

36" Mini Trampoline

USER'S MANUAL



Thanks for purchasing ativafit trampoline. Before you use this product, please read this instruction manual and use properly.

Warning:

1. DO NOT attempt somersaults or flips. Paralysis or death can result if you land on your head or neck!
2. No more than one person on the trampoline at a time. Multiple users increase the risk of injury.
3. These instructions are important to minimize chances of injury. Please read them thoroughly before you assemble and use this trampoline.
4. Maximum weight of the user shall NOT exceed 220 lbs for this product. This product is intended for use by a person over the age of 6.
5. Save this manual for future reference.



Assembly, Installation, Care, Maintenance, and Use Instructions

Read these materials prior to assembling and using this trampoline.

Assembly and Installation Instructions

- 1. Adequate overhead clearance is essential. A minimum clearance of 24 ft. from ground level is recommended. Provide clearance for wires, tree limbs, and other possible hazards.**
- 2. Lateral clearance is essential. Place the trampoline away from walls, structures, fences, and other play areas. Maintain a clear space on all sides of the trampoline.**

Care And Maintenance Instructions

- 1. Inspect the trampoline before each use and replace any worn, defective, or missing parts. The following conditions could represent potential hazards:**
 - (1) Missing, improperly positioned, or insecurely attached frame padding**
 - (2) Punctures, frays, tears, or holes worn in the bed or frame padding**
 - (3) Deterioration in the stitching or fabric of the bed or frame padding**
 - (4) Ruptured springs**
 - (5) A bent or broken frame**
 - (6) A sagging bed**
 - (7) Sharp protrusions on the frame or suspension system**
- 2. Inspect the before use. (Make sure the frame padding is correctly and securely positioned.) Replace any worn, defective, or missing parts.**
- 3. Climb on and off the trampoline. 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.**
- 4. Stop bounce by flexing knees as feet come in contact with the bed. Learn this skill before attempting others.**
- 5. While keeping the head erect, focus eyes on the trampoline toward the perimeter. This will help control bounce.**
- 6. Avoid bouncing when tired. Keep turns short.**
- 7. 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.**
- 8. Jump without shoes.**
- 9. Empty pockets and hands before jumping.**
- 10. Do not eat while jumping.**
- 11. Do not exit by a jump.**

Assembly Instructions



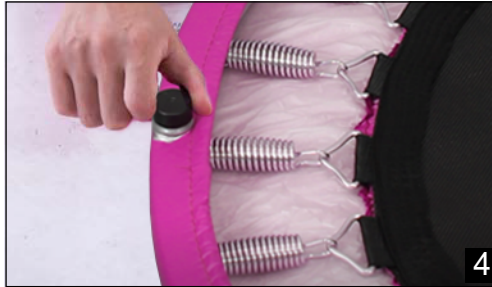
Make sure that you have received all of the components.



Unfold the trampoline frame and lock it with the safe pin. (If the springs are detached, attach them BEFORE unfold the trampoline.)



Attach the frame pad



Remove the protection cover (for future storage, please keep them)



Attach the legs (6).



Fully tighten the legs (Important)



Trampoline complete view (you can use without a handrail)

Handrail Assembly Instructions



Remove the legs cap

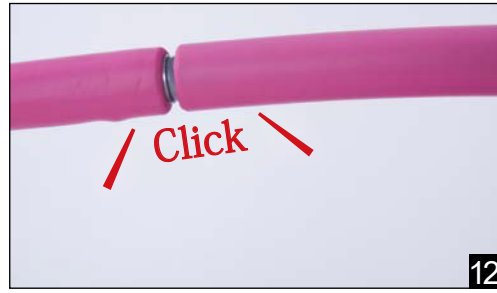
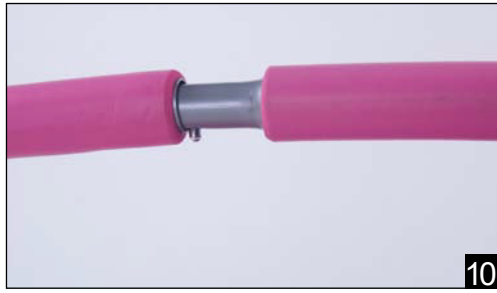
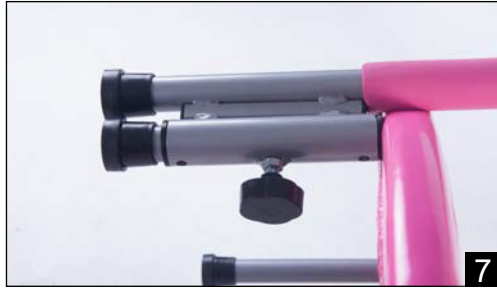


Loosen the mounting screws

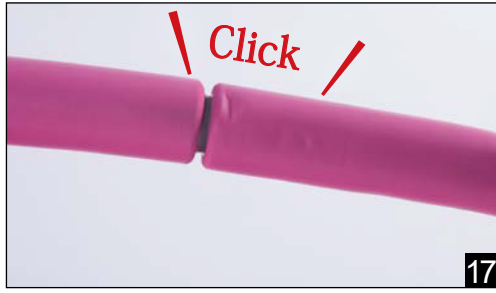


Insert the handrail to the leg (Please do not tighten the mounting screws)

Attach the legs cap



While pushing the clip button, you can combine both sides of the handrail.













Firmly tighten all of the mounting screws.



Complete View

Trampoline and Enclosure Parts List

Key Number	Part Picture	Description	Quantity
1		Trampoline Mat *	1
2		Frame Pad *	1
3		Top Rail with Rubber Caps *	1
4		Spring-16N *	28
5		Leg Post with Cap	6
6		Adjustment knob	2
7		Handrail Support	2
8		Handle bar	1
9		Rubber caps *	6
10		Safe pin *	2

Before you start to assemble:

Check the package and make sure you have all of the parts listed in the Parts List section of this user manual.

If any parts are missing, please contact the customer service listed on the cover page for assistance:

Do not install or use the product if any parts are missing or damaged. Store in a safe place until ready to install.

Make sure that you have plenty of space and a clean dry area suitable for the assembly of this trampoline.

It is essential that the intended site for this trampoline is completely flat and level.

If the ground is uneven, this could cause movement in the frame and stress on the joined sections of the frame that could damage the trampoline and/or can cause serious injury.

Never modify the construction or the design of the product. Do not use any unauthorized ativafit parts with this trampoline.

This pack may contain small parts and is not suitable for children under six (6) years of age to be nearby during assembly.

IMPORTANT: Save this manual for future reference.

How to Play

By bouncing on the trampoline, you can elevate your heart rate and have fun at the same time. Unlike some other forms of endurance-based exercises, the trampoline can significantly increase lower limb strength and power and enhance coordination.



Bounces

Keep your legs together and bounce, staying low.



Jumping Jacks

Do jumping jacks on the trampoline for an extra energy boost!



Crossover Jacks

Do a seal jack but start with your arms and legs apart and out to the sides. Jump so that your arms and legs cross in the front (right over left). Next jump while spreading your arms and legs, then jump again and cross them the other way (left over right).

Seal Jacks

Do a jumping jack, but clap your hands in front of you, then bring them out to the sides instead of over your head.

Squats

Hold your arms straight out in front of you, keeping your feet flat on the Trampoline, shoulder width apart. Squat down until your thighs are parallel to the Trampoline. Once you can't go any further, stand back up. Be sure to keep your chest and head tall and keep the superhero posture!

Safety Guide

Carefully read these warnings before using this product. Failure to follow these safety instructions can result in serious injury or death.

1. Do not use the trampoline when under the influence of alcohol, drugs or medication, which may impair the jumper's judgement.
2. Always consult your physician before performing any kind of physical activity.
3. Do not use the trampoline if you have high blood pressure, a medical history of neck or back injuries or mental or physical conditions that could cause injury.
4. Do not use if the user has any broken bones (casts) or has recently been in the hospital for extensive treatments (operations, severe wounds, stitches, back injury or concussion).
5. Do not use without the consent of your physician, if pregnant.
6. 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 mat.
7. Always use the product in a well-lit area. Do not use without lighting during dawn, dusk or in complete darkness!
8. The trampoline must be placed on a surface that is Completely flat and level. If the ground is uneven, this could cause movement in the frame and could cause stress on the joined sections of the frame that could damage the trampoline and/or can cause serious injury.
9. DO NOT install or position this trampoline on a hard surface such as concrete, tarmac or paving. Suitable surfaces are grass, sand or a play area covered with an appropriate depth of play bark material.
10. Maintain clear space on all sides of the product. Make sure that there are no hazardous objects above, below or near the trampoline. Such objects include walls, fences, tree limbs/trunks, electrical power wiring, rocks, sprinkler heads or other recreational objects (i.e. swing sets, swimming pools). Children can be seriously injured colliding into such obstacles.
11. The product must not be used in windy conditions as wind can cause unexpected movement of the product. Wind can cause the trampoline to be lifted off the ground and become airborne. This can present a danger to individuals and to property. Winds can be especially strong in open areas, foothills, mountains, locations subject to hurricanes and tornadoes, areas between homes that create wind tunnels and anywhere else where local weather conditions can create high winds. Damage from the wind or other severe weather is not covered by the manufacturer's warranty. Because the manufacturer warranty does not cover wind or weather related damage and damage can be caused to your property or the property of others by a windblown trampoline, it is strongly advised that you provide site specific anchoring through a licensed local contractor.
12. Use trampoline only with mature, knowledgeable adult supervision.
13. Children must always be supervised while they are playing on the trampoline and must be instructed not to use the trampoline in an inappropriate or hazardous manner. Take precautions to prevent access to the trampoline by children when there is no adult supervision.
14. Restrict access to the trampoline by any unauthorized users without your consent.
15. Trampolines are rebounding devices, which propel the user to unaccustomed heights, and into a variety of body movements. Rebounding off of the trampoline, striking the frame or springs, or improperly landing on the trampoline mat may cause serious injury.
16. Always start and maintain your jump at the center of the trampoline mat in order to reduce the risk of landing on the frame or springs or falling off the trampoline.
17. Avoid bouncing too high. Stay low until you can control your bounce and land consistently in the middle of the trampoline mat.
18. Ensure the trampoline frame and springs are fully covered by the frame pad to avoid any direct contact with metal parts.
19. Do not stand or jump on the springs while using the trampoline. The springs are not designed to support such stress and weight. This can result in serious injuries and/or product damage. If you see any signs of stretched or damaged springs, do not use the trampoline until replacement springs are properly installed.
20. Jumping off the trampoline to the ground or any other surface may result in injury. Smaller children may need assistance getting up onto or down from the trampoline. Mounting and dismounting properly should be followed as a strict rule. Users should climb onto the trampoline by placing their hands on the frame and stepping or rolling up onto the frame, across the springs and onto the mat. Do not step directly on the frame pad or grasp the frame pad when mounting or dismounting the trampoline. To dismount, jumpers should walk to the side of the mat, bend over and place their hands on the frame, then step from the mat to the ground. Users should always place their hands on the frame while mounting or dismounting.

21. Do NOT use the trampoline as a springboard to jump onto other objects.
22. Remove all objects not designed for use with the trampoline from the trampoline before use. Do not let children take toys or other items onto the trampoline.
23. Do not jump or step onto the frame pad as it was not designed to support the weight of a person.
24. Do not use the trampoline while holding or wearing any type of sharp or pointed objects such as jewelry, watches, rings, eyewear and necklaces before using this product. Do not wear loose fitting clothing that may catch or snag during play.
25. Never wear footwear (e.g. shoes) when using the trampoline.
26. Frame pads— Frame pads are there to protect 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 to the trampoline.
27. Never use the trampoline without the frame pad being securely attached. Properly tie down the frame pad before each use. Improper assembly of the frame pad may lead to injury!
28. Always check to ensure there are no obstructions or objects under the trampoline. Also check that there are no pets or other people underneath the trampoline.
29. Do not jump on the trampoline with a snowboard, skateboard, roller blades, bicycle or any other equipment. DO NOT hold any foreign objects not authorized by the manufacturer in your hand and DO NOT place any objects on the trampoline while anyone is jumping on it. Please be aware of your surroundings to ensure there are no objects that could cause harm when you are playing on the trampoline.
30. 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 enclosure under any circumstances to avoid the risk of electrocution.

Product Warranty

We warrant its products to be free from defects in material and workmanship under normal use and service conditions for ninety (90) days after the date of purchase. The frame on trampolines is warranted for one (1) year after the date of purchase.

The original store or online purchase receipt must be kept as proof of purchase in order for the warranty to be valid. These documents must be presented in the event of making a warranty claim. During the warranty period, AtivaFit will provide repair or replacement of defective equipment or parts thereof covered by the warranty. Any handling, transportation, delivery and other incidental charges in respect of the servicing of the equipment shall be borne by the Purchaser. If the product includes a number of accessories, only the defective part or accessory will be replaced. The warranty will become void if any defects or damages are associated with the use of unauthorized replacement parts. All decisions made by AtivaFit in respect of the servicing of the equipment (including repairs, replacements or issues relating to defects of workmanship or materials) shall be conclusive and the Purchaser agrees to be bound by such decisions. Any defective equipment or part thereof replaced shall become the property of AtivaFit.

This warranty excludes defects caused by the product not being used in accordance with instructions, accidental damage, misuse or being tampered with by unauthorized persons.

Warranty does not cover:

- (a) Products used for commercial or rental purposes.
- (b) Loss or damage to product due to:
 - i. Abuse, repairs and/or tampering by any person other than the authorized personnel of AtivaFit
 - ii. Negligence and/or misuse (including foreign objects, accidents, improper storage, exposure to sun/moisture, excessive temperature, sand, dust, dirt, other pollution or other environmental conditions and failure to follow precautions or proper operating instructions stated in the User's Manual such as improper installations)
 - iii. Fire, flood, lightning strike, wind storm or other acts of God
 - iv. Freight or improper transport damages, and
 - v. Improper usage (including use by underage, overweight or excessive number of users permitted as stated in the Users Manual).
- (c) Defects, damages or accidents due to the malfunction, connection to or use of non-AtivaFit or unauthorized parts.

In such event, we reserves the right to cancel the Limited Warranty coverage immediately.

To the extent allowed by the applicable local law, the remedies in the Limited Warranty are the Purchaser's sole and exclusive remedies.

WE ARE 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 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 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 DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS. YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE. THIS WARRANTY IS VALID ONLY IN THE UNITED STATES.

PLEASE NOTE: ANY REPAIRS OR REPLACEMENTS MUST BE MADE USING AUTHORIZED WARRANTY TO BE VALID.