



---

ASSEMBLY MANUAL

---



Improper use or lack of care can lead to your trampoline deteriorating earlier than expected. Please follow all of these care instructions to ensure that your trampoline lasts for as long as possible.

## WEATHER CARE

If your trampoline will be unused for any extended period, you should disassemble it and store it out of the weather.



Clean away any fallen debris on your trampoline after rain. Wipe off residual water; any moisture left on the trampoline may contribute to the corrosion of steel components and weaken textiles.



Disconnect the safety net from the net poles, and cover the net and mat with a storm cover. Never position your trampoline under power lines. We recommend that you secure your trampoline with an Anchor Kit.



Disassemble your trampoline.



Assemble your trampoline where it will receive the most shade cover during the brightest times of the day. Cover your trampoline when not in use to minimise UV damage.

## STORAGE

Return your trampoline to its original packaging, and store it in a dry place.

## MOVING THE TRAMPOLINE

- Move the trampoline with a minimum of 4 adults, to ensure that the lift is within heavy lifting regulations.
- Do not drag the trampoline; lifting insufficiently may cause the joiners and frame tubes to bend or warp.
- Avoid tilting the trampoline, or resting it on its side; the frame may bend under its own weight.
- Disassemble the trampoline, and return it to its original packaging, to transport it long distances.



## IMPORTANT NOTES

### Metal Rust and Corrosion

- Be aware of areas that are particularly prone to rusting:
  - Places where water is easily trapped.
  - Hollow sections of steel (which can appear in good condition on the outside, while hiding rust on the inside).
  - Sections where different metal components join together.
- Inspect the inside of all frame tubes and poles every 6 months, and remove any water from the inside surfaces.
- Check tube and pole connection areas for rust.
- Use general purpose grease on steel connection areas to reduce the chance of corrosion.
- Avoid excessively cleaning steel components, as it may reduce the effectiveness of our protective coatings.

### Textile Deterioration

- Clean your trampoline mat with a soft sponge only to avoid prematurely wearing the textiles.
- Avoid using powerful soaps or detergents; they can damage the textiles.
- Wipe dry with an absorbent cloth any water left after rain, cleaning or use of the Vuly Mister accessory. The mat may discolour or form spots if left to dry in the sun.
- Remove the textile parts, and store them—in their original packaging—in a cool, dry and dark place when the trampoline will not be used for more than 1 month. Prolonged exposure to UV sunlight can shorten the lifespan of the safety net.

Use this checklist to inspect the trampoline before each use. Replace any worn, defective, or missing parts to avoid potential hazards. If the following listed issues are discovered, do not continue to use the trampoline. Contact Vuly or your nearest dealer to order and replace any parts.

## Frame

### Surface of the tubes and poles

- Rust Spots
- Cracking of the curved areas
- Elongation of the net pole holes
- Twisted or stretched steel
- Sharp protrusions
- Damage from the net poles or wire loops
- Loose studs

### Net Pole Holes

- Cracks around the holes
- Elongation of the holes

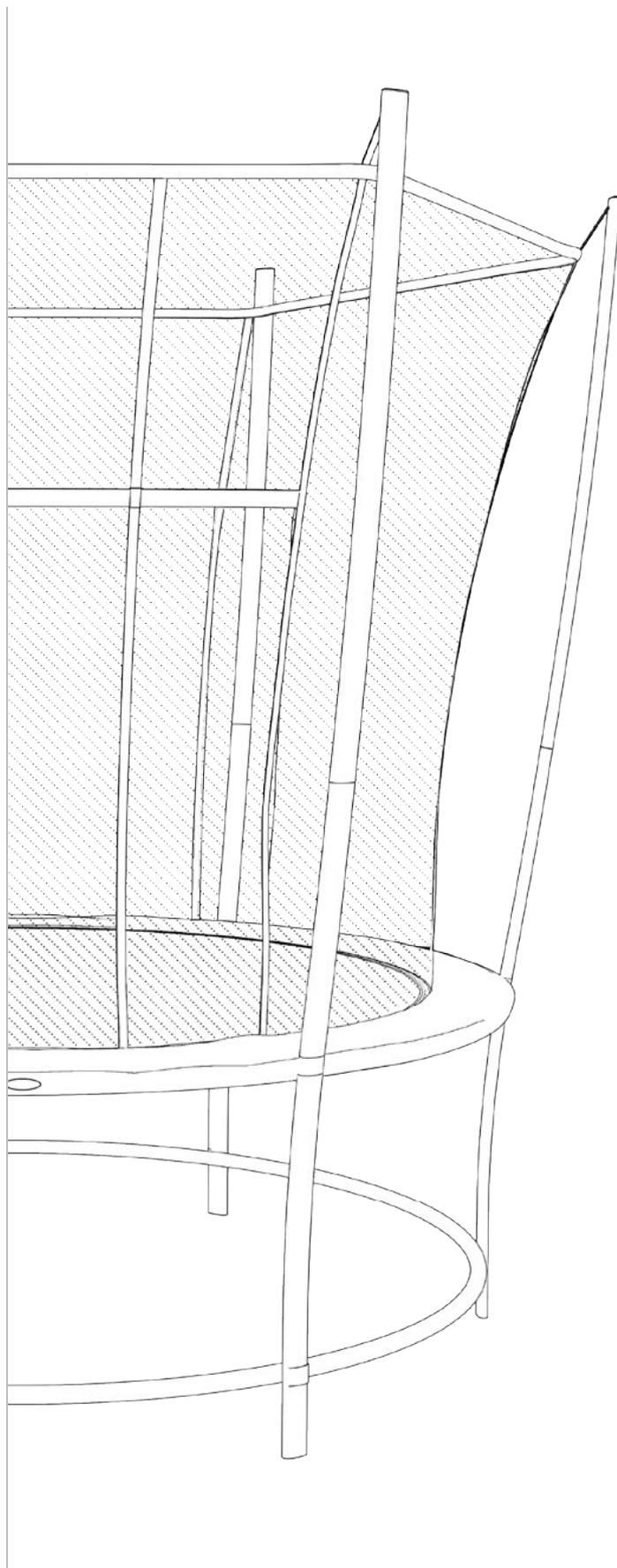
## Mat & Safety Net

### Mat

- Holes
- Burn marks
- Frayed yarn
- Broken sewing threads
- Sagging fabric
- Faded or torn fabric

### Safety Net

- Holes
- Burn marks
- Frayed yarn
- Broken sewing threads
- Stretched mesh
- Torn edges
- Stretched seams
- Faded materials



## PRECAUTIONARY ADVICE

**User:** Start by getting comfortable with bouncing by performing small jumps until your confidence and coordination improve. Familiarise yourself with basic bouncing, landing and stopping movements. This will allow you to develop greater control before you attempt more advanced techniques. Always focus your eyes on the edge of the trampoline; this will help with basic coordination.

Follow our guide to fundamental skills, and seek professional gymnastic training advice, to further develop your understanding of the dynamics of trampoline bouncing, and the progression of bounce routines.

**Supervisor:** Ensure that all safety guidelines are being followed by the user. You must be mature and knowledgeable about trampolines, read this entire booklet, and ensure that the user has also read this entire booklet.

If no supervisor is available at times when someone may use the trampoline, it should be appropriately disassembled to avoid unsupervised use.

## BASIC SKILLS

The following is advice on how to perform the fundamental skills of trampolining:

### Bouncing

You should always bounce in the centre of the bed, and only perform controlled bounces in line with your coordination and capability. Always begin your basic bounces low. Never jump excessively high or recklessly.

### The Stop Bounce

This technique will allow you to regain control by quickly stopping your movement. Keep your feet on the mat, and absorb the rebound of the trampoline through your knees and waist.

This skill should be the first skill that you learn, and you should use it whenever you feel out of balance, or when you land away from the centre of the mat.

#### To practice the stop bounce:

1. Stand in centre of the mat, with your feet about hip-width apart.
2. Attempt 3 easy bounces; keep them low and controlled.
3. Focus your eyes towards the perimeter of the trampoline to keep your balance.
4. Stop the bounce by bending your knees and hips when you land on the mat.

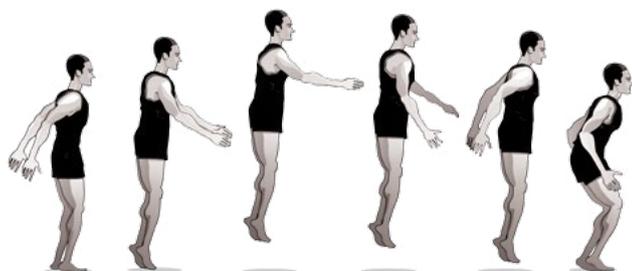
### Arm Actions

Arms are also important for proper lift and control. Whenever you're in the air, your arms should be too. Raise them as you jump—to about shoulder height and width. Keep this position until you start falling, then lower your arms to slightly behind the hips. Re-lift them as you bounce again.

### Leg Actions

There are three basic leg actions: the tuck, pike, and straddle pike. You should assume these positions at the peak of your bounce, and resume the normal landing position as you come back down.

Concentrate on getting perfect form as you practice; ensure that your toes are pointed, and your fingers are straight. These simple variations to the basic bounce are very important for gaining experience in coordinating your movement.



Arm Actions



Leg Actions

## Emergency and Evacuation Procedure

If any part of the trampoline begins to fail, the user should withdraw themselves from the trampoline, and they, the supervisor and any other bystanders should move away. Disassemble the trampoline as soon as possible to avoid any further use.

## HexVex 2™

HexVex™ is a unique, interactive game printed on your jumping mat.

Originally based on 'Add-ons', a training tool used by elite trampolinists to improve their co-ordination and reaction time, HexVex™ helps jumpers to improve their balance and enhance their memory and learn sequence.

Invent new games with HexVex™, and tell Vuly to have them published to the world!

## HexVex 2™ Game Icons

A trampoline should be used by one person at a time. Some HexVex™ games are designed to be played by more than one person. Each player should climb off the trampoline to allow the next player to have their turn.

Players should climb off the trampoline to allow the next player to have their turn.

### Match Up

#### Players: 2

The first player starts in the middle, and begins the game by picking an icon and jump onto it. They then need to jump to the other, matching icon. That player continues this process, choosing and matching up all nine icons to complete one round. A miss-match jump ends their turn in the game.

The first person to complete three consecutive rounds of matched icons wins.

### Mimic Me

#### Players: 2 or more

The first player starts on the edge of the trampoline, and begins the game by calling out the name of an icon and jumping onto it. Players then take turns, repeating the icon that the previous player(s) jumped onto, while adding a new icon at the end of the sequence. A player is out of the game if they jump on an incorrect icon, or execute the sequence in the wrong order.

The winner is the last player left jumping.

### Story Hop

#### Players: 2-3

The first player starts in the middle of the jumping mat, and begins the game by jumping on any icon, and shouting a part of a story that relates to that icon. That player then continues the story by jumping on the remaining icons to tell a complete story. The other players then take their turns by doing the same.

The winning player is the one who achieves the most laughs with their story from all the other players.

### Musical Icons

by Donna and Hayley Shaw, winners of Create-a-HexVex Game.

#### Players:

3 - Vuly2 - 8ft,

4 - 5 - Vuly2 - 10ft,

6 - Vuly2 - 12 and 14ft.

Each player hops into the trampoline and puts on a blindfold. The supervising parent then plays some music, and each player crawls around on the HexVex™ mat, wiggling and dancing until the referee stops the music. When they do, each player must sit up on their knees and lift up their blindfold to see if both of their knees are on a HexVex™ icon. If they're not, that player is out.

The winner is the last player left wiggling!



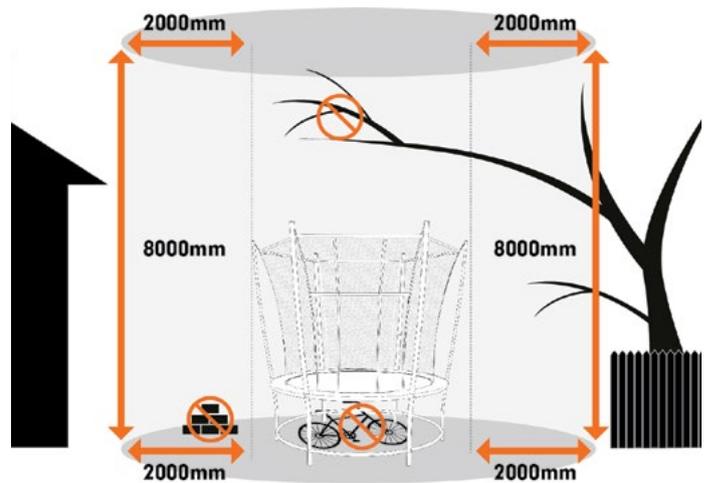
## ATTENTION! SAFETY INFORMATION, INSTALLATION, CARE AND MAINTENANCE INSTRUCTIONS

Responsibility rests with the owner and supervisors of the trampoline to make sure that all users are aware of practices specified in the Usage and Safety Instructions.

Read all instructions before using your trampoline. For further information or additional instructional material, contact Vuly or your nearest trampoline club.

### SITE PLANNING

- Place your trampoline on impact-absorbing surfaces, such as grass, wood chip, non-beach sand (to avoid rusting), rubber or synthetic compounds.
- Ensure that the site is sufficiently stable to prevent the trampoline tipping or blowing away. We recommend using the Vuly Anchor Kit to secure the trampoline to the ground.
- Ensure that there is adequate overhead clearance. We recommend a minimum clearance of 8 m (26 ft) from ground level. Provide additional clearance for wires, tree branches and other possible hazards.
- Ensure that there is adequate lateral clearance. We recommend a minimum of at least 2 m (7 ft) of free space on all sides of the trampoline. This area should be free of concrete, bitumen, brick or other hard surfaces.
- Keep the area around the trampoline clear, and away from walls, fences, building structures and other play areas.
- Do not place the trampoline on top other objects, or store anything under the trampoline, such as garden tools and bicycles.
- Avoid using the trampoline during gusty or severe winds. Use only when wind or air movement is calm and gentle.
- Place the trampoline in a well-lit area.



### SAFETY CHECKS

Perform every checking procedure before using the trampoline:

#### Product Check

- Inspect the trampoline before and after each use for component deterioration, which can happen over time from use and from environmental and weather conditions.
  - Inspect the safety net structure for missing, improperly positioned, bent, broken or insecurely attached net poles, pole caps and sharp protrusions.
  - Inspect the safety net textiles for deteriorated stitching, punctures, fraying, sagging, tears or holes.
  - Replace any worn, defective, or missing parts immediately, and through Vuly Trampolines only.
- Check the surface of the mat for foreign objects, and remove them.
- Ensure that the trampoline safety net (and frame padding, if applicable) is correctly fitted.
- Disallow any activity underneath the trampoline.
- Avoid using the trampoline in heavy rain or when it is very wet. If you are using Vuly's official Mister accessory, be extra cautious about your bouncing.
- Secure the trampoline properly when not in use to protect against unauthorised use.
- Remove any ladder from the trampoline when not in use to prevent children from falling.
- Lubricate where metal components connect, and on the springs.
- Use only Vuly-made accessories with, or on, our trampolines.

#### Personal Check

- Avoid bouncing while tired, or bouncing for so long that you become tired.
- Refrain from eating or drinking on the trampoline.
- Avoid bouncing immediately after a meal.
- Do not use a trampoline while under the influence of alcohol or drugs.
- Ensure that the user's weight is less than 150 kg (330 lbs) for 8FT / 10FT and 120 kg (265) lbs for 12FT / 14FT.

#### Clothing Check

- Wear clothing that is tight fitting, and that allows you to move freely.
- Wear sun-protective clothing, sunscreen and a soft hat.
- Wear clothing that is free of drawstrings, hooks, loops, buckles, jewellery or anything that could get caught in the trampoline net.
- Do not wear shoes while bouncing, unless they are designed for use on a trampoline and are well-fitted.

#### Behaviour Check

- Do not allow more than one person onto the trampoline at a time.
- Do not allow any solid or sharp extraneous items onto the trampoline.
- Do not allow pets on the trampoline.
- Do not jump onto or off of the trampoline.
- Do not use trampoline without mature and knowledgeable supervision.
- Do not sit on the edge of the trampoline; additional weight puts pressure on the entire system.
- Do not walk closely in front of, behind or between the trampoline's moving parts.
- Do not stop any moving parts suddenly while they are in motion.
- Do not use the trampoline in any way that is not described in this manual.
- Ensure that you do not misuse or abuse the trampoline; it could cause serious injuries.

**Time required:** Approximately 1 hour - **Number of people required:** 2

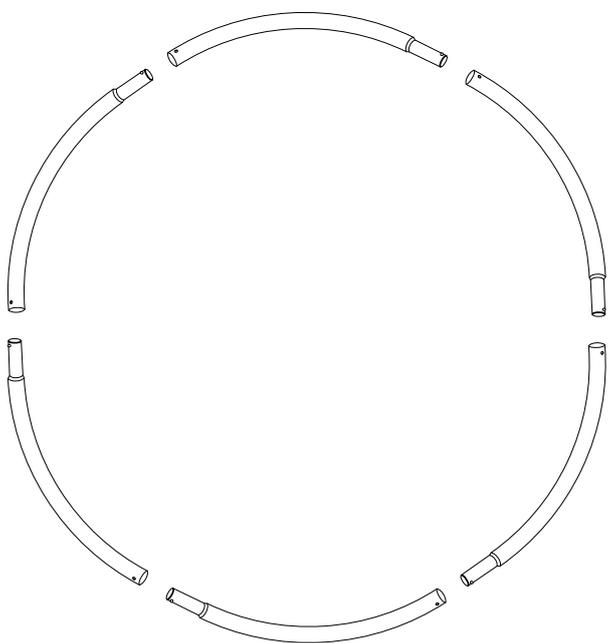
**Quantities:**

	8 ft	10 ft	12 ft	14 ft
Lower frame tubes	6	7	8	9
Upper frame tubes	6	7	8	9
Joiner poles	6	7	8	9
Coil springs	48	63	72	90
Spring tool	1	1	1	1
Lower net poles	6	7	8	9
Upper net poles	6	7	8	9
Jumping mat	1	1	1	1
Net	1	1	1	1

## FRAME

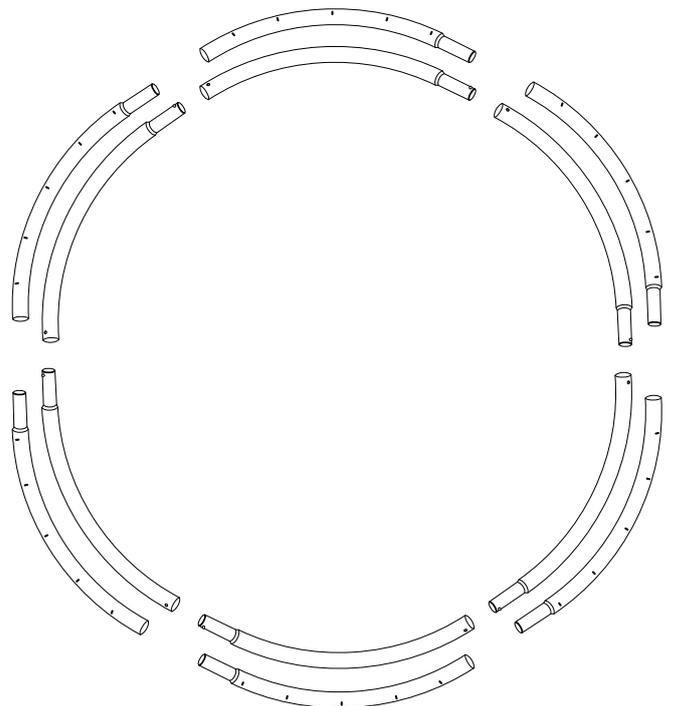
### STEP 1

Lay out the lower frame tubes in a circle; these are the frame tubes without spring holes. Make sure that the male end is facing to the right, and the female to the left.



### STEP 2

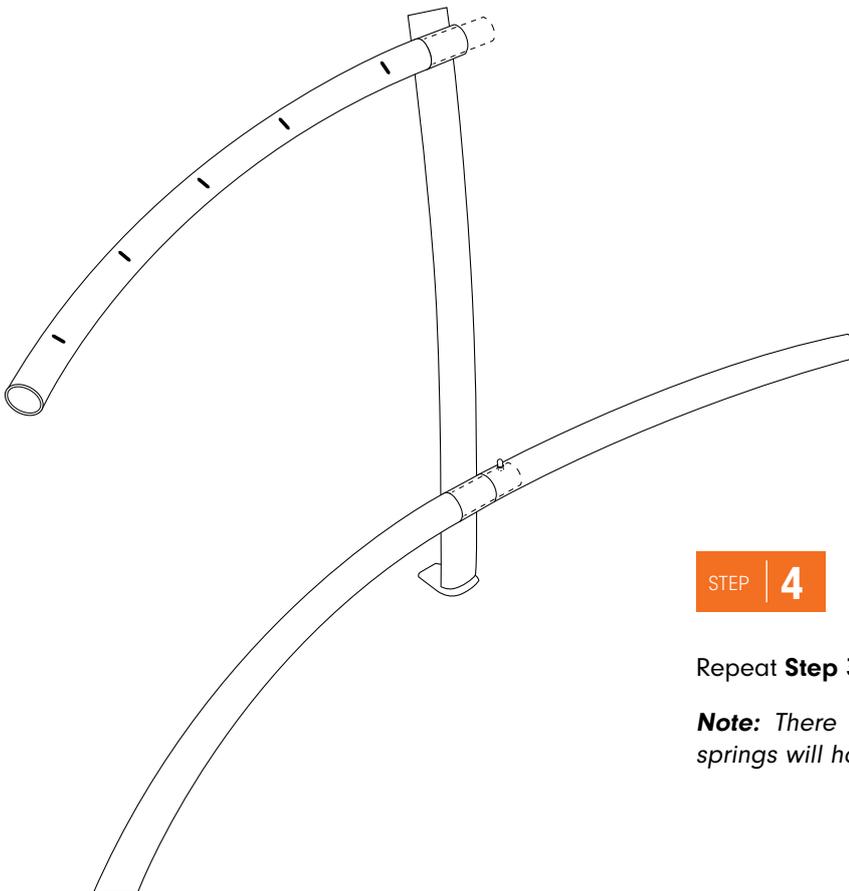
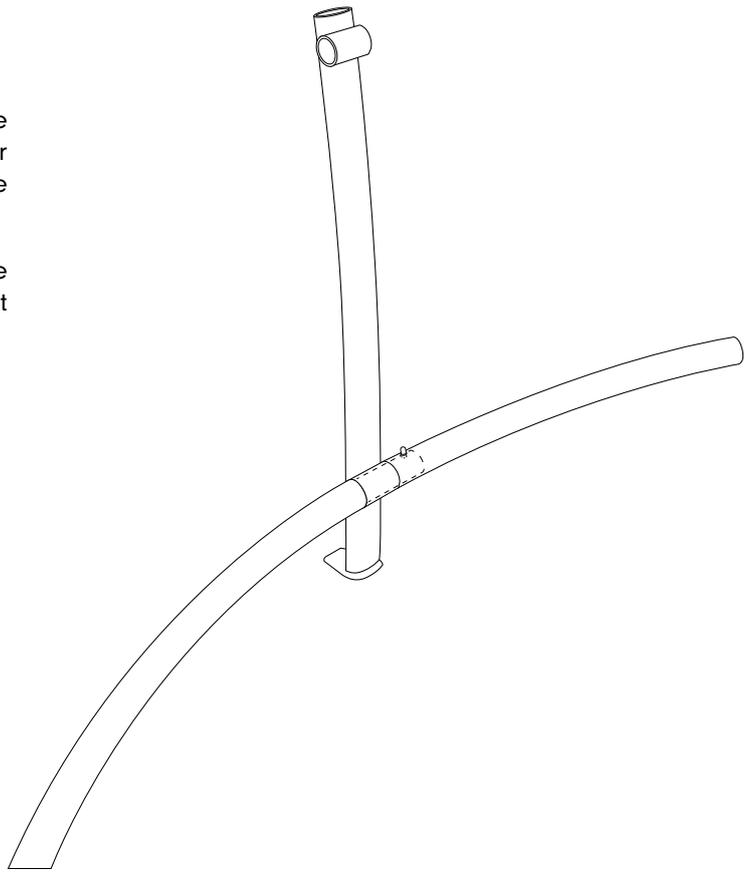
Lay out each upper frame tube on top of a lower frame tube in the circle. Make sure that they are facing the same direction as the lower frame tubes.



## STEP | 3

**A** - Position the joiner poles around the circle. Slide the male side of each lower frame tube into the lower section of the joiner pole. Make sure that the foot of the joiner pole is facing outwards.

**B** - Fit the female side of the lower frame tube into the male. Press down on the push button to secure it. Repeat until you have completed the lower frame ring.



## STEP | 4

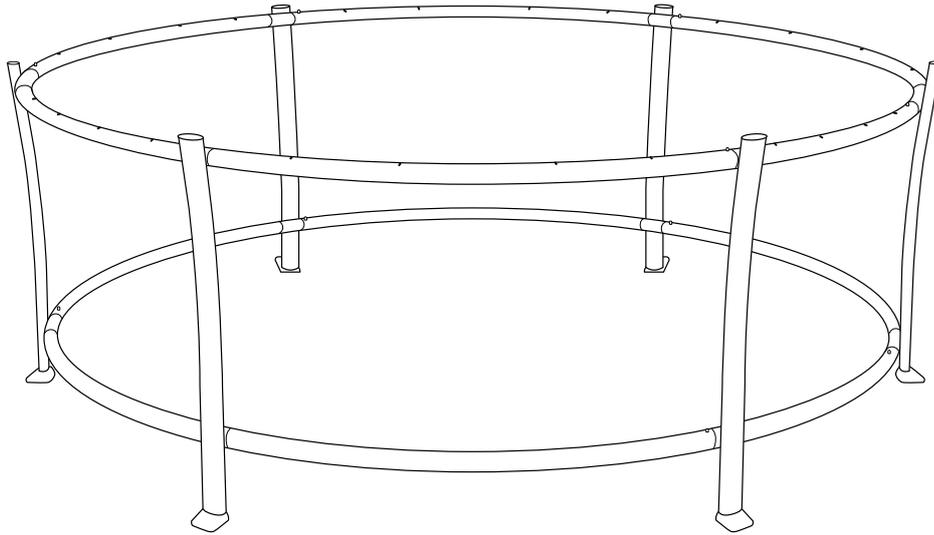
Repeat **Step 3-B** for the upper frame tubes.

**Note:** There are no push buttons—the jump mat and springs will hold the frame together.

## STEP | 5

Check to see that your completed frame looks like the image below.

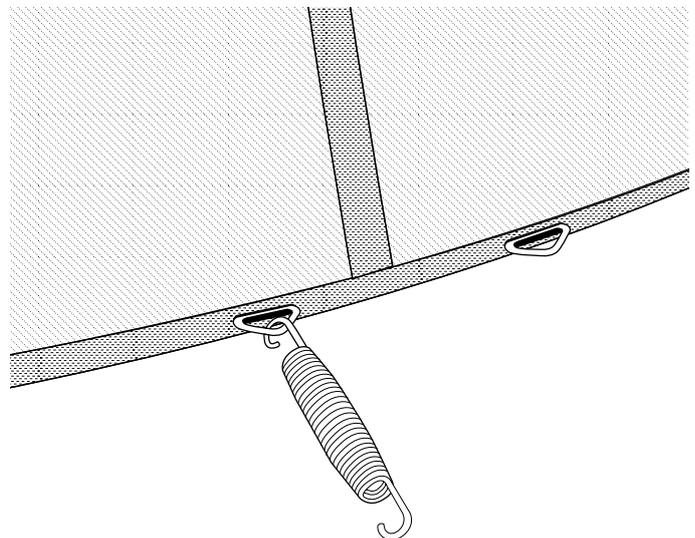
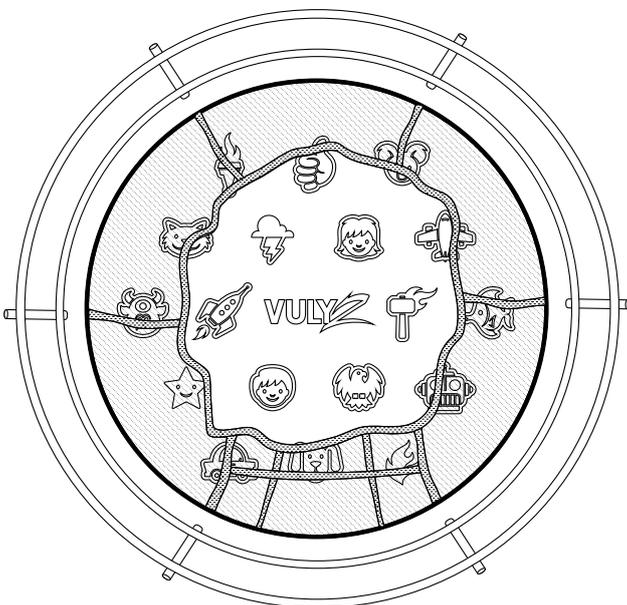
**Note:** The push buttons should be to the right.



## MAT AND NET

## STEP | 6

Lay your trampoline mat on the inside of the trampoline to ensure it is flat and centred. Lay the trampoline net over the top. At this point, you should ensure that the 'red mark' is positioned just to the right of a joiner pole.

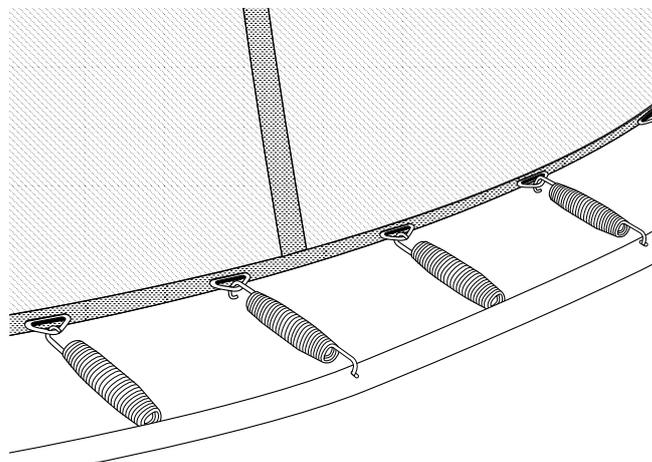
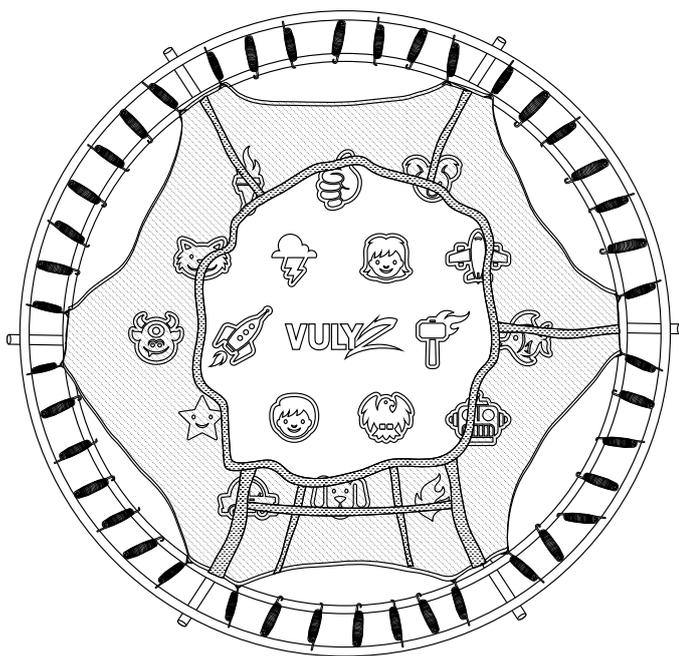


## STEP | 7

**A** - Feed the 'D' shackles on the jump mat through each net eyelet. Ensure that the red tag on the 'D' shackle matches up with the red tag on the net eyelets.

*Tip: If you purchased, and want to install, a skirt, do so now. Follow your Skirt instructions.*

**B** - Hook the springs into the holes in the upper frame ring. You must hook the long end of the spring hooks into the frame, and the short end into the mat. Repeat until you have attached the springs equally around the entire frame. Ensure that there is even spring pressure as you attach.

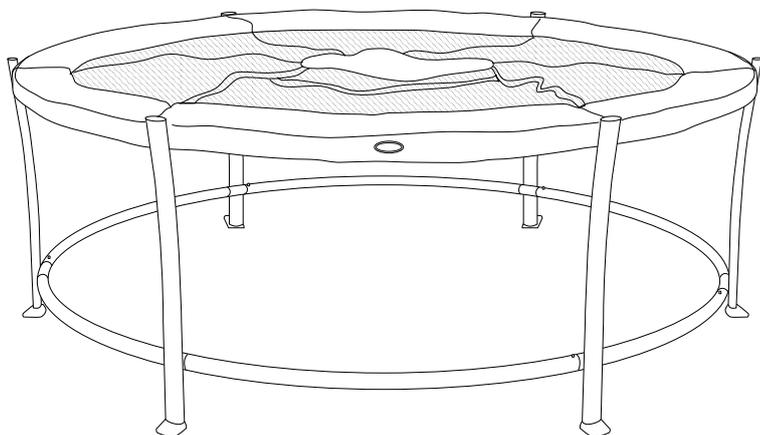


## SAFETY PADS

## STEP | 8

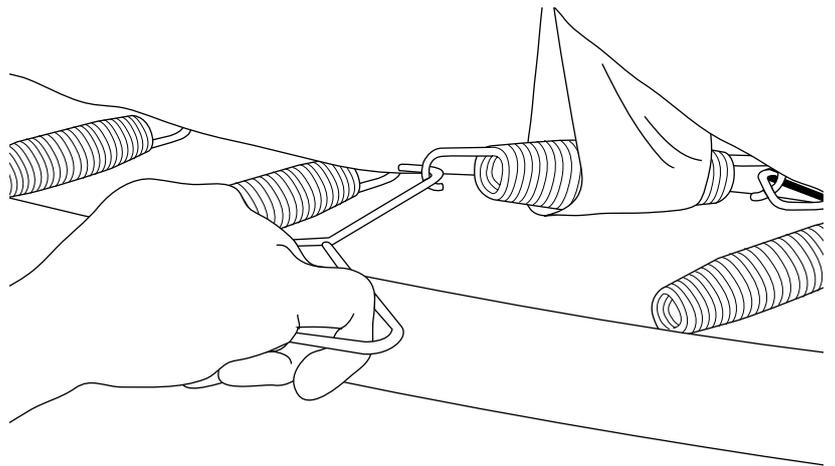
**A** - Lay the net flat on top of the mat once it is supported by the springs.

**B** - Place the pads on the frame of the trampoline. Ensure that the logo on the pad aligns with the entrance of the door, and that the holes in the pads align with the holes in the frame joints.



## STEP | 9

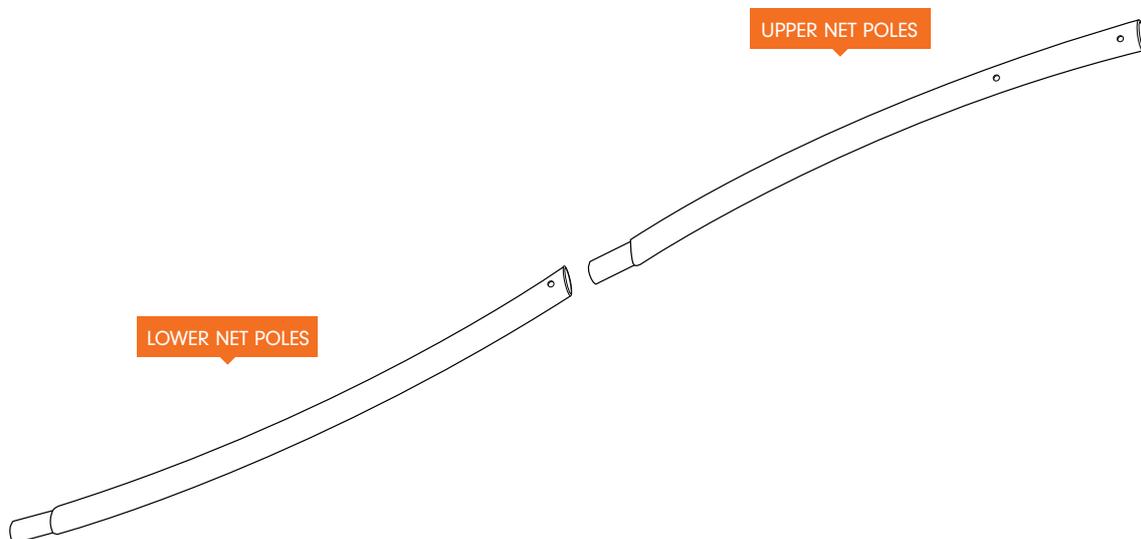
Secure the pads to the frame by unhooking the nearest spring to the stitched loop at the seam of the pads, and feed it through this loop. Re-attach the spring to the frame using the spring tool. Repeat for each hook until you've secured all the safety pads.



## TRAMPOLINE NET

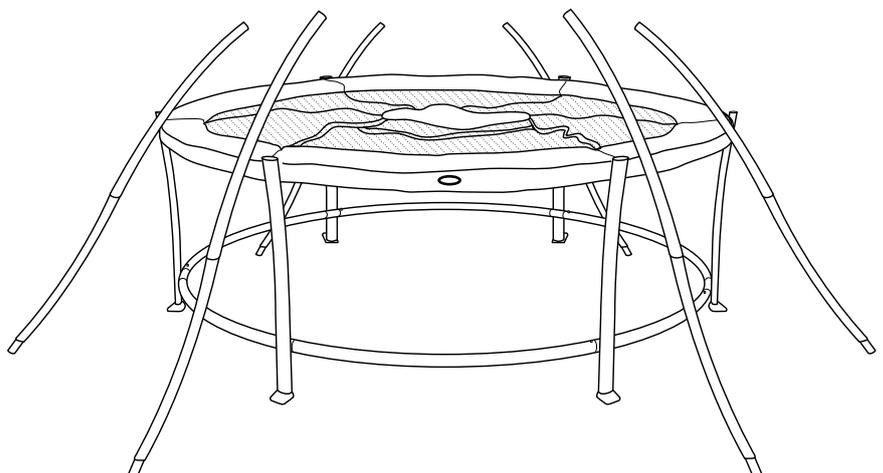
## STEP | 10

Lay out your upper and lower net poles in pairs. To distinguish the two—the lower net pole is reinforced at the bottom, and the upper net pole has extra holes in centre.



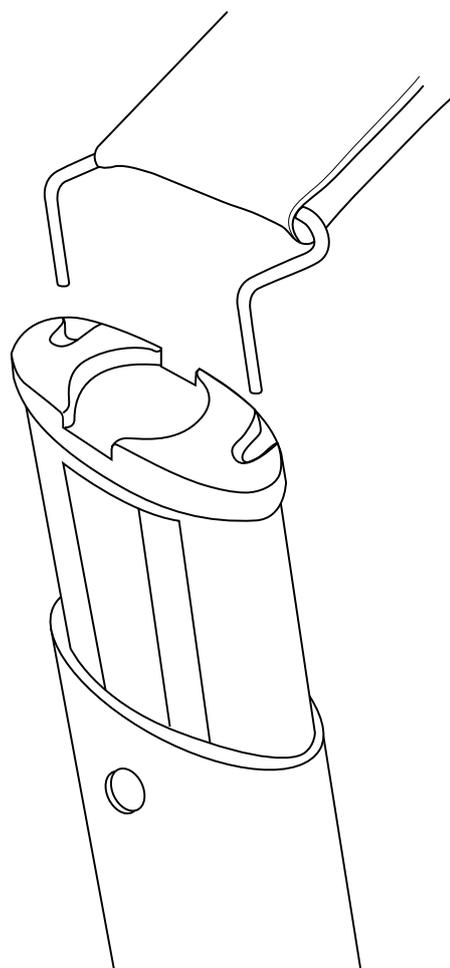
## STEP | 11

Insert each upper net pole into the lower net pole. Ensure that you face the holes at the top of the net poles outwards. Rest the connected poles against the frame ring near each joiner pole.



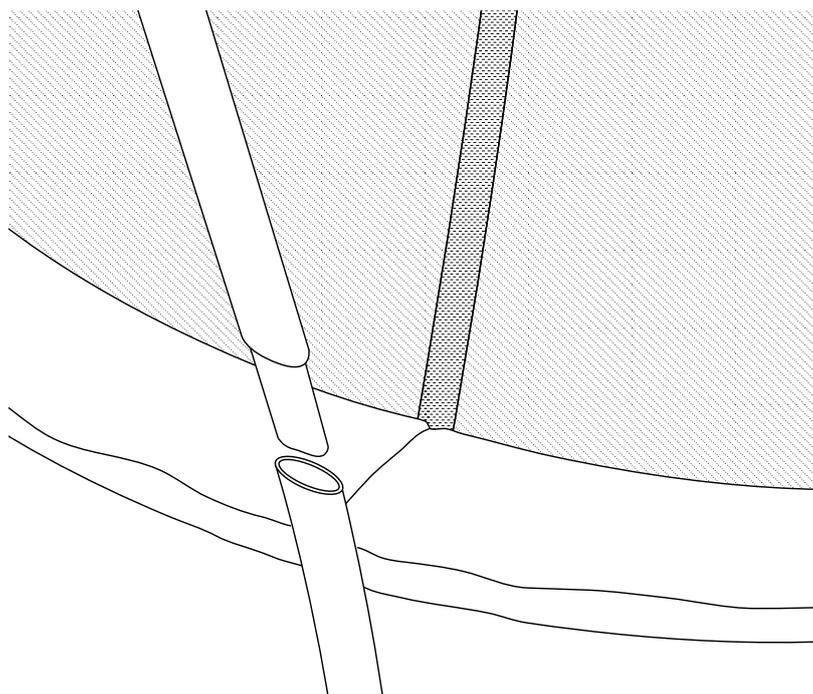
## STEP | 12

Insert the net pole plug into the upper net pole. Ensure that the material is not twisted.



## STEP | 13

Lift the completed net pole, raising the net at the same time. Place the lower net pole into the joiner pole. Repeat for all the net poles until you have completely set up the net.



# CONGRATULATIONS!

You have finished assembling your Vuly2 Trampoline





[vulytrampolines.com](http://vulytrampolines.com)