

DH FitLife 128 cm Fitness Trampoline

DH FitLife Fitness Trampoline User Manual

Model: 128 cm Fitness Trampoline

Brand: DH FitLife

1. IMPORTANT SAFETY INSTRUCTIONS

Please read all instructions carefully before using the DH FitLife Fitness Trampoline. Retain this manual for future reference.

- **Maximum Weight Capacity:** Do not exceed the maximum user weight of 150 kg (330 lbs).
- **Supervision:** Children should only use the trampoline under adult supervision.
- **Clearance:** Ensure adequate overhead and surrounding clearance before use.
- **Stable Surface:** Always place the trampoline on a flat, stable, non-slip surface.
- **Inspection:** Before each use, inspect the trampoline for any signs of wear, damage, or loose parts. Do not use if damaged.
- **Footwear:** Use appropriate athletic footwear or jump barefoot. Avoid socks that may cause slipping.
- **Medical Conditions:** Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- **Handlebar Use:** The adjustable handlebar is for balance and support. Do not put full body weight on it.

CHARGE MAXIMALE DE 150 KG



✓ Bandes en caoutchouc
d' une épaisseur de Ø 8 mm

Image: The DH FitLife Fitness Trampoline is designed to support a maximum weight of 150 kg, as illustrated by a kettlebell on the jumping mat.



Image: A user demonstrating proper use of the DH FitLife Fitness Trampoline, highlighting the maximum recommended user height of 2 meters and weight of 150 kg.

2. PRODUCT OVERVIEW

The DH FitLife Fitness Trampoline is a home exercise device designed for reliability, simplicity, and quiet operation. It features a pre-assembled rubber rope suspension system for a silent yet powerful workout experience. The tear-resistant jumping mat and high-quality steel frame ensure safety during demanding exercises. Its 4-fold foldable design allows for space-saving storage and easy transport.

Key Features:

- **Premium Rubber Rope Suspension:** 8mm thick elastic bands provide stable, silent, and highly elastic rebound.
- **Pre-assembled:** All elastic bands are pre-mounted, allowing for quick setup.
- **Space-Saving Design:** 100 cm diameter jumping surface for varied exercises, folds into 4 parts for compact storage.
- **Adjustable Handlebar:** 3-level adjustable handle (123 cm to 143 cm) for enhanced flexibility and

stability.

- **Durable Construction:** Tear-resistant jumping mat and high-quality alloy steel frame support up to 150 kg.

3. PACKAGE CONTENTS

Please check the package contents upon receipt to ensure all parts are present and undamaged.

- DH FitLife Fitness Trampoline (pre-assembled with rubber ropes)
- Adjustable Handlebar
- Non-slip end caps for legs
- Locking pins for handlebar adjustment
- User Manual

4. SETUP INSTRUCTIONS

4.1 Unfolding the Trampoline

The DH FitLife Fitness Trampoline comes pre-assembled with all rubber bands attached, eliminating complex setup. It is recommended to have two people for the unfolding process to ensure safety and ease.

1. Carefully remove the trampoline from its packaging.
2. Place the folded trampoline on a clean, flat surface.
3. With one person on each side, gently pull the folded sections apart until the trampoline is fully open and flat. Ensure the frame locks securely into place.
4. Verify that all legs are properly extended and the non-slip end caps are firmly in place.

SUSPENSION EN CAOUTCHOUC PRÉ-ASSEMBLÉE

Surface de saut prête à l'emploi



Image: Visual guide showing the pre-assembled rubber suspension and the three steps to unfold the trampoline from its compact state to fully open.

4.2 Attaching and Adjusting the Handlebar

The handlebar provides additional stability and support during your workout.

1. Locate the handlebar attachment points on the trampoline frame.
2. Insert the handlebar into the designated slots.
3. Secure the handlebar using the provided locking pins or mechanisms. Ensure it is firmly attached and does not wobble.
4. Adjust the handlebar height to one of the 3 available levels (123 cm to 143 cm) for your comfort and stability. Secure the chosen height with the locking mechanism.



Image: Diagram illustrating the 3-level manual handlebar adjustment, with minimum height at 123 cm and maximum at 143 cm, along with overall trampoline dimensions.

5. OPERATING INSTRUCTIONS

The DH FitLife Fitness Trampoline is designed for a variety of indoor and outdoor jumping exercises. Its silent rubber rope suspension provides a smooth and effective workout.

5.1 Getting Started

- Ensure the trampoline is placed on a stable, level surface.
- Step onto the jumping mat carefully, one foot at a time, holding the handlebar for balance if needed.
- Begin with gentle bounces to get accustomed to the rebound.

5.2 Exercise Tips

- Maintain a slight bend in your knees throughout your workout.
- Keep your core engaged for stability and to maximize workout benefits.

- Focus on controlled movements rather than high jumps, especially when starting.
- Utilize the handlebar for balance during more dynamic exercises or if you feel unsteady.
- Stay hydrated and listen to your body. Stop if you feel pain or discomfort.

6. MAINTENANCE

6.1 Cleaning

- Wipe down the jumping mat and frame with a damp cloth after each use to remove sweat and dirt.
- Use mild soap and water for deeper cleaning if necessary. Avoid harsh chemicals or abrasive cleaners.
- Ensure the trampoline is completely dry before folding or storing.

6.2 Storage

The 4-fold design allows for convenient, space-saving storage.

1. Remove the handlebar by releasing the locking pins.
2. Carefully fold the trampoline into its compact form. It is recommended to have two people for this process.
3. Store the trampoline in a dry, cool place, away from direct sunlight and extreme temperatures.



Feuille de saut pliable de 4 fois

Capuchons antidérapants

Surface de saut résistante à la déchirure et durable

Verrouiller pour plus Sécurité

Image: Close-up view of the DH FitLife Fitness Trampoline highlighting its 4-fold flexible jumping sheet, tear-resistant surface, non-slip caps, and secure locking mechanism for safety.

7. TROUBLESHOOTING

If you encounter any issues with your DH FitLife Fitness Trampoline, please refer to the following common solutions:

- **Trampoline feels unstable:** Ensure all legs are fully extended and the non-slip end caps are securely in place. Verify the trampoline is on a flat, level surface.
- **Handlebar is wobbly:** Check that the handlebar is fully inserted into its slots and the locking pins are engaged at the desired height.
- **Unusual noises during use:** Inspect all connections and the rubber rope suspension system for any loose or damaged parts. Ensure the frame is fully locked open.
- **Difficulty folding/unfolding:** Ensure no parts are obstructed. It is recommended to have two people for folding and unfolding.

If the problem persists, please contact customer support for assistance.

8. SPECIFICATIONS

Product Dimensions (L x W x H)	128 x 121 x 38 cm
Item Weight	11 Kilograms
Maximum Weight Recommendation	150 Kilograms
Brand	DH FitLife
Material	Rubber (suspension), Alloy Steel (frame)
Frame Size	50.39 Inches (approx. 128 cm)
Shape	Octagonal
Folding Design	4-fold for compact storage
Handlebar Adjustment Levels	3 levels (123 cm to 143 cm)

9. WARRANTY INFORMATION

DH FitLife products are manufactured to high-quality standards. For specific warranty details, please refer to the warranty card included with your product or visit the official DH FitLife website. Keep your proof of purchase for any warranty claims.

10. CUSTOMER SUPPORT

If you have any questions, concerns, or require assistance with your DH FitLife Fitness Trampoline, please contact our customer support team. Contact information can typically be found on our official website or on the product packaging.

Please have your product model number (128 cm Fitness Trampoline) and purchase details ready when contacting support.