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AP Onderdelen BV
Nijverheidstraat 8
6914AD Herwen

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1 INTRODUCTION.

Read this manual carefully before using the trampoline.

Before starting exercise, consult your doctor about possible contraindications to use the trampoline.

As with any sports activity, here too there is the possibility of an injury

Reduce

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this risk must be followed by safety regulations.

- Misuse of the trampoline is dangerous and can cause serious injury or even death lead.
- With a trampoline you can jump to great heights, what constant control from your body.
- Before each use, check the stability of the mat and make sure there are none part is loose.
- This manual contains instructions for the correct disassembly and assembly of the trampoline, safe use and proper jumping technique.
- Users and jumpers must be familiar with it.
- The trampoline is not a toy, do not leave children unsupervised trampoline.
- Always observe the safety regulations.
- It is not recommended that more than one person use the trampoline at the same time used.
- Be careful not to damage it if more than one person is used to collide.
- Jump barefoot, shoes can damage the trampoline.
- A damaged trampoline will have to be replaced at unnecessary costs entails.
- You are not allowed to use tobacco products and electronic cigarettes while jumping to smoke.
- Between the trampoline and a potential source of danger, ie electrical cables, branches, tree branches, toys, a swimming pool or a fence must be at an appropriate distance are held.
- The place where the unfolded trampoline will be placed must be within 8 meters free space.
- The trampoline must be on a flat, level and durable surface (not on sand or other boggy ground).
- Do not place cigarettes, sharp objects or other objects on the trampoline.
- Pets must be kept at a safe distance from the trampoline.
- Do not use the trampoline under the influence of alcohol, after using drugs or after taking medicines.
- Do not use the trampoline in rain, hail, snow, strong wind or storm.

- We recommend that you do not leave the trampoline outside in bad weather.
 - Make sure that no person or object is placed under the trampoline during use. The trampoline mat is very flexible, hence the pressure force can cause injury
-

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2. 2. GENERAL INFORMATION.

Each user must be aware of his own physical abilities and only practice such jumps , that suit him .

First "get to know" the springboard, start with simple jumps.

Once you get the hang of them, you can move on to more complicated ones exercises.

Don't jump uncontrollably, always keep your body under control and learn different jumping techniques.

3. PURPOSE OF USE.

- The trampoline is not suitable for professional or medical use.

4. DANGERS TO CHILDREN.

- Make sure that the packaging material is carefully removed. Nice with handbags

plastic sheets can cause suffocation and in extreme cases, suffocation

- Trampoline higher than 51 cm is not suitable for children under 6 years old.
- Children cannot properly assess the dangers of play, so make sure you secure them

the trampoline so that children (as well as pets) cannot reach it unsupervised.

Comments - damage to the product.

- Do not make any modifications to the device. Only use original ones spare parts.

- Repairs may only be performed by qualified personnel.

- Improper repairs can cause dangers during use.

- Only use the product as described in this manual.

- Protect the trampoline against moisture and high temperatures.

5. ADVICE FOR START-UP.

- The trampoline must be set up with proper care by at least two people adults diligence.

- In case of problems, ask qualified personnel.

- Read this manual carefully before you start assembling the trampoline.

- Remove all packaging material and place all trampoline parts on one free space.

- Compare the trampoline parts with the list and check that nothing is missing.
- Be careful with the trampoline elements, just like with any other technical work risk of injury.
- Be aware of your surroundings, do not leave tools unattended.

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- After assembling the trampoline, check all bolts according to the instructions and nuts are in place joins are in the right place.
 - The metal tubes of the springboard are electrically conductive. Be careful that the trampoline does not come into contact with the current.
(Never use the springboard during a storm.)
 - Do not use the trampoline in poor lighting.
 - No other leisure equipment may be stored in the immediate vicinity trampolines.
 - Use gloves when folding and unfolding the trampoline.
- #### 6. ADDITIONAL TIPS.
- The trampoline must not be used by pregnant women.
 - People with high blood pressure should not jump on the trampoline.
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- Do not sit or lean on the trampoline while someone is using it. The trampoline mat must be there elastic.
 - Do not let young children lift the trampoline mat. The warranty covers breaking the mat.
 - The trampoline can fall over on an unstable surface, too hard surface and excessive, long training can damage the trampoline tubes. In that case the right to warranty expires.
 - Do not place the trampoline near an open fire.
 - Make sure that the trampoline is not used by unauthorized persons.
 - Do not jump when the trampoline is wet.
 - In windy weather, remove the net and tubes and anchor the trampoline or disassembly, do not use the trampoline in gusts of wind.
 - Make sure the safety net zip is completely closed, like it is three locking hooks.
 - Do not deliberately jump on the safety net!
 - This could damage the net or cause the trampoline to fall over.
 - Overuse of the safety net is considered grossly negligent and therefore

liability is excluded.

At the end of the summer season, the trampoline must be carefully unfolded and cleaned.

First of all, however, you need to thoroughly dry all elements, including the mat and the mesh

safety. The dismantled trampoline should be in a dry place put away

it will not be exposed to contact with other items it can to damage. Miss

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storing the trampoline can damage it and thus the rights to lose

in accordance with applicable regulations and the warranty card.

7. RECOMMENDATIONS FOR SAFE USE.

- There should always be a guard nearby, regardless of age and how to experience is to jump.
- Always follow the safety instructions.
- Check the trampoline for damage, wear or aging before each use individual parts.
- If defects are found, they must be repaired immediately, as this jeopardizes safety
Do not use the trampoline until it has been successfully repaired.
- Avoid clothing that has hooks, rivets or other objects in the net or the trampoline can snag.
- Strong wind can blow up the springboard. Where strong winds are predicted, move
the trampoline in a sheltered place, then unfold it or secure it with herring on the ground
and pins. This requires a minimum of three anchors. Only fastening is not Enough
as the wind can blow up the top of the trampoline.
- If possible, do not carry the assembled trampoline, as the frames can twisting
wrinkle. If necessary, make sure that: it is evened by four people lifted,
so that the trampoline is level. The trampoline should be horizontal transported.
- The trampoline is a jumping device that allows the user both on it unusual can jump
height and multi-sided body movements.
- While jumping and landing incorrectly, you may hit the frame or mat

cause injuries.

- Familiarize yourself with the instructions for use before use. The manual includes assembly instructions, recommended safety precautions and care tips for trampoline the greatest security and entertainment
 - Prevent unauthorized and unsecured use of the trampoline.
 - Any objects near the trampoline could be dangerous, so that would also must cleaned up.
 - Be careful with loose clothing that can get caught in the legs or arms.
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- Do not attach any foreign elements to the trampoline.
 - The trampoline may only be used when the jumping mat is clean and dry.
 - A worn or damaged mat must be replaced immediately.
 - Be very careful when entering the trampoline. It is not permitted To jump off it and use it as a springboard stand out.
 - See "Causes of Accidents: Moving Up and Down" for more information.
 - Consult a trained teacher for more information and documents
- Jumping on the trampoline.

8. CAUSES OF ACCIDENTS.

Salta: Salt is not allowed on the trampoline. Landing on the head or neck (too in the middle of the trampoline) risk of back or neck injury. This can lead to paralysis lead

and in extreme cases to death. Injury can result from being left uncontrolled fall forward or backwards.

Multiple users on the trampoline: The risk of injury increases when there are are several

users simultaneously jump on the trampoline and lose control of the jumps. Jumpers can collide

landing incorrectly or falling off the springboard. The risk of injury is higher in humans

which are lighter and smaller than bigger and heavier.

Ascending and descending: Be careful when ascending and descending. Don't pull yourself up

Do not step on the springs while holding the cover. Do not jump on the trampoline from

higher places (ladder, roof, terrace).

Do not jump from the trampoline to the ground, whatever its characteristics. If she

have fun on the trampoline

small children, arrange for help getting on and off the trampoline. At the go down and up

the user must adhere to the frame. Do not step on the spring housing.

Approach when descending

to the edge of the mat, lean forward, grasp the frame, then climb onto the ground or on the ladder.

Frames and springs: When jumping, concentrate in the center of the mat, this reduces the risk of injuries

land against the frame or spring. The retaining pad should always be the frames and springs

cover completely.

Avoid climbing and jumping on the cover, as it is not intended for it.

Jump Control: Losing control of the jump can result in injury due to a wrong landing

fall onto a mat, frame, cover, or fall from a springboard. In controlled jumps the jumper lands at this point,

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from which it bounced. Before you start training difficult jumps, master your basic jumps perfectly.

The danger of losing control arises when the jumper is tired or trying to to jump

exceed its capabilities. Your knees should be in place for the regain control of your jumps fully erected.

Bad trampoline maintenance : A badly maintained trampoline increases the risk of an accident. Find out

the trampoline in terms of cracks, wear of the mat and spring cover, skewed frames or missing parts,

loose or missing springs, overall equipment stability. Before any use the trampoline must be there

checked. Missing or damaged parts must be removed immediately to replace. Until complete

the trampoline may not be used for renovation.

Bad weather: only use the trampoline when the weather permits. The mat is wet

too smooth to tighten

to jump. You can lose control of your jumps in gusts or strong winds.

Unrestricted Access: When the trampoline is not in use, tie it down

so that children can rest on it
they could not play on it without supervision.

9. ACCIDENT PREVENTION METHODS.

User role in accident prevention: Basic knowledge of the trampoline is essential

for your safety. All users must first learn how to control low jumps, learn the basic combinations and landing positions. Users need it understand

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why it is important to master jumping before getting advanced introduces jumping techniques.

Controlled jumping means taking off and landing in the same place. Read the "Basic

jumping techniques' or get material from a qualified jumping trainer.

The role of supervisors in accident prevention: Supervisors must be known with the rules

safety and being able to apply them. It is the responsibility of the promoter to award

tangible tips for people using the trampoline. If he does not take adequate care can provide

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the trampoline must be disassembled and secured or covered with a tarpaulin that

must be confirmed

with a chain and padlocks. The attendant is responsible for it applying badges to the trampoline

warnings and users knew the safety tips and instructions.

10. IMPORTANT INSTRUCTIONS FOR USE.

Don't jump too long, fatigue increases the risk of an accident.

To ensure safety and enjoyment, the user should wear it during it to jump

T-shirt, shorts, socks or to jump barefoot. Beginners would should

opt for long pants and long sleeve coverings to avoid cuts and avoid friction.

Read more about ascent and descent in the chapter "Up and down", in the subsection:

"Causes of Accidents" Start with easy jumps, introduce complicated jumps

under the supervision of a certified trainer. The supervisor or trainer serves pay attention to technique

jumps, not to their heights. Please never jump on the trampoline alone. See chapter:

Basic jumping techniques.

11. ARRANGEMENT OF THE TRAMPOLINE.

The free space around the trampoline must be at least 8m. There should be none on the sides

other objects such as branches, cables, walls, fences, swimming pools, swings etc.

To ensure safe use, please ensure that

- the trampoline is on a flat, sturdy, non-slip and level surface. Different

it is very important

it can lead to accidents,

- there is sufficient lighting,

- There are no disturbing objects nearby.

12. MAINTENANCE AND CLEANING.

Check the springboard regularly for damage and wear around it

level

safety. Damaged parts must be replaced immediately. Until

the damage has been repaired

it should not be used.

The springboards are galvanized. However, rust can form in the joints or underneath

the upholstery. To avoid this

Regularly lubricate the openings of spring frames and connection points with petroleum jelly

or other suitable means

for this with fat. This extends the life of the frame.

Clean the trampoline with a soft cloth. Do not use abrasives or

other means cleaning agents

Blz.7

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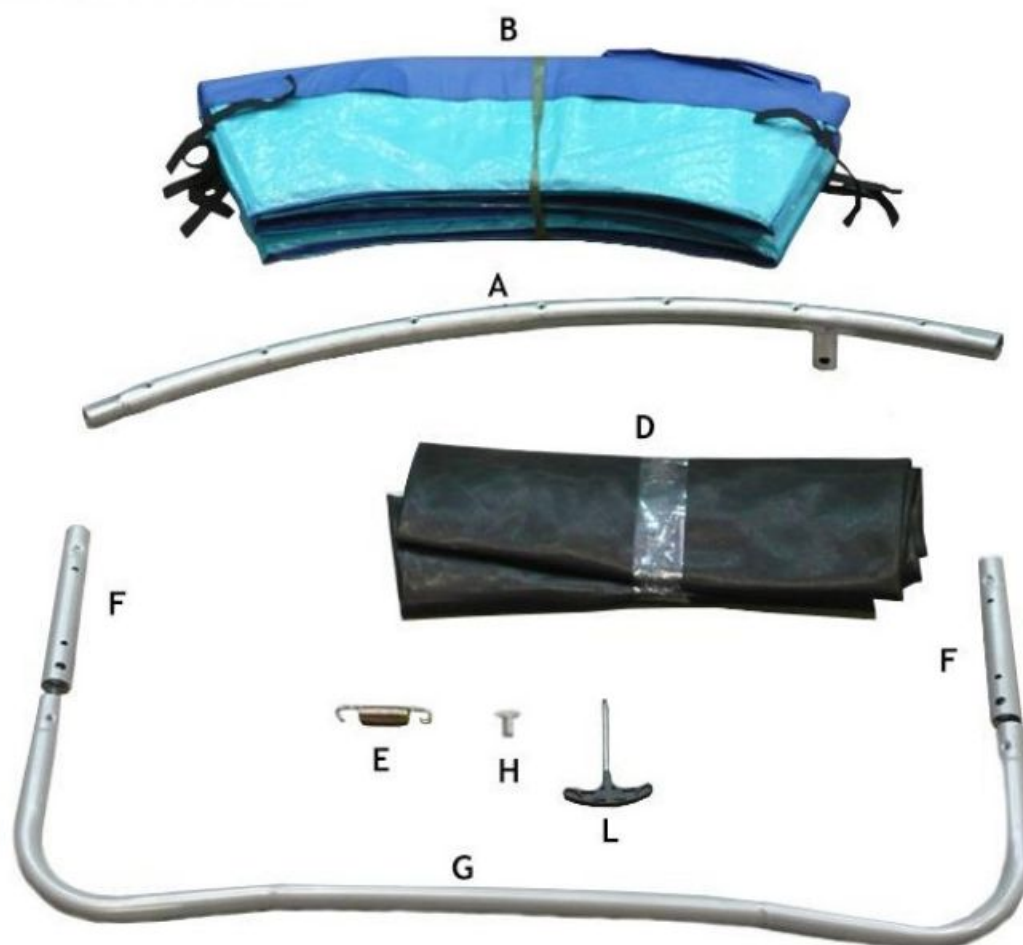
13. PARTS LIST.

Parts list

Size of the trampoline

		183 cm	252 cm	312 cm	374 cm	404 cm	435 cm	465 cm	490 cm
Nr	Nazwa	Ilość sztuk							
A	Górna rama	6	6	6	8	8	8	10	12
B	Ośłona	1	1	1	1	1	1	1	1
C	Siatka	1	1	1	1	1	1	1	1
D	Batut	1	1	1	1	1	1	1	1
E	Sprężyny	36	48	60	72	80	88	90	108
F	Przedłużka do nóg	6	6	6	8	8	8	10	12
G	Noga „U”	3	3	3	4	4	4	5	6
H	Śruby do trampoliny	12	12	12	16	16	16	20	48
I	Śruby do siatki	12	12	12	16	16	16	20	48
	Drabinka	0	1	1	1	1	1	1	1
J, K	Słupki do siatki	6	6	6	8	8	8	10	12
L	Narzędzia do mocowania sprężyn	1	1	1	1	1	1	1	1

14. LIST OF ITEMS.



Blz.8

15. ASSEMBLY.

Refer to the parts list to distinguish between components.

Note: Two adults in good physical condition are required.

Dressed for your safety

with the right shoes and clothes. Failure to follow the instructions can lead to lead to accidents.

1. Insert the extensions into the leg and twist them together tightly. Depending on model there are 3 to 6 legs



2. Connect the top bars of the frame together to form a large circle form. To merge the last two elements it takes two people. The other person must be both opposite the ends firmly

t



Blz.9

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3. Fasten the frame elements with the short screws.



4. Place the legs in the frame. Rotate the leg extensions with the frame.



Blz.10

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5. Unfold the mat seams up in the center of the frame.

Attach the springs to the triangular retainer and the other end trailer jumps onto the frame.

Attach the second spring exactly opposite the first, the next two springs in it middle of the first two, to ensure an even tension between the springs.



6. Use gloves to fix the springs so as not to injure yourself.



Blz.11

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7. **Cover the feathers with a protective mat.**



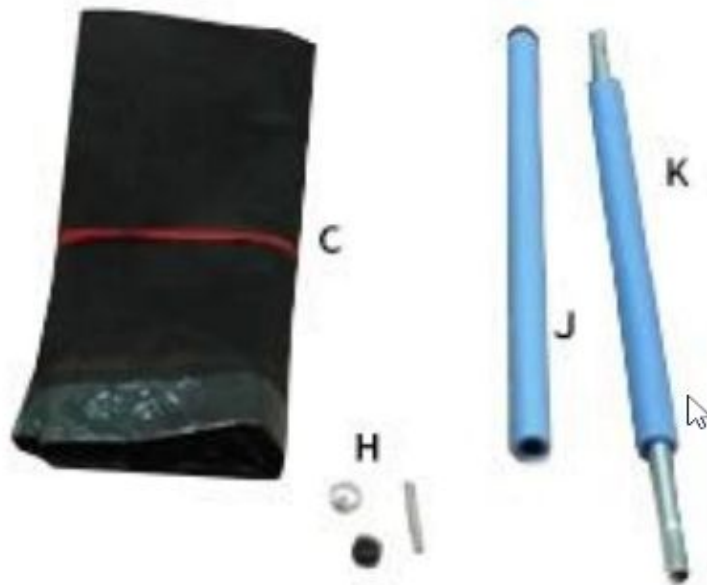
8. Attach the cover to the frame with the strings.



Blz.12

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16. LIST OF GRILL ELEMENTS.



17. INSTALLATION OF THE SAFETY GRID.

See the parts list to distinguish between items.

1. Connect the bottom and top mesh tubes together



2. Insert the folded bar into the appropriate protective net tunnel (front of the plastic cover)



Repeat this step for all bars (attach the protective net). Be careful with all the sticks are firmly hidden in the tunnel and / or the tunnel with posts on the outside of

the trampoline net is installed

3. Attach a net pole with the bottom bracket and plastic blocks to the top of the leg bar.

Attach the eye bolt to the leg, then insert the net rod and turn the bottom bolt.



4. Attach the other mesh tubes in the same way. The net hooks must go to hang outside



5. Attach the hooks to the triangular hook on the jumping mat. At the bottom of the trampoline



Blz.14

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6. Close the net zipper and close the feed hooks. The supervisor must be before use check the lock and hooks



18. TESTING THE TRAMPOLINE.

After installation of the trampoline, a safety test / safety check is required:

To check the trampolines:

- **Make sure all screws are tightened with a screwdriver.**
- **Look under the trampoline and make sure all springs are properly attached to the triangles mat holders.**
- **Shake the trampoline and check that the frame is stable and secure. The surface must be flat.**

- Make sure the cover completely covers the springs and frame and is secure with belts.

Safety net control:

- Check that the support beams are secure.
- Examine the mesh material, mesh seams and coupling sleeves must be impeccable to be.
- Check that the zipper and entry hooks are working properly.
- Check that all hooks under the trampoline are engaged in the triangular pawls.

When all the tests are done, jump in the middle of the springboard for 5 minutes. If the trampoline

She is sure, congratulations, the trampoline has been assembled. Always pay attention to the regulations

safety and have fun with gentle jumping.

CAUTION:

If parts are missing or there are other problems, please contact us with your dealer. Do not use trampoline until the part is replaced.

19. BASIC JUMP TECHNIQUES.

Since the risk of an accident is high in untrained jumpers, so is calm important basic jumping techniques.

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Basic jump

Start from a standing position, feet shoulder-width apart, eyes focused on the mat.

We raise our arms in a circular motion

Lift your feet together and pull your toes down.

On landing, feet straight to shoulder width

Interrupt maneuver

Sometimes the jumper loses control of the jumps.

This maneuver allows control to be reduced and regained

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balance. Start with a basic jump. Pull on your knees when landing. This is how the jump breaks.

Jump on your hands and knees

Start with a low basic jump.

We land on our hands and knees. Keep your back straight.

Beware of an even landing at four points.

Jump height doesn't matter

Jump to your knees

Start with a low basic jump

**We land on our knees, body slightly tilted, back straight,
we keep our arms balanced.**

We jump to the base position and throw our arms forward.

Seated jump

We land in a flat sitting position.

We keep our hands next to our hips.

We return to the upright position and push ourselves with our hands.

20. TRAINING PLAN.

**Follow the training schedule to master your basic jumps before you
makes more difficult jumps.**

**Before you start exercising, read the safety tips to be clear
as to their importance. The supervisor and the user must observe the rules of
conduct**

to discuss thoroughly

on the trampoline and functions of body parts.

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1st hour of exercises

- Up and down - work out a clean technique.**
- Basic jump - demonstration and practical exercises.**
- Leaving maneuver - demonstration and practical exercises.**

Jump on your hands and knees - demonstration and hands-on exercises.

2nd hour of exercises

- Repeat the past hour.**
- Knee Jump - demonstrative and practical exercises.**
- Sit down - demonstration and hands-on exercises.**
- To get into the routine, start by jumping into a sitting position and
end by jumping to your knees.**

3rd hour of exercises

- Review what you have learned in recent hours.**

21. STRETCHING EXERCISES.

Daily trampoline exercises are good for your overall health.

**Before you start exercising on the trampoline, however, you must do
something first**

doing stretching exercises.

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Stretching relaxes and relaxes your muscles. They are more serious muscle damage

during the training. Remember to start stretching after you warm up.

Some examples of such exercises are given below. You should feeling light when you do them

Muscle strain. You can increase the intensity of your workout, but not so much that it hurts you

feel, you shouldn't

also suddenly stop exercising, this can lead to a muscle fracture. Every exercise belongs

with it

perform for 10 to 20 seconds and breathe slowly and deeply.

Calf.

- **Stand about 90 cm from the wall, extend your left leg forward 30 cm, bend both knees and support yourself**

hands against the wall, tilting the torso forward. Keep your heels on the floor and turn your feet slightly inward

(low intensity).

- **Keeping your right leg straight, move your left leg forward two feet and lean leaning against the wall**

trunk forward. Keep your heels on the floor and turn your feet slightly forward indoors (high intensity).

- **Repeat the same exercise for the other calf.**

Lower back, hips, groin, thigh muscles.

- **Place your feet shoulder-width apart, leaning from your hips to forward. Knees slightly bent.**

Buttocks.

- **Place your feet shoulder-width apart with your knees slightly bent.**

Place your left hand on your hip, your right hand above your head and bend your body to the left (low intensity). Repeat the exercise as you go bends right

page.

- **Stretch both arms above your head, left arm pull with your right arm, bend body to the left (long**

intensity). Repeat the same in the other direction

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The outside of the thigh.

- **Lie flat on your stomach and bring your left foot against your buttock with your right hand**

- **You can stretch the same while standing. Neither the thighs nor the trunk are allowed**

be tilted

Come on.

- **Repeat the same exercise for the other leg.**

The inside of the thigh.

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- Sit on the floor, put your soles together, press your elbows down.
- Place your feet at a distance of 90-120 cm and point them outwards. The one leg is straightened, the other bend your leg at the knee.
- Repeat the same exercise in the other direction.

Back of the thigh.

- Bend one knee, keep the other leg straight, try the tops with both hands of your toes straight leg.
- Repeat the same exercise in the other direction.

Buttocks muscles.

- Lie on your back. Bring your knee to your chest while the other leg is flat on the ground.

The same can be done while standing.

- Repeat the same exercise for the other leg.

Shin.

- Place your weight on one leg and extend the other leg forward through your foot to move up and down.
- Repeat the same exercise for the other leg.

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WARRANTY CARD

Product name:

Model type:

Date of sale (according to proof of purchase):

WARRANTY CONDITIONS

1. The guarantor is:

AP Parts BV

Nijverheidstraat 8

6914AD Herwen

0316-750492

sales@vikingchoice.nl

2. The guarantor gives a 12-month warranty on the trampoline and a 2-year warranty on steel elements.

3. The warranty period begins on the date of receipt of the purchased product by the purchaser, together with it proof of purchase and the card

Guarantee.

4. The guarantor ensures good quality and proper functioning of the product.

5. The warranty covers in particular all manufacturing and material defects found by the guarantor will fix it free of charge.

If it is not possible to remedy the defect, the Guarantor will replace the element with as many as possible identical to the part

subject of complaint.

6. The warranty does not cover damage that is not the result of manufacturing or material defects, in particular: components

subject to natural wear and tear during use, the consequences of random events, use in

violation of the instructions for use,
due to improper storage and negligence in maintaining the product.

7. The warranty does not cover the consequences of incorrect installation of additional elements, not carried out by the seller,

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defects resulting from improper use, in particular misuse, effects accidents, damage as a result of design changes, rework and modification attempts, damage as a result from

negligence on the part of the Buyer, in particular as a result of non-compliance with the recommendations in the

manuals and recommendations

Guarantor, damage caused during transport, the consequences of natural wear and tear, contractual fines or

compensation in connection with repair and costs of using replacement products, thereby foregone profit

defects disclosed.

8. The buyer is obliged to report the defect within 14 days of its occurrence. If it doesn't malfunction reported in the specified

Within the set term, the buyer loses the right to further warranty claims. The use of a defective product

damage and poses the risk of accident and injury or death . For damage caused

During

the use of a defective product by the buyer is not responsible.

9. The buyer files a complaint directly with the guarantor. The buyer pays the shipping costs advertised products

indicated by the Guarantor. In case of justified complaints, the costs of delivery will be charged to the buyer covered by the guarantor. A condition

handling of the claim is the submission by the purchaser of an original and legible proof of purchase and a warranty card.

The guarantor will personally or through his representative inspect the product and make a decision on it the complaint. If

the complaint is justified, the guarantor will remove the defect or the defect-free product within 30 days after the date of the inspection

free, where:

- the choice of the warranty service (elimination of the defect or replacement) belongs to the Guarantor,
- in any case, the replacement will take place in case of a prior double repair,
- While the repair is being carried out, the Guarantor reserves the right to use the materials supplied with the used in manufacturing the product, to be replaced by others of comparable quality and usability,
- when making changes to the design it is allowed to repair in accordance with the new technology.

10. If the submitted complaint is considered unfounded, the Guarantor must submit it within 30 days of receipt of the notification

the complaint will explain its position in writing and provide reasons to the buyer. The data above indicated

can be extended if it is necessary to import parts from outside the territory of the Republic of Poland feed. Any substantive dispute

warranty cards are subject to Polish law and will be tried by one common court with jurisdiction over the seat of the guarantor.

11. The warranty liability lapses when: making structural changes, painting sub-assemblies, the loss of the card

warranty or sales receipt, transfer of ownership of the product to another person.

12. The guarantor shall inform the consumer that in the event of the product being sold to the consumer in accordance with the provisions of the law of

As of May 30, 2014 regarding consumer rights, this warranty does not exclude, limit, or limit the rights of the purchaser

does not suspend it

due to non-conformity of the product with the contract