



# Trampoline User Manual

**Anything damaged or lost when received it, please contact us for replacement.**

**Greatly appreciated for sharing your experience online, wish you a fit life.**

# CONTENTS

Warnings.....	3-4
Trampoline Parts List.....	5
Before Assembly.....	6-7
Assembly Instructions.....	8-12
Maintenance.....	12
Warranty Information.....	13

**Note:**

Before assembly, compare all the parts with the parts list. Any parts missing or damaged, do not attempt to assemble, and please contact customer service for replacement.

**Email Address:**

[bcanaftersaleservice@gmail.com](mailto:bcanaftersaleservice@gmail.com)

# Warnings

**! DANGER**



**NO FLIPS!**



**ONLY ONE user at one time!**  
(Maximum weight: 330 lb /150 kg).



**DO NOT USE if you were injured!**



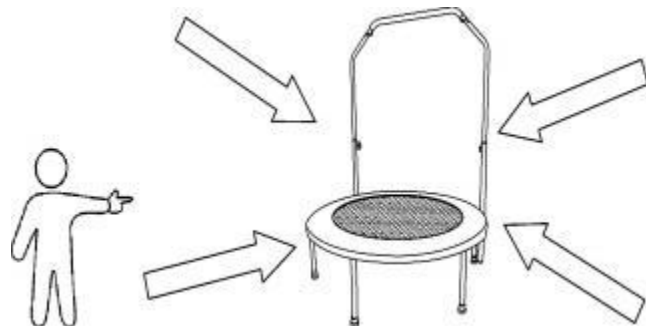
**Remove all hard or sharp objects before jumping!**



**DO NOT USE if pregnant!**

## Daily Inspection Before Using:

- >Inspect legs whether tightly screwed or cracked
- >Inspect springs whether loose or damaged
- >Inspect triangle metal whether twisted or cracked
- >Inspect mat and stitching whether torn








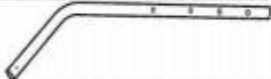




## Warnings - Use Instructions

- Consult your physician before beginning this or any exercise or diet program; if you feel dizziness, nausea, chest pain, back pain, or other abnormal symptoms, STOP your workout CONSULT A PHYSICIAN IMMEDIATELY before continuing.
- Misuse and abuse of the Trampoline are dangerous and can cause serious injuries including death.
- Trampoline, being a rebound device, can propel the user to jump higher and into a variety of body movements.
- It is the responsibility of the owner to ensure that they adequately learn of all warnings and safety instructions.
- This product is perfect for adults and teens. Please keep an eye on children under 6 years old.
- The maximum weight limit is 330 lb /150 kg.




## Warnings - Installation Instructions

- Stop bounce by flexing knees as feet come in contact with the trampoline mat. Learn this skill first.
- Avoid bouncing too high. Stay low until bounce control and always landing in the center of the trampoline. Control is most important in bouncing.
- Before using, please make sure all the parts including legs, handle and knobs are tightly set up.
- Adequate overhead clearance is essential. A **minimum of (10 ft.)** from the ground to the top. Away from wires, ceiling fans, and other possible hazards.
- Place the trampoline away from walls, structures, furniture, and other play areas. Ensure a clear space of 6 ft (1.8 m) on all sides of the trampoline.
- Don't allow more than one person on the trampoline. Used by more than one person at the same time may result in serious injuries.
- Remove any items under the trampoline.
- Don't use the trampoline in the dark. Artificial lighting may be required.
- Indoor and outdoor use.

## Trampoline Parts List

Key Number	Part Picture	Description	Quantity
1		Main Frame with Jump Mat (Pre-assembled with spring and mat)	1
2		Frame Pad (Pre-assembled with #1)	1
3		Leg with Cap	6
4		Handrail Leg	2
5		Handle bar with foam	1
6A		Handrail Support - Right	1
6B		Handrail Support - Left	1
7		Leg Socket Cap (Pre-assembled with #1)	6
8		Leg Post Cap (Pre-assembled with #3)	6
9		Spring (Pre-assembled with #1)	32

### Hardware

Key Number	Hardware Picture	Description	Quantity
A		Adjustment Knob M8 x 35mm	2
B		Triangle Adjustment Knob M6 x 17mm	6
C		Washer	3

## Before Assembly

> Please watch BCAN Installation Video before assembly. The video provides **GENERAL SPECIAL NOTICES** for mini trampoline including springs connection, frame **FOLDING** and etc.

### Installation Video:

<https://youtu.be/6y7qkPYeZo8>

<https://www.amazon.com/vdp/c25b2e8159de4f93a078b1fa1df3e477>



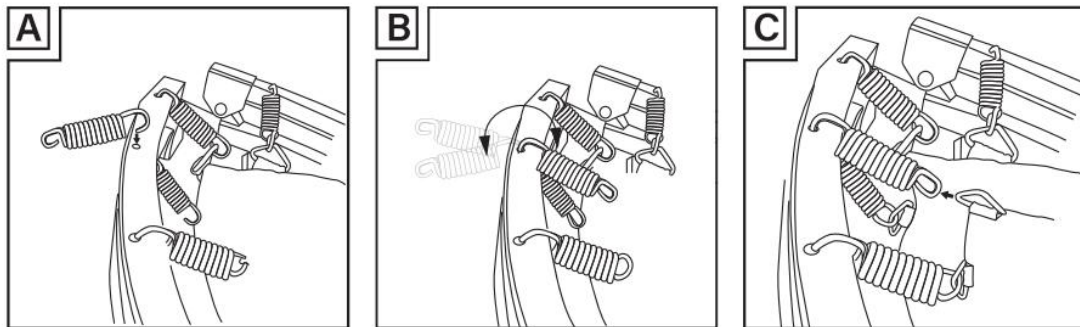
**OR SCAN HERE**

## Before Assembly

### Special notice - Check if the springs are connected

> If the springs are not attached properly, please follow the steps shown in the pictures A-B-C.

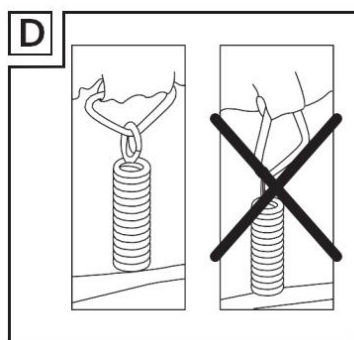
**!!!Attention!!!:** The springs can only be linked when the trampoline is folded.



### Special notice - Check if the triangle rings are aligned

> Please check and position the triangle rings according to picture D.

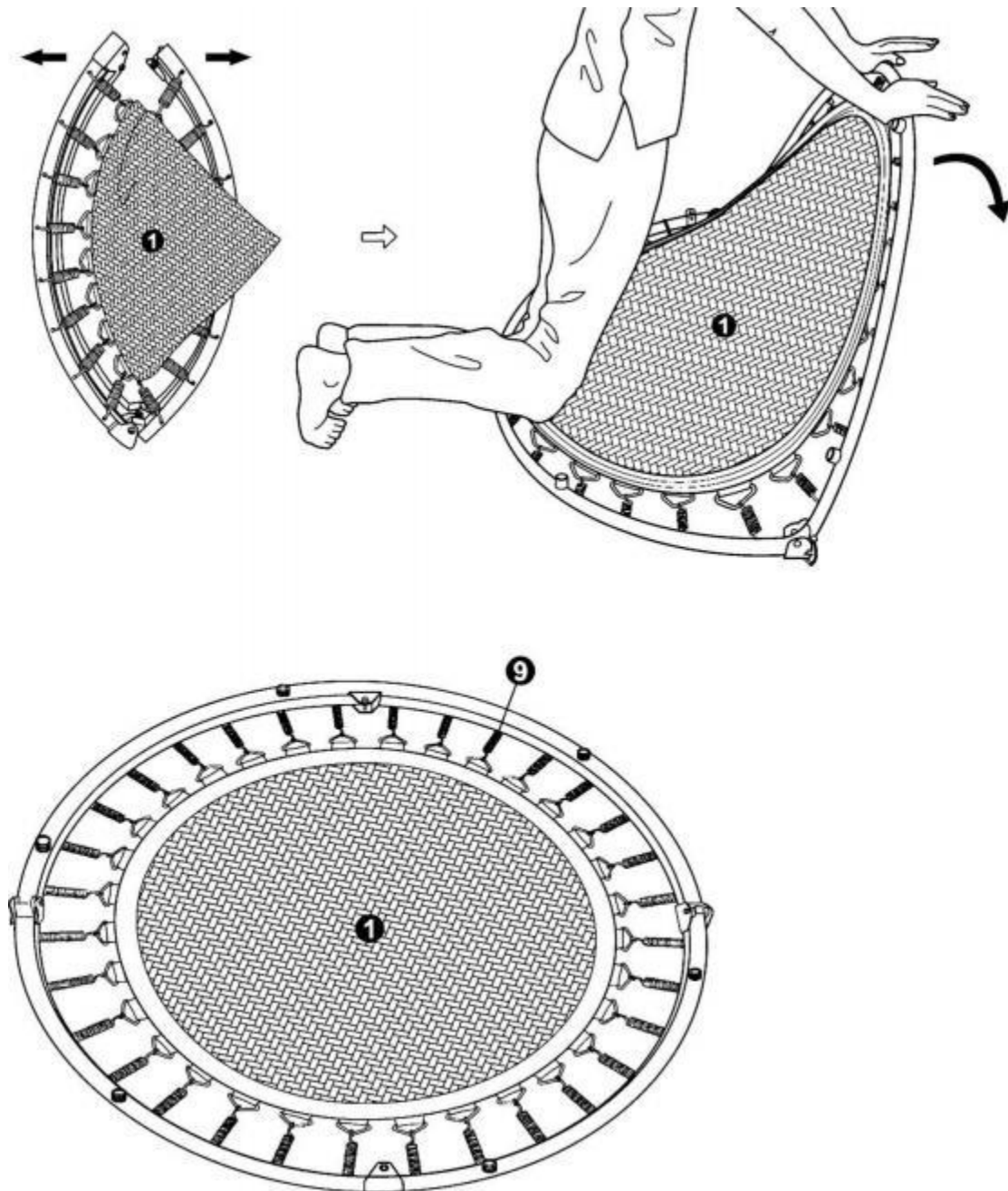
**!!!Attention!!!:** The triangle rings can only be adjusted when the trampoline is folded.



# Assembly Instructions

## Step 1 - Unfold the Frame

> Open the frame and jump mat (#1), put the trampoline face down on surface, press hard on the frame until flatness.

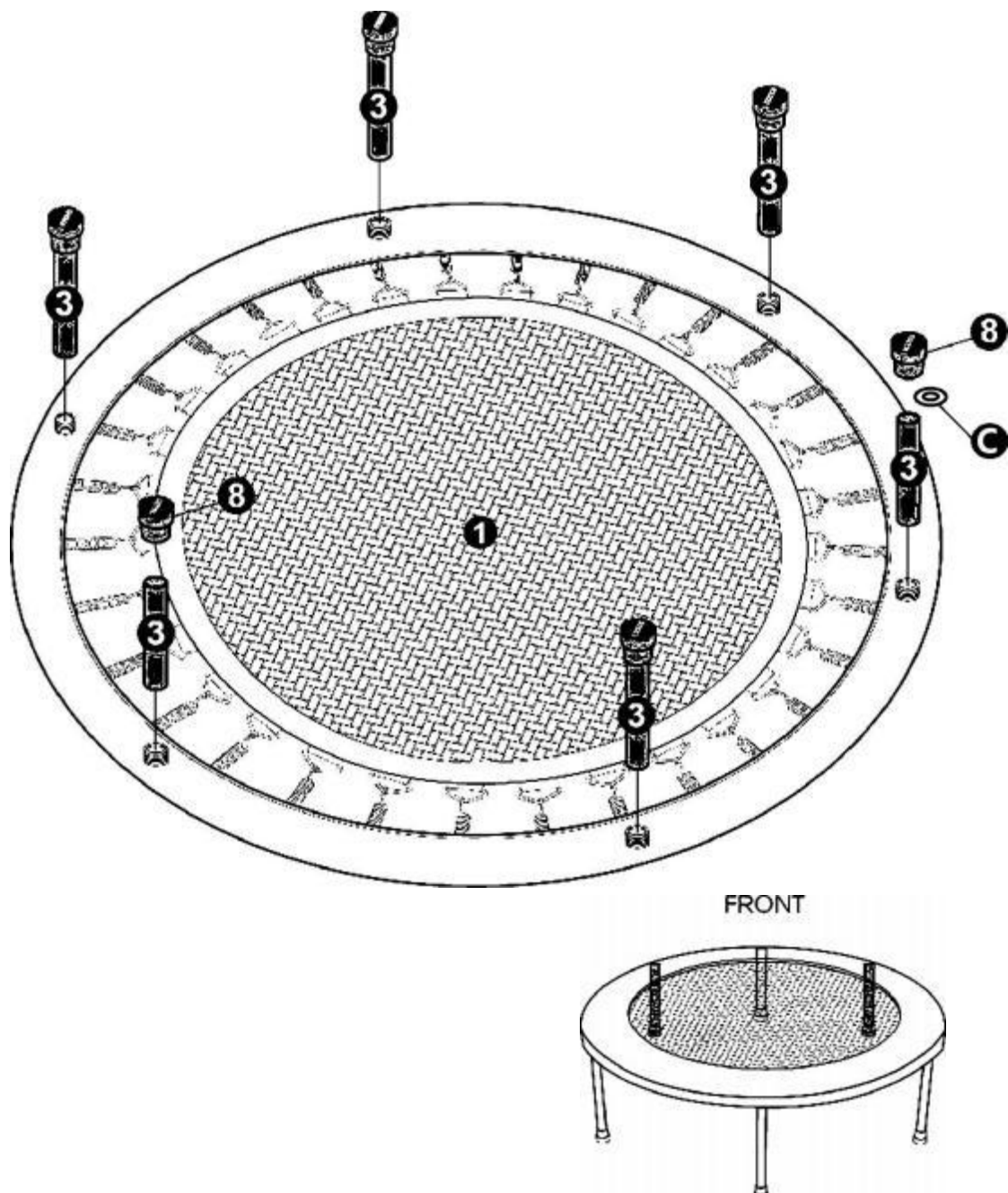


# Assembly Instructions

## Step 2 - Attach Leg to the Trampoline

- > Tightly screw Leg onto the leg sockets (#3) of the trampoline frame.
- > Insert the washers (#C) into the legs **IN CASE** the floor is not flat.
- > Remove TWO Legs Caps (#8) at the front of the trampoline. These will be needed to install the handle bar in the next step.

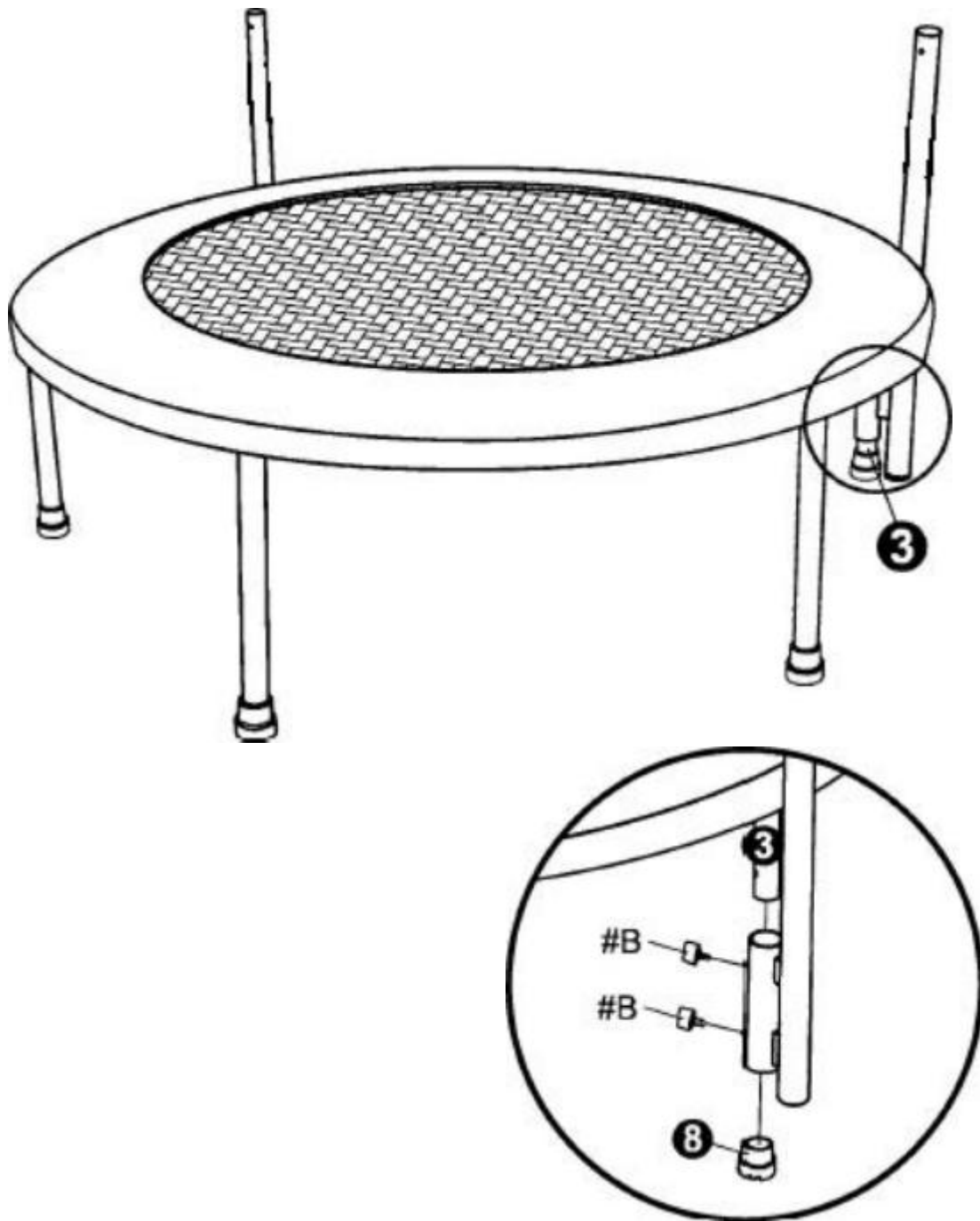
**!!!Attention!!!:** All the Legs (#3), Leg Caps must be screwed tightly, and Legs (#3) is flat on the ground to avoid wobbling when use.



# Assembly Instructions

## Step 3 - Assemble Handle Bar

> Lift the trampoline to a standing position. Attach Handrail Legs to the two front leg without the caps, screw a little with Triangle Adjustment Knob (#B), then place Leg Cap (#8) onto the handrail legs.

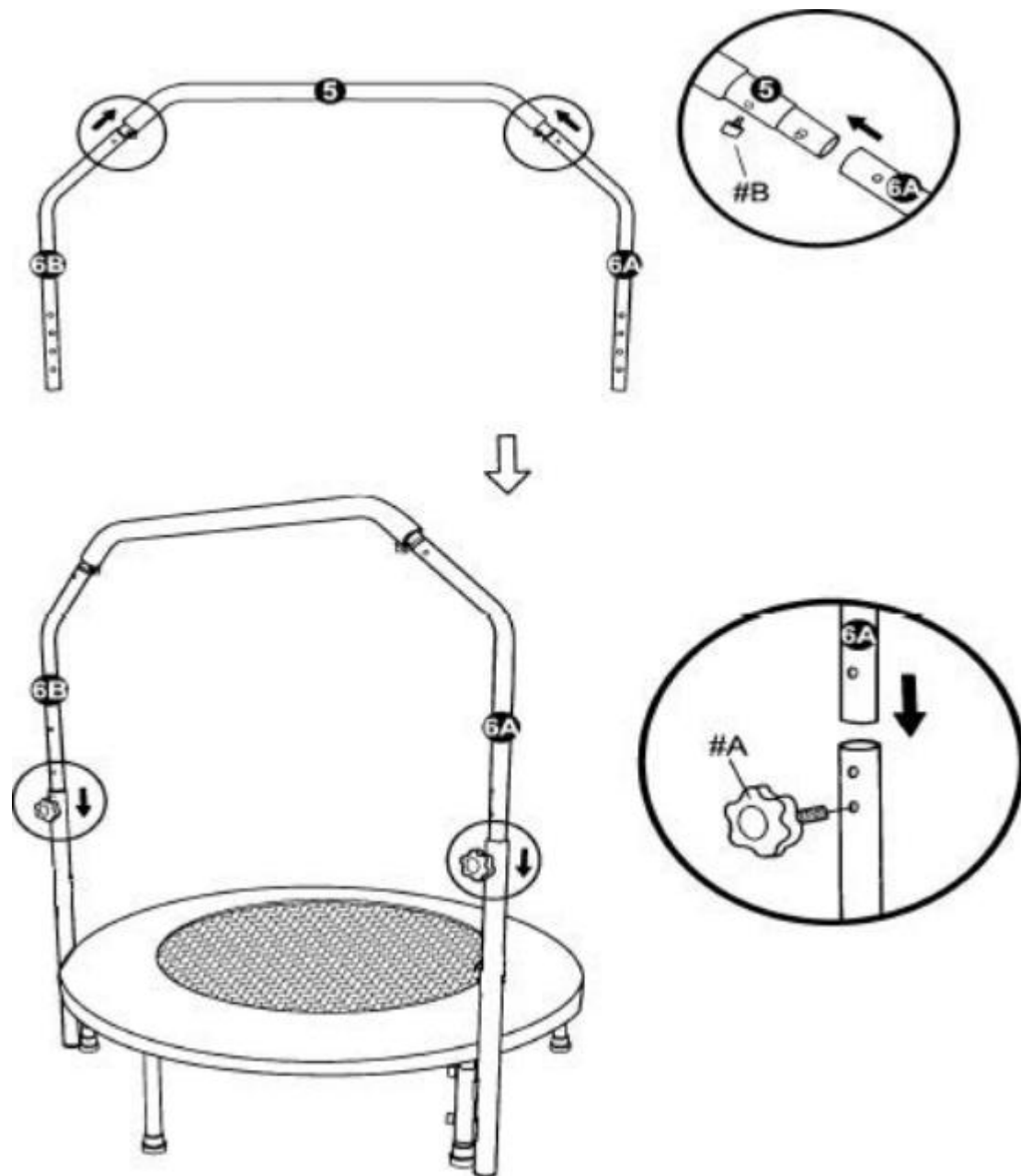


# Assembly Instructions

## Step 4 - Assemble Handle Bar Support

- > Attach Handrail Support (#6A and #6B) to each side of Handle Bar (#5). Triangle Adjustment Knobs (#B) are secured tightly on each side.
- > Connect the assembled handle bar to Handrail Leg Supports (#4A and #4B) and secure tightly with Adjustment Knob (#A) at the appropriate height level.

**!!!Attention!!!:** All the Legs (#3), Leg Caps (#8) and Knobs must be screwed tightly, and Legs (#3) is flat on the ground to avoid wobbling when use.



## Assembly Instructions

> The trampoline should look as shown below when completed. Inspect the entire trampoline and make sure all parts are properly secured before using.



## Maintenance



**Failure to comply with these instructions and proper operating condition of your trampoline may lead to serious injury or death.**

### **!!! WARNING!!!**

>The trampoline must be inspected prior to use. The legs should be locked securely. If any parts become damaged or worn, please stop using the trampoline immediately until replacing it with authorized parts.

>If you find any signs of damage to springs, do not use the trampoline. Please contact our customer service representatives to order/replace the original parts.

>Please take attention that the following conditions could represent potential hazards:

- The fabric of the mat or frame padding is aging
- Bent or broken support system (frame)

## Warranty Information

This product has been manufactured under the highest standards of quality and workmanship. We warrant to the original consumer if the product quality comes out with any defects in material and workmanship for one year from the date of purchase, a replacement for any defective part will be supplied free for the consumer. Defects or damage caused by the use of 3rd part accessories is not covered by this warranty. This warranty shall be effective from the date of purchase which shown in the purchase receipt.

Notice: This warranty is valid for the original consumer only. Product damage due to product abuse, misuse and wrong installation is NOT included.

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