



# Fitness Trampoline™ User's Manual

Essential (230-III), Essential Plus (430-III), Arched Leg, 3-Piece Models

## Assembly, Installation, Care, Maintenance, and Use Instructions

Read these materials prior to assembling and using this trampoline

	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.	<p><b>WARNING</b></p> <p><i>Read these materials prior to assembling and using this rebounder trampoline</i></p> <p>Use trampoline only with mature, knowledgeable supervision.</p>	<p>DO NOT allow more than one person on the trampoline. Use by more than one person at the same time can result in serious injury.</p> 
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### **WARNING**



This Product is Distributed Exclusively by



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.
3. Use trampoline only with mature knowledgeable supervision.
4. Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment.
5. If you feel faint or dizzy, immediately discontinue use of this equipment.
6. Keep others and pets away from equipment when in use.
7. Always make sure all parts are securely tightened prior to each use.
8. This trampoline is not recommended for children under the age of six.
9. This product is intended for indoor use only.

### **WARNING**

Serious bodily injury or death can occur if the above warnings are not followed or if this equipment is not assembled and used according to all instructions.

Models Essential (230-III) P/N: RBJ-S-22079-xx,  
 Essential Plus (430-III) P/N: RBJ-S-21823-xx  
 Max Weight Allowed:  
 250lb (114kg)  
 275lb (125kg)  
 Designed for indoor use only.

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Patent info at: [www.jumpsport.com/patents](http://www.jumpsport.com/patents)  
 Instruction Manual P/N: INS-P-21593-02A  
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# Safety Instructions



Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. To reduce the risk of serious injury, read the following Safety Instructions before using the JumpSport Fitness Trampoline (JFT).



1. Misuse and abuse of this trampoline is dangerous and can cause serious injuries.
2. Trampolines, being rebounding devices, propel the performer to unaccustomed heights and into a variety of body movements.
3. Unless designated, the JumpSport Trampoline is for home use only. Do not use in institutional or commercial applications. Failure to follow this warning could result in minor or moderate injury.
4. All purchasers and all persons using the JumpSport Fitness Trampoline must become familiar with the manufacturer's recommendations for proper assembly, use and care of the JumpSport Fitness Trampoline, as well as being alert to the performer's own limitations in the execution of trampoline skills. Assembly Instructions, Safety Instructions, Trampoline Fundamentals, and Warning Labels are included to promote safe, enjoyable use of the JumpSport Fitness Trampoline. Make sure that it is properly assembled and tightened before use.
5. The owner and supervisors of the trampoline are responsible to make all users aware of the Safety Instructions and practices in the use instructions.
6. Place the JumpSport Fitness Trampoline on a level surface before use.
7. Use the JumpSport Fitness Trampoline in a well lighted area. THIS PRODUCT IS INTENDED FOR INDOOR USE ONLY.
8. Do not place the JumpSport Fitness Trampoline on an elevated surface. The JumpSport Fitness Trampoline should be at floor level or ground level.
9. Inspect your JumpSport Fitness Trampoline before each use.
10. Make sure the floor or ground around the JumpSport Fitness Trampoline is clear of all objects that may cause injury if you step on them when dismounting.
11. Do not allow children under the age of six to use the JumpSport Fitness Trampoline without adult supervision. The JumpSport Fitness Trampoline is not a toy, it is intended for use by adults and children ages six and older only.
12. Keep small children and pets away from the JumpSport Fitness Trampoline at all times including use and assembly of the JumpSport Fitness Trampoline.
13. Do not use the JumpSport Fitness Trampoline with socks only. Good traction is very important when mounting, using, and dismounting the JumpSport Fitness Trampoline. Bare feet are acceptable but we recommend good footwear with rubber non-skid soles such as walking, running or cross-training shoes.
14. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the JumpSport Fitness Trampoline.
15. The JumpSport Fitness Trampoline should be used by only one person at a time.
16. Remove any obstructions from beneath the JumpSport Fitness Trampoline.
17. The surface of the bed should be dry.
18. Be careful to maintain your balance when mounting, using, dismounting, or assembling the JumpSport Fitness Trampoline. Loss of balance may result in a fall and serious bodily injury.
19. Do not attempt any gymnastic or acrobatic maneuvers on the JumpSport Fitness Trampoline.
20. Stop exercising before attempting to dismount the JumpSport Fitness Trampoline. To avoid sprains and broken bones, come to a complete stop before dismounting.
21. Use the JumpSport Fitness Trampoline only as described in this manual.
22. Always store the JumpSport Fitness Trampoline indoors in a dry place.
23. Secure the JumpSport Fitness Trampoline against unauthorized and unsupervised use.

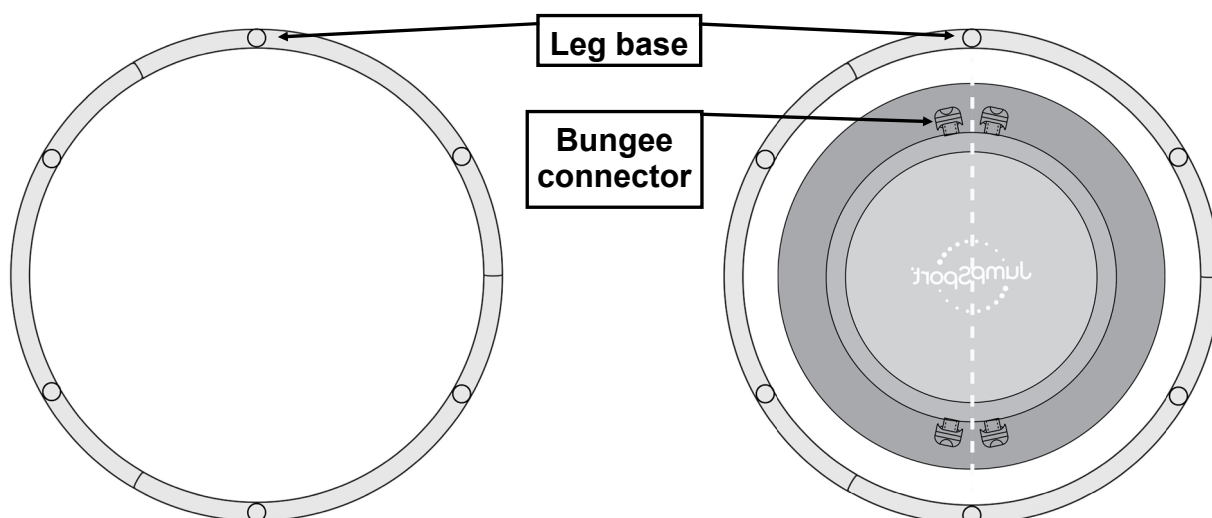
# Assembly Instructions

Place all parts from the box in a clear/clean area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed.

If you have any questions or problems with the parts included with your JumpSport Fitness Trampoline, please do not return the product. Contact us FIRST! Please visit [www.JumpSport.com](http://www.JumpSport.com) where you can order parts, or call us toll free at 1-888-567-5867.

**Step 1:** Assemble the frame pieces so that the frame is on the floor with the 6 leg bases facing up.

**Step 2:** Lay the mat out in the middle of the frame with the logo facing down. The logo is visible through the mat enough to orient it so that it is centered with 2 bungee connectors straddling leg bases positioned at 12 and 6 o'clock.



**Step 3:** Refer to images on next page for steps 3-6 The frame will have 6 bungees between each leg base when all bungees are connected, but initially only the bungees on each side of the leg bases will be installed. To start, identify the two bungee connectors just to the left and right of the center of the logo, and install one on either side of a leg base. To install a bungee: install the middle of a bungee securely into the bungee connector saddle, as shown in the top and side view images on the following page. Feed bungee ends under frame. Wrap one bungee end around top of frame, and insert into keyway on bungee connector, locking knot securely into slot, so bungee sits inside knot prongs. Repeat with other end, so that mat is secured to frame with one complete bungee and related connector.

Repeat this process at each of the leg bases, following the numeric order shown in the picture on the next page until 12 bungees are installed.

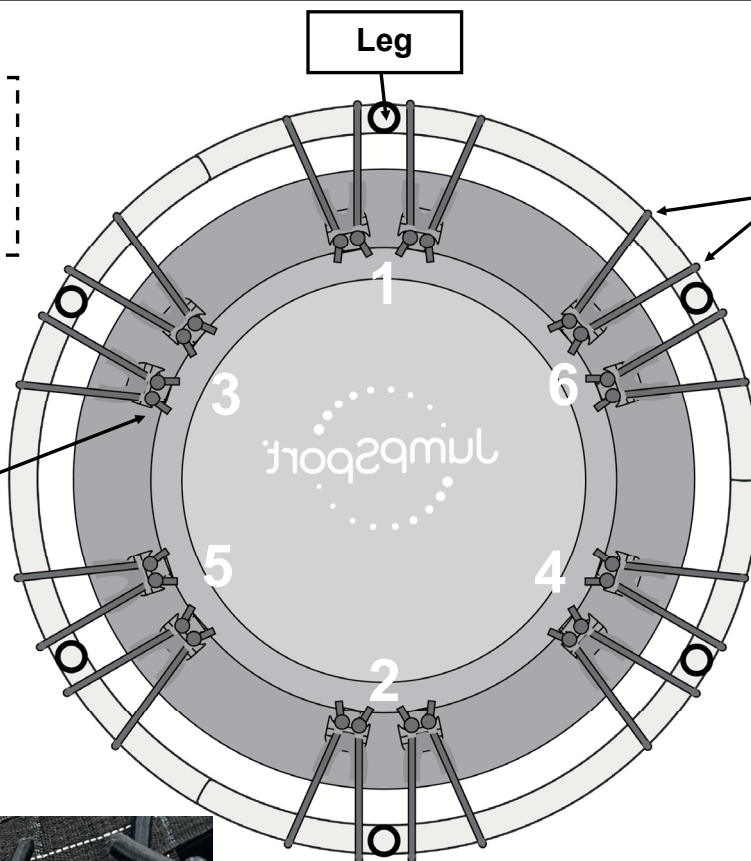
**Step 4:** Install a bungee in approximately the middle of each section, so the mat is evenly distributed, making sure to first slip bungee into skirt loops, at each location.

**Step 5:** Install every other bungee (through skirt loops where appropriate) and around the frame, until all the bungees are installed.

**Step 6:** Make sure the bungees fed through skirt loops (where appropriate), are fully seated into the connector saddles and bungee slots, and that the bungee cord on each side of the saddle is equally tensioned.

# Assembly Instructions

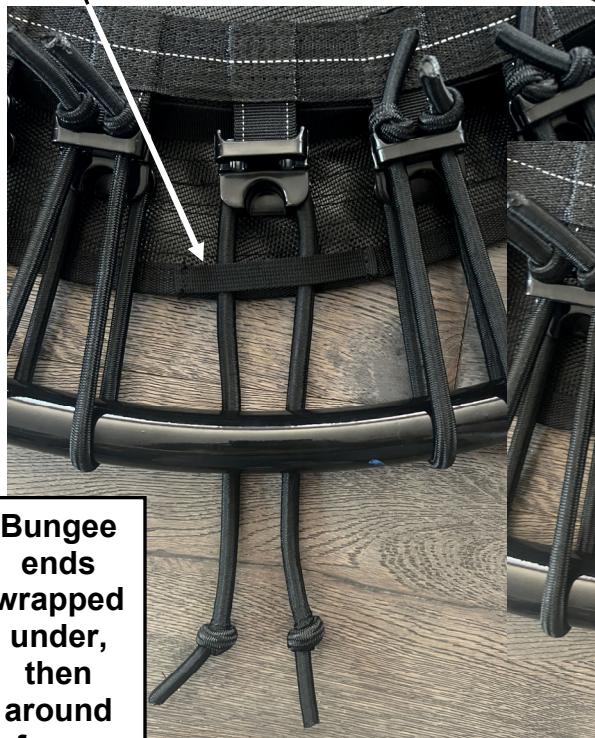
Underside view of mat with leg bases facing up (Steps 1 through 3)



One bungee fully in-

Bungee knots

Bungees fed through skirt loops before installing on connector saddle at all loop locations



Bungee ends wrapped under, then around frame

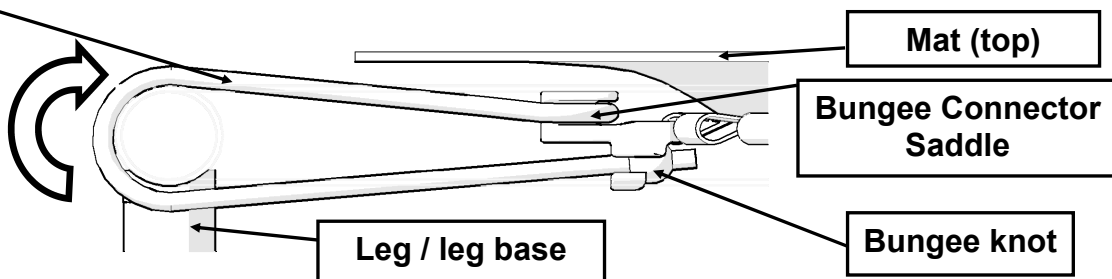


(View of connector saddle is from top of trampoline mat)



Saddle

Side view of frame with mat installed and legs on ground



Bungee

Mat (top)

Bungee Connector Saddle

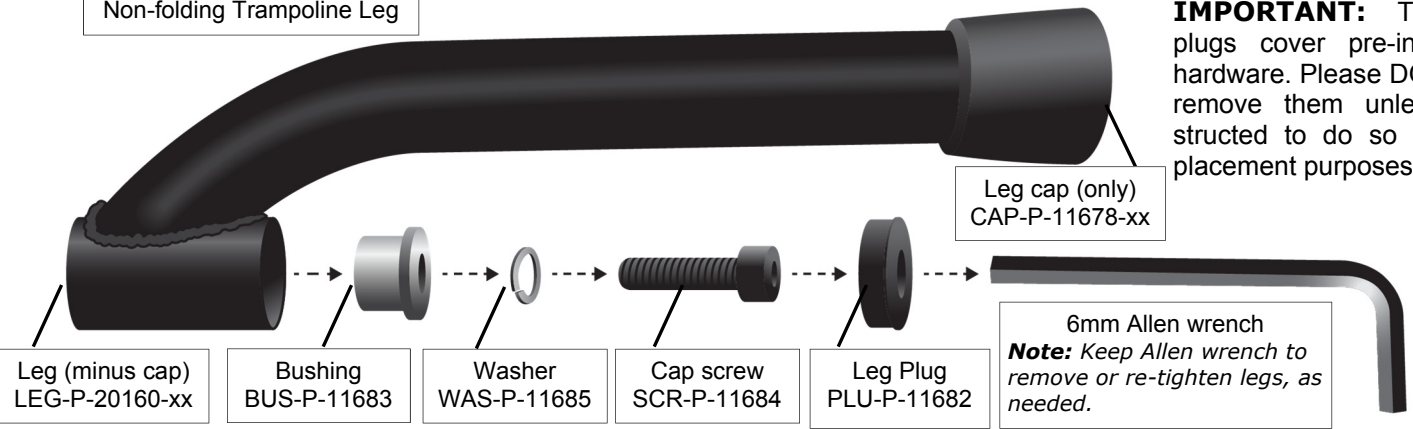
Leg / leg base

Bungee knot

# Assembly Instructions

Non-folding Trampoline Leg

**IMPORTANT:** The leg plugs cover pre-installed hardware. Please DO NOT remove them unless instructed to do so for replacement purposes.



**WARNING:** Periodically check all leg mounting bolts and retighten if necessary. All bolts should be tight prior to using the rebounder trampoline.

Note: If you are going to install an exercise handle, refer to the instructions before installation.

**Step 7:** With trampoline upside-down, fit leg sockets over stud on trampoline frame. Notch in leg socket lines up with key on stud. [Photo 1] Insert the end of the supplied 6mm Allen wrench into the hole in the rubber leg plug and engage the Allen bolt head inside the leg. [Photo 2] Securely tighten Allen bolts with 6mm Allen wrench.

**The JumpSport Fitness Trampoline is now ready for use!**

**IMPORTANT:** Bolts may offer resistance when tightening. No threads of the bolt should be exposed when bolt is properly installed. Use leverage with the provided 6mm Allen wrench to ensure safe and proper installation.

## Care, Maintenance and Storage

Stacking: Use 2 people when stacking or unstacking units. Stack 8 units max, with feet down.



Inspect the **JumpSport Fitness Trampoline** before each use and replace any worn, defective, or missing parts. The following conditions could represent potential hazards:

1. Punctures, frays, tears, or holes in the bed or elastic bands.
2. Deterioration in the stitching or fabric of the bed.
3. Ruptured or damaged elastic bands.
4. A bent or broken frame.
5. A sagging bed.
6. Sharp protrusions on the frame or suspension system.

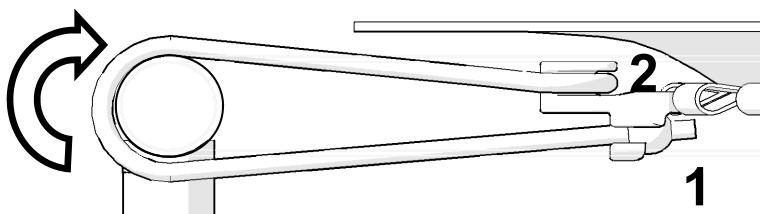
# Making Replacements and Adjustments

## Replacing EnduroLast

Replace your elastic cords with genuine JumpSport® parts whenever there is visible damage or when the cords feel too soft.

- 1) Remove existing cord. Take the new cord and first secure each knot into the respective openings on the Connector, as shown at location 1 in the diagram, below.
- 2) Pull the loop end out and over the frame, and install securely into the saddle of the Connector, shown at location 2 in the diagram, below.
- 3) Be sure the end of the cord loop is centered in the U-shaped slot so the cord tension is equal on both sides of the connector.

TIP: If you have an adjustable EnduroLast 4 knot system (see photo and diagram below) and the cords are not visibly damaged, try a firmer tension setting to improve performance and extend the life of your cords.



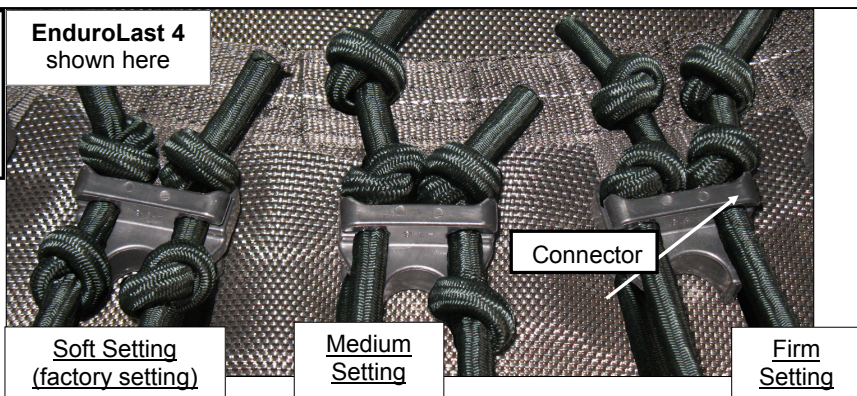
### How to Adjust EnduroLast 4 knot Cords

(Premium, PRO, and PRO Plus (300 and 500 Series))

If you wish to change the firmness of your rebounder, turn it upside down. Pull cord tighter to different knot, according to chart. See picture for firmness settings.

**EnduroLast 2**= 2 knot cord (not adjustable)

**EnduroLast 4**= 4 knot cord (7 adjustments)



### Expected Cord Life

Elastic cords are wear items that need to be replaced from time to time. Their life expectancy is determined by:

- The way the trampoline is being used (jumping for height vs. controlled, fitness-style bouncing vs. jogging)
- The user weight and height
- Frequency of bouncing
- The type of cords used (standard or extra-firm)

We are often asked how long your cords will last. The answer is, it depends. Some of our customers use a set for 9 months, while most will use a set for many years. Similar to running shoes or car tires, the more you use them and the harder you use them, the faster they need to be replaced.

### EnduroLast 4 Configurations

Softer	Soft Setting on all connectors
	Medium Setting on every <i>other</i> connector
	Soft / Medium / Medium Settings (repeat pattern)
	Medium Setting on every connector
Firmer	Firm Setting on every <i>other</i> connector
	Medium / Firm / Firm Settings (repeat pattern)
	Firm Setting on every connector

## Limited Warranty

**What is covered by this warranty?** This warranty covers any defects in materials or workmanship on all of the components of a new JumpSport Fitness Trampoline system, and is extended exclusively to the original retail purchaser.

**How long does this coverage last?** Warranty coverage for each component of a new JumpSport® Fitness Trampoline begins from the original date of purchase and lasts as follows

	Private Use	Commercial Use (Series 300/500 Only)
Steel Frame & Legs	Lifetime	5 years
Essential (200 series) & Essential Plus (400 series) Jumping Surface and EnduroLast Cords*	2 years*	n/a
Premium (300 series) & PRO (300 pro series) Jumping Surface and EnduroLast Cords*	4 years*	18 months*
PRO Plus (500 series) Jumping Surface and EnduroLast Cords*	5 years*	18 months*
All other components (including hinges)	1 year	1 year

**How to submit a warranty claim for defective parts:**

**\*Mat and cord warranty are limited to only one (1) usage replacement during applicable period.**

1) If you notice a defective, missing, or damaged part when first receiving your product, call the JumpSport Customer Service department at 1.888.567.5867 or email [Orders@JumpSport.com](mailto:Orders@JumpSport.com) within 10 days of delivery of merchandise. You may be asked to submit photographs and/or proof of purchase for verification.

2) After using the product, if a qualifying warranty part replacement is needed, customers are required to complete the Warranty Request Form online. Once submitted and reviewed, JumpSport will either repair or replace such parts at JumpSport's discretion. To determine eligibility for warranty replacement, you may be required to either submit photos of the part or send the part to one of our designated service centers.

3) JumpSport will make a final determination whether the part is covered by this warranty. We reserve the right to examine photographs or physical evidence concerning parts claimed to be defective prior to making a final determination concerning the claim. A repaired or replacement part will be returned to you. (Shipping charges may apply.) Please allow 3 to 4 weeks for delivery.

**What is not covered by this warranty?** This warranty covers new products purchased as a complete system; it does not cover replacement parts. This warranty also does not cover expenses of on-site labor, shipping costs, travel, assembly or disassembly, or other charges associated with the repair or replacement of covered components. Further, this warranty does not cover any problem that is caused by abuse, misuse, commercial or public use of Essential (200 Series) and Essential Plus (400 Series), ordinary wear and tear, outdoor use, weathering, acts of God (such as wind and lightning), failure to follow directions, improper installation, improper maintenance, or any silk screened graphics. Rust is a natural occurrence with any steel product and is likewise not covered by this warranty, to the extent that it does not affect the structural integrity of the part.

JUMPSPORT 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 OTHER DAMAGES WITH RESPECT TO ANY LOSS, INCLUDING BUT NOT LIMITED TO 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.

**\*Only the models in our Premium, PRO, and PRO Plus (300 and 500 Series) of Fitness Trampolines are approved for commercial use. When used in a commercial setting, the commercial warranty applies.**