

# **ACON** *FIT* TRAMPOLINE

**USER MANUAL** | ASSEMBLY INSTRUCTIONS

**ACON FIT TRAMPOLINE**  
ROUND 44"

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CODE!  
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## **ACON FIT OHJEET & MUUTA**

Lisämateriaalit ja muut kieliversiot tästä manuaalista löydät skannaamalla oheisen QR-koodin tai menemällä osoitteeseen: [www.acon-manuals.com/fitness-product-manuals](http://www.acon-manuals.com/fitness-product-manuals),

## **ACON FIT MANUALER & ANNAT**

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# **WARNING**

## READ THIS ENTIRE MANUAL PRIOR TO INSTALLING & USING TRAMPOLINE



**DO NOT** Allow more than one person on the trampoline. Use by more person at the same time can result in serious injury.



**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.



**CAUTION:** Pinch point. Pay careful attention to hand position when connecting the tubes and handling the bungees.



**CAUTION:** This User Manual is specific for ACON FIT Trampoline only. Make sure that you are also familiar with the information included in the User Manuals of all the accessories you are using with this product.

### WARNING:

- **It is the responsibility of the purchaser to become familiar with ALL of the information in this booklet, to convey the warnings to all users.**
- This trampoline is not recommended for use by children under five years of age.
- Always check with your doctor before starting any exercise program.
- Weight limit on ACON FIT Round 44 (1,1m/44") -trampoline is 130 kg / 300 lb.
- This trampoline is designed for **indoor use only**.

**NOTE:** The following pages contain diagrams, pictures, and written instructions for assembling your Trampoline. Familiarize yourself with the Assembly and Installation Instructions before beginning installation.

## PREPARATION & TRAMPOLINE PLACEMENT

Read the assembly instruction thoroughly, compare the content of your trampoline shipment to the box content -page to ensure that all parts are present, and assemble the trampoline by completing all steps in accordance with the assembly instructions.

<b>CAUTION:</b>	When deciding on where to place your trampoline, consider the following:
<b>OVERHEAD CLEARANCE:</b>	Adequate overhead clearance is essential. A minimum of 10 feet (3m) from ground level is recommended.
<b>LATERAL CLEARANCE:</b>	Lateral clearance is essential. Place the trampoline away from walls, structures, low ceilings, ceiling fans, light fixtures, equipment, etc. Maintain a clear space on all sides of the trampoline.
<b>LEVEL SURFACE:</b>	Place the trampoline on a level surface before use.
<b>LIGHTING:</b>	Use the trampoline in a well-lighted area. Artificial illumination may be required for shady areas.
<b>SECURITY:</b>	Secure the trampoline against unauthorized and unsupervised use.
<b>GROUND CLEARANCE:</b>	Remove any obstructions from beneath the trampoline.
<b>INSPECTION:</b>	Inspect the trampoline before each use. Replace or adjust any worn, defective or missing parts

## PRIOR TO ASSEMBLING

Make sure that you have all parts listed. If you are missing any parts, please contact us for instructions on how to attain any parts.

To prevent any injuries to your hands from pinch points during assembly, **please use gloves to protect your hands.**

## SYMBOL KEY



= Assembly Step



= e.g. Assembly Sequence



= Part ID



White=Part (s) already assembled

x6

= Quantity

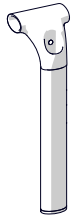


Blue = Part (s) to be assembled/handled

# BOX CONTENTS

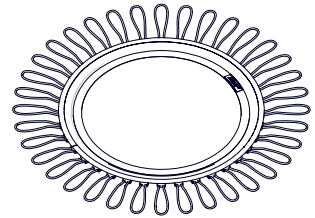
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Leg



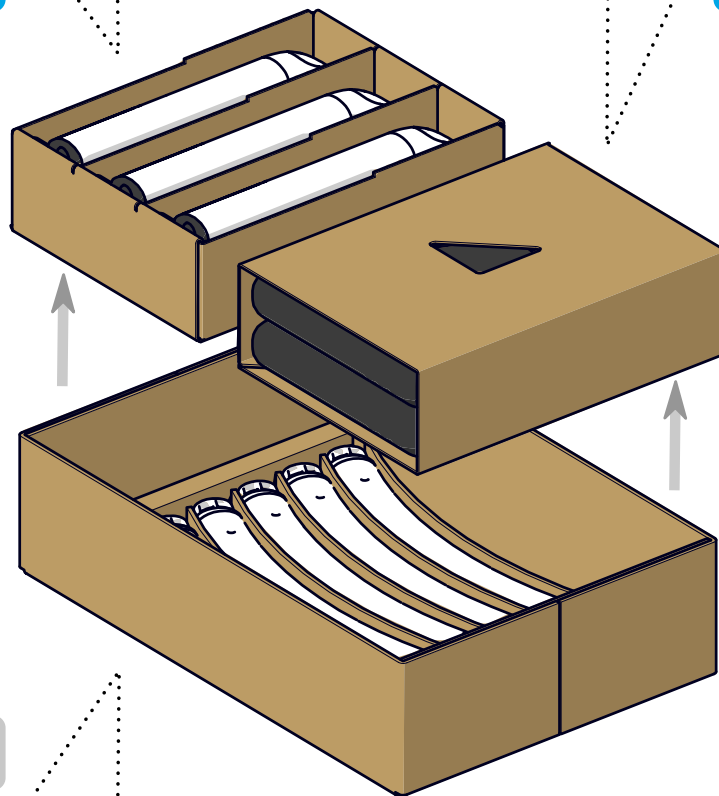
1 x1

Trampoline Mat



INNER BOX 1

INNER BOX 2



BOX BOTTOM

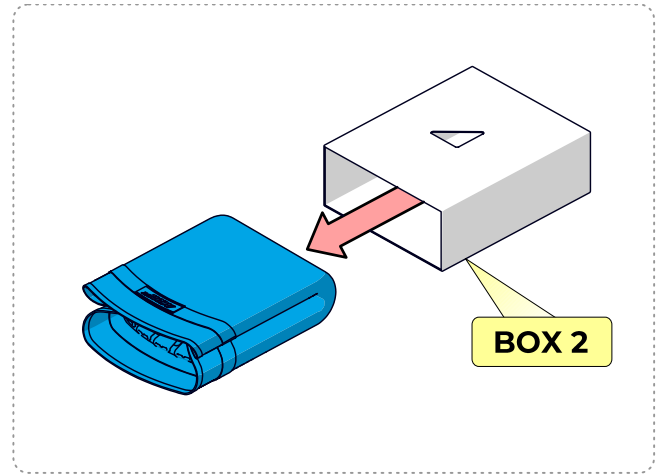
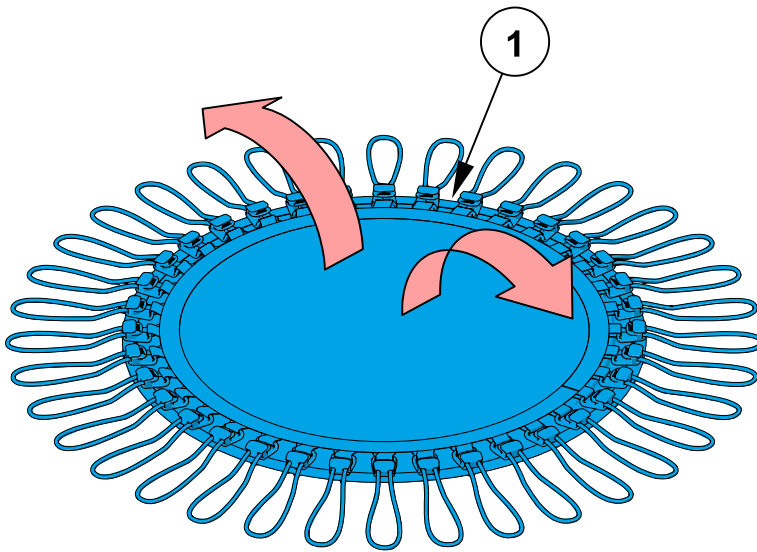
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Frame  
Tube





1

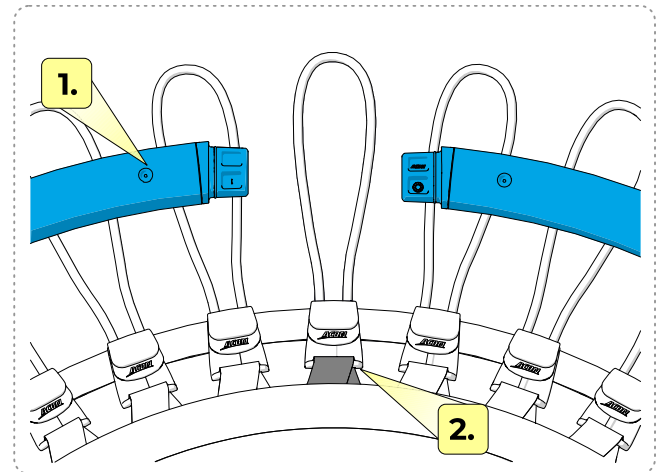
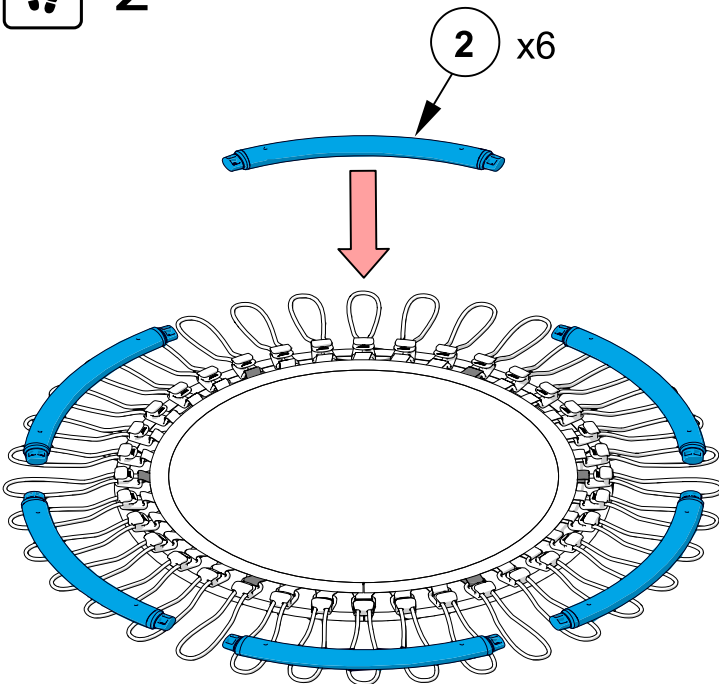


1. Remove Trampoline mat from Box 2 and spread it on a level surface, bungee clips facing up.

It is recommended to assemble the trampoline on soft surface like carpet to prevent making any scratches or marks to the trampoline or the surface.

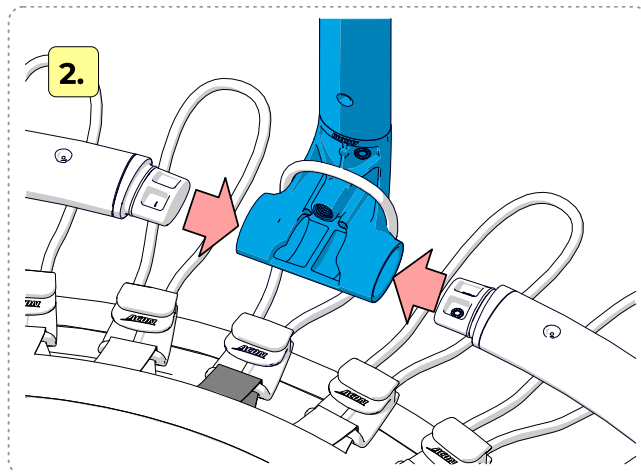
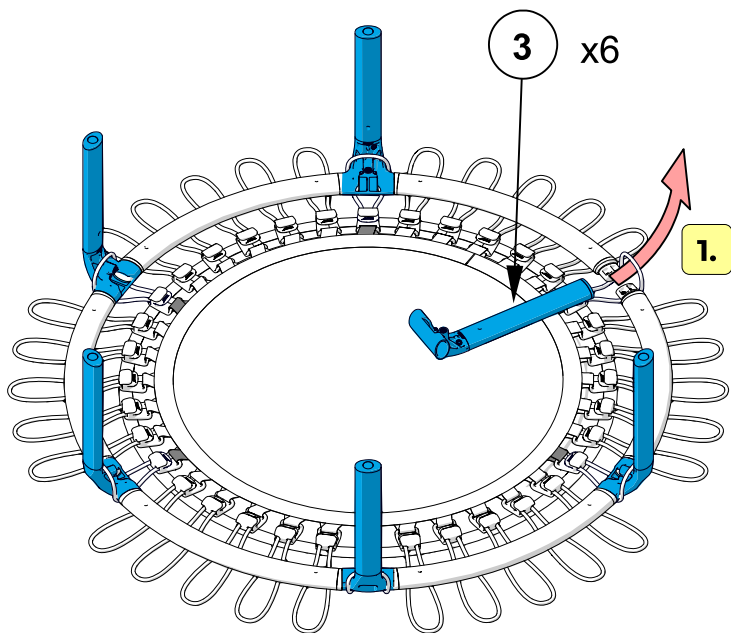


2



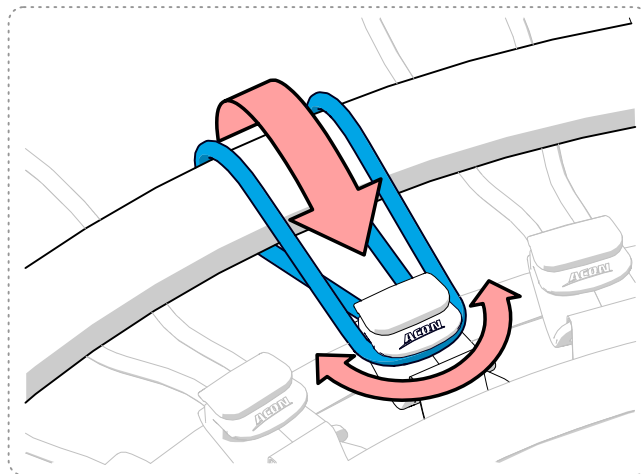
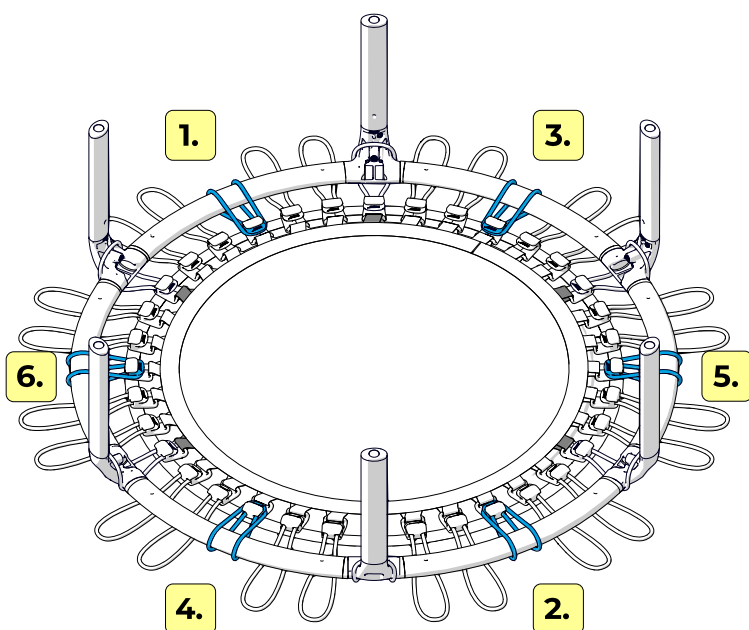
1. Place frame tubes over the bungees, marks in frame tubes facing up.
2. Leave gap between the tubes at the marked points (Grey bands in jumping mat).

**!** 3



- 1.** Insert leg part through the bungee loop between the frame tubes.
- 2.** Connect the frame tubes to the leg. Please keep your hands away from connection points as they become pinch points.

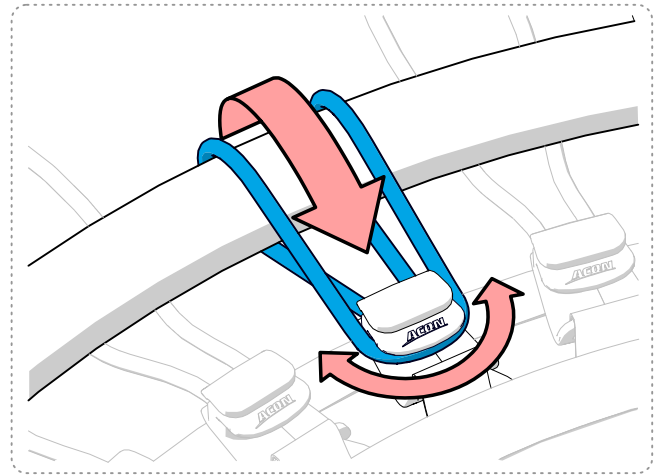
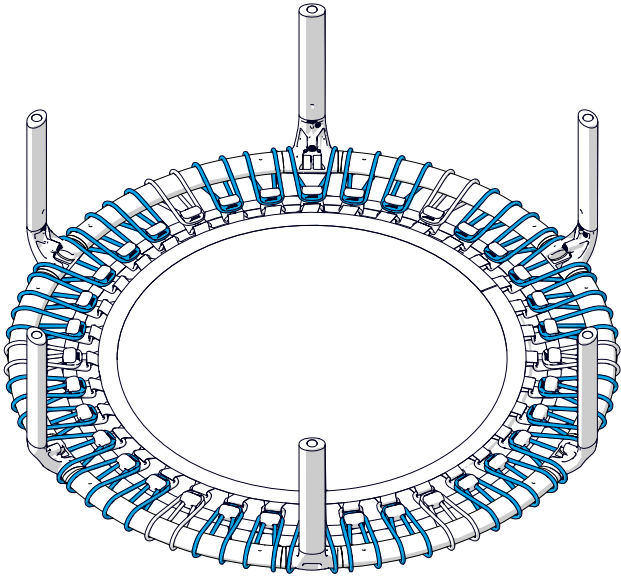
**!** 4



- 1.-6.** Wrap the bungee around the frame and secure it onto the clip it belongs to.

**!** **CAUTION:** Pinch point. Please keep your hands and other parts of your body away from connection points.

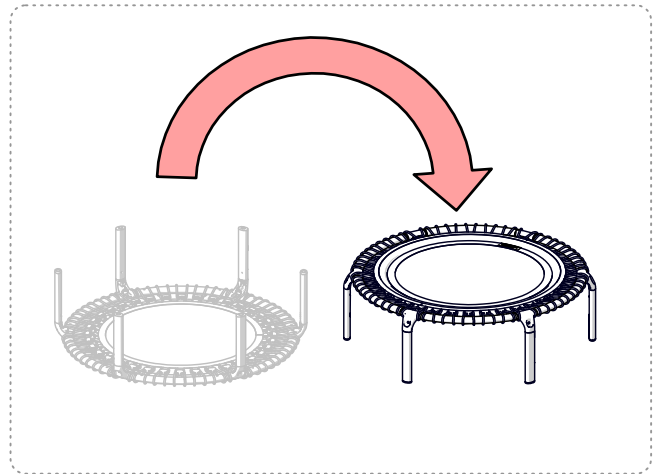
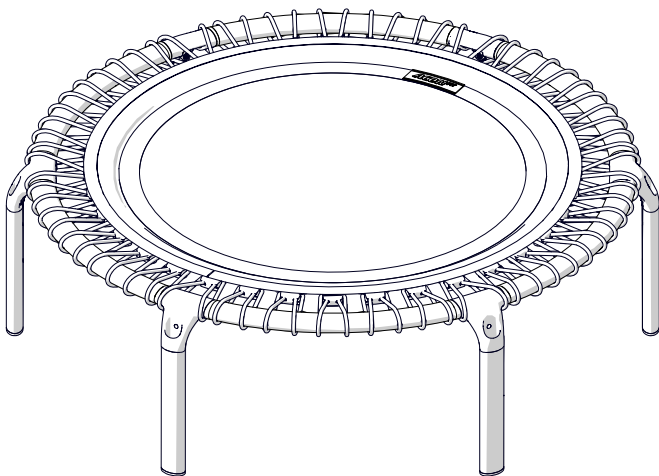
**!** 5



1. Wrap every other bungee around the frame and secure it onto the clip it belongs to.
2. Wrap the rest of the bungees around the frame and secure it onto the clip it belongs to.

**!** **CAUTION:** Pinch point. Please keep your hands and other parts of your body away from connection points.

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1. Turn the trampoline around. The ACON FIT Trampoline is now ready for use!



## INFORMATION ON USE OF THE TRAMPOLINE

Initially, you should 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 do each skill with ease and control.

To brake a bounce, all you need to do is flex your knees sharply before they come in contact with the mat of the trampoline. This technique should be practiced while 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 one 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 chances of getting injured.

Do not bounce on the trampoline for extended periods of time because fatigue can increase your chances of becoming injured. Bounce for a brief period of time and then allow others to join in on the fun! Never have more than one person exercising on the trampoline at the same time.

Jumpers should wear 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 material.

Do not bounce recklessly on the trampoline since this will increase your chances of getting injured. 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 alone without supervision.

## ACCIDENT CLASSIFICATION

**Mounting and Dismounting:** Do not jump on and off the trampoline. Do not step on the frame when getting on and off the trampoline.

### **Doing Workout while watching instructor**

If using the trampoline while following a fitness instructor, pay extra attention to not misstep outside the mat area.

**Use of Alcohol or Drugs:** DO NOT consume any alcohol or drugs when using this trampoline! This will increase your chances of getting injured since these foreign substances impair your judgement, reaction time, and overall physical coordination.

**Multiple Jumpers:** 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.

**Striking the Frame or Bungees:** When jumping on the trampoline, STAY in the center of the mat. This will reduce your risk of getting injured by landing on the frame or bungees. DO NOT jump or step onto bungees directly since they were not intended to support the weight of a person.

**Loss of Control:** DO NOT try difficult maneuvers, or any maneuvers until you have mastered the previous maneuver, or if you are just learning how to jump on a trampoline. If you do, you will increase your risk of getting injured by landing on the frame, bungees or off the trampoline completely because you might lose control of your jump. 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.

**Somersaults (Flips):** DO NOT PERFORM somersaults of any type (backwards or forwards) on this trampoline. If you make a mistake when trying to perform a somersault, you could land on your head or neck. This will increase your chances of getting your neck or back broken, which can result in death or paralysis.

**Foreign Objects:** DO NOT use the trampoline if there are pets, other people, or any objects underneath the trampoline. This will increase the chances of an injury occurring. DO NOT hold any foreign objects in your hand and DO NOT place any objects on the trampoline while anyone is playing on it. Please be aware of what is overhead when you are jumping on the trampoline. Walls, low ceilings, ceiling fans, light fixtures, or other objects located over the trampoline will increase your chances of getting injured.

**Poor Maintenance of Trampoline:** A trampoline in poor condition will increase your risk of getting injured. Please inspect the trampoline before each use for bent steel tubes, torn mat, loose or broken bungees, and overall stability of the trampoline.

**Weather Conditions:** Trampoline is designed to indoor use only. However, if you are using it outdoors, please be aware of the weather conditions when using the trampoline. If the mat of the trampoline is wet, the jumper could slip and get injured. If it is too windy, jumpers could lose control. DO NOT leave the trampoline outdoors.

## **TIPS TO REDUCE THE RISK OF ACCIDENTS**

### **Jumper's role in accident prevention**

The key here is to stay in control of your jumps. DO NOT move onto more advanced and more difficult maneuvers until you have mastered the basic, fundamental bounce. Education is also key to safety and very important. Read, understand, and practice all safety precautions and warnings prior to using the trampoline. A controlled jump is when you land and take off from the same location. For additional safety tips and instructions, contact a certified trampoline instructor.

### **Supervisor needs in Accident Prevention**

Supervisors need to understand and enforce all safety rules and guidelines. It is the responsibility of the supervisor to provide knowledgeable advice and guidance to all jumpers of the trampoline. If supervision is unavailable or inadequate, the trampoline could be stored in a secure place, disassembled to prevent unauthorized use. The supervisor is also responsible to ensure that jumpers are informed of these warnings and instructions.

# TRAMPOLINE SAFETY INSTRUCTIONS

## JUMPERS:

- Do not use trampoline if you have consumed alcohol or any drugs
- Remove all hard sharp objects from person before using trampoline
- You should climb on and off in a controlled and careful manner. Never jump on or off the trampoline and never use the trampoline as a device to bounce onto or into another object.
- Always learn the basic bounce and master each type of bounce before trying more difficult types of bounces.
- To stop your bounce, flex your knees when you land on the mat with your feet.
- Always be in control when you are bouncing on the trampoline. A controlled jump is when you land at the same spot that you took off from. If at a time you feel out of control, try to stop your bouncing.
- Do not jump or bounce for prolonged periods of time or too high for a number of jumps.
- Keep your eyes on the mat to maintain control. If you do not, you could lose balance or control.
- Never have more than 1 person on the trampoline at a time.

## SUPERVISORS:

Educate yourself with the basic jumps and safety rules. To prevent and reduce the risk of injuries, enforce all safety rules and ensure that new jumpers learn the basic bounces before trying more difficult and advanced jumps.

- All jumpers need to be supervised, regardless of skill level or age.
- Never use the trampoline when it is wet, damaged, dirty, or worn out. The trampoline should be inspected before any jumpers start bouncing on it.
- Keep all objects that could interfere with the jumper away from the trampoline. Be aware of what is overhead, underneath, and around the trampoline.
- To prevent unsupervised and unauthorized use, the trampoline should be secured when not in use.

## CARE AND MAINTENANCE

This trampoline was designed and manufactured with quality materials and craftsmanship. If proper care and maintenance are provided, it will provide all jumpers with years of exercise, fun, and enjoyment as well as reduce the risk of injury. Please follow the guidelines listed below.

This trampoline is designed to withhold a certain amount of weight and use. Please make sure that only one person at any time uses the trampoline. Jumpers should either wear socks, gymnastics shoes, or be barefoot when using the trampoline. Please be aware that street shoes or tennis shoes should NOT be worn while using the trampoline. In order to prevent the trampoline mat from getting cut or damaged please do not allow any pets onto the mat. Also, jumpers should remove all sharp objects from their person prior to using the trampoline. Any type of sharp or pointed objects should be kept off the trampoline mat at all times.

Always inspect the trampoline before each use for worn, abused or missing parts. A number of conditions could arise that may increase your chances of getting injured. Please be aware of:

- ◆ 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 bungees
- ◆ Protrusions of any types (especially sharp types) on the frame, springs, or mat

**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 RESOLVED.**

## DISASSEMBLY AND STORAGE

The trampoline can be disassembled by following the assembly instructions in reverse order. It is recommended to store the parts of the disassembled trampoline in the product packaging.

## REPLACING THE BUNGEE(S)

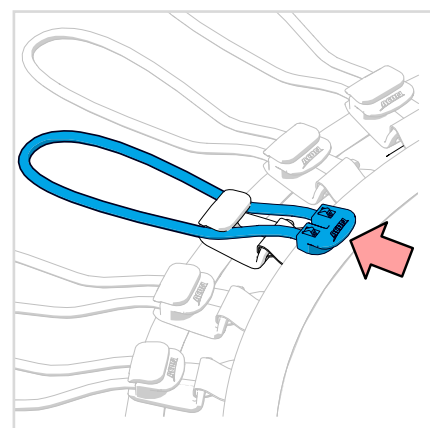
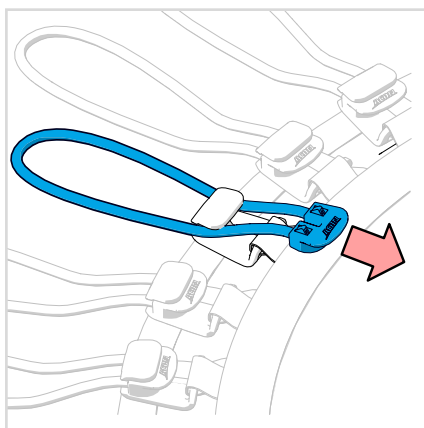
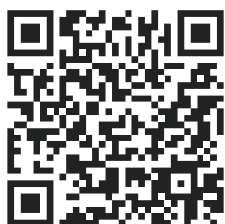
Scan the QR-code below for more instructions and video tutorials. ACON FIT Trampoline is equipped with high quality replaceable bungees. Bungees wear in use and may need to be replaced. Typical life time of a bungee varies from 1 to 3 years and is affected by the use conditions, such as frequency of usage, exercise style and user weight.

### INSTRUCTIONS:

Flip the trampoline upside down and place on a soft surface such as carpet. Release the bungee from the hook. Release the bungee clip with ACON logo from the hook by pulling bungees on both side of the clip towards the center of the mat.

Insert the new bungee with a clip inside the hook by pressing the clip on the mat side corners. Then, slide the clip all the way inside the hook. **ATTENTION!** Make sure the bungee ends are pushed all the way into the clip while sliding the clip to its final position. Do not pull from the bungees before the bungee clip is fully inserted into the hook. Bungees that are not inserted all the way into clip may become loose during trampoline use.

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## Warranty Policy

Our mission is to inspire people of all ages for physical exercise, sports and outdoor activities. We believe that our high-quality products and great customer service form a great spring-board for it.

The products we sell are warranted against manufacturing defects in materials and workmanship under normal residential use and usage conditions by the original end user/consumer. Warranty period starts from the shipping date, and detailed information about the length of warranty periods for specific products is provided on the product information pages on Acon websites.

While the warranty covers manufacturing defects in materials and workmanship, it does not cover damages caused by:

- ◆ Wind, lightning, flooding, natural disasters, or any other weather-related events;
- ◆ Accidental or purposeful burns, cuts, punctures, snags or other vandalism;
- ◆ Abuse, misuse, and improper or abnormal usage;
- ◆ Failure to follow directions, improper installation, improper maintenance, installation or use of incompatible accessories or parts, alteration or attachments to equipment other than ACON's products that are intended for use with the product;
- ◆ Commercial or rental use;
- ◆ Any other cause not arising from defects in material and workmanship.

Normal wear & tear and weathering is to be expected, and as such cosmetic issues such as fading and UV deterioration, surface rust and scratches, and other issues such as normal stretching of materials over time are not manufacturing defects in materials.

In the case of a warranty claim, we will repair or replace damaged part (s) or component (s) which suffered from manufacturing defect. At our request, all damaged or broken parts must be returned to us by customer prior to replacement or repair - with proof of purchase.

ACON 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 ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUE OR PROFITS, LOSS OF ENJOYMENT OR USE, COST OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES, AS ALLOWED IN ACCORDANCE WITH STATE LAWS.

Customer satisfaction is very important to us. Please contact us with any questions you may have regarding the warranty!

# **ACON** *FIT*



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