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DH FitLife BBC03

DH FitLife Foldable Fitness Trampoline BBC03 User Manual

Model: **BBC03** | Brand: **DH FitLife**

1. Introduction

Thank you for choosing the DH FitLife Foldable Fitness Trampoline. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read all instructions carefully before use and retain this manual for future reference.
This fitness trampoline is designed for indoor use, offering a stable and quiet exercise experience. It features a robust frame, durable springs, and a highly elastic jumping surface, suitable for both beginners and experienced users.

2. Safety Information

Your safety is paramount. Please observe the following safety guidelines:

- **Maximum Weight Capacity:** Do not exceed the maximum user weight of**150 kg**.
- **Supervision:** Children should only use the trampoline under direct adult supervision.
- **Clearance:** Ensure adequate overhead and surrounding clearance (at least 2.5 meters overhead and 1 meter around the trampoline) to prevent collisions.
- **Surface:** Place the trampoline on a flat, stable, non-slip surface.
- **Inspection:** Before each use, inspect the trampoline for any damaged or worn parts, especially springs, jumping mat, and frame. Do not use if any damage is found.
- **Footwear:** Use appropriate athletic footwear or exercise barefoot. Avoid socks that may cause slipping.
- **Medical Advice:** Consult a physician before starting any new exercise program.
- **One User:** Only one person should use the trampoline at a time.
- **Handle Use:** The adjustable handle is for balance and stability. Do not put full body weight on it.

3. Setup Instructions

The DH FitLife Fitness Trampoline is designed for quick and easy setup, with durable springs pre-assembled.

1. **Unpack:** Carefully remove all components from the packaging.
2. **Unfold the Frame:** Place the folded trampoline on a flat surface. Gently unfold the frame until it locks into its open position. Ensure all six legs are securely extended.



Figure 3.1: The trampoline's pre-assembled and foldable design allows for quick setup. Simply unfold the frame until it clicks into place.

3. **Attach the Handle (Optional):** If using the adjustable handle, insert the handle support tubes into the designated slots on the trampoline frame. Secure them with the provided knobs.

4. **Adjust Handle Height:** The handle can be adjusted to 4 different height levels, ranging from 78 cm to 100 cm. Press the adjustment pins and slide the handle to your desired height, ensuring the pins lock securely into place.



Figure 3.2: The handle offers 4 adjustable height levels (78cm, 86cm, 94cm, 102cm) for user comfort and stability.

5. **Check Stability:** Ensure all legs are firmly on the ground and the trampoline is stable before use. The non-slip rubber covers on the legs provide enhanced stability and floor protection.



Figure 3.3: Non-slip rubber caps on the legs ensure stability and protect flooring during use.

4. Operating Instructions

The DH FitLife Fitness Trampoline is designed for various fitness exercises, improving balance, coordination, and cardiovascular health.

- **Starting Position:** Stand in the center of the jumping mat. If using the handle, hold it lightly for balance.
- **Bouncing Technique:** Begin with gentle bounces, keeping your core engaged and knees slightly bent. Focus on controlled movements rather than high jumps.
- **Handle Adjustment:** Adjust the handle height to a comfortable level that provides support without restricting movement.

- **Exercise Variety:** The trampoline can be used for light cardio, balance exercises, and strength training. Explore various rebounding exercises to target different muscle groups.
- **Protective Net:** The trampoline is equipped with a protective net, especially beneficial for children, to enhance safety and prevent accidental falls.



Figure 4.1: The trampoline is suitable for various home gym activities, including relaxation, training, and cardio, for both children and adults.

5. Maintenance

Regular 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. Avoid abrasive cleaners.
- **Springs:** Periodically check all 32 springs for any signs of rust, stretching, or damage. Replace any compromised

springs immediately.

- **Jumping Mat:** Inspect the polypropylene jumping mat for tears, holes, or excessive wear. The mat is designed to be tear-resistant and robust.



Figure 5.1: The jumping mat is made from robust, breathable, and high-quality polypropylene, supporting up to 150 kg.

- **Frame and Legs:** Ensure the alloy steel frame and legs are free from dents or bends. Check that the non-slip rubber covers on the legs are intact.
- **Edge Padding:** The trampoline includes removable edge padding for safety. Ensure it is securely in place and free from damage.



Figure 5.2: Robust springs and removable edge padding contribute to durability and safety.

6. Troubleshooting

If you encounter any issues, refer to the following common troubleshooting tips:

- **Trampoline is unstable:** Ensure all six legs are fully extended and locked. Check that the trampoline is on a flat, even surface. Verify that the non-slip rubber covers are properly seated on each leg.
- **Excessive Noise:** The non-slip rubber covers are designed to reduce noise. Ensure they are clean and properly installed. Check all frame connections for tightness.
- **Handle is wobbly:** Ensure the handle support tubes are fully inserted and the adjustment knobs are tightened securely at your desired height.

- **Reduced Bounce:** Inspect all 32 springs for damage or stretching. Replace any faulty springs. Ensure the jumping mat is clean and free from debris.

7. Specifications

Feature	Detail
Brand Name	DH FitLife
Model Number	BBC03
Color	Black
Item Shape	Round
Frame Size	102 Centimeters
Product Dimensions (L x W x H)	102 cm x 102 cm x 22 cm
Frame Material	Alloy Steel
Materials	Polypropylene, PVC, Steel Alloy
Maximum Weight Recommendation	150 Kilograms
Number of Springs	32
Adjustable Handle Height	78 cm to 100 cm (4 levels)
Included Components	Rubber feet, Support tubes, Main frame, Foam grips

8. Warranty Information

This DH FitLife Fitness Trampoline comes with a**Two-Year Warranty** from the date of purchase. This warranty covers manufacturing defects in materials and workmanship under normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or normal wear and tear.
Please retain your proof of purchase for warranty claims.

9. Support

For any questions, concerns, or technical assistance regarding your DH FitLife Fitness Trampoline, please contact DH FitLife GmbH customer support. Refer to the product packaging or the official DH FitLife website for contact details. When contacting support, please have your model number (BBC03) and proof of purchase ready.

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