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> [VirtuFit Foldable Fitness Trampoline with Handle \(100 cm\) User Manual](#)

VirtuFit VF06006

VirtuFit Foldable Fitness Trampoline with Handle (100 cm) User Manual

Model: VF06006

1. INTRODUCTION

Thank you for choosing the VirtuFit Foldable Fitness Trampoline with Handle. This manual provides important information regarding the safe assembly, operation, and maintenance of your fitness trampoline. Please read this manual thoroughly before first use and keep it for future reference.

The VirtuFit fitness trampoline is designed to help improve your endurance, coordination, and balance through effective and enjoyable workouts. Its foldable design ensures convenient storage.

2. SAFETY INSTRUCTIONS

WARNING: Failure to follow these safety instructions may result in serious injury.

- Always consult a physician before starting any new exercise program.
- Ensure the trampoline is placed on a flat, stable, non-slip surface.
- Maintain a clear area of at least 1 meter (3 feet) around the trampoline.
- Do not exceed the maximum weight capacity of 120 kg (264 lbs).
- Only one person should use the trampoline at a time.
- Children should only use the trampoline under strict adult supervision.
- Inspect the trampoline for any damage or loose parts before each use. Do not use if damaged.
- Wear appropriate athletic footwear.
- Do not attempt acrobatic jumps or flips.
- The product is CE certified, indicating compliance with European safety standards.

SÛR, FIABLE ET DE QUALITÉ

CONFORME AUX NORMES DE SÉCURITÉ DE L'UE



Image: Close-up of the trampoline handle showing a CE certified tag, indicating compliance with safety standards.

3. PACKAGE CONTENTS

Carefully unpack all components and ensure you have received the following items:

- Foldable Trampoline Frame with Jumping Mat
- Handlebar (multi-part)
- Legs (6 pieces)
- Assembly Hardware (screws, knobs)
- User Manual (this document)



Image: All components of the VirtuFit Foldable Fitness Trampoline laid out, including the folded trampoline, handlebar parts, and legs.

4. SETUP AND ASSEMBLY

Follow these steps to assemble your VirtuFit fitness trampoline:

1. **Unfold the Frame:** Carefully unfold the trampoline frame. Ensure it locks securely into place.
2. **Attach the Legs:** Screw the six legs into the designated sockets on the underside of the trampoline frame. Tighten them firmly by hand.
3. **Assemble the Handlebar:** Connect the handlebar sections. Insert the assembled handlebar into the frame's attachment points and secure it with the provided knobs or screws. Ensure the handlebar is stable and does not wobble.
4. **Final Check:** Before first use, double-check all connections and ensure the trampoline is stable.

To fold the trampoline for storage, reverse these steps: remove the handlebar and legs, then fold the jumping surface twice. The folded dimensions are approximately 76 x 38 x 11 cm.

CONCEPTION PLIABLE

FACILE À RANGER



POIGNÉE ET PIEDS AMOVIBLES



DIMENSIONS PLIÉE : 76 * 38 * 11 CM



FACILE À RANGER

Image: A person demonstrating how to hold the VirtuFit Fitness Trampoline in its folded state, highlighting its compact design for easy storage.



Image: A detailed view of the non-slip handle on the VirtuFit Fitness Trampoline, designed for secure grip during workouts.

5. OPERATING INSTRUCTIONS

The VirtuFit fitness trampoline offers an effective and fun way to exercise. Here are some guidelines for use:

- **Starting Your Workout:** Step onto the trampoline carefully, holding the handlebar for stability. Begin with gentle bounces to get accustomed to the rebound.
- **Benefits:** Regular use can improve cardiovascular endurance, coordination, and balance. The low-impact nature of trampolining is gentle on joints and muscles while effectively burning calories. It can also stimulate circulation and help reduce the appearance of cellulite.
- **Jumping Fitness:** Explore various "Jumping Fitness" routines available online (e.g., YouTube) for structured workouts. These often incorporate different movements and poses, such as stationary jogging or planks on the trampoline, to engage various muscle groups and enhance rhythm.
- **Handlebar Use:** The handlebar provides additional support and stability, especially for beginners or during more intense exercises.

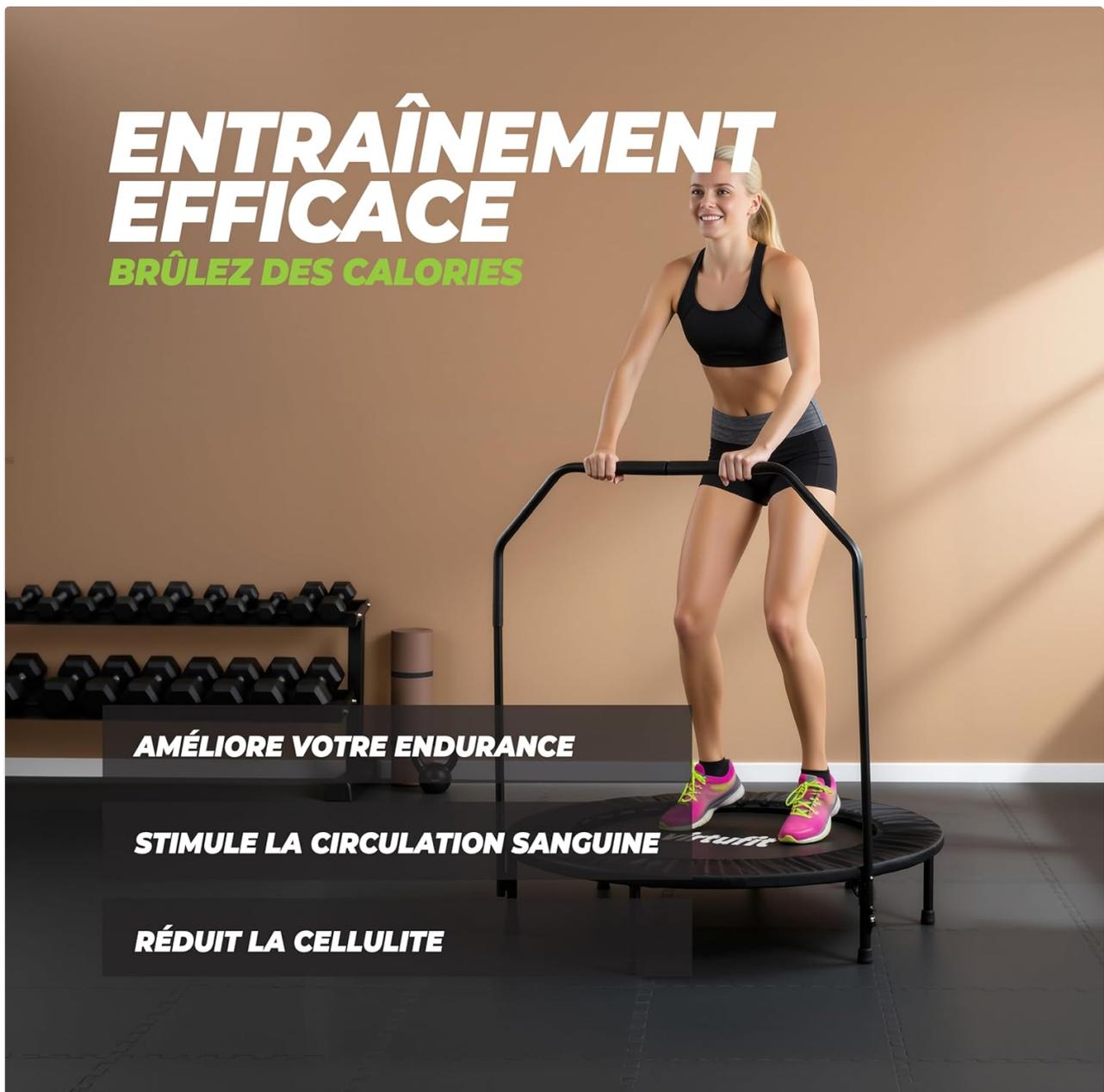


Image: A woman performing a fitness routine on the VirtuFit Trampoline, demonstrating active use and the benefits of a full-body workout.

ADAPTÉ À UN USAGE INTENSIF

CADRE ROBUSTE



32 RESSORTS EN ACIER DE 8.6 CM

POIDS MAXIMAL SUPPORTÉ : 120 KG

Image: A woman exercising on the VirtuFit Fitness Trampoline, with a visible indication of the 32 steel springs and the maximum supported weight of 120 kg.

6. MAINTENANCE

Proper maintenance will extend the life of your trampoline:

- **Cleaning:** Wipe down the frame and jumping mat with a damp cloth after each use. Use mild soap if necessary, but avoid harsh chemicals.
- **Inspection:** Regularly check all bolts, screws, and connections to ensure they are tight. Inspect the jumping mat and springs for any signs of wear, tears, or damage.
- **Storage:** When not in use, especially for extended periods, store the trampoline in a clean, dry place away from direct sunlight and extreme temperatures. Its foldable design makes storage convenient.



Image: A close-up view of the edge of the VirtuFit Trampoline's jumping mat, showing the durable stitching and material quality.

7. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Trampoline feels unstable.	Legs not fully tightened or uneven surface.	Ensure all legs are securely tightened. Move to a flat, level surface.
Handlebar is wobbly.	Handlebar sections not fully connected or securing knobs/screws are loose.	Check that all handlebar sections are properly joined and tighten all securing hardware.
Unusual noise during use.	Loose connections or friction between parts.	Inspect all connections and tighten any loose bolts. Apply a small amount of silicone lubricant to contact points if necessary.

If the problem persists or you encounter an issue not listed here, please contact customer support.

8. SPECIFICATIONS

Feature	Detail
Model Number	VF06006
Brand	VirtuFit
Color	Black
Frame Material	Alloy Steel
Shape	Round
Product Dimensions (L x W x H)	100 x 100 x 22 cm (excluding handle height)
Handle Height	Approximately 108 cm (from floor to top of handle)
Folded Dimensions (L x W x H)	76 x 38 x 11 cm
Maximum Weight Capacity	120 kg (264 lbs)
Number of Springs	32 steel springs (8.6 cm)

COMPACT ET LÉGER

SE RANGE PARTOUT



Image: The VirtuFit Fitness Trampoline with key dimensions labeled, showing a width of 102 cm and a handle height of 108 cm. It also indicates a weight of 11.5 kg.

9. WARRANTY AND SUPPORT

The VirtuFit Foldable Fitness Trampoline is backed by a **2-year warranty**, ensuring high quality and durability. This warranty covers manufacturing defects and material flaws under normal use.

For warranty claims, technical support, or any questions regarding your product, please contact VirtuFit customer service through the retailer where you purchased the trampoline. Please have your model number (VF06006) and proof of purchase ready.

VirtuFit is a Dutch fitness brand committed to providing high-quality fitness equipment with a focus on ease of use, design, and full functionality, all while prioritizing safety.