

KANGAROO™

SUPER TRAMP

Part of the Family - Est 1983

PERFORMANCE TRAMPOLINE

14.5 x 8.3ft



Adult assembly required

Read User Guide before assembling

Please keep this guide for further reference



We have over
38 years experience



Family run
business



Stockist of spares
& accessories

Your Warranty



Performance Range Warranty

Frame – 13 years

Springs – 10 years

Frame Pad – 5 years

Bed – 5 years

Models covered by this warranty level:

Kangaroo (polymesh bed)

Super Kangaroo (2-string bed)

Boomer (2-string bed)

PLEASE NOTE THE FOLLOWING:

- Domestic trampolines purchased for use commercially will not be covered by guarantee. All trampolines used in-ground will be covered by the warranty levels outlined above, except for the frame pads which will be covered for 12 months only.
- Using your trampoline on concrete ground without rubber feet or mats will invalidate any guarantee on the frame.
- Jet Sports reserve the right to revoke any form of guarantee in circumstances where they believe there to be evidence of misuse.

IMPORTANT

Please keep your proof of purchase - it will be needed if you wish to make a claim.

RECOMMENDATION:

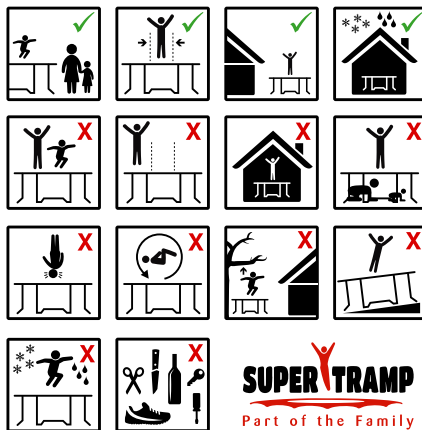
We recommend that all 2-string performance beds are refurbished every 2-5 years.

For more information, please call our office on the number provided below.

Before You Start

Siting Your Trampoline

- Your trampoline works best and is safest if it is completely level. It is vital that you keep two metres of unobstructed lawn space surrounding the trampoline at all times.
- The Kangaroo™ trampoline is designed to stand on a lawn or other soft surfaces such as artificial grass and bark. If you are positioning your trampoline on an abrasive surface such as concrete or gravel, the underside of the leg bases will deteriorate quickly. In these circumstances, we recommend you use floor guards or rubber matting to protect your frame.



WARNINGS

- Children must be supervised by a responsible adult at all times.
- Only one user at a time is recommended.
- Storing your trampoline away in bad weather is recommended (see care and maintenance)
- Always aim to bounce as close to the middle of the bed as possible.
- Do not in any circumstances let a person under the trampoline.
- Do not use this trampoline indoors.
- Be aware of the weather at all times – rain, ice and snow can make it slippery underfoot.
- Do not attempt somersaults unless you are fully competent or trained to do so.
- Do not bounce under the influence of drugs or alcohol.
- Remove all footwear before bouncing.
- Make sure you empty your pockets before bouncing as sharp objects can damage the mat and cause injury.

Please note:

The Safe Bouncing Guide on the next page only includes basic moves that are relatively simple and safe to learn. There are, of course, many additional moves that can be performed. However, it is important that you are taught these by a qualified instructor. This will ensure that you learn in a safe environment and under supervision. This will also ensure that you do not get in to bad habits, as these could cause you problems and put you at risk as you continue to develop your skills.

For details regarding trampolining sessions in your area, contact your local leisure centre or visit:
www.british-gymnastics.org/discover/trampoline

Safe Bouncing Guide

Standing Bounce

Use the basic “feet to feet” standing bounce to warm up and get the feel of the trampoline.

Try to keep the body straight. Your legs should be slightly apart when landing on the bed and together in the air with toes pointed.

Keep your eyes fixed on the frame pads in front of you. As you jump up from the trampoline bed, push down hard on the balls of your feet and toes. Stretch your body upwards and swing your arms forwards and upwards.

As you come down on to the bed, bring your arms down to your sides, part your legs slightly and land with your feet flat whilst flexing your knees.



IMPORTANT:

To stop your bounce, bend your knees as your feet touch the bed and resist the momentum which will try to force you up again. Practice this move so that you are confident that you can stop if you find you are getting out of control or going away from the centre of the bed.

Seat Drop

First, without bouncing, sit in the middle of the bed in the correct landing position.

This should be with your legs together and straight out in front of you. Lean slightly backwards whilst keeping your back straight. Keep your arms beside and slightly behind you with fingers together and pointing forward.

Next, stand up and drop to the seat drop position, without bouncing. Then try the move from a little bounce. To bounce back onto your feet, shift your hips forward and push up with your hands.



Make sure that you drop to the seat drop position in the middle of the bed and land back on your feet in the middle of the bed.

Hands and Knees

Without bouncing, adopt the hands and knees position as shown below, keeping your eyes on the edge of the trampoline.

Return to standing position and with a small bounce, shift your hips back and upwards and drop to the hands and knees position.

Your hands and knees must hit the bed at exactly the same time. Push up slightly with your arms to return to the standing position.



Safe Bouncing Guide

Pike Jump

Start as if doing a standing bounce.

At the top of your bounce, bend your body at the hips by raising your legs whilst keeping them straight and together. Arrive at the horizontal position and briefly touch your shins.

Release this position and return to the standing bounce stance before landing on the bed with arms at your sides.



Tuck Jump

Start as if doing a standing bounce.

At the top of your bounce, bring your knees to your chest and briefly clasp your shins. Keep your head high and looking forward; focus on a point ahead to help keep you balanced.

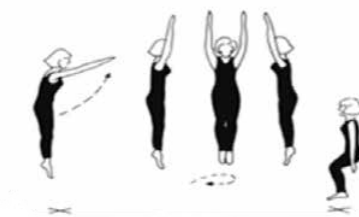
Let go of your shins and return to standing bounce with your body straight and arms at your sides before landing on the bed.



Half and Full Twist

Half Twist

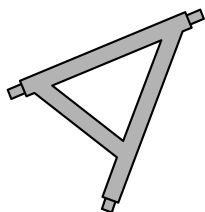
From a standing bounce, as you leave the bed raise both arms out to the side and bring them together above your head whilst looking in the direction you wish to twist. This action will help you twist your body round so that you land facing the opposite direction, having rotated through 180°. The higher and quicker you lift your arms, the further you will twist. Always twist in the same direction.



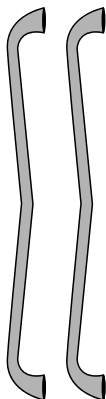
Full Twist

Performed as the half twist but with more effort so that you rotate through a full 360° and land in the same position that you took off from. Do not attempt a full twist until you have perfected the half twist.

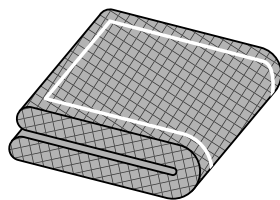
Kangaroo™ Parts List



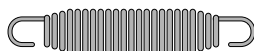
**4 x Leg
Triangles**



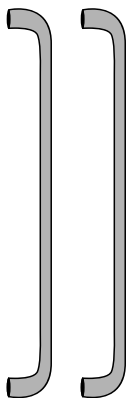
**2 x Leg
Bases**



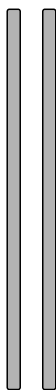
1 x polymesh bed



**100 x 212mm
Springs**



**2 x End
Rails**



**2 x Side
Rails**



**24 x 205mm
Toggle Loops**



100 x Anchor Straps

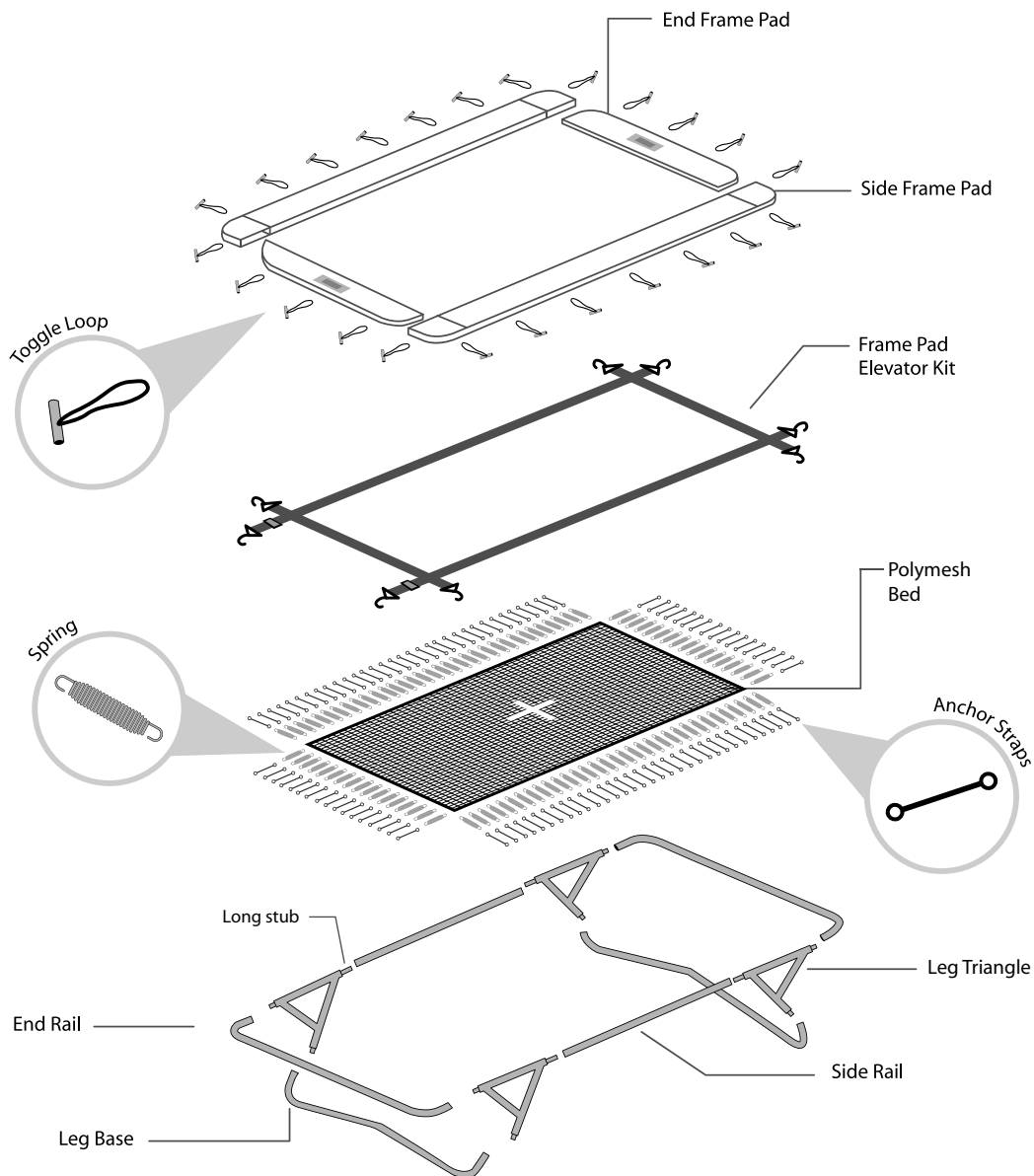


2 x Side Frame Pads

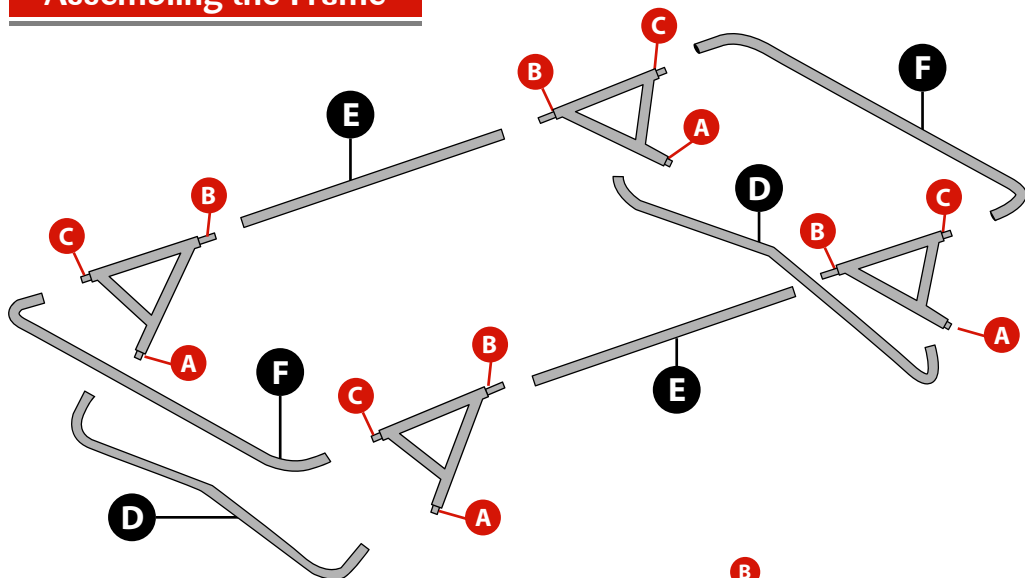


2 x End Frame Pads

Exploded Diagram



Assembling the Frame



STEP 1

To begin, find **2 x leg triangles** and **1 x leg base**. Fit **part A** of each **leg triangle** into **part D**. Note that **part B** has a longer stub than **A** and **C** and this should point in the direction of the side rail

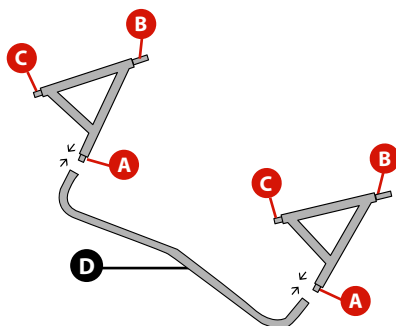
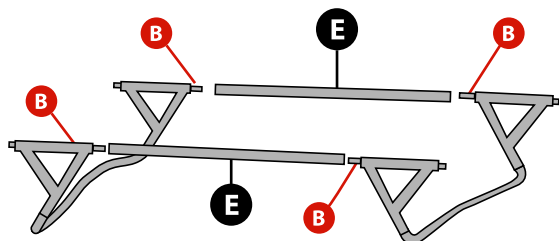
STEP 2

Repeat **Step 1** so that each leg base has **2 x leg triangles** attached.

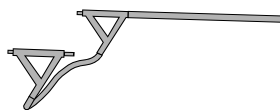
STEP 3

Take **part E** (**1 x side rail**) and slide the tube onto **part B** (the longer stub on the triangle) of one of the **leg triangles**.

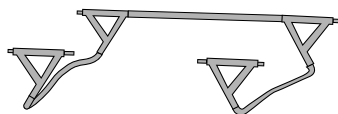
Lift the assembled **side rail** so it's positioned horizontally and supported by the **leg base**. You will be required to hold it in this position. Proceed to follow Steps 3b and 3c so you are left with a freely standing frame.



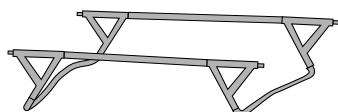
3a



3b



3c



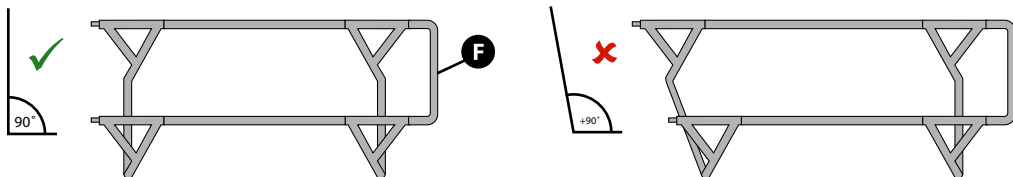
Align the Frame

STEP

4

Make sure your frame is fully aligned by **temporarily** fitting **part F (1 x end rail)** to one end of the frame. Adjust the frame so that each side rail is parallel to the other (see diagram below).

Remove end rail after you have made final adjustments.



Assemble the Bed

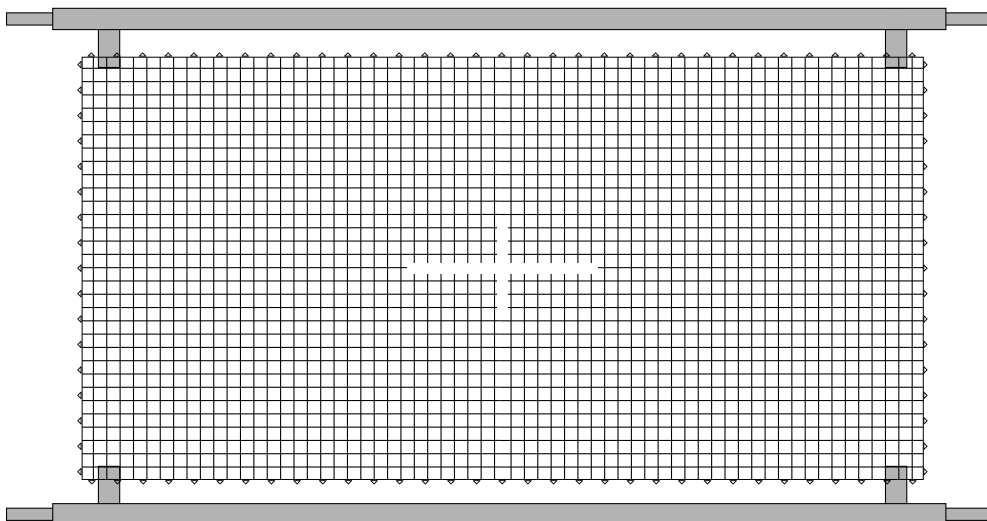
STEP

1

Begin by unfolding the **polymesh bed** and laying it on the ground inside the frame. Ensure the painted markings on the bed are facing upwards.

Before you begin: Please note that the springs **must only be attached to the frame in the order stated in the following instructions**. If all springs are attached on one side first it will be extremely difficult to attach the opposite side.

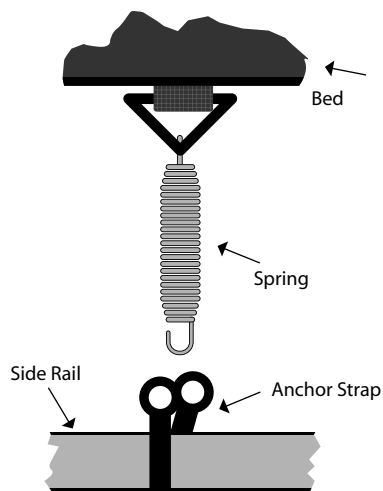
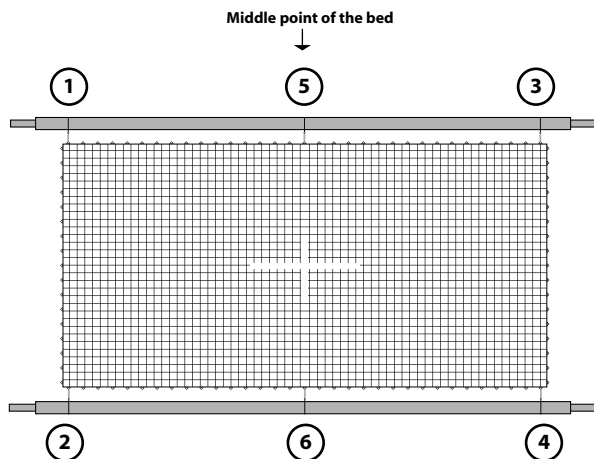
It is recommended that two people complete Step 2 simultaneously by working opposite each other.



STEP 2

Starting at the far end of the **side-rail**, take a **spring** and hook it on to the **bed**. Please ensure the spring hook is facing the ground. On the opposite end of the **spring**, hook one end of the black **anchor strap** on to the spring, ensuring that the '**Super Tramp**' branding is facing outwards.

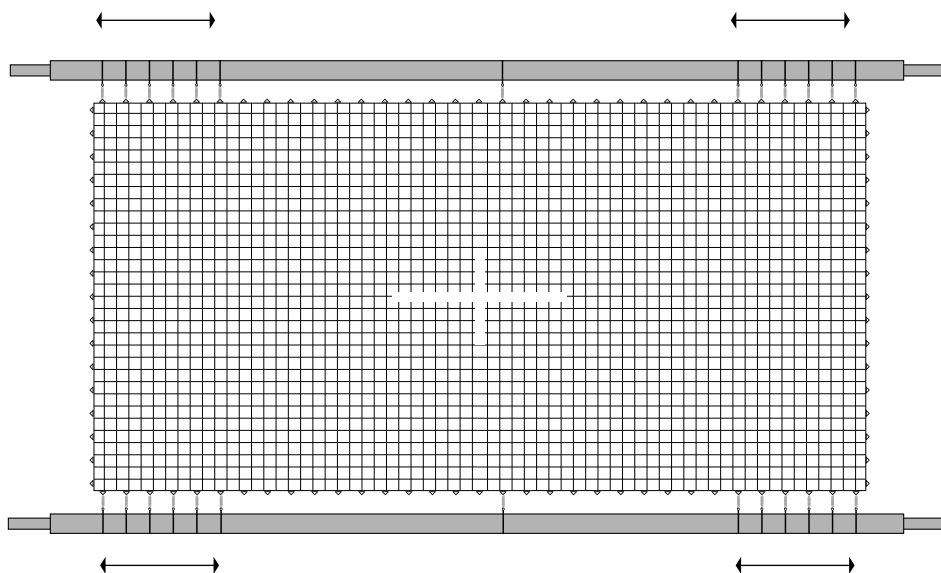
Attach the first 6 springs in the following order



STEP 3

Proceed to fit springs in the gaps between each end of the triangles, ensuring that each side of the trampoline is a mirror image of the other

Continue to fit springs along each side rail so there are 33 along each side.

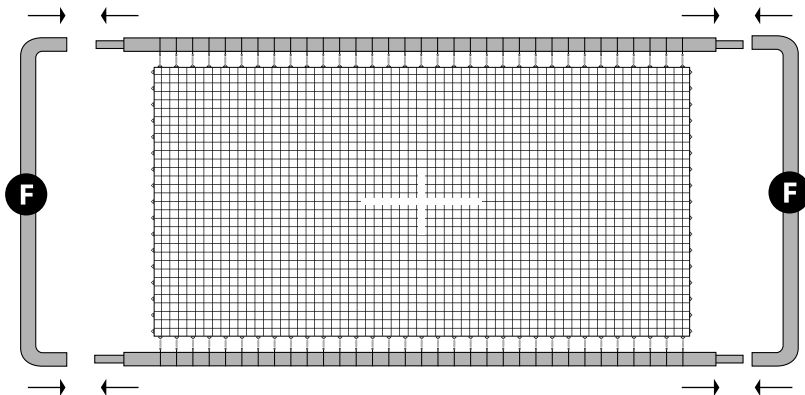


End Rails

STEP

1

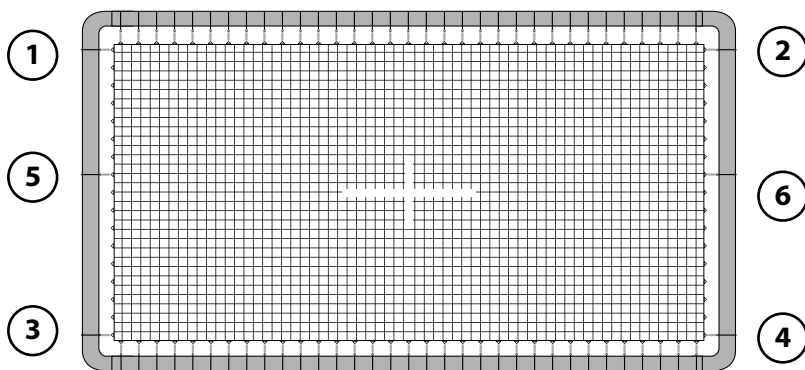
With plenty of springs fitted on each side rail, there should be a considerable level of bed tension which will allow you to fit each end rail.



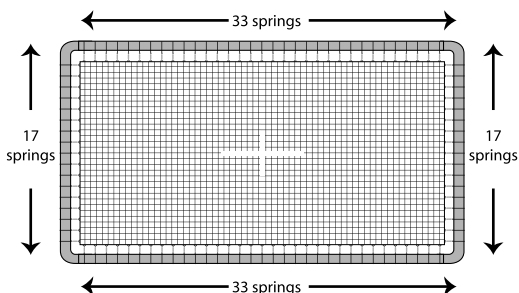
STEP

2

With the end rails now fitted, begin to fit the remaining springs at each end. Again, ensure each end is a mirror image of the other by attaching the first six springs in the order shown here



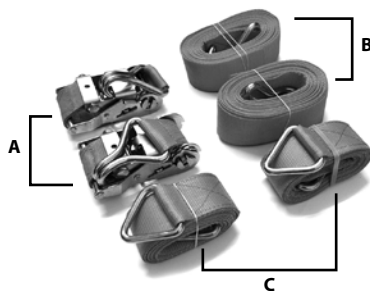
You should find that with all 100 springs fitted, there are 33 springs on each side rail and 17 on each end rail.



Frame Pad Elevator Kit

Parts List

- 2 x ratchets with attached strap and claw hook (Part A)
- 2 x long straps with claw hook (Part B)
- 2 x straps with triangular rings at each end (Part C)



STEP

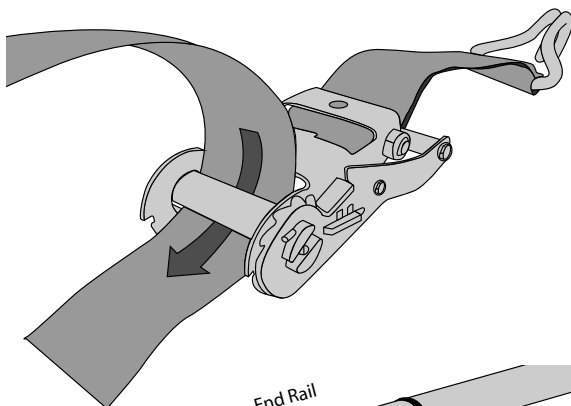
1

Locate **parts A and B**. Thread the end strap of **Part B** through the ratchet spindle of **Part A** ensuring that both the hooks and the ratchet handle are facing downward.

STEP

2

Taking the ratchet strap and hooks you have just put together, place this over the springs on one long side of the trampoline, securing it using the hooks at each end. Each hook should locate into the pre-drilled hole in each end rail.



STEP

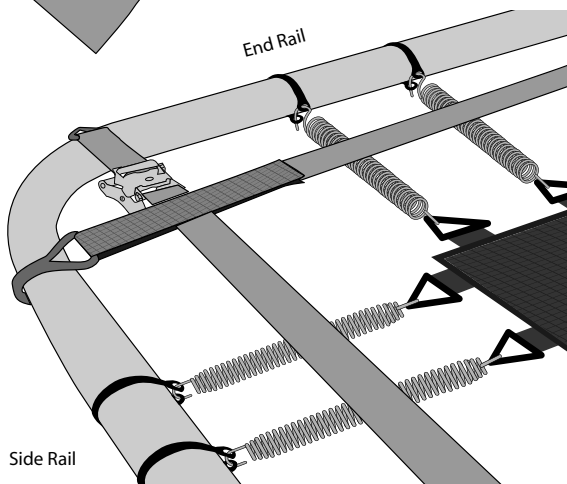
3

Repeat this process exactly for the second ratchet strap (**Part A and B**) and fit to the other long side of the frame mirroring it.

STEP

4

Fit the elasticated straps across the frame, ensuring they lie over the top of the side straps and fit the hooks into the pre-drilled holes in the side rails.



STEP

5

Take up the slack in the ratchet straps but **do not** tension at this stage.

STEP

6

Fit the frame pads as described on the next page.

STEP

7

Finally, working from underneath the frame, use the ratchet lever to tension the straps by manoeuvring it up and down. When the frame pads are elevated above the springs by approx. 1 cm, you have completed fitting your Elevator Kit.

Frame Pads

STEP

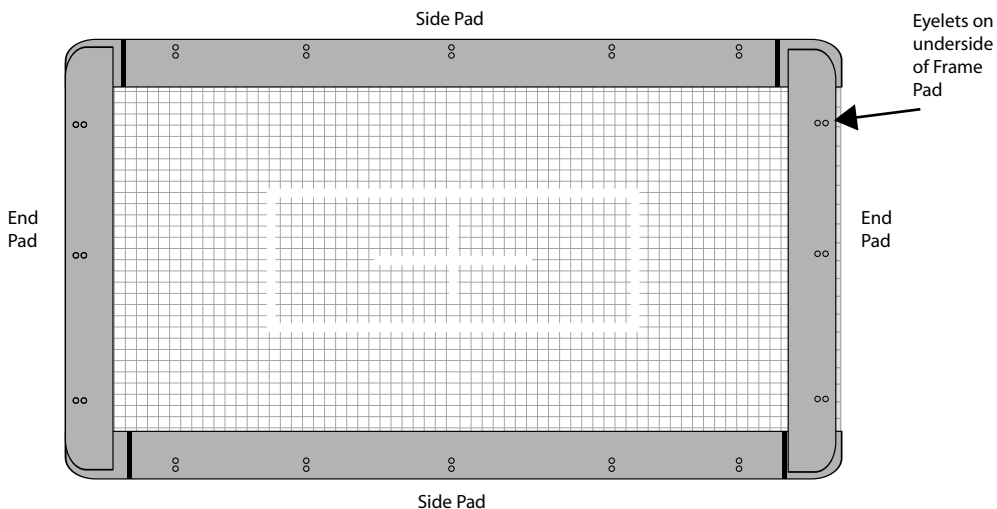
1

Begin by laying each frame pad section in the correct place on top of the frame.

STEP

2

Now, turn each frame pad upside down to reveal the eyelets.

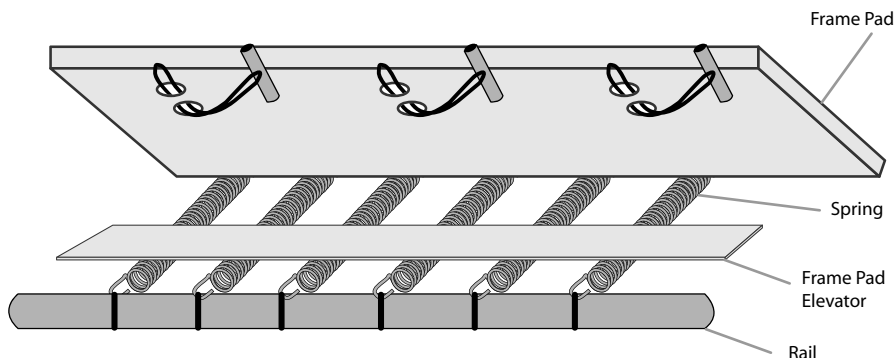
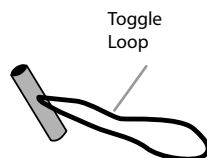


STEP

3

Start threading the black elasticated end of the **toggle loops** through the eyelets in the **frame pads**.

Tip: it might be useful to have a screwdriver (or similar) available to help feed the loop through the eyelet.



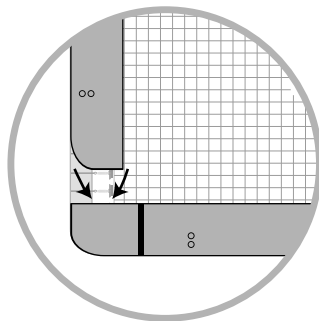
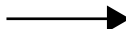
STEP

4

Once all **toggle loops** have been looped though, turn the frame pads over. Both the springs and framework should now be covered.

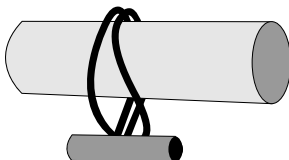
STEP 5

Proceed to feed each **short pad** in to the corner pocket of each **long pad**.



STEP 6

Once done, begin to fix the **frame pads** in to place by looping the **toggle loops** around the frame and then secure by pulling the **black toggle** through the **elastic**. Do this for all **24 toggle loops**.



Pull the skirt of the pads over the frame.

Don't forget to tighten the ratchet straps on your Elevator Kit!

CONGRATULATIONS, YOUR

KANGAROO™

is assembled and ready for use.



Trampoline Care and Maintenance

General

Your Super Tramp trampoline has been designed to live outdoors all year round and will generally require very little maintenance. However, a little care and attention can add years to the life of your trampoline. Please remember that the bed (mat) and frame pads are made of synthetic materials which can become easily damaged by cigarette ends, fireworks and bonfire debris. Please make sure that the following checks are made monthly:

- Check that all joints are still intact and have not become dislodged during use
- Check that all springs are attached and that any stretched springs are replaced

The Frame

Do not sit or stand on the frame/frame pads whilst the trampoline is in use; this will cause excessive wear to the springs and frame pads. In some climates/environments, surface rust can appear. If this happens, it should be removed using either a wire brush or coarse sandpaper, and the area treated with a non-toxic paint.

The Springs

Do not stand on the springs whilst the trampoline is in use. Ensure you do not bounce on the springs as they are not designed to withstand these sorts of stresses. Doing so can result in them becoming stretched, misshaped and weakened. If you find you have any damaged springs, it is crucial you replace them as soon as possible so as to avoid inflicting damage to the remaining springs.

The Bed

The bed (mat) may eventually become weakened by the effects of Ultra-Violet radiation. A little mould or mildew should not harm the mat. Please make sure that all footwear is removed before bouncing and ensure that any other sharp objects and jewellery are removed.

Useful Information

- A stretched or dead spring can be identified where there is visible light through the coils of the spring. Any springs identified with these effects should be replaced in order to maintain the performance of your trampoline. Please note: this assessment should only be made when the spring has been removed from the trampoline. It is normal to see visible light when the springs are under tension on the trampoline.
- When fitting the springs, it is often more effective to use your bodyweight to pull the spring back, rather than relying solely on your upper-body and arm strength.

Accessories

Don't forget to protect your new trampoline with a weather cover when it is not in use and conduct regular maintenance checks.



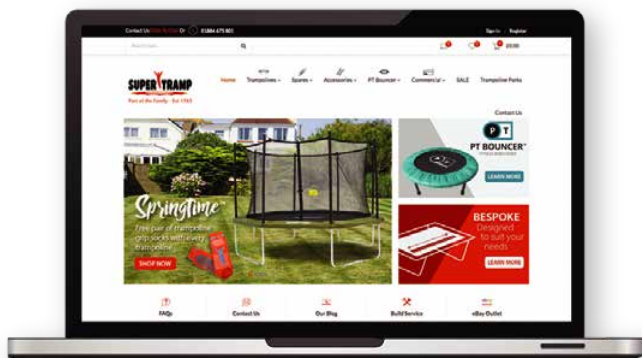
Do not bounce in footwear. Instead, use grip socks. You can buy these from us in a variety of sizes!



Thank you for purchasing a Super Tramp Trampoline
We hope you found this guide helpful.

Visit our website for our full range of
trampolines, spare parts and accessories

www.supertramp.co.uk



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We have over
38 years experience



Family run
business



Stockist of spares
& accessories