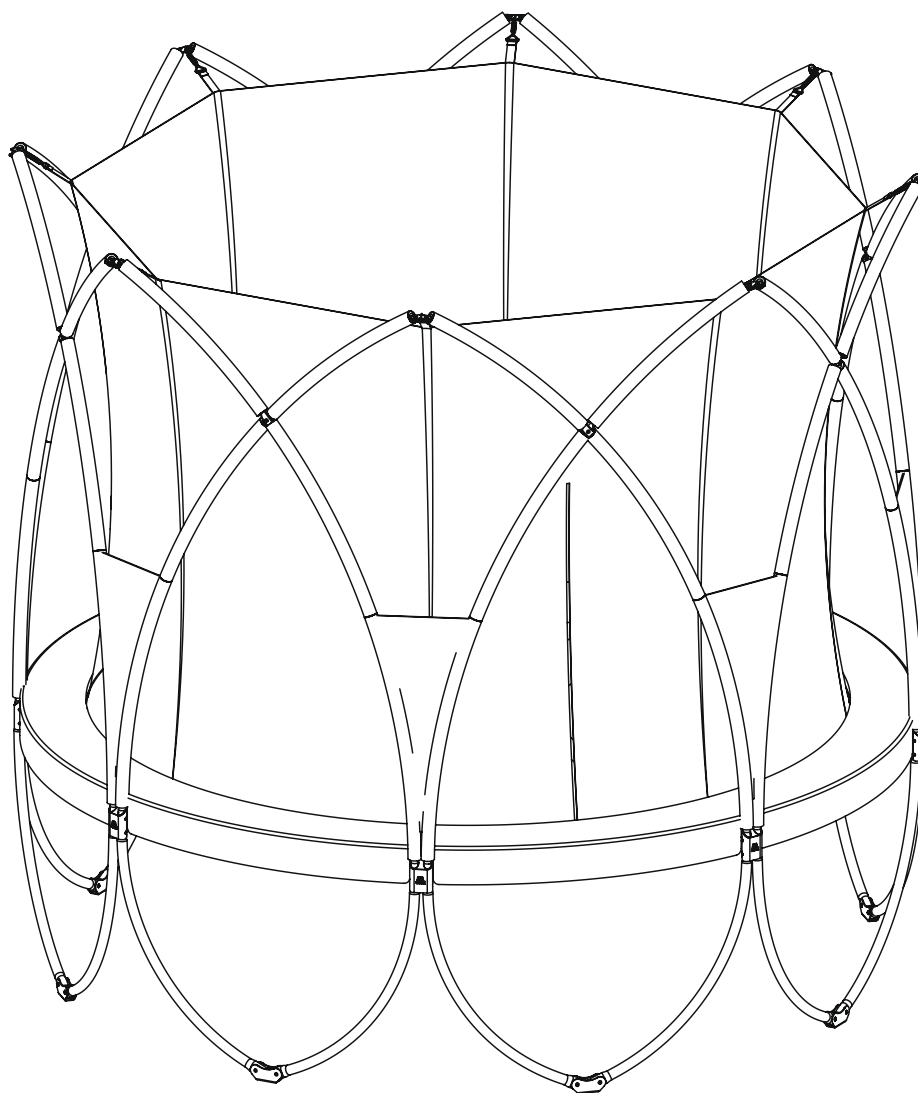


# SPARK

## Trampoline Manual

READ MANUAL FIRST



# 1 Site Checks

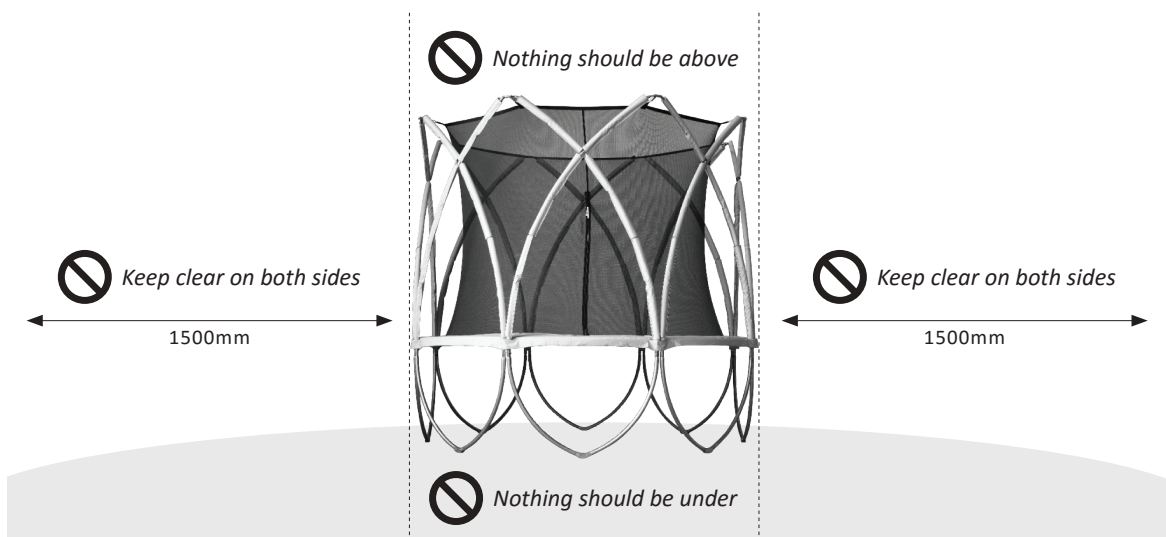
Read all instructions before using SPARK. As the owner of SPARK, you are responsible to advise all users on the safety instructions. For more information, contact SPARK Trampolines at **1300 782 661**.

## 1.1 Site Checks

You should setup SPARK in an environment which:

1. is in a visible brightness.
2. is free from strong wind.
3. is clear from walls, structures, fences and anything that will cause injuries.
4. is a flat and firm ground such as grass field, rubber or synthetic compounds and wood chip.

## Safety Distance Guide



*\*Please make sure you have placed your trampoline in the safety zone*

*\*If you have any problems by this stage, please do not try to install the trampoline and call 1300 782 661*

# 2 SPARK Installation

Before you start to install a SPARK trampoline, please check all components and units of the size you purchased. The table on the next page shows all components and units of different sizes. Please make sure you have the check box ticked before you start.

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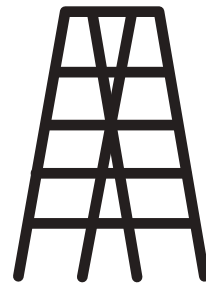
## 2.1 Preparation



1.



2.



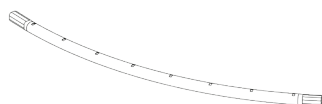
3.

- 1. Gloves:** It is recommend that people who are willing to install the trampoline should wear gloves to prevent injuries.
- 2. Number of people:** At least two or more people are required for installation.
- 3. Ladder:** Ladder is recommend to help you install the upper parts of trampoline.

## SPARK Checklist (Parts Per Size)

Structure	8 FT	10 FT	12 FT	14 FT
Frame Tube	6	8	10	12
Frame Joiner	6	8	10	12
Support Leg	12	16	20	24
Lower Pole	12	16	20	24
Middle Pole	12	16	20	24
Cross Upper Poles	6	8	10	12
<b>Jump Mat</b>	1	1	1	1
<b>Spring</b>	48	64	80	96
<b>Safety Enclosure</b>				
Safety Net	1	1	1	1
Safety Pad	1	1	1	1
Leg Connector	6	8	10	12
Leg Bolt (Longer)	12	16	20	24
Pole Bolt (Shorter)	6	8	10	12
Nut	18	24	30	36
Washer	18	24	30	36
<b>Tool</b>				
Spring Tool	1	1	1	1

## 2.2 SPARK Parts



Frame Tube



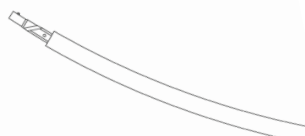
Frame Joiner



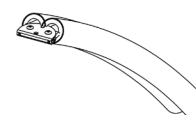
Support Leg



Lower Pole



Cross Middle Pole



Cross Upper Pole



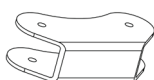
Safety Pad



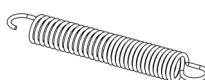
Safety Net



Jump Mat



Leg Connector



Spring



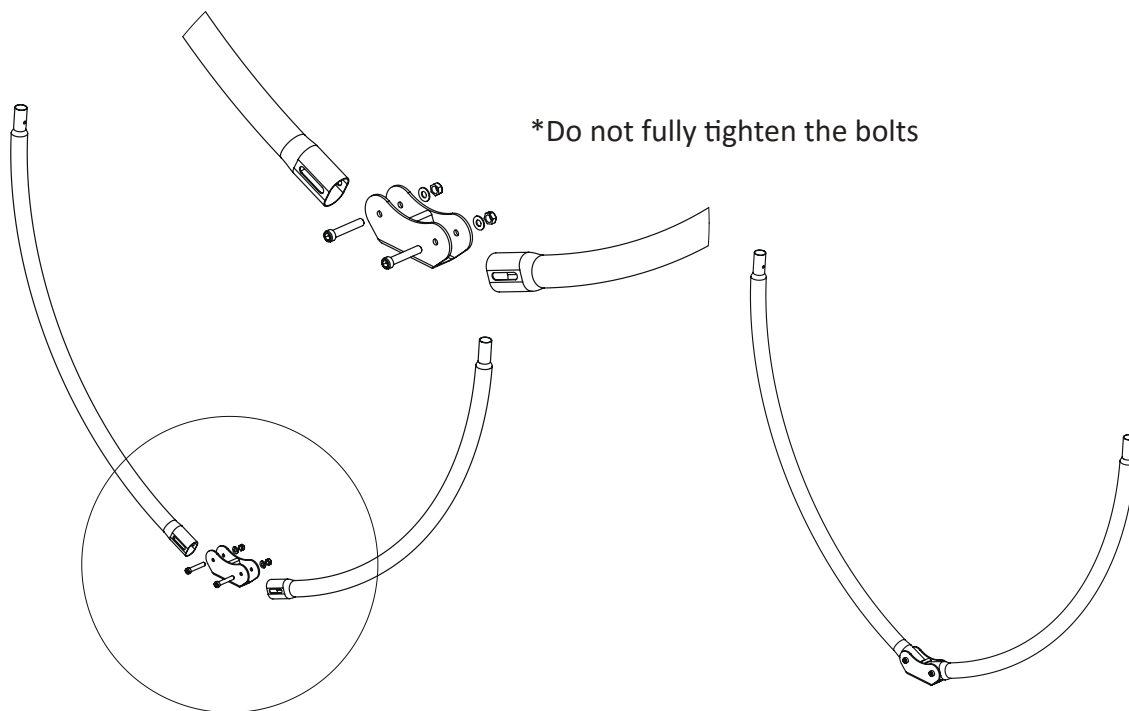
Spring Tool

## 2.3 Installation

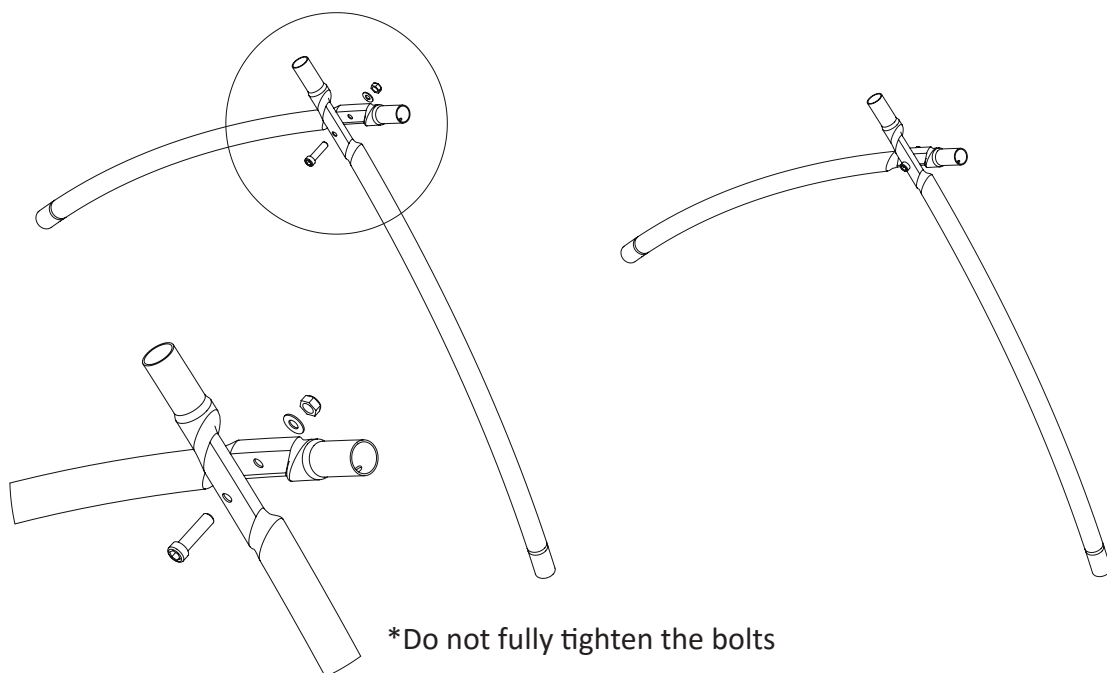
It is recommended that you should have at least 2 people to build the trampoline. Please keep children away and build the trampoline above the assembly site.

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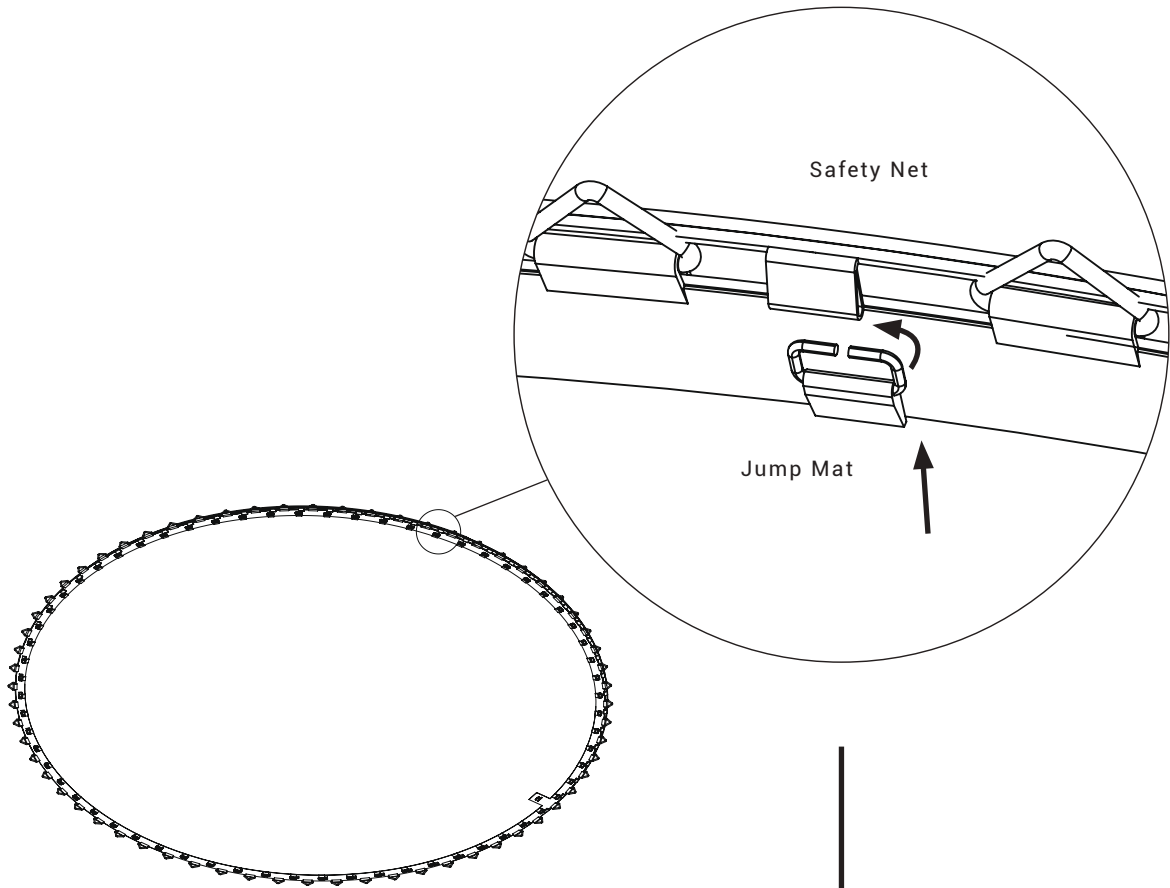
### STEP 1: "V" Shape Support Leg Assembly



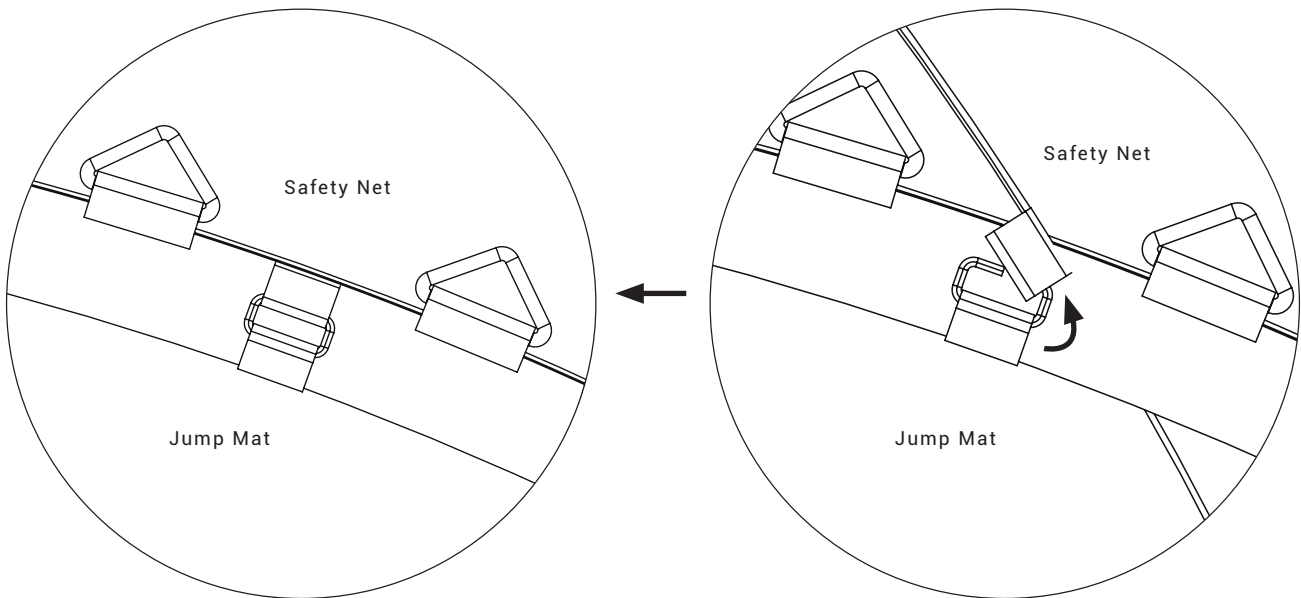
### STEP 2: Middle Safety Pole Assembly



### STEP 3: Hook Safety Net to Jump Mat

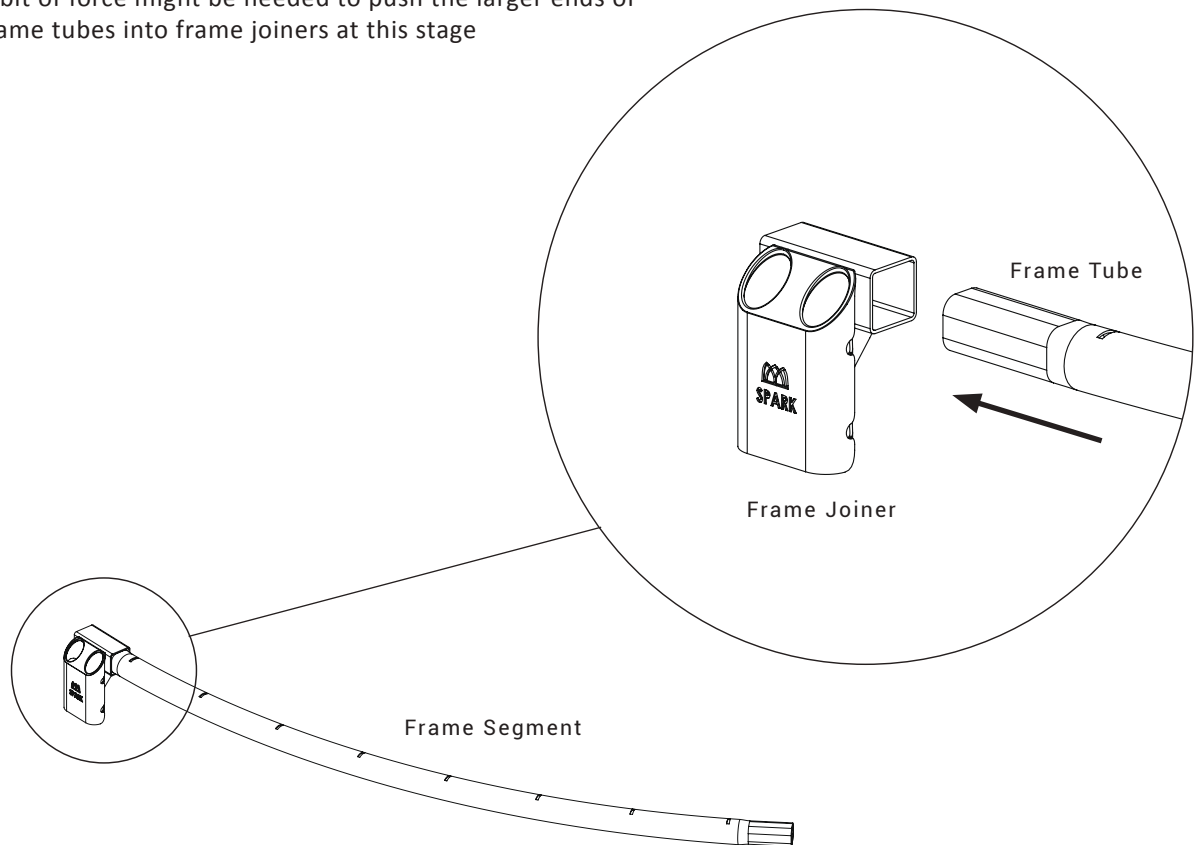


Repeat this step until the whole safety net is hooked on to the jump mat

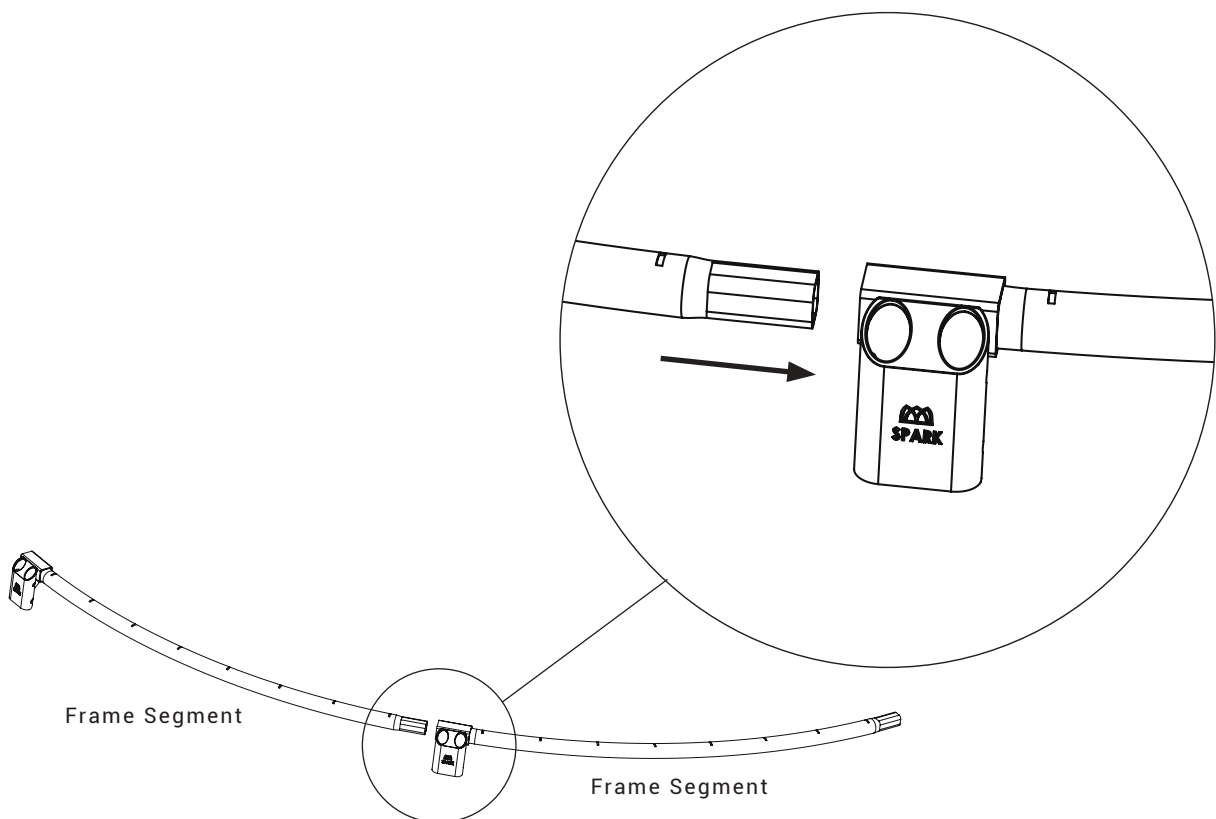


## STEP 4: Prepare Frame Segments

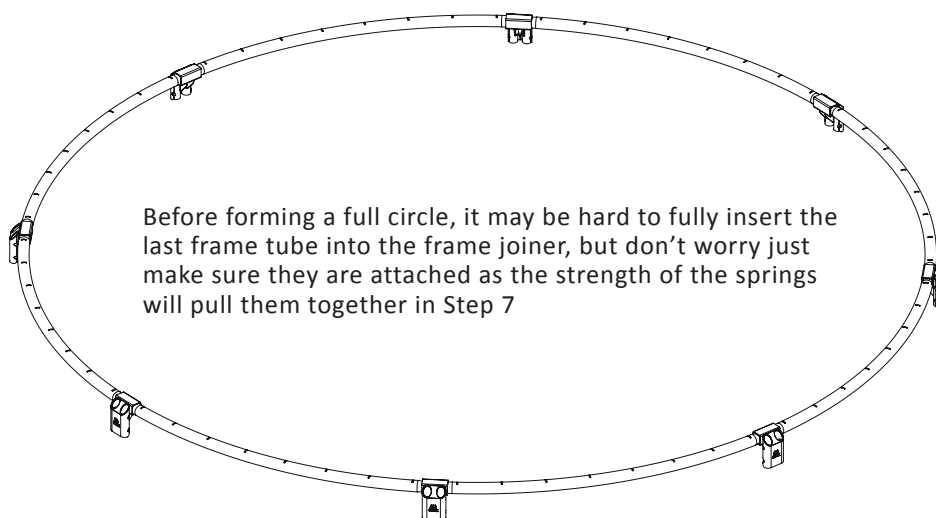
A bit of force might be needed to push the larger ends of frame tubes into frame joiners at this stage



## STEP 5: Join the Frame Segments and Form a Circle



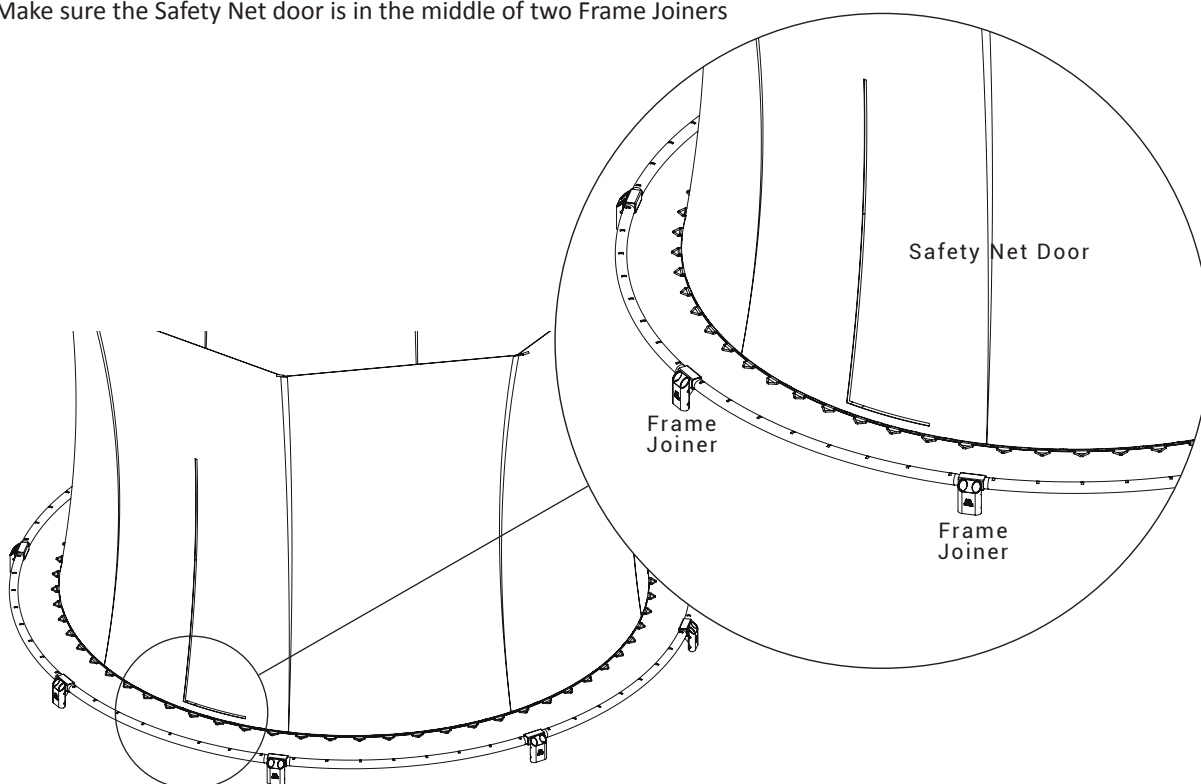
## Repeat Step 5 and Form a Circle



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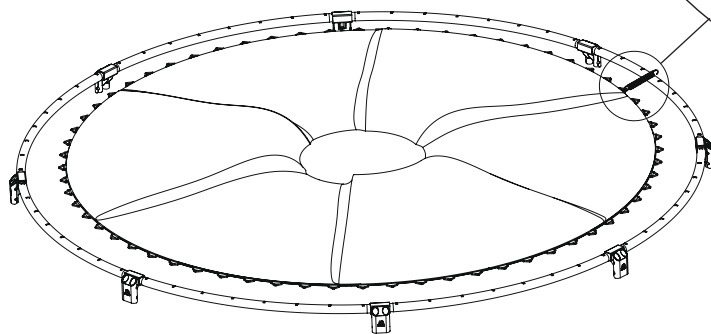
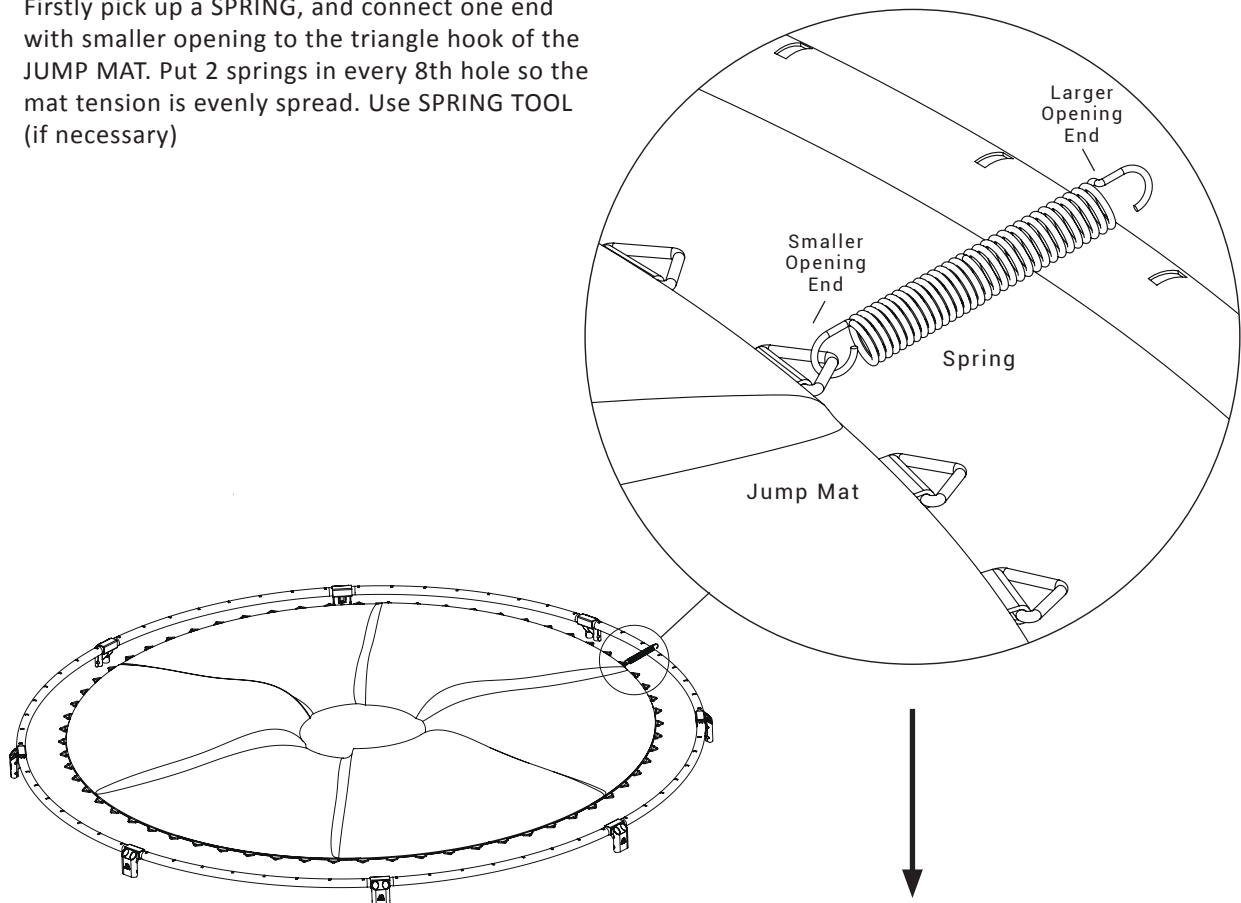
## STEP 6: Prepare and align Safety Net Door

Make sure the Safety Net door is in the middle of two Frame Joiners

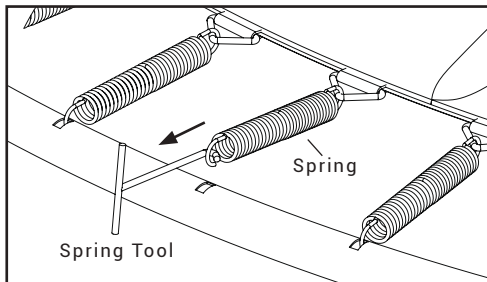


## STEP 7: Install Springs

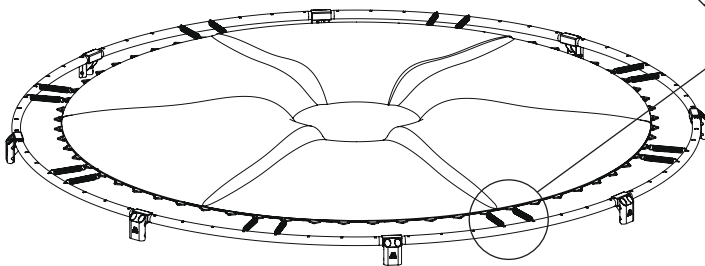
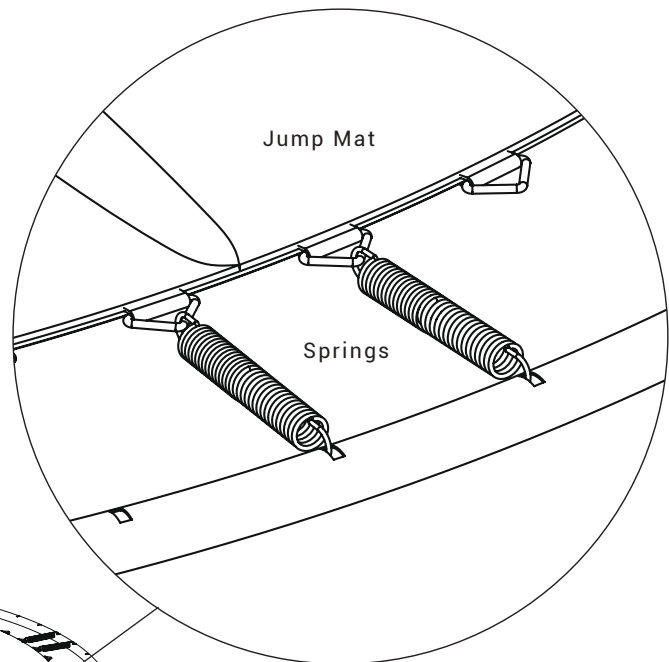
Firstly pick up a SPRING, and connect one end with smaller opening to the triangle hook of the JUMP MAT. Put 2 springs in every 8th hole so the mat tension is evenly spread. Use SPRING TOOL (if necessary)



### Use of Spring Tool

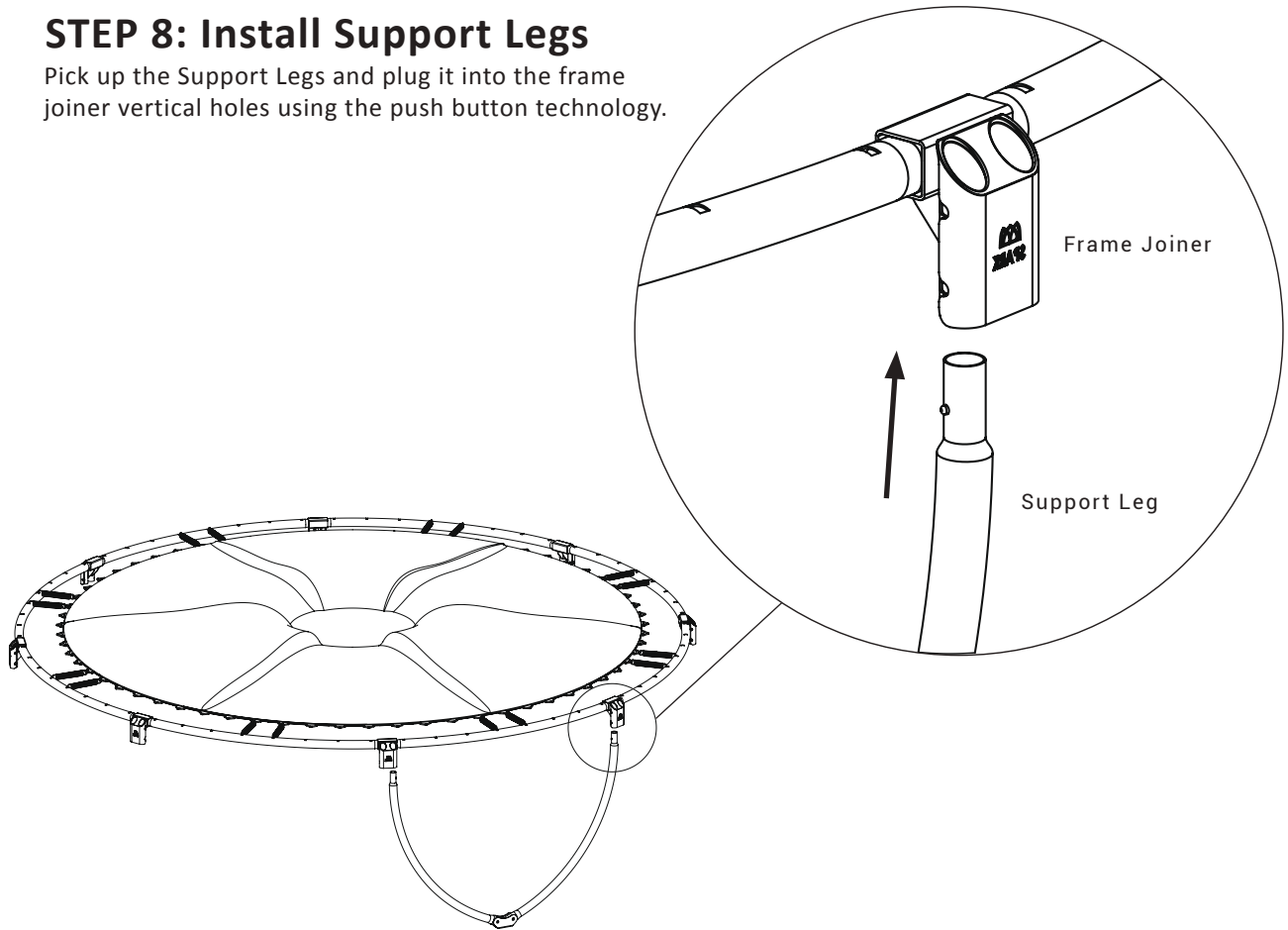


\*Please be careful with the springs while installing as the spring attachments can cause injury

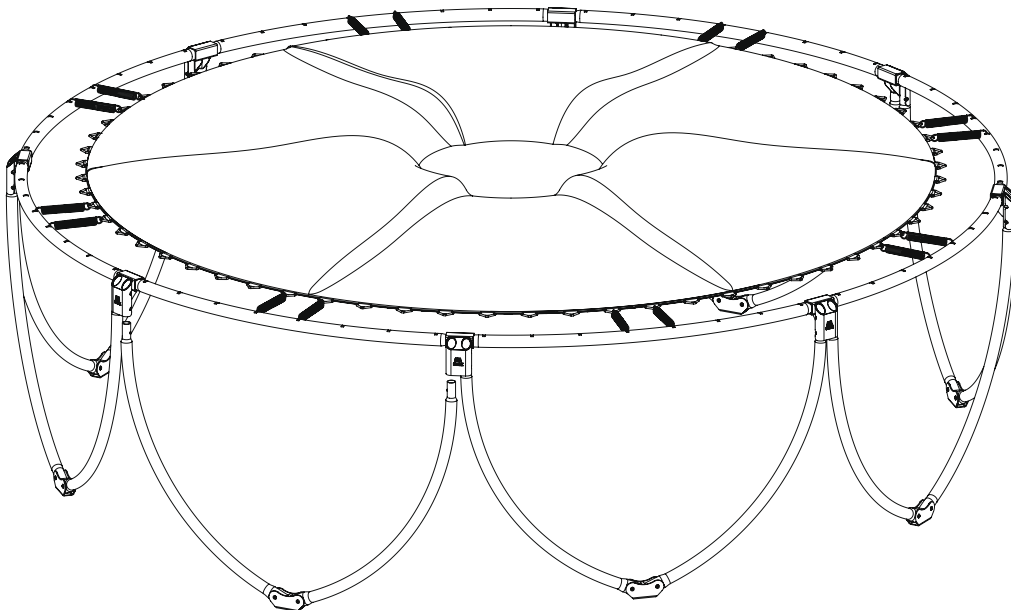


## STEP 8: Install Support Legs

Pick up the Support Legs and plug it into the frame joiner vertical holes using the push button technology.

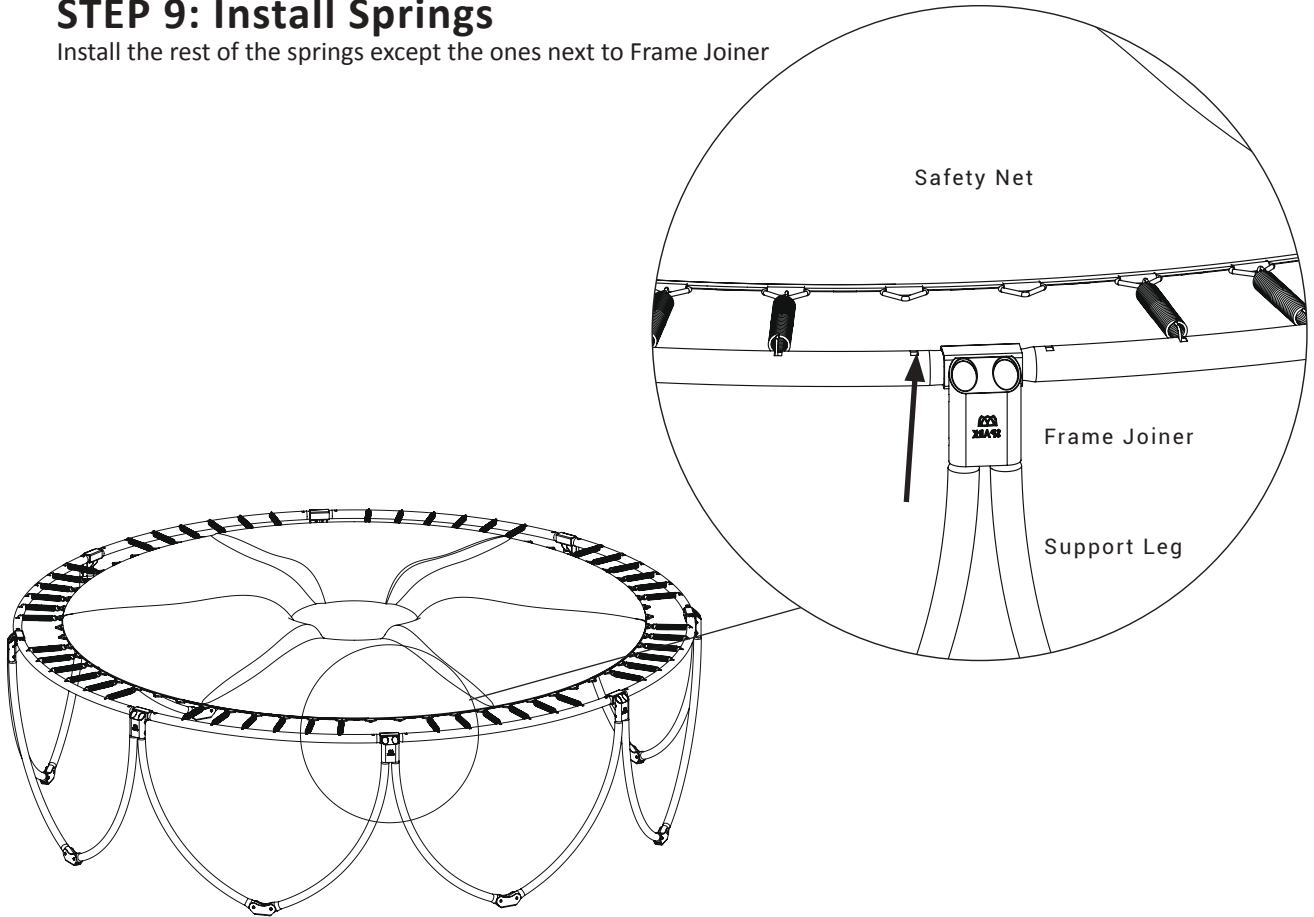


**Repeat STEP 8**

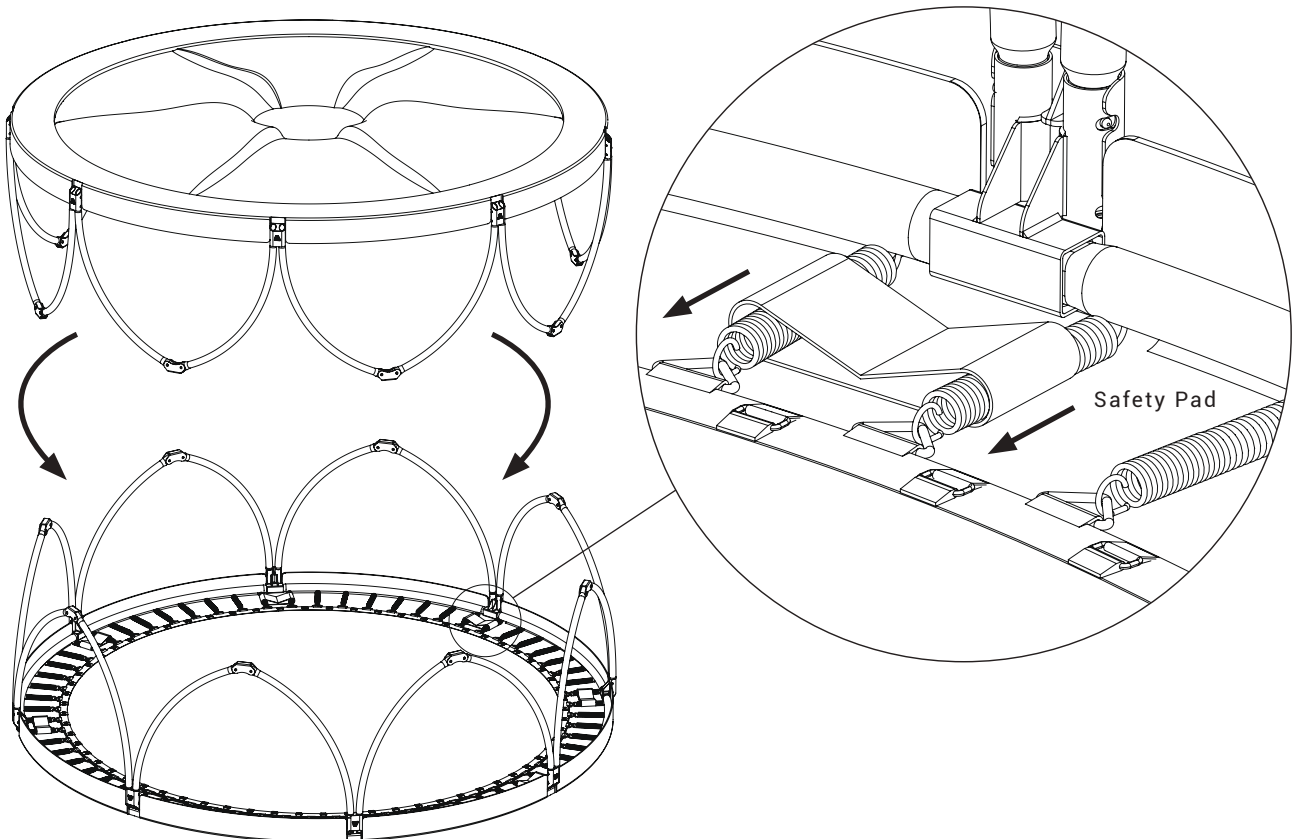


## STEP 9: Install Springs

Install the rest of the springs except the ones next to Frame Joiner

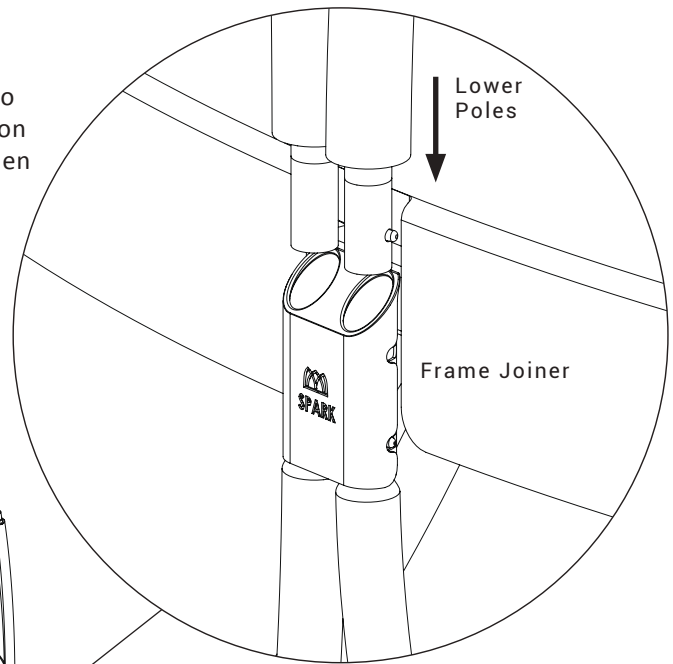
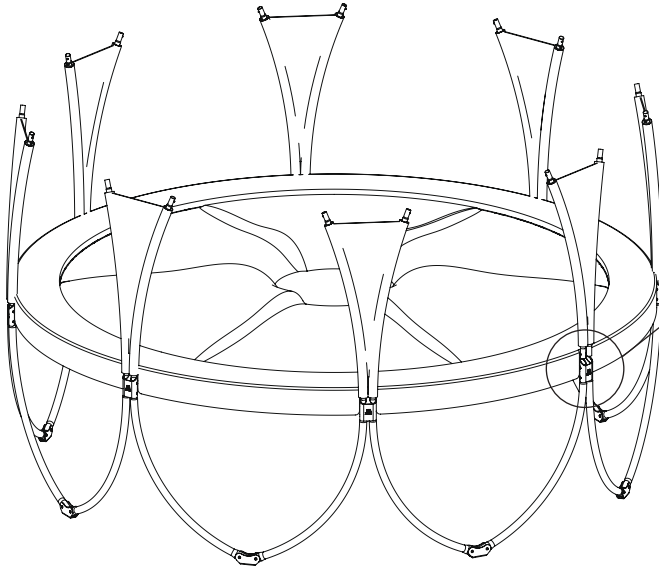


## STEP 10: Align Safety Pad and Install Remaining Springs

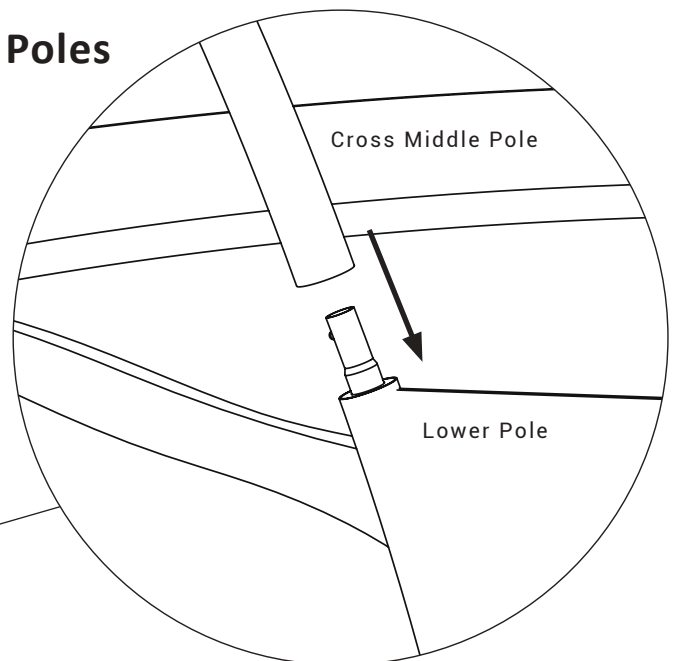
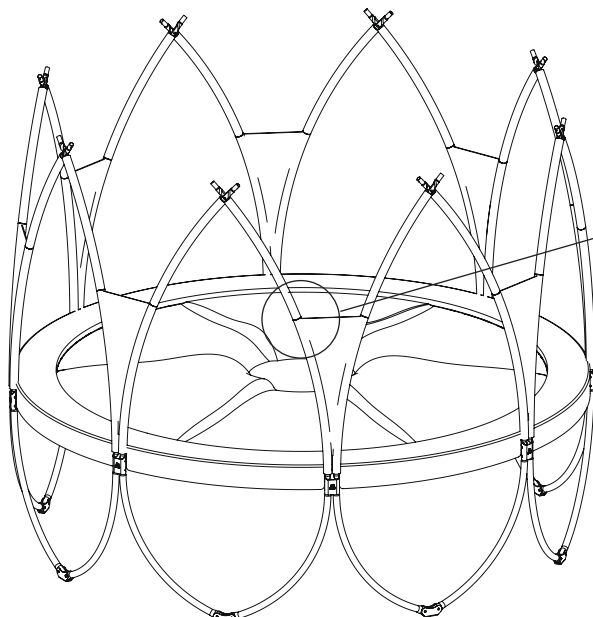


## STEP 11: Install Lower Poles

Pick up the lower poles and plug the larger end into the frame joiner vertical holes using the push button technology. It should look like the image below when you finish:

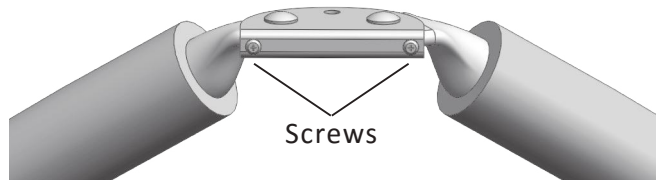


## STEP 12: Install Cross Middle Poles

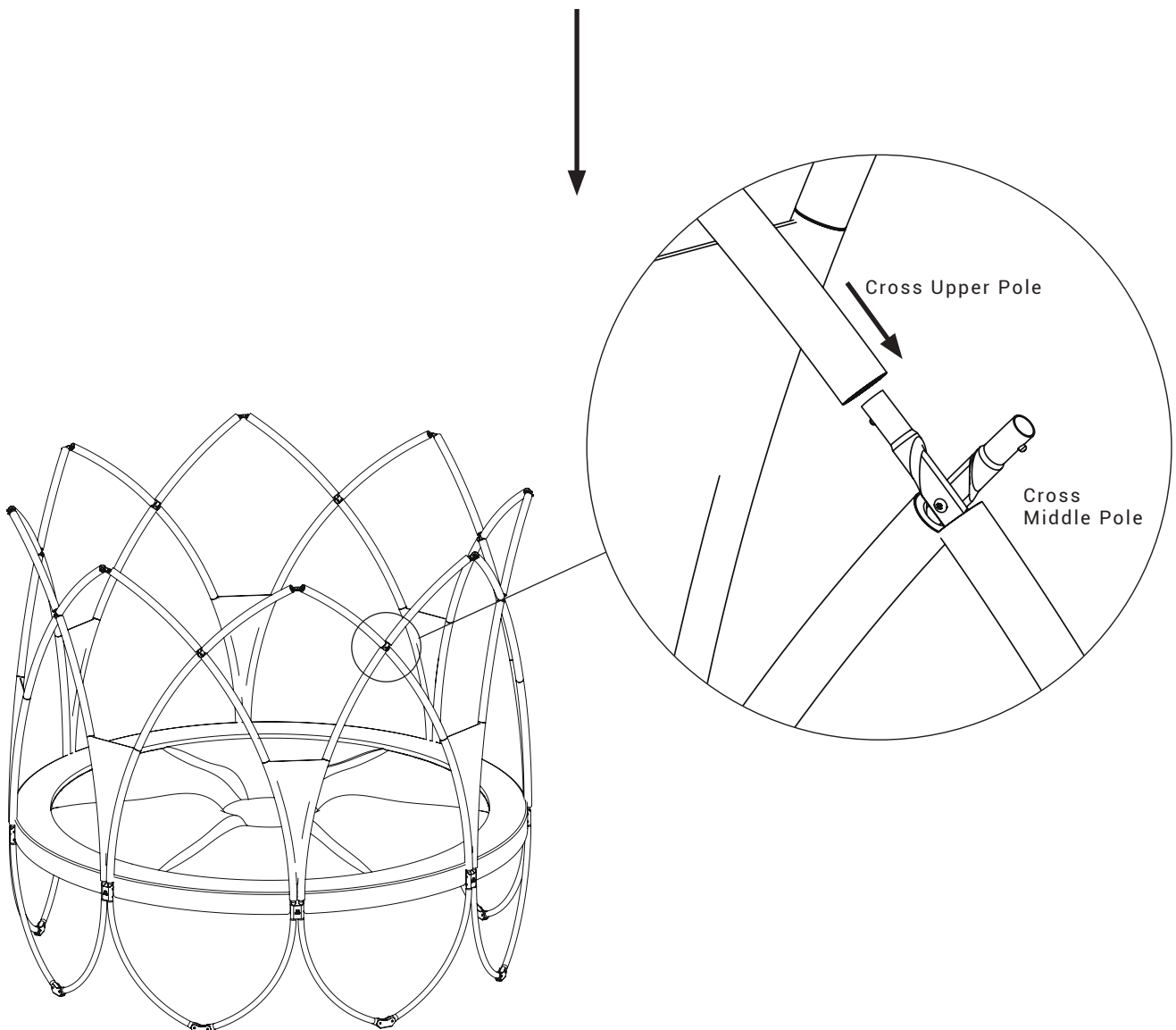


## STEP 13: Install Cross Upper Poles

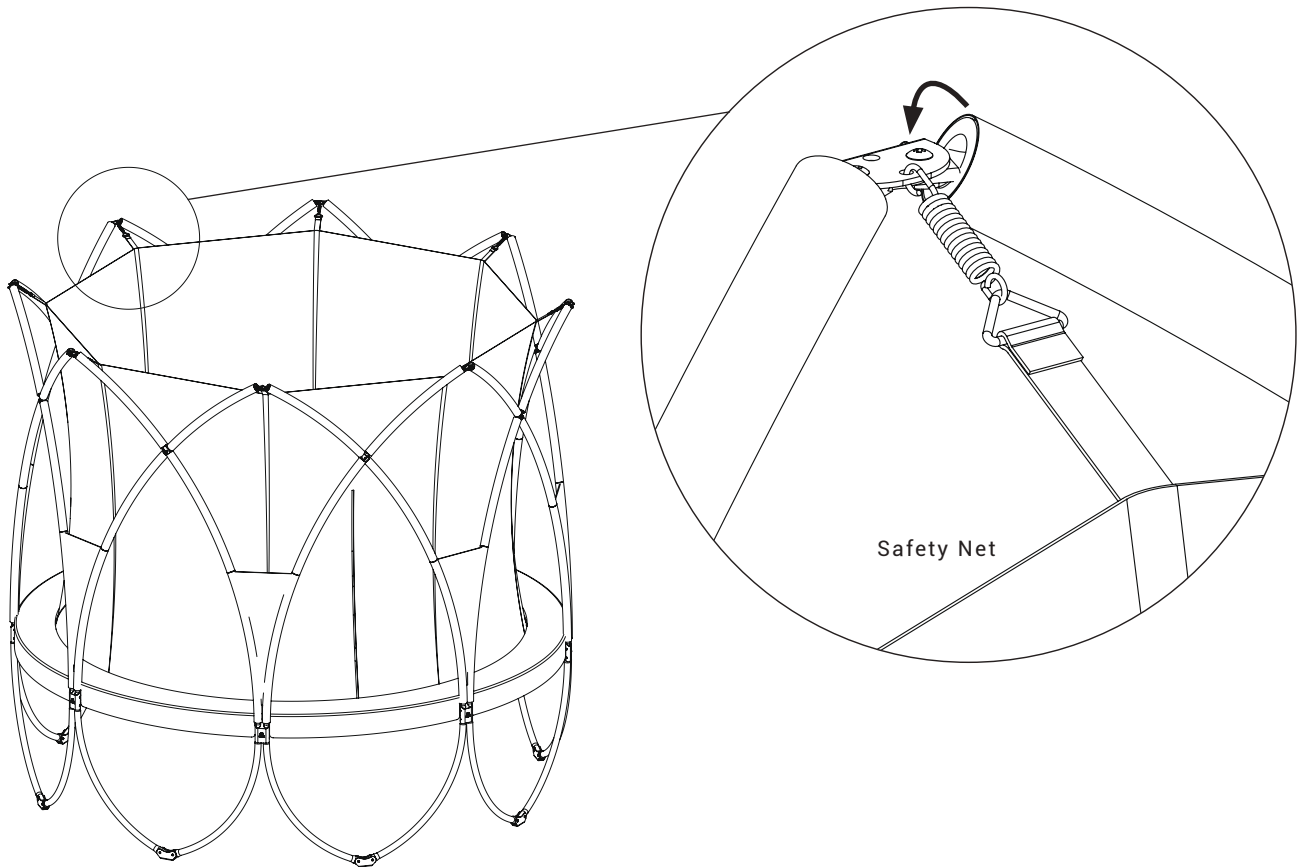
After installing the cross middle poles, now pick up one cross upper pole and loosen the screws on the top (image below). Do not take the screws out. You can now adjust the cross upper pole angle and plug it into the cross middle pole. The screw heads should face outward. It should look like the image below. Finally tighten the screws. Congratulations, you are just one step away from finish building your personal spark.



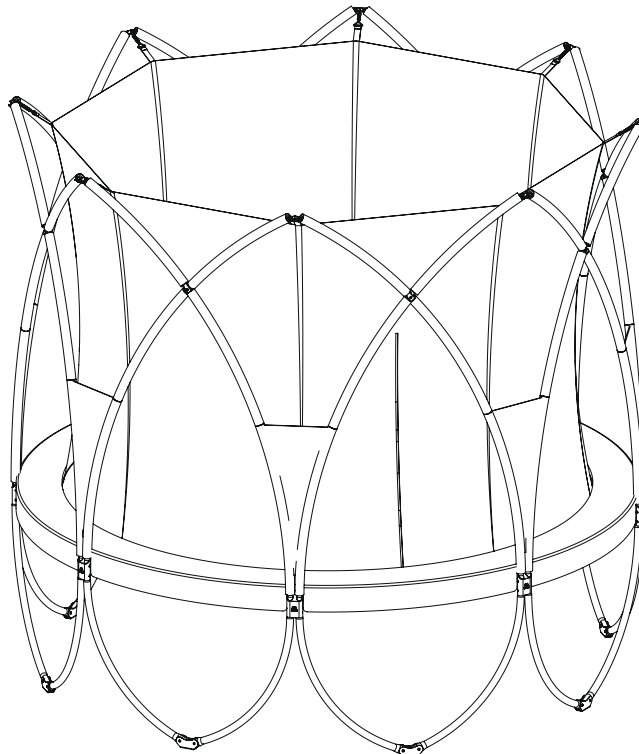
1. Loosen the screws
2. Adjust the Angle
3. Plug it into the **CROSS MIDDLE POLE**
4. Make sure the screw heads are facing outward
5. Tighten the screws



## STEP 16: Hook Safety Net Springs to Cross Upper Poles



**You have successfully installed SPARK trampoline!**



**Weight Limit = 150Kg (330lbs)**

# 3 Safety Instructions

## 3.1 Instructions

**The Following Information Should Be Incorporated In The Additional Instructional Materials Of The Information Packet:**

1. Misuse and abuse of the trampoline is dangerous and can cause serious injuries.
2. Focus your eyes on the edge of the trampoline. This will help control your bounce.
3. Avoid bouncing for too long. Do not bounce when tired.
4. Stop your bounce by flexing your knees as your feet come in contact with the trampoline bed. Learn this skill before you attempt any others.
5. Climb on and off the trampoline, do not jump. It is a dangerous practice to jump from the trampoline to the floor or ground when dismounting, or onto the trampoline when mounting. Always use two hands on the frame getting on and off the trampoline. Never use springs or suspension elements as 'hand grips'.
6. Learn fundamental bounces and body positions thoroughly before trying more advanced skills. A variety of trampoline activities can be carried out by performing the basic fundamentals in various series and combinations, or performing one fundamental after the other, with or without bounces between them.
7. Avoid bouncing too high. Stay low until you can control your bounce and repeatedly land in the centre of the trampoline.
8. Do not use the trampoline as a springboard to other objects. Use the trampoline only for trampoline style bouncing.
9. Keep objects away that could interfere with the person jumping.
10. For further information or additional instructional materials, contact your nearest trampoline club.
11. It is advisable not to bounce immediately after a meal.
12. Do not attempt knee drops as these can cause injury if you attempt this skill without some experience or personal instruction.
13. Your clothing should allow plenty of body freedom, but no flapping shirts or skirts to distract your concentration.
14. No buckles or jewellery should be worn, as these could damage the trampoline mat and cause injury to you.
15. Do not wear shoes while bouncing on the trampoline.
16. Do not apply weight more than 150Kg (330lbs)



Under Mature Supervision



Only One Person Should Use A Trampoline



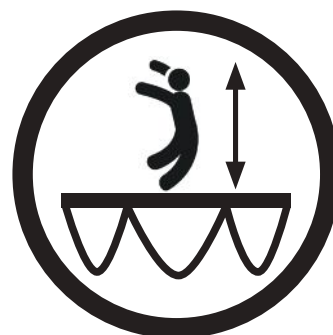
Do Not Use/Build A Trampoline While Under The Influence Of Alcohol Or Drugs



No Activity Allowed Under The Trampoline



Do Not Try To Jump Off The Trampoline



Only Jump In The Middle Of The Trampoline At All Times

# 4 Basic Skills

## 4.1 Bouncing

The most important thing about bouncing is that it should be done with control in the centre of the bed. The basic bounce should always begin low. High, reckless bouncing should never be allowed.

## 4.2 The Stop Bounce

This technique allows the user to gain control by stopping quickly. It is achieved by keeping the feet in contact with the bed, and absorbing the rebound of the trampoline with the knees and waist. This skill should be the first skill learnt and should be employed whenever you feel out of balance, or land away from the center area.

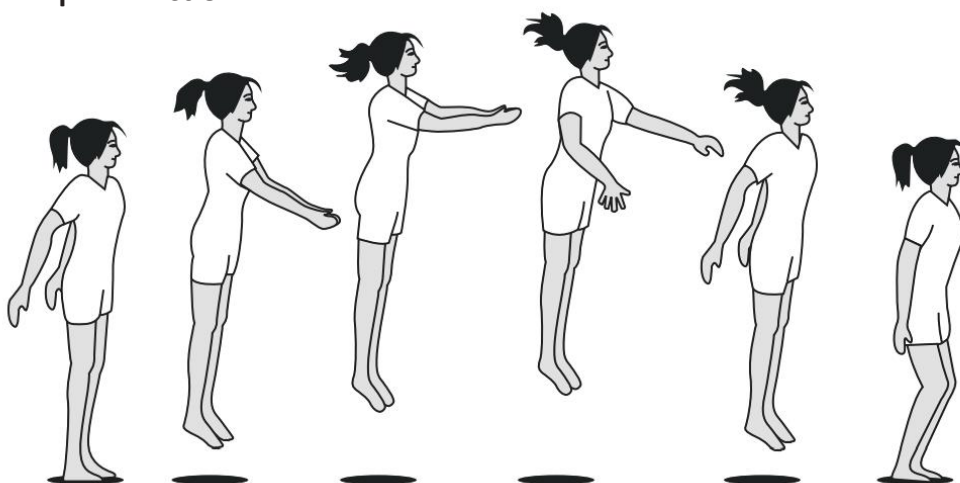
### To Learn The Stop Bounce:

1. Stand in centre of the bed with your feet about hip-width apart.
2. Attempt about three easy bounces, keep them low and controlled.
3. Focus your eyes towards the perimeter of the trampoline while bouncing in order to keep your balance.
4. Stop the bounce by bending at your knees and hips on contact with the bed.

## 4.3 Arm Action

Arms are very important for proper control and lift. Whenever you go up, your arms go up. They go up to a set position about shoulder height and shoulder width. They should remain in this balanced position until you start down. Then they circle down and slightly behind the hips, ready to lift again as you bounce up (*see Figure B1*).

**Figure B1 | Arm Action**



## 4.4 Bounce Variations

**Figures B2, B3** and **B4** show three variations, the tuck, the pike, and the straddle pike respectively. These should be assumed at the top of the bounce, before resuming the normal landing position on your feet.

**Figure B2 | Tuck**



**Figure B3 | Pike**



**Figure B4 | Straddle Pike**



Practice these simple variations and concentrate on perfect form. Make sure that your toes are pointed and fingers are straight. These are simple variations to the basic bounce and are very important for gaining experience in coordinated movement.

# 5 Basic Landing Positions

## 5.1 General

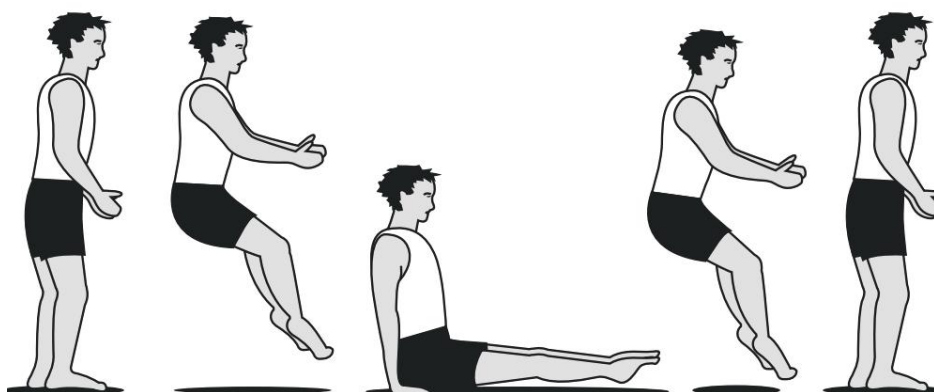
Positions for all drops: seat (*see Paragraph 5.2*), hands and knees (*see Paragraph 5.3*), and front (*see Paragraph 5.4*), should first be practiced on the ground, then in a stationary position, and only then on the trampoline bed. Drops should be performed after 'priming' the trampoline bed. Priming is done by bending your knees and pushing down repeatedly on the trampoline bed, thereby setting the bed in motion. The feet stay in contact with the bed during the entire priming motion.

## 5.2 The Seat Drop

### To Learn The Seat Drop:

1. From the standing position, prime the bed several times.
2. Pick up your feet at the top of the last bounce, and sit down. You should land so that your body is in a sitting position with legs straight out in front and your toes pointed. Hands should be on the bed next to your hips. Fingers should be together and pointed toward the toes.
3. Push on the bed with your hands to rebound up to your feet (*see Figure B5*).

Figure B5 | Seat Drop



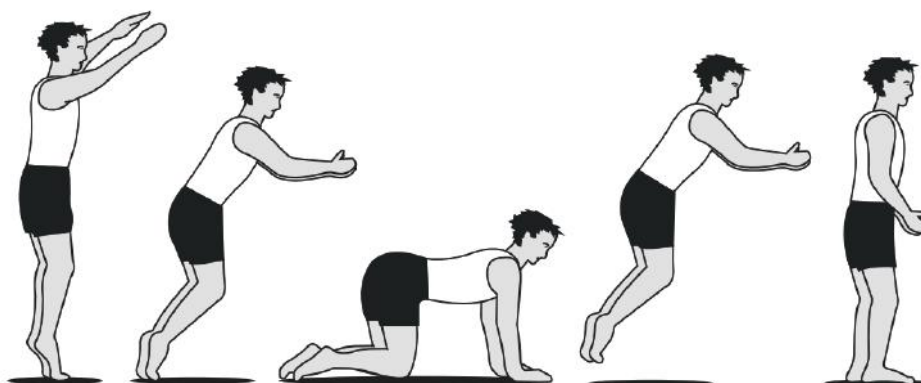
## 5.3 The Hands And Knees Drop

To do this drop properly, there should be just as much weight on your hands as on your knees. Your back should be about approximately parallel to the bed. Knees and hands should land simultaneously, with the middle of the body landing in the centre of the trampoline. Hands should be directly under the shoulders. Knees should be directly under the hips. Your toes should be pointed.

### To Learn The Hands And Knees Drop:

1. Get down on your hands and knees on the bed. Make sure you have weight on both your hands and your knees. Do not sit on your heels.
2. Remain in this position and try to bounce. Do not rock back and forth between the hands and knees, but develop an even landing on all four points.
3. From the standing position, prime the bed several times. Lift upward with your hips, reach forward with your hands, and land on all fours. Look slightly in front of your hands on landing. Push to rebound to your feet (*see Figure B6*).

Figure B6 | Hands & Knees Drop



## 5.4 The Front Drop

Contact with the trampoline bed should simultaneously take place with your hands, elbows, chest, stomach, hips, and knees. Knees should be bent. You must come down level. If the landing is made first on your chest and arms, they will rebound before your knees hit which will result in a straining action on your back. If this type of landing is made with a travelling, diving approach there is a chance that your elbows may become skinned. If the landing is made so that your knees and hips hit first, then they will rebound and your shoulders and face will land heavily.

### Step 1:

1. Start from the hands and knees drop position.
2. As you rebound from the hands and knees, stretch so that you land on your stomach.

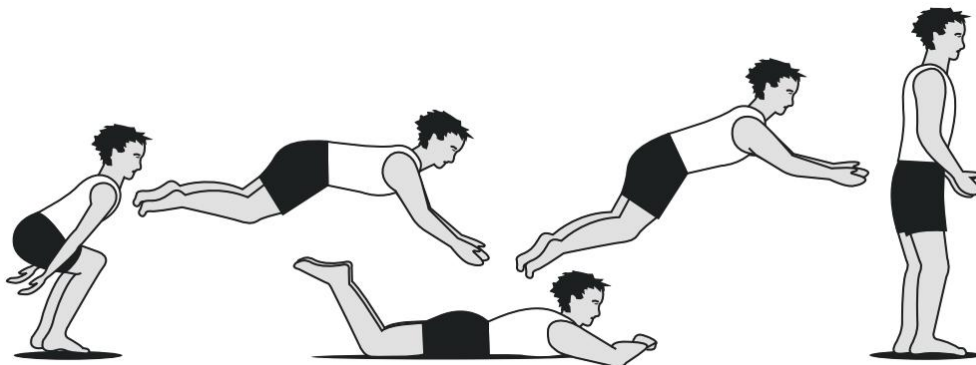
### Step 2:

1. Start from a standing position with knees bent so that your upper body is low and close to the trampoline bed.
2. Prime the bed several times.
3. Lift hips gently upward and backward.
4. Land in contact with the bed as described in Step 1.
5. Push with your hands to return to the feet.

### Step 3:

1. Start from a straight standing position.
2. Prime the bed several times.
3. Perform skill as in Step 2 (*see Figure B7*).

**Figure B7 | Front Drop**



## 5.5 Sequencing

Once you have mastered the individual bounce variations and drops, practice them in sequence. For example: Seat drop–Hands and knees drop–Front drop, or Seat drop–Front drop–Hands and knees drop–Seat drop.

## 5.6 Beginning Twisting

### 5.6.1 General

(*Figures B8*) will show you a few of the many possible twisting variations of the basic landing positions.

## 5.6.2 Seat Drop—Half Twist—Seat Drop (AKA: Swivel Hips)

### Step 1:

1. Perform a seat drop.
2. Push down on the bed with your hands and come to a stand with the arms stretched overhead.

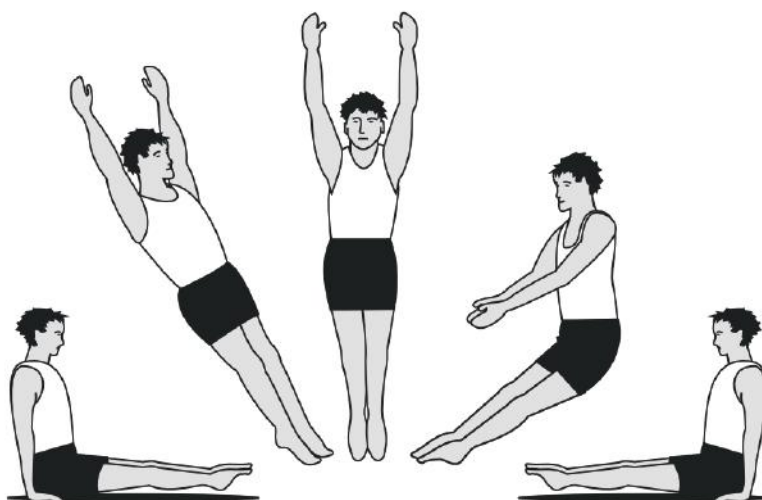
### Step 2:

1. Perform the movement in Step 1. As you rebound up to your feet, move one shoulder in the direction you want to twist.
2. Finish standing with arms stretched overhead, facing the opposite direction (180 degree twist completed).

### Step 3:

Perform as in Step 2. Just before contacting feet with the trampoline bed, lift your legs to land in a sitting position (*see Figure B8*).

**Figure B8 | Seat Drop—Half Twist—Seat Drop**



# 6

## Care & Maintenance

Good care and maintenance can keep a trampoline in a good shape and functional for years. Maintaining a trampoline is not a hard thing, just follow the guidelines below:

---

### 7.1 General Care

1. Only one person is allowed to jump on the trampoline at all times, multiple people jumping on the trampoline can exceed the maximum weight which the trampoline can endure. Exceeding this weight can bring serious damage to the trampoline as it might break the jump mat or snap the springs.
2. Strong winds, hails or lightnings can damage your trampoline, therefore putting away a trampoline from an exposed area is important when you are not using it.
3. Using a trampoline with shoes on can be very dangerous as it might cause injuries and damage to the jump mat.
4. Sharp or pointed objects should be put away from the trampoline before use as injuries might occur.
5. It is important to make sure all these trampoline items are not worn, broken or missing before use:
  - Punctures, holes or tears in the jump mat or frame padding.
  - Bent or broken frame parts, such as support legs or frame.
  - Any kind of deterioration of the mat.
  - Broken or damaged springs.
  - Padding or suspension system.

### 7.2 Safety Padding

1. Our safety padding is protected from the deleterious effects of sunlight as it is made from UV resistant material.
2. Overheated objects such as barbecue grills or outdoor heaters can melt or burn the safety padding, therefore it is important to keep them away.

## 7.3 Frame

1. Make sure nobody sits on the edge of the frame at all times as it might fall or increase the pressure on the joints and springs.
2. The maximum weight of SPARK is 150kg (330lbs), putting anything over 150kg (330lbs) on the trampoline will overload the trampoline and occur damage to the frame.
3. Our frame is made from galvanised steel and is covered with a protective zinc coating, however rusting surface can still be found overtime, it can be removed by proper polishes.
4. At least four people are required to lift the trampoline to ensure it is safe when moving. It is important to keep the trampoline intact during the move and prevent the joints from dislocating and separating.
5. The trampoline should be disassembled and reassembled if for any other types of transfer or move.
6. Resting the trampoline on its side may result in bending the frame or safety poles.

## 7.4 Jump Mat and Springs

1. Do not use the trampoline if any of the springs are missing or damaged.
2. Do not use the trampoline if there are any holes in the mat.
3. Keep any sharp or pointed objects away from the jump mat before use.

## 7.5 Safety Net

1. Make sure no holes are found in the safety net as it could represent potential hazards.
2. The trampoline is not suitable for use if there are punctures, frays, tears or holes in the safety net or frame.
3. Always check the safety net and safety poles are attached and tight before use.