

Crivit B07N3MJWSB

Crivit Fitness Trampoline Instruction Manual

Model: B07N3MJWSB

1. IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this fitness trampoline. Failure to follow these instructions may result in injury.

- **Maximum User Weight:** Do not exceed the maximum user weight of 120 kg (approximately 264 lbs).
- **Supervision:** Children should only use the trampoline under adult supervision.
- **Placement:** Place the trampoline on a flat, stable, non-slip surface. Ensure adequate clear space around the trampoline.
- **Inspection:** Before each use, inspect the trampoline for any damage, loose parts, or wear. Do not use if damaged.
- **Footwear:** Use the trampoline barefoot or with non-slip training socks (included). Avoid shoes with hard soles.
- **T-Handle:** Always hold the T-handle for stability, especially when starting or performing dynamic exercises. Adjust the handle height to a comfortable position.
- **Single User:** This trampoline is designed for single-user operation only.
- **Medical Advice:** Consult a physician before starting any new exercise program. Stop exercising immediately if you feel dizzy, faint, or experience pain.
- **Assembly:** Ensure all parts are correctly and securely assembled before use.

2. PRODUCT OVERVIEW

The Crivit Fitness Trampoline is designed to promote balance, coordination, strength, endurance, and mobility. It features a comfortable rubber cable suspension system and an adjustable T-handle for effective training.

- **Jumping Surface:** Approximately 79 cm diameter.
- **Suspension System:** 36 medium-strength rubber cable rings for a smooth bounce.
- **T-Handle:** Adjustable to 3 height levels for personalized support. Dimensions: approximately 60 x 82 cm (W x D).
- **Legs:** Screw-on legs with anti-slip feet for secure standing and space-saving storage.

- **Accessories:** Includes an exercise DVD and anti-slip training socks.



Image: The Crivit Fitness Trampoline with its adjustable T-handle, viewed from the front. The black jumping mat and protective cover are visible, along with the sturdy legs.



Image: An angled front view of the Crivit Fitness Trampoline, highlighting the T-handle and the round jumping surface. The black frame and legs provide stability.

3. SETUP AND ASSEMBLY

Follow these steps to assemble your Crivit Fitness Trampoline:

1. **Unpack Components:** Carefully remove all parts from the packaging. Verify that all components are present and undamaged.
2. **Attach Legs:** Screw the anti-slip legs securely into the designated sockets on the trampoline frame. Ensure they are tightened firmly to prevent wobbling.
3. **Install T-Handle Base:** Insert the base of the T-handle into the designated slot on the trampoline frame. Secure it with the provided knob or locking mechanism.
4. **Adjust T-Handle Height:** Adjust the T-handle to one of the 3 available height levels. Ensure the adjustment mechanism is securely locked in place before use. The handle should be at a comfortable height for support during exercise.

5. **Final Check:** Before first use, double-check all connections and ensure the trampoline is stable on a flat surface.

4. OPERATING INSTRUCTIONS

The Crivit Fitness Trampoline is designed for various fitness exercises. Always start with a warm-up and end with a cool-down.

- **Stepping On/Off:** Carefully step onto the jumping surface, holding the T-handle for support. Step off with caution.
- **Basic Bounce:** Begin with gentle bounces, keeping your feet close to the mat. Focus on maintaining balance and control.
- **Using the T-Handle:** The T-handle provides stability and support. Use it to assist with balance, especially during more dynamic movements or when performing exercises that require single-leg support.
- **Exercise DVD:** Refer to the included exercise DVD for a variety of effective training routines designed to improve balance, coordination, strength, and endurance.
- **Footwear:** Always use the provided anti-slip training socks or exercise barefoot to ensure proper grip and safety.



Image: A woman carefully stepping onto the trampoline, demonstrating safe entry and exit. The T-handle is used for support.



Image: A woman standing balanced on the trampoline, holding the T-handle for stability. This position is ideal for warm-ups or static exercises.



Image: A woman performing a jump on the Crivit Fitness Trampoline, utilizing the T-handle for balance and control during dynamic exercise.



Image: A man performing a balance exercise on the Crivit Fitness Trampoline, holding the T-handle for support in a gym setting.

5. MAINTENANCE AND CARE

Proper maintenance ensures the longevity and safe operation of your trampoline.

- **Cleaning:** Wipe down the frame and jumping mat with a damp cloth and mild detergent. Do not use abrasive cleaners or solvents.
- **Inspection:** Regularly check all screws, bolts, and the T-handle locking mechanism for tightness. Inspect the rubber cable suspension for any signs of wear, fraying, or damage.
- **Storage:** When not in use, store the trampoline in a dry, cool place. The screw-on legs can be removed for more compact storage.
- **Replacement Parts:** If any part becomes damaged or worn, contact Crivit customer support for replacement parts. Do not attempt to repair damaged components with non-original parts.

6. TROUBLESHOOTING

If you encounter issues with your Crivit Fitness Trampoline, refer to the following common solutions:

- **Trampoline is Unstable:**
 - Ensure all legs are screwed in tightly and evenly.
 - Verify the trampoline is placed on a completely flat and level surface.
 - Check that the T-handle base is securely fastened.
- **Unusual Noises During Use:**
 - Inspect the rubber cable suspension for any signs of wear or damage.
 - Ensure all frame connections and the T-handle are tightened.
- **T-Handle Wobbles:**
 - Ensure the height adjustment knob is fully tightened and the handle is locked into one of the height settings.
 - Check that the T-handle base is securely inserted into the frame.

If problems persist, contact Crivit customer support for further assistance.

7. SPECIFICATIONS

Feature	Detail
Model Number	B07N3MJWSB
Brand	Crivit
Overall Dimensions (without bar)	Approx. Ø 112 cm x H 35.8 cm
Jumping Surface Diameter	Approx. 79 cm
T-Handle Dimensions (W x D)	Approx. 60 x 82 cm
Adjustable T-Handle Height	3 levels
Maximum User Weight	120 kg (264 lbs)
Trampoline Weight	Approx. 12.85 kg
T-Handle Weight	Approx. 2.16 kg
Material	Polypropylene, Steel (min Q195), Alloy Steel
Suspension Type	Rubber cable (36 rings, medium strength)
Color	Black

8. WARRANTY AND SUPPORT

Specific warranty information is not provided in the product details. Please refer to your purchase documentation or contact the retailer for warranty terms and conditions.

For product support, inquiries, or to order replacement parts, please contact Crivit customer service through their official website or the retailer where the product was purchased.

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