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› [BCAN 40-inch Mini Fitness Trampoline with Adjustable Handle User Manual](#)

## BCAN TX-6232CU

# BCAN 40-inch Mini Fitness Trampoline User Manual

Model: TX-6232CU

Brand: BCAN

## 1. INTRODUCTION

Thank you for choosing the BCAN 40-inch Mini Fitness Trampoline. This manual provides essential information for the safe assembly, operation, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before use and retain it for future reference.

## 2. IMPORTANT SAFETY INFORMATION

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

- **Weight Limit:** Do not exceed the maximum user weight of **450 LBS (204 kg)**.
- **Adult Supervision:** Children should only use the trampoline under direct adult supervision.
- **Clearance Area:** Ensure a minimum of 8 feet (2.4 meters) overhead clearance and 2 feet (0.6 meters) of clear space around the trampoline.
- **Stable Surface:** Place the trampoline on a flat, level, and stable surface. Do not use on uneven ground.
- **One User At A Time:** Only one person should use the trampoline at any given time.
- **Proper Footwear:** Use appropriate athletic footwear or go barefoot. Avoid socks only, as they can be slippery.
- **Inspect Before Use:** Before each use, inspect the trampoline for any loose, worn, or damaged parts. Do not use if any components are compromised.
- **Handlebar Use:** The adjustable handlebar is for balance and stability. Do not put full body weight on it or use it for acrobatic maneuvers.
- **Medical Conditions:** Consult a physician before starting any exercise program, especially if you have pre-existing medical conditions.

- **No Stunts:** Avoid flips, somersaults, or other dangerous stunts.

### 3. PACKAGE CONTENTS

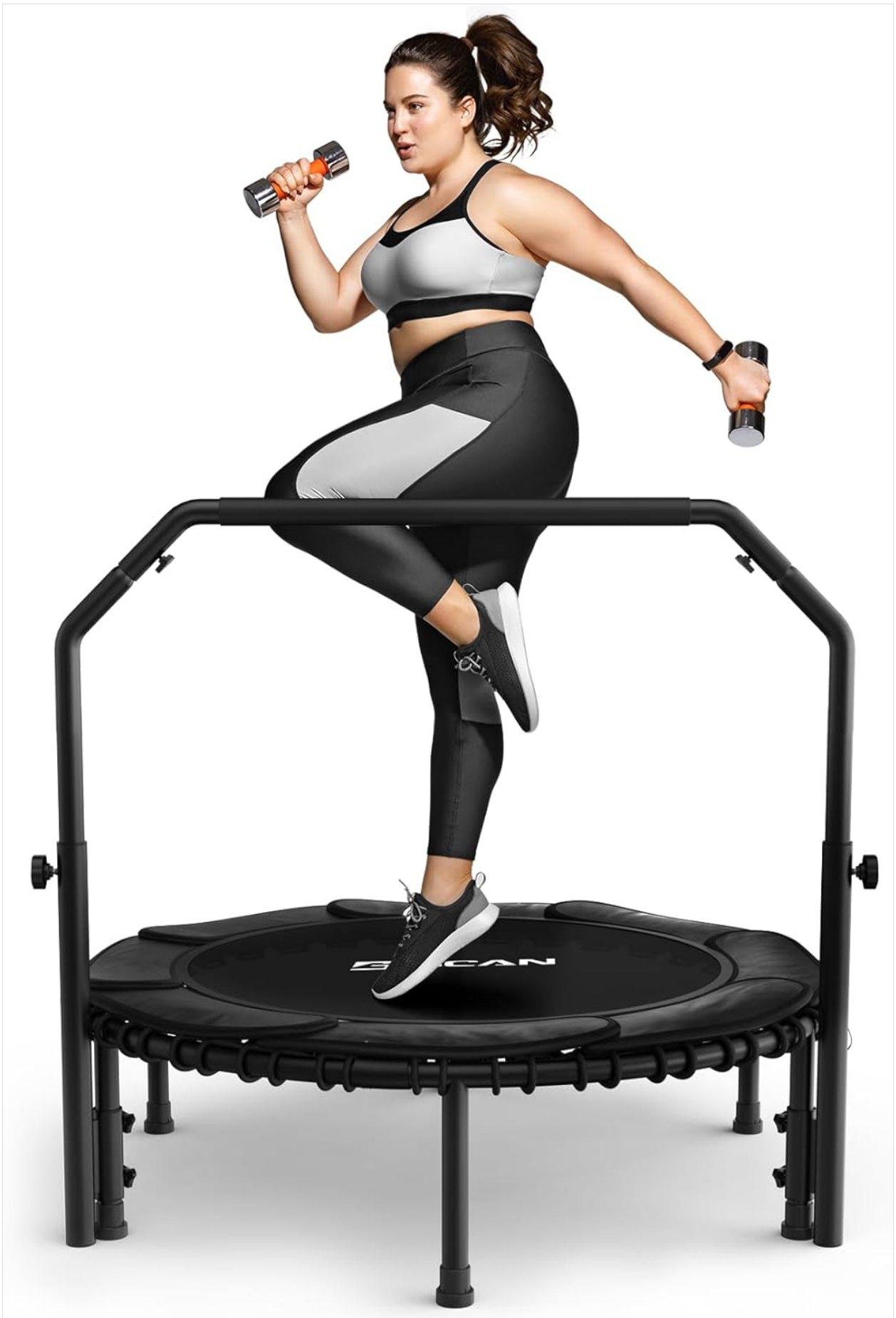
Please check the package to ensure all components are present and undamaged:

- Trampoline Frame (pre-assembled with mat and bungees)
- Support Legs (x6)
- U-Shape Adjustable Handlebar Assembly
- Assembly Tool (special wrench)
- Instruction Manual

### 4. ASSEMBLY INSTRUCTIONS

The BCAN fitness trampoline comes approximately 60% pre-assembled. The full assembly process typically takes about 10 minutes with the included special tool.

1. **Unfold the Frame:** Carefully unfold the trampoline frame. Ensure the hinges lock securely into place.
2. **Attach the Legs:** Screw each of the six support legs clockwise into the designated sockets on the trampoline frame until they are hand-tight. Ensure all legs are firmly attached and stable.
3. **Install the Handlebar Base:** Insert the two vertical handlebar posts into the designated slots on the trampoline frame. Secure them using the provided knobs or bolts, ensuring they are tight.
4. **Attach the U-Shape Handlebar:** Slide the U-shape handlebar onto the vertical posts. Adjust the height to your preference using the adjustment knobs/pins. Ensure the handlebar is securely locked at the desired height.
5. **Final Check:** Before first use, double-check all connections, bolts, and knobs to ensure they are tight and secure.



*Image: Fully assembled BCAN 40-inch Mini Fitness Trampoline with its U-shaped adjustable handle, ready for use. A person is shown demonstrating its use.*

## 5. OPERATING INSTRUCTIONS

Using your BCAN Mini Fitness Trampoline is straightforward. Follow these guidelines for an effective and safe workout:

- **Handlebar Adjustment:** The handlebar has 4 adjustable height levels, ranging from 2'6" to 3'5" (measured from the mat). To adjust, loosen the adjustment knobs, slide the handlebar to the desired height, and then firmly tighten the knobs.
- **Mounting:** Step onto the trampoline mat carefully, using the handlebar for balance.
- **Bouncing Technique:** Begin with gentle bounces, keeping your core engaged and knees slightly bent. Focus on controlled movements rather than high jumps.
- **Dismounting:** Step off the trampoline carefully, again using the handlebar for support.
- **Workout Variety:** The trampoline can be used for various exercises, including light jogging, jumping jacks, and core exercises.

## 6. MAINTENANCE AND CARE

Regular maintenance ensures the longevity and safety of your trampoline.

- **Cleaning:** Wipe the mat and frame with a damp cloth and mild soap. Do not use abrasive cleaners or solvents. Ensure all parts are dry before storage.
- **Inspection:** Periodically check all bungees, frame connections, legs, and handlebar for signs of wear, damage, or looseness. Replace any worn parts immediately.
- **Storage:** When not in use, store the trampoline in a cool, dry place away from direct sunlight and extreme temperatures. The unique foldable frame allows for compact storage (folded size: 15" X 30"), making it easy to store under a bed, sofa, or in a closet.
- **Bungee Care:** The high-strength bungees are designed for durability. Avoid sharp objects that could cut or damage them.

## 7. TROUBLESHOOTING

If you encounter any issues, refer to the table below for common problems and solutions.

Problem	Possible Cause	Solution
Trampoline feels unstable or wobbly.	Legs are not tightened properly or placed on an uneven surface.	Ensure all legs are securely tightened. Move the trampoline to a flat, level surface.
Handlebar is loose or moves during use.	Adjustment knobs are not tightened sufficiently.	Firmly tighten all handlebar adjustment knobs and base bolts.

Problem	Possible Cause	Solution
Unusual noise during bouncing.	Loose connections or worn bungees.	Inspect all connections and bungees. Tighten any loose parts. Replace worn bungees if necessary.
Difficulty folding the trampoline.	Hinges may be stiff or obstructed.	Ensure no parts are obstructing the folding mechanism. Apply a small amount of lubricant to hinges if stiff.

## 8. PRODUCT SPECIFICATIONS

- **Brand:** BCAN
- **Model Name:** TX-6232CU
- **Frame Size:** 40 Inches
- **Product Dimensions (Unfolded):** 39"L x 39"W x 7.5"H
- **Folded Size:** 15" X 30"
- **Weight Capacity:** 450 LBS
- **Frame Material:** Stainless Steel
- **Number of Bungees:** 32
- **Mat Material:** Oxford
- **Handlebar:** 4-level adjustable (2'6" to 3'5" from mat)
- **Color:** Black

## 9. WARRANTY INFORMATION

This BCAN Mini Fitness Trampoline is covered by a **1-year manufacturer warranty** from the date of purchase. This warranty covers defects in materials and workmanship under normal use. It does not cover damage caused by misuse, accident, unauthorized modification, or normal wear and tear. Please retain your proof of purchase for warranty claims.

## 10. CUSTOMER SUPPORT

For any questions, concerns, or assistance with your BCAN Mini Fitness Trampoline, please contact BCAN customer support. Refer to the product packaging or the BCAN official website for the most current contact information.

