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Physionics Vert

Physionics® Fitness Trampoline User Manual

Model: Vert

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your Physionics® Fitness Trampoline. Designed for both indoor and outdoor use, this foldable trampoline features an adjustable handle and a robust construction, supporting up to 150 kg. Please read this manual thoroughly before assembly, operation, and maintenance to ensure proper use and longevity of your product.



Image: Physionics Fitness Trampolines with adjustable handles, available in various colors.

2. SAFETY INSTRUCTIONS

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

- Ensure the trampoline is placed on a flat, stable, non-slip surface before use.
- The maximum user weight for this trampoline is **150 kg (330 lbs)**. Do not exceed this limit.
- Only one person should use the trampoline at a time.
- Children should only use the trampoline under direct adult supervision.
- Inspect all parts, including the frame, jumping mat, springs, and handle, for wear or damage before each use. Do not use if any part is damaged.
- Wear appropriate athletic footwear. Do not use with bare feet or socks only.
- Maintain a clear area of at least 2 meters (6.5 feet) around the trampoline to avoid collisions with walls, furniture, or other objects.
- Do not attempt acrobatic maneuvers or flips on the trampoline.
- Consult a physician before starting any new exercise program.

ADJUSTABLE AND REMOVABLE HANDLE/VERSTELLBARER UND ABNEHMBARER GRIFF

You can remove the handle or adjust the height to your needs

Sie können den Griff entfernen oder die Höhe anpassen



Image: The trampoline supports a maximum load of 150 kg.

3. PACKAGE CONTENTS

Please check the package contents carefully. If any parts are missing or damaged, contact customer service immediately.

- Foldable Trampoline Frame (1x)
- Jumping Mat (1x)
- Springs (32x, pre-attached to mat/frame)
- Safety Pad Cover (1x)
- Support Legs (6x)
- Adjustable Handle Bar Assembly (1x)
- Assembly Hardware (screws, knobs, tools)



Image: The trampoline features a durable jumping mat and a protective safety pad.

32X

Springs holding tight jumping mat to steel tube frame
Federn halten die Sprungmatte feste am Stahlrohrrahmen



Image: Close-up view of the 32 springs holding the jumping mat tightly to the steel tube frame.

4. SETUP

Follow these steps to assemble your Physionics® Fitness Trampoline:

- 1. Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface.
- 2. Unfold Frame:** If your trampoline frame is folded, gently unfold it until it locks into place. Ensure the hinges are fully extended and secured.
- 3. Attach Legs:** Screw the six support legs into the designated sockets on the trampoline frame. Ensure they are tightened securely to prevent wobbling.
- 4. Install Safety Pad:** Place the safety pad cover over the springs and frame, ensuring it completely covers the springs and frame edges to prevent accidental contact.
- 5. Assemble Handle Bar:** Connect the sections of the handle bar assembly. Insert the assembled handle bar into the designated slots on the trampoline frame. Secure it with the provided knobs or screws.

6. Adjust Handle Height: The handle bar is adjustable to three different heights. Loosen the adjustment knob, slide the handle to your desired height (100cm, 115cm, or 125cm from the floor), and then tighten the knob firmly to secure it.



Image: Detail of the handle adjustment knob for customizing height.

MINI TRAMPOLINES ARE PERFECT FOR EFFECTIVE FITNESS TRAINING

MINITRAMPOLINE SIND PERFEKT FÜR EIN EFFEKTIVES FITNESSTRAINING



Image: The handle is adjustable to three different height levels for user comfort and exercise variety.

5. OPERATING

The Physionics® Fitness Trampoline is designed for various fitness exercises, including jumping, cardio, and balance training.

- **Warm-up:** Always perform a light warm-up before starting your trampoline workout to prepare your muscles and joints.
- **Foot Placement:** Land with your feet flat on the jumping mat, slightly apart, to maintain balance.
- **Handle Use:** The adjustable handle provides stability and support, especially for beginners or during more intense exercises. Adjust its height to a comfortable level that allows you to maintain proper posture.
- **Controlled Movements:** Focus on controlled, rhythmic movements. Avoid excessive bouncing that could lead to loss of balance.
- **Cool-down:** Finish your workout with a cool-down period, including stretching, to aid muscle recovery.

6. MAINTENANCE

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

- **Cleaning:** Wipe down the jumping mat, frame, and handle with a damp cloth and mild detergent. Do not use abrasive cleaners. Ensure all parts are dry before storage.
- **Inspection:** Periodically check all bolts, screws, and connections to ensure they are tight. Re-tighten if necessary. Inspect the springs and jumping mat for any signs of wear, tears, or damage.
- **Storage:** When not in use, store the trampoline in a dry place, away from direct sunlight and extreme temperatures. The trampoline is foldable for convenient storage, saving space.



Image: The trampoline is foldable and portable, allowing for easy storage in small spaces or transport.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Squeaking noise during use	Loose connections or dry springs.	Check and tighten all bolts and screws. Apply a small amount of silicone lubricant to spring connections if necessary.
Trampoline feels unstable	Legs not fully tightened or uneven surface.	Ensure all legs are securely tightened. Move the trampoline to a flat, level surface.
Difficulty folding the trampoline	Locking mechanisms not fully disengaged.	Refer to the assembly instructions to ensure all locking pins or levers are correctly disengaged before attempting to fold.

8. SPECIFICATIONS

Feature	Detail
Brand	Physionics
Model Number	Vert
Color	Green (as per specific model)
Style	Foldable
Frame Material	Alloy Steel
Jumping Mat Material	Polypropylene (PP)
Frame Size	Ø 101 cm (Diameter)
Shape	Round
Maximum Weight Recommendation	150 Kilograms
Number of Springs	32
Product Dimensions (L x W x H)	101 x 101 x 19 cm (unfolded, without handle)
Product Weight	11.66 Kilograms
Adjustable Handle Height	100cm, 115cm, 125cm (from floor)

**WEIGHT:
GEWICHT: 11.5KG**

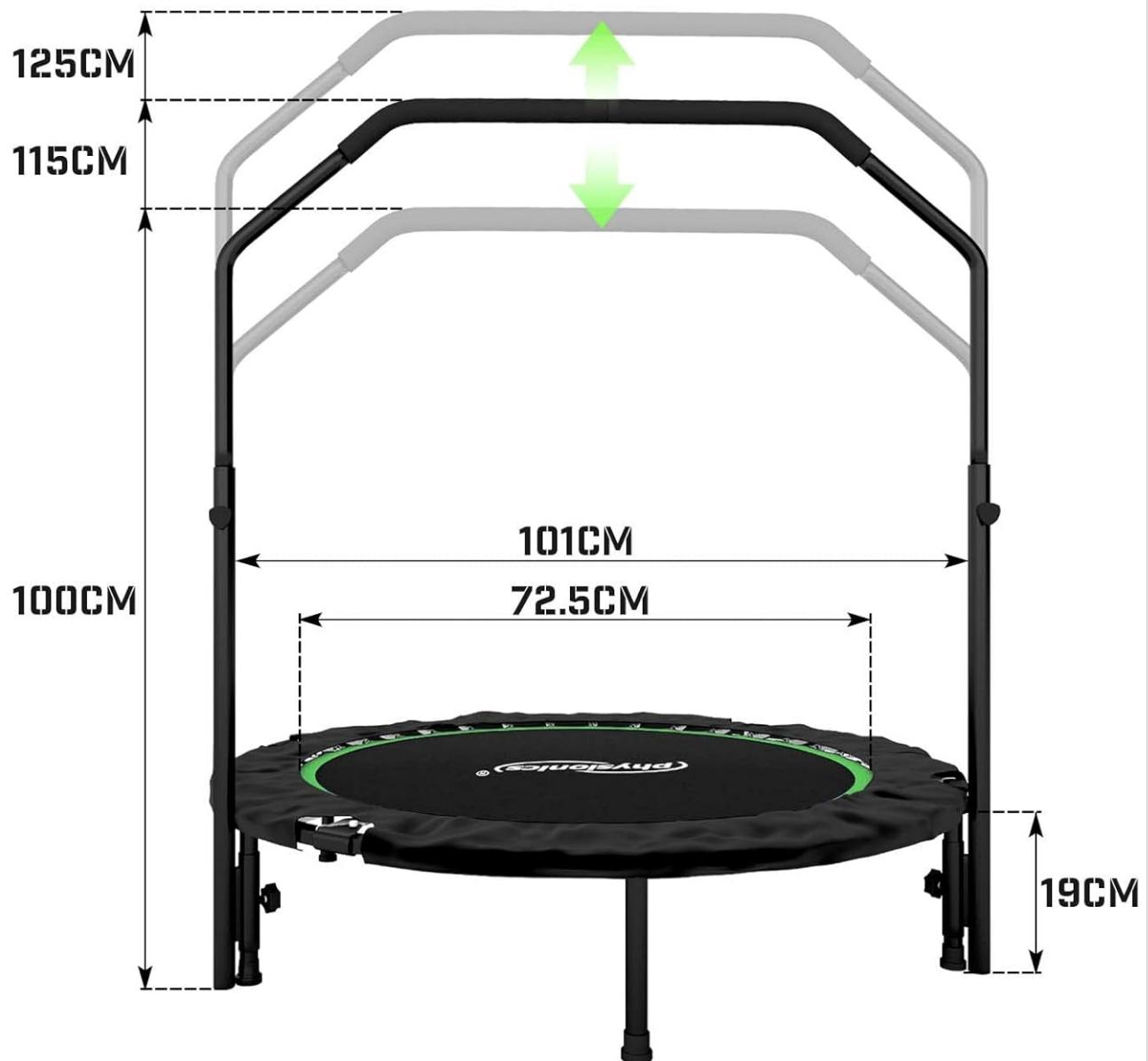


Image: Detailed dimensions of the trampoline, including adjustable handle heights.

9. WARRANTY AND SUPPORT

For information regarding warranty, returns, or technical support, please refer to the purchase documentation or contact the seller/manufacturer directly. Keep your proof of purchase for any warranty claims.

 <p>HNTLB09</p>	<p><u>Physionics HNTLB09 Biceps Training Bench - Assembly, Safety, and Maintenance Guide</u></p> <p>Comprehensive guide for the Physionics HNTLB09 Biceps Training Bench, including detailed assembly instructions, important safety precautions, maintenance tips, and training advice. Learn how to safely set up and use your fitness equipment.</p>
 <p>FSB02</p>	<p><u>Physionics Aerobic Step FSB02 User Manual and Safety Guide</u></p> <p>Comprehensive user manual for the Physionics Aerobic Step (Model FSB02), including safety instructions, assembly guide, maintenance, training exercises, and warranty information from Gorilla Sports GmbH.</p>
 <p>SPWD01B</p>	<p><u>Physionics Wall Bar (SPWD01B) - Assembly, Safety, and Training Guide</u></p> <p>Comprehensive guide for the Physionics Wall Bar (SPWD01B), covering assembly instructions, safety guidelines, maintenance, and training tips from Gorilla Sports.</p>
 <p>FSB02</p>	<p><u>Physionics Fitness Step Board FSB02 User Manual and Training Guide</u></p> <p>This guide provides comprehensive instructions for the Physionics FSB02 Fitness Step Board, covering assembly, safety precautions, usage guidelines, exercise routines, and maintenance. It is published by Gorilla Sports GmbH.</p>
 <p>SPWD01C</p>	<p><u>Physionics Espalier SPWD01C User Manual and Safety Guide</u></p> <p>Comprehensive guide for the Physionics Espalier (model SPWD01C), covering assembly, safety instructions, maintenance, training tips, and warranty information. This document provides essential information for safe and effective use of the fitness equipment.</p>
 <p>SPWD02</p>	<p><u>Physionics SPWD02 Wall Bar - Assembly, Safety, and Training Guide</u></p> <p>Comprehensive guide for the Physionics SPWD02 Wall Bar, covering assembly instructions, important safety information, care and maintenance, and training tips. Learn how to safely set up and use your wall bar for effective workouts.</p>