

SUPER FLYER MK3

USER GUIDE for 12ft and 14ft trampoline



Adult assembly required

Read User Guide before assembling

Please keep this guide for further reference



SUPER TRAMP
Part of the Family - Est 1983

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Your Warranty



Bronze Level Warranty

Frame – 5 years – structural failure due to rust

Springs – 5 years structural failure due to rust

Bed – 12 months – structural failure due to rot

Frame Pad – 12 months – stitching failure only

Net – 12 months – manufacturing defects only

Ladder – 12 months – manufacturing defects only

Ranges covered by this warranty level:

Super Flyer MK3

Eclipse

Springtime

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.

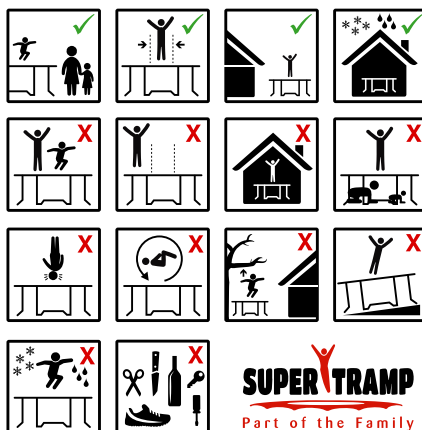
For more information, please call our office on the number provided below.

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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 Superflyer 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.

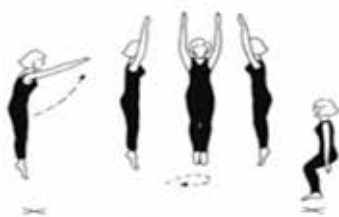
Let go of your shins and return to standing bounce with your body straight and arms at your sides before landing on the bed.



Half and Full Twist

Half Twist

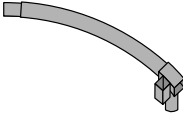


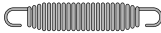
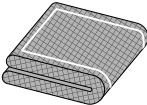
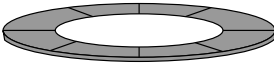
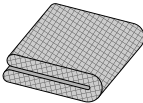
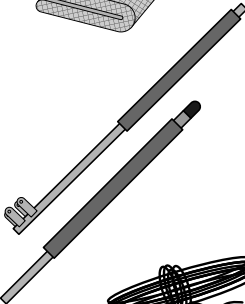
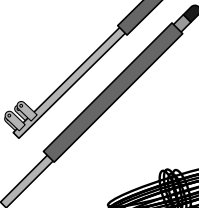

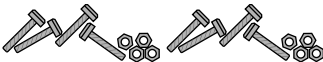
From a standing bounce, as you leave the bed raise both arms out to the side and bring them together above your head whilst looking in the direction you wish to twist. This action will help you twist your body round so that you land facing the opposite direction, having rotated through 180°. The higher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



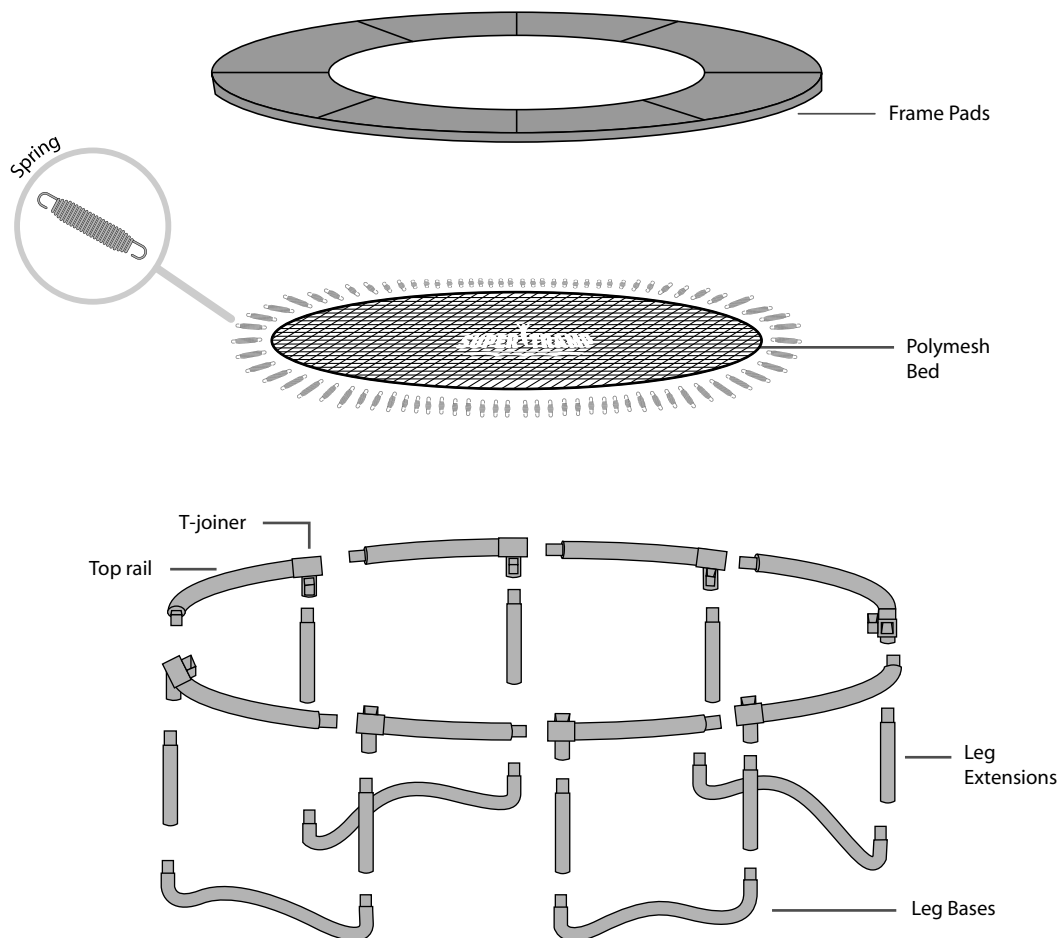
Full Twist

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.

Superflyer Parts List

Part Image	Description	Number	
		12ft	
	Top Rails with Top-joiners	8	8
	Leg Bases	4	4
	Leg Extensions	8	8
	Springs	72 (7 Inch)	80 (7 Inch)
	Polymesh Bed	1	1
	Frame Pads	1	1
	Enclosure Net	1	1
	Bottom pole with foam and built in clamp	8	8
	Top pole with foam	8	8
	Net Laces	1	1
	Nuts and bolts + Spanner pack	1	1

Exploded Diagram

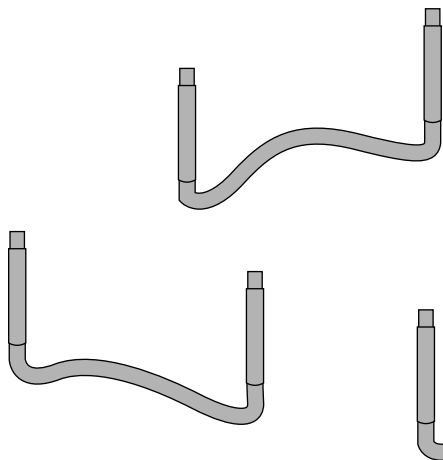


Assembling the Frame

STEP

1

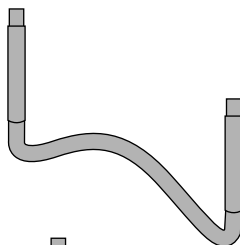
Lay frame parts out on a reasonably level part of lawn.



STEP

2

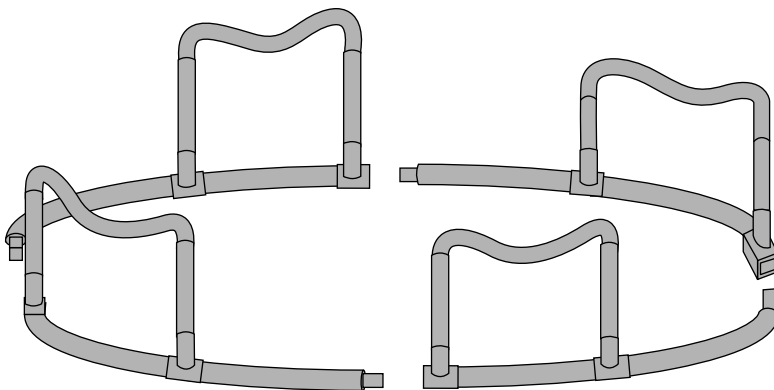
Assemble trampoline legs by sliding the leg extensions on to leg base.



STEP

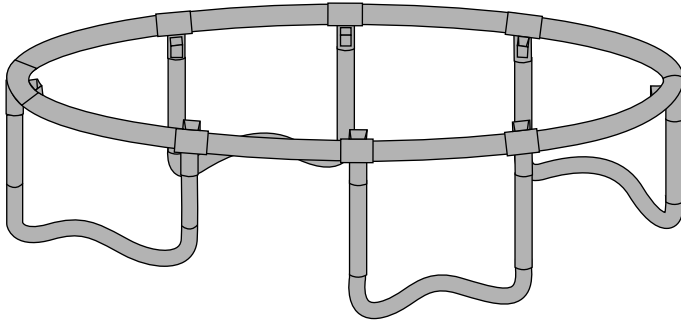
3

Once you have joined the leg extensions to the leg bases, start linking them together by fitting them in to the two tops rails whilst upside down.



STEP 3

Flip each part over and join up the remaining pieces. Work around the trampoline to complete your frame.



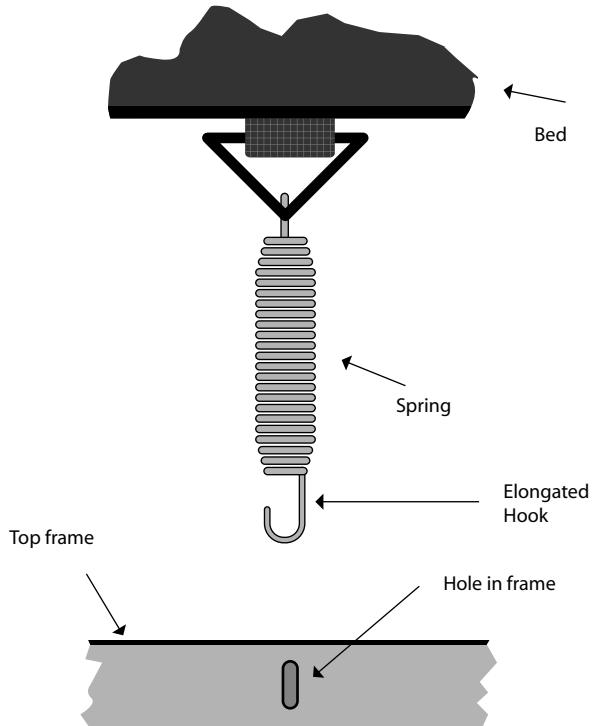
Fitting the Bed and Springs

Before you begin: Before you start, please note that each spring will have an elongated hook and a standard hook. Please ensure that it is the elongated hook that you fit into the frame and the standard hook onto the bed.

STEP 1

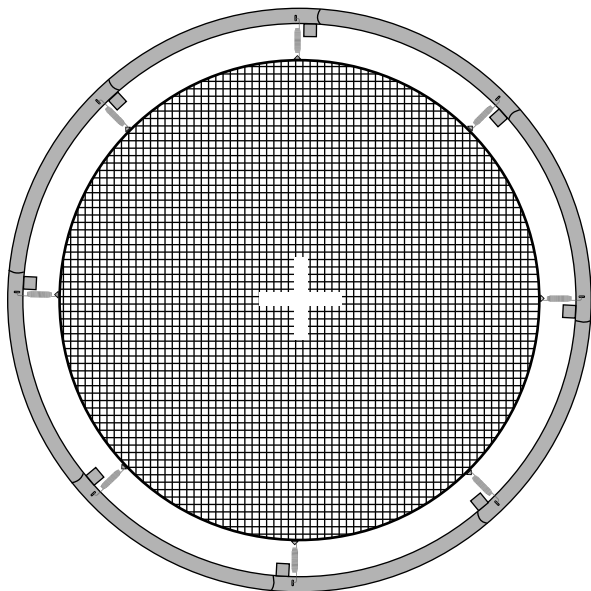
Begin by unfolding the **polymesh bed** and laying it on the ground inside the frame. Ensure the painted markings on the bed are facing upwards.

Diagram shows how the spring attaches to the bed and frame.



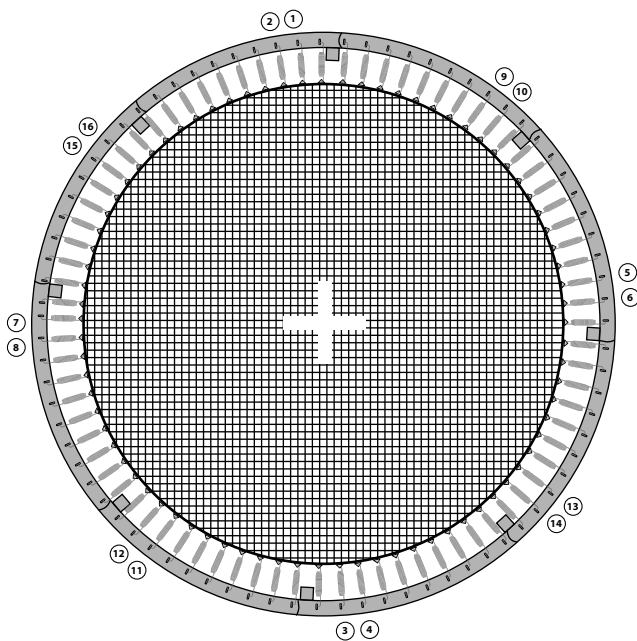
STEP 2

Fit one spring into the slot just to the right-hand side of a T-shaped top rail joiner, then attach the spring to the bed on the inside of the frame. Do this for all other T-shaped joiners. At this stage, there should be little-to-no tension on the bed.



STEP 3

To ensure that the tension remains evenly distributed around the bed, continue to fit the springs in the order below, ensuring you work at opposites at all times.

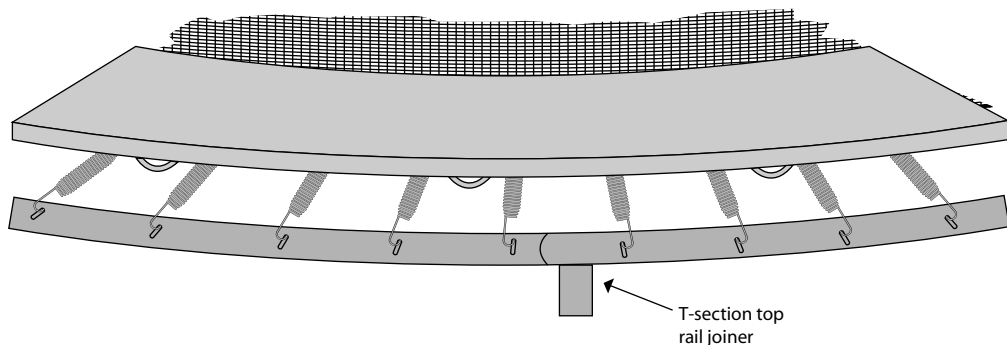


Fitting the Frame Pads

STEP

1

Place the frame pads on the trampoline ensuring they are the correct way up (PVC facing upwards). Make sure the holes in the frame pads are in alignment with their corresponding slot in the frame T-section top rail joiner.

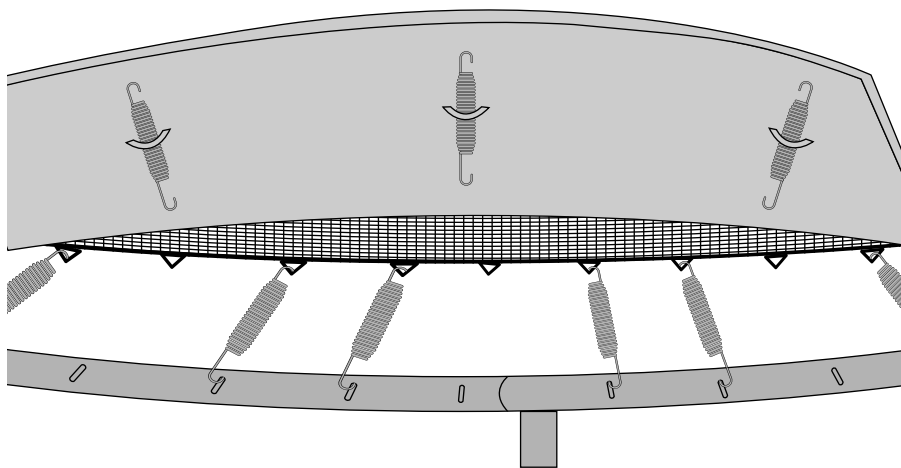


STEP

2

Next, secure the pads by using the spring loops on the underside of the pads. To do this, you will need to unclip a spring, pass it through the loop and then secure the spring back to the frame.

Continue this process until all spring loops are attached.



Attach the Poles

STEP

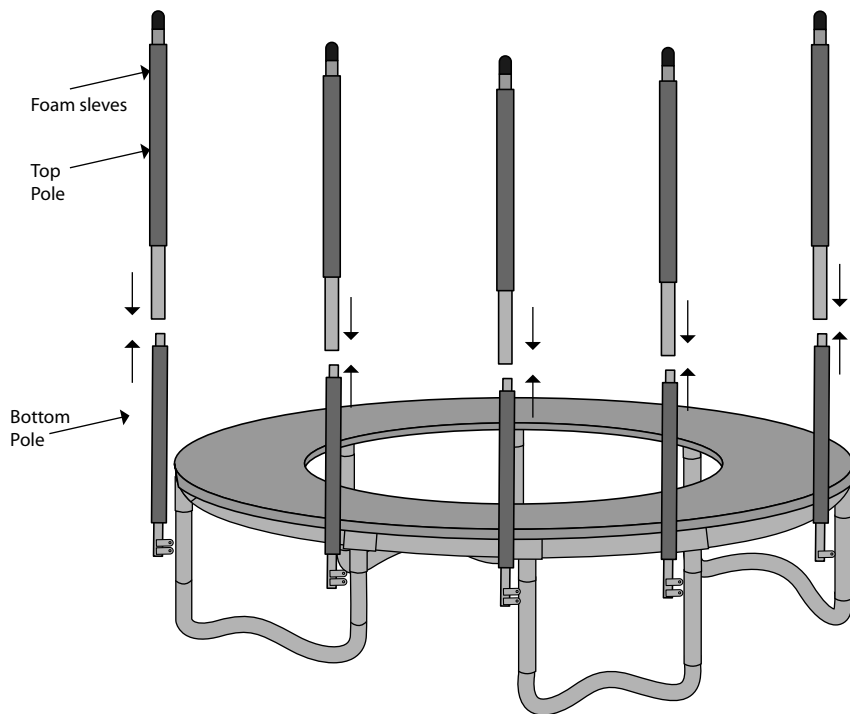
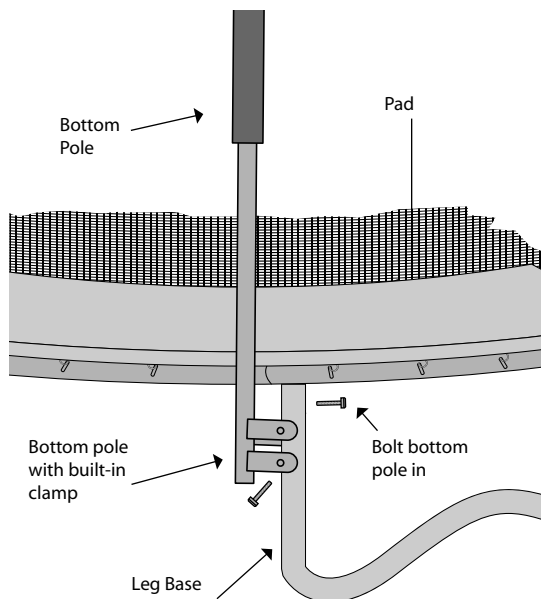
1

One by one, fix the bottom enclosure poles to the leg uprights using the build-in clamps. Screw the clamps onto the leg bases.

STEP

2

Finally, complete the pole assembly by slotting each top-pole in to the corresponding bottom pole. Secure each pole using the screws provided.

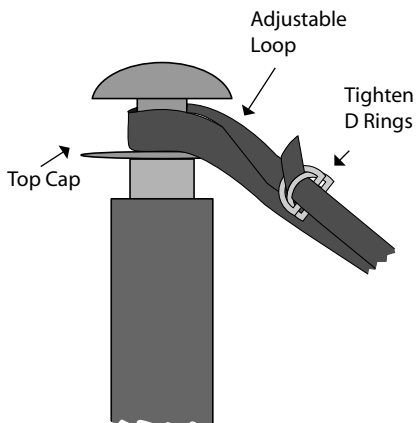


Attach the Net

STEP

1

Lay out the net on top of the trampoline bed. Proceed to attach the net to the top of each pole using the adjustable loop through the top cap.

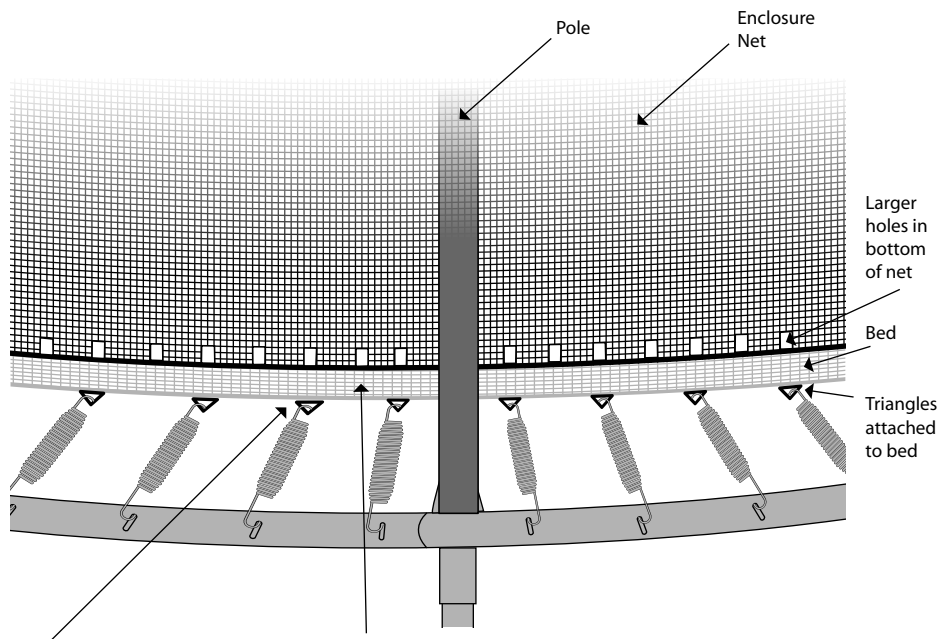


STEP

2

Begin this phase by the zipped entrance in the net.

Use the laces provided to attach the net at the bottom. Start by securing the lace to the triangular-shaped anchor on the bed.

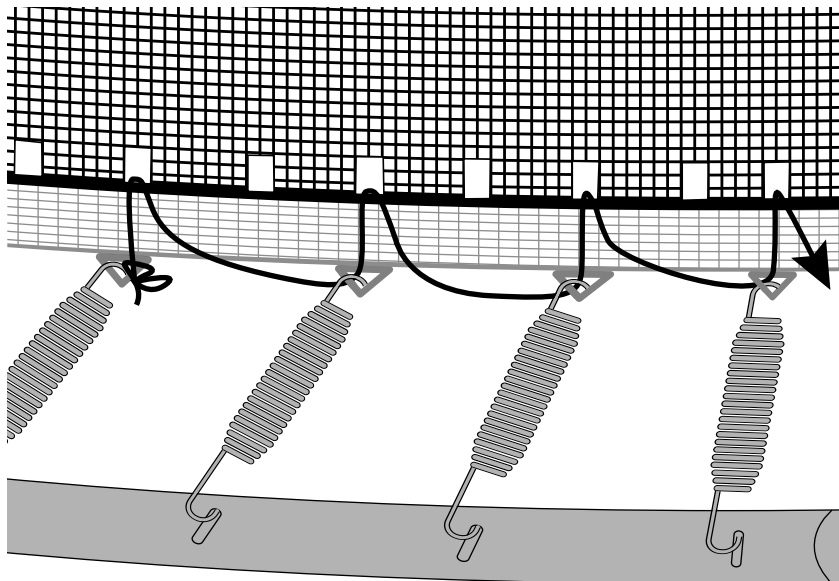


Once the lace has been secured on to the anchor, begin threading the lace through nearest hole at the bottom of the enclosure net, and then back down through the next triangular anchor on the bed.

Continue this stitching motion as you work your way around the enclosure and the trampoline, using additional laces as and when required.

See next page for threading diagram.

The diagram below illustrates how to thread the lace



CONGRATULATIONS, YOUR

SUPER FLYER MK3

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 pick up a Ground Anchor Kit for those windy days.



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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