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SereneLife



SLSPT409

Sports Jumping Fitness Trampoline

USER GUIDE

Features:

- Jumping Exercise Fitness Fun
- Highly Elastic Sports Trampoline
- Reliable & Sturdy, Reinforced Solid Frame Construction
- Integrated Padded Handrail for Maneuverability & Control
- Padded PVC Cover Provides Safer Jump Surface
- Adjustable Handrail Height
- Lightweight Design for Easy Portability
- Helps You Burn Calories, Strengthen Your Core & Lose Weight

Technical Specs:

- Maximum Person Weight Support: Up to 220 lbs.
- Jumping Mat Trampoline Diameter: Material 30.0" -inches
- Adjustable Handrail Height: 35" - 46" -inches
- Construction Materials: Metal Alloy Frame, Polypropylene PVC
- *Assembly Required
- Total Assembled Dimensions (L x W x H): 40.0" x 40.0" x 46.0" -inches

California Prop 65 Warning



WARNING:
This product may expose you to chemicals, which is known to the state of California to cause cancer, birth defects and other reproductive harm. Do not ingest.

For more info go to: www.P65warnings.ca.gov



WARNING
For 15+ years of age
220 lbs weight limit

Proper adult assembly required

Note:

Before assembly, compare all parts with the parts list.

If any parts are missing or damaged, do not attempt to assemble the trampoline. Please contact customer service for a replacement.

Read these materials before assembling and using this trampoline.

READ AND FOLLOW THE SAFETY INSTRUCTIONS.
FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT
IN SERIOUS INJURY.

SAFETY INSTRUCTIONS

1. Misuse and abuse of this trampoline are dangerous and can cause serious injuries.
2. All purchasers and users must become familiar with the manufacturer's recommendations for proper assembly, use, and care of the trampoline.
3. The owner and supervisors of the trampoline are responsible for making all users aware of the safety instructions.
4. Place the trampoline on a level surface before use.
5. Inspect your trampoline before each use. Ensure the safety pad is in place. Replace any worn, defective, or missing parts.
6. Provide adequate clearance for ceilings, ceiling lights, ceiling fans, wires, and tree limbs. Failure to provide adequate head clearance can result in head or neck injuries.
7. Place the trampoline away from walls, structures, fences, play areas, furniture, and other exercise equipment. Maintain a clear space on all sides of the trampoline. Remove all obstructions from beneath the trampoline.
8. Good traction is very important when using the trampoline. Bare feet are acceptable, but we recommend footwear with rubber non-skid soles.
9. The trampoline should only be used by one person at a time.
10. Do not attempt any gymnastic or acrobatic maneuvers on the trampoline.
11. Always store the trampoline indoors in a dry place and ensure the surface of the mat is dry before use.
12. Secure the trampoline against unauthorized and unsupervised use.
The trampoline is for consumer use only. Public or semi-public use is not allowed.
13. The maximum user weight is 220 lbs.

WARNING:

- **Recommended for children ages 3 and up.**
- **Do not leave a child unattended while in use.**
- **Use only under adult supervision.**

IMPORTANT – PLEASE READ!

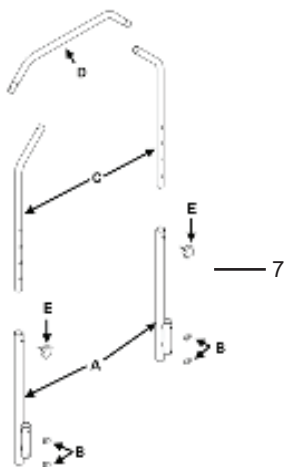
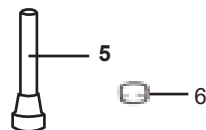
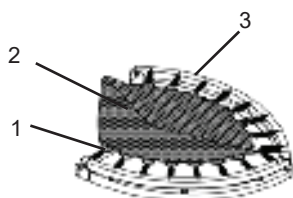
WARNING – GENERAL SAFETY ADVICE

- **Read the instructions before use and retain them for future reference.**
- Ensure the trampoline has been assembled correctly, following the instructions in the manual.
- The intended site for this trampoline must be completely flat and level. An uneven surface may cause movement in the frame and stress on the joined sections.
- **DO NOT** exceed the recommended maximum weight limit of 220 lbs.
- **DO NOT** allow more than one person on the trampoline at a time.
- **DO NOT** wear glasses or helmets when using the trampoline.
- **DO NOT** fall or bounce on your knees, as this can cause injury.
- **DO NOT** use the trampoline in wet or windy conditions.
- **DO NOT** somersault – this can cause serious injury.
- **DO NOT** allow others to go under, sit, stand, or lie on the frame pads while the trampoline is in use.
- **DO NOT** use the trampoline while under the influence of alcohol, drugs, or medication that may impair judgment.
- **ALWAYS** wear socks when using the trampoline.
- **ALWAYS** remove jewelry before using the trampoline.
- **ALWAYS** jump in the middle of the trampoline mat.
- **ALWAYS** follow the safety warnings stated in your trampoline instructions when using the enclosure.
- **NEVER** wear shoes while using the trampoline.
- **Children MUST NEVER** use the trampoline unless supervised by a responsible adult who is knowledgeable about trampoline use.
- Before trampolining, inspect and replace any worn, defective, or missing parts.
- Ensure the trampoline is on level ground with a minimum of 8 feet of clear height space above and 8 feet of clear space around the sides. Nothing should be under the trampoline.
- Mount and dismount the trampoline with care to prevent injury.
- Refer to other warnings and use information in the instructions before use.

Retain this information for future reference.

PARTS LIST

Nr.	Parts Description	Quantity
1	Frame	1
2	Jumping Mat	1
3	Spring	32
4	Protective Padding	1
5	Leg	6
6	Covering Cap	6
7	Handrail Tube	5
8	Kitbag	1



BEFORE ASSEMBLY

Check all springs before assembly. If any spring is unattached or damaged, follow these steps to attach or replace it:

- A. Find the open end of SPRING (#3) and hook it into the hole on the rail.
- B. Swing SPRING (#3) to face the inside of the trampoline.
- C. Attach the metal loop on MAT (#2) to the spring hook.



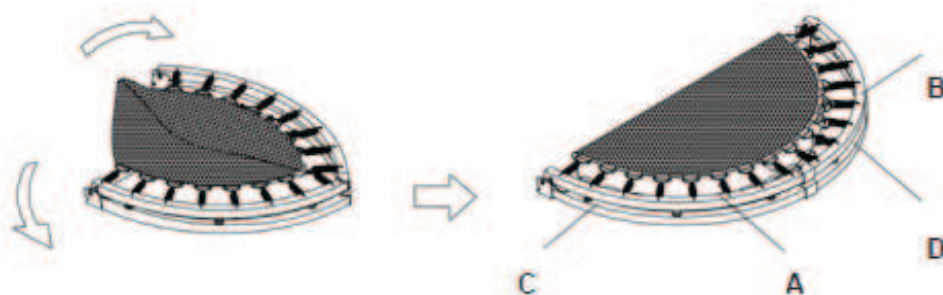
ASSEMBLY INSTRUCTIONS

⚠ WARNING:

1. Keep children away from the trampoline during assembly.
2. Keep fingers away from the ends of the rails in the hinge area when unfolding the trampoline. The rails will try to spring back to the folded position if released before locking into place. Serious injury can occur if fingers are caught between the ends of the rails.
3. Assembly and disassembly must be carried out by two people to minimize the risk of injury.

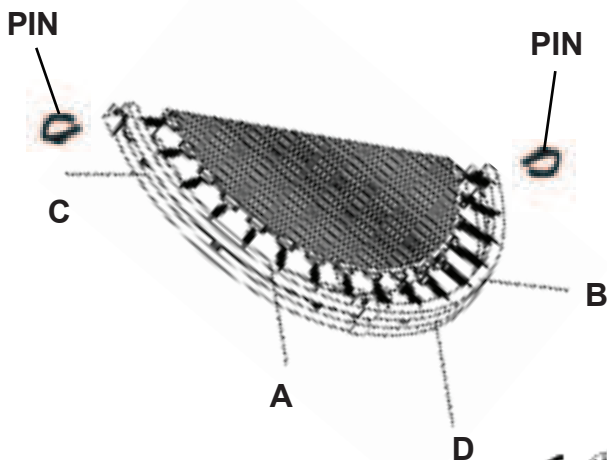
STEP 1

Lay the folded trampoline on the floor. Push out the ends so the trampoline forms a semi-circle.



STEP 2

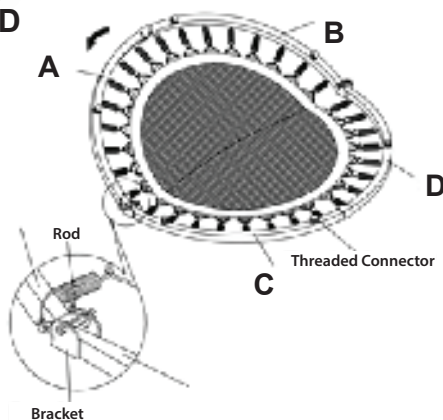
Remove the bracket pin from both ends of the trampoline and place them aside.



STEP 3

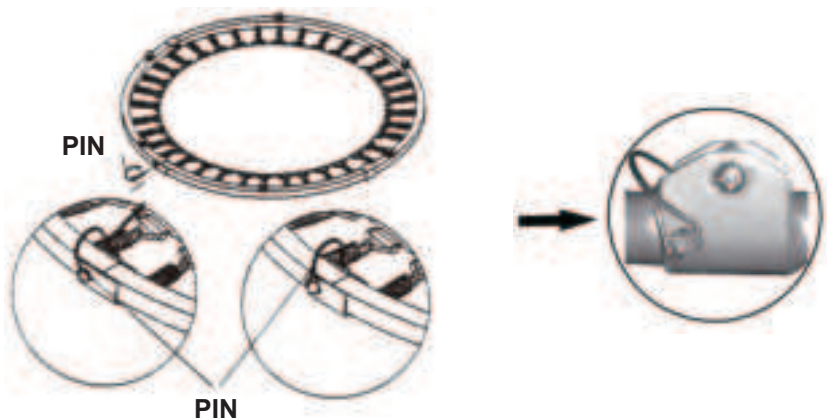
Both persons should press rails C and D while using steady pressure with open hands and extended fingers.

Use the palms to push rails A and B down until they touch the ground.
Ensure all joints are locked into place.



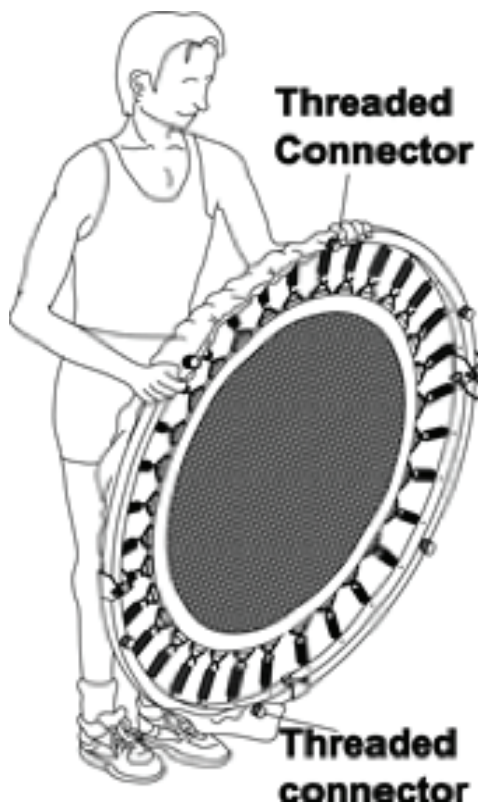
STEP 4

Insert the pin back into the bracket to prevent the rails from snapping together when reaching the flat position.



STEP 5

Remove the covering cap from the threaded connector and slide the protective padding (#4) over the unfolded frame. Ensure the holes on the underside of the padding align with the threaded connector for the feet.



WARNING:

- Make sure handle brackets are visible.
- The protective pad must be securely attached to the frame before using the trampoline.
- Ensure proper positioning.

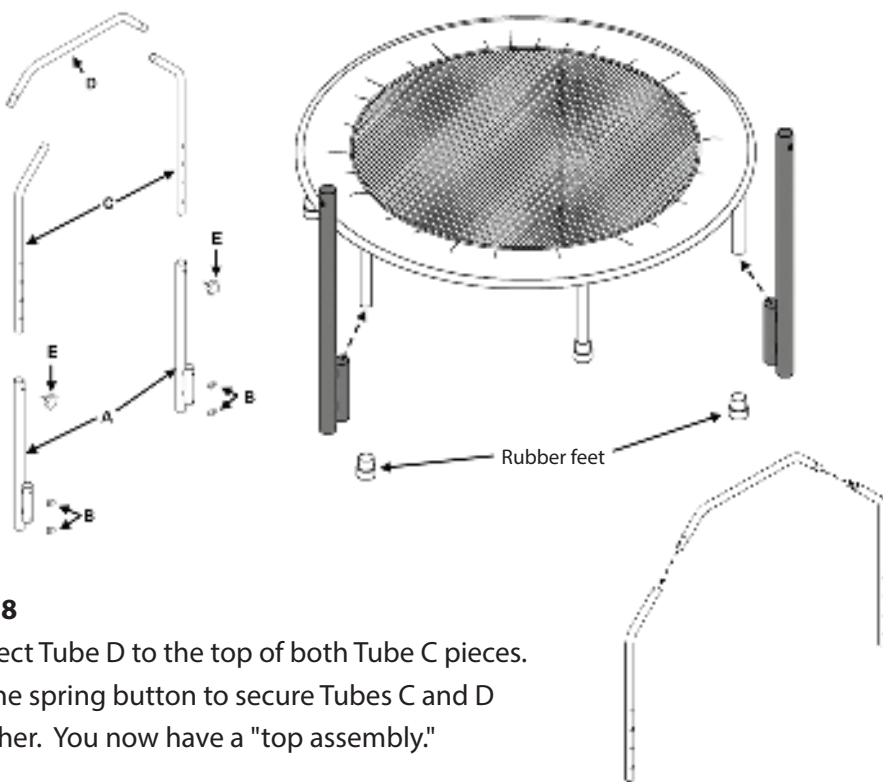
STEP 6

Turn the frame upside down. Screw the six feet onto the threaded connectors on the underside of the frame. Turn the trampoline over and place it on its feet.



STEP 7

Remove the rubber "feet" from the bottom of the 21 legs. Next, place Tube A over each leg, then replace the rubber feet.



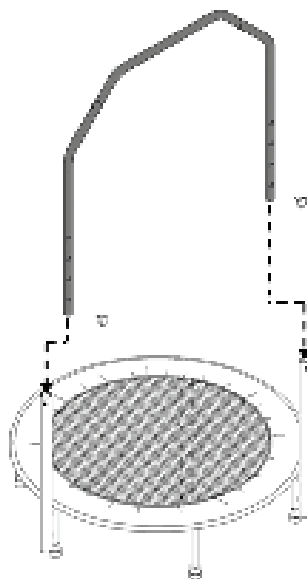
STEP 8

Connect Tube D to the top of both Tube C pieces. Use the spring button to secure Tubes C and D together. You now have a "top assembly."

STEP 9

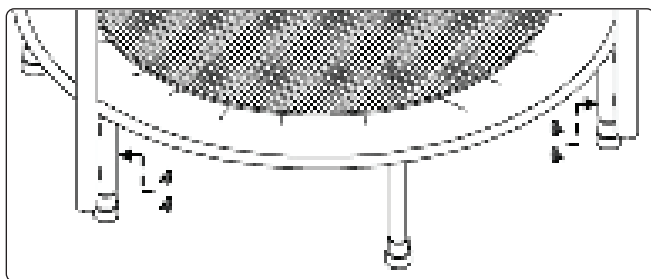
Lower the top assembly into both Tube A pieces until the bottom hole in the top assembly lines up with the hole at the top of each Tube A.

You may need to rotate each Tube A for the top assembly to fit. Secure the top assembly in place with the E knob.



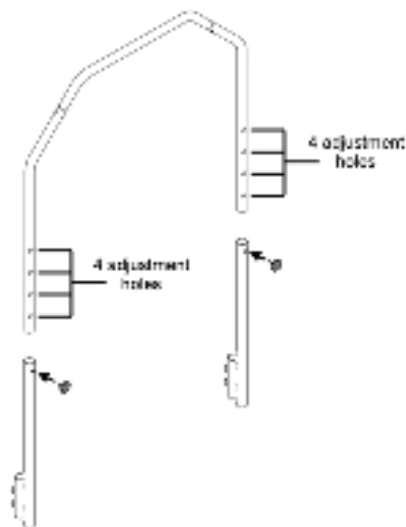
STEP 10

Secure the B knob to the bottom of both Tube A pieces.



STEP 11

To change the height of the handrail bar, remove the E knob, move the top assembly to the desired height, then screw the E knob back in place. There are four different height adjustments for the handrail.



CARE AND MAINTENANCE

Inspect the trampoline before each use and replace any worn, defective, or missing parts. The following conditions may represent potential hazards:

1. Missing, improperly positioned, or insecurely attached frame padding.
2. Punctures, frays, tears, or holes in the jumping bed or frame padding.
3. Deterioration in the stitching or fabric of the jumping bed or frame padding.
4. A bent or broken frame.
5. A sagging jumping bed.
6. Sharp protrusions on the frame or suspension system.

Cleaning

- Use a damp cloth with mild soap and water to clean the frame, mat, and padding.
- Avoid using harsh chemicals, abrasive cleaners, or pressure washers.
- Ensure all parts are completely dry before storage to prevent rust and mold.

Storage

- Store the trampoline in a dry, indoor location when not in use.
- Disassemble the trampoline if storing for an extended period.
- Avoid placing heavy objects on top of the trampoline while in storage to prevent damage.

Register Product

Thank you for choosing SereneLife. By registering your product, you ensure that you receive the full benefits of our exclusive warranty and personalized customer support.

Complete the form to access expert support and to keep your SereneLife purchase in perfect condition.

Start Here



Model Number:
SLSPT365

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Questions or Comments?

We are here to help!

Phone: 1.718.535.1800

Serenelifehome.com/ContactUs