



WARNING



1. DO NOT attempt somersaults. Landing on your head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed.
2. DO NOT allow more than one person on the trampoline at a time. Use by more than one person at the same time can result in serious injuries.
3. Use trampoline only with mature, knowledgeable supervision.
4. Trampolines over 20 in. (51 cm) tall (including this trampoline) are NOT recommended for use by children under 6 years of age.
5. Inspect the trampoline before each use. Make sure the frame padding is correctly and securely positioned. Replace any worn, defective or missing parts.
6. Climb on and off the trampoline. It is a dangerous practice to jump from the trampoline to the floor or ground when dismounting, or to jump onto the trampoline when mounting. Do NOT use the trampoline as a springboard to other objects.
7. Stop your bounce by flexing your knees as your feet come in contact with the trampoline bed. Learn this skill before attempting others.
8. Learn fundamental bounces and body positions thoroughly before trying more advanced skills. A variety of trampoline activities can be carried out by performing the basic fundamentals in various series and combinations, performing one fundamental after another, with or without feet bounces between them.
9. Avoid bouncing too high. Stay low until you can control your bounce and repeatedly land in the center of the trampoline. Control is more important than height.
10. Focus your eyes on the perimeter of the trampoline. This will help control your bounce.
11. Avoid bouncing when tired. Keep turns short.
12. Properly secure the trampoline when not in use. Protect it against unauthorized use. If a trampoline ladder is used, the supervisor should remove it from the trampoline when leaving the area to prevent unsupervised access by children under 6 years of age.
13. Keep objects away which could interfere with the performer. Maintain a clear area around the trampoline.
14. Do not use the trampoline while under the influence of alcohol or drugs.
15. For additional information concerning the trampoline equipment, contact the manufacturer.
16. For information concerning skill training, contact a certified trampoline instructor.
17. Bounce only when the surface of the bed is dry. Wind or air movement should be calm to gentle. The trampoline must not be used in gusty or severe winds.
18. Read all instructions before using the trampoline. Warnings and instructions for the care, maintenance and use of this trampoline are included to promote safe, enjoyable use of this equipment.



ATTENTION



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, and to enforce the manufacturers rules for safe use.

This unit is not intended for commercial or public use; and is therefore, strictly prohibited.

Trampolines, being rebounding devices, propel the performer to unaccustomed heights and into a variety of body movements. Therefore, it is emphasized that all purchasers, and all persons using the trampoline, become familiar with the rules for safe use. Misuse and abuse of this trampoline is dangerous, and can cause serious injuries. The purchaser/user of this piece of equipment is assuming a degree of risk for which the manufacturer cannot be responsible.

On the following pages are articles of information relative to the proper installation and safe operation of the trampoline. This information is a system of:

Warnings and Cautionary Statements
Homeowner Inspection, Care and Maintenance
Trampoline Placement and Assembly Instructions
Points of Safety
Basic Skills and Instructional Materials
Warranty, Repair, and Returns Procedures

Read this information thoroughly before allowing the trampoline to be used. Keep this manual available for your review, and for review by all potential users. If there are questions please telephone the manufacturer for further explanation. The phone number is toll free 1-408-213-2551, hours are 8:00am – 5:00pm Monday through Friday, Pacific Time.

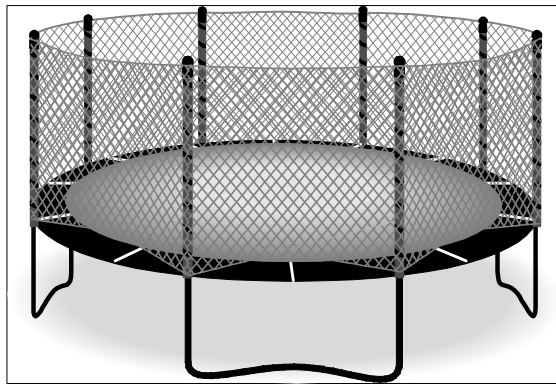
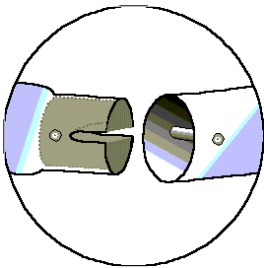
AlleyOop Sports®
P.O. Box 2446
Saratoga, CA 95070
1-408-213-2551

AlleyOop[®]

S P O R T S

Variable-Bounce™ System

Featuring the
Sure-Lok™ frame
system



U.S. Patents
#6053845, 6261207,
6840891 and Patents
Pending

Model AO-UN-050

Assembly, Installation, Care, Maintenance, and Use Instructions



WARNING



Do not attempt or allow somersaults. Landing on your head or neck can cause serious injury, paralysis or death, even when landing in the middle of the bed.



Do not allow more than one person on the trampoline at a time. Use by more than one person at the same time increases the chance of injury.

Read these materials prior to assembling and using this trampoline.
Maximum User Weight: 240 pounds

Congratulations on purchasing an AlleyOop Sports® Variable-Bounce™ System! We sincerely believe that you have purchased the best product on the market. It has been engineered with safety, durability, and performance in mind. Please read this manual thoroughly for proper installation, care/maintenance, and use.

Table of Contents

Cool AlleyOop Sports® Accessories.....	5
<u>Assembly:</u>	
Placement of Product.....	6
Assembly Instructions (Trampoline).....	7-10
Safety Enclosure Parts List.....	11
Assembly Instructions (Safety Enclosure).....	12-20
<u>Care & Maintenance:</u>	
Care and Maintenance.....	21-22
Care and Maintenance Check List.....	23
<u>User Instructions:</u>	
Precautions.....	24
Warnings.....	25
Basic Trampoline Skills	
Bouncing.....	26
Arm Action.....	26
Bounce Variations.....	26
Basic Landing Positions	
Seat Drop.....	27
Hands and Knees Drop.....	27
Front Drop.....	27
Beginning Twisting.....	28
Seat Drop, Half Twist, Seat Drop (Swivel Hips).....	28
Front Drop, Half Twist, Front Drop (Turn Table).....	28
Seat Drop, Full Twist to Seat Drop (Barrel Roll).....	29
Additional Twisting.....	29
Warranty Information.....	Last Page

AlleyOop[®]

S P O R T S

Have friends over for a backyard camp out!

Let's face it - the ground is the hardest place on earth - particularly when you have been sleeping on it all night.

Now you can rough-it in style with the AlleyOop Sports® OutbackTent™ (we won't tell Mom that you are better rested for those Saturday morning chores).



- Four windows and zippered door with mosquito netting
- Sewn-in floor to keep the elements out
- Plenty of room for games and friends
- Installation in seconds!

Don't miss out on these and other fun accessories at www.alleyoopsports.com!

AlleyOop Proflex™ Basketball

More fun than a tuna sandwich! Jump higher than tall buildings! Jam like the pros (just don't *hang* like them)...

Whether you are into practicing your outside shot, or improving your up-close game, the AlleyOop ProFlex™ Basketball Set is a fun way to avoid homework. Heck, athletic scholarships pay for college, too.



- Our most popular accessory
- Easily installed to your Variable-Bounce™ System
- Set includes basketball

ASSEMBLY INSTRUCTIONS

Read through all assembly steps carefully before beginning the assembly process. Refer to drawings for clarification.

STEP 1:

Trampoline Placement

- ⇒ Adequate **overhead clearance** is *essential*. A minimum of 24 feet (7.3 meters) is recommended from ground level. Provide clearance for wires, tree limbs, and other possible hazards.
- ⇒ **Lateral clearance** is *essential*. Place the trampoline and trampoline enclosure away from walls, structures, fences, pools, and other play areas. Maintain a **clear space** on all sides of the trampoline.
- ⇒ Place the trampoline and trampoline enclosure on a **level surface** before use.
- ⇒ Use the trampoline and trampoline enclosure in a **well-lighted area**. Artificial illumination may be required for indoor or shady areas.
- ⇒ **Secure** the trampoline and trampoline enclosure against unauthorized and unsupervised use.
- ⇒ **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 as covered by the specific enclosure.
- ⇒ The owner and supervisors of the trampoline are **responsible** to make all users aware of practices specified in the **User Instructions** section of this manual.



Gloves are recommended during the assembly procedure.

STEP 2:

Lay out all frame sections in a circle as shown (see Figure 1). Verify inventory of each part.

Trampoline inventory consists of these components:

- 1) Top rail with left socket [TR-RAI-KA-0233R4] – 4 pieces
- 2) Top rail with no socket [TR-RAI-KA-0353] – 4 pieces
- 3) Top rail with right socket [TR-RAI-KA-0354R4] – 4 pieces
- 4) Vertical leg piece [TR-LEG-KA-0235R3] – 8 pieces
- 5) Horizontal leg piece [TR-LEG-KA-0234R3] – 4 pieces
- 6) Springs [TR-SPR-A-0067] – 96 total
- 7) Pad sections [TR-PAD-A-0292R4] – 4 pieces
- 8) Jumping mat [TR-MAT-A-0236] – 1 piece
- 9) Long elastic cords [TR-BUN-J-0566] – 8 pieces
- 10) Warning Placard [TR-WRN-J-0136] – 1 piece

If you are missing any parts, call 1-408-213-2551.

Important: The components must be laid out in the **pattern** shown in Figure 1 for the trampoline to be assembled correctly.

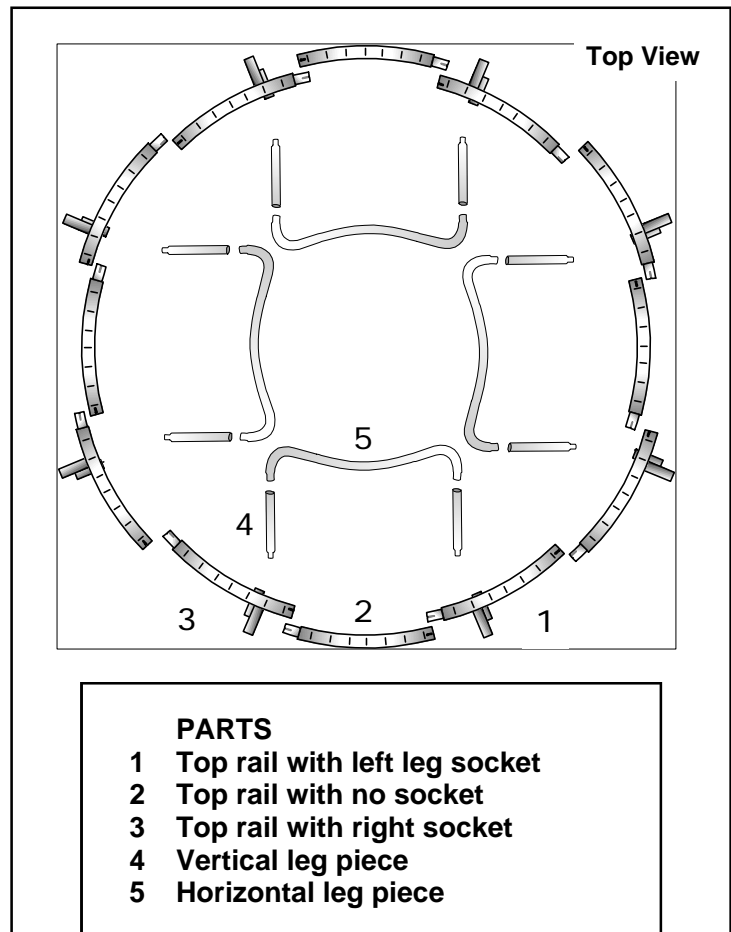


FIGURE 1

STEP 3:

Build each leg assembly

Join two vertical leg pieces with one horizontal leg piece to make a **leg assembly**. Snap vertical pieces into horizontal piece. Repeat with the remaining leg pieces.

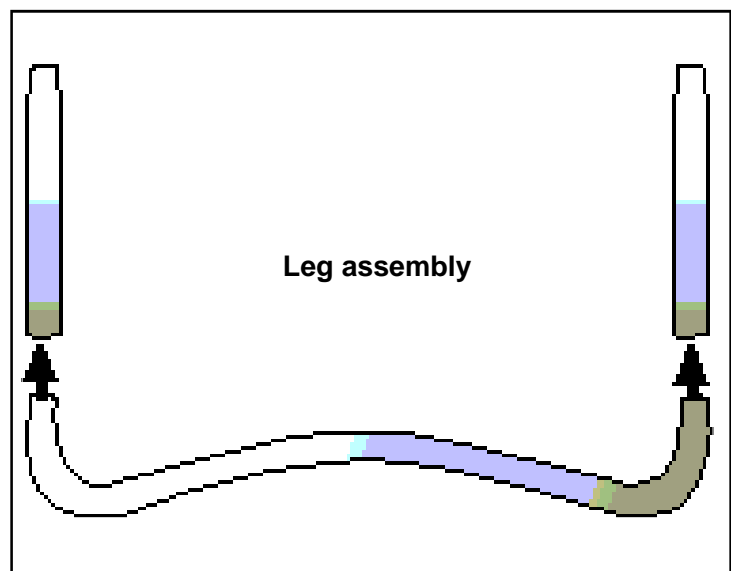


FIGURE 2

STEP 4:

Assemble top rail pieces with leg assemblies

At this point, you may need someone to assist you with the assembly. Hold one leg assembly in the vertical position. Connect frame pieces as shown. Snap leg pieces into rail sockets (if applicable). Continue the pattern by connecting leg assemblies to top rail pieces until the frame is complete.

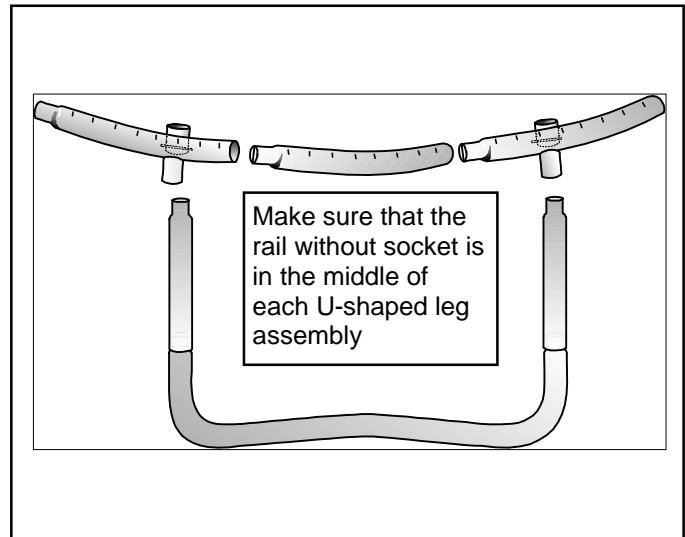


FIGURE 3

Note:

For maximum fit and performance, all rail pieces include the Sure-Lok™ system. Assembly consists of aligning the notch on the small end of one section into the rivet on the larger end of the adjacent section (see Figure 4).

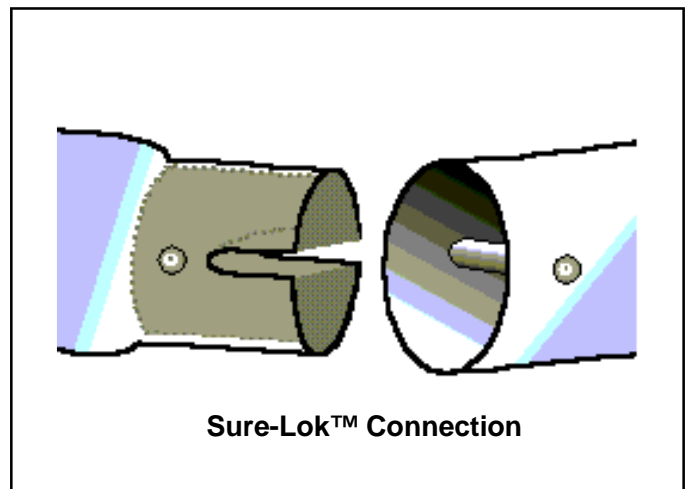


FIGURE 4

Note:

Since you have purchased the Variable-Bounce™ trampoline, you will notice that one half of the connection points on the mat have small “V” rings, and the other half have large “V” rings. This combination results in a more forgiving bounce, because the springs provide less resistance at the initial impact. We feel the difference, and believe you will too.

STEP 5:

Install springs at every 4th hole and V ring

Lay the jumping mat (bed) inside the frame.

WARNING LABELS SHOULD BE FACING UPWARDS. Springs are used to support the mat (bed) and are connected between “V” rings on the mat and holes in the top frame rail. Select a hole on the frame near one leg, and connect a spring between a LARGE V ring and the frame hole at this point. Count 4 holes (and 4 V rings) to the left (clockwise), and connect another spring to a LARGE “V” ring (between spring one and two, there will be 3 empty holes and V rings). Follow this procedure all the way around the trampoline (at 24 locations in total. See Figure 5). Be sure to count holes and V rings accurately. If the count is off, go to where the correct pattern was stopped, and begin again.

Helpful Tip:

Install the springs by first attaching the spring to the V ring. Then, while standing on the outside of the frame, pull the spring towards you and hook it into the corresponding hole in the frame. If you are having trouble stretching the springs far enough (this may occur after you already have many of the springs installed), use a second spring to pull the first spring towards you to hook it into the hole (see Figure 6). You will find that this makes it easier to stretch the springs far enough to attach them to the frame.

STEP 6:

Install springs to the middle hole of every other section

Between each of the 24 installed springs, there will be three empty holes and V rings. Working clockwise all the way around the trampoline, connect a spring at **every other middle** (large) V ring to the appropriate hole (see Figure 7).

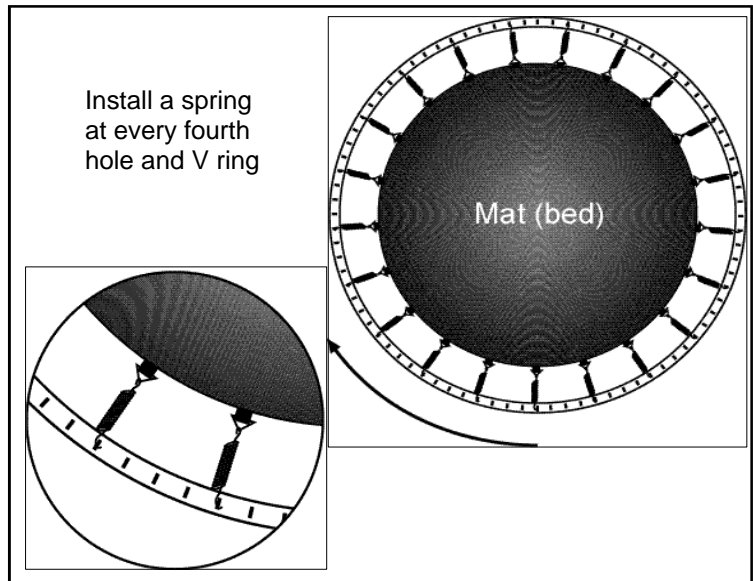


FIGURE 5

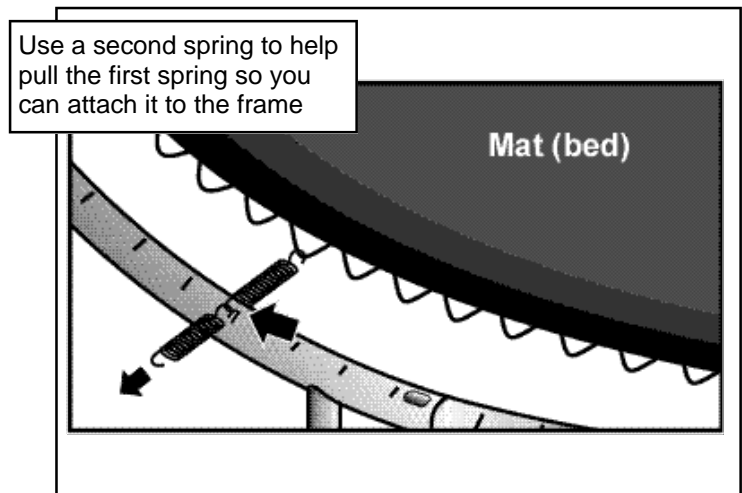


FIGURE 6

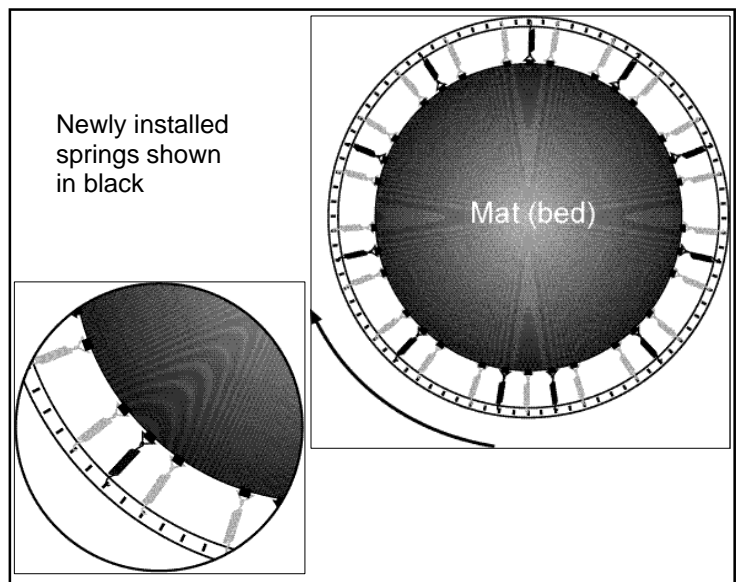


FIGURE 7

STEP 7:

Install springs at the remaining free middle holes
Repeat the process at the remaining **middle** (large) V rings and holes. At the completion of this phase, every other hole and V ring will have a spring installed (see Figure 8).

STEP 8:

Install springs at all remaining connection points.

STEP 9:

Layout, align, and join frame pad pieces

Lay pad pieces over frame so that the plastic connectors on the skirt of the pad are on the outside (or top). Align notches in skirt with sockets on top each leg (see Figure 9) Join pad sections using Velcro® tabs (see Figure 10).

STEP 10:

Attach pad to frame of trampoline

There will be two plastic connectors on the underside of the pad near each leg of the trampoline (see Figures 9 and 10). Connect pad to leg by feeding long elastic cords through both connectors on underside of pad, and then tie the cord around each leg (see Figure 10). *Be careful not to secure the elastic cords too tightly, or the pad may tear.*

IMPORTANT: Make sure that the pad is installed properly over the frame and the springs before use.

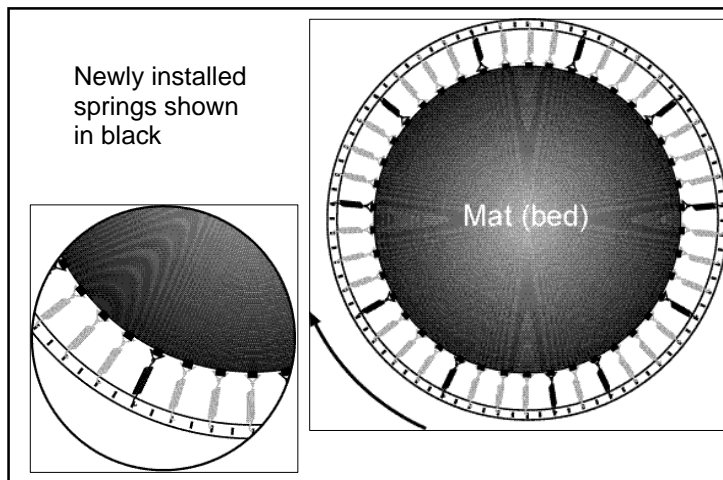


FIGURE 8

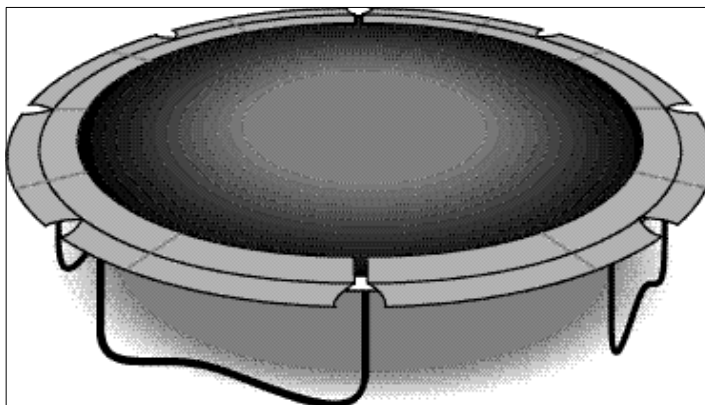


FIGURE 9

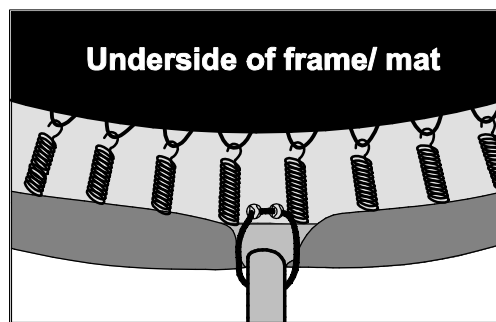


FIGURE 10

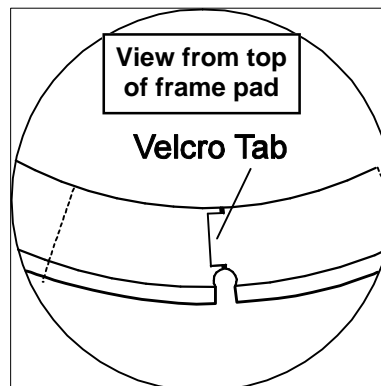


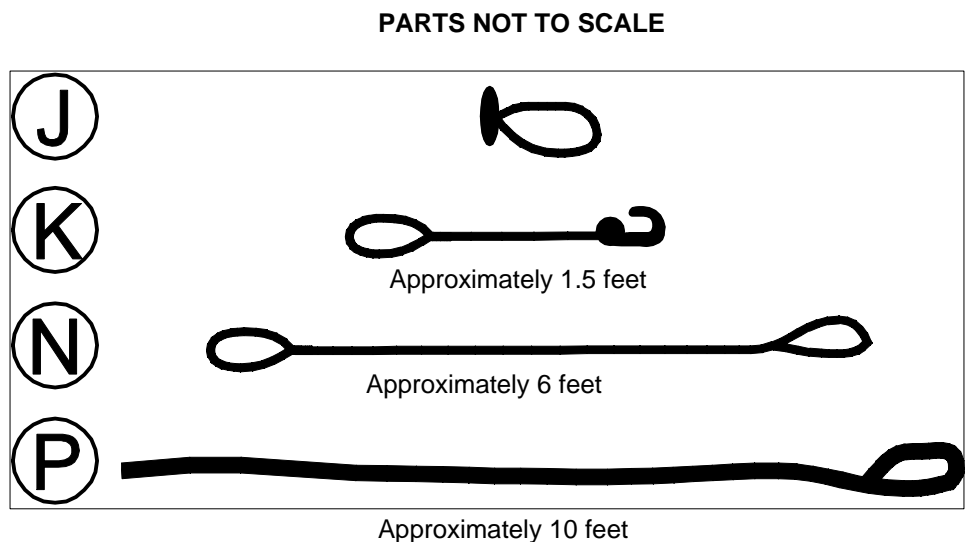
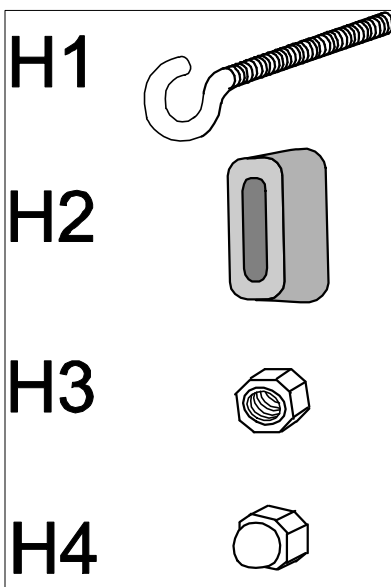
FIGURE 11

Caution: Use of this trampoline is NOT recommended without a safety enclosure installed, which is designed to reduce the likelihood of injury to the user from falling off the trampoline, or coming into contact with the frame and springs of the trampoline.

Caution: Use of this trampoline is NOT recommended without the trampoline pad installed, which is designed to reduce the likelihood of injury to the user from coming into contact with the frame and springs of the trampoline.

AlleyOop Sports® Variable-Bounce™ Safety Enclosure

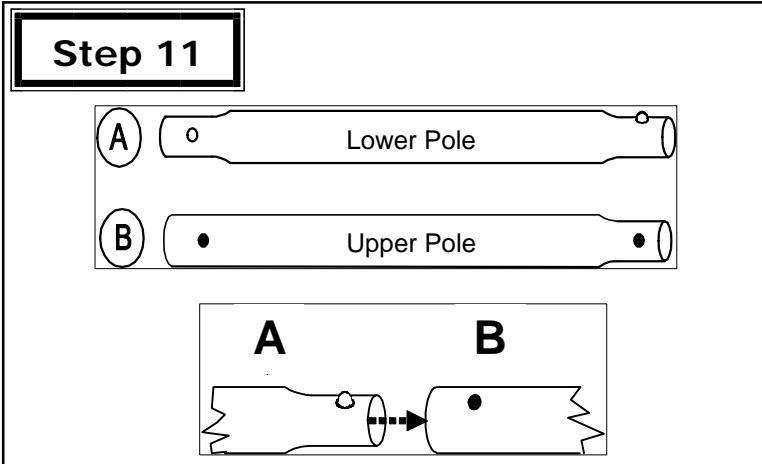
Ref. #	Part #	Description	Quantity
H1	SE-EYE-X-0026RJ	Eyebolt	8
H2	SE-CAP-X-0388	Eyebolt Cap	8
H3	SE-NUT-X-0391	Hex nut with nylon insert	8
H4	SE-NUT-X-0462	Steel Acorn Nut	8
A	SE-POL-KA-0044R7	Lower Support Pole	8
B	SE-POL-A-0045R5	Upper Support Pole	8
C	SE-FOA-X-0028	Long Support Pole Cushion	8
D	SE-FOA-X-0027	Short Support Pole Cushion	8
E	SE-CAP-X-0019	Ball End Cap	6
G1	SE-POL-A-0293R1	Pole Arch (Female)	1
G2	SE-POL-KA-0160R3	Pole Arch (Male)	1
H	SE-NET-X-0032	Heavy Duty Safety Net Assembly	1
I	SE-BUC-X-0012	Plastic Slider Buckle (1 inch)	1
J	SE-BUN-X-0016	Bungee "T" Anchor	17
K	SE-BUN-X-0294	Bungee Cord, Short	8
L	UN-WRN-A-0080	Safety Placard	1
M	SE-CAB-X-0017	Cable Tie	2
N	SE-BUN-X-0014	Bungee Cord, Long	8
P	SE-STR-X-0049	Pole Strap (with loop)	8
Q	SE-SLE-A-0081	Foam Sleeve	8



STEP 11:

Assemble support poles

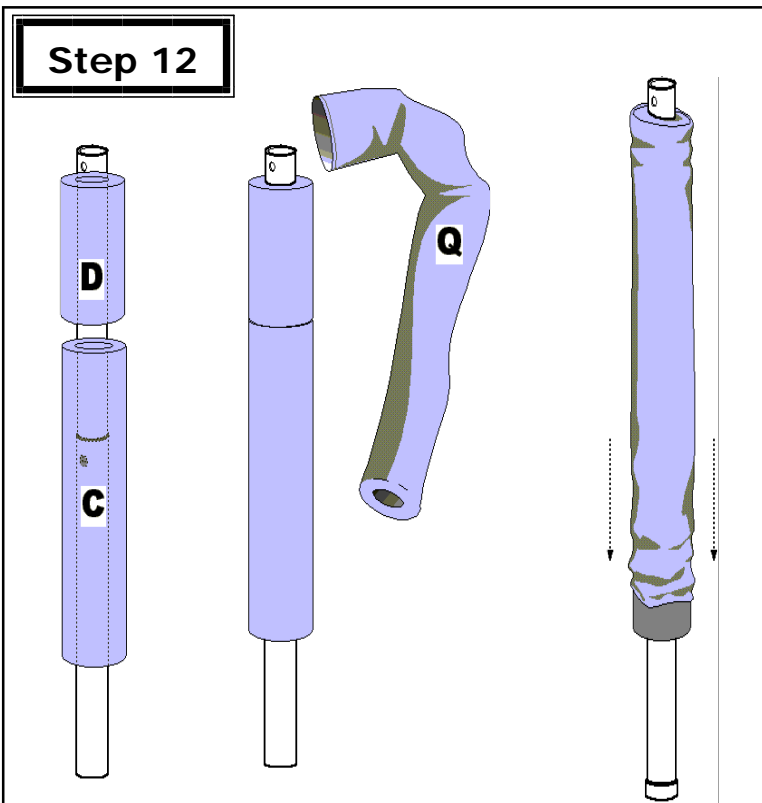
Join pole pieces to make 8 pole assemblies by inserting one end of lower support pole (A) into bottom of upper pole (B). Snap steel button on A into the hole on B to lock in place.



STEP 12:

Install foam and foam sleeves

Slide a long pole cushion (C) onto upper support pole, followed by a short pole cushion (D). Slide foam sleeve (Q) over both foam pieces starting at the top of pole.



STEP 13:

Install ball end cap (SIX OF EIGHT POLES)

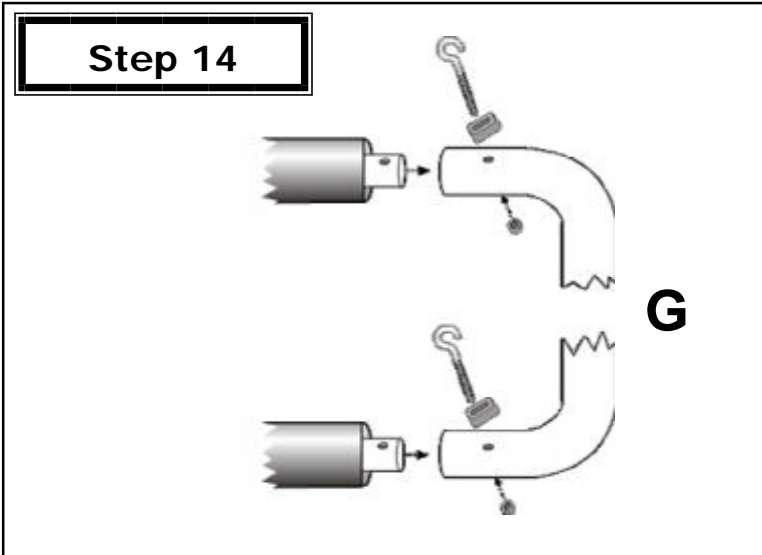
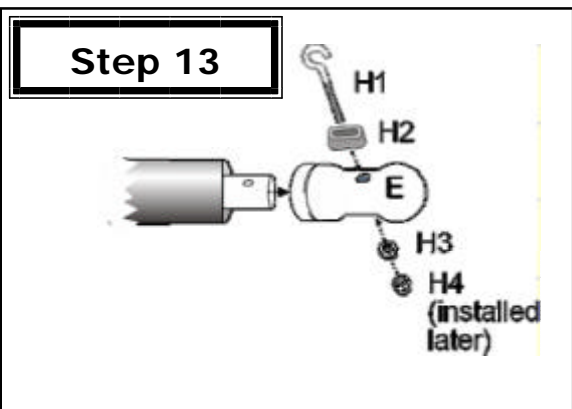
Install ball end cap (E) over poles so that the hole in the ball end cap aligns with the hole at the end of each pole. Push eyebolt (H1) through the eyebolt cap (H2), then insert assembly into the small hole on the ball end cap. Hand tighten hex nut with nylon insert (H3) onto end. When in place, the opening on the eyebolt should face upward toward the ball, and the eyebolt assembly will be loose enough to have access to the eyebolt hook, until step 21 and 25.

STEP 14:

Install Pole Arch (TWO OF EIGHT POLES)

Two poles will be joined together with pole arch pieces (G1/G2). This will be used as the doorway. Join arch pieces. Snap steel button to lock together. Install arch over poles. Align holes on arch with holes on the ends of the poles. Install eyebolt assembly as outlined in Step 13 above.

IMPORTANT: Eyebolt hooks must be on same side of pole arch.



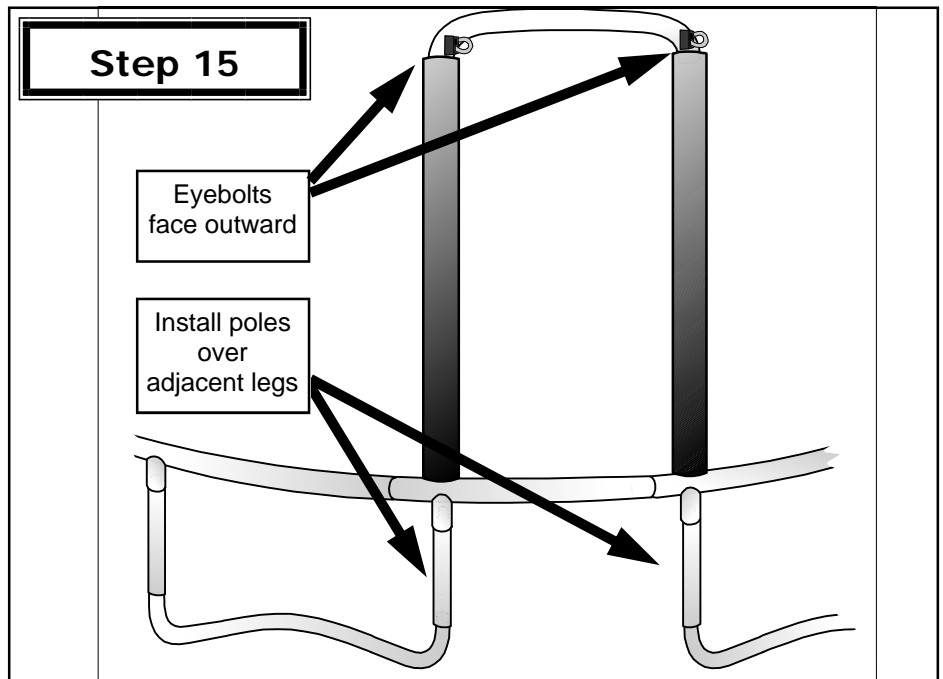
STEP 15:

Install door archway

Locate pole sockets welded to the inside of the trampoline frame (at each leg). Install door arch into two sockets where two separate U-legs on trampoline are adjacent (see picture of Step 15). Insert end of each pole into appropriate socket (see picture of Step 16). Eyebolts on door arch must face **OUTWARD** – away from center of trampoline. Snap steel button into place.

Note: Door should be positioned so that it is easily accessible to users.

CAUTION: FAILURE TO INSTALL EYEBOLTS SO THAT THEY BOTH FACE OUTWARD CREATES A HAZARD THAT COULD RESULT IN SERIOUS INJURY.



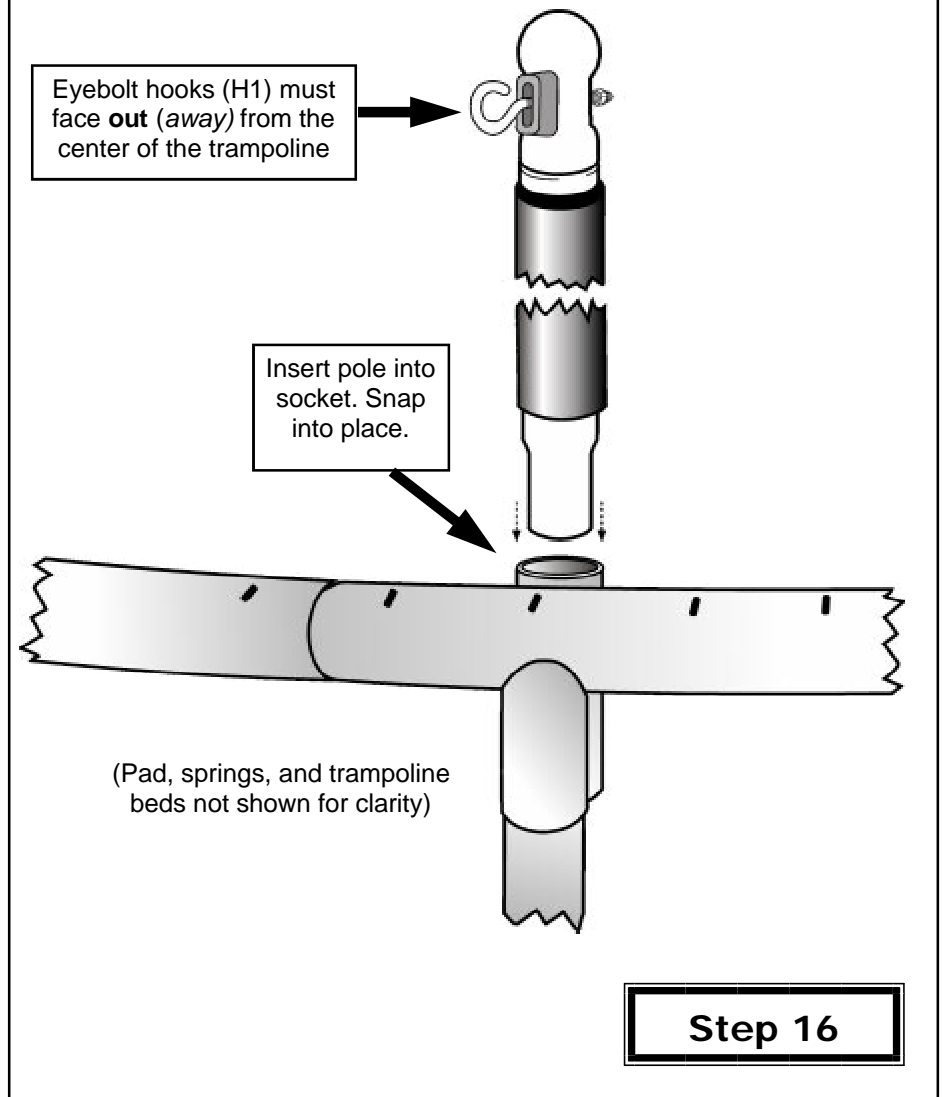
STEP 16:

Install remaining support poles

Install support poles into the remaining sockets on the trampoline. **MAKE SURE THAT THE EYEBOLTS ARE FACING OUT, AWAY FROM THE CENTER OF THE TRAMPOLINE IN ALL INSTANCES.** Snap steel buttons into place.

Note: Poles may need to be rotated outward (so that eyebolt hooks move away from each other) to snap in place. Pole arch has hole to allow for rotation.

CAUTION: FAILURE TO INSTALL EYEBOLTS SO THAT THEY ALL FACE OUTWARD CREATES A HAZARD THAT COULD RESULT IN SERIOUS INJURY.

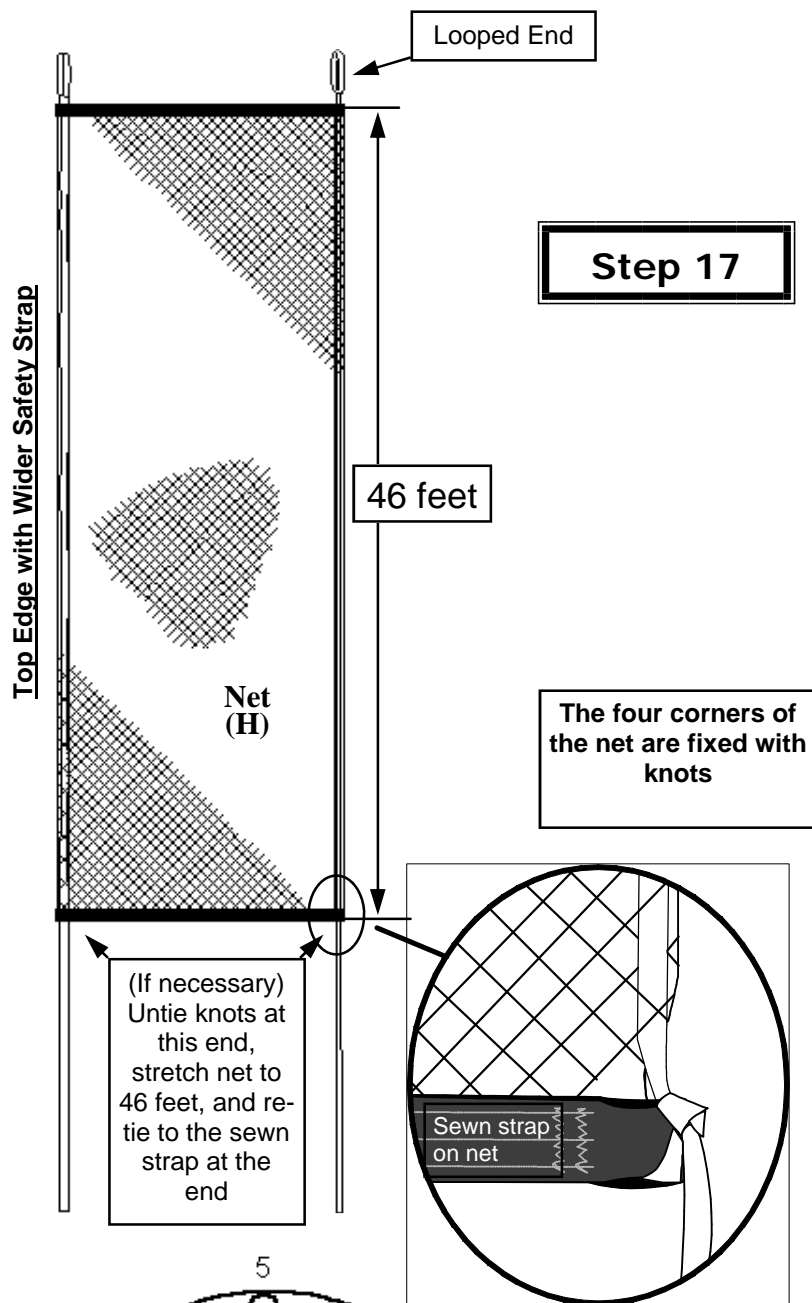


STEP 17:

Measuring and positioning the net

Find an area (approximately 50 feet) to straighten out the net (H). With one person holding the straps at each end, pull and shake net so that mesh is evenly distributed along straps.

Measure the net. The net should measure 46 feet from edge to edge of net (see illustration). If the net measures less than 46 feet, untie the knots in the safety straps at the end of the net without loops in the straps. Stretch net to 46 feet, and re-tie the straps so that the net will NOT slide along the safety straps.

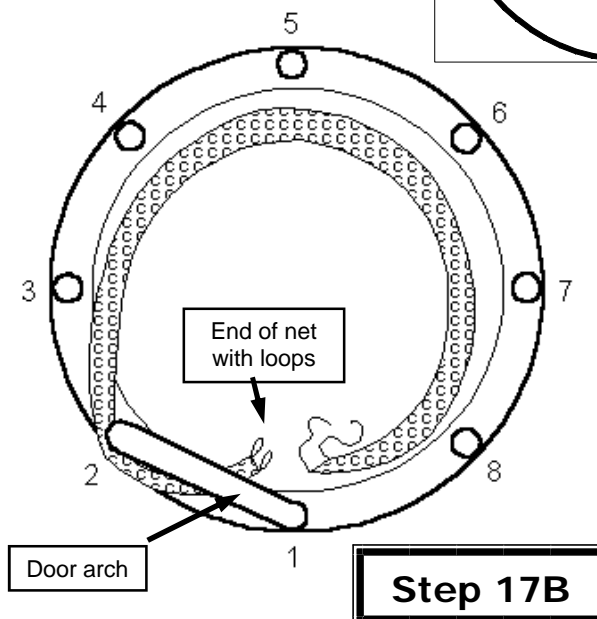


Note: One end of the straps for the net has loops, as this will be the end that is hung first.

Note: The WIDER strap will be at the top of the net.

Poles are numbered according to the picture in Step 17B, in order to clarify orientation for assembly. Lay the end of the net with the loops, down on the bed of the trampoline between the door arch poles.

Wrap the net around the outside of pole #2 (pole #2 is the pole on the left side of the door arch when on the outside of the trampoline). Continue laying the rest of the net down (clockwise) around the edge of the trampoline bed.



Important:

Although placed on the trampoline for set up, net will be *installed* on the outside of the poles. (see next page)

STEP 18:

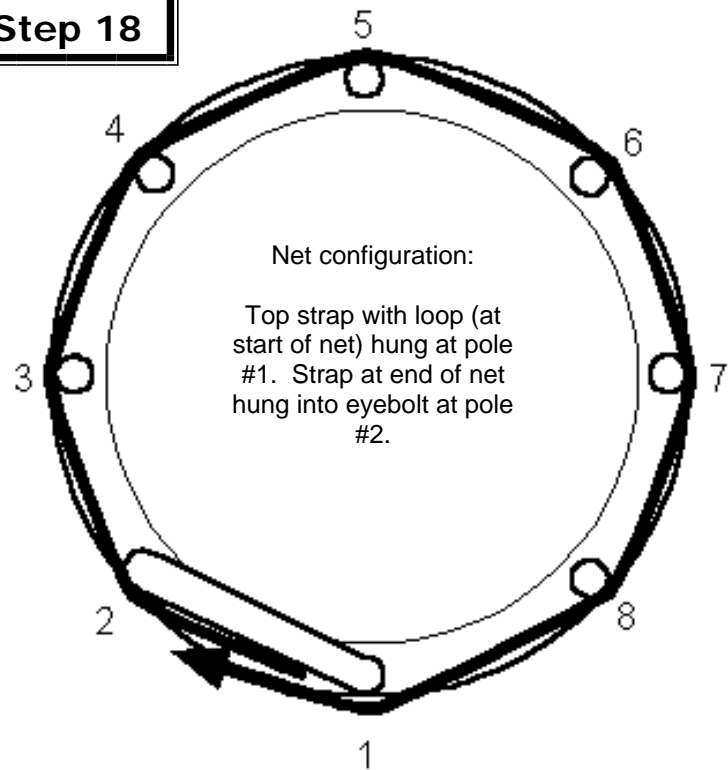
Attach net to poles

Slide loop of WIDE strap into eyebolt at pole #1. Pull the netting to pole #2. With light tension on the net, hook the strap and one braid of netting into eyebolt, so it will maintain its position. The net will be slightly bowed on the top.

Repeat, hanging the net on the OUTSIDE of the remaining poles (including pole #1 again). The net must be pulled snugly at each pole and then hung. It will NOT reach the bed of the trampoline in many areas, if hung correctly.

IMPORTANT: Do not stretch the net so tightly between the poles that the poles angle in toward the middle of the trampoline.

Step 18



STEP 19:

Form the doorway by creating overlap

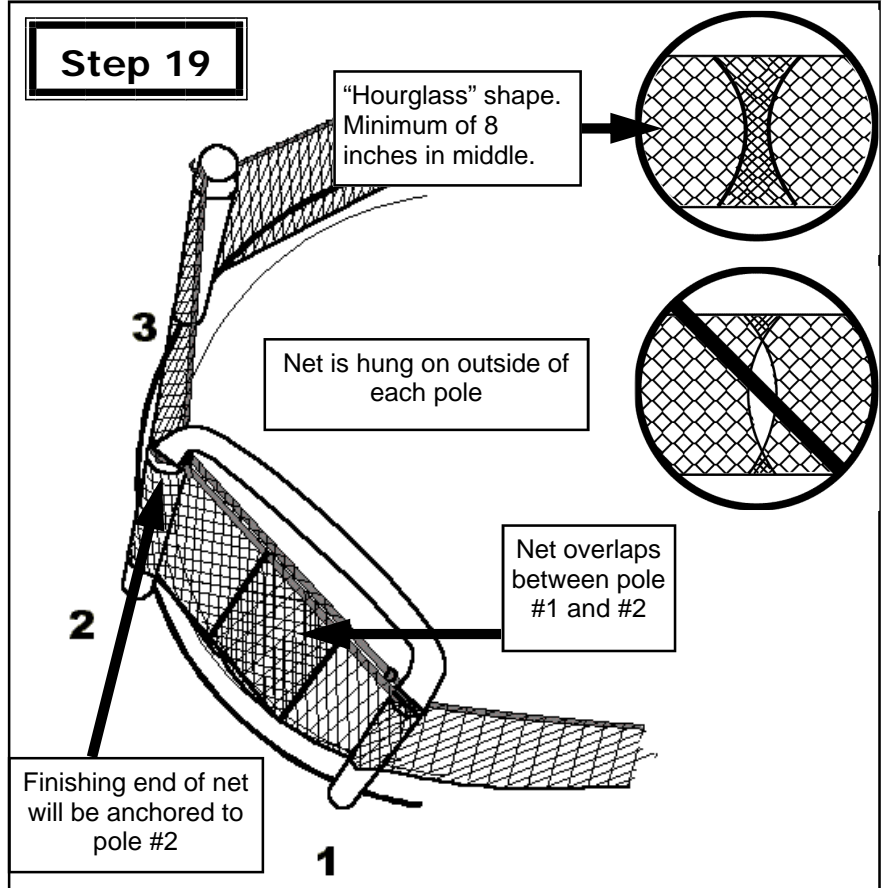
After you have hung the net on each pole and gotten all the way around to pole #1 again, pull the end of the net toward pole #2. Stretch the strap to pole #2, wrap around pole (above eyebolt), and secure by installing the buckle (I). Make sure the strap rests inside hook of the eyebolt.

Note: To install the buckle, fold the end of the top strap back over itself, and feed the folded part of the strap through the buckle. This will create a loop at the end of the strap which you will then place inside the eyebolt hook.

When hung correctly, the inner and outer panel of net should overlap by 1 to 2 feet (a minimum of 8 inches in the middle, due to the "hourglass" shape. See picture in Step 19).

IMPORTANT: If the net does not overlap by at least 8 inches in the middle, readjust or call customer support for help.

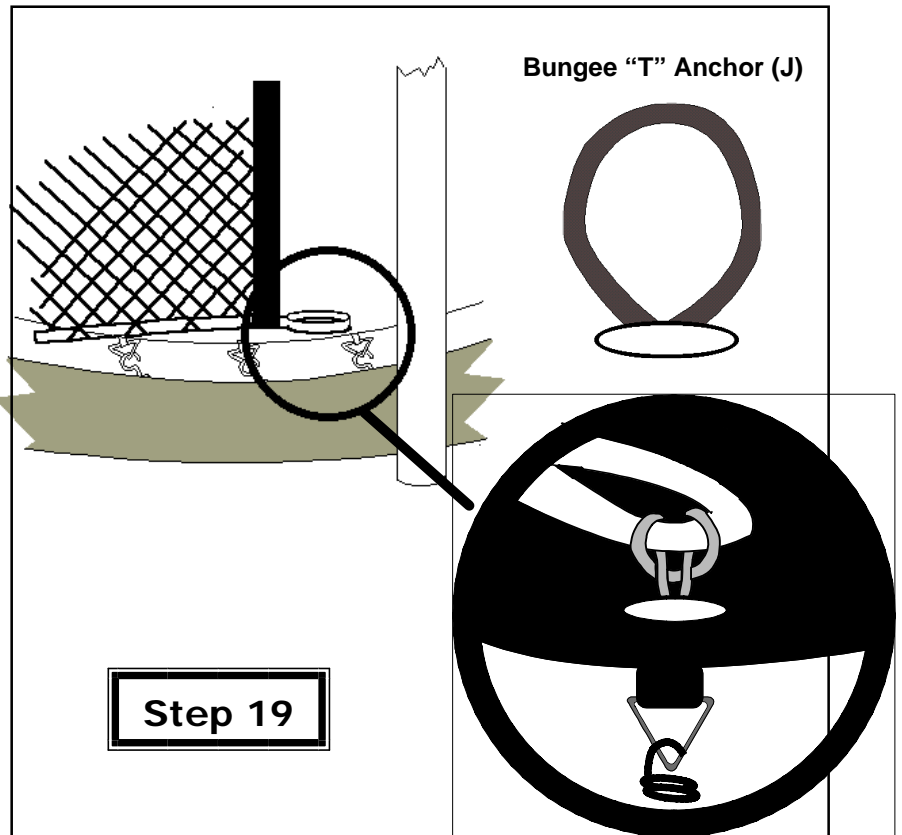
Step 19



STEP 19 (continued):

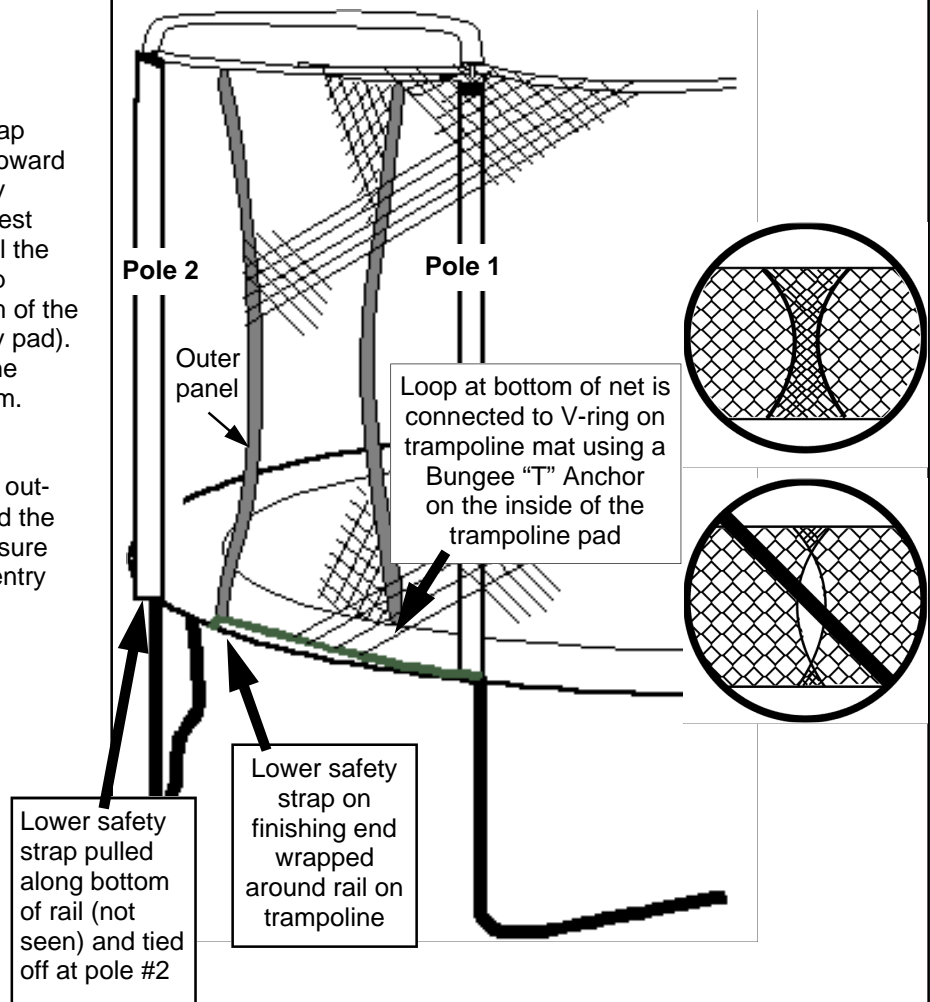
Secure lower ends of net

Attach the Bungee "T" Anchor (J) around the looped end of the lower safety strap (this will be on the bottom of the inner section of net). Pull the bungee "T" anchor toward pole #1 until the edge of the net is nearly vertical. Feed the "T" through the closest "V" ring on the trampoline mat (the "T" anchor will be installed to the inside of the trampoline pad).



Pull the other end of the lower safety strap (attached to the outside section of net) toward pole #2 until the edge of the net is nearly vertical. Wrap the strap around the closest frame (rail) piece several times, then pull the excess strap across to pole #2 (the strap should now be hanging along the bottom of the rail and NOT across the top of the safety pad). Tie the strap securely to the bottom of the safety enclosure pole just below the foam.

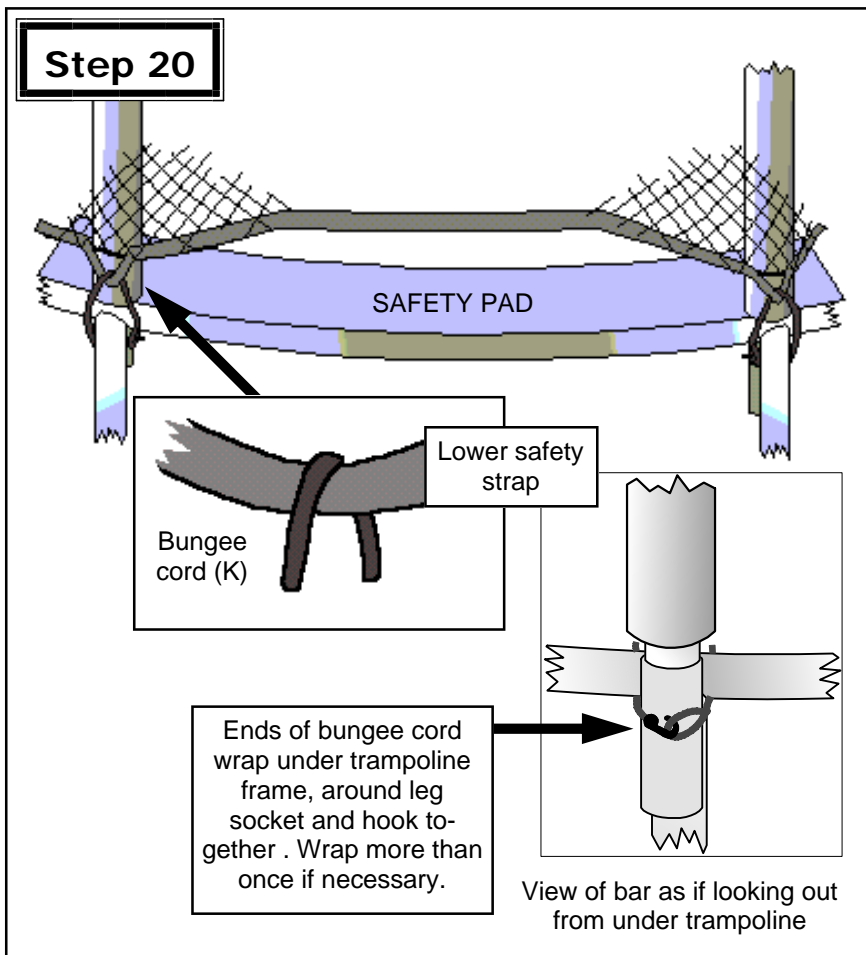
IMPORTANT: If the bottom strap on the outside section of net is not wrapped around the rail before securing it to the safety enclosure pole, it can cause an obstruction in the entry way.



STEP 20:

Secure lower safety strap at each pole with bungee cord strap

At each pole, wrap a short bungee cord strap (K) around the lower safety strap. Pull the ends of the bungee cord below the rail of the trampoline and hook together around leg socket (wrap more than once if necessary). Repeat at the remaining poles.

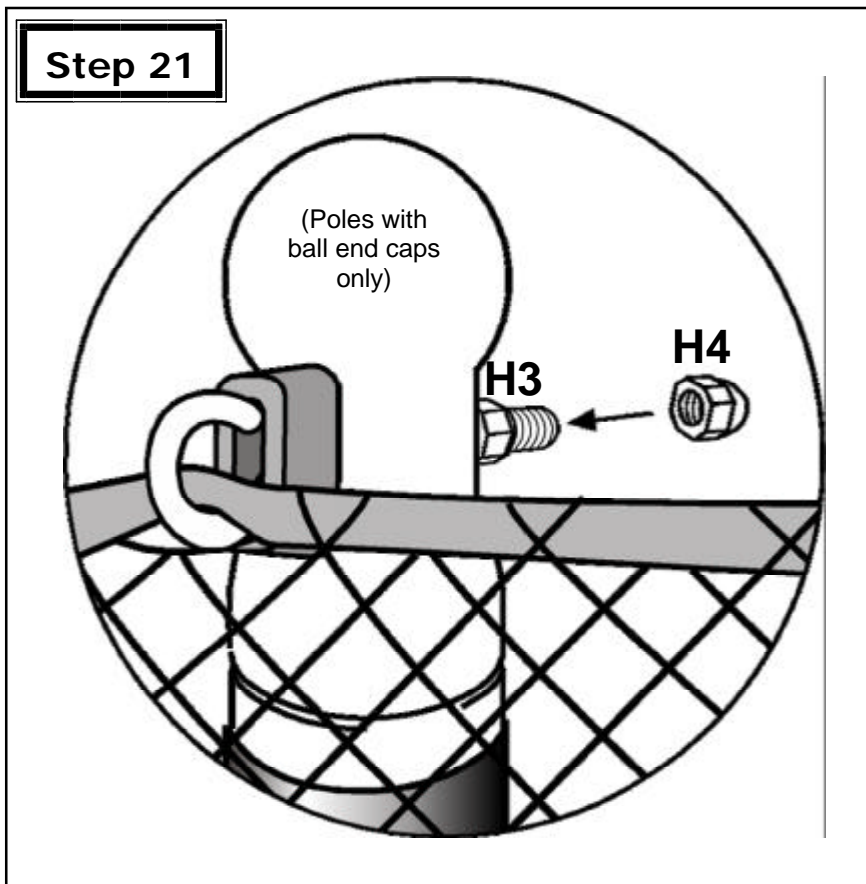


STEP 21:

Tighten all eyebolt assemblies (EXCEPT on the two poles that form the "pole arch") and install acorn nuts

Make sure that the upper strap and one braid of netting are seated into the eyebolt hook, and that the eyebolt hook is facing upward. Tighten hex nut with nylon insert (H3) using socket or crescent wrench so that the eyebolt cap closes the hook of the eyebolt, locking the net into place. Install steel acorn nut (H4) onto the end of eyebolt. Tighten with wrench until snug.

Repeat at the remaining poles **NOT including the two poles with the arch** so that the net is locked into place.



STEP 22:

Connect lower safety strap to bed of trampoline using "T" Anchors

Work the net down each pole with your hands.

In every panel of net (between two poles) – EXCEPT the panel where the net overlaps – approximate the two points on the lower safety strap that would divide the panel into thirds. At each of these points, wrap a "T" Anchor (J) around the lower safety strap, and feed the bar through the loop.

Note: "T" Anchor must wrap around lower safety strap ONLY. Do **NOT** wrap around net.

Pull the net over the top of the safety pad, and insert a "T" anchor bar through a "V" ring on the *bed of the trampoline* near the point where you have wrapped the strap. Upon completion, you will have secured the panel in two locations to the bed of the trampoline. The net will be over the top of the safety pad at these two points. Repeat in the 6 remaining panels (excluding the panel with the overlapping net).

In the panel with the overlapping net, wrap a T anchor around the lower safety strap **midway between** the end of the inside panel and pole #2, and connect to the closest V ring (as outlined above). Repeat this process with a T anchor around the lower safety strap midway between the end of the outside panel, and the pole #1.

The upper and lower safety straps may need periodic tightening. Check buckles and straps regularly.

If the net sags due to extended use, we recommend repeating steps 17-21, so that net is tight again.

Step 22

(View from center of the trampoline looking towards the net)

In all panels (except the panel with the overlapping net) secure the net to the bed of the trampoline in two locations, using Bungee "T" Anchors (J)

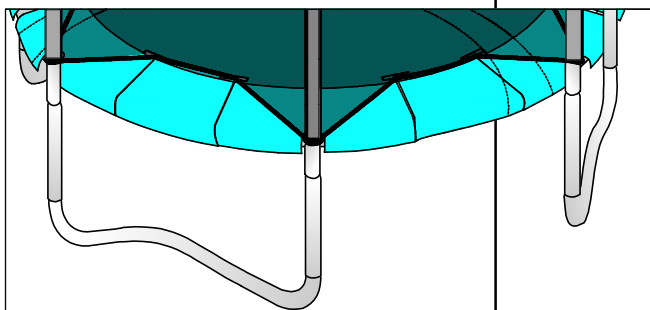
Note: The net is pulled OVER the top of the trampoline pad and connected to the trampoline mat between each set of poles. Do NOT pull netting around the OUTSIDE of the trampoline frame between the poles.

View from INSIDE trampoline

Wrap the "T" Anchor around the lower safety strap, feed the T bar through the loop, and slide the T bar down through the "V" ring on the bed.

(J)

Spring not shown for clarity (spring should remain installed to "V" rings).



View of net from OUTSIDE of trampoline.
Net is pulled in toward the trampoline mat, over the top of the pad.

STEP 23:

Attach long bungee cord to pole

Attach one of the long bungee cords (N) to each pole directly below the foam. This can be done by wrapping a bungee cord around the pole (below the pole cushion), and threading one end through the other. Pull all of the slack through the loop, so that the anchored end "chokes" the pole.

STEP 24:

Note: A ladder may be necessary for this step. Please use caution, and comply with the warnings on your ladder.

Attach bungee cord to net

Locate the column of netting closest to the pole, and weave free end of bungee cord vertically up (in and out) through every 3rd square. At the top, loop the bungee cord over ball end cap.

Repeat at each of the remaining poles.

ON DOOR ARCH POLES, INSTALL BUNGEE LOOP AT TOP DIRECTLY INTO EYEBOLT HOOKS.

STEP 25:

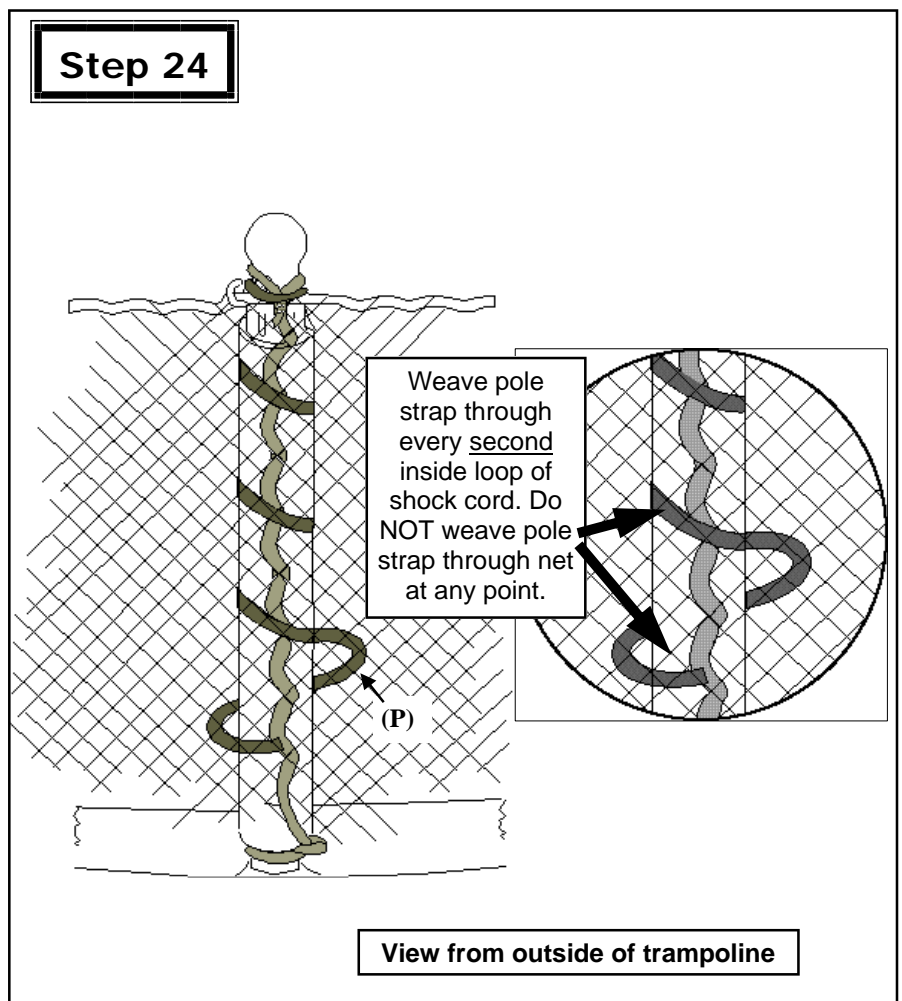
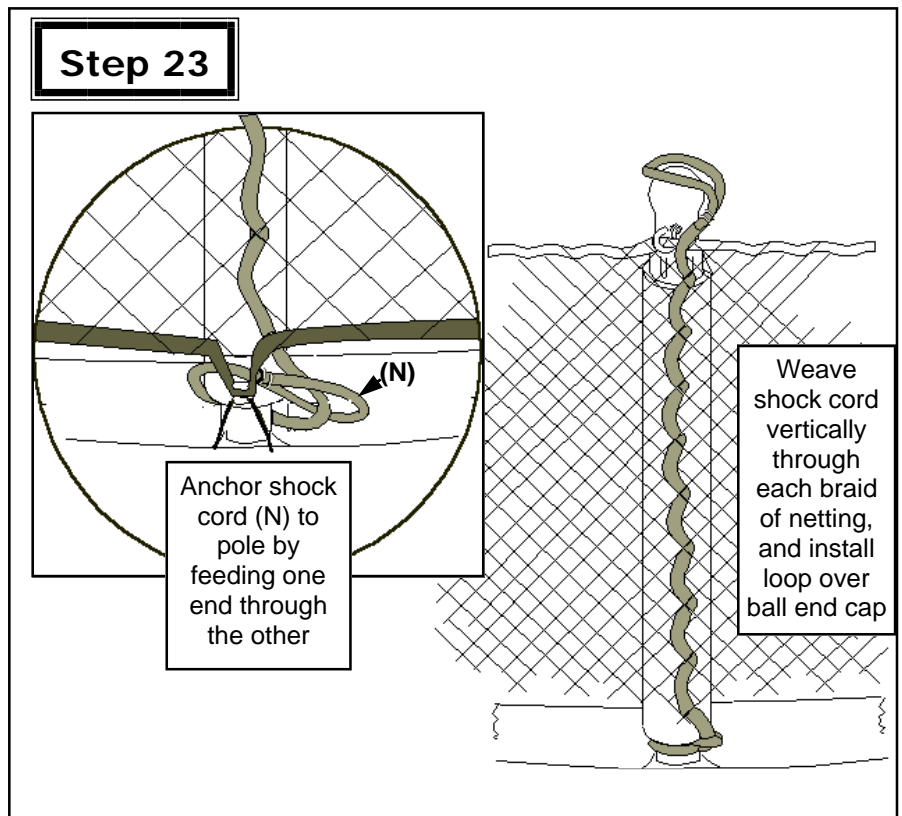
Attach bungee cord to poles, using pole straps

From the inside of the trampoline, hook the looped end of the pole strap (P) over the ball end cap. Wind the strap around the pole, weaving it through *every other inside* section of bungee cord (N) as you make your wraps.

Do not weave the pole strap through the net. Weave through the bungee cord **only**. This will create approximately 7-10 wraps. Tie the end of the strap to the pole below the foam.

Repeat for the remaining poles with bungee cords. **AT DOOR ARCH POLES, INSTALL LOOP OF POLE STRAP DIRECTLY INTO EYEBOLT HOOKS.**

IMPORTANT: The pole strap must wrap through the bungee cord **only**. If the pole strap is wrapped through the net, the system will not work properly.



STEP 26:

Tighten eyebolt assemblies

Make sure that the pole strap, long bungee, and upper safety strap are in the eyebolt hook on the poles with the arch. Tighten eyebolt assemblies on the poles with the arch, as outlined in Step 21.

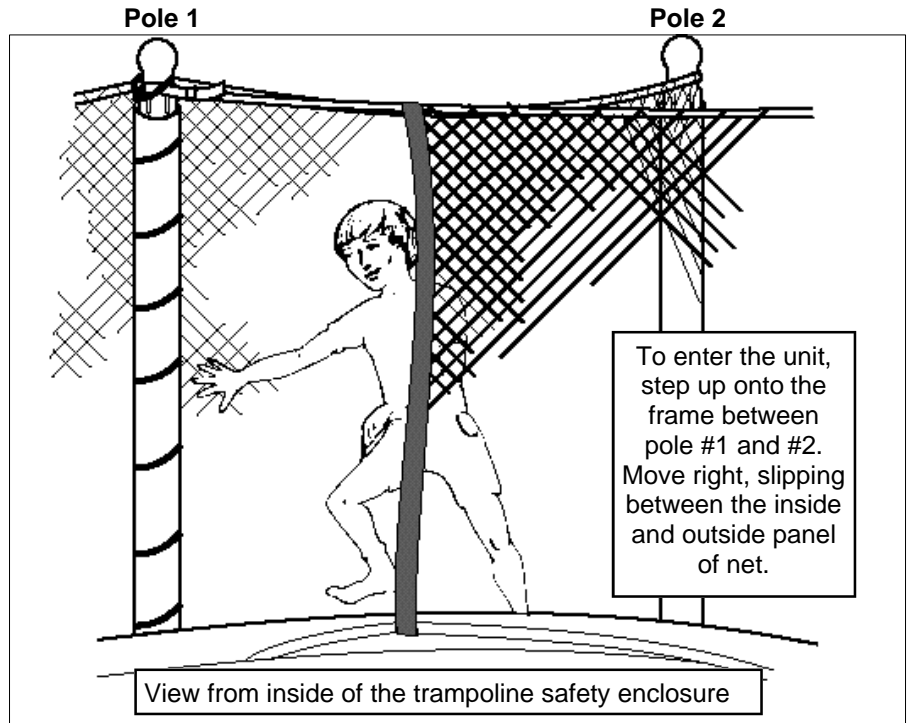
STEP 27:

Hang warning placard from net near entrance

Attach safety placard (L) to the outside of the net where it will be visible from the entrance, using cable (zip) tie (M).

ASSEMBLY IS NOW COMPLETE

Make sure that all parts are securely assembled. Familiarize yourself and all users of the trampoline with the care and maintenance instructions, use and instructional materials, and safety precautions contained in this manual before using the trampoline.



DISASSEMBLY

To disassemble, follow the assembly steps in reverse order. Do not attempt to disassemble any frame components before the mat (bed) and springs have been removed.

Enjoy your Product!

For more information about our **ProFlex™ Basketball Set**, the **OutBack Tent™**, and other fine **AlleyOop Sports®** products, visit your local dealer or call us at **1-866-ALLEYOOP.**

CARE & MAINTENANCE

CARE

Do not allow **pets** on the Variable Bounce System, as claws may snag and pull the mat (bed) material or damage the frame pad.

The Variable-Bounce™ System is intended to be used **by one person at a time**, weighing up to 240 pounds. The user should be either barefoot, or wearing gymnastic slippers or non-cleated athletic shoes. The user should remove all sharp objects from their person which may cause injury or damage to the mat (bed). Heavy, sharp or pointed hard objects should not contact the mat (bed) surface.

This unit is designed for year-round outdoor use. However, in climates of cold weather where snow and ice is prevalent, we recommend the pad, mat, and net be taken off and stored in a dry area. Left unattended in snow and ice, your trampoline mat will accumulate weight in the middle causing damage to your springs. To remove the mat, simply reverse the assembly instructions for installing it. Use extreme care in removing the ice and snow in order to remove the mat. We suggest using a high pressure water hose and spray upward from the underside of the trampoline starting at the mat's lowest point. Another recommendation is to use hot water on the ice and snow to melt it away such that the mat can be removed.

In removing the snow and ice, be sure to not use any type of sharp object such as a shovel, hoe, or garden rake to remove the ice as this may cause damage to your mat.

MAINTENANCE

Your Variable-Bounce™ System is manufactured using quality materials and is finely-crafted to provide you and your family with many years of enjoyment and exercise. Proper maintenance and care will help to prolong the life of the units and reduce the possibility of injury.

One item that poses the greatest hazard is worn out or rotten stitching around the trampoline mat (the black bed). The mat should be restitched about every two to three years regardless of visual evidence of deterioration. **STITCHING MAY FAIL EARLIER, DUE TO EXCESSIVE USE OR EXPOSURE TO EXTREME WEATHER.** Normal mat life is five to eight years with resews over the straps and V rings required every three years maximum. In most cases where deterioration has begun, evidence will make itself known in the form of broken stitches at the straps or in rotting, frayed straps at the position of the V ring.

The following guidelines should always be observed.

Inspect the unit before each use and replace any worn, defective or missing parts. The following conditions present potential hazards and increase the danger of personal injury:

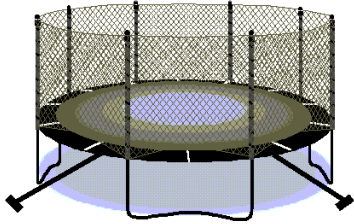
Trampoline	Trampoline Enclosure
<ul style="list-style-type: none"> A. Missing, improperly positioned, or insecurely attached frame padding B. Punctures, frays, tears, or holes worn in the bed, net, straps, or frame padding C. Deterioration in the stitching or fabric of the bed, net, straps, or frame padding D. Ruptured or over-stretched springs E. A bent or broken frame, or pole F. Sagging jumping mat (bed) G. Sharp protrusions on the frame 	<ul style="list-style-type: none"> A. Missing, improperly positioned, or insecurely attached barrier (netting) or enclosure support system (frame) padding and pole caps B. Punctures, frays, tears, or holes worn in the barrier (netting) or support system (frame) padding C. Deterioration in the stitching or fabric of the barrier (netting) or support system (frame) padding D. Ruptured or over-stretched springs E. A bent or broken support system (frame) F. Sagging barrier (netting) G. Sharp protrusions on the support (frame) or suspension system

IF ANY OF THESE CONDITIONS EXIST, THE DEVICE SHOULD BE DISASSEMBLED OR OTHERWISE PROTECTED AGAINST USE UNTIL THE CONDITION IS REMEDIED.

SPECIAL CONSIDERATIONS

WIND

It is possible for the trampoline to be blown about by a high wind. If you anticipate high winds, the trampoline should be moved to a sheltered location, disassembled, or the top of the frame should be secured to the ground with the use of our trampoline anchor kit. The anchor kit can be found at www.alleyoopsports.com



Use an AlleyOop Sports® trampoline anchor kit to tie down the trampoline. **Make sure the ends of the stakes are protected and the ropes are visible to users.**

MOVING THE DEVICE

If you need to move your unit periodically, it should be moved by at least three people, **kept horizontal and lifted slightly to move.** Disassemble the unit for any other type movement.

CARE & MAINTENANCE SAFETY CHECK LIST

IMPORTANT: Inspect the device before using and replace any worn, defective, or missing parts.

FRAME PADS: Our pad reduces the risk of accidental injury due to falling onto the frame and poles. and gives minimal resistance to striking or falling onto and through the springs. Frame and pole pad life expectancy is one to two years. To increase life of pad: 1) Do not allow jumpers to stand or sit on pad; 2) Do not allow jumpers to grab pad in order to pull themselves onto trampoline; 3) Do not allow sharp, abrasive objects to come in contact with the pad surface.

		Safety Check	
		Safe	Unsafe
Check for:			
Vinyl Deterioration	Replace	_____	_____
Foam Deterioration	Replace	_____	_____
Missing Pads	Replace	_____	_____
Improperly Attached Pads	Reattach – See Pad Instructions	_____	_____
Stitching Deterioration	Re-stitch	_____	_____

BEDS / NET: Beds require periodic re-stitching maintenance every 2 to 3 years. Normal bed life is 5 to 8 years with two re-stitchings. **Make certain the trampoline is visually inspected by a responsible adult, checking the stitching carefully at each “V-ring” before every use. Likewise, the net, strapping and shock cords will require frequent inspection for deterioration or fraying. If these are visible, discontinue use until the part is replaced**

Check for:			
Bent or missing v-rings	Replace v-rings	_____	_____
Faded & breaking top thread	Regular re-sew	_____	_____
Brittle & tearing v-ring tabs	Complete re-sew	_____	_____
Cuts, tears, or holes on bed	Patch*	_____	_____
	(Holes greater than 1” cannot be repaired)		
Cuts, tears, frays on net / strapping	Replace	_____	_____
Missing Warning Labels	Phone manufacturer for replacement	_____	_____

SPRINGS: The life of a set of springs is 2 to 5 years depending on weight of jumpers, frequency of use, and care.

Check for:			
Ruptured or over-stretched springs	Replace	_____	_____
Missing springs	Replace	_____	_____
Weak (soft) springs	Replace	_____	_____

STEEL TUBING:

Check for:			
Rust	Clean & paint	_____	_____
Structural failure	Replace	_____	_____
Bent frame	Repair or replace part	_____	_____
Sharp protrusions	Repair	_____	_____
Missing frame warning labels	Phone manufacturer for replacement	_____	_____

SAFETY RULES – Review this manual with all jumpers. Maintain all warning labels and signs. If labels or signs become lost or unreadable write or telephone the manufacturer for free replacements.

USE OF YOUR PRODUCT

PRECAUTIONS

The majority of users of our trampolines are children, and therefore need close supervision and rules to follow while playing on the device. These rules must be enforced by whomever is responsible for the care of the children. It is strongly recommended that the buyer of this product go over the rules and recommendations in the packet of information supplied, including those in this manual. It is also strongly recommended that these rules and recommendations be supplemented with those of your own: (e.g., the time that jumping is allowed, when neighbors can visit, etc.) and that these rules and recommendations be reviewed with anyone who is going to jump on the trampoline. If it is possible, these rules should be reviewed with the parents or guardians of any visitors who may be jumping on the trampoline.

Before you Jump, Read this:

Please read the warnings on the next page with the following in mind:

- ⇒ The Variable-Bounce™ System is not designed to prevent injuries associated with unsafe use of the trampoline, or injuries associated with more advanced skills like flips, somersaults, or acrobatic maneuvers. Do not attempt any of these activities.
- ⇒ Each user should become familiar with the warnings, precautionary statements and usage instructions before jumping.
- ⇒ The Variable-Bounce System does not replace the need for supervision by a responsible, knowledgeable adult.
- ⇒ Allow only one user to pass through the entrance at one time.
- ⇒ When exiting do not jump off the edge of the trampoline. Always sit on the edge, then carefully lower your body onto the ground.
- ⇒ Do not attach other apparatus to the Variable-Bounce System unless it is an AlleyOop Sports® approved device. Any additional AlleyOop Sports Accessory that you may attach to the Variable-Bounce System must be attached and used only in accordance with the instructions for that accessory.

It is essential that trampoline users follow a carefully planned safety program so that the trampoline can be fully enjoyed. Most accidents can be classified into the following headings:

LANDING ON SPRINGS OR FRAME

The risk of falling on, landing between the springs, or hitting the frame, can be reduced through proper mounting and dismounting of the trampoline, emphasizing jumping at the center of the bed without traveling toward the sides, and by properly installing the frame pads.

BOUNCING OUT OF CONTROL

This problem can be controlled, if not completely eliminated, through proper instruction and mastering of the "STOP BOUNCE" technique. Keep other objects away from the trampoline. It is a dangerous practice to jump from the Variable-Bounce System to the floor or ground. Do not jump from the trampoline into a swimming pool, a swing, or any other object. Do not install trampoline on concrete, asphalt or hard compacted surfaces.

LANDING INCORRECTLY ON THE BED

Landing incorrectly on the bed creates great risk of a serious injury, with most of injuries resulting from attempted somersaults. **IT IS STRONGLY RECOMMENDED THAT SOMERSAULT PROCEDURES NOT BE PRACTICED.** Serious injury or death may occur.



POINTS OF SAFETY– WARNINGS



It is essential that trampoline users follow a carefully planned safety program so that the trampoline can be fully enjoyed. Most accidents can be classified into the following headings:

LANDING ON SPRINGS OR FRAME

The risk of falling on, landing between the springs, or hitting the frame, can be reduced through: proper mounting and dismounting of the trampoline; emphasizing jumping at the center of the bed without traveling toward the sides; and by the installing quality frame pads. Simple frame pads or spring covers on their own, do not give adequate protection.

BOUNCING OUT OF CONTROL

This problem can be controlled, if not completely eliminated, through proper instruction and mastering of “STOP BOUNCE.” Keep other objects away from the trampoline. It is a dangerous practice to jump from the Fun & Fitness Center to the floor or ground. Do not jump from the trampoline into a swimming pool, a swing, or any other object. Do not install trampoline on concrete, asphalt or hard compacted surfaces.

LANDING INCORRECTLY ON THE BED

Landing incorrectly on the bed creates great risk of a serious injury with most of these resulting from attempting somersaults. **IT IS STRONGLY RECOMMENDED THAT SOMERSAULT PROCEDURES NOT BE PRACTICED.** Serious injury or death may occur.



READ THE FOLLOWING PRECAUTIONS



1. Do NOT attempt somersaults. Landing on your head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed.
2. Do NOT allow more than one person on the trampoline at a time. Use by more than one person at the same time can result in serious injuries.
3. Use trampoline only with mature, knowledgeable supervision.
4. Trampolines over 20 in. (51 cm) tall (including this trampoline) are NOT recommended for use by children under 6 years of age.
5. Inspect the trampoline before each use. Make sure the frame padding is correctly and securely positioned. Replace any worn, defective or missing parts.
6. Climb on and off the trampoline. It is dangerous to jump onto the trampoline when mounting. Do NOT use the trampoline as a springboard to other objects.
7. Stop your bounce by flexing your knees as your feet come in contact with the trampoline bed. Learn this skill before attempting others.
8. Learn fundamental bounces and body positions thoroughly before trying more advanced skills. A variety of trampoline activities can be carried out by performing the basic fundamentals in various series and combinations, performing one fundamental after another, with or without feet bounces between them.
9. Avoid bouncing too high. Stay low until you can control your bounce and repeatedly land in the center of the trampoline. Control is more important than height.
10. Focus your eyes on the perimeter of the trampoline. This will help control your bounce.
11. Avoid bouncing when tired. Keep turns short.
12. Properly secure the trampoline when not in use. Protect it against unauthorized use. If a trampoline ladder is used, the supervisor should remove it from the trampoline when leaving the area to prevent unsupervised access by children under 6 years of age.
13. Keep objects away which could interfere with the performer. Maintain a clear area around the trampoline.
14. Do not use the trampoline while under the influence of alcohol or drugs.
15. For additional information concerning the trampoline, contact the manufacturer.
16. For information concerning skill training, contact a certified trampoline instructor.
17. Bounce only when the surface of the bed is dry. Wind or air movement should be calm to gentle. The trampoline must not be used in gusty or severe winds.
18. Read all instructions before using the trampoline. Warning and instructions for the care, maintenance and use of this trampoline are included to promote safe, enjoyable use of this equipment.

BASIC SKILLS

BOUNCING

The most important thing about bouncing is that it should be done with control in the center of the bed. The basic bounce should always begin low. High, reckless bouncing should never be allowed.

The Stop Bounce

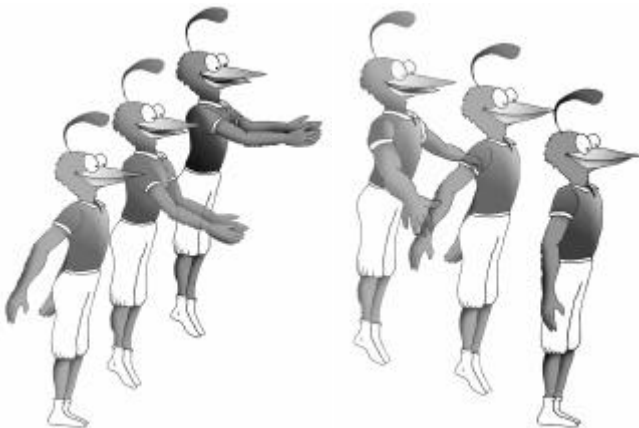
This technique allows the jumper to gain control by stopping quickly. It is done by keeping the feet in contact with the bed, and absorbing *the rebound of the trampoline with the knees and waist*. This skill should be learned right away and should be employed whenever you feel out of balance, or land away from the center area.

To learn the stop bounce:

- (1) Stand in center of the bed with your feet about hip-width apart.
- (2) Attempt about three easy bounces, keep them *low and controlled*.
- (3) Focus your eyes towards the perimeter of the trampoline line while bouncing in order to keep your balance.
- (4) Stop the bounce by bending at your knees and hips on contact with the bed.

ARM ACTION

Arms are very important for proper control and lift. Whenever you go up, your arms go up. They go up to a set position about shoulder height and shoulder width. They should remain in this balanced position until you start down. Then they circle down and slightly behind the hips, ready to lift again as you bounce up.



BOUNCE VARIATIONS

The following figures show three variations, which should be assumed at the top of the bounce, before resuming the normal landing position on the feet.



Tuck



Pike



Straddle Pike

Practice these simple variations and concentrate on perfect form. Make sure that the toes are pointed and fingers are straight. Also make sure that you are taking off and landing in the same spot on the center of the bed.

These simple variations to the basic bounce can be a lot of fun, and are very important for gaining experience in coordinated movement.

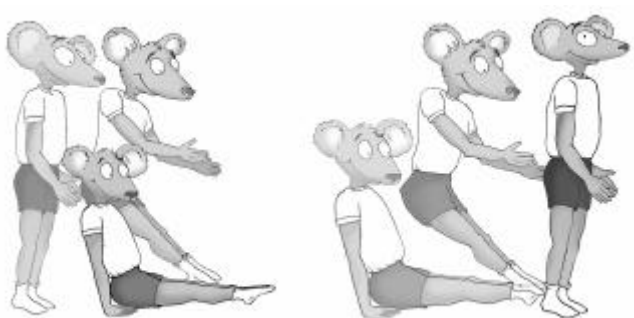
BASIC LANDING POSITIONS

Positions for all drops (seat, hands and knees, front, and back) should first be performed on the ground, then in a stationary position on the trampoline bed.

Once the position is correctly executed, the drop can be performed after “priming” the trampoline bed. Priming is done by bending the knees and pushing down repeatedly on the trampoline bed, thereby setting the bed in motion. The feet stay in contact with the bed during the entire priming motion.

The Seat Drop

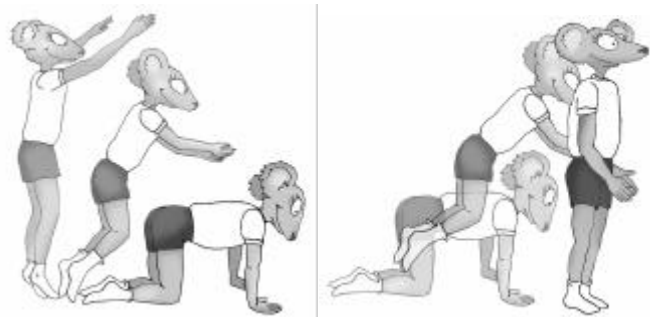
- (1) From the standing position, prime the bed several times.
- (2) Pick up your feet at the top of the last bounce, and sit down. You should land so that your body is in a sitting position with your legs straight out in front of you and your toes pointed. Hands should be on the bed next to your hips. Fingers should be together and pointed toward the toes.
- (3) Push on the bed with your hands to rebound up to your



The Hands and Knees Drop

To do this drop properly, there should be just as much weight on the hands as on the knees. The back should be about parallel to the bed. The knees and hands should land simultaneously, with the middle of the body landing in the center of the trampoline. The hands should be directly under the shoulders. The knees should be directly under the hips. The toes should be pointed.

- (1) Get down on your hands and knees on the bed. Make sure you have weight on both your hands and your knees. Don't sit on your heels.
- (2) Remain in this position and try to bounce. Don't rock back and forth between the hands and knees, but develop an even landing on all four points.
- (3) From the standing position, prime the bed several times. Lift upward with the hips, reach forward with the hands, and land on all fours. Look slightly in front of your hands on landing. Push to rebound to your feet.



The Front Drop

Contact with the trampoline bed should simultaneously take place with your hands, elbows, chest, stomach, and hips. Knees should be bent.

Hands should be placed close together with palms in contact with the bed forming a triangle. Eyes should be focus on triangle or slightly in front of your fingers.

STEP 1:

- (1) Start from the hands and knees drop position.
- (2) As you rebound from the hands and knees, stretch so that you land on your stomach. From this position, rebound to your hands and knees.

STEP 2:

- (1) Start from a standing position with knees bent so that your upper body is low and close to the trampoline bed.
- (2) Prime the bed several times.
- (3) Lift hips gently upward and backward.
- (4) Land in contact with the bed as described in Step 1.
- (5) Push with the hands to return to the feet.

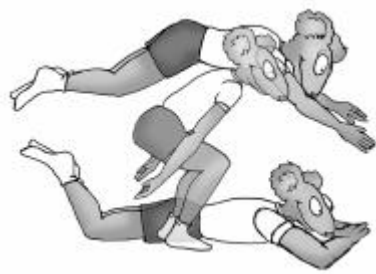
STEP 3: (See next page)

- (1) Start from a straight standing position.
- (2) Prime the bed several times.

Perform skill as in Step 2.

Important: You must come down level. If the landing is made first on the chest and arms, they will rebound before the knees hit which will result in a straining action on the back. If this type of landing is made with a traveling, diving approach there is a good chance that the elbows may become skinned. If the landing is made so that the knees and hips hit first, then they will rebound and the shoulders and face will land heavy.

1-3



4-6



Series of drops

Once you have mastered the individual bounce variations and drops, perform them in sequence. For example: Seat Drop – Hands and Knees Drop – Front Drop, or Seat Drop – Front Drop – Hands and Knees Drop – Seat Drop.

BEGINNING TWISTING

The following figures will show you a few of the many possible twisting variations of the basic landing positions.

Seat Drop – Half Twist – Seat Drop (AKA: Swivel Hips)

STEP 1:

- (1) Perform a seat drop.
- (2) Push down on the bed with the hands and come to a stand with the arms stretched overhead.

STEP 2:

- (1) Perform the movement in Step 1. As you rebound up to your feet, move one shoulder in the direction you want to twist.
- (2) Finish standing with arms stretched overhead, facing the opposite direction (180 degree twist completed).

STEP 3:

- (1) Perform as in Step 2. Just before contacting feet with the trampoline bed, lift legs to land in a sitting position (180 degree twist completed).



Front Drop – Half Twist – Front Drop (AKA: Turntable)

STEP 1:

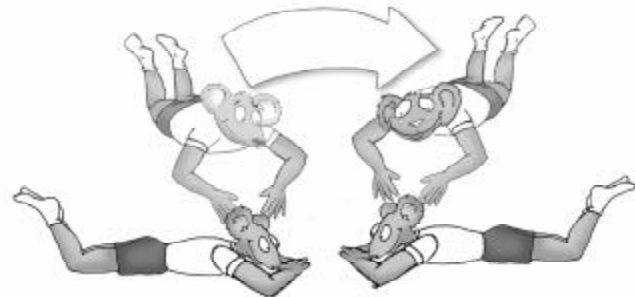
- (1) Begin in a hands and knees position, with hands forming a triangle, like in a front drop.
- (2) Prime the bed in this position.
- (3) Push backward with hands and extend body to land in the Front Drop position.
- (4) Repeat several times in succession: Hands and Knees Drop – Front Drop – Hands and Knees Drop – etc.

STEP 2:

- (1) Perform the movement as in Step 1. However, do it at twice the speed so as to bring the knees inward, under the hips and out again without touching the knees on the bed.

STEP 3:

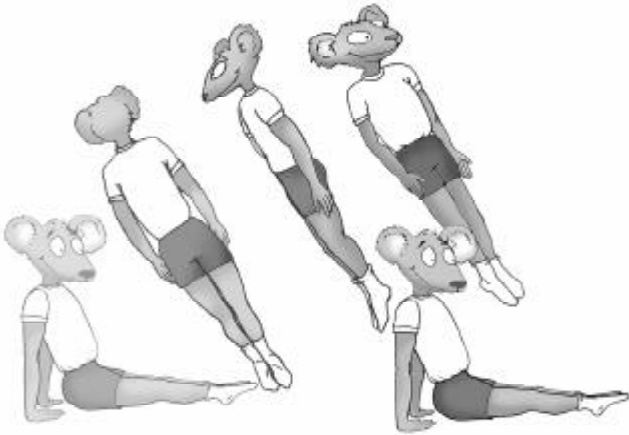
- (1) Perform the movement as in Step 2. Push sideways on the trampoline bed so that the body rotates like the hands of a clock.



STEP 4:

- (1) From a standing position, prime the bed, then perform a front drop. Push sideways, as in Step 3, and complete a 180 degree turn, finishing in a front drop facing the opposite position.

Seat Drop – Full Twist – Seat Drop



ADDITIONAL TWISTING

You can have hours and hours of fun and challenging bouncing by combining twist with each of the basic landing positions (Drops). You can twist:

After the landing position.

Example: Seat drop – 1/2 twist – feet

You can add more twists. Always remember to practice and perfect the smaller twists before moving on to larger twists.

You can also perform a series of twists.

Example: Swivel Hips Perform several in a row, all twisting in one direction, or alternating directions. Turntable – same as swivel hips.

If you find that you love the trampoline, and have mastered the moves discussed in these instructions, you are encouraged to seek additional training from a CERTIFIED TRAMPOLINE INSTRUCTOR.



**PLEASE MAIL THE PURCHASE REGISTRATION CARD
WITHIN 10 DAYS FROM DATE OF PURCHASE**

AlleyOop Sports®

Limited Lifetime Warranty

What is covered by this warranty? This warranty covers any defects in materials or workmanship on all of the components of the product and is extended exclusively to the original retail purchaser from the date of purchase.

How long does this coverage last? Warranty coverage for each component is as follows:

Steel frame (excluding the parts associated with the Sure-Lok™ connection system), enclosure poles, including finish.	Covered from date of purchase for as long as you own your product.
Enclosure net (excluding straps and shock cords) , jumping mats (beds)	Five (5) years from date of purchase.
Hardware, springs, spring pad covering, pole pads, straps, shock cords, and all other parts.	One (1) year from date of purchase.

What will AlleyOop Sports® do? If you return the defective part freight prepaid as instructed below, AlleyOop Sports will either repair or replace such part, at AlleyOop Sports discretion, and return it to you freight prepaid.

What is not covered by this warranty? This warranty does not cover expenses of on-site labor, travel, assembly or disassembly or other charges associated with the repair or replacement of covered components. This warranty also does *not* cover any problem that is caused by abuse, misuse, ordinary wear, tear, and weathering, acts of God (such as wind and lightning), failure to follow directions, improper installation, or improper maintenance. Rust is a natural occurrence with any outdoor steel product, and is likewise not covered by this warranty to the extent that it does not affect the structural integrity of the part.

ALLEYOOP IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY LOSS, INCLUDING BUT NOT LIMITED TO ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUE OR PROFITS, LOSS OF ENJOYMENT OR USE, COST OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

How to get a defective part replaced: Contact your local authorized AlleyOop dealer for prompt warranty service. If you purchased your Product directly from the factory, 1) call the AlleyOop Sports Customer Service Department at 1-408-213-2551 to obtain a Return Authorization Number. All returns must be pre-authorized. 2) Send the part(s) to the designated service center freight prepaid, along with a copy of your original sales receipt and a brief written description of the problem, including how it occurred. 3) After inspecting the returned part(s), AlleyOop Sports will make a final determination whether the part is covered by this warranty. We reserve the right to examine photographs or physical evidence concerning parts claimed to be defective prior to making a final determination concerning the claim. A repaired or replacement part will be returned to you. Please allow 3 to 4 weeks for delivery.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

**AlleyOop Sports® P.O. Box 2446 Saratoga, CA 95070 866-AlleyOop (255-3966)
<http://www.alleyoopsports.com>**