



User Manual

Spend a little Live a lot



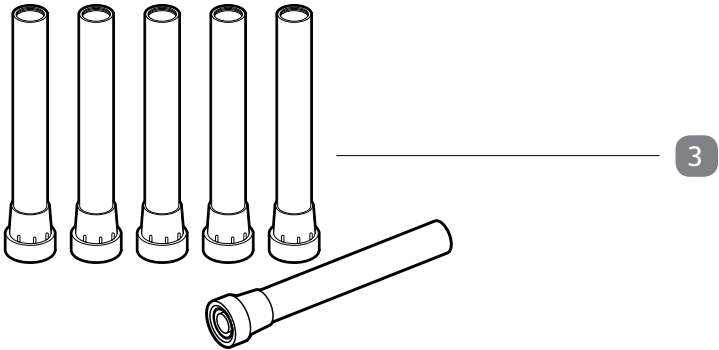
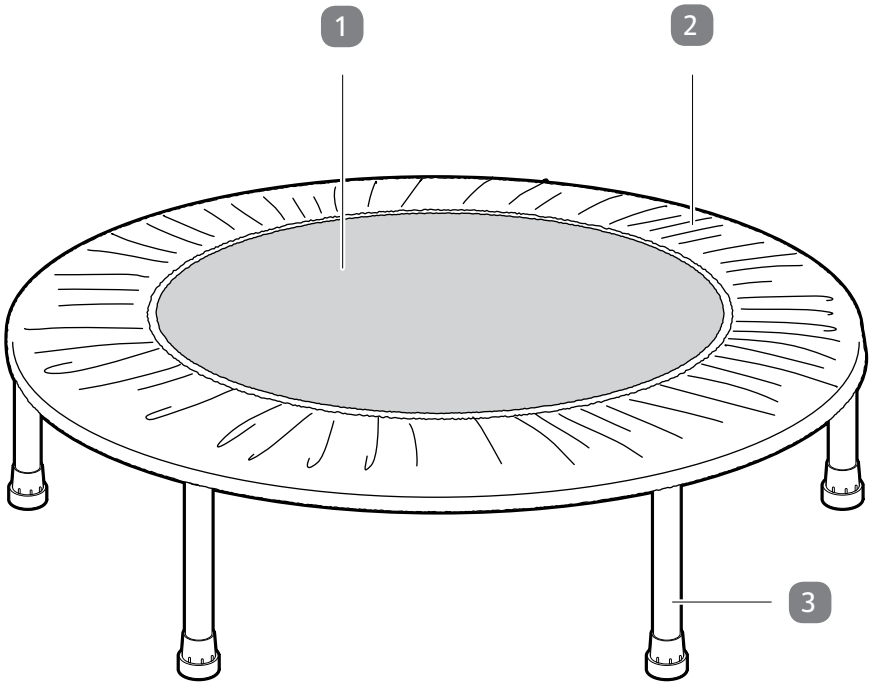
TRAMPETTE



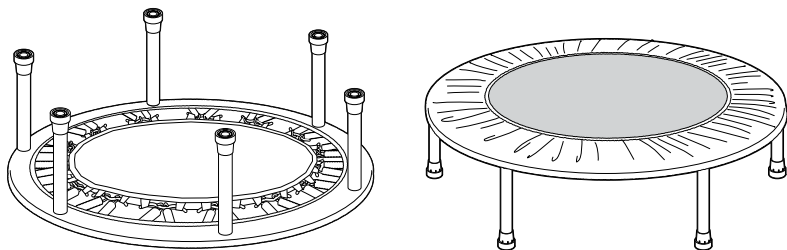
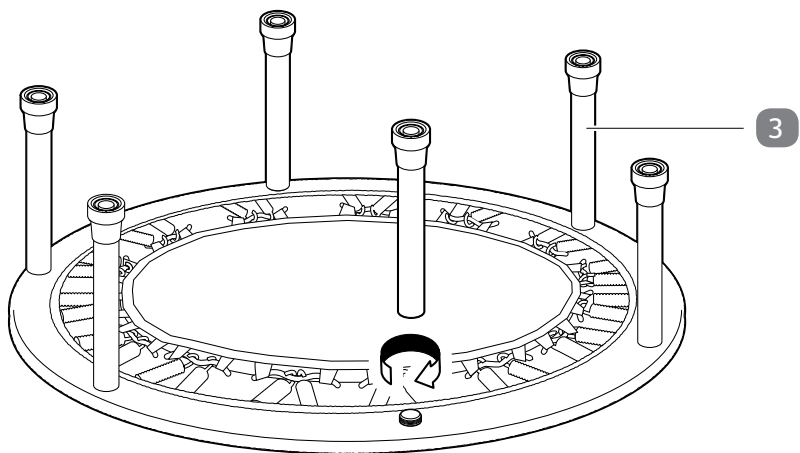
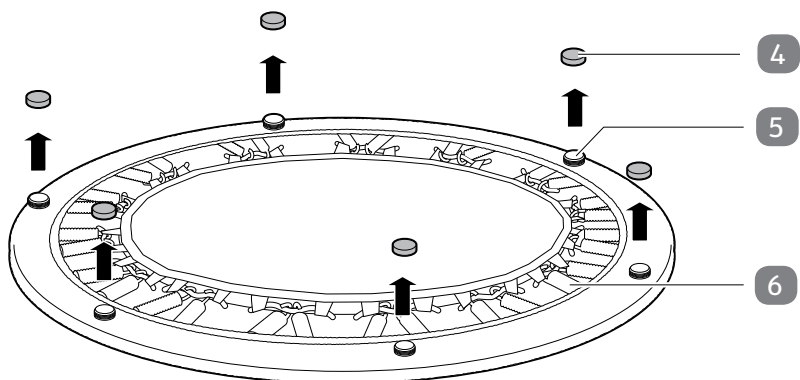
Contents

Overview	3
Use/assembly	4
Pack content/parts	6
General information	7
Reading and storing the user manual	7
Explanation of symbols	7
Safety	8
Intended use	8
Safety notes	8
Before initial use	10
Checking the trampette and package content	10
Assembling the trampette	11
Preparation	11
Placing the trampette	11
Using the trampette	12
Bouncing instructions	13
Maintenance	14
Cleaning	14
Storage and transport	15
Technical data	15
Disposal	16
Disposing of the packaging	16
Disposing of the trampette	16

A



B



Pack content/parts

- 1 Jumping mat
- 2 Protective cushion
- 3 Threaded leg, 6×
- 4 Protective cap, 6×
- 5 Threaded fitting, 6×
- 6 Coil spring, 30×

General information

Reading and storing the user manual



This user manual accompanies this trampette and contains important information on setup and handling.

Before using the trampette, read the user manual carefully. This particularly applies to the safety notes. Failure to do so may result in personal injury or damage to the trampette.

The user manual is based on the standards and rules in force in the European Union. When abroad, you must also observe country-specific guidelines and laws.

Store the user manual for further use. Make sure to include this user manual when passing the trampette on to third parties.

Explanation of symbols

The following symbols and signal words are used in this user manual, on the trampette or on the packaging.

⚠ WARNING!

This signal symbol/word designates a hazard with moderate risk, which may result in death or severe injury if not avoided.

NOTICE!

This signal symbol/word warns of possible damage to property.



This symbol provides you with useful additional information on handling and use.



The GS/certified safety seal verifies the conformity of the trampette with the German Product Safety Act (ProdSG).

Safety

Intended use

The trampette is exclusively designed for bouncing exercises. It is only intended for private indoor use and not suitable for commercial purposes or any other use, e.g. as a child's toy or for therapeutic purposes.

Only use the trampette as described in this user manual. Any other use is considered improper and may result in damage to property.

The manufacturer or vendor cannot be held liable for damages incurred through improper or incorrect use.

Safety notes

⚠ WARNING!

Risk of injury or health impairment!

Improper use of the trampette may cause a risk of injury or health impairment.

- The maximum body weight of the user is 100 kg (220 lb).
- The trampette may only be used by one person at a time.
- Consult with a physician before beginning any exercising program.
- Women should not use the trampette during pregnancy, or only after consultation with a physician.
- Stop using the trampette immediately if you suddenly feel faint, dizzy, or feel otherwise impaired.
- Never use the trampette under the influence of alcohol, medications that impair awareness, drugs, or if you are tired, exhausted, ill, or lacking concentration.
- Do not jump with a full stomach.
- Avoid bouncing on the trampette when tired, take regular breaks.

▲ WARNING!**Risk of injury!**

There is a risk of injury due to incorrect or careless use of the trampette.

- **WARNING!** Only for domestic use.
- If the trampette is damaged, it must be repaired by the manufacturer or its customer service or a similarly qualified person, in order to avoid hazards for the user.
- Faulty or damaged parts must be replaced immediately. Exclusively use original spare parts.
- Do not make any structural modifications to the trampette.
- Never use the trampette if parts are missing, damaged or not correctly fastened.
- The trampette should only be used when it is properly assembled.
- Do not use the trampette if the jumping mat is wet.
- Do not take any pointed or sharp objects onto the trampette. Remove jewellery, glasses, etc. and empty pockets and hands.
- Always jump in the middle of the jumping mat and do not attempt jumps such as somersaults. This can cause serious injury. Landing on the head or neck can result in paralysis or death.
- Do not bounce on the knees, this may cause injury.
- Be careful when climbing onto and off the trampette. Never jump off the trampette and never use the trampette for jumping onto other objects. Do not jump from other objects, e.g. a chair, onto the trampette.
- Do not allow children to play on or near the trampette. It is not a toy.
- Do not leave the trampette unattended while in use.
- Keep animals away from the trampette.

NOTICE!

Risk of damage!

Improper handling of the trampette may damage the trampette.

- Always jump without shoes, i.e. only with socks or bare feet.
- The allowed maximum body weight of the user is 100 kg (220 lb).
- Do not make any changes or modifications to the trampette.
- Keep the trampette away from sources of heat such as ovens or flames.
- Do not expose the trampette to extreme temperatures or strong temperature fluctuations, direct sunlight, or moisture.

Before initial use

Checking the trampette and package content

NOTICE!

Risk of damage!

If you are not cautious when opening the packaging with a sharp knife or other pointed object, you may quickly damage the trampette.

- For this reason, be very careful when opening it.
 1. Remove the packaging material and all protective foils.
 2. Check to make sure that all components and accessories have been received (see **fig. A**).
 3. Take the trampette out of the packaging and check whether the trampette or the individual parts exhibit damage. If this is the case, do not use the trampette. Contact the manufacturer via the service address indicated on the warranty card.

Assembling the trampette

The trampette is pre-assembled delivered.



- Place the trampette on a soft surface for assembly, e.g. on the packaging. This way you will protect the protective cushion from possible damage.
- Keep the protective caps for further usage.

1. Place the trampette on the ground upside-down (see **fig. B**).
2. Check whether the coil springs **6** are complete and hooked in on both sides.
3. Remove the protective caps **4**.
4. Tighten all threaded legs **3** clockwise into the threaded fittings **5**.
5. Carefully turn the trampette over and place it on an appropriate, even surface (see chapter "Preparation").

The assembly is complete.

Preparation

Placing the trampette

WARNING!

Risk of injury!

There is a risk of injury due to incorrect or careless use of the trampette.

- The trampette is only suitable for indoor use.
- Place the trampette on a stable and even surface. Cover delicate floor surfaces (parquet flooring, etc) with a non-slip protective floor mat where necessary.
- The trampette must be placed at a safe distance from any vertical or horizontal obstructions such as walls, stairways, ceiling fans, windows, light fixtures, etc.
- Maintain a clear space on all sides of the trampette to allow emergency jump-offs.
- Use the trampette in a well-lit area.
- Secure the trampette against unauthorized and unsupervised use.

Using the trampette

WARNING!

Risk of injury!

There is a risk of injury due to incorrect or careless use of the trampette.

- Inspect the trampette before each use. Do not use the trampette if it shows obvious signs of damage. Replace any worn, defective, or missing parts.
 - The owner and supervisors of the trampette are responsible to make all users aware of practices specified in the user manual.
1. Check whether the protective cushion **2** and all coil springs **6** are in place and hooked in on both sides.
 2. Make sure the jumping mat **1** is clean, dry and undamaged.
 3. Make sure the protective cushion is correctly and securely positioned. Remove any items from on or beneath the trampette.
 4. Beginners may need assistance when climbing on and off of the trampette. They must be supervised during the use of the trampette.

You can now start exercising.

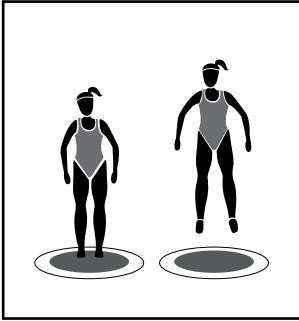


- Always warm up sufficiently before using the trampette and stretch your muscles after training.
- Always jump in the middle of the jumping mat.
- While keeping the head straight, focus the eyes on the trampette toward the perimeter. This helps to control the bounces.
- Avoid bouncing too high, maintain safe control at all times.
- Stop bouncing by flexing knees as the feet come in contact with the trampette mat. Learn this skill first before attempting others.

Bouncing instructions

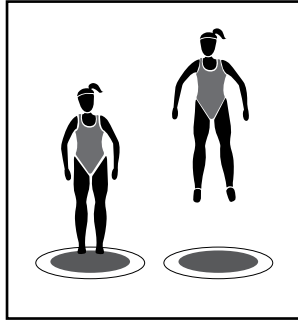
See below for some instructions regarding the use of the trampette.

Low bouncing



Bounce upwards some inches. Keep the feet hipwidth apart and bend the knees slightly when bouncing upwards and landing.

High bouncing



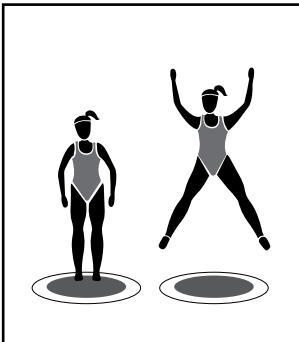
Bounce upwards higher. Start with the feet hipwidth apart and point the toes downwards at the top of each bounce.

Running



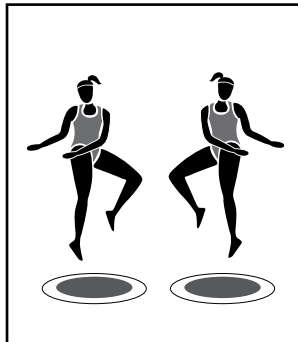
Run on the spot. Lift the knees high and swing the arms in a mirror inverted manner.

Jumping jack



Start with the feet together and arms at the side. Bounce upwards, bring both arms over the head while spreading the feet apart. When landing, bring the arms and legs back to the starting position.

Twisting



Bounce upwards while twisting the arms and upper body to the left and the hips and knees to the right. Change the direction on each bounce.

High and low kick



Bounce upwards and kick with one leg high. Keep the hands on the hips while bouncing. On the next bounce do a low kick with the other leg.

Maintenance

NOTICE!

Risk of injury!

Improper maintenance of the trampette may result in injury.

- Inspect the trampoline before each use and replace any worn, defective, or missing parts.
- Before using the trampette eliminate all potential hazards.

Those potential hazards could be represented in the following conditions:

- Missing, improperly positioned, or insecurely attached protective cushion **2**.
- Punctures, tears, or holes worn in the jumping mat **1** or protective cushion.
- Deterioration in the stitching or fabric of the jumping mat or protective cushion.
- Ruptured coil springs **6**.
- Loose threaded legs **3**.
- A sagging jumping mat.
- Sharp protrusions on the frame or coil springs.
- Broken or missing coil springs or coil springs disconnected to the jumping mat frame.
- A bent or broken frame, or sharp protrusions on the frame.

Cleaning

NOTICE!

Risk of damage!

Improper handling and cleaning of the trampette may result in damage.

- Do not use any aggressive cleaners, brushes with metal or nylon bristles, sharp or metallic cleaning utensils such as knives, hard scrapers and the like. They could damage the surfaces.

1. Use a damp cloth to wipe off the trampette.
2. Let all parts dry completely.

Storage and transport

NOTICE!

Risk of damage!

Improper storage of the trampette may result in damage to the trampette.

- Store the trampette in a safe, clean and dry area.
- Keep the trampette away from direct sunlight.
- Protect the trampette from unauthorized use.

- Place the protective caps **4** onto the threaded fittings **5** if you are dismantling the trampette for transport or storage.

Technical data

Model:	FLX-TR-02
Diameter:	92 cm
Material of trampette frame	Steel tube, powder coated
Material of jumping mat:	Polypropylene (PP)
Material of cushion padding:	Polyurethane sponge
Load-bearing capacity:	max. 100 kg (220 lb)
EAN number:	20041465
Article number:	94062

Because our products are constantly being further developed and improved, design modifications and technical changes are possible.

This user manual can also be downloaded as a PDF file from our website www.flexxtrade.de.

Disposal

Disposing of the packaging



Sort the packaging before you dispose of it. Dispose of paperboard and cardboard with the recycled paper service and wrappings with appropriate collection service.

Disposing of the trampette

Dispose of the trampette in compliance with the regulations that apply to your country.



Spend a little Live a lot

Great care has gone into the manufacture of this product and it should therefore provide you with years of good service when used properly. In the event of product failure within its intended use over the course of the first 3 years after date of purchase, we will remedy the problem as quickly as possible once it has been brought to our attention. In the unlikely event of such an occurrence, or if you require any information about the product, please contact us via our helpline support services, details of which are to be found both in this manual and on the product itself.



PRODUCED IN CHINA FOR:

ALDI STORES LTD. PO BOX 26, ATHERSTONE
WARWICKSHIRE, CV9 2SH.

ALDI STORES (IRELAND) LTD.
PO BOX 726, NAAS, CO. KILDARE.
Visit us at www.aldi.com

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94062



GB IRE **00800 / 78747874**



GB **flexxtrade-gb@teknihall.com**

IRE **flexxtrade-ie@teknihall.com**

MODEL:
FLX-TR-02

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3
YEARS
WARRANTY