

XR300

SUPER TRAMP

Part of the Family - Est 1983



10 x 7ft



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



Silver Level Warranty

Frame – 10 years – structural failure due to rust

Springs – 10 years structural failure due to rust

Bed – 5 years – 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:

XR Series 300

XR Series360

King 110

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

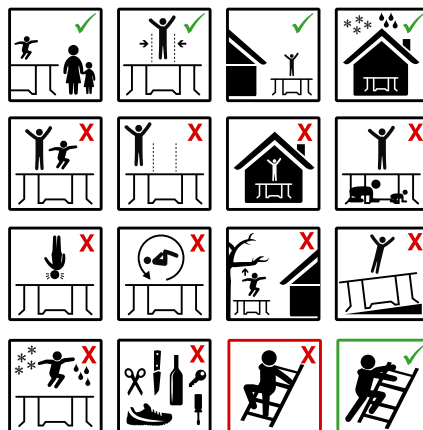
Please keep your proof of purchase - it will be needed if you wish to make a claim.

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 Bouncer 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.



LADDER USE

- A ladder should be used at all times when entering and exiting the trampoline. Before using your trampoline, make sure the ladder is safe to use with the rungs hooked over the top ring of the tubular steel frame securely. You should always use a ladder that is the correct height for your trampoline frame. You must always face the ladder when using it to access or exit the trampoline. You must never use the ladder with your back to it and with the front of your body facing away from the trampoline.

This is dangerous practice and misuse of the ladder could result in injury.

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.

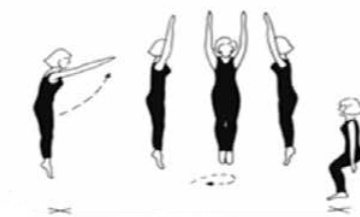
Let go of your shins and return to standing bounce with your body straight and arms at your sides before landing on the bed.



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.

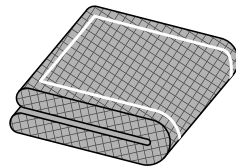
XR300 Parts List



2 x End Rails



4x Leg Bases



1 x polymesh bed



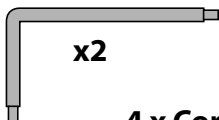
2 x Side Rails



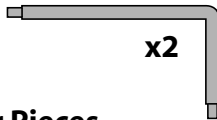
8 x Leg Extensions



72 x 178mm Springs



x2

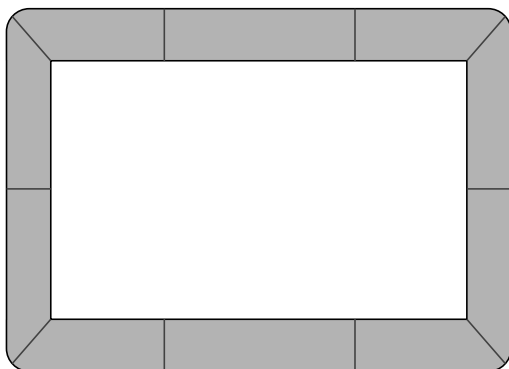


x2

4 x Corner Pieces

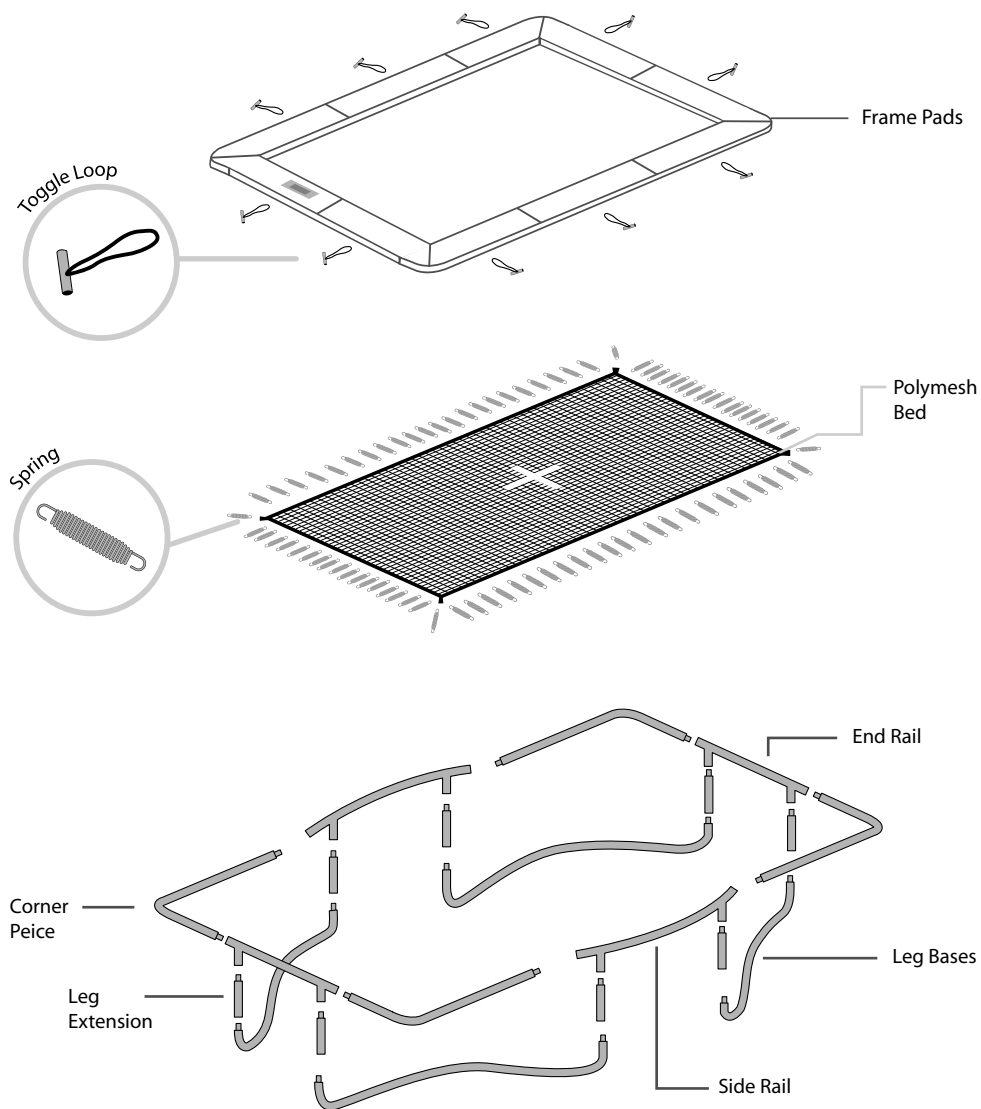


10 x 165mm Toggle Loops

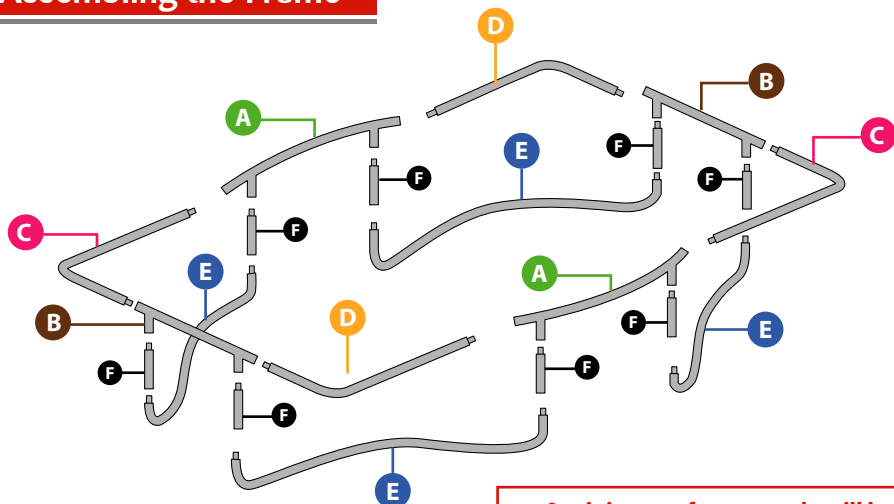


Frame Pads x1 section

Exploded Diagram



Assembling the Frame



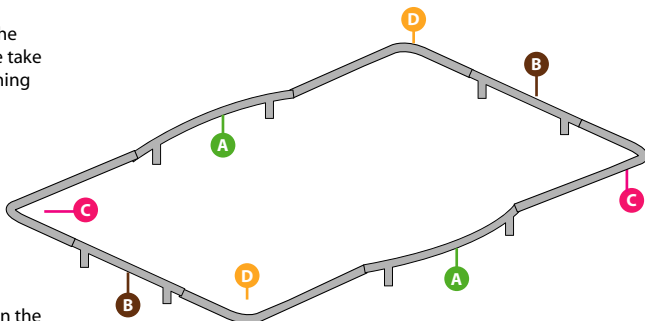
A minimum of two people will be required for Step 1 – Frame Assembly

STEP 1

Start by laying the frame parts out on a flat surface.

a. Please note that the side rails of the XR300 bow outwards (**part A**). Please take this into consideration when positioning the parts on the floor.

b. Please also note the positioning of **parts C & D** (the corner rails). It is very important these are positioned correctly.

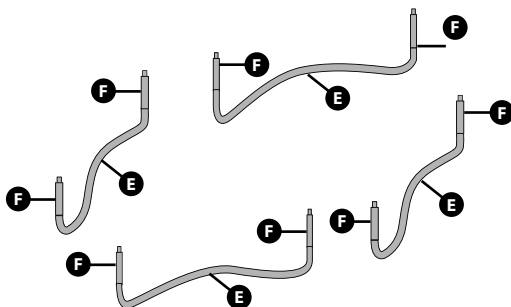


STEP 2

Whilst keeping the frame parts laid on the floor, assemble **parts A, B, C, & D** so that you have formed the outline of the top frame.

STEP 3

Next, build the leg assemblies by connecting **parts E & F** together. This should leave you with four assembled leg bases.



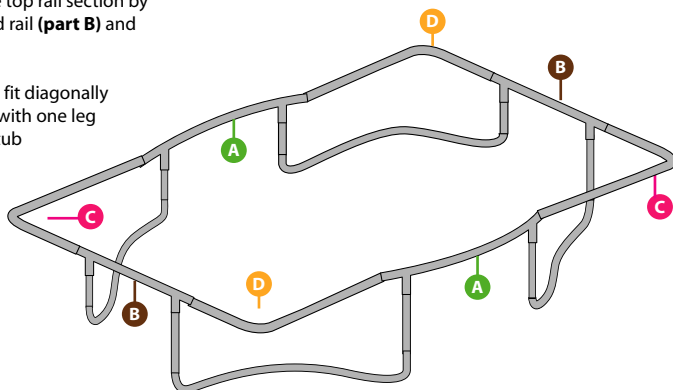
STEP

4

Now fit each leg assembly to the top rail section by slotting it onto a stub on the end rail (**part B**) and a stub on the side rail (**part A**).

Note that each leg assembly will fit diagonally across each corner of the frame with one leg extension fitting to an end rail stub and the other to a side rail stub (please see diagram for reference).

Please ensure that each ball-catch is aligned and secured to stop the leg assemblies separating from the top frame.



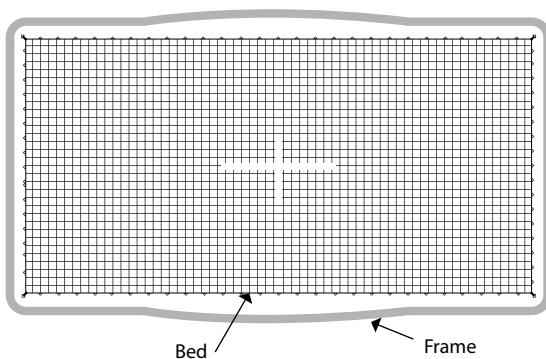
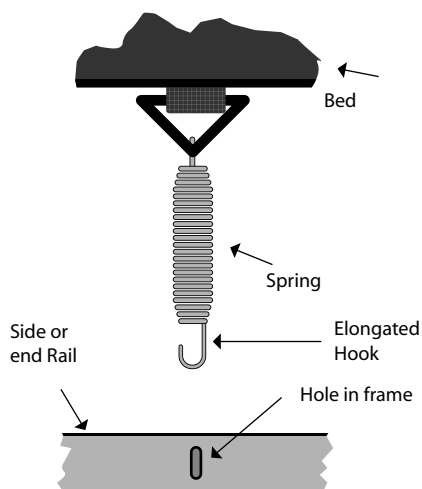
Fitting the Bed and Springs

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: 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.



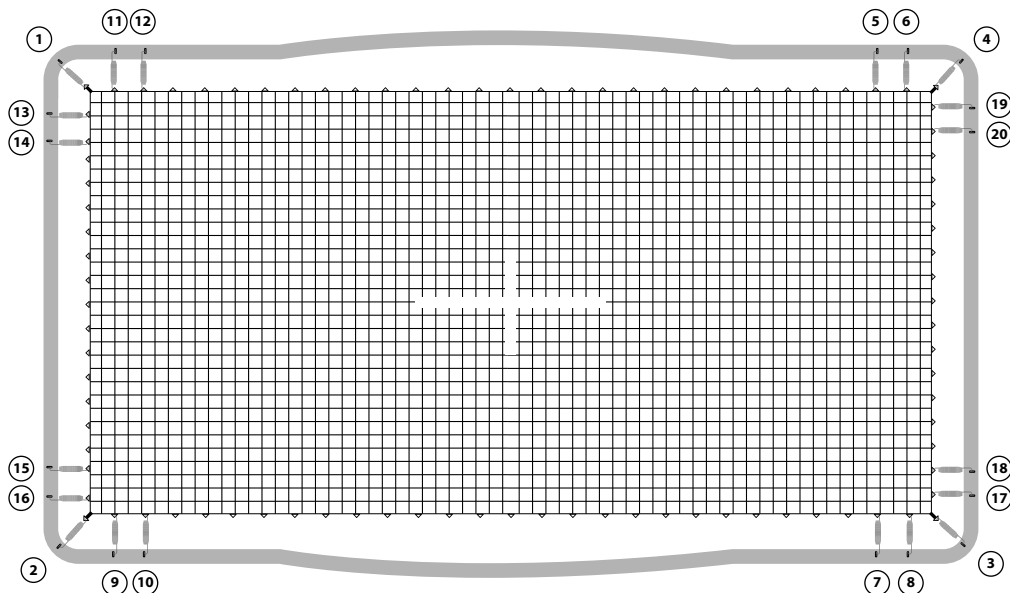
Left diagram shows how the spring attaches to the bed and frame

STEP

2

Using the diagram provided for guidance, use the springs to fit the bed to the side rails and end rails. Fit the corner springs first, and then side rails.

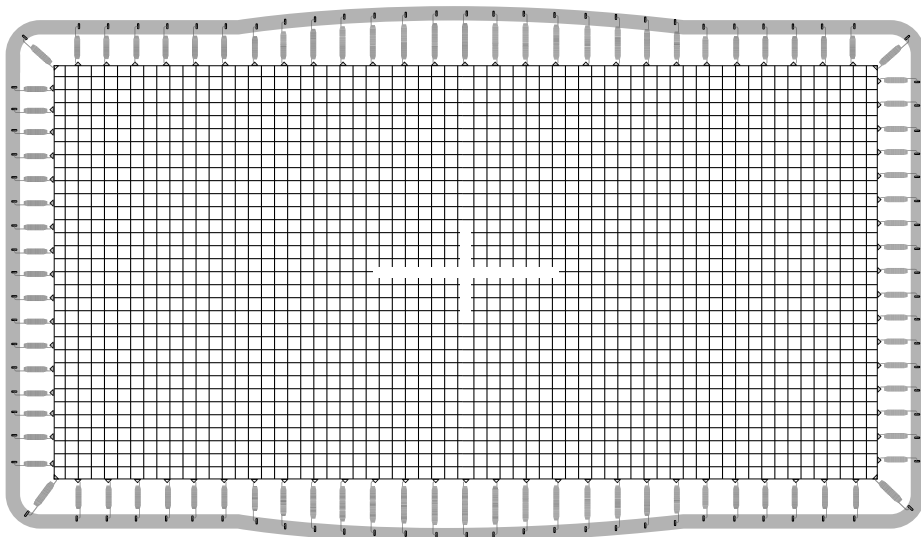
Fit the first 20 springs in the order shown below.



STEP

3

With the bed now fitting loosely to the frame, proceed to fill in the gaps around the frame ensuring that you work symmetrically so that the tension is distributed evenly around the bed. As the tension in the bed increases, it may become more challenging to fit the springs so please use a spring tool.



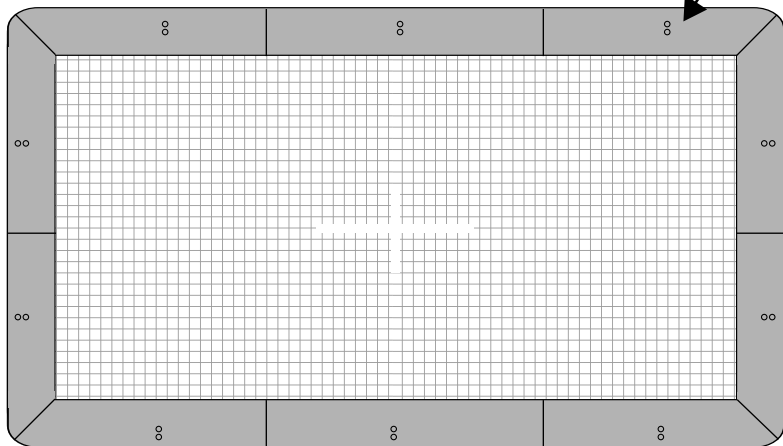
Fitting the Frame Pads

STEP

1

Unfold the pads in half so that the underside is face-up with the brass eyelets showing

Eyelets on underside of Frame Pad



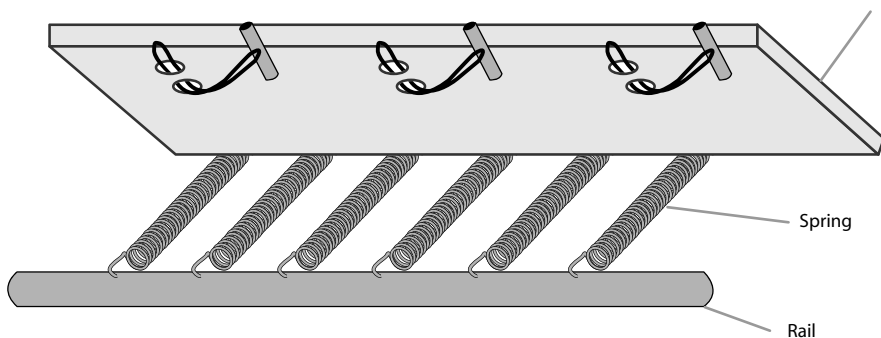
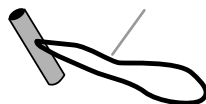
STEP

2

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.

Toggle Loop



STEP

3

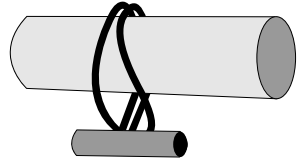
Flip the pads over and complete on the other side. Once all **toggle loops** have been looped though, turn the frame pads over and fit around the frame. Both the springs and framework should now be covered.

STEP

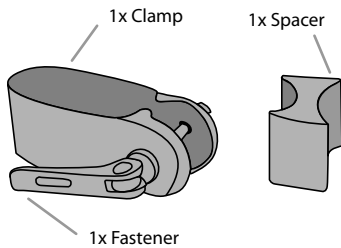
4

Proceed 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 **10 toggle loops**.

Once you have completed wrapping the toggles, make sure you pull the skirt of the frame pad down around the edge of the frame.



The Safety Enclosure



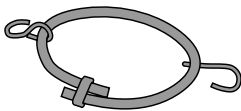
16 x Clamp Kits



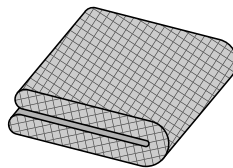
8 x Top Poles
with foam



8 x Bottom Poles
with foam



24 x Bungee
Loops with
Q-Hook



1 x Enclosure Net

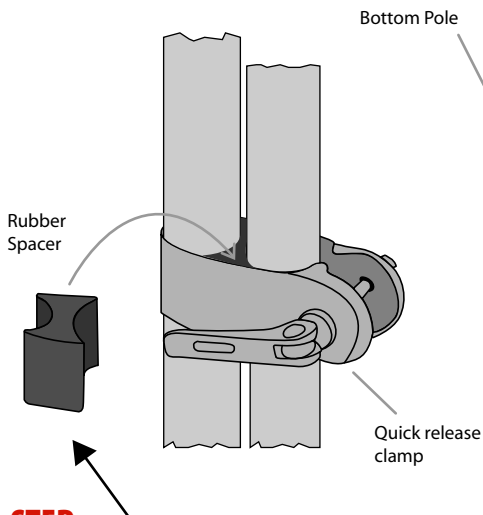
STEP

1

Before you start, position the following parts next to each of the 8 vertical trampoline legs at each corner:

- 1 x bottom pole with foam
- 1 x top pole with foam
- 2 x clamp kits

PLEASE NOTE that each pole requires two clamps. The first should be positioned just below the join between the leg extension and the leg base. The second should be fitted just below the edge of the frame.



STEP

3

Insert a black rubber spacer between the enclosure pole and the vertical leg in between the clamp. Now proceed to tighten the quick-release clamp.

STEP

4

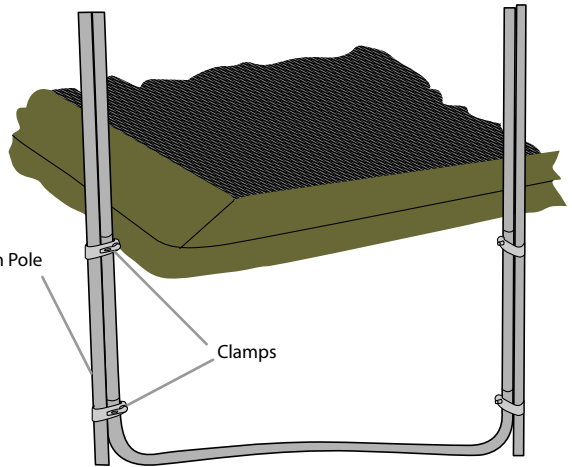
When you have attached all 8 bottom poles in this manner, replace the neoprene foam covers to the top half of the bottom poles. The poles should now be firmly clamped to the trampoline legs.

STEP

2

Start by removing the foam from the bottom enclosure poles.

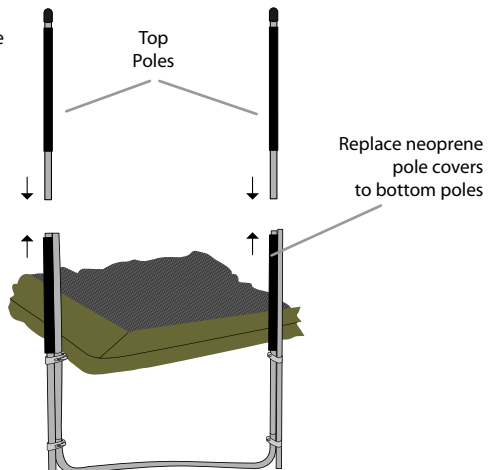
Next, proceed to fit each bottom enclosure pole to the vertical trampoline leg by using the clamps provided.



STEP

5

You can now fit the top part of the enclosure pole to each bottom section by sliding it into the bottom part.



Fitting the Safety Net

STEP

1

Lay the enclosure net on top of the trampoline ensuring that you align the zip so that it is positioned between two enclosure poles on the short end of the frame.

STEP

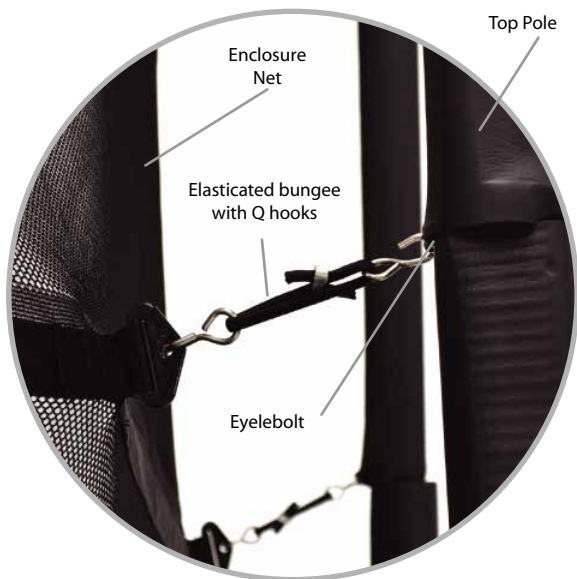
2

Using the elasticated bungee loops with Q-hooks, attach the net to the top and middle of the poles via the eye-bolts in the poles.

STEP

3

Finally, to complete the assembly, attach the straps at the bottom corners of the netting to each corresponding corner spring.



CONGRATULATIONS, YOUR

XR300

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.



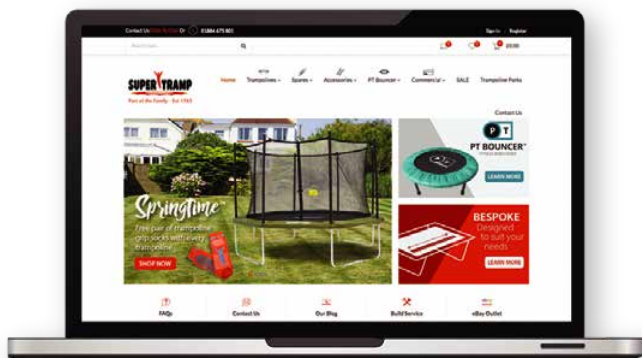
Do not bounce in footwear. Instead, use grip socks. You can buy these from us in a variety of sizes!



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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38 years experience



Family run
business



Stockist of spares
& accessories