

# Galactic Xtreme

## Trampoline Installation Manual

### 10x23

Questions or Help with Installation

Email: [Customerservice@Happytrampoline.com](mailto:Customerservice@Happytrampoline.com)

888-801-4403



| Part # | Quantity | Description                                                                                                     | Picture                                                                              |
|--------|----------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| 1      | 6        | L leg frame<br><br>Thicker of the L legs                                                                        |    |
| 2      | 3        | L leg connector<br><br>Thicker leg connector                                                                    |    |
| 3      | 2        | Corner Frame (bottom left and top right)<br>12x2 Springs & 2 Corner Spring Slot<br><br>Total of 16 Spring Slots |    |
| 4      | 2        | Corner Frame (bottom right and top left)<br><br>12x2 Springs & 2 Corner Spring Slot<br>Total of 16 Spring Slots |   |
| 5      | 2        | Short side rail<br>(net cup in the middle) (for the shot side of trampoline)<br>16 spring slots                 |  |
| 6      | 2        | Side rail (Only for 10x23 & 13x23)<br>(no net cup)<br>23 Ft Side<br>14 spring slots                             |  |
| 7      | 2        | Side rail (Only for 10x23 & 13x23)<br>(net cup at the end)<br>23Ft Side<br>16 spring slots                      |  |
| 15     | 4        | End leg support (L) shaped<br><br>The thinner of the L legs                                                     |  |

|    |    |                                                                                       |                                                                                      |
|----|----|---------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| 16 | 2  | End leg support connector<br><br>The thinner leg connector                            |    |
| 17 | 12 | Net Cups                                                                              |    |
| 18 | 12 | Bottom net enclosure poles (square bottom)<br><br>4 will be mark yellow (Corner Post) |    |
| 19 | 12 | Top net enclosure pole<br>(both ends round)                                           |    |
| 20 | 4  | Fiber glass net rod                                                                   |  |
| 21 | 1  | Net Enclosure                                                                         |  |
| 22 | 1  | Jumping Mat                                                                           |  |
| 23 | 12 | Net enclosure sleeves<br>Green net sleeves                                            |  |
| 24 | 22 | 2.75" bolt (13mm head)                                                                |  |

|    |    |                                               |                                                                                      |
|----|----|-----------------------------------------------|--------------------------------------------------------------------------------------|
| 25 | 22 | 13 mm Nut<br>(for trampoline frame)           |    |
| 26 | 12 | ½" Screw to connect 2 net enclosure poles     |     |
| 27 | 8  | 2 1/4" leg frame screw<br>(Philips head)      |    |
| 28 | 20 | 10 mm Nut<br>(for net and end trampoline leg) |     |
| 30 | 12 | 1 7/8" Top net pole bolt<br>(Philips Head)    |   |
| 31 | 2  | Short Side Spring Pad<br>L cut on the edge    |  |
| 36 | 2  | Long side spring pad<br>(2 panel)             |  |
| 37 | 4  | Long side spring pad<br>(3 panel)             |  |

### Optional Tools Not Provided:

13 mm wrench / socket

10 mm wrench / socket

16 mm wrench / socket

Mallet (not hammer, as it may damage/dent trampoline)

Step drill bit (or large drill to drill out larger hole if necessary)

Philips screw driver

Black Electrical Tape

Protective Eye Goggles

Gloves

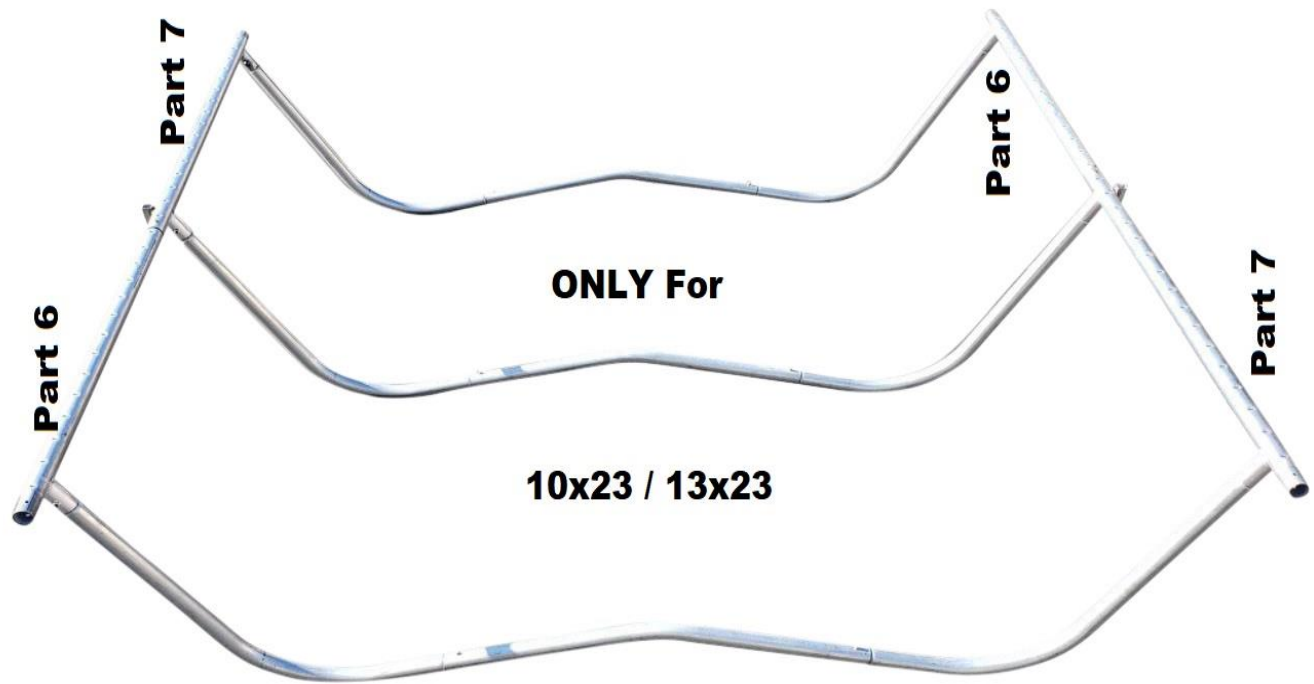
[Ratchet Tie Down Strap](#)

### Step 1 Setting Up The Frame

|                                                   |                                                                                      |
|---------------------------------------------------|--------------------------------------------------------------------------------------|
| <b>Building the Legs</b><br>Part # 1 and 2        |  |
| <b>Bolt together the legs with Part 24 and 25</b> |  |

## Step 2: Building the mid frame

Use the legs that you have just made in step one for the mid frame. Make sure the spring slots are pointed up and the net cups are on the outside of the frame



## Step 3: Finishing up the Frame

Bolt together the  
frame with 2.75"  
nut/bolt

Part 24 and 25



Add the corners  
Part 3 and 4

All spring slots must be  
pointed up and the  
square net cups on the  
outside of the frame

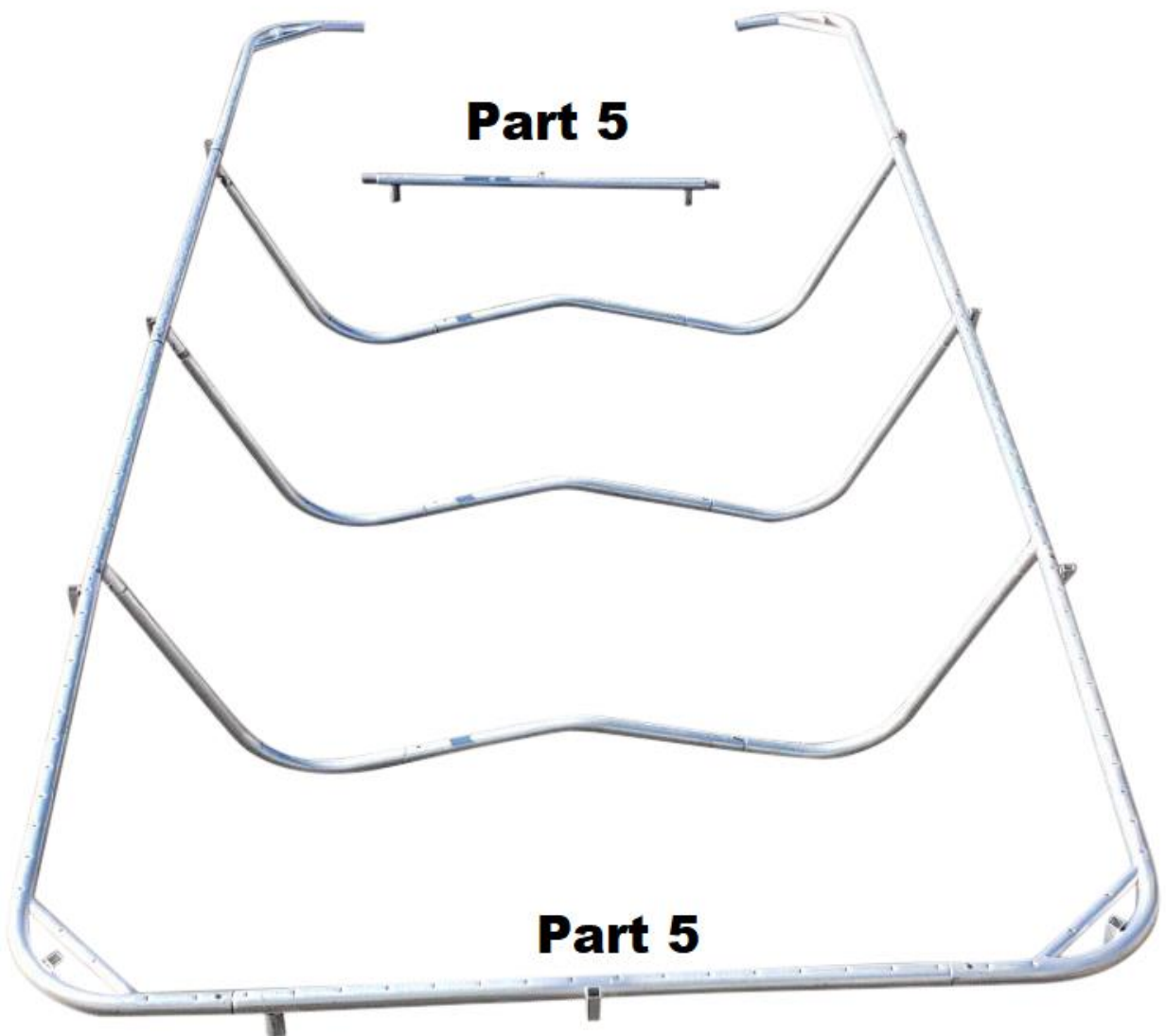


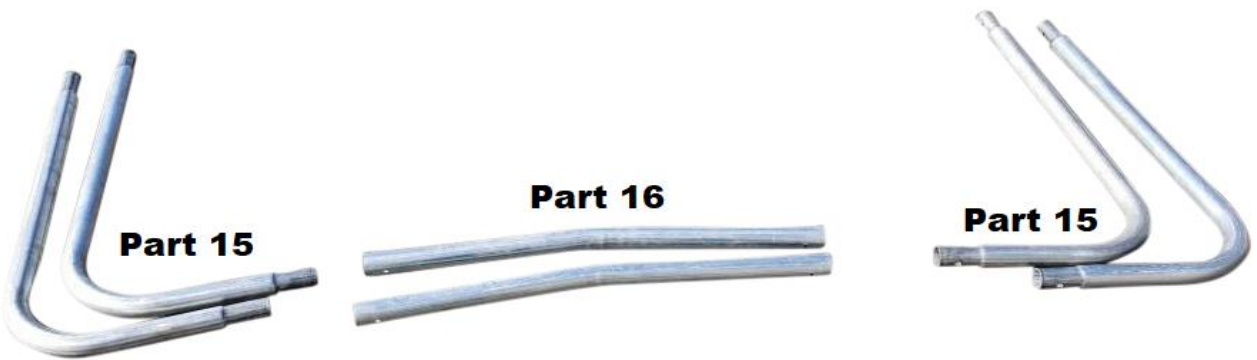
Add the short side  
rail.

Make sure all the spring  
slots are pointed up and  
the cup for the net  
enclosure is on the  
outside of the frame  
Now put in all the screws  
and bolts

Part 24 and 25

If some of the screws do  
not line up you may need  
a drill bit to drill holes  
bigger, or do some  
wiggling of the poles.



|                                                                                                       |                                                                                    |
|-------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| <p>Connect the End Legs<br/>Part 15 and 16</p> <p>Use nuts/bolt 27 and 28<br/>to connect together</p> |  |
|-------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                     |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| <p>Connect the parts you<br/>just made to the corners<br/>of the frame.</p> <p>Connecting the end legs<br/>to the corner will be very<br/>heavy and will require 3<br/>people to lug and pull<br/>the frame together. If<br/>the corner does not go<br/>together it will require a<br/>mallet to hammer into<br/>place.</p> <p>If you are unable to<br/>squeeze the frame<br/>together by yourself, you<br/>can also use <a href="#">ratchet tie<br/>down</a> strap to squeeze<br/>together.</p> <p>When you are done with<br/>this part the frame may<br/>look un-level and<br/>lopsided. This is<br/>perfectly normal. Once<br/>you install all the springs<br/>the frame will suck the<br/>frame together and even<br/>everything out.</p> |  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|



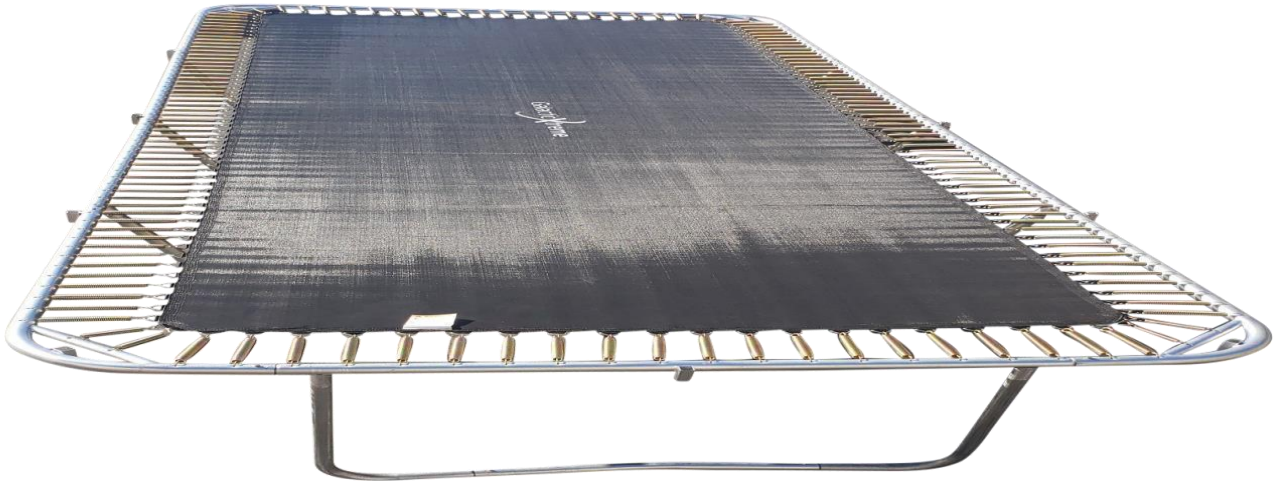
Optional but not provided: [Heavy Duty Ratchet Tie Down Strap](#)

Now open up the spring boxes. There will be 8 short springs, it will be for the corners.

[illegible]

Very important to insert the springs according to the numerical order of the diagram. Insert 2 springs, skip about 3 slots. Go to the opposite side of the trampoline, insert 2 springs, then skip 3 slots. Go to the opposite side of the trampoline, insert 2 springs, then skip 3 slots. Repeat this process until you are finished with the both long sides of the trampoline. Once you are done repeat this process for the short side of the trampoline. Then install the corner springs.

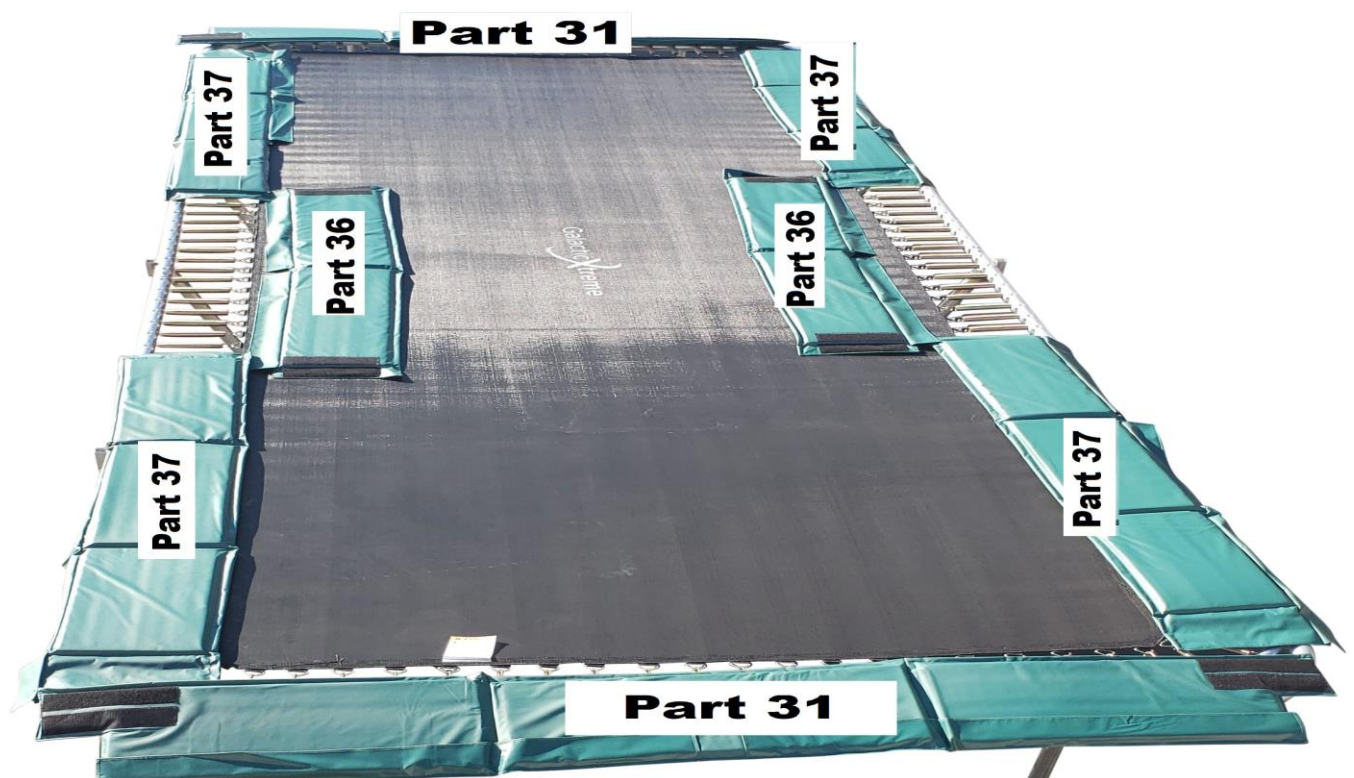
This is an industrial made frame therefore it is very tight and you may have difficulty putting the springs together with one person. It will require 2 to 3 adults to put together. If you are unable to put the springs on with the spring tool because it is too much tension to pull or too far apart, you can use a heavy duty [ratchet tie down strap](#) to temporary hold the frame in place.



Make sure the V ring is flat. If not it could cause premature wear and tear on the fabric tabs



## Step 5: Installing Spring Pad



Lay all the spring pads as shown on the diagram.  
There will be either Velcro strap or cloth loops. Loop the closest springs thru the loop as shown here. Some of the spring pads will have loops on both side. These spring pads are reversible and you should flip them every few months to keep them clean.

You should use uv protectant to keep you spring pad from UV ray and sun exposure. If you live in an extremely hot area we recommend you bring in the soft parts (mat, pad, net) during the hot months as the extreme weather will shorten the lifespan of these parts.



### Installing the net

Connect the 2 net Enclosure poles. Part 18 (square bottom) and part 19. (Screw part 26)

There will be 4 square bottom post that will either be labels with a corner sticker or painted yellow. These 4 post will be for the corner of the trampoline.

**Very important: Each end of part 19 will have a hole to screw into. The part that connects to part 18 is the end with the single hole. The end with the double hole will be for the net cap later on.**



**Corner Post with Yellow Paint**

Sleeve the net enclosure Pole with part 23. **Make sure the black strap is on the rounded side of the pole and not square**  
Then pull the sleeve all the way to cover the entire foam of the pole



Install the black cap to the top with part 17, 30 and 28

**If you do not have 2 holes on this side of your net enclosure pole that mean you connected the poles the wrong side.**



Insert the net poles into the trampoline. The square bottom into the square fitting on the outside of the frame.

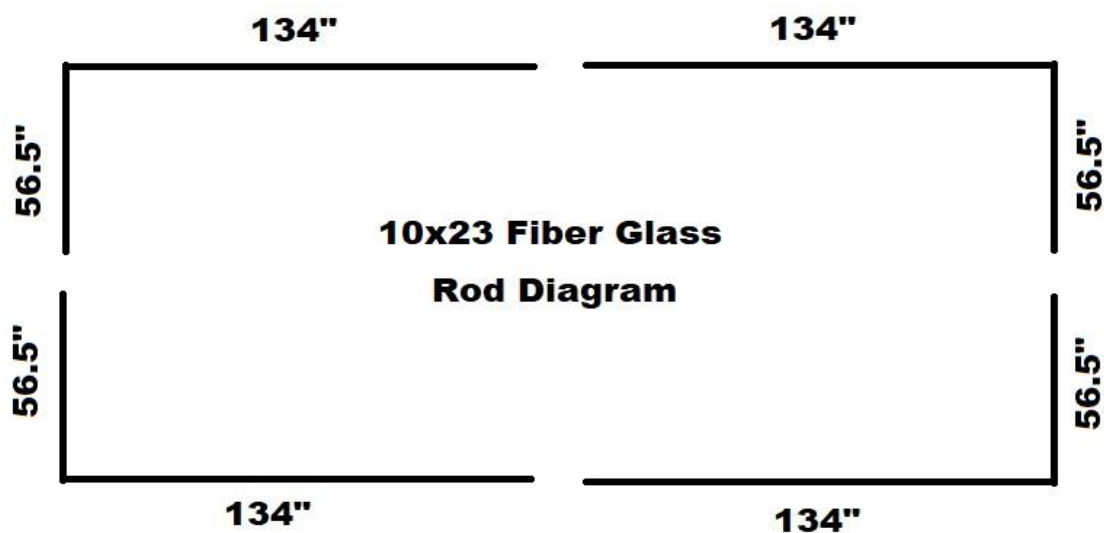
**There will be 4 post with color paint/or labeled corner on the bottom. These 4 post are for the corner.**

**Make sure the slot on top of the black cap is parallel to the frame of the trampoline. As this is where the net frame will sit.**



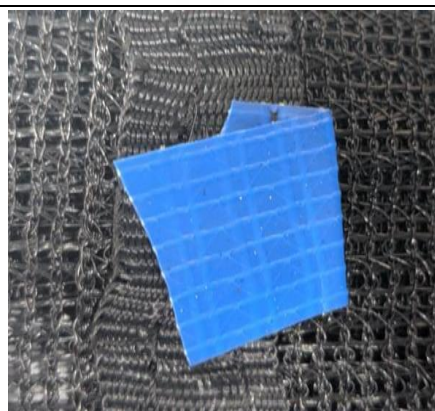
Connect the Fiber Glass Net Rails

There should be 4 fiber glass rod sections. Lay them out as seen here



Lay out the net on the trampoline, as show on the picture. **Make sure color tabs are on each corner.**

The blue circle on the picture indicate the location of the color tags on the net



## VERY IMPORTANT TO DO THIS STEP PROPERLY



**Tape over both fitting as shown on the photo. Tape 2 inches pass each fitting on the left and right side. Tape about 5-6 layers and make sure its tight. Repeat this process at every silver junction. Not Taping properly will cause the net pole to drop and cause damage to the net and fiberglass rod and will not be covered under warranty.**

Feed the rod thru the top of the net. Start inserting the rod at each corner. Once all the fiber glass rod are connected and the zipper are in position, secure the rods with the black electrical tap.



Connect all the segments of the rod together so it's secure. Tape at least 3 inches on each side of the connector. Tape back and forth about 4 – 5 layers. Make sure all the sections with a silver fitting are secure and taped. Even the silver fittings in the middle of the fiberglass rod. Not having enough tape will allow too much play on the rod and the rod will drop when the kids jump. **When finish taping you should finish almost all of the roll of tape. If you have a lot left that means you did not use enough tape.**



Hang the net into the black cups on top of the trampoline.

Secure the net by clipping the straps on the bottom on net to V ring of mat below the frame.

The trampoline will flip and fly with wind, we recommend you buy an anchor kit for it.



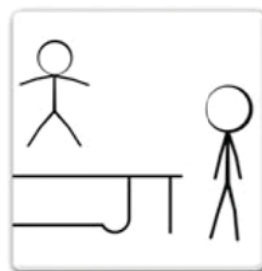
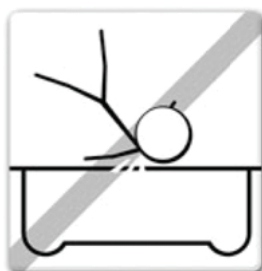


## GENERAL SAFETY INSTRUCTIONS



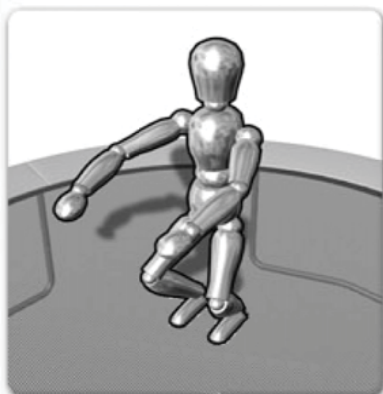
**BEFORE YOU BEGIN USING YOUR TRAMPOLINE:** *Read and understand all this information provided to you in this manual.* As with all physical sports and activities there is the risk of participants receiving an injury. To ensure your future enjoyment and the prevention of injury, be sure to follow appropriate safety rules and tips.

- **ALWAYS CONSULT A DOCTOR/PHYSICIAN BEFORE PERFORMING ANY KIND OF PHYSICAL ACTIVITY.**
- **ALWAYS CHECK YOUR TRAMPOLINE BEFORE USE, PAYING SPECIFIC ATTENTION TO ALL THE BOLTS, JUMP MAT AND PADS POSITION. DON'T USE IF ANY PARTS ARE MISSING OR LOOK LIKE THEY SHOW WEAR AND TEAR.**
- **ALWAYS USE THE PROVIDED SAFETY ENCLOSURE WHEN USING THE TRAMPOLINE.**
- **ALWAYS ENSURE THAT THE TRAMPOLINE IS USED BY ONLY ONE PERSON AT A TIME.**
- **ALWAYS ENSURE THAT WHENEVER THE TRAMPOLINE IS USED BY ANYONE AT ANY SKILL LEVEL THAT THEY DO SO UNDER SUPERVISION.**
- **Stop exercising immediately should you feel unwell or if you feel pain in your joints and muscles. Dizziness is a sign of fatigue and you should stop bouncing and lay down on the ground should you feel dizzy.**
- **When using this trampoline ensure appropriate clothing is worn, preferably sports wear and socks. NEVER WEAR SHOES ON THE MAT.**
- **Please be warned that a trampoline is spring based and will allow the user to jump to a greater height than that on the ground, so please bear this in mind and ensure that you are comfortable bouncing at low heights first.**
- **Proper assembly, care and maintenance of product, safety tips, warnings, and proper techniques for jumping on your trampoline are included in this manual for your safety and an extended product life span. All users and supervisors should therefore familiarize themselves with these instructions. Anybody who chooses to use the trampoline must be aware of their own limitations with regards to performing skills on this trampoline.**
- **The safety enclosure is there to prevent the user falling off the trampoline, and is not to be jumped into unnecessarily.**
- **Trampoline should be assembled on grass or BSI approved safety matting.**



## • INFORMATION ON THE USE OF TRAMPOLINE

**INITIALLY**, you should get accustomed to your trampoline and understand how much spring is in each bounce. The focus at this point should be body position and technique until each skill can be completed with ease and control.



- **BEFORE YOU TRY TO JUMP TOO HIGH** the technique for stopping should be learnt as this will help prevent injury should you feel you are jumping out of control.
- As the user lands on the bed knees should be bent so that they stop and absorb the spring in the mat. The position is shown in the image to the left. Arms are held out for increased level of balance.
- **This skill is used when the trampoline user wishes to stop bouncing on the trampoline due to fatigue, loss of control, etc.**



**SOMERSAULTS (FLIPS): DO NOT PERFORM** somersaults of any type (backwards or forwards) on this trampoline. If you make a mistake when trying to perform a somersault, you could land on your head or neck. This will increase your chances of your neck or back being broken, which could result in death or paralysis.



**FOREIGN OBJECTS: DO NOT** use the trampoline if there are pets, other people, or any objects underneath the trampoline. This will increase the chances of an injury occurring. **DO NOT** hold any foreign objects in your hand and **DO NOT** place any objects on the trampoline while in use. **DO NOT** place the trampoline under over-hanging objects like tree branches, wires, etc as these will increase your chances of being injured.



**POOR MAINTENANCE OF TRAMPOLINE:** A trampoline in poor condition will increase your risk of being injured. Please inspect the trampoline before each use for bent steel tubes, torn mat, loose or broken springs and overall stability of the trampoline.

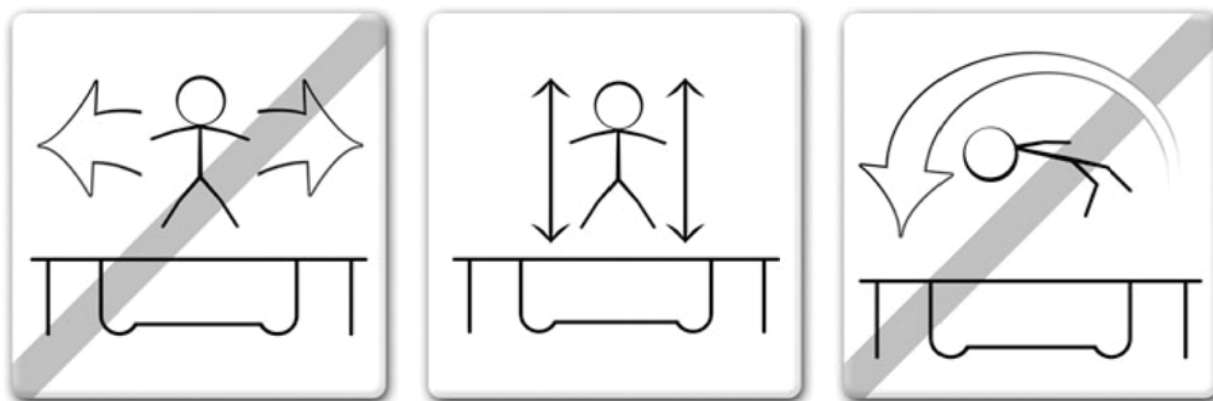


**WEATHER CONDITIONS:** Please be aware of the weather conditions when using the trampoline. If the mat of the trampoline is wet, the user could slip and injure himself/herself. If it is too windy, the user could lose control.  
**To avoid injury or damage to property we recommend that you dismantle the trampoline during extreme weather.**



**RESTRICTING ACCESS:** When the trampoline is not in use, always store the access ladder in a secure place so that unsupervised children can not play on the trampoline.

## TIPS TO REDUCE THE RISK OF ACCIDENTS



In order to reduce the risk of accident the **"TRAMPOLINE USER"** should:

- Always remain in control of their jumps and body position at all times.
- Not attempt to perform skills that are beyond their own level of competence.
- Read and understand the basic techniques before attempting them on the trampoline.
- Always control their jump by taking off and landing in the middle of the trampoline.
- Always jump vertically and refrain from bouncing towards the springs in any direction.
- Always consult a professionally certified trampoline instructor before attempting anything beyond basic techniques.

In order to reduce the risk of accident the **"SUPERVISOR"** should:

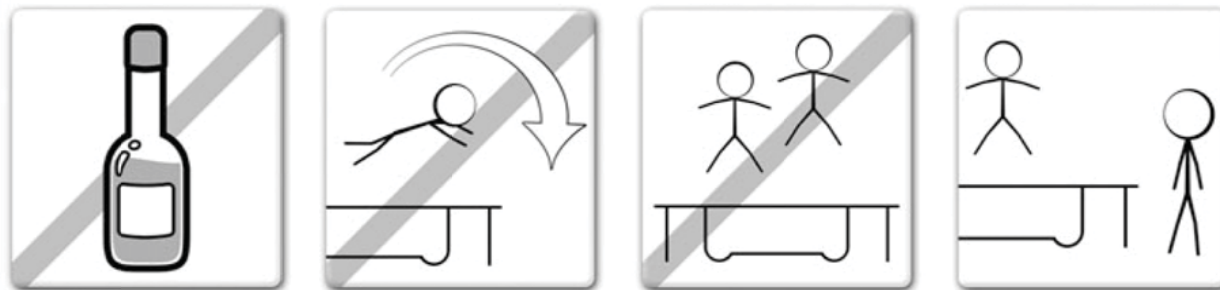
- Fully understand and enforce all the safety rules and guidelines.
- Advise the trampoline user and provide knowledge in what they are doing right and wrong to ensure the safety of the trampoline user.
- Be aware and advise the trampoline user of all the safety warnings.

**IMPORTANT:** If the Trampoline can not be supervised there should be a method for securing it and preventing anyone from using the product until supervision is available.

## TRAMPOLINE

# SAFETY INSTRUCTIONS

### ADVISORY PRECAUTIONS WHILST USING THE TRAMPOLINE



- Do not use trampoline if you have consumed alcohol or narcotic substances
- You should climb on and off the trampoline in a controlled and careful manner. Never jump onto or off the trampoline and never use the trampoline as a means to bounce onto or into another object.
- Always learn the basic bounce and master each type of bounce before trying more difficult types of bounces. Review the basic skills section to learn how to do the basics.
- To stop your bounce, flex your knees when you land on your feet.
- Always be in control when you are bouncing on the trampoline. A controlled jump is when you land at the same spot that you took off from. If at any time you feel out of control, stop bouncing immediately.
- Do not jump or bounce for prolonged periods of time or too high for a number of jumps. Keep your eyes on the mat to maintain control. If you do not, you could lose your balance.
- Never have more than 1 person on the trampoline at any one time.

### ADVISORY PRECAUTIONS WHILST SUPERVISING TRAMPOLINE

**IMPORTANT:** Familiarise yourself with the basic jumps and safety rules. To prevent and reduce the risk of injuries, ensure that all safety rules are enforced and the new users learn the basic bounces before trying more advanced techniques.

- **ALL USERS need to be supervised, regardless of skill level or age.**
- Never use the trampoline when it is wet, damaged, dirty or worn out. The trampoline should be inspected before use.
- Keep all objects that could interfere during use away from the trampoline at all times. Be aware of what is overhead, underneath and around the trampoline.
- To prevent unsupervised and unauthorized use, the trampoline should be secured at all times.

## ACCIDENT

# CLASSIFICATION & IDENTIFICATION



### MOUNTING AND DISMOUNTING:

Be very careful when getting on and off the trampoline. DO NOT mount the trampoline by grabbing the frame pad, stepping onto the springs or by jumping onto the mat of the trampoline from an object (eg. A deck, roof, or ladder). This is considered highly dangerous. DO NOT dismount by jumping off the trampoline and landing on the ground. If small children are playing on the trampoline, they may need help in mounting and dismounting.



### USE OF ALCOHOL OR DRUGS:

DO NOT consume any alcohol or take any drugs (*this includes medication that could affect the users co-ordination*) when using this trampoline. This is considered highly dangerous since these foreign substances impair your judgements, reaction time and overall physical co-ordination.



### MULTIPLE USERS:

If you have multiple users (more than one person on the trampoline at any one time), you increase the chance of being injured. Injuries can occur when you fly off the trampoline, lose control, collide with other jumper(s), or land on the springs.



### STRIKING THE SPRING FRAME:

When playing on the trampoline, STAY in the centre of the trampoline mat. This will reduce the risk of being injured by landing on the spring frame. Always keep the frame pads covering the frame of the trampoline. DO NOT jump or step onto the frame pad directly since it is not intended to support the weight of a person.



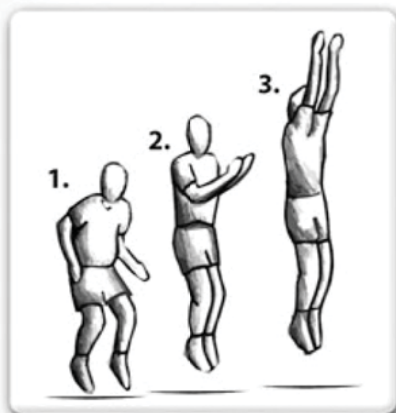
### LOSS OF CONTROL:

DO NOT try difficult manoeuvres until you have mastered the basics. If you do not follow these guidelines, you increase the risk of someone being injured.

## TRAMPOLINE TECHNIQUES

# BASIC SKILLS

### BASIC SKILL 1: The Basic Bounce



- Start from a standing position, with feet shoulder width apart head up and eyes on the trampoline bed.
- Swing arms forward and up above head in a circular motion.
- Bring legs and feet together in "mid-air" position and point toes.
- Land back on the mat with feet shoulder width apart (same as start position).
- Why not try moving onto the next skill once comfortable and proficient.

### BASIC SKILL 2: The Knee Drop

- Start with a low basic bounce (as detailed in BASIC SKILL 1).
- Land on knees shoulder width apart, keeping back straight and a strong body position using arms out to the side or in front to maintain balance.
- Bounce back to basic bounce position by using bounce momentum and swinging arms above head.
- Once mastered at this height try bouncing a little higher, but remember to always stay in control of your height.



### BASIC SKILL 3: The Seat Drop



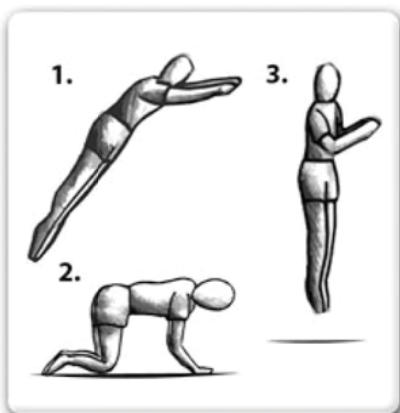
- Start with a low basic bounce (BASIC SKILL 1) in the normal position.
- Land with legs out straight in front of you, with hands either side of your hips and back straight in a strong body position.
- Use the bounce momentum aided with a push from hands to return to a standing position.
- Once mastered at this height try bouncing a little higher, but remember to always stay in control of your height.

**IMPORTANT:** Please consult a trained trampoline instructor before attempting any more advanced skills to ensure highest possible safety levels are maintained.

## TRAMPOLINE TECHNIQUES

# ADVANCED SKILLS

### ADVANCED SKILL 1: The Basic Bounce



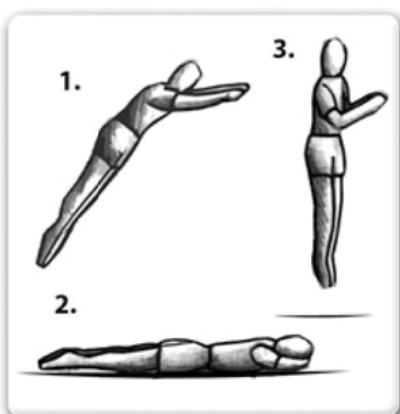
- Start with a low basic bounce (BASIC SKILL 1) in the normal position.
- Land on your hands and knees at the same time, ensure that back is horizontal to the bounce mat and hands & legs are shoulder width apart also.
- Use the momentum of bounce and push off hands to regain the standing position.
- Once mastered at this height try bouncing a little higher, but remember to always stay in control of your height.
- Try moving onto the next skill once comfortable and proficient.

### ADVANCED SKILL 2: Hands and Knees to Front Drop

- Land on your hands and knees at the same time, ensure that back is horizontal to the bounce mat and hands & legs are shoulder width apart also.
- Maintain strong body position with back horizontal to mat and straighten legs behind and fold arms in front of face in mid-air ready to land on the mat in a lying down position.
- Ensure the landing is done with all of body touching the mat at the same time.
- Push off hands and recover the standing position.
- Once mastered at this height try bouncing a little higher, but remember to always stay in control of your height. Try moving onto the next skill once comfortable and proficient.



### ADVANCED SKILL 3: The Front Drop



- Start with a low basic bounce (BASIC SKILL 1) in the normal position.
- Maintain strong body position with back horizontal to mat and straighten legs behind and fold arms in front of face in mid-air ready to land on the mat in a lying down position.
- Ensure the landing is done with all of body touching the mat at the same time.
- Push off hands and recover the standing position.
- Once mastered at this height try bouncing a little higher, but remember to always stay in control of your height.

**IMPORTANT:** Should you wish to progress any further and learn more advanced techniques for trampolining, please consult a qualified and registered Instructor.

# TRAMPOLINE LESSON PLAN

The following lessons are suggested in order to learn basic steps before moving onto more difficult, complicated trampoline skills and techniques. Before getting on the trampoline, it is highly advisable by the team to read and understand all safety instructions.

## LESSON 1:

- A) Mounting and Dismounting – Demonstration of a safe and controlled method.
- B) The Basic Bounce Skill (BASIC SKILL 1) – Demonstration and practice.
- C) Braking (Bracing on Trampoline) – Demonstration and practice. Learn to break on command.
- D) Knee Drop Landing (BASIC SKILL 2) – Demonstration and practice. Stress should be on body position.

## LESSON 2:

- A) Review and practice techniques learned in LESSON 1.
- B) Knee Bounce (BASIC SKILL 2) – Demonstration and practice. Learn the basic down to knee and back up before trying a half twist to the left and right.
- C) Seat Drop (BASIC SKILL 3) – Learn basic seat drop then add a knee drop and repeat.

**LESSON 3: WARNING!!!** Before Attempting this lesson it is advisable to seek a qualified trampoline instructors tuition and advice.

- A) Review and practice techniques learned in LESSON 2.
- B) Hands and Knees drop (ADVANCED SKILL 1) – Demonstration and practice. Learn the basics and practice adding in any BASIC SKILLS for increased practice.
- C) Hand's and Knee's Drop to Front Drop (ADVANCED SKILL 2) – Before trying this, all students should lie down on the mat in the front drop position to check the body posture. Practice and demonstrate skills until perfected.
- D) Start with hands and knees drop and the extend body into the front drop position, land on mat and return to feet.
- E) Practice Routine – hands and knees drop to front drop, back to feet, to seat drop and back to feet.

## LESSON 4:

- A) Review and practice all techniques learnt in previous lessons.
- B) Front Drop (ADVANCED SKILL 2) – Start with low bounce and try to go straight to front drop from standing and back up to feet. Practice and demonstrate.
- C) Incorporate all skills into a routine of users own choice concentrating on form and control.

***It is suggested to continue seeking professional guidance from a qualified instructor.*** A fun game that can be played by two or more players in order to encourage trampoline users to try and develop routines is "BOUNCE".

### Rules:

- The players counts from 1 to "X" (X is an agreed number).
- Player 1 starts with a maneuver and gets off the trampoline for player 2 to get on.
- Player 2 then has to copy that manoeuvre and one of their own.
- Player 3 (or Player 1 if only two are playing) has to repeat the two previous manoeuvres and add a third.
- This continues until a player cannot do the routine or makes a mistake. The result of this means they get a letter of the word "BOUNCE" to their name. 1st Mistake means you get a "B" to your name, 2nd mistake means player has "BO" to their name and so on.
- Once a mistake is made or the routine reaches "X" then the routine is started again, by the person who made the mistake or completes up to "X".
- When a player makes 6 mistakes (spells "BOUNCE") they are out of the game.