



USER MANUAL – EN

23877 Trampoline set inSPORTline Flea PRO 183 cm

23878 Trampoline set inSPORTline Flea PRO 244 cm

23879 Trampoline set inSPORTline Flea PRO 305 cm

23880 Trampoline set inSPORTline Flea PRO 366 cm

23881 Trampoline set inSPORTline Flea PRO 430 cm



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SAFETY PRECAUTIONS



WARNING! Read this manual carefully before each using and keep it for future reference. Fully observe all precautions and recommendations to avoid damage or injury. Ask your physician for advice before starting any exercise.

- Only one person may jump at the time to avoid collisions and injuries.
- Don't do somersaults or acrobatics that could result in serious or lethal injury.
- Never jump under influence of alcohol or drugs or if you feel any disease.
- Remove all sharp matters from your clothes and empty your pockets before starting exercising. Wear appropriate sports clothes.
- Jump carefully and safely, and never jump off. Never use it as a springboard.
- Do your workout carefully and don't overstretch yourself. Start with small jumps before coming on higher.
- Be familiar with proper jumping technique. If you are not sure, ask some more-skilled person for advice.
- To stop jumping, fall on the jumping mat with knees slightly bent.
- Control your jumping every time and fall always onto the jump-up point. If you cannot control your jumping, stop immediately.
- Don't exercise too long without a pause. Observe fluid intake.
- Look at the mat while jumping to keep balance easily.
- Children may use it only under adult supervision. If you are not-experienced jumper, ask some more-skilled adult person for assistance.
- Assembly must be done by an adult only.
- Regularly check this product for damage or wearing. Never use damaged or worn trampoline. All damaged or worn components must be replaced immediately. If there is a net on it, this should be replaced once a year.
- Regularly check all springs and components. They must fit well. Replace with new one if necessary.
- Remove all sharp edges.
- Don't do any improper modification.
- Never enter the space under the jump mat.
- Never use it indoors. Intended for outdoor using.
- Don't eat or drink while jumping.
- Put it only on a flat, clean, dry surface away from natural or artificial obstacles (trees etc.) or electric lines. Never put it on an icy, steep or slippery area. Avoid water areas and swimming pools. Don't install it on a rough terrain such as concrete or tarmac etc.
- Keep a clearance of at least 2 m from another object.
- Follow limits of a concrete type for jumping in shoes (or without them).
- Never jump in a strong wind. Prevent the trampoline from moving.
- Never exceed the maximum user weight and use it only for intended purpose.
- Instruct all other users in proper and safe using. Observe all warnings.
- Each user should be supervised during a workout, regardless to the age or skills.

- Check this product before each using. Never jump on a wet, dirty or damaged trampoline. Always jump max. one foot from the middle mark.
- Don't put any item on the jumping area.
- Protect this product from unauthorized using while actually not used.
- Maintain and store it accordingly to the manual. Protect it against direct sunlight, temperature changes, extreme temperatures that could damage it irreversibly.
- The straps should be properly closed.
- If you feel faintly or have other health complications, including pain, stop immediately.
- Maximum user weight: according to model.
- Not suitable for children under 3 years old.











PARAMETERS

Model	Max. weight limit		
6FT	50 kg		3 legs
8FT	100 kg		
10FT	150 kg		
12FT	150 kg		4 legs
14FT	150 kg		

TRAMPOLINE ASSEMBLY

PARTS LIST





<p>A: Top frame I: Connection bar</p>		
		
<p>B: Spring cover pad</p>	<p>C: Jumping mat</p>	

	
D: Leg frame	E: Leg base
	
F: Springs	G: Spring fixing tool
H: Bolts	

ASSEMBLY

Two adults are required to carry out an assembly.

Pictures may slightly vary.

	
	
1. Attach the leg frame to a leg base (U shaped) and secure with the bolts. Repeat for all leg supports.	Note: Pay attention for angle



2. Use connection bar to connect the frame.

Note: make sure that the connection bars are facing down



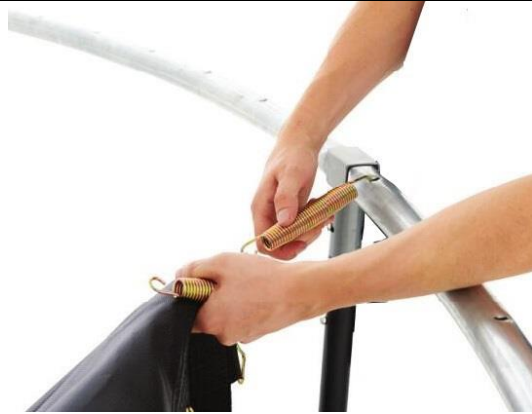
3. To connect the frames, one person must hold the opposite side and the other person must connect the other end.

Note. The connected frame should look like picture above.



4. Attach the leg frames into the top frame. Do not secure with the bolts at this stage.

Note: At this stage the trampoline should look like the picture above.



5. Attach jumping mat with the springs. Attach the springs around the connection frames.



6. Note: The spring connection should look like picture above.



7. Attach springs equally every 4 or 5 holes to distribute the tension.



Note: After attaching all springs, trampoline should look like picture above.

Warning: Be extra careful when attaching springs. Do not place hands and other body parts near the connection points.



8. Lay the spring cover pad on the outer edge so the springs are covered. Attach all the spring cover pad's straps onto the springs.













9. Check that all parts are connected the trampoline is NOT ready at this stage.

At this stage the trampoline should look like the picture as left.

SAFETY NET ASSEMBLY

PARTS LIST







No.	Model	6FT	8FT	10FT	12FT	14FT
A	TOP POLE	6	6	6	8	8
B	BOTTOM POLE	6	6	6	8	8
C	SAFETY NET	1	1	1	1	1
D	ROPE	1	1	1	1	1
E	CONNECTION MATERIAL	12	12	12	16	16
F	ASSEMBLE TOOL	1	1	1	1	1
G	FIBER ROD	1	1	1	1	1
H	PLASTIC CAP	6	6	6	8	8
I	POLE COVER	6	6	6	8	8
J	LADDER	1	1	1	1	1

	
A: Top pole	B: Bottom pole
	
C: Safety net	D: Rope
	
E: Connection material	F: Assemble tool
	
G: Fiber rod	H: Plastic cap
	
I: Pole cover	J: Ladder

ASSEMBLY

Two adults are required to carry out an assembly.

Pictures may slightly vary.

	
<p>1. Attach the bottom poles to the leg frames. Tighten with wrench.</p>	<p>2. Order of connection – place the spacer between pole and frame, then thread a bolt to the pole and secure the pole with nut.</p>
	
<p>3. Prepare the top poles.</p>	<p>4. Insert the top pole into the bottom pole. Make sure that the ball lock is properly secured. Repeat for all poles.</p>
	
<p>5. Carefully place the covers to the poles.</p>	<p>6. After steps above, the trampoline assembly should look like picture above.</p>



7. Connect the fiberglass rod, make two separate rods.



8. With the help of two people, insert the two fiberglass rods into the top sleeve of the safety net.



9. Bent the fibre rod into a circle: Pass your fiberglass poles and form 1 large open loop. Pass the loop through the sleeves and form a top of safety net.



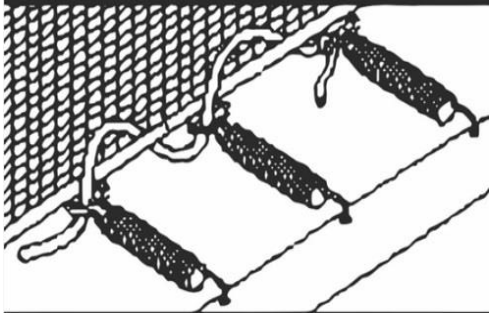



10. Place your safety net on top of your jumping mat, ready to be connected to each safety net pole.



11. Place the plastic cap into the top pole, locked by pinball. Repeat for all poles.



12. Insert the fibre rod into the groove of the plastic cap. Repeat for all caps.

	
<p>13. Secure the bottom of the net to the rings of mat on the trampoline using the rope. Tie one end of the rope to one jumping mat eyelet, pass the rope through the holes at bottom of the net. You also need to thread it through the eyelets of the trampoline mat to secure it in place to the trampoline.</p> <p>Securely tie both ends of the rope together or tie to the eyelet.</p>	
	
<p>14. Zip the entrance and fasten all the entrance hooks. Adult or supervisor must re-zip and re-hook all the entrance hooks securely before jumping begins.</p>	<p>15. Trampoline should look like picture above. Test the trampoline before use.</p>


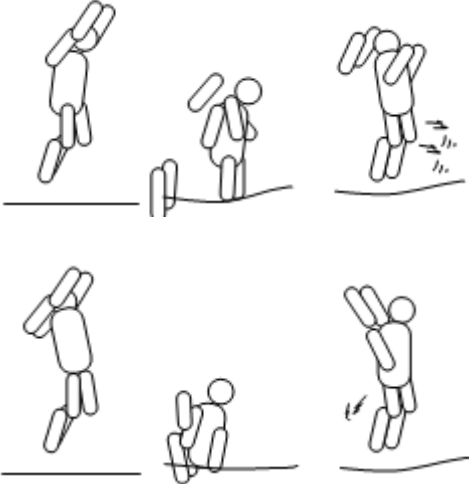

JUMPING TECHNIQUE

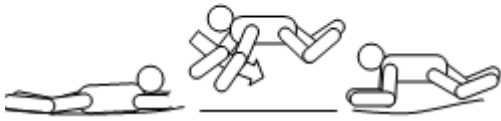
- Learn proper jumping technique before first using.
- Bend abruptly your knees before falling on the mat to stop jumping.
- Have your jumps under control. If it is impossible, stop jumping.
- Start with easier jumps before going over to more difficult. Try to fall onto the jump-off point.
- Never exercise too long continually without any break.
- Wear adequate clothes for jumping. Suitable T-shirts and shorts are recommended. Use approved sports shoes and thick socks. It is possible to jump barefoot. Never wear heavy shoes with soles that could damage the mat.
- Never jump on or off the trampoline. Leave it safely. You can carefully grasp the frame edge, but not too firmly. Use it as a support. If you are not sure, ask some other person for assistance.
- Exercise only under supervision of an adult person.

WARNING!

- Step on the mat or leave this trampoline carefully. Never step on springs and never jump off. Never jump onto the mat from another object and never grasp the frame too firmly.
- Never jump under influence of drugs or alcohol. Only one user can jump at time.
- Jump in the middle of the jump area and try to fall onto the jump-off point.
- Don't step onto the frame cover or on the springs.

- If you cannot control your jumps, stop using.
- Don't do somersaults or acrobatics.
- Keep it away from children and pets. Protect it from unauthorized using.
- Maintain it regularly and check all parts. All the loosen bolts and parts must be immediately tightened. Never use damaged or worn product. If springs or mat break or tear, stop using.
- Never jump in an unpleasant weather (in strong wind or in rain). The jumping area should be dry.
- If necessary, ask some more-skilled person or a professional coach for advice.

	<p>Basic jumps</p> <ol style="list-style-type: none"> 1. Stand in the middle of the mat and shift your body weight on your tips. Straddle slightly and look on the mat. 2. Move your arms forward and upward in a circle. 3. While jumping, keep legs together and pull tips downward. 4. Keep your feet slightly apart while falling.
	<p>Knee jumps</p> <ol style="list-style-type: none"> 1. Start with basic jump but not too high. 2. Fall on knees and keep your back uprightly. Use arms to keep balance. 3. Move your arms upwards to come back to the basic-jump position. 4. Fall on the buttock (like sitting). 5. Put your hands on the mat to your hips. 6. Push off by hands and stand up again.
	<p>Prone jumps</p> <ol style="list-style-type: none"> 1. Start with small jumps. 2. Fall on your abdomen (face is down) and let your arms stretched forwards. 3. Push off by hands and stand up again.

	<p>Turning by 180°</p> <ol style="list-style-type: none"> 1. Start with prone jumps. 2. Jump off by your right or left hand depending on intended turning direction. 3. Push your head and shoulders in the same direction and keep your back parallel to the mat. Head is up. 4. Fall on your abdominal muscles and go back to the initial up-position using hands and arms.
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MAINTENANCE

- Maintain it regularly to prolong its lifespan.
- Never exceed weight and another limit.
- Use suitable sports clothes and shoes.
- Regularly check mat tears or its deformations, excessive mat bouncing, seam wears, broken or defected parts, missing springs or screws, frame damage, sharp edges etc. All damages should be immediately removed.
- Never jump in strong wind or in unpleasant weather.
- Carry this product indoors to protect it against strong wind. You can disassemble it as well to prevent wind from blowing it out. This product should be secured in normal weather conditions at least on three points to the ground. The whole frame should be anchored, not only legs. Legs should slide off automatically.
- More people are required to transport this product.
- All the joining and connection parts should be perfectly protected from bad weather influence.
- To transport it, hoist is slightly above the ground. Disassemble it before difficult transporting.
- After each transport check all parts and components. All joints and screws must be complete and should fit well.
- As additional accessories, you can use an enclosure net, a stepladder or a protective cover.

ENVIRONMENT PROTECTION

After the product lifespan expired or if the possible repairing is uneconomic, dispose it according to the local laws and environmentally friendly in the nearest scrapyard.

By proper disposal you will protect the environment and natural sources. Moreover, you can help protect human health. If you are not sure in correct disposing, ask local authorities to avoid law violation or sanctions.

Don't put the batteries among house waste but hand them in to the recycling place.

TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated here under determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 89/2012 Coll. Civil Code, and Act No. 634/1992 Coll., Consumer Protection, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in Strakonická street 1151/2c, Prague 150 00, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

“The Buyer who is the End Customer” or simply the “End Customer” is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

“The Buyer who is not the End Customer” is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

Warranty Conditions

Warranty Period

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

The Warranty does not cover defects resulting from (if applicable):

- User's fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks
- Improper maintenance
- Mechanical damages
- Regular use (e.g. wearing out of rubber and plastic parts, moving mechanisms, joints, wear of brake pads/blocks, chain, tires, cassette/multi wheel etc.)
- Unavoidable event, natural disaster
- Adjustments made by unqualified person
- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

Warranty Claim Procedure

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product's serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the

damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.

CZ
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