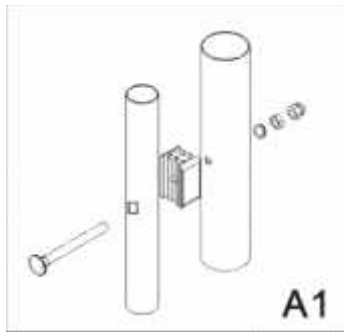


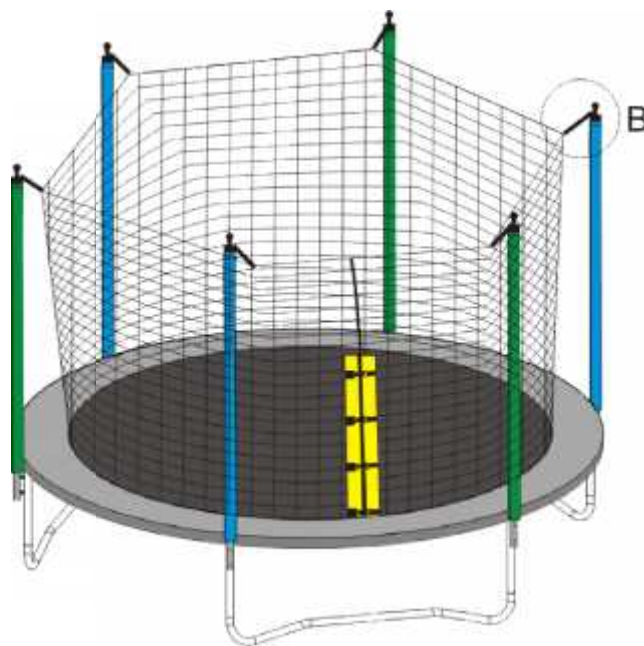
Fig.2

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To fix the support poles on to the trampoline legs use a screw, spacer, nylon washer and bolt. Each support pole will use 2 sets of screws. (please note the screw needs to go through the hole with the square shape on the pole. (see below)

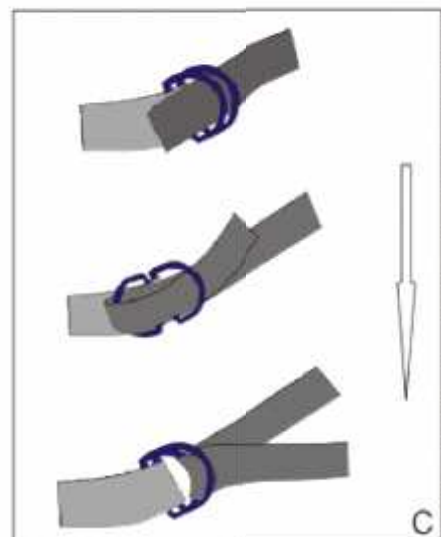
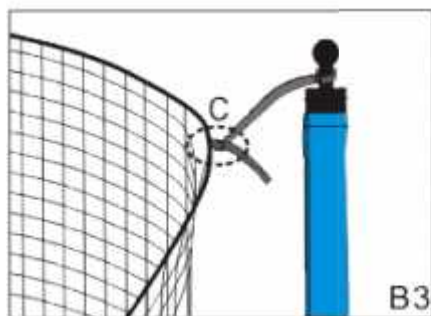
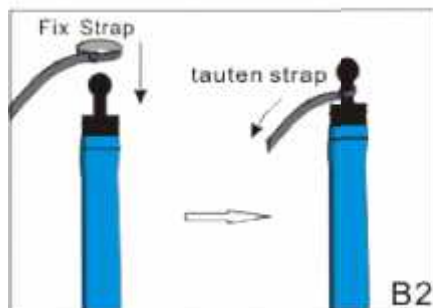
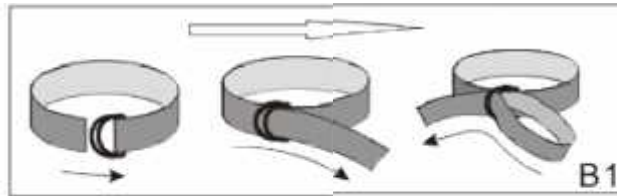


To attach the net - Lay the net out on the trampoline. Decide where you would like the access door to be. You can now start to prepare the straps to tie the net up on to the enclosure poles. Please see the diagrams on the next page to explain how to do this.



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Step 3 -



Follow the above diagrams to prepare the straps.

B1 - feed the strap through the d ring and then back through to make a noose.

B2 - Loop the strap over the top of the enclosure pole and pull tight

B3 - Feed the other end of the strap through the loop on the net and follow diagram C to feed the strap again through the D ring to secure.

B4 - Only tighten the straps attached to the net once all of the poles are attached.

Step 4 -

Attaching the net to the mat to secure the bottom of the net.

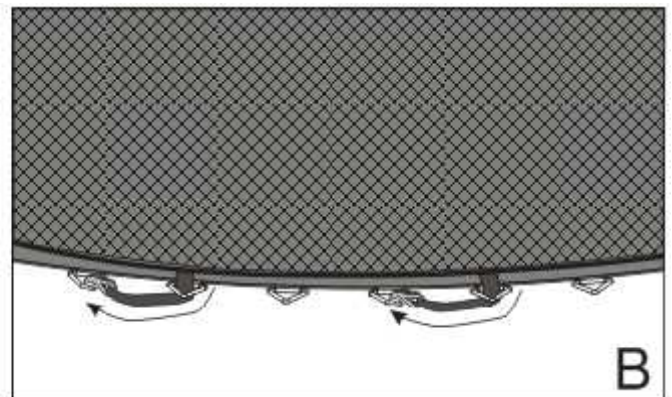
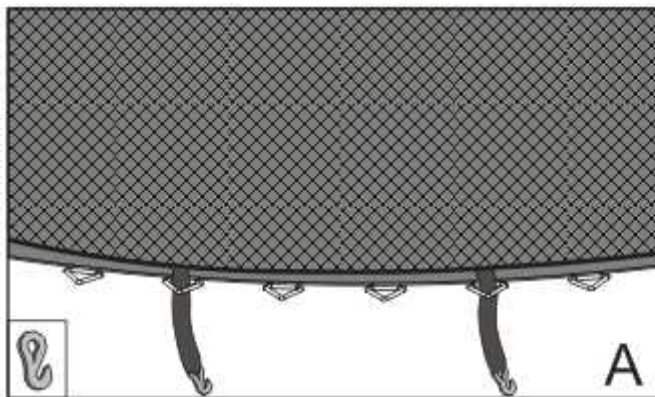


Fig. A - Shows to put the elastic with the hook on the end through the V-ring of the trampoline bed/mat

Fig.B - Now attach the hook end to the v ring next to the one the elastic has been fed through.

! IMPORTANT WARNING!! !

YOU SHOULD NOW GO BACK AND STRETCH ALL THE ATTACHMENT HOOKS TIGHT AND DOUBLE CHECK TO SEE WHETHER YOU HAVE FASTENED THE JIGS SECURELY USING THE FIXINGS. THE SAFETY NET SHOULD STAND STIFF. OTHERWISE, THE SAFETY NET WILL NOT FUNCTION PROPERLY.

CARE AND MAINTENANCE:



GENERAL - Your trampoline is designed to stand outside all year round and generally requires very little maintenance. However, a little care and forethought can add years to your trampoline's life. Remember that the bed (mat) and frame pads are made of synthetic materials and are easily damaged by cigarette ends, fireworks and bonfire debris.

FRAME - Do not sit or stand on the frame or the frame pads while the trampoline is in use as this restricts the frame's natural reflex action. Oil or petroleum jelly applied where the springs hook into the frame will reduce squeaking and frame hole wear. If surface rust appears it should be removed with either a wire brush or coarse sandpaper, and the area treated with non toxic paint.

FRAME PADS - Frame pads are there to protect the user from any fall or landing on the springs and frame. On no account should people be permitted to sit or stand on them when the trampoline is in use. You should also make sure that smaller users do not use the inside edges of the pads as a handle when getting up on the trampoline.

THE MAT (BED) - The mat will over the years, be gradually weakened by the effects of ultra violet radiation. Therefore, the more it can be protected from direct sunlight the longer it will last. A little mould or mildew should not harm the mat. Do make sure that shoes are removed prior to bouncing and ensure any other sharp objects like belt buckle, brooches and jewellery are removed too.

THE SPRINGS - Do not stand on the springs whilst the trampoline is in use. Try not to bounce on the springs. They are not designed for this sort of stress and can become stretched, misshapen and weakened. If you find you have any stretched springs, it is important to replace them as soon as possible to avoid damage to the trampoline mat and avoid overloading and therefore damaging the remaining good springs.

Trampoline Placement:

Just to clarify again the minimum overhead clearance required is 26 feet (8 meters). Ensure that no hazards or obstructions are near the trampoline such as tree branches, swing sets, swimming pools, electrical power wires, walls, fences etc.

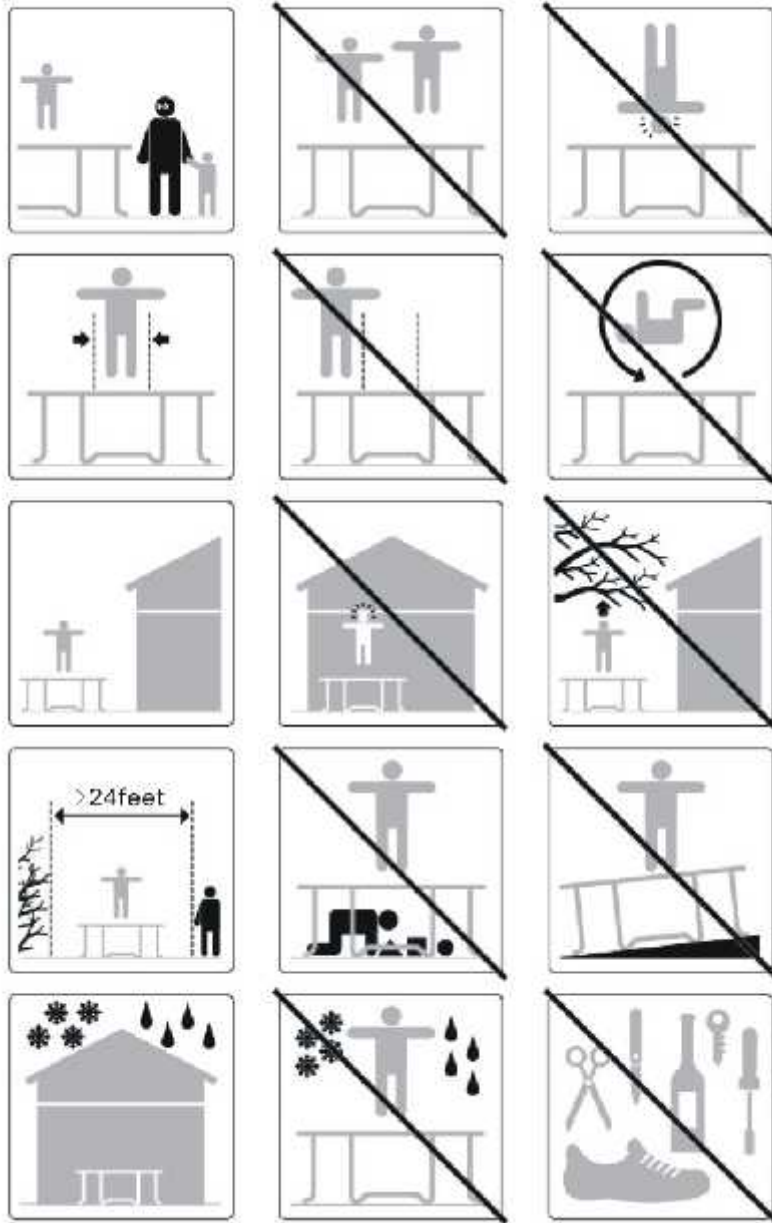
Please be aware of the following when selecting a place for your trampoline:

- Trampoline must be placed on a level surface
- The area should be well lit
- All obstructions from overhead, underneath or around the trampoline must be removed
- Do not use the trampoline indoors
- Do not use the trampoline on any slippery floor surface, uneven or sloping ground surface
- Do not site the trampoline on hard surfaces like concrete as this will damage the frame

You increase the risk of injury if these guidelines are not followed.

Skyhigh

 **WARNING!**



BOUNCE SAFELY ON YOUR TRAMPOLINE

 **WARNING**

Misuse and abuse of this trampoline is dangerous and
can cause serious injury or death



1. Do not attempt or allow somersaults. Landing on your head or neck can cause serious injury, paralysis or even death. This is even if you land in the middle of the mat.
2. Do not allow more than one person on the trampoline at any one time. Use by more than one person at the same time can result in serious injuries.
3. Use the trampoline with adult supervision.
4. Trampolines over 20in (51cm) high from the ground are not recommended for use by children under 6 years of age.
5. Inspect the trampoline prior to each use. Make sure the frame pad is correctly and securely positioned. Replace any worn, defective or missing parts.
6. Climb on or off the trampoline carefully. Do not jump from the trampoline to the floor or ground when dismounting, or onto the trampoline when mounting. Do not use the trampoline as a springboard to other objects.
7. To stop bouncing when on the trampoline flex your knees as they come in to contact with the trampoline mat. It is advisable to learn this skill initially.
8. It is recommended to learn the basic bounces and body positions thoroughly before trying more advanced manoeuvres.
9. Avoid bouncing to high, stay low until bounce control and repeated landing in the centre of the trampoline has been achieved. Control is more important than height.
10. While bouncing, keep head up and facing forward with eyes focused on the perimeter of the trampoline. This will help control balance.
11. Do not bounce for prolonged periods of time or when you are tired.
12. Secure the trampoline correctly when not in use and prevent unauthorised use. If a ladder is used, remove it from the trampoline when leaving the area to prevent unsupervised access by children under that age of 6 years old.
13. Maintain a clear area around the trampoline and remove any objects which could obstruct the user.
14. Do not use the trampoline while under the influence of alcohol or drugs.
15. For full information about skills and training it is recommended to contact a certified trampoline instructor.
16. Bounce only when the mat is dry (it becomes very slippery when wet). The trampoline should not be used in windy conditions.
17. Read all the instructions prior to use. Warnings and instructions for the care maintenance and use of the trampoline are included to promote safe, enjoyable use of this equipment.
18. Do not wear hard soled shoes as they can cause excessive wear to the mat.
19. Do not wear jewellery or have any hard, sharp objects on your person when jumping.



20. Try to only bounce in the centre of the mat.
21. Do not let children take any toys into the Safety Net.
22. Children should not wear cycle helmets while using the trampoline.
23. The frame of your trampoline is made of steel and it will conduct electricity. No electrical equipment (lights, heaters, extension cords, household appliances, etc.) should be permitted in or on the Safety Net under any circumstances to avoid the risk of electrocution.
24. Only the door of the safety net should be used for entry or exit.

Like any activity that puts your body in motion, trampolining carries with it certain risks. To decrease the risk of injury, we recommend the use of an enclosure to prevent users falling off the trampoline. The enclosure should not be used to intentionally bounce in to. No device can completely guarantee our safety and safe play remains your responsibility. An enclosure substantially reduces the risk of injury. Never allow more than one person on the trampoline at any one time. Do not attempt inverts, flips or somersaults. We also suggest use of an impact absorbing surface on the ground around the trampoline.

INFORMATION ON USE OF THE TRAMPOLINE

Initially, get accustomed to the feel and bounce of the trampoline. The focus must be on the fundamentals of your body position and you should practice each bounce (the basic bounces) until you can perform each with ease and control.

To brake a bounce, flex your knees sharply before your feet come in contact with the mat. This technique should be practiced as you are learning each of the basic bounces. The skill of braking should be used whenever you lose balance or control of your jump.

Always learn the simplest bounce first and be consistent with the control of your bounce before moving on to more difficult and advanced bounces. A controlled bounce is when your take off point and landing point is the same spot on the mat. If you move up to the next bounce without first mastering the previous, you increase your risk of injury.

Do not bounce on the trampoline for extended periods of time as fatigue can increase your risk of injury. Bounce only for a brief period of time. Only one person should bounce on the trampoline at a time.

Jumpers should wear a t-shirt, shorts or sweats, and regulation gymnastics shoes, heavy socks, or be barefoot. If you are just beginning, you may want to wear long sleeve shirts and pants to protect against scrapes and abrasions until you master correct landing positions and form. Do not wear hard sole shoes, such as tennis shoes, on the trampoline as this will cause excessive wear on the mat. You should always mount and dismount properly in order to avoid injury. To mount properly, you should place your hand on the frame and step or roll up onto the frame, over the springs, and onto the trampoline mat. Always remember to place your hands onto the frame while mounting or dismounting. Do not step directly onto the frame pad or grasp the frame pad. To dismount properly, move to the side of the trampoline and place your hand onto the frame as a support and step from the mat to the ground. Smaller children should be assisted when mounting and dismounting.



Do not bounce recklessly on the trampoline as this will increase your risk of injury. The key to safety and having fun on the trampoline is control and mastering the various bounces. Never try to out-bounce another bouncer in terms of height! Never use the trampoline without supervision.

Mounting and Dismounting: Be very careful when getting on and off the trampoline. DO NOT mount the trampoline by grabbing the frame pad, by stepping onto the springs, or by jumping onto the mat from any surface (e.g. a deck, roof, or ladder) as this will increase your risk of injury. DO NOT dismount by jumping off the trampoline. 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 drugs before or while using this trampoline as this will impair your judgement, reaction time, and overall physical coordination.

Multiple Jumpers: If you have multiple jumpers (more than one person on the trampoline at any one time), you increase the chance of getting injured. Injuries could occur when you fly off the trampoline, lose control, collide with the other jumper(s), or land on the springs. Generally, the lightest person on the trampoline will get injured.

Striking the Frame or Springs: When playing on the trampoline, STAY in the centre of the mat. This will reduce your risk of injury from the frame or springs. Always keep the frame pad on the frame DO NOT jump or step onto the frame pad as it is not intended to support the weight of a person.

Loss of Control: DO NOT try difficult manoeuvres until you have mastered the previous manoeuvre as this will increase your risk of injury. A controlled jump is when your take off point and landing point is the same spot on the mat. If you lose control when you are jumping on the trampoline, bend your knees sharply when you land and this will allow you to stop your jump and regain control.

Somersaults (Flips): DO NOT PERFORM somersaults of any type (backwards or forwards) on this trampoline as this will increase your risk of injury to your neck or back, which may result in death or paralysis.

Foreign Objects: DO NOT use the trampoline if there are pets, other people, animals or any objects underneath above or near the trampoline as this will increase the risk of an injury occurring. DO NOT hold any foreign objects in your hand and DO NOT place any objects on the trampoline. Please be aware of what is overhead when you are using the trampoline. Tree branches, wires, or other objects located above the trampoline may result in injury.

Poor Maintenance of Trampoline: A trampoline in poor condition will increase your risk of injury. 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. Do not use trampoline if the mat is wet. Do not use the trampoline in windy conditions.

Limiting Access: When the trampoline is not in use, always store the access ladder in a secure place to prevent unauthorized and unsupervised access.



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 222 pounds (100kgs) 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 the following:

- 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

No modification should be carried out to the trampoline or any of its components. Any modification could lead to damage to the product or to personal injury.

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 or disassembled. To ensure security in normal weather conditions, at least three (3) tie downs should be used. Secure the trampoline frame to the ground. It is insufficient to secure only the legs of the trampoline to the ground as they can pull out the frame sockets.

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.

Optional trampoline accessories are available from your retailer:

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 Trampoline Enclosure	 Trampoline Ladder A ladder to help mounting and dismounting.	 Atmosphere Trampoline
 Trampoline Tents A fun accessory for your family. It is inadvisable to jump when the Trampoline tent is installed.	 Trampoline Fix Kit Secures trampoline during windy weather	 Oval Trampoline New design Trampoline.
 Trampoline PVC Weather Covers A cover to keep leaves and other debris off the surface. Also minimizes damage by UV, rain and snow.	 Trampoline "shoe/tidy" Bag Store shoes, clothes, phones, bottles and wrist watches etc.	 Bounce Board It is very fun accessory for trampoline
 Trampoline PE Weather Covers A cover to keep leaves and other debris off the surface.	 Trampoline Safety Skirt It prevents children and pets from running under the trampoline whilst others are jumping. It can also be used to store shoes, clothes and other small items.	

LESSON PLAN

The following lessons are recommended in order to learn basic steps and bounces before moving onto more difficult, complicated bounces. You should read and understand all safety instructions



before mounting the trampoline. A complete discussion and demonstration of body mechanics and trampoline guidelines should occur between the supervisor and student.

Lesson 1

- A. Mounting and Dismounting - Demonstration of proper techniques
- B. The Basic Bounce-Demonstration and practice
- C. Braking (Check the Bounce) - Demonstration and practice. Learn to brake on command
- D. Hands and knees - Demonstration and practice. Stress should be on four- point landing and alignment

Lesson 2

- A. Review and practice of techniques learned in Lesson 1
- B. Knee Bounce-Demonstration and practice. Learn the basic down to knee and back up before trying half twist to left and right
- C. Seat Bounce -Demonstration and practice. Learn basic seat bounce then add a knee bounce, hands and knees; repeat

Lesson 3

- A. Review and practice skills and techniques learned in previous lessons
- B. Front Drop-All students should be requested to assume the prone position (face down on the ground) while the instructor checks for faulty positions that could cause injury
- C. Start with a hands and knees bounce and then extend body into prone position, land on the mat and return to feet
- D. Practice Routine-Hands and knees Bounce, Front Bounce, back to feet, seat bounce, back to feet

Lesson 4

- A. Review and practice skills and techniques learned in previous lessons
- B. Half-Turn
 - i. Start from front drop position. As you make contact with the mat, push off with arms in either the right or left direction and turn head and shoulders in same direction.
 - ii. During turn, be sure to keep back parallel to mat and head up.
 - iii After completing turn, land in front drop position

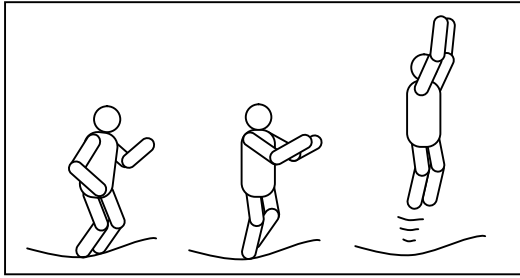
After completing this lesson, the student now has a basic understanding of trampoline bounces. Jumpers should be encouraged to develop their own routines with emphasis on control and form. A game that can be played in order to encourage students to try and develop routines is "BOUNCE". In this game, players count off from 1 to 10. Player one starts with a manoeuvre. Player two has to do Player One's manoeuvre and add on another. Player Three does the manoeuvres of One and Two and then adds a third manoeuvre. This continues until a player cannot do the routine properly in the correct sequence. The first person to miss, receives the letter "B". This continues until someone spells out the word "BOUNCE". The last remaining contestant is deemed the winner! Even when playing this game, it is important to perform your routines under control. Do not try difficult or highly skilled bounces which you have not yet mastered.

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

BASIC TRAMPOLINE BOUNCES

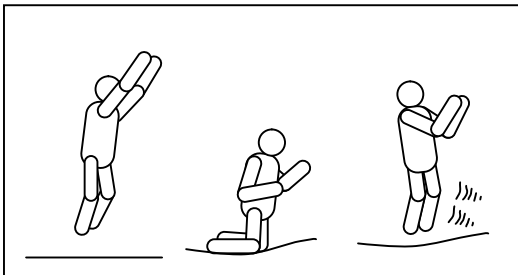
THE BASIC BOUNCE

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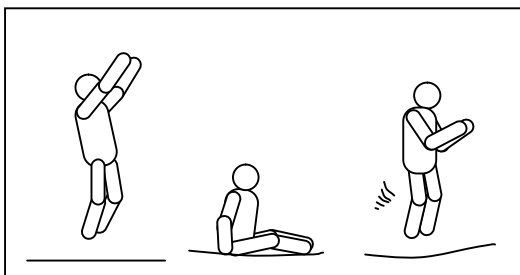
1. Start from standing position, feet shoulder width apart and head up and eyes on mat.
2. Swing arms forward, up and around in a circular motion.
3. Bring feet together while in mid-air and point toes downward.
4. Keep feet shoulder width apart when landing on the mat.

KNEE BOUNCE



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

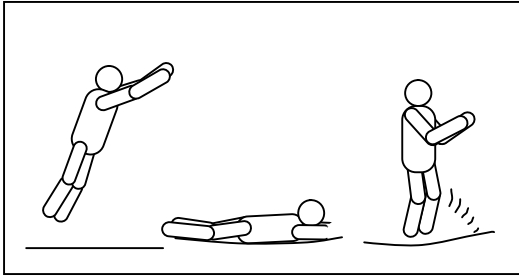
SEAT BOUNCE



1. Land in a flat sitting position
2. Place hands on mat beside hips.
3. Return to erect position by pushing with hands.

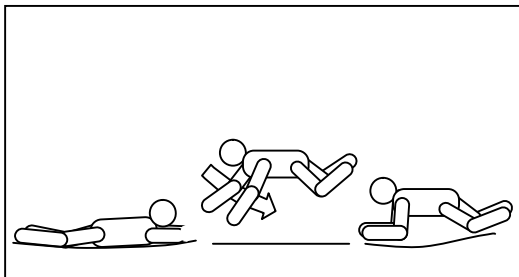
FRONT BOUNCE

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1. Start with a low bounce
2. Land in prone (face down) position and keep hands and arms extended forward on the mat.
3. Push off the mat with arms to return to standing position

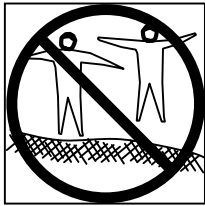
180 DEGREE BOUNCE



1. Start with front bounce position.
2. Push off with left or right hands and arms (depending on which way you wish to turn)
3. Maintain head and shoulders in the same direction and keep back parallel to mat and head up.
4. Land in prone (face down) position and return to standing position by pushing up with hands and arms.

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warning



NO MORE THAN ONE
PERSON AT A TIME ON
THE TRAMPOLINE.
MULTIPLE JUMPERS
INCREASE THE RISK OF
INJURY SUCH AS
BROKEN NECK, LEG,
BACK OR HEAD INJURY.



DO NOT PERFORM
SOMERSAULTS (FLIPS) AS
THIS WILL INCREASE RISK
OF LANDING ON HEAD OR
NECK RESULTING IN
INCREASED RISK OF
SERIOUS INJURY OR DEATH

Always consult a physician before performing any kind of physical activity

PLEASE RETAIN THIS INFORMATION FOR FUTURE REFERENCE

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