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> SPORTNOW Foldable Fitness Trampoline with 5-Level Adjustable Handlebar, Silent Bungee Cord Instruction Manual

SPORTNOW A71-059V02OG

SPORTNOW Foldable Fitness Trampoline Instruction Manual

Model: A71-059V02OG

INTRODUCTION

Thank you for choosing the SPORTNOW 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 to ensure optimal performance and user safety. This trampoline is designed for adults and offers a versatile workout experience for both indoor and outdoor environments.

IMPORTANT SAFETY INFORMATION

To reduce the risk of serious injury, please observe the following safety precautions:

- **Adult Supervision:** Children should not use the trampoline without direct adult supervision.
- **Weight Limit:** Do not exceed the maximum user weight of 200 kg (440 lbs).
- **Clearance:** Ensure adequate overhead and surrounding clearance (at least 2.5 meters overhead and 1 meter around the trampoline) from walls, furniture, and other objects.
- **Stable Surface:** Always place the trampoline on a flat, level, and stable surface. Uneven surfaces can cause instability and injury.
- **Footwear:** Use appropriate athletic footwear or go barefoot. Avoid socks only, as they can be slippery.
- **One User:** Only one person should use the trampoline at a time.
- **Inspect Before Use:** Before each use, inspect the trampoline for any loose, worn, or damaged parts, especially the bungee cords and frame. Do not use if any damage is found.
- **Handlebar Use:** The adjustable handlebar is for stability and balance. 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.
- **Proper Technique:** Begin with low-intensity bouncing and gradually increase intensity as comfort

and skill improve.

SETUP INSTRUCTIONS

Follow these steps to assemble your SPORTNOW Foldable Fitness Trampoline:

1. **Unpack Components:** Carefully remove all parts from the packaging. Verify that all components listed in the 'What's in the Box' section are present.
2. **Unfold the Frame:** Place the folded trampoline frame on a clean, flat surface. Gently unfold the frame until it locks into its open position. Ensure the hinges are fully extended and secure.
3. **Attach the Legs:** Screw each leg firmly into the designated sockets on the trampoline frame. Ensure all legs are tightened securely to prevent wobbling. The non-slip rubber feet should be facing down.
4. **Install the Handlebar:** Insert the handlebar base into the designated slots on the trampoline frame. Secure it with the provided locking pins or screws.
5. **Adjust Handlebar Height:** The handlebar features 5 adjustable height levels. Press the adjustment buttons and slide the handlebar to your desired height. Ensure the buttons snap securely into place at the chosen level.
6. **Final Check:** Before first use, double-check all connections, especially the legs and handlebar, to ensure they are tight and secure. Place the trampoline on a stable, level surface.



Image: Components of the SPORTNOW fitness trampoline, including the frame, jumping mat, bungee cords, and handlebar.

5 STUFEN HÖHENVERSTELLBAR



Image: Illustrates the process of assembling the SPORTNOW fitness trampoline, showing the attachment of legs and handlebar.

OPERATING INSTRUCTIONS

The SPORTNOW Fitness Trampoline is designed for various fitness activities. Here are guidelines for effective and safe use:

- **Starting Position:** Stand in the center of the jumping mat with feet shoulder-width apart. Hold the handlebar for balance if needed.
- **Bouncing Technique:** Begin with gentle bounces, keeping your core engaged and knees slightly bent. Focus on controlled movements rather than high jumps. The bungee cord system provides a quiet and joint-friendly rebound.
- **Adjustable Handlebar:** Utilize the 5-level adjustable handlebar for enhanced stability, especially for beginners or during more intense workouts. Adjust the height to a comfortable level that allows for a slight bend in the elbows when holding.
- **Workout Variety:** This trampoline is suitable for cardio, balance training, light jogging, and various rebounder exercises. Explore different routines to target various muscle groups.
- **Cool-down:** Always finish your workout with a cool-down period, including light stretching.



Image: A woman demonstrates proper form on the SPORTNOW fitness trampoline, holding the adjustable handlebar for stability.

FEDERLOSES TRAMPOLIN

 Ruhig

 Gelenkfreundlich





Besserer Rückprall
Dicke Bungee-Schnüre

Image: A visual representation of the 5-level adjustable handlebar, showing different height settings for various users.



Image: Highlights the durable, high-elasticity bungee cords designed for quiet and joint-friendly bouncing.

MAINTENANCE

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

- **Cleaning:** Wipe the jumping mat and frame with a damp cloth and mild soap. Avoid abrasive cleaners. Ensure the mat is dry before storage.
- **Inspect Bungee Cords:** Periodically check the bungee cords for any signs of fraying, stretching, or damage. Replace any damaged cords immediately.
- **Check Frame and Legs:** Ensure all frame connections and leg attachments remain tight. Re-tighten if necessary. Inspect the steel frame for any cracks or bends.
- **Handlebar Inspection:** Verify that the handlebar is securely attached and that the height adjustment mechanism functions correctly.
- **Storage:** When not in use, especially for extended periods, fold the trampoline for compact storage. Store it in a dry place away from direct sunlight and extreme temperatures.



Image: Demonstrates the compact folding design of the trampoline, ideal for easy storage under beds or sofas.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Trampoline is wobbly or unstable.	Uneven surface; loose legs; improperly unfolded frame.	Ensure the trampoline is on a flat, level surface. Check and tighten all leg connections. Verify the frame is fully unfolded and locked.
Unusual noise during use.	Loose frame connections; worn bungee cords.	Inspect all frame bolts and connections and tighten if loose. Check bungee cords for wear and replace if necessary.
Handlebar is not stable.	Handlebar not fully inserted or locked; adjustment pins not engaged.	Ensure the handlebar is fully inserted into its sockets and the locking pins are securely engaged at the desired height level.

Problem	Possible Cause	Solution
Reduced bounce or mat sagging.	Worn or stretched bungee cords.	Inspect all bungee cords. Replace any that appear stretched or damaged to restore optimal bounce.

SPECIFICATIONS

Feature	Detail
Model Number	A71-059V02OG
Overall Dimensions	Ø122 x 109-129H cm (Diameter x Height with Handlebar)
Folded Dimensions	90L x 40W x 10H cm (Approximate)
Product Weight	11 kg
Maximum User Weight	200 kg
Material	Steel frame, PP jumping mat, Bungee cords
Handlebar Adjustment	5 levels
Bungee Cords	32 high-elasticity bungee cords



Image: A diagram illustrating the overall dimensions of the trampoline, including diameter and handlebar height range.

WARRANTY AND SUPPORT

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