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> SereneLife SLELT403 Spring-Less Fitness Trampoline User Manual

SereneLife SLELT403

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Model: SLELT403

1. INTRODUCTION

Thank you for choosing the SereneLife SLELT403 Spring-Less Sports Jumping Fitness Trampoline. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before use and retain it for future reference.

The SLELT403 is designed for adult fitness, offering a silent and effective way to burn calories, strengthen your core, and improve overall fitness. Its spring-less design ensures a quiet bounce, while the adjustable handrail provides stability and control during your workout.

2. SAFETY INFORMATION

To ensure a safe and enjoyable experience, please adhere to the following safety guidelines:

- **Maximum Weight Capacity:** Do not exceed the maximum user weight of 90.72 kg (200 lbs).
- **Adult Supervision:** Children should only use the trampoline under direct adult supervision.
- **Clearance:** Ensure adequate overhead and surrounding clearance (at least 2.5 meters / 8 feet) from walls, furniture, and other objects.
- **Footwear:** Use appropriate athletic footwear or jump barefoot. Avoid socks only, as they can be slippery.
- **One User at a Time:** Only one person should use the trampoline at any given time to prevent collisions.
- **Inspection:** Before each use, inspect the trampoline for any loose, worn, or damaged parts. Do not use if any components are compromised.
- **Stable Surface:** Place the trampoline on a flat, level, and stable surface to prevent tipping.
- **Medical Advice:** Consult a physician before starting any new exercise program.
- **Handrail Use:** The handrail is for balance and stability. Do not put full body weight on it or use it for aggressive maneuvers.

3. WHAT'S IN THE BOX

Carefully unpack all components and verify that you have received all items listed below. If any parts are missing or damaged, please contact customer support.



Image: Overview of the SereneLife SLELT403 package contents, including the main trampoline, various frame parts, a padded PVC cover, and a carry bag.

- Sports Jumping Trampoline (main frame and jumping mat)
- Frame Sections & Accessories (legs, handrail components, connecting hardware)
- Padded PVC Cover
- Carry Bag
- Instruction Manual (this document)

4. SETUP AND ASSEMBLY

Follow these steps to assemble your SereneLife SLELT403 trampoline. It is recommended to have two people for easier

assembly.

1. **Unfold the Trampoline Frame:** If your trampoline frame is folded, carefully unfold it on a flat surface. Ensure the hinges lock securely into place.
2. **Attach the Legs:** Insert each leg into the designated sockets on the trampoline frame. Ensure they are fully seated and secured, typically with a spring button or screw knob.
3. **Install the Padded PVC Cover:** Place the padded PVC cover over the edge of the trampoline frame, ensuring it fully covers the elastic cords and frame for safety.
4. **Assemble the Handrail:** Connect the handrail sections according to the diagrams. Secure them with the provided bolts and knobs.
5. **Attach the Handrail to the Frame:** Insert the assembled handrail into the designated slots on the trampoline frame. Secure it firmly using the adjustment knobs.
6. **Adjust Handrail Height:** Loosen the adjustment knobs on the handrail posts, raise or lower the handrail to your desired height (between 35" and 46"), and then securely tighten the knobs.



**Reinforced Solid
Frame Construction**
Reliable and sturdy!



**Integrated
Padded Handrail**
for maneuverability & control.

Image: Detail of the reinforced frame construction and the integrated padded handrail, highlighting the sturdy design.

5. OPERATING INSTRUCTIONS

Using your SereneLife SLELT403 trampoline for exercise is straightforward. Follow these guidelines for an effective workout:

- **Starting Position:** Stand in the center of the jumping mat with your feet shoulder-width apart. Hold the handrail for balance if needed.
- **Gentle Bouncing:** Begin with gentle bounces, keeping your core engaged and knees slightly bent. Focus on controlled movements rather than high jumps initially.
- **Silent Bounce Action:** The spring-less design provides an effortless, noise-free jumping experience, allowing for quiet workouts.
- **Adjustable Handrail:** The handrail can be adjusted from 35" to 46" to suit your height and provide optimal support and maneuverability.



Image: A user demonstrating the silent bounce action of the trampoline, with an inset showing the spring-less elastic cord design.

Jumping Exercise Fitness Fun



Burn
Calories



Strengthen
Core



Lose
Weight



Image: A woman performing jumping exercises on the trampoline, highlighting the benefits for burning calories, strengthening the core, and weight loss.

Adjustable Handrail Height

Adjusts from 35" to 46" inches.



Image: Demonstrates the adjustable handrail height, suitable for various users, with a child jumping and an adult using the handrail for support.

6. MAINTENANCE

Regular maintenance will extend the life of your trampoline and ensure safe operation.

- **Cleaning:** Wipe down the jumping mat and frame with a damp cloth and mild soap. Avoid harsh chemicals.
- **Inspection:** Periodically check all bolts, nuts, and connections to ensure they are tight. Inspect the elastic cords for any signs of wear, fraying, or damage.
- **Storage:** When not in use, store the trampoline in a clean, dry place. The SLELT403 is lightweight and portable, designed to be easy to fold and carry for convenient storage.

Lightweight & Portable

Easy to fold and carry.



Image: The trampoline folded and stored, illustrating its lightweight and portable design for easy storage in compact spaces.

7. TROUBLESHOOTING

If you encounter any issues with your trampoline, refer to the following common problems and solutions:

- **Trampoline feels unstable:** Ensure all legs are fully inserted and secured. Verify that the trampoline is placed on a completely flat and level surface. Check all handrail connections for tightness.
- **Handrail is wobbly:** Tighten all adjustment knobs and bolts on the handrail assembly. Ensure the handrail posts are fully seated in the frame sockets.
- **Unusual noises during use:** Inspect all connections for looseness. Check elastic cords for any signs of wear or improper seating. Ensure no foreign objects are on or under the mat.
- **Difficulty folding/unfolding:** Ensure all safety pins or locking mechanisms are properly disengaged/engaged. Do not force the frame; check for obstructions.

If problems persist, please contact SereneLife customer support for assistance.

8. SPECIFICATIONS

Brand	SereneLife
Model Number	SLELT403
Material	Polypropylene Mesh, Galvanized Steel, Zinc-Plated Steel
Frame Material	Alloy Steel
Shape	Round
Item Weight	8 Kilograms
Maximum Weight Recommendation	90.72 kg (200 lbs)
Trampoline Diameter	40 inches
Adjustable Handrail Height	35 - 46 inches
UPC	842893113357

9. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation provided with your purchase or visit the official SereneLife website. If you require technical support or have questions not covered in this manual, please contact SereneLife customer service through their official channels.