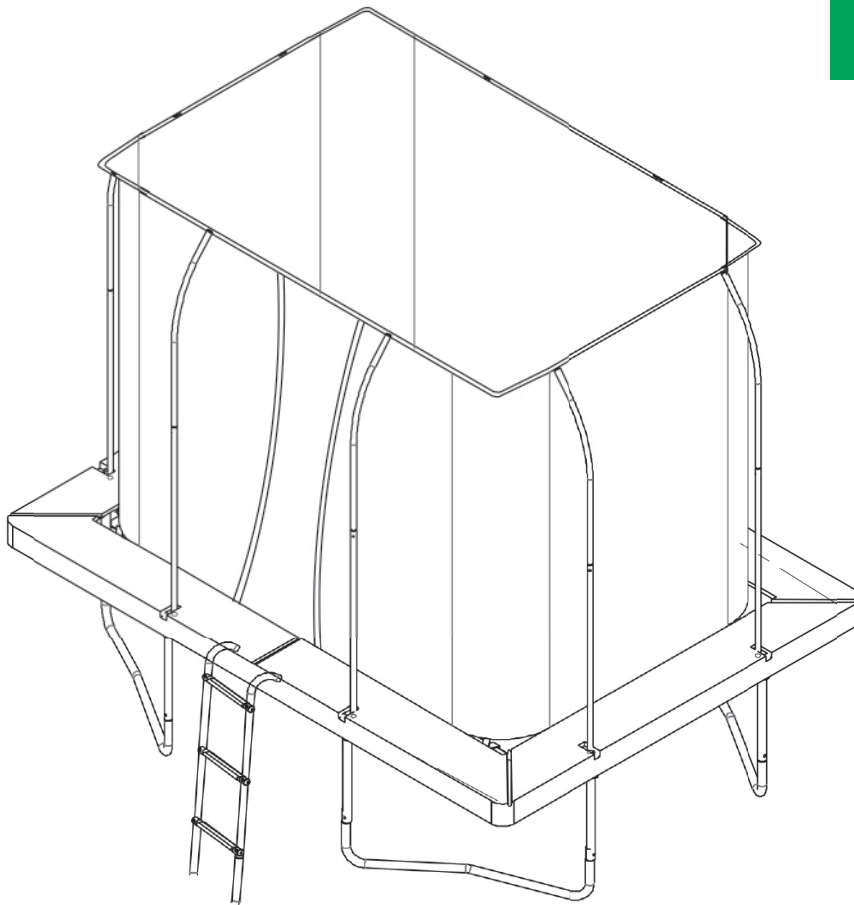


USER MANUAL

BounceZone M Rectangular Spring Trampoline Set



Find the Digital
Manual Online



WARNING: The disassembled product may contain small parts which pose a choking hazard to children under 3.

IMPORTANT:

This product may contain sharp points and small parts prior to assembly. The owner's manual contains safety, assembly, use and maintenance instructions. This product must be assembled by an adult who has read and understood these instructions. Keep the packaging away from children and dispose of all packaging before use.

For the installer and your children's safety, it is important to fully read and understand the instructions and safety hazards before commencing the assembly of the product.

NOTE:

This manual should not be used to guide your purchasing decision. Your product, and the contents inside its carton, may vary from what is listed in this manual. This manual may also be subject to updates or changes. Updated manuals are available through our website at www.lifespankids.com.au.

TABLE OF CONTENTS

I. GENERAL SAFETY INSTRUCTIONS	4
1.1 Purpose	4
1.2 Danger for Children	4
1.3 Risk of Injuries	4
1.4 Product Damage	5
1.5 Assembly Advice	5
II. SAFETY INSTRUCTIONS	7
2.1 Accident Categories	10
III. ASSEMBLY INSTRUCTIONS	11
IV. SAFETY NET PRECAUTIONS	24
V. MAINTENANCE	25
VI. CLEANING	25
VII. EXERCISE DIAGRAMS	26
VIII. WARRANTY	27

I. GENERAL SAFETY INSTRUCTIONS

1.1 PURPOSE

This product is intended for indoor and outdoor, home, domestic use only. It is not suitable for commercial or medial use.

NOTE: Do not exceed the weight limit of the trampoline.

SIZE	10 X 7FT
Weight Limit	100kg

1.2 DANGER FOR CHILDREN



WARNING: Trampolines are not allowed for children under six years of age.

WARNING: No eating while jumping.

- Children do not recognize potential dangers from this product. The product must be stored out of reach of children and pets.
- This product may only be used with adult supervision at all times.
- The packaging material is not suitable for children due to choking and suffocation hazards.

1.3 RISK OF INJURIES

- Do not use the product if it is damaged or defective. If it is damaged or defective, please contact a qualified technician.
- Check the product before each use. Defective parts must be changed immediately as they can impair the function and the safety of the product.
- No more than one person to use the product at the same time.
- Use the product only on even and non-slipping surfaces. Never use it near water and keep sufficient space around for safety.
- Beware of moving parts such as the springs or elastics, which could catch your arms and legs. Always keep the safety pads on. Do not place any objects or body parts in the product's openings.

1.4 PRODUCT DAMAGE

- Do not make alterations to the product. Only use original spare parts. Only qualified technicians should carry out repairs – improper repairs can lead to danger for the user. Use this product only as described in this manual.
- If item is not in use for long period of time and if possible, keep the equipment stored under cover or packed away.

1.5 ASSEMBLY ADVICE

- The assembly of the product must be done carefully and may require two adults. If in any doubt, ask a technically qualified person.
- Before you start with the assembly, read the instructions carefully.
- Remove all packaging materials and lay down all parts on an open space. This gives you an overview and simplifies the assembly procedure.
- Check with the parts list that all parts are available. Dispose of the packaging material when the assembly is completed.
- Beware that when using tools or doing technical work, there is always a risk of injuries. Assemble the product with care.
- Create a danger free environment; for example, do not let tools lay around the workspace.
- After installing the product according to the instruction manual, ensure all screws, bolts and nuts are correctly installed and tightened and that all joints are secure.
- A free leveled space of at least 9.5 m is necessary above the trampoline and at least 1.5 or 2m surrounding. Reasonable space must be kept between the trampoline and possible sources of danger, such as power lines, tree branches, fence, laundry line, playing devices, swimming pools and fences.
- Never set up the trampoline in heavy rain, wind or storm conditions, especially lightning conditions. It is recommended that the trampoline be taken apart and stored in bad weather or moved under cover and tied down.
- Trampolines shall neither be installed over concrete, asphalt or any other hard surface nor at proximity of other conflicting installations (e.g. paddling pools, swings, slides, climbing frames).
- Adding additional accessories (e.g. Basketball Ring) shall be carried out according to the instructions of the manufacturer.
- The metal frame of the trampoline will conduct electricity. Lightning, extension cords and all electrical equipment must never be allowed to come in contact with the trampoline.
- The trampoline must always be used in a well-lit area.

- Do not place anything under the trampoline.
- Outdoor trampolines should be anchored to avoid displacement due to wind (e.g. anchor kits or loads like sand bag or water bags). Safety net and mats can act like a sail during windy weather, it is best to remove these parts or if possible store the equipment under cover and secured.
- In certain areas during winter, snow buildup and the low temperatures can damage the trampoline. It is recommended to remove snow buildup and to store the mat and the enclosure under cover.
- Replace the enclosure after 2 years of usage. This time indication is dependent on weather conditions and the amount of UV exposure the trampoline is subject to. We strongly recommend visual inspections every 3 months to ensure the integrity of the entire trampoline. Replace any parts as necessary.

II. SAFETY INSTRUCTIONS

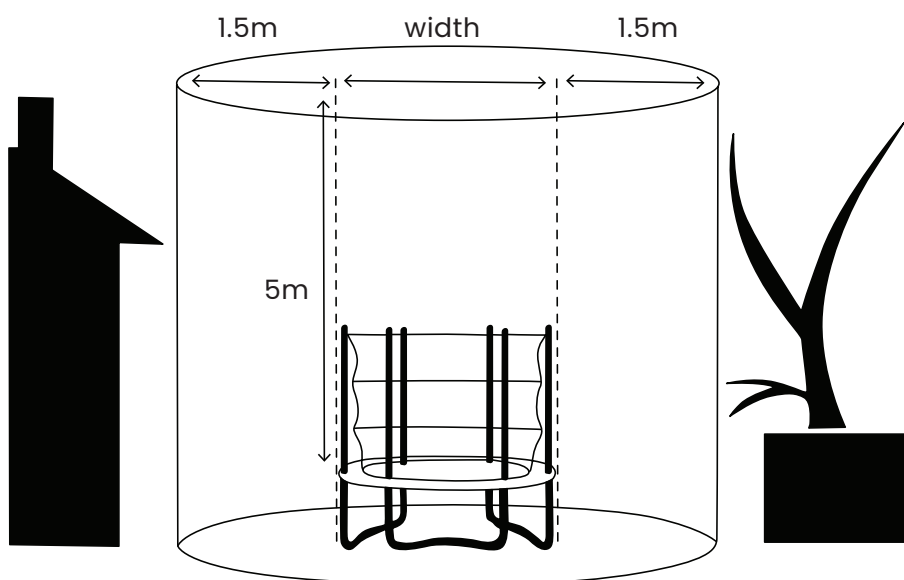


WARNING: Do not land on the head or neck. There is the danger of paralysis or death, even if landing in the center of the trampoline. No somersaults should be attempted, in order to avoid danger of a head or neck landing.

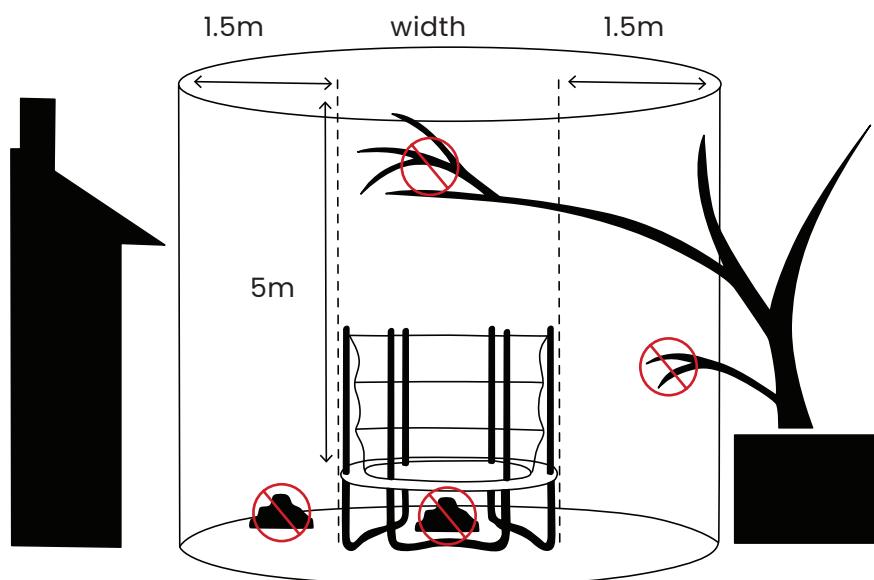


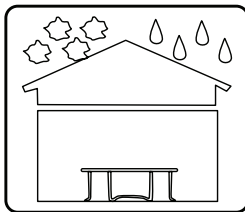
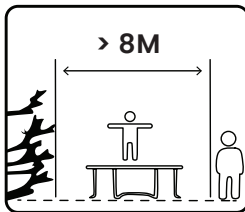
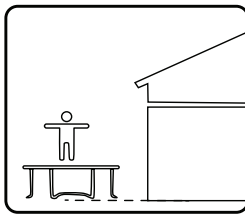
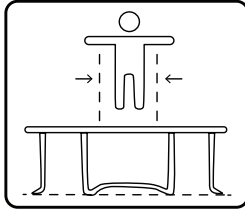
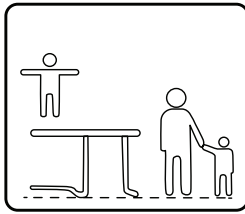
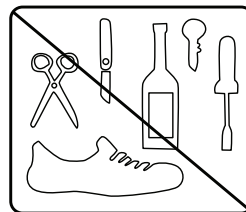
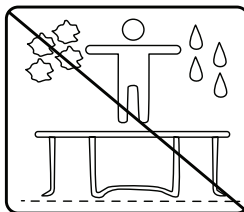
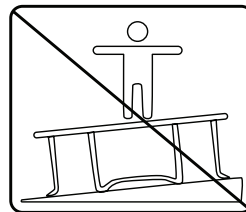
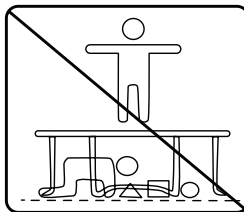
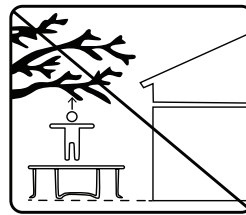
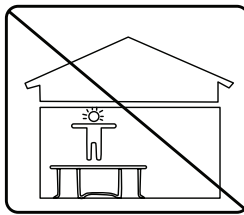
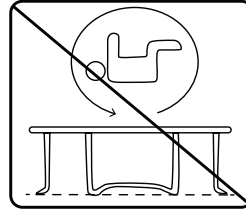
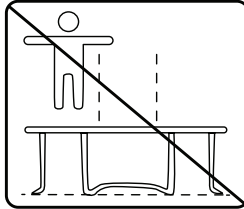
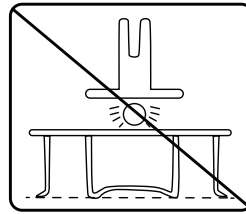
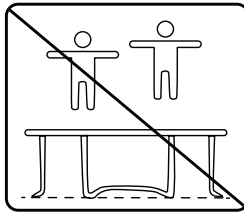
WARNING: One person only at a time may use the trampoline. All children must be supervised while using the trampoline. Several persons jumping at the same time on the trampoline will increase the danger of control loss, collision or falls. This can lead to serious injury.

Trampoline Correct Installation



Trampoline Incorrect Installation



DO's**DON'Ts**

- The safety instructions of the product should always be considered and obeyed.
- Using the trampoline may result in permanent injury such as paralysis, or even death. Even landings on the trampoline may lead to injuries, particularly to the back, neck or head.
- Trampolines are jumping devices, enabling the user to jump into unusual heights as well as into a multiplicity of body movements. Jumping on the Trampoline, hitting the frame, cushioning or incorrect landing on the Trampoline can lead to injuries.
- Maintain a minimum clearance of 1.5m on all sides of the trampoline. This area should not include concrete, bitumen, brick or other hard surfaces as these can cause serious injuries if users fall off the trampoline.
- No clothes with hooks or loose parts should be worn when carried during trampoline usage in order to avoid hooks getting caught and causing injury.

- Moving the product whilst assembled may affect the integrity of the frame. Should it be necessary to move the trampoline, please consider the following:
 1. At least four people must be evenly spaced around the frame to lift the trampoline off the ground.
 2. The product must be carried horizontally.
 3. Use caution whilst moving as it could bend the trampoline frame. If this occurs, use four people to draw the trampoline in shape.

For the supervisor

The supervisor's role is to make sure users are aware of all safety precautions and that these precautions are enforced. When a supervisor is not available, the product may be disassembled or covered to limit access.

- Do not allow children under 6 years on the trampoline.
- The trampoline can only be used, if the jumping mat is clean and dry. Worn or damaged jumping mats should immediately be replaced.
- Objects, which could be dangerous to the user, should be away from the trampoline.
- Avoid unauthorized and unsupervised use of the trampoline.
- Do not use the trampoline under influence of alcohol or drugs (incl. medicines).
- Learn the fundamental jump and body positions carefully, before trying difficult jumps.
- Stop jumping by bending your knees when your feet come to contact with the trampoline. The skill of braking should be used whenever you lose balance or control from a previous manoeuvre. Loss of balance or control will increase the risk of injury from landing on the frame, springs or completely off the trampoline. A controlled jump is considered landing on the same spot that you took off from. If you do lose control when you are jumping on the trampoline, bend your knees sharply when you land and this will allow you to regain control and stop your jump.
- Climb onto the trampoline. Do not jump on it directly. Do not use the trampoline as jumping board for other articles.
- Focus your eyes on the edge of the trampoline. This will help control your bounce.
- Stop your bounce by flexing your knees as your feet come in contact with the trampoline bed. Learn this skill before you attempt any other
- Avoid bouncing too high. Stay low until you can control your bounce and repeatedly land in the centre of the trampoline.
- Do not bounce immediately after a meal.

2.1 ACCIDENT CATEGORIES

SOMERSAULTS

A landing on the head or neck increases the risk of neck and back injuries, which can lead to paralysis and sometimes death. This can occur if the user makes an error and falls forward or backward. No somersaults should be attempted on the trampoline.

CLIMBING ON OR OFF THE TRAMPOLINE

The trampoline's jumping mat is approximately one meter above the ground. Jumping off the trampoline onto the ground or another surface can lead to an injury. Jumping onto the trampoline from a building roof, a terrace or other objects can lead to injury. Small children need assistance when climbing on or off the trampoline. Be careful when climbing on and off the trampoline. Do not step on the padding or the framework. Do not use the framework for climbing on or off the trampoline.

HITTING THE FRAMEWORK OR THE SPRINGS

Stay in the centre of the mat when playing jumping on the trampoline. This will reduce the risk of injury from landing on the frame or springs. Always keep the padding 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

When users lose control of their jump, they can land incorrectly, on the framework, on the padding or fall off the trampoline. A controlled jump is one where the jumper lands and jumps from the same spot. If a manoeuvre is attempted, which exceeds the abilities of the jumper; there is a danger of losing control and increased chance of injury. In order to regain control of the jump and land correctly, knees should be completely bent upon landing.

UNDER INFLUENCE OF DRUGS OR ALCOHOL

The probability of an injury rises if the user is under the influence of alcohol or drugs. These substances weaken the response, the faculty of judgment, the space awareness, the co-ordination and the motor functions of the user.

COLLISION WITH OBJECTS

While using the trampoline, persons, animals or articles under it will increase the probability of an injury. Jumping on the trampoline whilst carrying an article, increases the probability of an injury. Placing the trampoline too close to electric wires, tree branches or other obstacles will also increase the probability of an injury.

BAD MAINTENANCE OF THE TRAMPOLINE

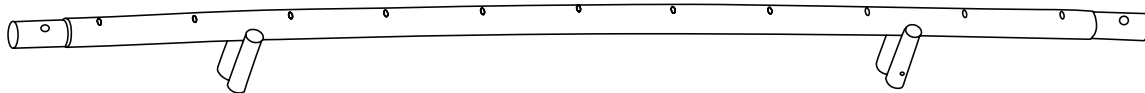
Users can hurt themselves if the trampoline is in a bad condition. A torn jumping mat, bent framework, missing cushioning or missing framework must be replaced before using the trampoline again. The trampoline should be examined before each use.

WEATHER CONDITIONS

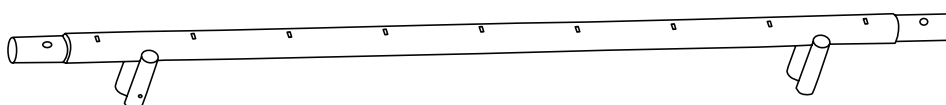
A wet jumping mat is too slippery for safe jumping. Gusty or strong winds can lead to a loss of jump control when jumping. In order to lower the probability of an injury, the trampoline should be used under suitable weather conditions only.

III. ASSEMBLY INSTRUCTIONS

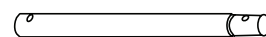
PARTS LIST



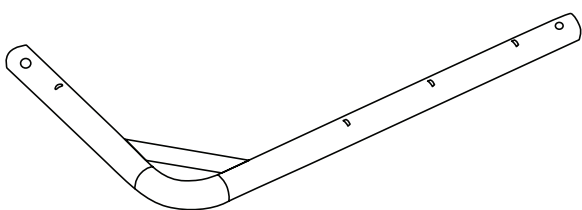
Top Rail A x 2



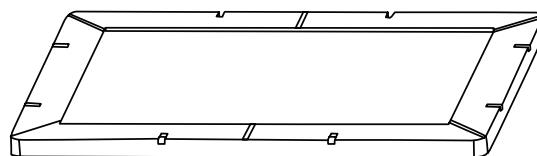
Top Rail B x 2



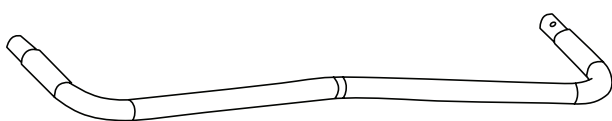
Vertical Leg x 8



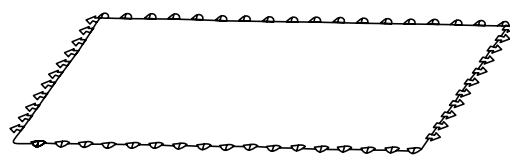
Top Rail C x 4



PAD x 1

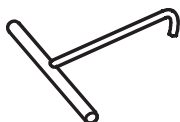


W-L EG x 4



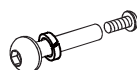
Mat x 1

TOOLS

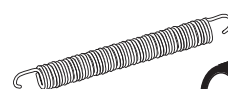


ALLEN KEY

Bolt x 8



SPRINGS + FOAM COVER 56PCS



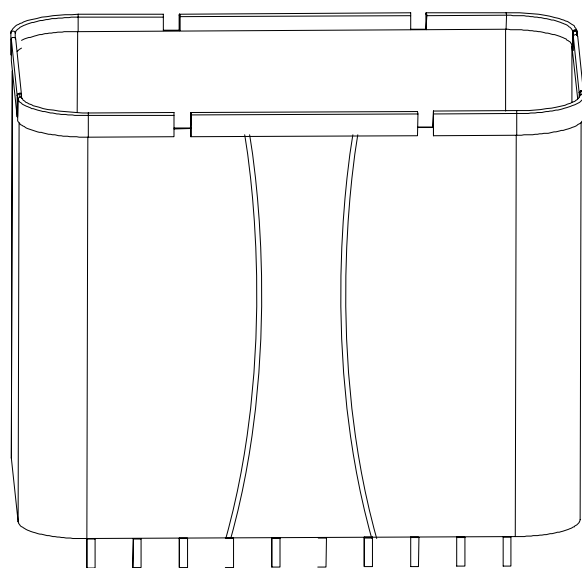
Surround Pole Top x 8



Surround Pole Bottom x 8



Surround Net x 1



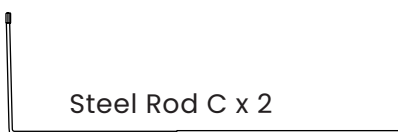
Steel Rod A x 4



Steel Rod B x 2



Steel Rod C x 2

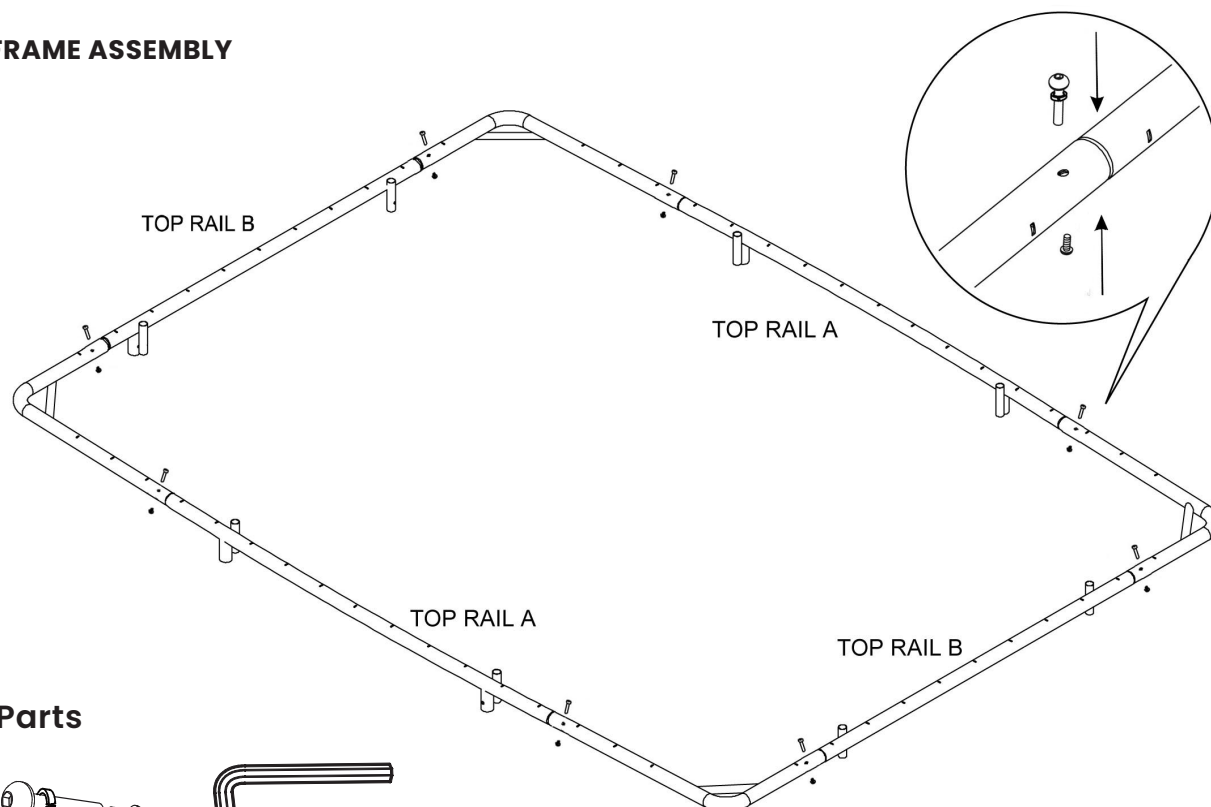


Plastic Connector A x 8

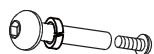
ROPE



FRAME ASSEMBLY



Parts



Bolt x 8

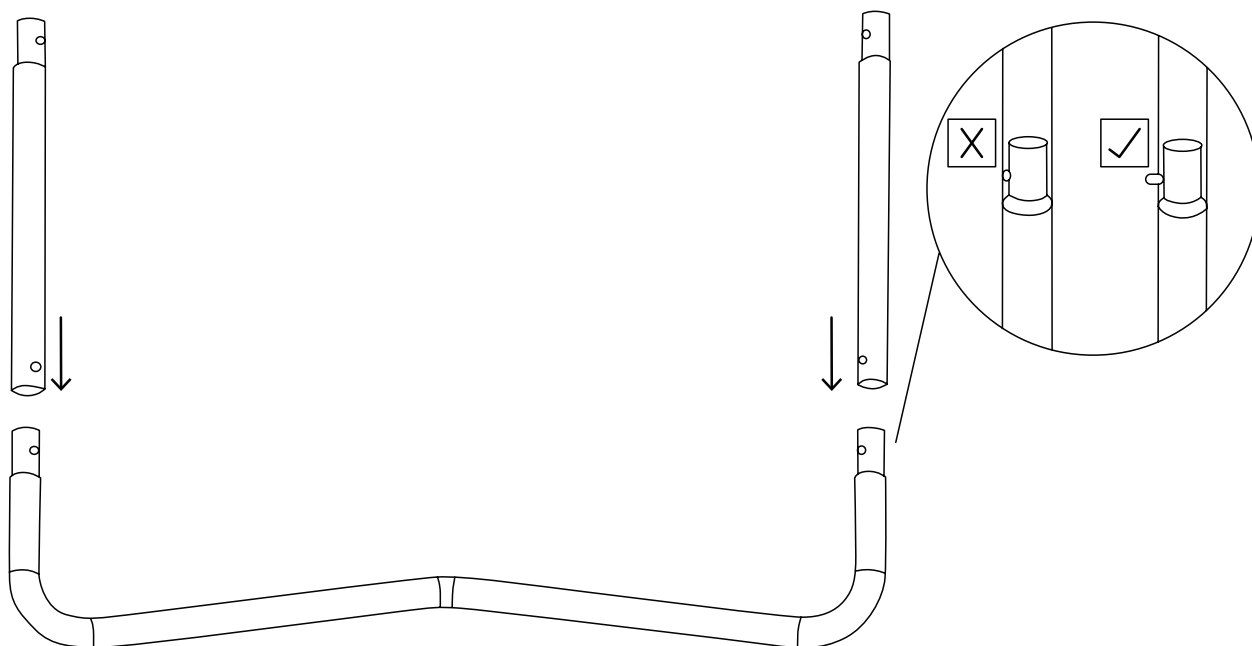


ALLEN KEY

IMPORTANT:

- Do not fully tighten at this step until the springs and matting is installed.
- Ensure to install rails A and B on the correct side. You will know if you have installed it incorrectly if the shape does not look like a proper rectangle.

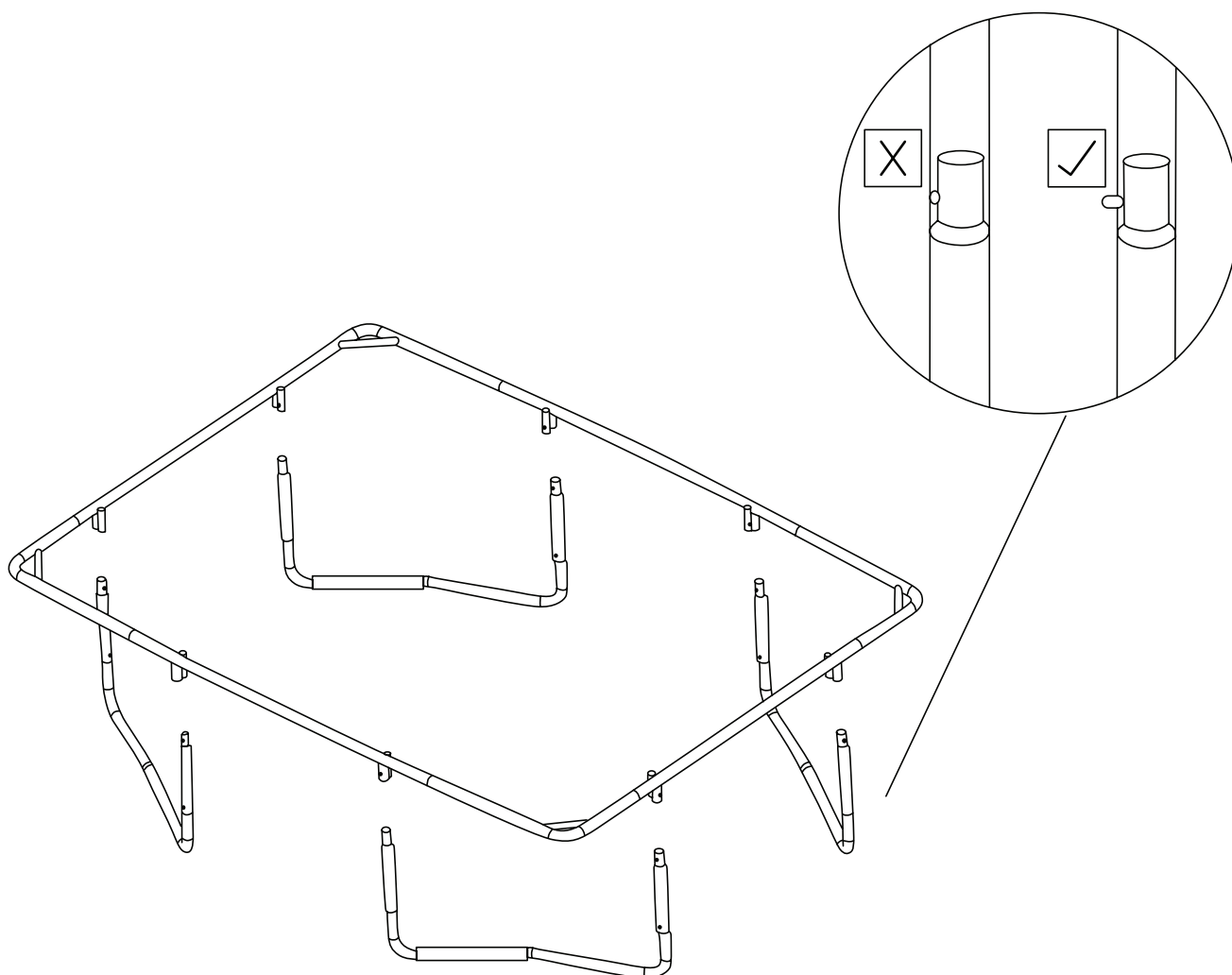
LEG ASSEMBLY-1



IMPORTANT:

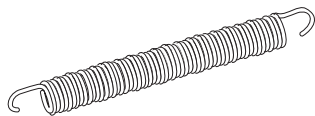
Ensure the posts are fully pushed in and locked.

LEG ASSEMBLY-2

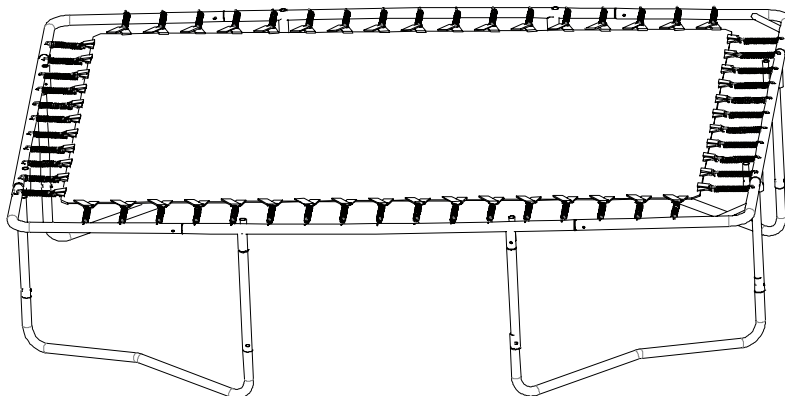


Tighten bolts after frame is fully set up.

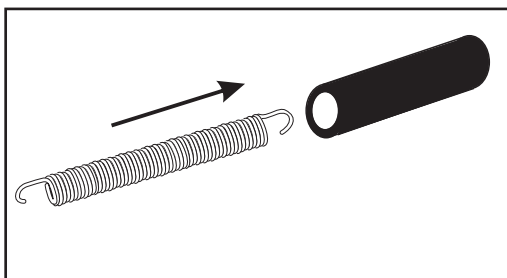
MAT/SPRING ATTACHMENT



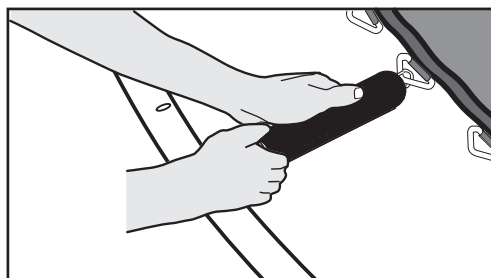
Foam Cover



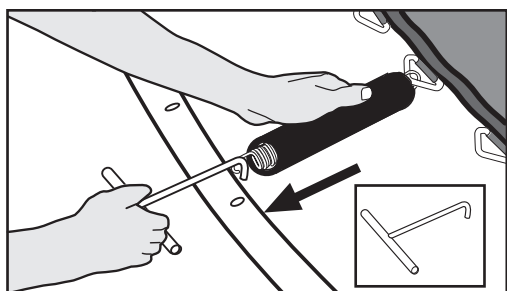
1



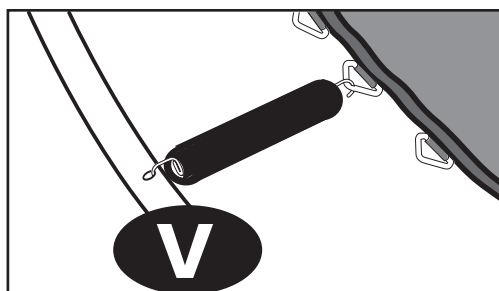
2



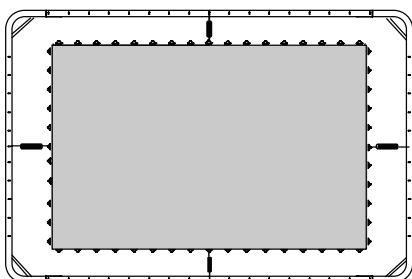
3



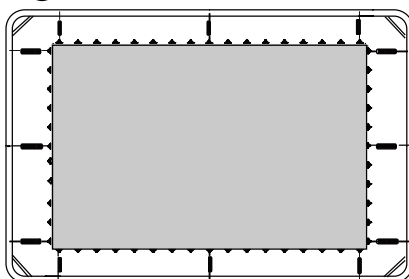
4



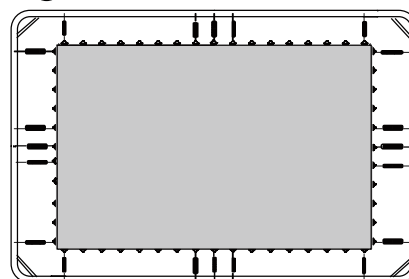
1



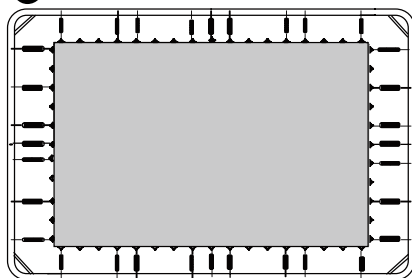
2



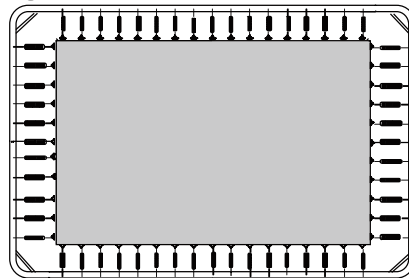
3



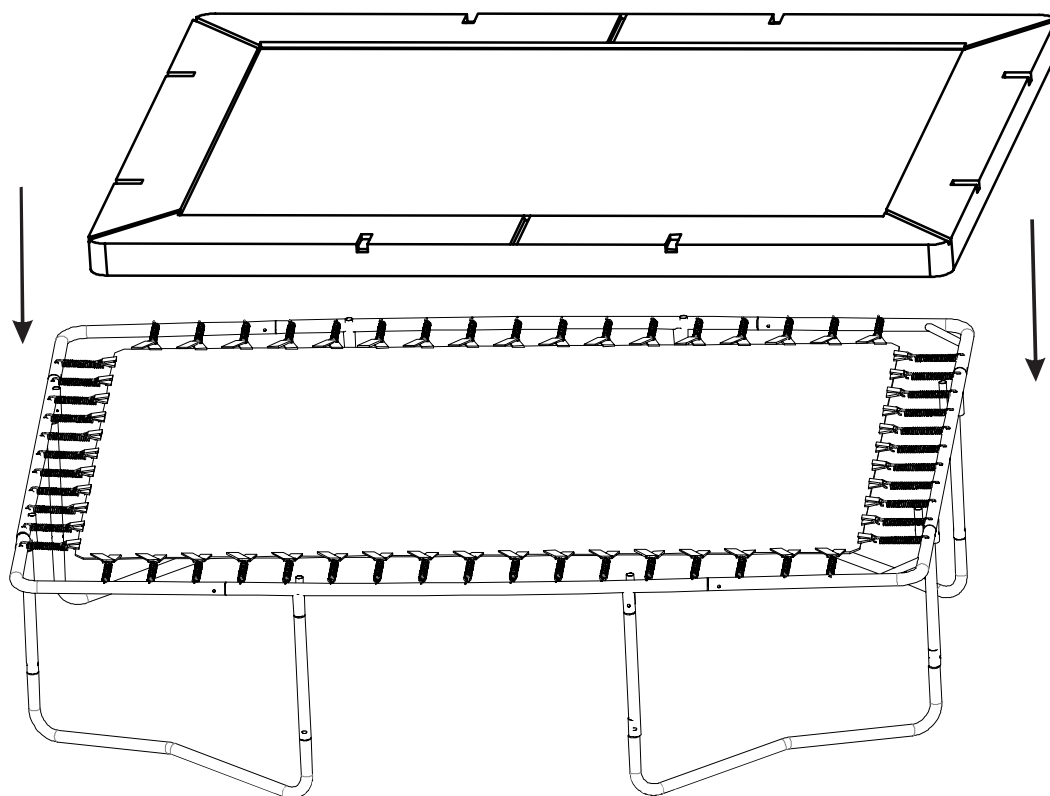
4



5

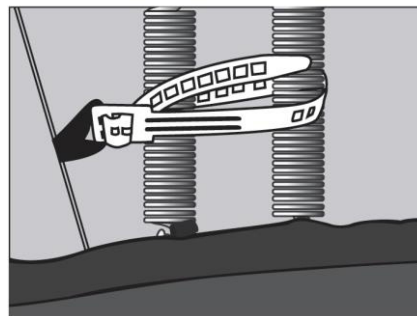
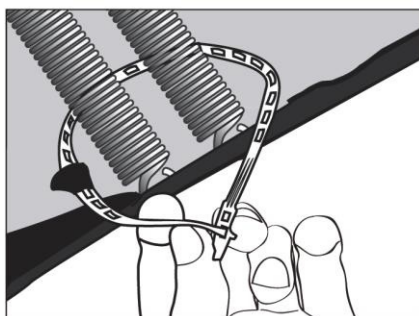
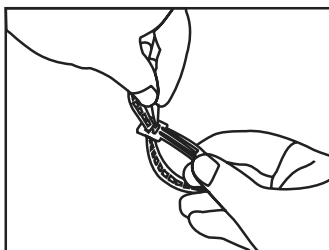
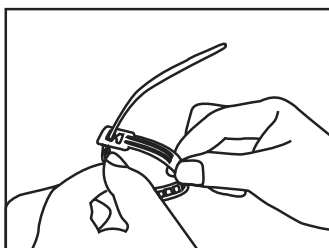


PAD ATTACHMENT

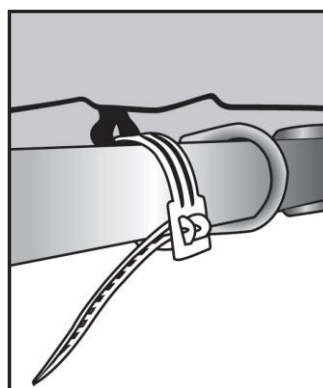
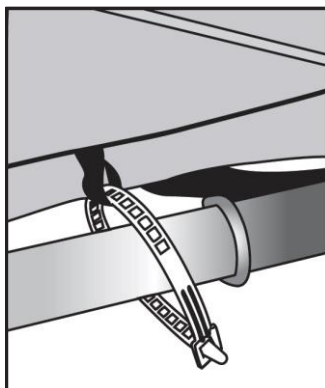


1. Underside of matting: Attach the safety pads to springs using the strap

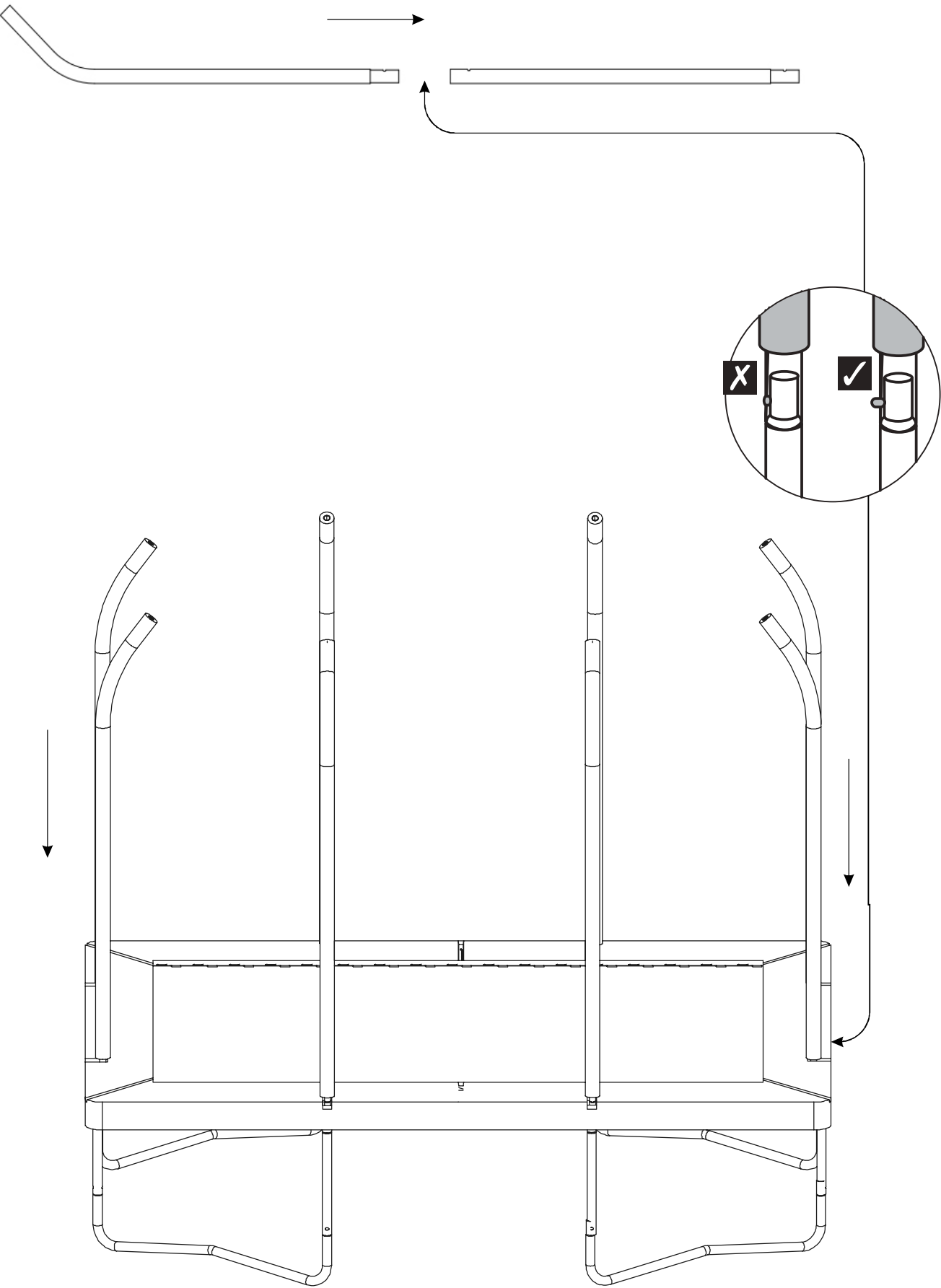
How to thread removable cable tie



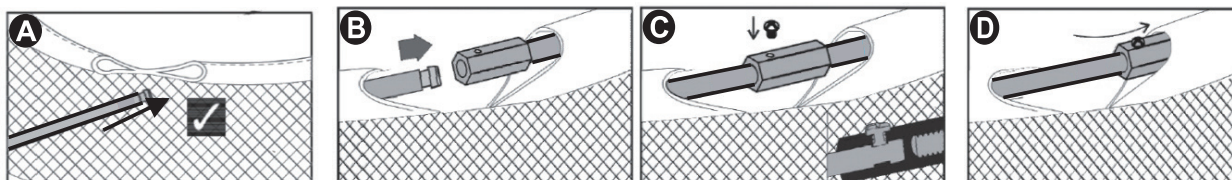
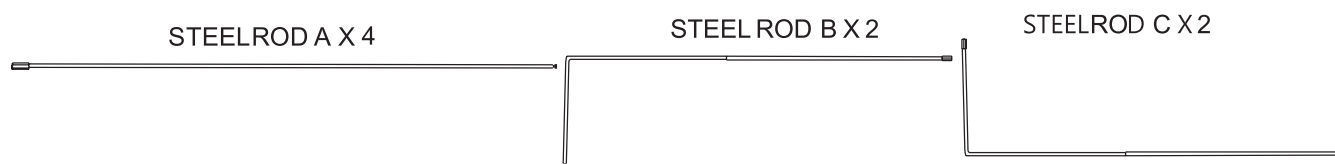
2. Attach pads to frame rail



SURROUND POLES ASSEMBLY



SURROUND TOP RODS ASSEMBLY

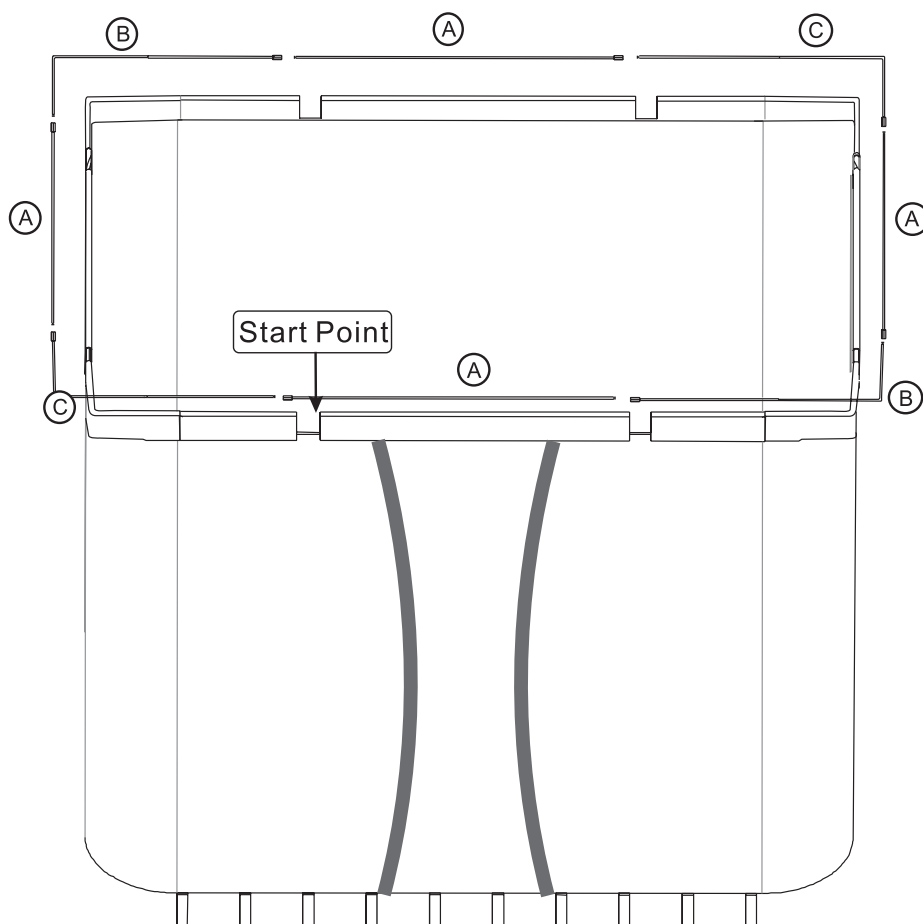


ASSEMBLY TIPS:

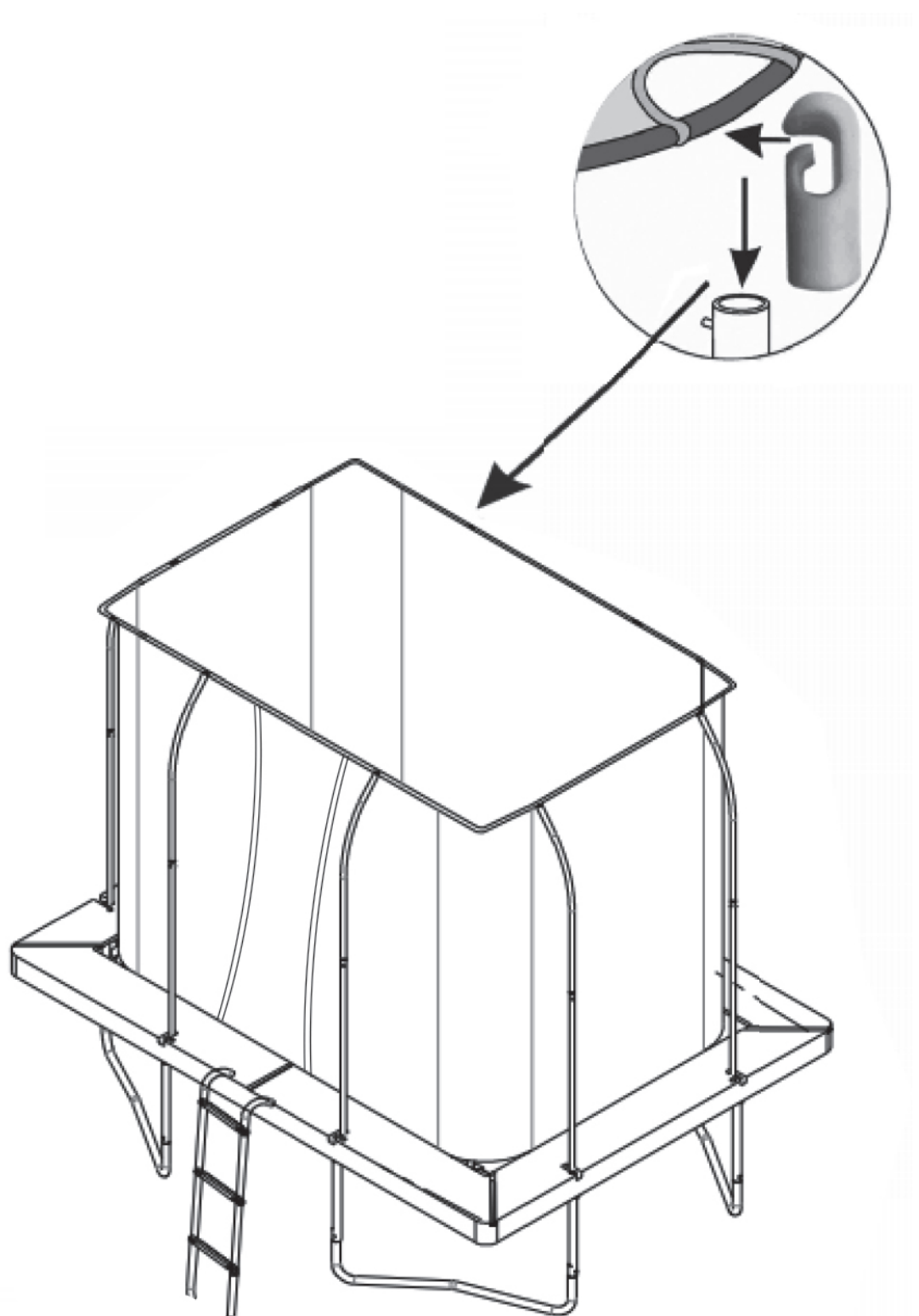
1. Lay out the steel rod sets as shown in the figure below. Insert Steel Rod A from the designated starting point, ensuring it aligns with the door entrance (refer to A).
2. Connect Steel Rod B (refer to B & C), and continue connecting the remaining rods, inserting them fully through the top sleeve of the net.
3. Adjust the net evenly to prepare for the next stage of assembly.

IMPORTANT:

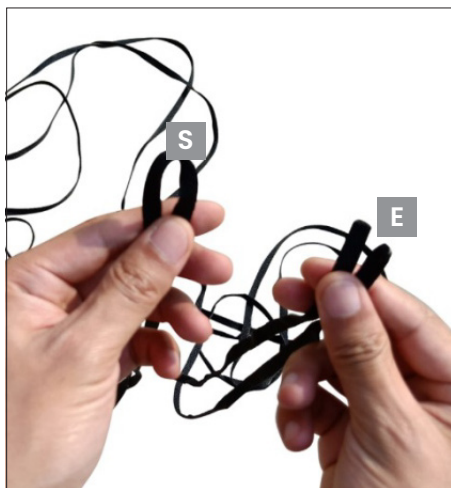
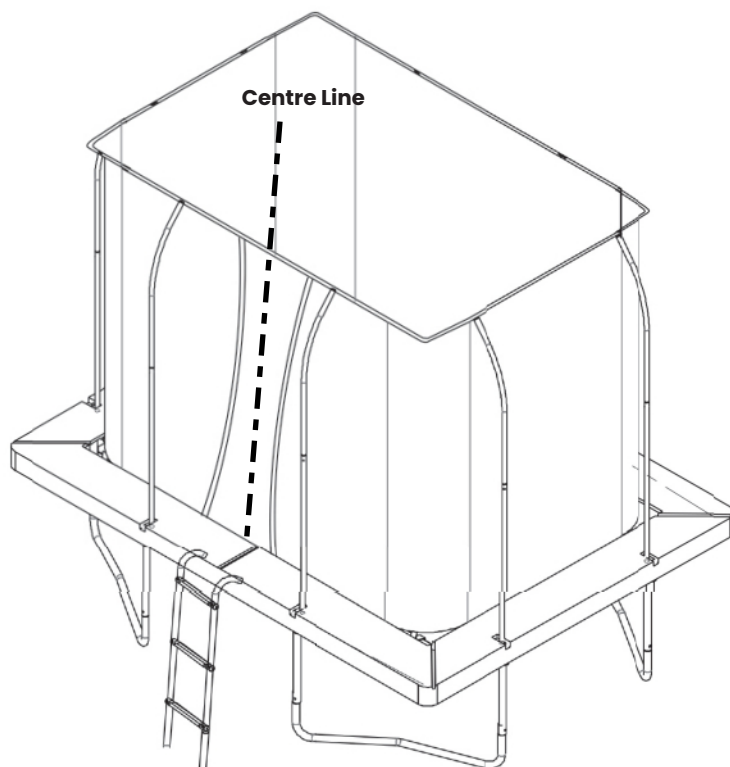
1. Check all connections to ensure they are securely locked in place.
2. The net's top sleeve has slight tension—adjust as needed to ensure a proper fit. A second helper may be required to assemble the net ring rods.



SURROUND ASSEMBLY



SURROUND ASSEMBLY



1-1
Fold the rope in half.



1-2
Align the enclosure net against the Centre line to set up the start point "A", then put the "S" end go through the mat D-ring.



1-3
Put the other end of "E" go through the loop and tight it properly.

SURROUND ASSEMBLY



2-1
Now start the step of threading the rope. We can thread the rope from two directions at the same time. The smart tool is available to easily thread rope, as shown in the figure above.



2-2
Thread rope through the loop on net.



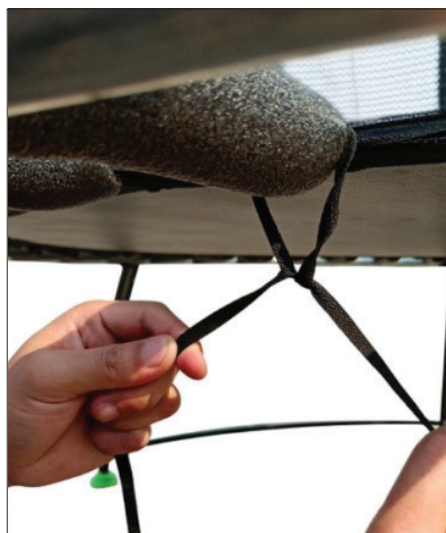
2-3
Then thread rope through D-Ring. Repeat step 2-2 & 2-3 until all loops fixed together with D-Rings.

ATTENTION:

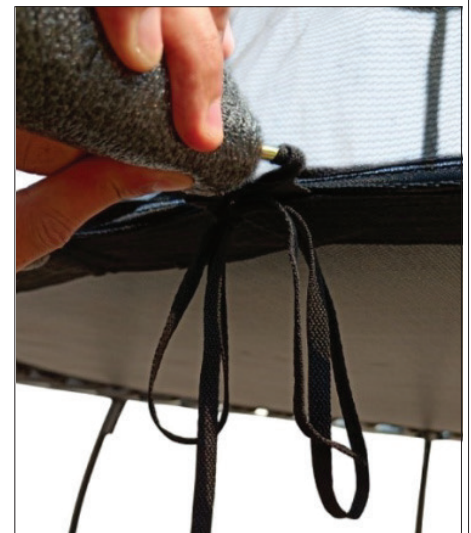
Ensure the rope is in the right tension. Ensure no loop missed threading.



3-1
Rope goes through D-Ring twice.



3-2
Tie rope underneath.

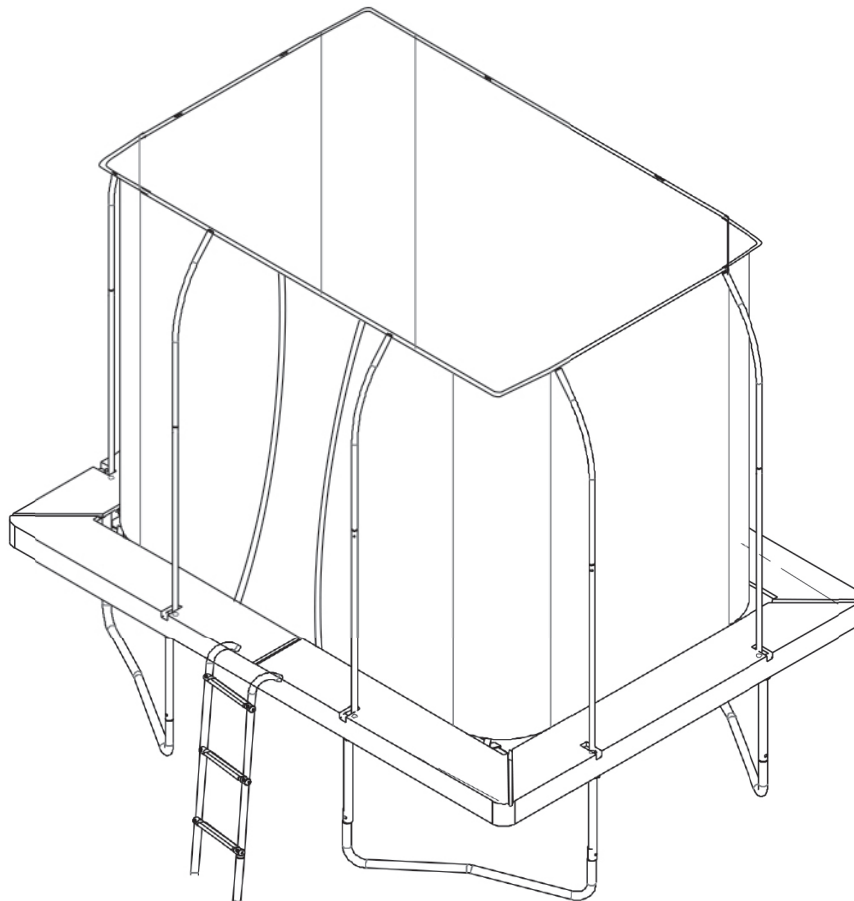
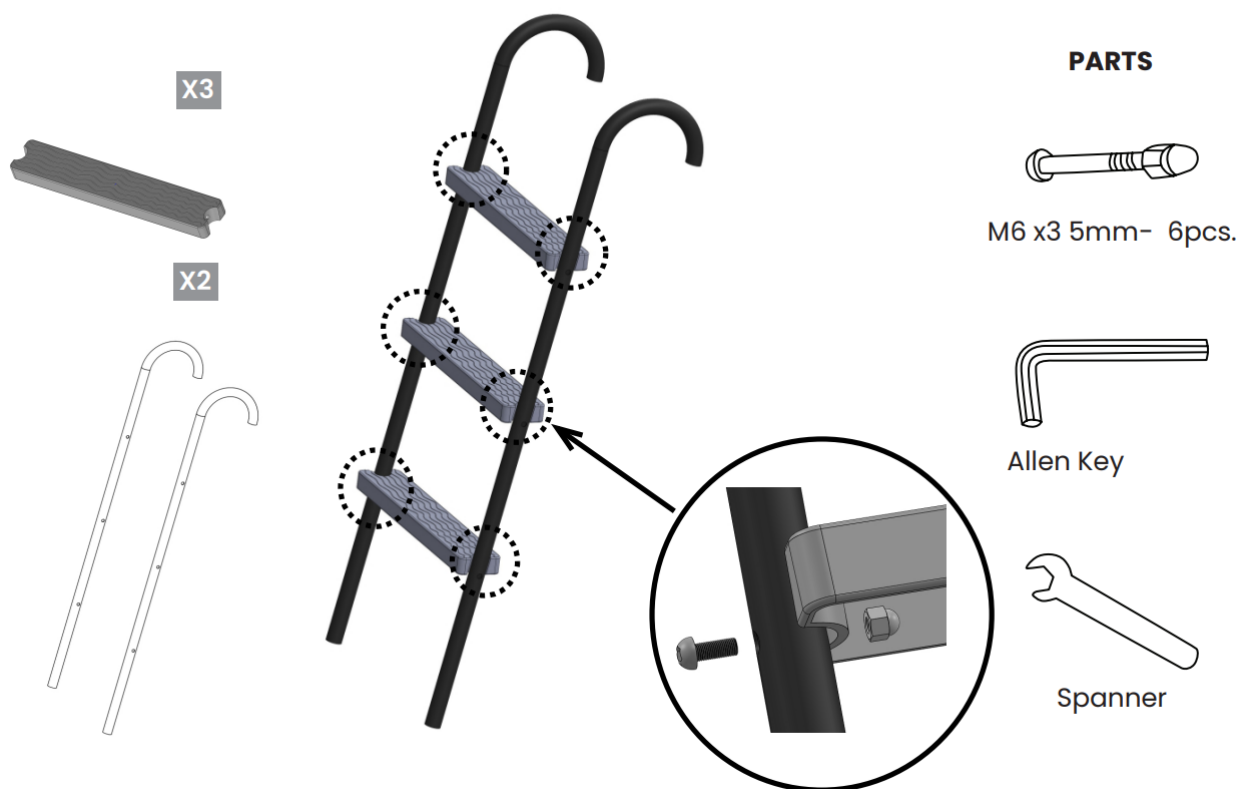


3-3
Tie rope underneath.

ATTENTION:

Daily check the knot , ensure it is in the secure condition.

LADDER ASSEMBLY



SECURING WITH ANCHORS

Anchor kits sold separately.

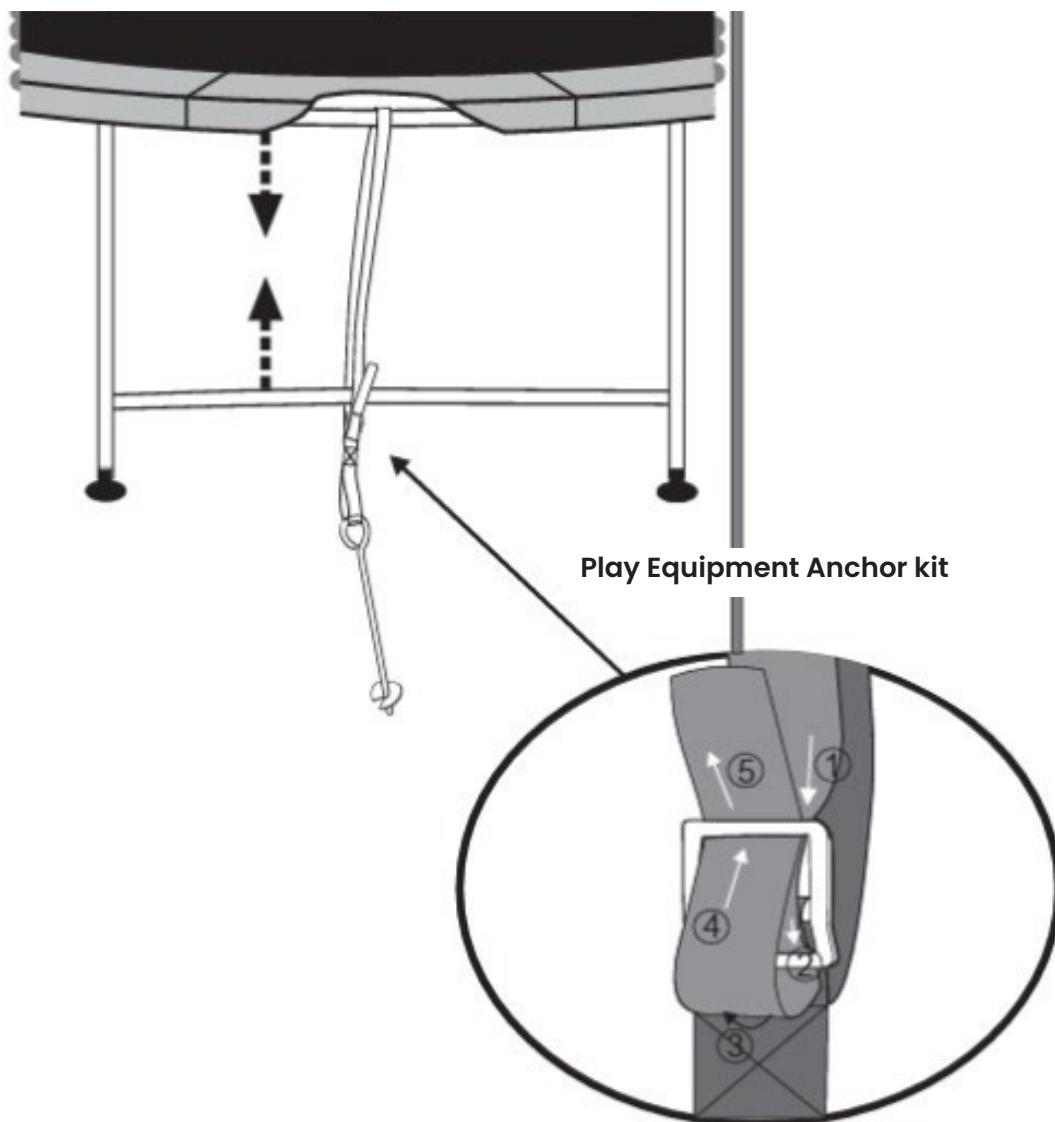
Trampoline anchor kits should be installed on the frame only.

Use only trampoline anchor kits or Lifespan Kids Trampoline Anchor Kits. DO NOT install any other type of anchors or mount on the plastic feet as this may not hold the trampoline properly.

Ensure straps for the anchors are tightened and properly secured into the ground.

IMPORTANT: Anchor kits can provide stability for trampoline and prevent movement during use, however severe and unpredictable weather conditions may still damage trampoline. It is recommended to take down the safety net and mat to prevent it from flying (as these parts can act like a sail during windy conditions) or move the trampoline undercover and secured.

Below is example of Lifespan Kids Trampoline Anchor Kit:



IV. SAFETY NET PRECAUTIONS

In addition to the instructions and precautions provided with your trampoline, the following precautions must be observed while using the Trampoline Safety Enclosure.

- The metal frame of the trampoline enclosure will conduct electricity. Lights, extension cords, and all such electrical equipment must never be allowed to come in contact with the enclosure.
- Inspect the enclosure before each use. Make sure the straps and all parts are correctly and securely positioned and attached. Tighten any loose hardware.
- Climb on and off the trampoline only through the safety enclosure entrance and securely close entrance when trampoline is in use. Users, especially children, must not attempt to enter or exit between the trampoline frame and the enclosure. Doing this may pose a strangulation risk.
- Do not touch or rebound off the safety enclosure mesh while using the trampoline. Read all instructions and complete all assembly before using the safety enclosure.
- Do not touch or hang off the safety ring (fibre pipe) at the top of the enclosure.
- Remove any obstructions from beneath the trampoline and trampoline enclosure.
- The trampoline enclosure is only to be used as an enclosure for a trampoline and the trampoline must be of the appropriate size covered by the specific enclosure.

V. MAINTENANCE

- Missing, improperly installed, or loose frame padding, barrier netting, enclosure support poles, or pole caps.
- Punctures, frays, tears, or holes in the jumping mat, frame padding, or enclosure components.
- Deterioration in stitching or fabric on the jumping mat, frame padding, or enclosure system.
- Damaged or broken springs or elastic bands.
- Bent, cracked, or broken frame components or support poles.
- A sagging jumping mat or enclosure net, which may indicate overstretched springs or loose connections.
- Any sharp edges or exposed hardware that could pose injury risks.
- Loose or missing bolts, nuts, or other hardware.

Rust Prevention and General Care

- Regularly inspect metal components, especially springs and the frame, for signs of rust or corrosion.
- Trampolines located in high-moisture environments, such as near the sea, rivers, or lakes, are particularly prone to oxidation, which can lead to rust or white rust.
- At the first sign of surface rust, clean the affected area promptly. Leaving rust untreated can cause it to spread and eventually compromise the integrity of the metal.
- Use a wire brush or fine sandpaper to remove surface rust, then apply a rust-inhibiting spray or protective coating to help prevent further corrosion.
- Apply a light coating of rust-resistant lubricant to springs and joints every few months.
- Store the trampoline or cover it with a weatherproof cover when not in use, particularly in wet or humid conditions.
- Ensure the trampoline is placed on a well-drained surface to prevent prolonged exposure to moisture.

Proper maintenance and care will help ensure your trampoline remains safe and functional for years to come.

VI. CLEANING

Do not use any abrasive cleansers for the cleaning. Use a soft, damp cloth to eliminate dirt and dust.

VII. EXERCISE DIAGRAMS

FUNDAMENTAL BOUNCES



Standing Bounce



Knee Bounce



Front Drop



Hands & Knee Drop



Back Drop



Seat Drop



Tuck Position



Pirouette



Pike Position



Straddle Position



Layout Position

VIII. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at **www.consumerlaw.gov.au**.

Please visit our website to view our full warranty terms and conditions:
www.lifespankids.com.au/Warranty-Policy-Kids

WARRANTY AND SUPPORT

Any claim against this warranty must be made through your original place of purchase. Proof of purchase is required before a warranty claim may be processed. If you have purchased this product from the Official Lifespan Kids website, please visit **www.lifespankids.com.au/warranty-form**

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit **www.lifespankids.com.au/warranty-form** and fill in our Repair/Service Request Form or Parts Purchase Form.

