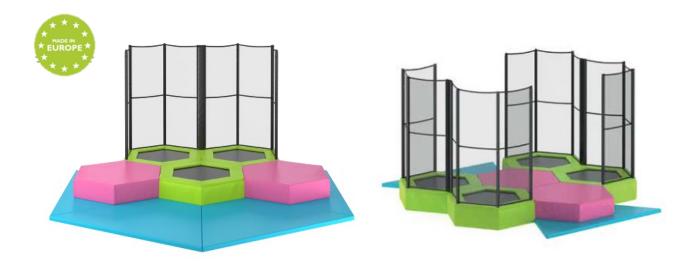


# AKROBAT TODDLER

# **USER MANUAL**



Thank you for choosing Akrobat trampolines - our products have been created to bring fun and relaxation. Your trampoline is designed to offer optimum safety - despite that it is necessary to carefully read all safety instructions, warnings and recommendations offered in this manual.

**WARNING:** It is the responsibility of the owner or trampoline supervisor to ensure that all users of this trampoline are adequately informed of all warnings and safety instructions.

Read this installation manual before assembling or using this product. Keep this guide in a safe place for future reference.



#### **WARNINGS!**

- I. Make sure that the trampoline is always on levelled ground.
- 2. Akrobat Toddler set is designed to be used indoors such as gyms, kindergartens, schools and for domestic use.
- 3. Ensure there is adequate overhead clearance at any time. Minimum clearance around trampoline is 150cm.
- 4. The free height of fall is 120cm, therefore the surfacing around the trampoline must be padded with properly prepared surfacing material which is tested according to the EN 1177 (HIC). The pads are included in the set.
- 5. Keep the area around and underneath the trampoline free from all solid objects at all times.
- 6. Make sure all bungees are well attached to the trampoline frame before use.
- 7. Inspect the trampoline before use and always replace worn, defective or missing parts.
- 8. Keep jumping mat surface clean and dry to prevent falls when jumping.
- 9. We also recommend that you periodically review the Care and Maintenance instructions and check your trampoline regularly.
- 10. User should always bounce in the middle of the mat and practice bouncing techniques safely with adult supervision and guidance.
- II. All trampoline users must be supervised by an adult, regardless of the skill or age of the jumper.
- 12. It is strongly forbidden to allow more than one jumper on the trampoline.
- 13. Avoid using glasses, jewellery and other objects.
- 14. Take your shoes off before jumping.
- 15. Smaller children need assistance getting on or off the trampoline.
- 16. User should focus his eyes on the trampoline jumping mat while jumping, to prevent the loss of balance and control.
- 17. When used, remember a well-controlled jump starts and lands on the same spot. Only well learned, consistent jumps are performed correctly.
- 18. The first hours of trampoline use should focus on learning fundamental body positions and practicing basic bounces described in this manual.
- 19. Trampolin is meant for children between 1 and 5 years of age.
- 20. Do not use food or drink on the trampoline
- 21. Deliberate jumping, climbing or rocking the trampoline while using is strictly forbidden.
- 22. Do not allow children to climb under the trampoline.
- 23. Do not allow jumping from the trampoline edge when leaving the trampoline.
- 24. Do not add other devices unless a device from the Akrobat site is approved.
- 25. Jumping mat and frame pads can be damaged in extreme heat; protect the trampoline from extreme heat such as radiators, fireplaces, clothing irons, etc.
- 26. Maximum user weight for the Toddler trampoline is 60kg.



# TRAMPOLINE AKROBAT TODDLER AND ITS BENEFITS

The Akrobat Toddler is the ideal aid for rehabilitation, with its 120 cm (47.24 inch) diameter it can take loads up to 60 kg.

This trampoline is designed for indoor domestic use but it can also be used in kindergartens and rehabilitation centres. Exercise on the Toddler helps to improve the rehabilitation of the proprioceptive sensibility, speeds up the recovery after trauma of knees and ankles.

# **Basic Exercises**

#### **BALANCE STAND**

Stand straight up on the trampoline jumping mat with hands relaxed to the body. Keep your head straight and stand still for 10 seconds. To advance the exercise, try the same with your eyes closed.

#### **TODDLER BOUNCE**

Stand on the trampoline jumping mat like in the Balance stand and gently swing up and down on the jumping mat. This exercise stimulates the body's immune system.

#### THE RHYTM BOUNCE

This exercise involves either running in place or dancing on the rebounder. We strongly recommend a trainer or assistant standing by for beginners. This exercise helps elevate the heart and respiration rate.

# **STRONG BOUNCE**

This involves intensified bouncing movement with both feet off the jumping mat. This exercise helps strengthening the lower body and abdomen.

# **ADVANCE EXERCISES**

All exercises above can be upgraded by adding elements like side-to-side motions, dance movements, jumping jacks, running in place, and other movements.

SPECIAL TIP: Add music to your exercise to make the workout even more fun!

Discover the benefits and passion of trampoline jumping!



# **AKROBAT TODDLER PARTS OVERVIEW**

The Akrobat Toddler comes partially assembled but still it is vital to be introduced to all of the assembling parts in order to check and replace them if necessary.



Part I	Jumping mat	I рс
Part 2	Safety pad (upper and side)	2 pc
Part 3	Bungees	30 pc
Part 4	Metal frame	I pc
Part 5	Trampoline leg (welded to the	6 pcs
	frame)	
Part 6	Rubber feet	6 pc
Part 7	Socket for safety net	6 рс



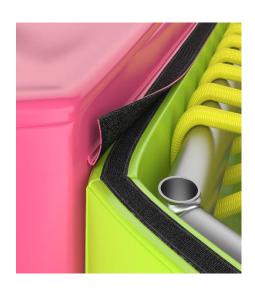
# **ASSEMBLY**



The trampoline Akrobat Toddler comes partially assembled. Once you place the trampolines to desired location, attach them together with the Velcro strap to prevent moving of a trampoline.

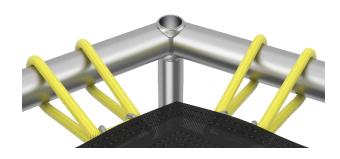
Big pads have a Velcro already sewn on the PVC cover. These straps should be attached to the side safety pads of trampoline as well.

Once you have connected all the trampolines and big pads, cover the frame of trampoline with upper part of trampoline safety pad.

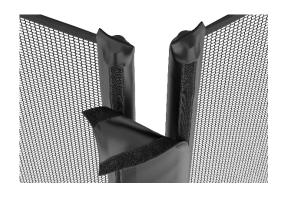


Safety net poles should be attached through the holes in the corners of the safety net to the sockets on the metal frame.

The safety net should be placed on the sides of trampoline where no big pad is attached to trampolines.



The safety net should be connected together with PVC straps in order to prevent gaps between each net.





# TRAMPOLINE MAINTENANCE

Check the trampoline before each use, and replace any parts that are damaged, destroyed, or missing. If any faults are found, the trampoline MUST NOT BE USED.

# Be careful that:

- Any part of the trampoline is not damaged, has no holes or bent frame parts
- The trampoline has no broken or missing parts
- The frame pads are not damaged or improperly installed
- There are no sharp parts on the frame or on other parts of the trampoline.

In case of any of the above signs, the trampoline should be immediately put away and protected from use until the defects are resolved.

- Maximum user weight for the Toddler set is 60kg.
- Children must be barefoot or in gym shoes / socks.
- Before jumping, remove all sharp objects that could cause damage the child or jumping mat.
- Make sure there are no children, animals or obstructions underneath the trampoline.
- Instruct your child to always bounce in the middle of the mat and practice bouncing techniques safely with adult supervision and guidance.

AKROBAT team thanks for your trust and wishes you great pleasure on the Akrobat Toddler trampoline.



# REPORT OF REGULAR DAILY VISUAL TRAMPOLINE EXAMINATION

The purpose of inspection is identifying any obvious defects and sources of danger on the outside of the trampoline, which are easily visible from the ground without the use of auxiliary objects. This covers cleanness, various obstacles or objects that are close to the trampoline, missing parts, trampoline or jumping mat damages and excessive wear, etc.

Examination frequency: examinations should be performed daily before use and before each use.

DATE	HOUR	Trampoline Is / Is not sultable	Checked by	Signature	Notes



# REPORT OF MONTHLY OPERATIONAL TRAMPOLINE INSPECTION

The purpose of operational inspection is to check the trampoline in detail - it's stability and functionality. Especially identifying any obvious defects of wear due to vandalism and/or normal use of the trampoline. This includes surfacing, safety distance, installation of accessories, labelling, stability and the overall level of wear of the trampoline.

In case of damaged trampoline or it's parts, missing parts or other defects the trampoline must be removed from use until all the defects are repaired.

Incorrect maintenance will result in discontinuing the validity of the trampoline warranty and the manufacturer's liability for any accidents which may occur.

Examination frequency: examinations should be performed at least once a month.

DATE	HOUR	Trampoline is / is not sultable	Checked by	Signature	Notes



# MAIN ANNUAL INSPECTION REPORT

Purpose: The main inspection shall be carried out in accordance with manufacturer's instructions on maintenance in order to ensure the level of safety of the trampoline, its base, supporting structure and parts of the trampoline (e.g. wear and possible overall changes in the safety of the trampoline caused by improper changes or repair).

Failure to record regular inspections will result in discontinuing the validity of the trampoline warranty and the manufacturer's liability for any accidents which may occur.

Examination Period: at least once a year.

Date and hour.

Trampoline is / is not suitable

Reviewer: An authorized person by the manufacturer or an expert approved by the manufacturer.

REVIEWED ELEMENTS	YES	NO					
A. Trampoline base inspection							
Visual inspection of the trampoline base: The trampoline is stable and on a levelled surface.							
B. Trampoline construction inspection							
Visual inspection of the metal construction							
Inspection of all structural elements and junctions: connecting elements, legs, rails, sockets, springs							
Conformity of the structural elements with the design check-up							
Condition of PVC and textile parts: frame pad, safety net, skirt and weather cover check-up							
C. Jumping mat Inspection							
Visual inspection of the jumping mat							
D. PVC parts Inspection							
Visual inspection of PVC parts: frame pad, safety net, skirt and weather cover check-up							
Repair or replacement of damaged parts							
E. Overview of safety instructions for the trampoline							
F. Remarks and observations (any defects or damages must be defined and recorded in this field)							

Inspected by:

Signature