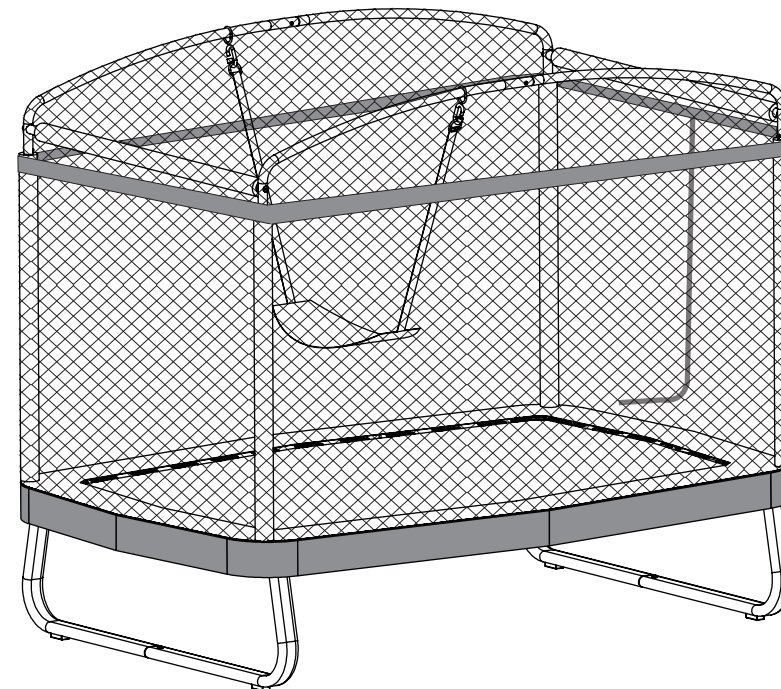


GYMAX[®]



USER'S MANUAL
Trampoline
TW10004BL/TW10004OR

THIS INSTRUCTION BOOKLET CONTAINS **IMPORTANT** SAFETY INFORMATION. PLEASE READ AND KEEP FOR FUTURE REFERENCE.

Please give us a chance to make it right and do better!

Contact our friendly customer service department for help first.

Replacements for missing or damaged parts will be shipped ASAP!

Follow Costway



Contact Us!

Do NOT return this item.

Contact our friendly customer service department for help first.



Before You Start

Please read all instructions carefully and keep it for future reference.

Warnings:

Attention: For home use only.

Attention: The Product is not suitable for the children under 3 years

Danger: Keep all small parts and packaging materials for this product away from babies and children, otherwise they may pose a choking hazard.

Danger: Lack of attachment may cause a risk of tipping or fall hazards.

General Warnings:

- △ The product must be installed and used under the supervision of an adult.
- △ Read through each step carefully and follow the proper order.
- △ Remove all packaging, separate and count all parts and hardware.
- △ Please ensure that all parts are correctly installed, incorrect installation can lead to a danger.
- △ We recommend that, where possible, all items are assembled near to the area in which they will be placed in use, to avoid moving the product unnecessarily once assembled.
- △ Ensure a secure surface during construction, and place the product always on a flat, steady and stable surface.
- △ Please check and maintain regularly, the most important parts for suspension, fixing, anchoring to the ground.



IMPORTANT MESSAGE

WARNING - PLEASE READ

ADULT ASSEMBLY REQUIRED

CHOKING HAZARD Small Parts

NOT for children under 3 years of age.

WARNING:

While every attempt is made to ensure the highest degree of protection in all equipment, we cannot guarantee freedom from injury. The user assumes all risks of injury due to use. All merchandise is sold on this condition, which no representative of the company can waive or change.

▲ WARNINGS

Please read these warnings and the information in this manual in its entirety. Failure to comply with the following instructions may increase the risk of serious injury and/or death:

- Ensure the trampoline has been assembled correctly, per the instructions in the manual.
- It is essential that the intended site for this trampoline is completely flat and level. If the ground is not level this will cause movement in the frame and could cause stress on the joined sections.
- Before each use of this product, inspect the entire assembly and replace any worn, defective or missing parts.
- It is only recommended for use by children 3+ years of age.
- DO NOT exceed the recommended MAXIMUM WEIGHT limit of 110lbs (50kgs) for Swing, MAXIMUM WEIGHT limit of 220 lbs (100kgs) for Trampoline.
- DO NOT allow more than one person on the trampoline at a time.
- DO NOT wear glasses or helmets when using the trampoline.
- DO NOT use the trampoline in wet, windy or other adverse weather conditions. Use only when the trampoline mat is clean, dry, and safe of obstructions.
- DO NOT somersault or perform flips. This can cause serious injury, resulting in paralysis or death.
- DO NOT use the trampoline as a springboard to or from other objects. NEVER jump from or attempt to jump to other objects, bodies of water, buildings or surfaces, or into or over the trampoline enclosure.
- DO NOT allow other persons to go under, sit, stand or lie on the trampoline or the frame pads while the trampoline is in use.
- DO NOT use the trampoline set when under the influence of alcohol, drugs or medication which may impair the jumper's judgment and coordination.
- ALWAYS remove jewelry, belt buckles or any other sharp objects before using the trampoline.
- ALWAYS jump in the center of the trampoline mat.
- ALWAYS secure the trampoline against unauthorized and unsupervised use.
- NEVER wear footwear (e.g. shoes) when using the trampoline. ALWAYS wear socks when using the trampoline.
- Children MUST NEVER use the trampoline unless supervised by a responsible adult with knowledge of trampoline use.
- Children MUST NEVER be left unattended at any time.
- Ensure the trampoline set is on level ground with a minimum of 9 feet (3M) clear space around the sides, 26 feet (8M) clear height space above and that no obstructions are under the trampoline.
- ALWAYS watch for power lines, overhead cabling, and other hazards or obstructions above, around and below the location where you are installing your trampoline set. Failure to do so can result in serious injury, death, and property damage.

- Mount and dismount from the trampoline and enclosure with care as injury may result. Children should be assisted when entering and exiting the trampoline to reduce the risk of falling.
- The frame of your trampoline set is made of steel and it will conduct electricity. No electrical equipment (lights, heaters, etc.) should be permitted on or around the trampoline under any circumstance.
- Please read and refer to other warnings and use information in the trampoline instructions before use.
- Dispose of all packaging materials safely and per local ordinance. This Safety instruction manual should be kept properly for future reference.

CARE AND USE

- This trampoline must be assembled by adults. It must be erected exactly as detailed in the assembly instructions. Two adults are required to assemble this trampoline. This product should only be used by children over the age of 3. Please ensure children under the age of 3 years old do not play with or are given any part of this trampoline when being assembled or when complete as it contains small parts which may pose a choking hazard.
- Please take care during assembly, as the manufacturing process can sometimes result in the occasional sharp edge and small pieces of waste metalwork. The use of gloves to protect your hands from pinch points during assembly is also strongly recommended. Should there be any missing parts, the trampoline must not be used until replacement parts have been fitted.
- The frame pad should always be fitted properly, fully covering the trampoline frame and springs.
- Your trampoline must be placed on a flat and level surface which is well lit. Under no circumstances should it be positioned on a hard surface such as concrete or asphalt, unless the ground under the trampoline plus the recommended free space area is covered with a safety surface. Examples of suitable surfaces are grass, sand or a play surface intended for this trampoline. It is important not to place or store anything under your trampoline.
- This trampoline is designed and made for family domestic use only within the recommended weight limit of 220 lbs (100kgs). This trampoline is not intended for use outside of these guidelines. The user must remove footwear (shoes) before use. The user must wear socks when using the trampoline. Misuse can result in injury. Inspect the trampoline before use and always replace worn, defective or missing parts.

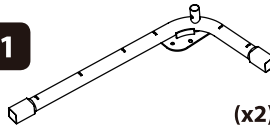
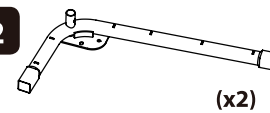
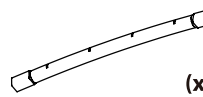
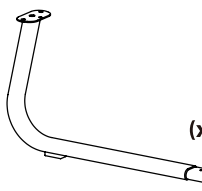
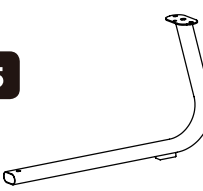

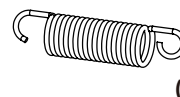


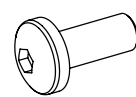

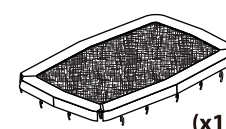
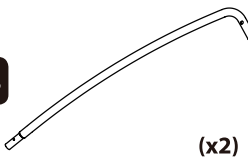
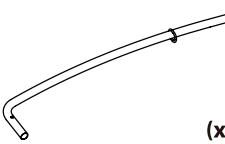
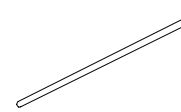

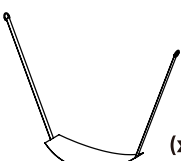
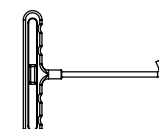
- **Safety Information:** This trampoline is designed and manufactured to provide you and your family with many years of fun and exercise, but for your benefit and safety, please read this manual carefully and in full before assembling and using your trampoline.
 - **DO NOT** allow more than one (1) person on the trampoline at a time. Multiple jumpers increase the chance of someone becoming injured. Jumpers may collide with one another, fall off the trampoline, fall on or through the springs or land incorrectly on the mat. Multiple jumpers increase the chances of loss of control, collision and falling off. This can result in severe injury or death.
 - Always secure the trampoline against unauthorized and unsupervised use.
 - Trampolines are rebounding devices which propel the user to unaccustomed heights and into a variety of body movements. Rebounding off of the trampoline, striking the frame or springs, or improperly landing on the trampoline mat (bed) may cause injury.
 - The frame of your trampoline is made of steel and it will conduct electricity. No electrical equipment (lights, heaters, extension cords, household appliances, etc.) should be permitted on or around the equipment under any circumstances to avoid the risk of electrocution.
 - As your trampoline mat is raised off the ground, there is the risk of falling when entering or exiting the trampoline. Children should be assisted when entering and exiting the trampoline to reduce their risk of falling.
 - Do not flip, somersault or perform maneuvers which may cause you to land on the head or neck. Paralysis or death can result even if you land in the middle of the trampoline mat.
- **IMPORTANT:**
You must not use the trampoline if you have a medical history of neck or back injuries or certain mental or physical conditions – an existing condition dramatically increases the risk of serious injury or death.
- No modification should be carried out to the trampoline or any of its components. Any modification could lead to damage to the product or result in a personal injury.
- **WEATHER CONDITIONS:**
Special care should be taken as weather conditions change. In particular, a wet trampoline mat (bed) is too slippery for safe jumping. Gusty or severe winds can cause jumpers to lose control. To reduce the chance of injury, use the trampoline only under appropriate weather conditions. In cold weather, tongues and lips can stick to metal at sub zero temperatures. In warmer and sunnier weather, parts can become extremely hot, and the temperature should be regularly checked during play, especially metal parts.

- **HIGH WINDS:**
It is possible for the Trampoline to be blown about by high wind. If you anticipate high winds, the Trampoline must be moved to a sheltered location, or be disassembled.





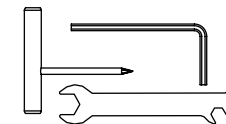
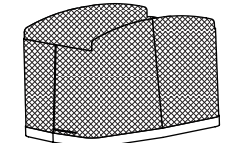

ASSEMBLY WARNINGS

- The minimum overhead clearance required is 26 feet (8 meters). Ensure that no hazards or obstructions are near the trampoline such as tree branches, swing sets, swimming pools, electrical power wires, walls, fences, roof overhangs etc.
 - Please be aware of the following when selecting a place for your trampoline:
 - Trampoline must be placed on a level surface.
 - All obstructions from overhead, underneath or around the trampoline must be removed.
 - Do not use this trampoline on any slippery/smooth floor surface, uneven or sloping ground surface.
- You increase the risk of serious injury and/or death if you do not follow these guidelines.
- The area must be well lit.
 - When you are ready to start, make sure that you have the correct tools at hand, and adequate space for assembly.
 - Please refer to the table for part descriptions and numbers. The assembly instruction uses these descriptions and numbers as reference. Make sure you have all parts listed. If you are missing any parts, please contact our customer service.

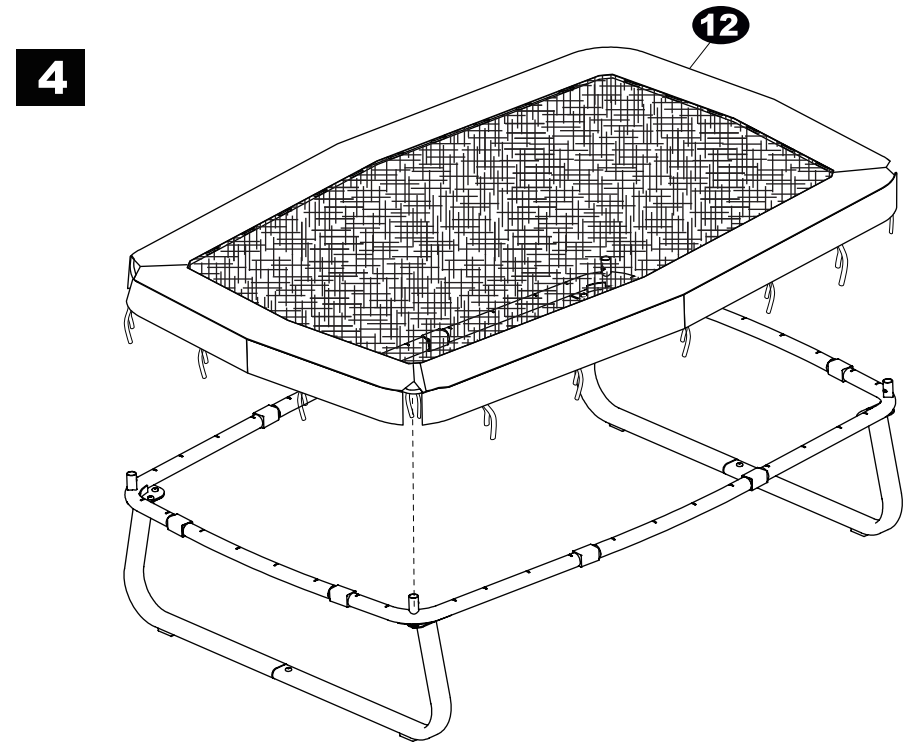
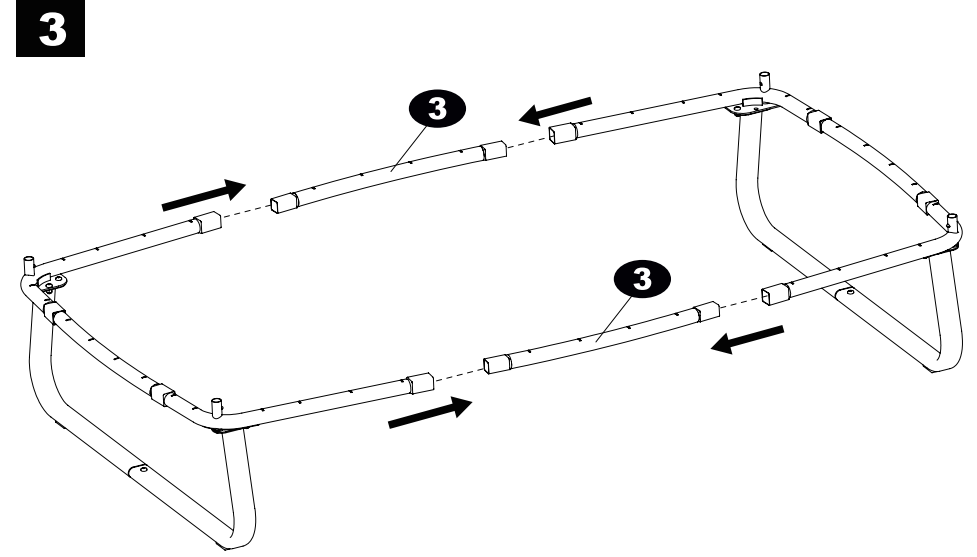
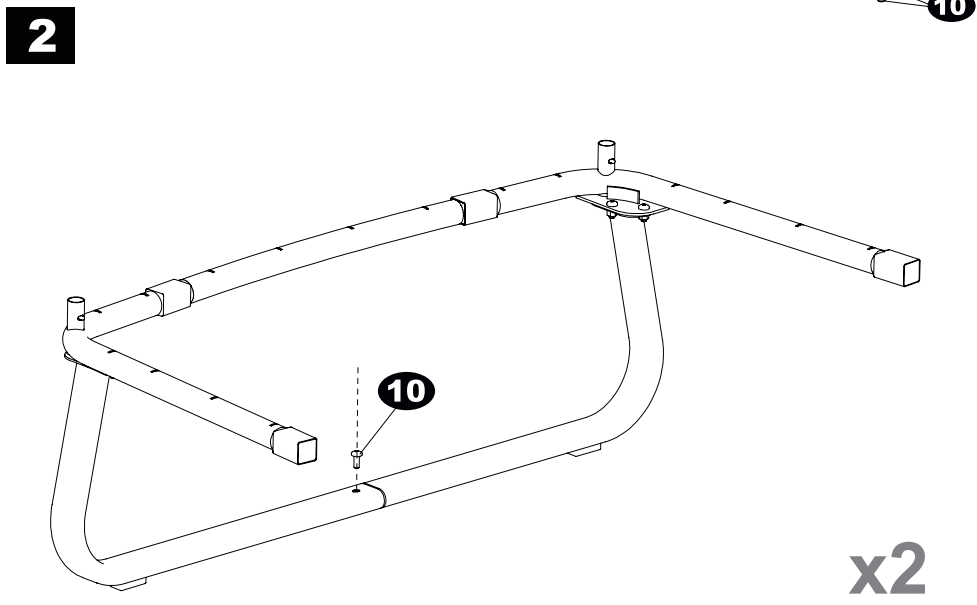
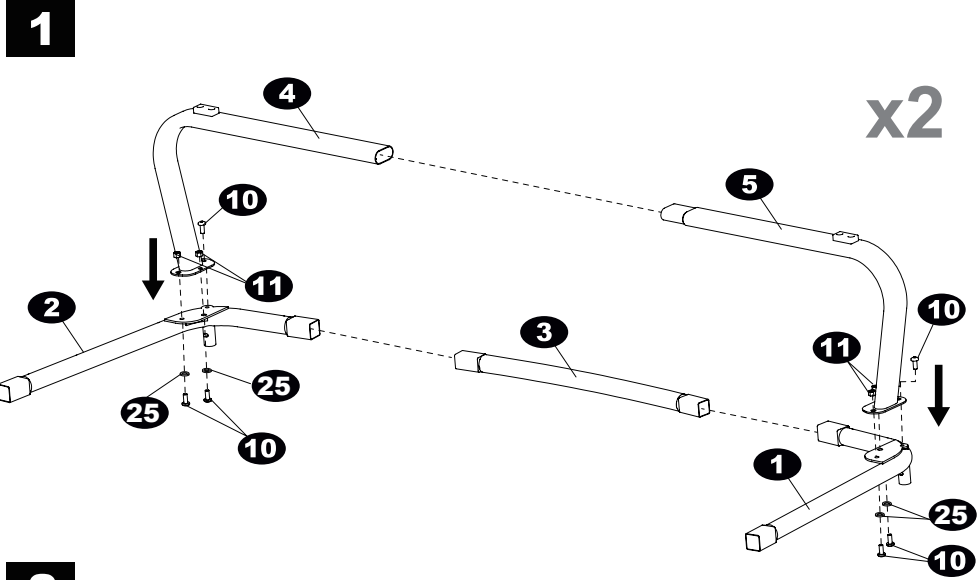
PART LIST

- 1**  (x2)
- 2**  (x2)
- 3**  (x4)
- 4**  (x2)
- 5**  (x2)
- 6**  (x4)
- 7**  (x40)
- 8**  (x2)
- 9**  M8x45 (x4)
- 10**  M8x20 (x14)
- 11**  (x8)
- 12**  (x1)
- 13**  (x2)
- 14**  (x2)
- 15**  (x2)
- 16**  (x2)
- 17**  (x1)
- 18**  (x1)

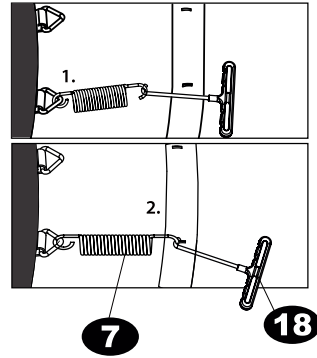
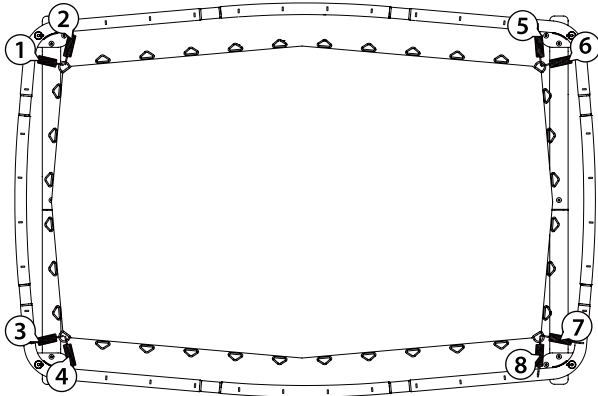
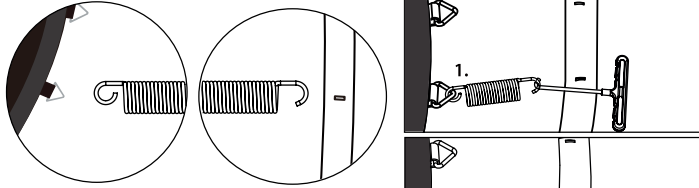
PART LIST

- 19**  (x2) - 1140mm
- 20**  (x2) - 1040mm
- 21**  (x4) - 970mm
- 22**  (x2) - 730mm
- 23**  (x1)
- 24**  (x1)
- 25**  (x8)

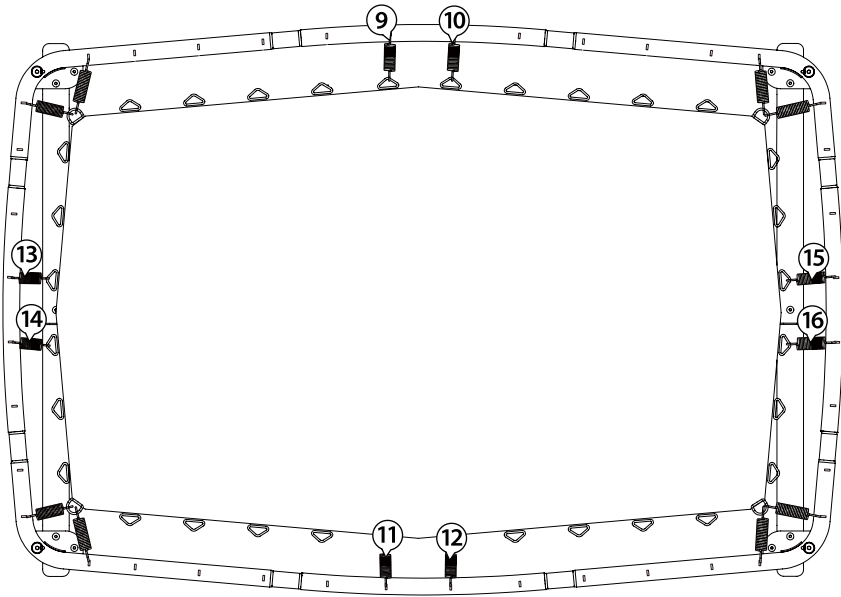
ASSEMBLY



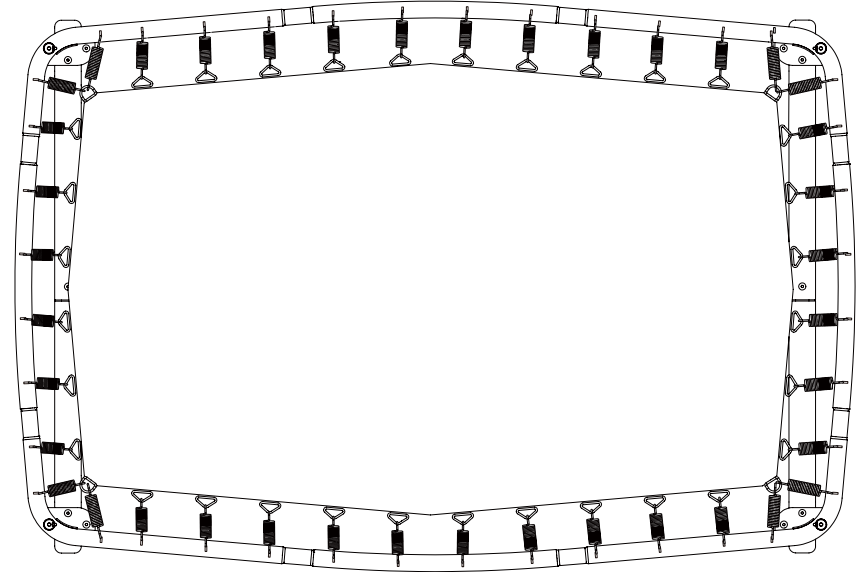
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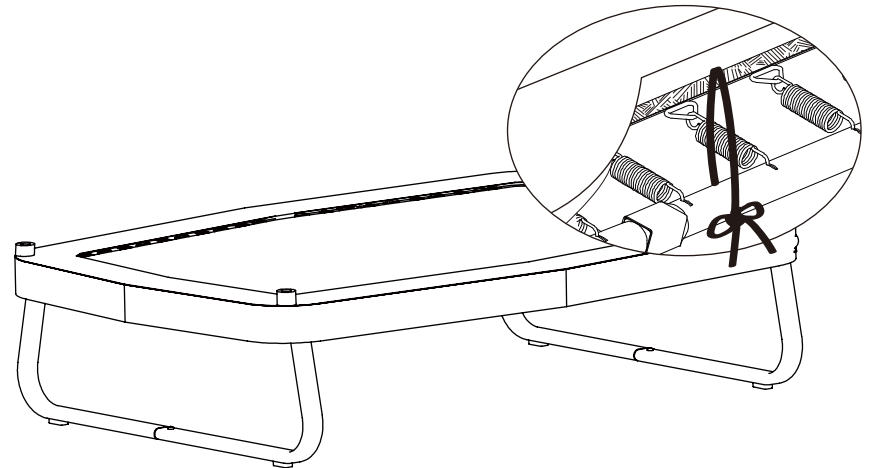
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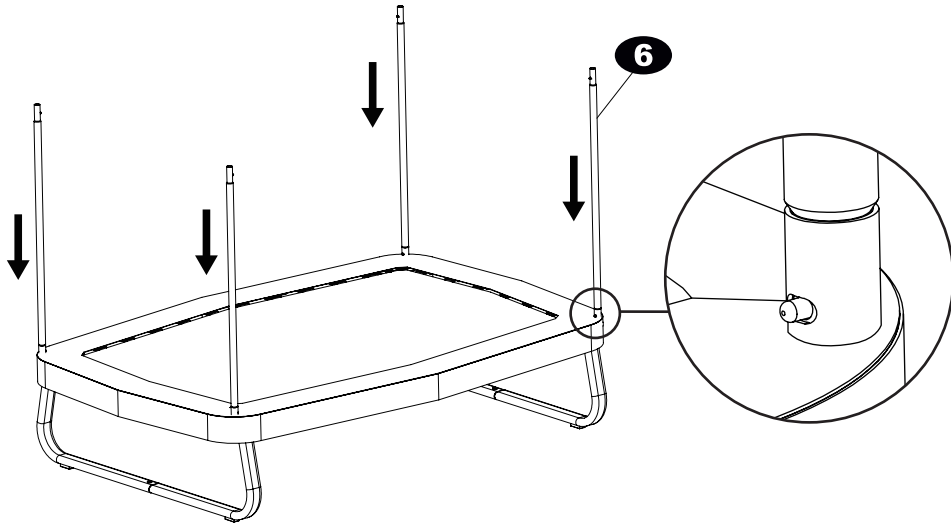
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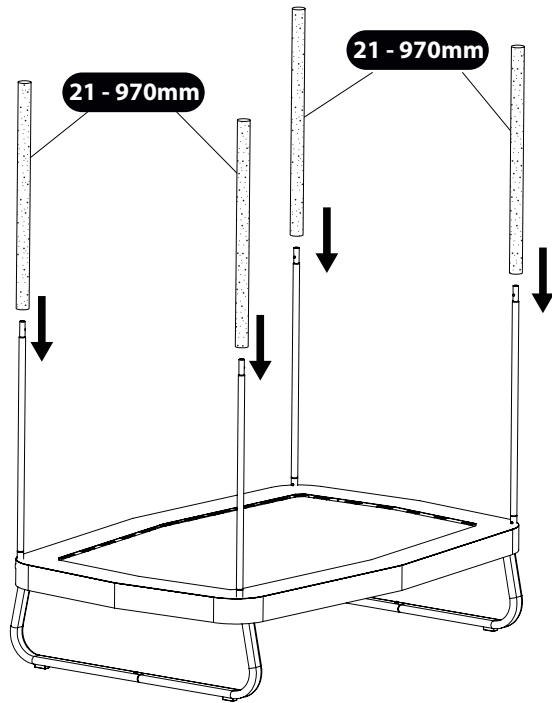
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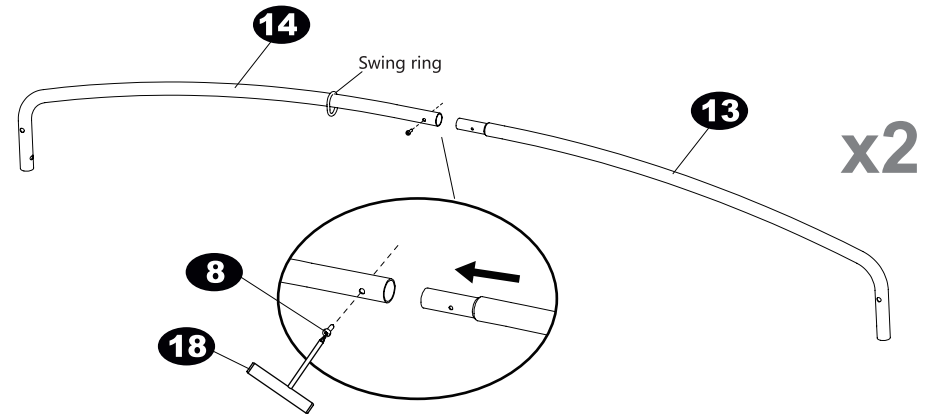
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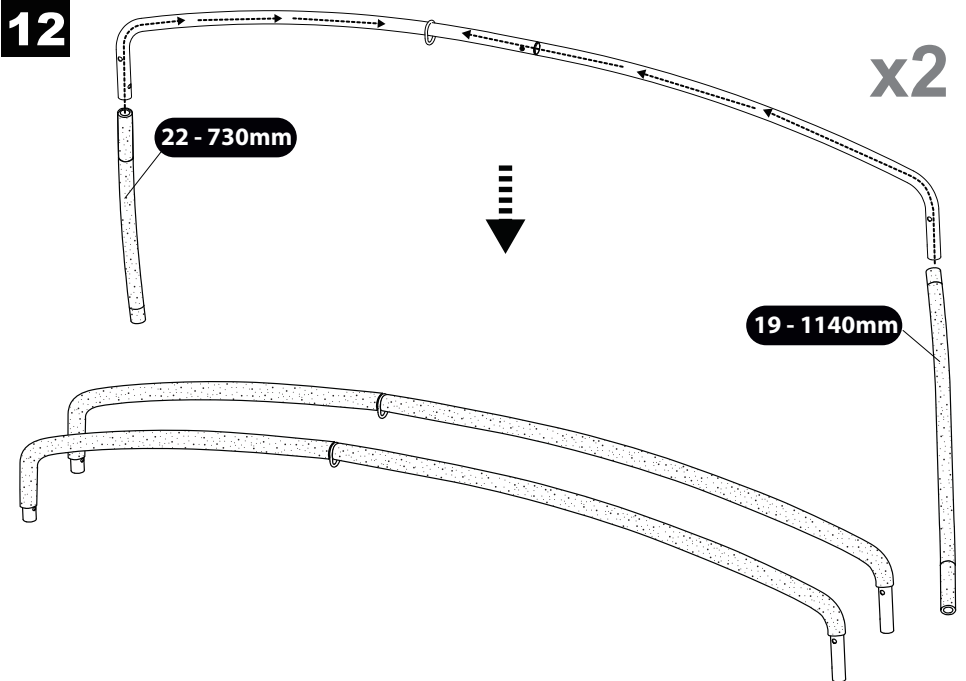
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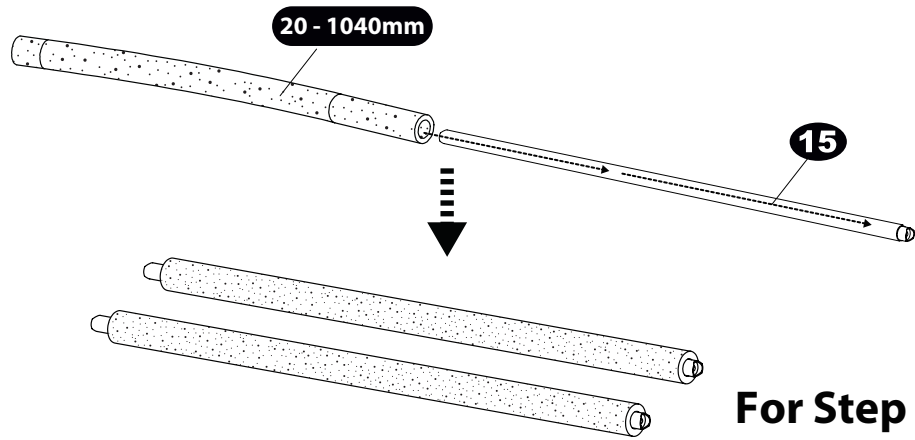
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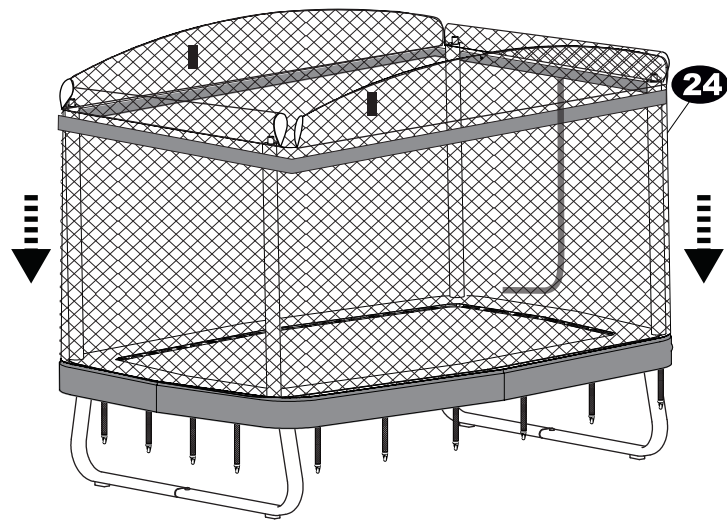


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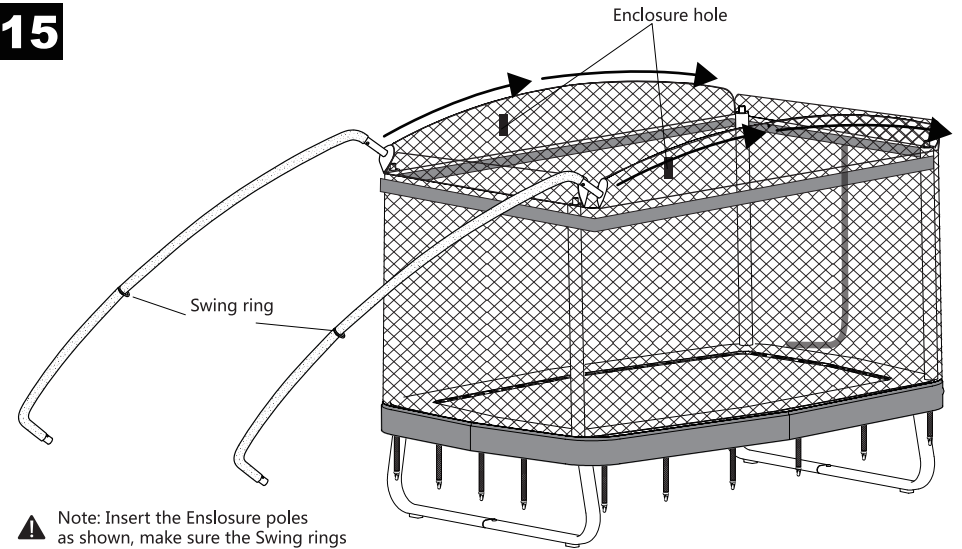


For Step 17
x2

14

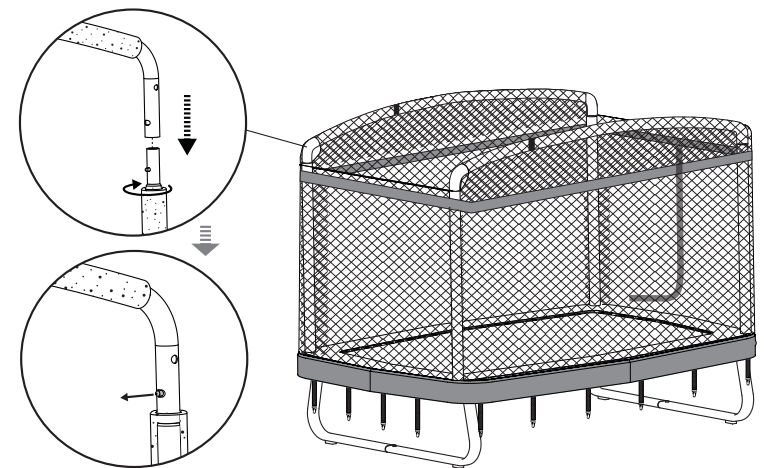


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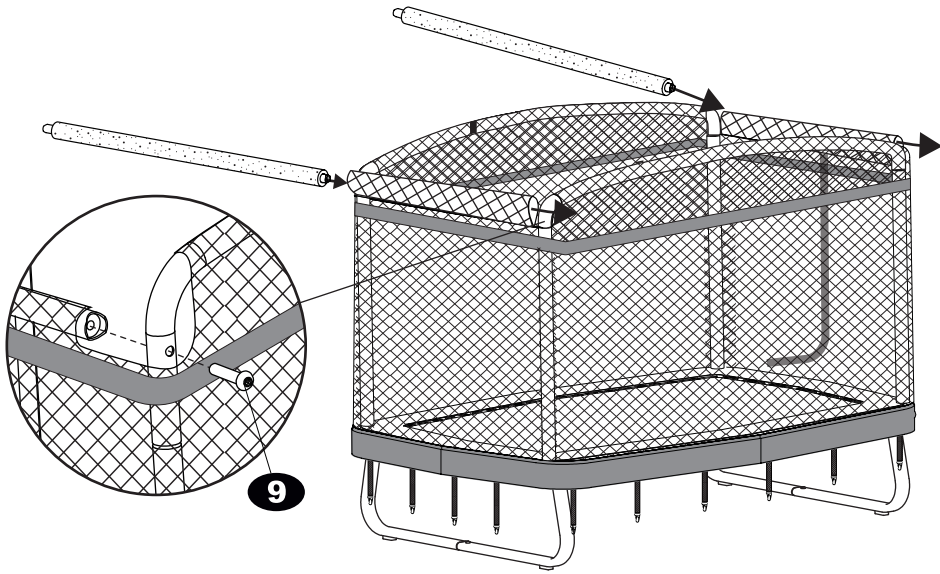


▲ Note: Insert the Enclosure poles as shown, make sure the Swing rings and the Enclosure holes are aligned. Pull the Swing ring out through the enclosure hole.

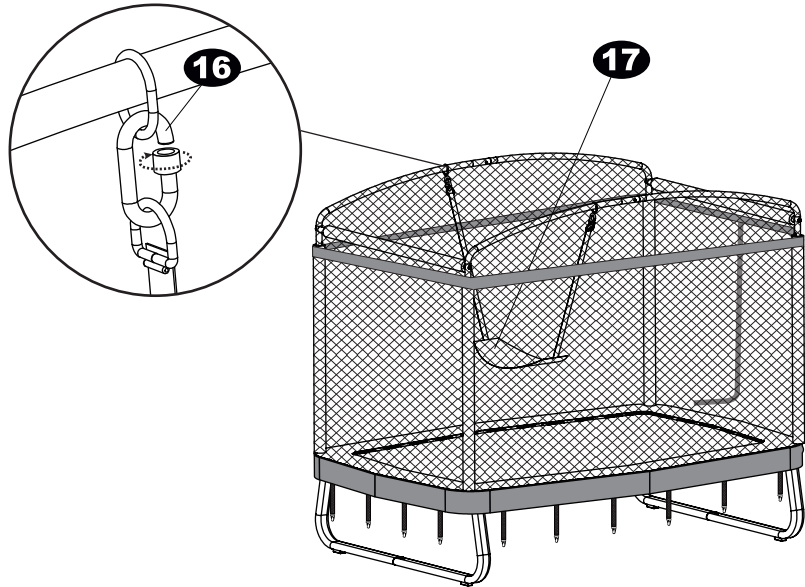
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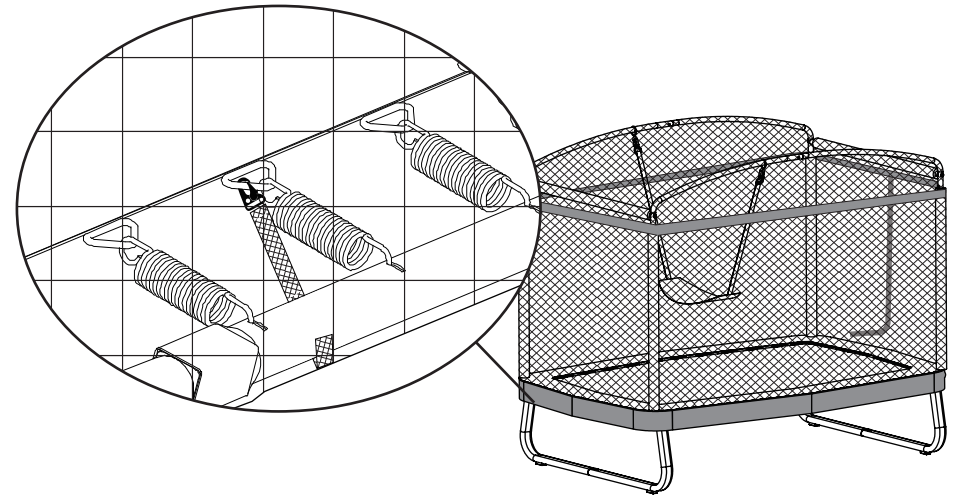
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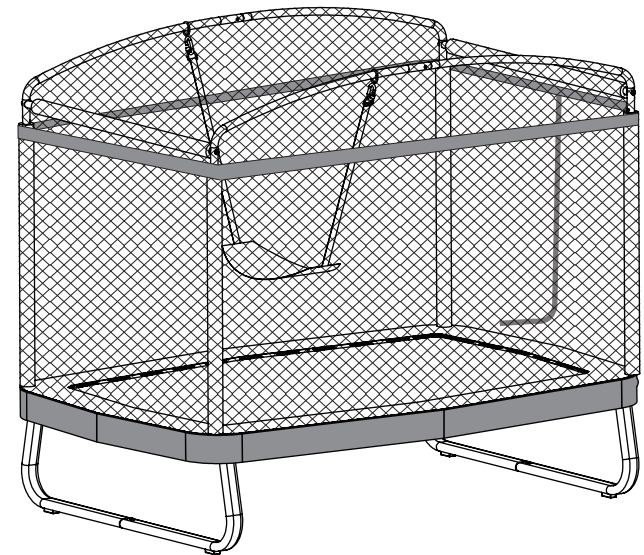
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19



20



- For first time use of the trampoline, users must concentrate on learning fundamental body positions.
- In the learning phase, users must practice and perfect these basic techniques. The deceleration or examining of the jump must be informed firstly and emphasized as a security measure. Users must slow their jump as soon as they begin to lose the balance or lose control of their jump. Bending knees upon landing so as to absorb the energy resulted from the jumping mat bouncing upward. Thus users can stop the jump immediately and avoid loss of control.
- A good, controlled jump on the trampoline will always fall at its starting point. Practice is up to the standard only if the jumper can repeat this practice on a regular basis. Before the jumper can perform all the exercises he has learned before, it cannot attempt the next stage in more difficult practice.
- Daring jumps are not recommended. All skills can be learned in moderate height. What should be emphasized is the jump instead of the control of height. User may not jump alone and unsupervised on the trampoline.
- Do not try complex jumps, or other actions you can not control.
- Failure to follow these instructions will increase your risk of injury.

- Start in the center of the jumping mat, keep feet as wide as the shoulder, arms at side, eyes on the end of the mat.
- As you jump from trampoline, swing arms sideways and upwards slightly to pull up the body. Upon landing, keep feet at shoulder width.



- First, assume position of hands and knees bounce. Begin to bounce slightly in this position, kick legs straight and land on stomach, taking some weight on bent forearms as shown in illustration. Then re-assume the position of hands and knees bounce from the trampoline.
- Try the front jump after some simple basic standing jump.



- First, assume a kneeling position in the center of the jumping mat. Keep back straight and eyes on edges of the mat.
- Wave your arms and jump to the starting position.
- After a gentle jump, repeat this position and jump back to the starting position.



- First, assume position in illustration, keeping head straight up and eyes on edges of the jumping mat.
- After a gentle jump, repeat this position and jump back to the starting position.



- Assume sitting position in the center of the jumping mat. Separate legs slightly, support yourself by hands and lean your body slightly forward.
- After a gentle jump, repeat this position and jump back to the starting position.



- Lie on your back on the center of the jumping mat, spread your legs and arms towards sky and raise head. This is your landing position.
- Try this position cautiously from a gentle bounce and jump back to the starting position. Weight should be taken more on your shoulders than on your hips when landing.



- Half Pirouette: Done from the basic standing jump. At the highest height of bounce, rotate 180 degrees taking yourself as a center. Do not lose control and land on your feet.
- Full Pirouette: Done from the basic standing jump. At the highest height of bounce, rotate 360 degrees taking yourself as a center. Do not lose control and land on your feet.



- Leg Bending Jump: Done from the basic standing jump. At the highest point of the bounce, bring knees to chest and grasp with arms, then spread legs.



- Done from the basic standing jump. At the highest point of the bounce, bring knees to chest and grasp with arms, then spread legs.



- Done from the basic standing jump. At the highest point of the bounce, bring legs to chest and keep knees stretched.



- Done like the body bending jump, but separate legs as widely as is comfortable and touch your toes.

