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> FirstE 48" Foldable Fitness Trampoline User Manual

FirstE Trampoline

FirstE 48" Foldable Fitness Trampoline User Manual

Model: Trampoline

INTRODUCTION

Thank you for choosing the FirstE 48" Foldable Fitness Trampoline. This manual provides essential information for the safe and effective setup, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before assembly and use, and retain it for future reference.

SAFETY INFORMATION

Always prioritize safety when using the trampoline. Failure to follow these instructions may result in injury or damage to the product.

- Ensure the trampoline is placed on a flat, stable, and non-slip surface.
- Maintain a clear area around the trampoline, free from obstacles.
- Do not exceed the maximum weight capacity of 440 lbs (200 kg).
- For optimal safety and to prevent collisions, it is recommended that only one person uses the trampoline at a time for fitness exercises. While the trampoline has a high weight capacity and can accommodate multiple children for play, adult supervision is always required for children.
- Inspect the trampoline for any loose or damaged parts before each use. Do not use if any components are compromised.
- Wear appropriate athletic footwear when using the trampoline.
- Consult a healthcare professional before starting any new exercise program.

SETUP INSTRUCTIONS

Follow these steps to assemble your FirstE Fitness Trampoline.

1. **Unfolding the Trampoline:** Carefully unfold the trampoline frame. The unique design allows it to be folded twice for compact storage. Ensure the safety pad is in place during unfolding.



Image: The FirstE 48" Foldable Fitness Trampoline in its fully assembled state, featuring a black jumping mat with red trim and an adjustable foam handrail.

2. **Attaching the Legs:** Screw the eight legs securely into the designated sockets on the trampoline frame. The legs are equipped with anti-slip post caps for stability.

Four Adjustable Height Level Handrail



Foam Handrail

Adjustable Knob

Image: Detail showing the adjustable knob for the handrail and the leg attachment mechanism.

- 3. Installing the Handrail:** Insert the handrail into the frame. Adjust the handrail to one of the four available height levels (29.9", 32.6", 35.8", 39") by loosening the adjustable knobs, sliding the handrail to the desired height, and then tightening the knobs firmly. The handrail is covered with foam for a comfortable grip.



Image: A visual representation of the trampoline's overall dimensions and the four adjustable height settings for the handrail.

OPERATING INSTRUCTIONS

The FirstE Fitness Trampoline is designed for effective indoor and outdoor exercise.

- **Usage:** Step onto the center of the jumping mat. Begin with gentle bounces and gradually increase intensity as you become comfortable. The handrail provides additional stability and support during your workout.
- **Benefits:** Regular use of the trampoline can contribute to cardiovascular fitness, muscle toning, and improved balance.
- **Versatility:** This trampoline is suitable for various fitness routines and can be used by adults and children (under supervision). Its portable design allows for use in different environments, such as indoors in a room or gym, or outdoors in a courtyard or on a lawn.
- **Capacity:** The trampoline is built with commercial steel and resistant PP, supporting up to 440 pounds. The 48-inch size provides ample space for exercise.

10 Minutes Efficient Fitness



20 Minutes Swimming



30 Minutes Yoga



30 Minutes Cycling



60 Minutes Running



Image: An infographic illustrating the efficiency of a 10-minute trampoline workout compared to other forms of exercise.

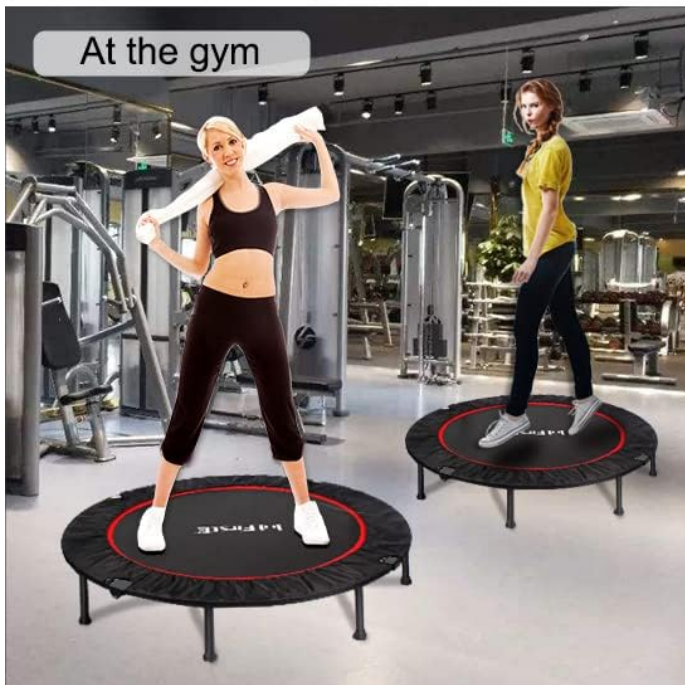
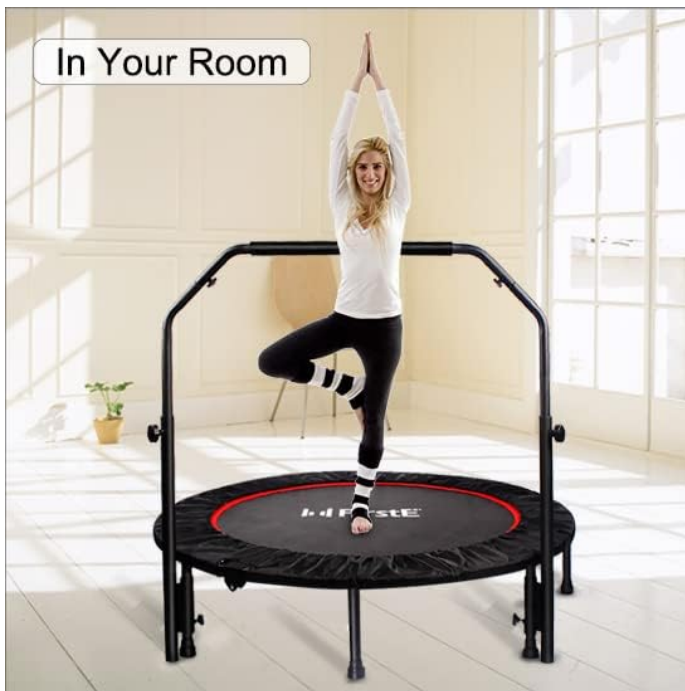


Image: A collage demonstrating the trampoline's versatility for use in different indoor and outdoor environments.

MAINTENANCE

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

- **Cleaning:** The PP mat is waterproof and easy to clean. Wipe down the mat and frame with a damp cloth after use. Avoid harsh chemicals.
- **Inspection:** Regularly check all bolts, nuts, and connections to ensure they are tight. Inspect the jumping mat and springs for any signs of wear, tears, or damage. Replace any worn or damaged parts immediately.
- **Storage:** When not in use, the trampoline can be folded for convenient storage. It can be stored under a bed, in a closet, or in a car trunk.

Folded Size Less to 1/4

Store Conveniently Under the Bed, In the Car Trunk or the Closet, etc



Image: The trampoline in its folded state, demonstrating its compact size for easy storage in various locations.

TROUBLESHOOTING

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

- **Squeaking Noise:** A slight squeaking sound may develop over time with use. This is often normal and can sometimes be reduced by ensuring all connections are tight. If the sound persists or is excessive, inspect springs and frame for any unusual wear.
- **Instability:** Ensure all eight legs are fully screwed in and the trampoline is on a level surface. Check that the handrail is securely tightened at the desired height.
- **Difficulty Folding/Unfolding:** Ensure the safety pad is correctly positioned when folding. Do not force the frame; if resistance is met, re-check the alignment.

For issues not covered here, please contact FirstE customer support.

SPECIFICATIONS

Feature	Detail
Brand	FirstE
Model Name	Trampoline
Color	Black
Material	Alloy Steel, Foam, PP (Polypropylene)
Frame Size	48 Inches
Product Dimensions (LxWxH)	47.83" x 47.83" x 10.43"
Maximum Weight Recommendation	440 Pounds (200 kg)
Number of Springs	36
Handrail Adjustable Heights	29.9", 32.6", 35.8", 39"
Folded Size (approx.)	35.4" x 16.5"

OFFICIAL PRODUCT VIDEOS

There are no official product videos from the seller available for embedding at this time.

Note: Videos created by customers are not included in this section.

WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the product packaging or contact FirstE customer service directly. Contact details can typically be found on the manufacturer's website or through your point of purchase.

You may also visit the [FirstE Store on Amazon](#) for more information.

