



## USER MANUAL – EN

### IN 12743 Trampoline with Handlebar inSPORTline PROFI 122 cm



\*The photo is for illustration purposes only.

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Thank you for selecting one of our exercise products. We make every effort to ensure that all our products meet all the highest quality standards. We are proud of the fine exercise equipment we create and wish you many years of goods health and fitness.

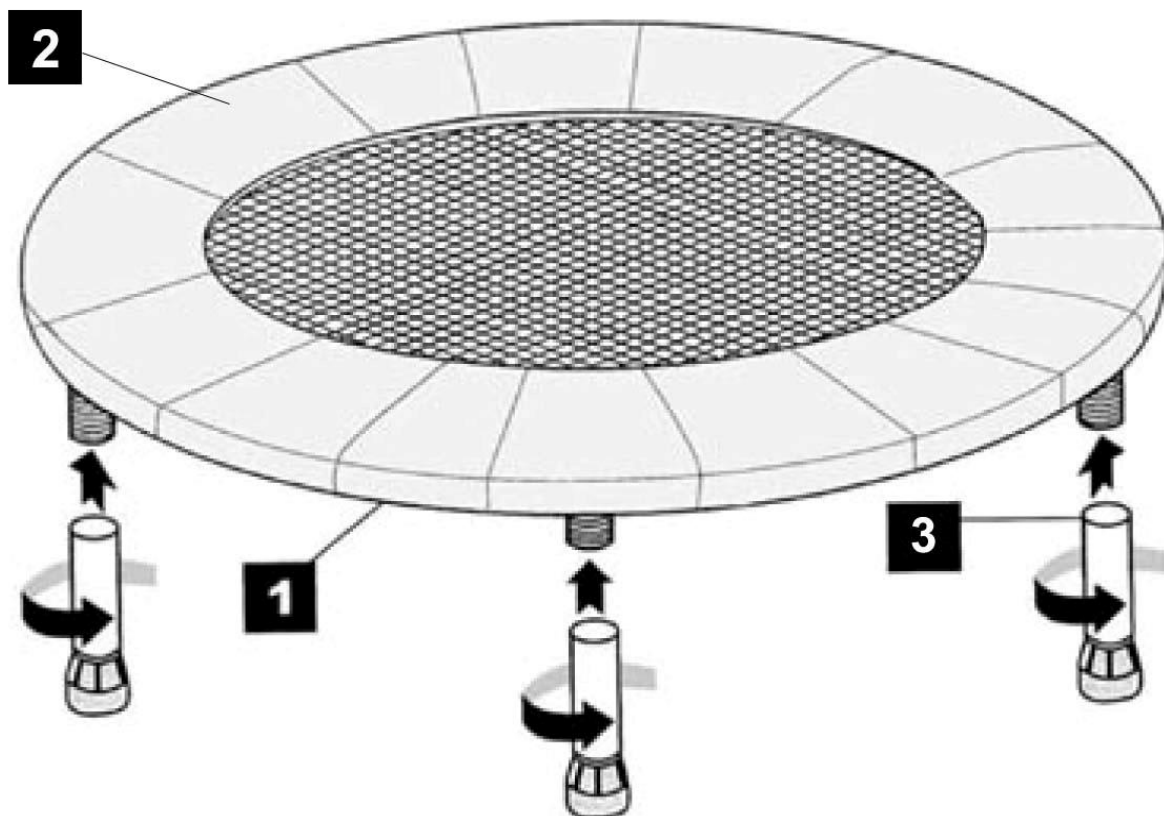
## SPECIFICATION

- **Diameter:** 122 cm
- **Numbers of legs:** 8
- **Weight limit:** 110 kg

## ASSEMBLY

(No tools required)

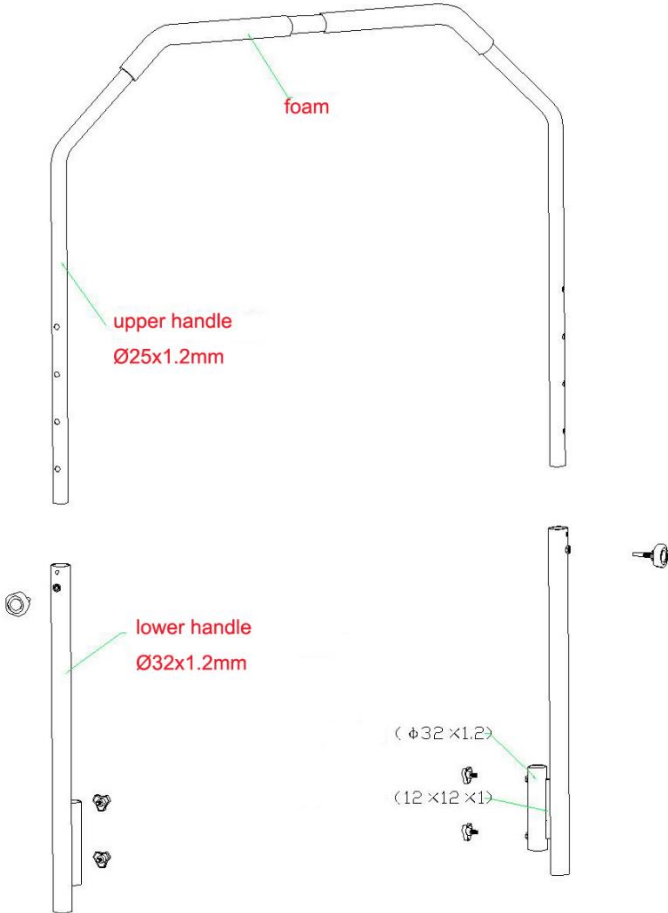
1. Turn the trampoline unit (1) over so that the jumping surface is up-side-down. You will notice that there are plastic caps covering the stems where the legs will go. Remove these caps and discard them.
2. Affix the cover (2) around the steel frame and cover the springs.
3. Screw the legs (3) on the stems.
4. Turn the trampoline back over and you're ready to jump!



**ATTENTION!** The assembly should be performed by adults only.

# HANDLEBAR ASSEMBLY

1. Handrail consists of 4 parts, which enable you to set height of the handrail.



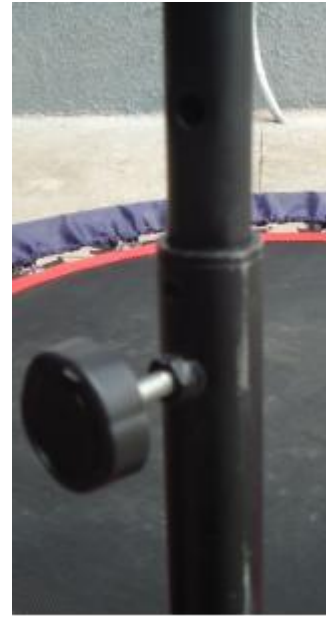
2. Slip in the trampoline's legs to the lower parts of the handle.



3. Screw the trampoline's leg to the lower part of the handle as it is shown in the picture and tighten them using 2 triangle screws.



4. Connect together lower and upper parts of the handle and use the spherical screw to tighten them.



### **Important**

Please check the inner thread of the leg tubes before you install the leg studs. If you find the inner thread is missing pull out the rubber foot cap, it may be on the other end.

Be sure the legs are securely screwed into place before using.

Have a physical examination or consult your physician before participation in this or any other physical training program.

Make sure the floor is level and that you have adequate ceiling height before beginning.

Remember, the Aerobic Trampoline is not to be used for gymnastic or acrobatic stunts. It should not be used for aerial flips, vaulting or any other gymnastic feat.

## **HOW TO START**

Always warm us thoroughly before starting your workout.

Do at least five minutes of stretching and bending to help prevent muscle pulls and strains.

Begin by training every other day on the aerobic Trampoline.

After several weeks, start training five days a week. Rebounding is best performed by timing each exercise or combination of exercises. Start by the minimum number of minutes and gradually increase to the maximum recommended.

After becoming familiar with the exercises in this course, be innovative and develop your own routines. Combine various exercises and perform them to music and you will enjoy your workouts even more.

### **HAVE FUN!**

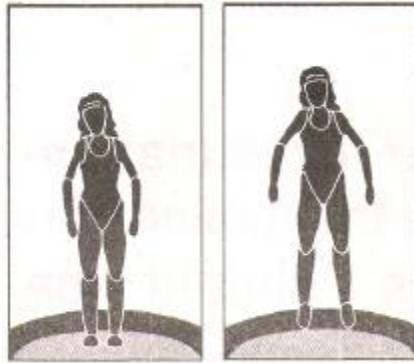
- Work out anywhere – home or office.
- Reduce shock on your joints.
- Improve your coordination, balance and agility.
- Trim and shape your legs.
- Burn calories while improving your cardiovascular and aerobic fitness.
- Get a good workout in 15 minutes.

## EXERCISES

### Low Bounce

Bounce upwards only a few inches. Keep the feet 12 to 18 inches apart and bend the knees slightly on take-off and landing.

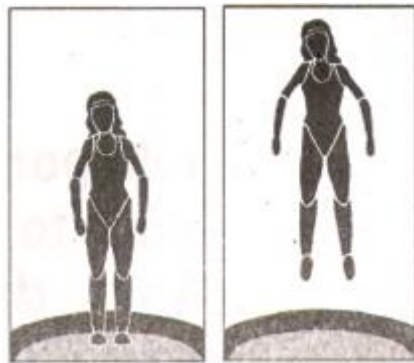
**Perform: 1 to 3 minutes.**



### High Bounce

Bounce upward from 12 to 18 inches. Start with the feet together with toes pointed downward at the top of each bounce. Spread the feet as you land off each bounce

**Perform: 1 to 3 minutes.**



### Jogging

Jog in place. Lift the knees high and swing the arms vigorously. The higher you lift your knees, the better the exercise is for the abdomen.

**Perform: 1 to 10 minutes.**



## Straddle Hops

Start with feet together and arms at the sides. Leap upwards, bringing both arms overhead and spread the feet sideward about 24 inches. On the return bounce, bring the arms to the side and feet together.

**Perform: 10 to 50 repetitions.**



## Twister

Leap upward while twisting the arms, hips and upper body turning right and the knees twisting left. On the rebound, twist the opposite way.

**Perform: 10 - 50 repetitions.**



## High Kick/Low Kick

Leap slightly and kick high with one leg while keeping the hands on the hips. On the rebound do a low kick (about half as high) with the other leg. Continue to alternate high and low kicks.

**Perform: 1 to 5 minutes.**





## Jog with Dumbbells

Hold a light pair of dumbbells (1.5 kg to 2.5 kg) in your hands. Jog in place lifting the knees high and moving the arms in rhythm as you jog.

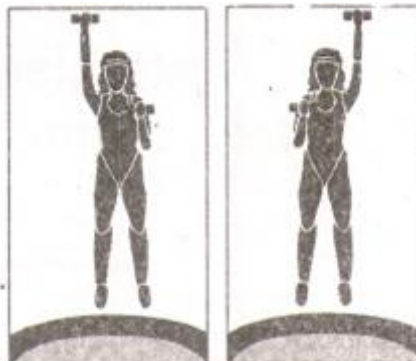
**Perform: 30 seconds to 3 minutes.**



## Alternate Dumbbell Raises

Hold the dumbbell shoulder high. Extend one dumbbell to arm's length overhead. Bounce on the feet while alternating the dumbbells to arm's length overhead.

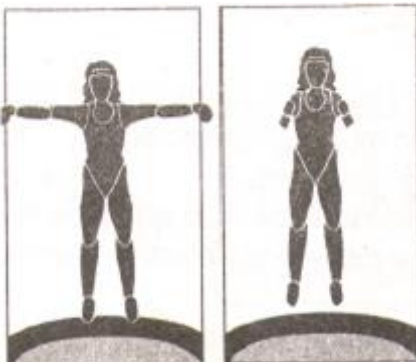
**Perform: 10 to 50 repetitions.**



## Side and Forward Laterals

Hold the dumbbells with both arms straight down by the side. Bounce on both feet and raise the dumbbells sideward. On the next bounce, raise the dumbbells forward.

**Perform: 10 - 25 repetitions.**



## Rope Skipping

Rope skipping is a great cardiovascular exercise. It is even more active when performed on a trampoline. **Perform: 30 seconds to 5 minutes.**



## Ankle and Wrist Weights

For a more strenuous workout, try suing ankle and wrist weights on the exercises shown here.



1. Important – Inspect the trampoline regularly to ensure that it is not damaged. Any damaged parts should be replaced immediately.
2. Please Note - This item of fitness equipment is only intended for domestic use and should not be used as a toy. Unsupervised children should be kept away from exercise equipment.
3. This piece of equipment should only be used in areas with enough space to conduct the exercises shown correctly. Do not use in confined spaces or rooms with low ceilings.
4. Important - Consultation with a doctor should be conducted prior to starting an exercise program. Excessive or incorrect training may result in damage to your health.

## WARNING

- Use it only indoors.
- You can jump both in shoes or without them.
- Only one person is to jump at a time.
- Jump in the middle.
- No somersaulting.
- Glasses, jewellery and watches are to be removed and pockets emptied.
- The covers and the mat must be completely dry.
- Do not jump on the trampoline if you are injured or suffer from medical condition incompatible with trampoline exercises (e.g. ankle injury).
- No jumping under the influence of alcohol or with cigarettes. Do not eat while exercising.

- No jumping in the dark. Don't jump in a strong wind. Secure or disassemble the trampoline in windy conditions.
- It is forbidden to linger under the trampoline.
- No objects to be placed on the trampoline.
- The product is not to be used as a take-off trampoline.
- No jumping onto the trampoline from other objects. Do not jump from the trampoline directly onto the ground.
- The trampoline must put on level floor to use. Keep a minimal clearance of 2 m Around the trampoline. Don't place the trampoline on concrete, tarmac or other hard ground. Do not place it in the vicinity of playgrounds, swings, slides, etc.
- Over time, the durability of the trampoline parts is compromised by sunlight, rain, snow and extreme temperatures. During winter, the trampoline can be damaged by the fallen snow or freezing temperatures. It is recommended to store the mat inside.
- Take breaks during exercising. Don't exercise continually.
- Any modifications made by the user (e.g. installing accessories) must be according to the instructions of the manufacturer.
- Make sure all the spring connections (securing pins) are intact and cannot get loose during jumping.
- Make sure the strap fasteners are secured tightly.
- Check all parts (screws and nuts) for wear and damage. Make sure no parts are missing. Replace all those parts immediately. If sharp edges appear anywhere on the trampoline, don't use it.
- If you need to move the trampoline, two people should do it. All the connection points should be wrapped secured with weather resistant tape, such as duct tape. This will keep the frame intact during the move and prevent the connection points from separating. When moving, lift the trampoline slightly off the ground and keep it horizontal. For any other type of moving, you should disassemble the trampoline. EVERY TIME YOU MOVE THE TRAMPOLINE, CHECK IT FOR DAMAGE AFTERWARDS.

## **TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS**

### **General Conditions of Warranty and Definition of Terms**

All Warranty Conditions stated hereunder determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 40/1964 Coll. Civil Code, Act No. 513/1991 Coll., Commercial Code, and Act No. 634/1992 Coll., Consumer Protection Act, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in Borivojova Street 35/878, Prague 13000, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

"The Buyer who is the End Customer" or simply the "End Customer" is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

"The Buyer who is not the End Customer" is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions to the extent specified in the Commercial Code.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

## Warranty Conditions

### Warranty Period

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

### The Warranty does not cover defects resulting from:

- User's fault, i.e. product damage caused by unqualified repair work and improper assembly
- Improper maintenance
- Mechanical damages
- Regular use (e.g. wearing out of rubber and plastic parts, moving mechanisms, joints etc.)
- Unavoidable event, natural disaster
- Adjustments made by unqualified person
- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

### Warranty Claim Procedure

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product's serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.



### SEVEN SPORT s.r.o.

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Date of Sale:

Stamp and Signature of Seller: