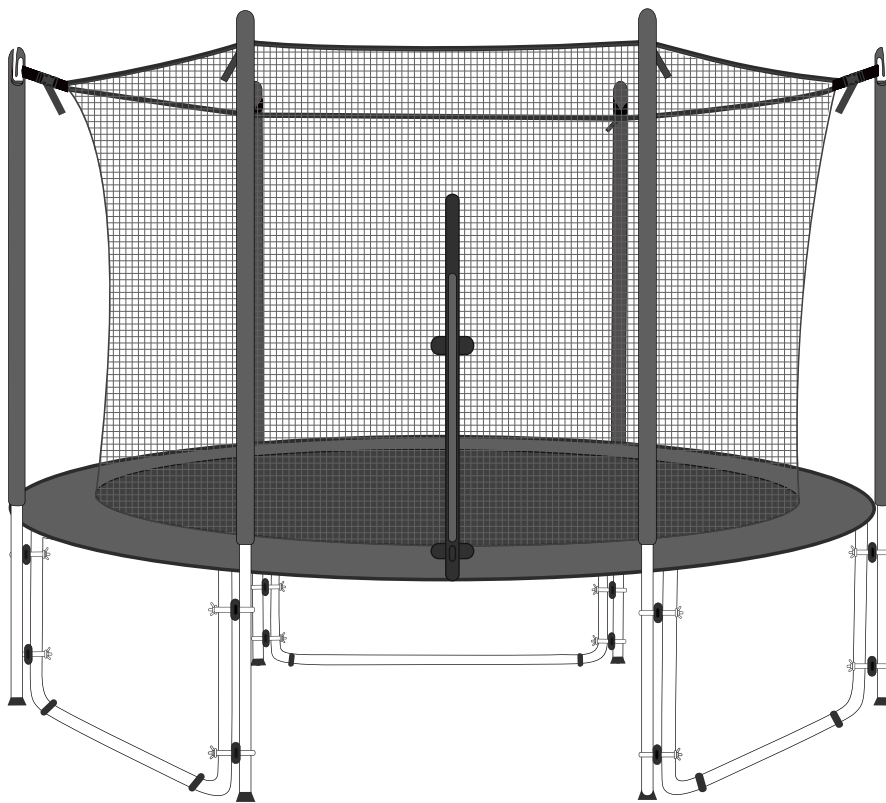


Zupapa Safump Trampoline

User Manual

Read, understand, and follow guidelines in this manual before (dis)assembling, using your trampoline.



*Not for commercial use

*Not recommended for children under 6 years old

Website

<https://www.zupapa.us/>

Email

official@zupapa.us



User Manual for Zupapa Safump Trampoline

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IMPORTANT

- If you have any questions, suggestions, and (or) comments, please feel free to contact us at your earliest convenience. Zupapa® Customer Happiness Executives are standing behind to help all the time. You are promised to receive a reply in 12 hours.
- Check the Spam, your email Settings if you do not receive a reply as it probably is blocked. Our Customer Happiness Executives will always get back to you no later than the timeframe.
- Add the following email address to your **CONTACT LIST** in case of any blocking.
- Email: **official@zupapa.us**
- Visit **<https://www.zupapa.us/>** for more information.

Scan to find more on the Zupapa website



This user manual applies to Zupapa® Safump trampolines in 8 feet(ft), 10 feet (ft), 12 feet (ft), 14 feet(ft), 15 feet(ft), and 16 feet(ft). Zupapa® reserves the right to change, update any contents included without noticing in advance. For the latest version, please bookmark the online page of all instructions: <https://www.zupapa.us/pages/assembly-instructions>.

Read, understand, and follow this user manual before assembling and using the trampoline. Save this manual for future reference. It's the responsibility of the owner and the jumper for potential risks of injuries due to inappropriate use not obeying safety instructions in this manual.

01 ABOUT ZUPAPA®

Brief

Our philosophy is to help the family members to PLAY together, ENJOY more family time, and strengthen the BOND. Since the early 21st century, we have served hundreds of thousands of families with high-quality trampolines, dome climbers, hammocks & stands, baseballs & nets, paddle boards, swings, and gymnastic bars. We never slow down our pace to expand the business – we are continuously working hard with carefully selected partners to provide more safe and reliable products that can deliver joy and health to more families.

Our Purpose

We aim to accompany all kids to grow up healthy both physically and mentally and create valuable memories for generations.

Our Vision

To be the preferred trustworthy brand in recreational sports and leisure activities.

Our Product

Zupapa® Safump trampolines, with the top quality and performance at a price enabling most families to enjoy the bounce, are one of the most outstanding products in the market. Certificated by TÜV(Germany) and ASTM(U.S.), made of reinforced hot-dip galvanized tubes, they deliver a safe jumping area for every family's backyard. You will also receive all essential tool kits in your order.

NOTE: You can tell a Zupapa® Safump trampoline from a Zupapa® Saffun trampoline by the location of the springs and the safety net. Springs are out of the safety net for Zupapa® Safump trampolines, while springs are inside the safety net for Zupapa® Saffun trampolines.

Our Service

Standing behind the excellent products is the industrial-leading after-sales service. We provide a hassle-free warranty for all Zupapa® products, please do not hesitate to reach out at official@zupapa.us. We will try our best to work it out for you.

SAFETY INSTRUCTIONS 02

Trampolines, especially backyard trampolines, make it easy to enjoy bounce at home. However, the risk of injuries accompanies as with any kind of sports. To enjoy the Zupapa® Safump trampolines, whether you are the owner, supervisor, or jumper, you should read, understand, and practice safe instructions as below.

Supervisor

Supervisors need to understand and enforce all safety rules and guidelines, provide knowledgeable advice and guidance to players, and ensure that they are informed. If supervision is unavailable or inadequate, players should not be allowed to use the equipment.

- Ensure the jumper(s) are within the weight limit when playing on the trampoline.
- Inspect the trampoline before each use for bent tubes, torn mat, loose(broken) springs, and overall stability of the trampoline.
- Small children should be assisted when getting in(off) the trampoline.
- Do not allow any jumpers to start bouncing on the trampoline unless you've inspected it and ensure it's in good condition.
- Do not place the trampoline indoors, on concrete floors, hard ground (e.g. rock), or slippery surfaces.
- Do not place any objects on the trampoline while anyone is playing on the trampoline.
- Do not allow any activity underneath the trampoline.
- Do not allow somersaults.
- Beware of weather conditions and do not allow use on rainy, windy, or snowy days.
- Secure the trampoline when not in use to prevent unsupervised or unauthorized use.

ZUPAPA

Jumper

Jumpers should read, understand, and practice all safety tips and guidelines before using the trampoline.

- Do not use the trampoline without an adult or knowledgeable supervision, regardless of your skill level or age.
- Do not take in any alcohol or drugs before/when using this trampoline.
- Do not use a trampoline when being impacted by alcohol or drugs.
- Do not smoke, eat, or drink when using the trampoline.
- Do not chew gum, sweets, etc. when using the trampoline.
- Do not hold any objects in your hand when using the trampoline.
- Do not wear hard-soled shoes(for example, tennis shoes), watches, jewelry, or other accessories when playing on a trampoline because it will cause excessive wear on the mat.
- Do not try difficult maneuvers until you have mastered the previous maneuver.
- Do not perform any type of somersaults(backward or forward) on the trampoline.
- Do not step directly onto the frame pad or grasp the frame pad. Place your hand on the frame and either step or roll up onto the frame, over the springs, and onto the trampoline mat.
- Initially, you should get accustomed to the feeling and bounce of the trampoline. The focus must be on the fundamental of your body position. You should practice each bounce (the basic bounces) until you can do and control it at ease.
- To break a bounce, bend your knees sharply before they contact the trampoline mat. This technique should be practiced while you are learning each basic bounce. The braking skill should be used whenever you lose balance or control of your jump.
- Keep each of your bounce in control. Ensure your take-off point is the same as the landing point. Never move up to the next bounce without mastering the previous, or you'll increase your chances to get injured.
- To stop your bounce, bend your knees when you land on the mat with your feet.
- When getting off, move over to the side of the trampoline and place your hand onto the frame as support, and step from the mat to the ground.

Jumping

Jumpers should also practice the following important guidelines to ensure safe bounces.

- Do not use the trampoline when it is wet, damaged, dirty, or worn out.
- Do not use the trampoline if there are pets, kids, or any objects underneath the trampoline.
- Do not use the trampoline without attaching the frame pad. Tie the frame pad down before each use.
- Do not use the trampoline as a device to bounce onto or into another object.
- Do not jump into (off) the trampoline.
- Do not jump or step onto or grasp the frame pad.
- Do not get off by jumping off the trampoline and landing on the ground, even if it's a grassland.
- Do not attempt to somersault.
- Do not bounce recklessly on the trampoline because it will increase your chances of getting injured.
- Do not bounce on the trampoline for extended periods because fatigue can increase your chances of injury.
- Keep all objects that could interfere with the jumper away from the trampoline.
- Stay in the center of the mat. This will reduce your risk of getting injured by landing on the frame or springs.
- Keep your eyes on the mat to maintain control. If you do not, you could lose balance or control.
- Beware of what is overhead, underneath, and around the trampoline.

03 PARTS LIST

You can refer to this chart for the part number, diagram, description, and quantity of each size. When you need the replacement(s), get in touch with Zupapa® Customer Happiness Executives, we are ready to make you 100% satisfied. Do not forget to provide the **order number, part number, quantity and pictures or videos(if applicable)** so that you can get what you need as soon as possible.

Part Number	Diagram	Description	Quantity (8/10 ft)	Quantity (12 ft)	Quantity (14/15/16 ft)
#1		Trampoline Mat	1	1	1
#2		Frame Pad	1	1	1
#3		Top Rail with Leg Sockets	3	4	6
#4		Top Rail	3	4	6
#5		Leg Base	3	4	6
#6		Vertical Leg Extension	6	8	12
#7		Steel Upper Net Pole with Foam	6	8	6
#8		Steel Lower Net Pole with Foam	6	8	6
#9		Safety Net	1	1	1

Part Number	Diagram	Description	Quantity (8/10 ft)	Quantity (12 ft)	Quantity (14/15/16 ft)
#10		Clamp Set	12	16	12
#11		Galvanized Springs	48 (8 ft) 60 (10 ft)	72	96 (14 ft) 108 (15 ft) 120 (16 ft)
#12		Spring Loading Tool	2	2	2
#13		Steel Ladder	0 (8 ft) 1 (10 ft)	1	1
#14		Trampoline Rain Cover	1	1	1
#15		Lawn Stake for Trampoline	3	4	6
#16		Slip-resistant Parts for Leg Base	6	8	12
#17		Pad for Shoes	1	1	1
#18		Spanner	1	1	1
#19		Tube Cap	6	8	6
#20		Net Cord	1	1	1

04 PLACEMENT

Before assembling, you should find a safe area to place the trampoline. Measure your yard to find out how much space you have. Keep the following two parameters in mind:

- The minimum space required overhead the trampoline is 24 feet (about 7.3 meters);
- The minimum space required around the trampoline is 8.2 feet (about 2.5 meters).

Please also follow the dos and don'ts as below:

Dos

- Ensure the place is clear of any obstacles including but not limited to debris, walls, fences, branches, slopes, and electrical power wiring;
- Ensure the place is flat and even. If the ground is not level, never try to make it serve as the jumping area;
- Install the trampoline in a well-lighted area;
- Install the trampoline on the lawn without obstacles underneath, surrounded, and overhead because it keeps the trampoline stable and firm from sliding with traction as well as protects the jumper from severe injuries in case of falling;
- Adjust somewhere a little uneven (**ONLY** applicable for the place where the rise/gradient is no more than 3 degrees across the whole space) if you have to place the trampoline there.

Don'ts

- Do not install the trampoline on hard ground such as driveway, asphalt, or concrete;
- Do not install the trampoline on a hill or anywhere the slope is greater than 3 degrees across the whole space.

05 ASSEMBLY

! IMPORTANT

Do not move the trampoline from one place to another after the assembly unless you've disassembled it.

Please read the assembly instructions before starting your work. A quick approach to the assembly instructions on our website(<https://www.zupapa.us/pages/assembly-instructions>) is to scan the following QR code.



Before Assembling

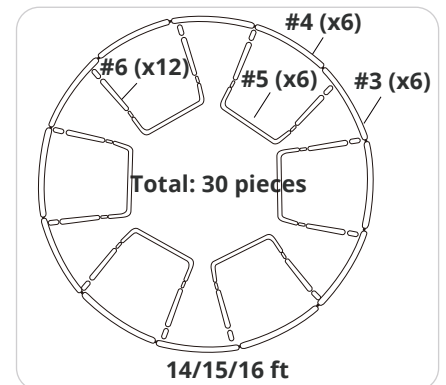
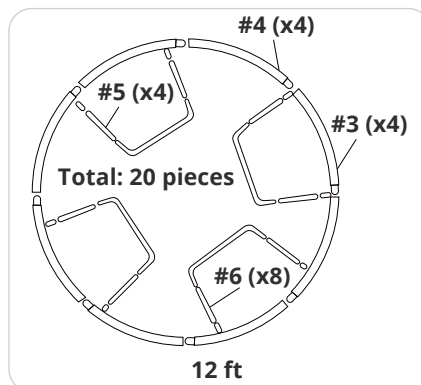
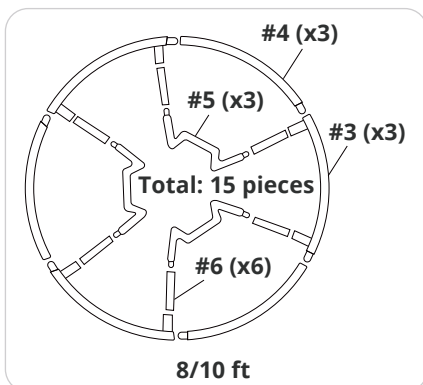
1. At least two people are required for the trampoline assembly;
2. Check and confirm you have all labeled parts according to the chapter **Parts List**. If you need any replacement(s), feel free to reach Zupapa® Customer Happiness Executives(official@zupapa.us) with the ORDER NUMBER, PART NUMBER, REQUIRED QUANTITY for each part, and photos or video clips(if applicable);
3. Do not forget to wear gloves and use the Spring Loading Tool(#12) provided in the package. The owner and the installer should take responsibility for any injuries if they forget to wear and use;
4. Ensure all parts are dry before the installation.

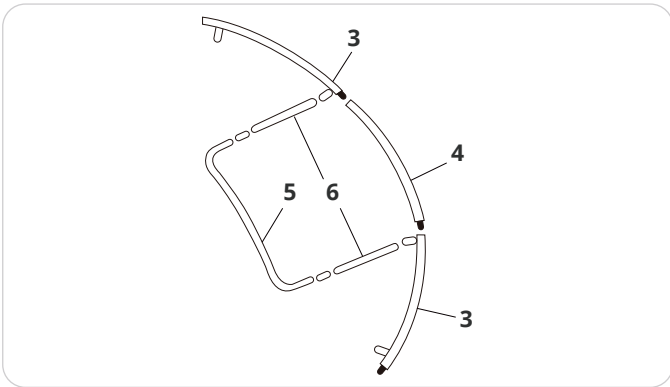
Assembly Instructions

Check assembly instructions of the frame, frame pad, trampoline mat, safety net, ladder, and rain cover from here. There are eight(8) steps in total.

STEP 1 - FRAME LAYOUT

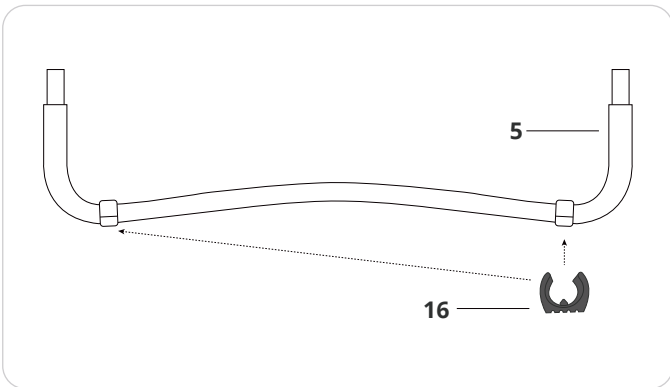
The parts with the same part number are interchangeable. You do not need to distinguish between the left and the right side.



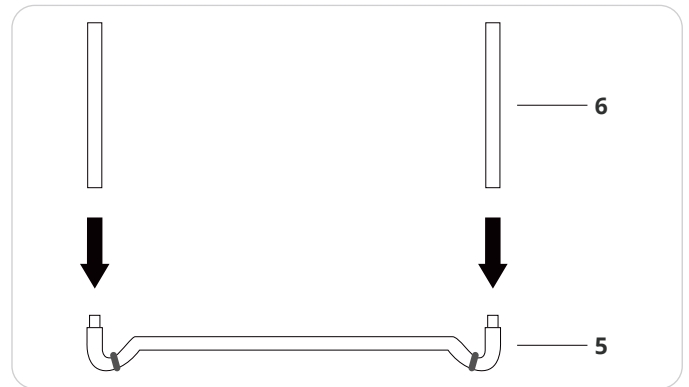


To connect the parts, simply slide a section (male) tubing that is smaller on one end into the adjacent section (female) that has a bigger opening, then you'll see joints as shown (called "connector points").

STEP 2 - SUPPORT ASSEMBLY



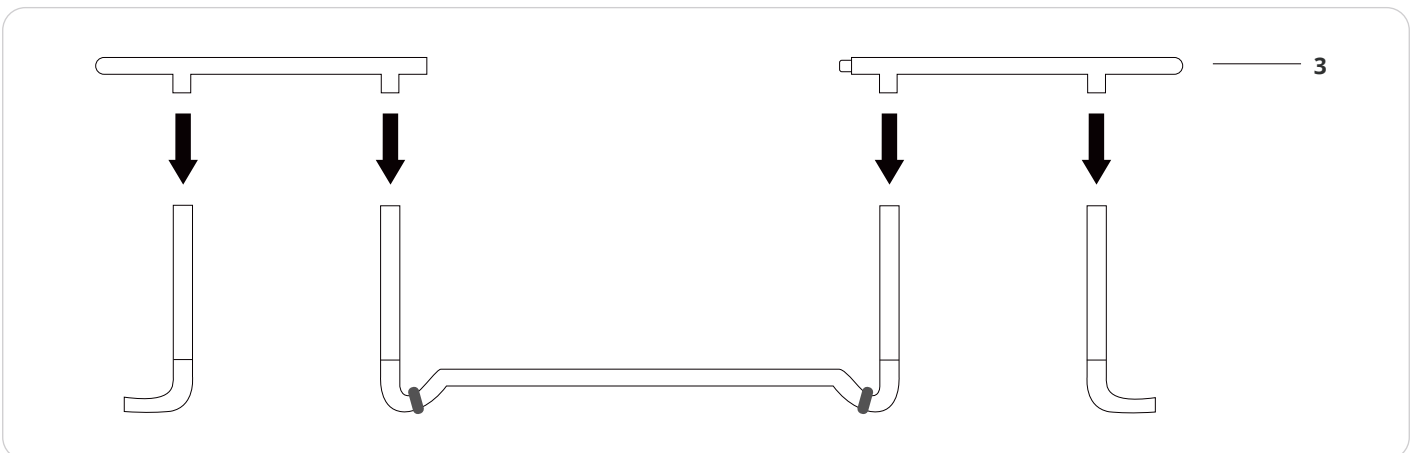
Put the Slip-Resistant Parts for Leg Base(#16) onto the two sides of the Leg Base(#5).



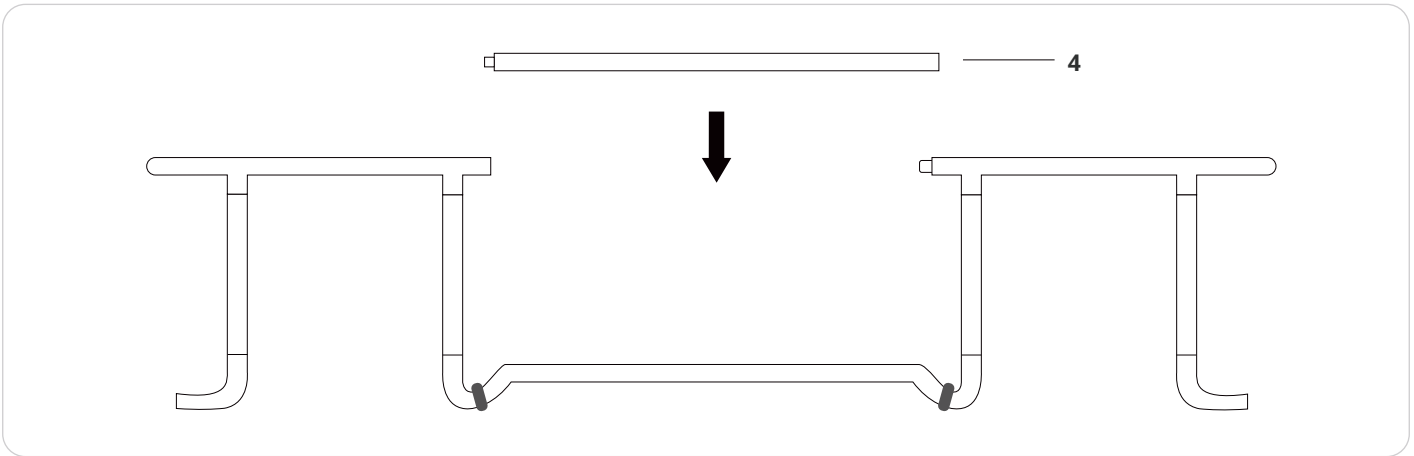
Slide all Vertical Leg Extensions(#6) onto the Leg Base(#5) as shown.

STEP 3 - TOP RAIL ASSEMBLY

(a) Two people are required. One lifts the Support Assembly from Step 2 to a standing (vertical) position, inserts one of the sockets of the Top Rail with Sockets(#3) into the Vertical Leg Extension(#6) portion of the Support Assembly; the other holds the opposite end and inserts that portion into the other Support Assembly as shown. You should have TWO pieces of Support Assembly held together by one Top Rail with the Socket in this step.



(b) Install the Top Rail(#4) into the gaps between the Vertical Leg Extension(#6) by inserting them into the slots as shown.



(c) Repeat Step 2 and Step 3 until you finish the frame.

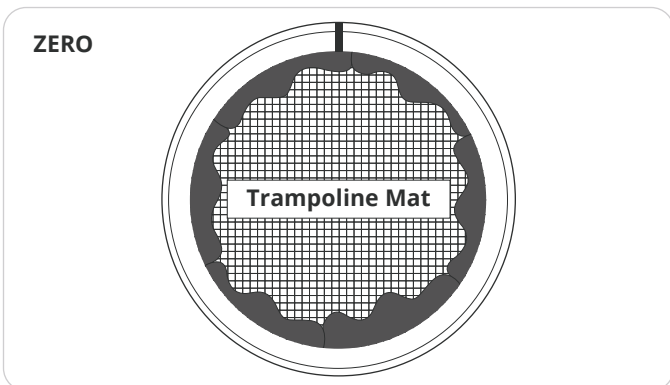
STEP 4 - SPRING LOADING INSTRUCTION & ATTACH THE TRAMPOLINE MAT TO THE FRAME

⚠ WARNING Failure to follow instructions may result in spring damages or frame warping/displacement.

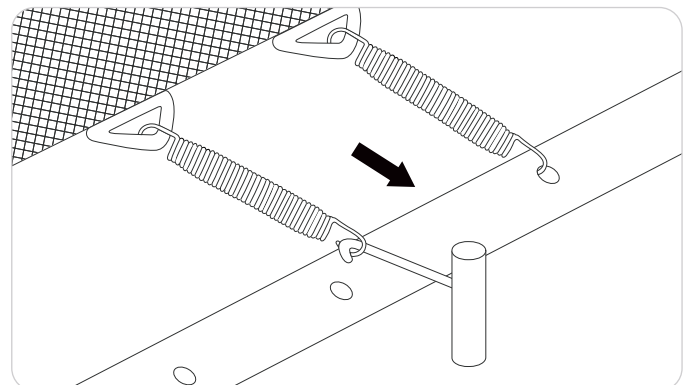
Normally, more and more force is required as you keep going on attaching springs to the frame because the tension gradually gets stronger. Pay attention to the following safety guidelines when loading springs:

- Wear heavy-duty working gloves to protect your hands and avoid pinches;
- Use the Spring Loading Tool(#12);
- Ensure all the warning labels are facing upwards;
- Ensure all Galvanized Springs(#11) are dry as wet springs are very slippery.
- Ensure the hook of all Galvanized Springs(#11) is facing down and securely pulled into the frame holes.

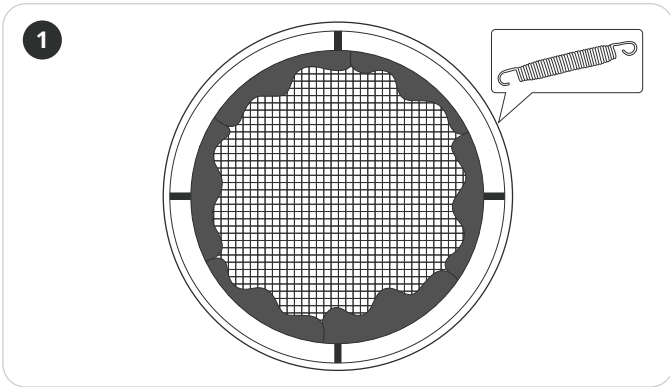
Springs should be attached as per the steps below.



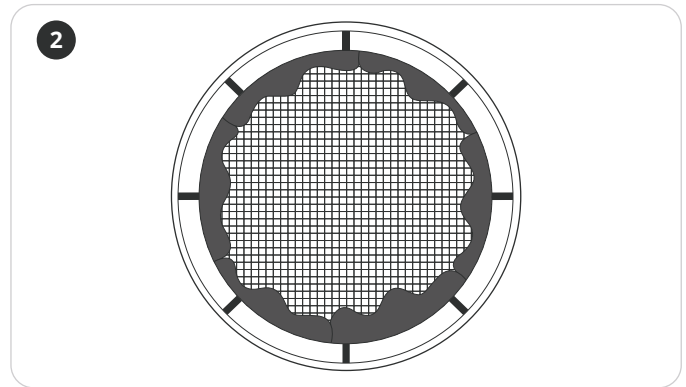
Lay the Trampoline Mat(#1) inside the frame with warning labels facing up, then attach a spring into one of the triangle rings on the mat, finally attach the spring with ring to the frame.



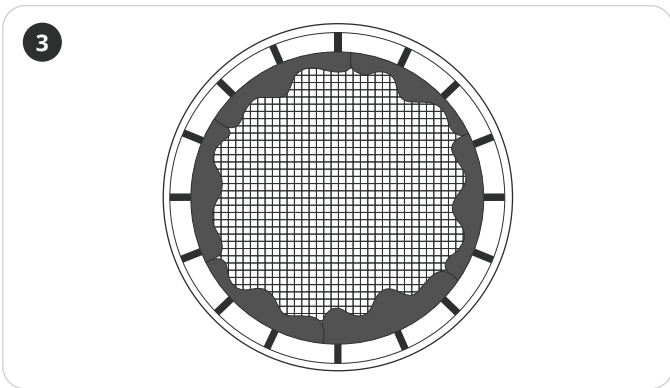
Connect the Galvanized Springs(#11) with the V-ring and the aligned hole on the main frame.
IMPORTANT: Please use the Spring Loading Tool(#12) and ensure the hook of the springs are facing down.



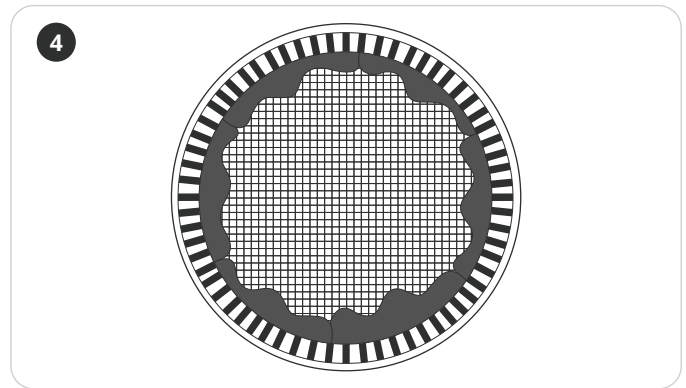
The first four(4) springs should be attached to the frame at the position of 12, 3, 6, 9 o'clock in clockwise order(**VERY IMPORTANT**). Drop the hook into the frame hole until it latches on completely. Please tap it down if the hook is not completely aligned with the hole.



The next four(4) springs should be right in the middle of every two springs which have been installed. **Note:** Always install the spring in the opposite position to make the tension of springs averagely distribute after one spring is attached, or you'll find it would be hard to attach left springs, or even be unable to finish in the end.



Similarly, the next eight(8) springs should be in the middle of every two springs that have been installed. If you find that you have skipped the connection of a hole and the V-ring, recount firstly, then remove or add one more spring to make a balance.



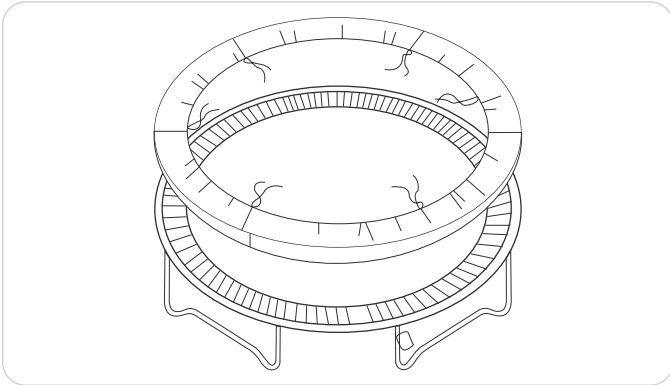
Attach the remaining springs until all springs are placed and secured firmly.

STEP 5 - FRAME PAD ASSEMBLY

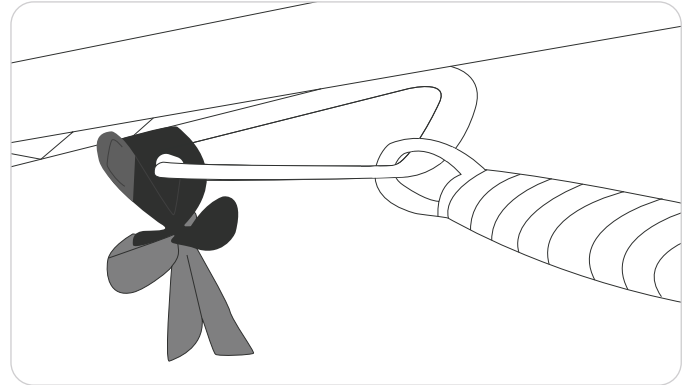
Properly tie down the Frame/Spring Pad before each use as per the steps below:



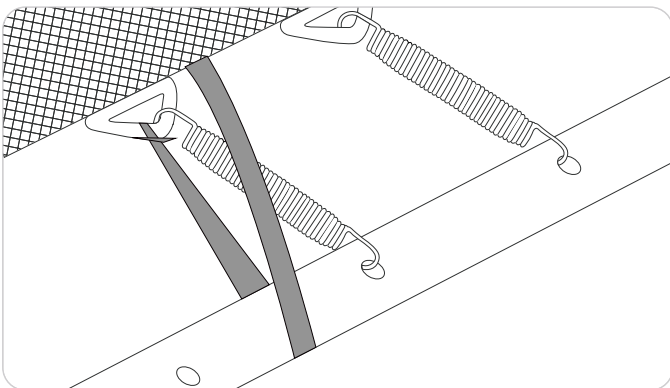
- Never use the trampoline without attaching the frame pad.
- Do not use the trampoline even if there's only one spring/V-ring damaged or missing.



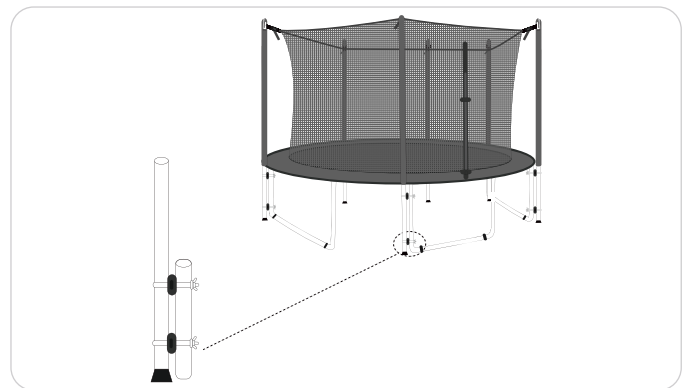
Cover all the metal parts including the steel frame with the Frame Pad.



Tie the black webbings sewn (on the inner arc of the pad) to the steel V-rings.



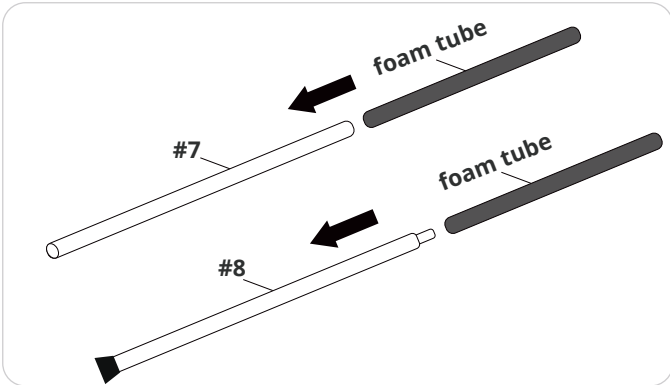
Attach the hook of the elastic strap to the V-rings circling around the outside of the top rail frame.



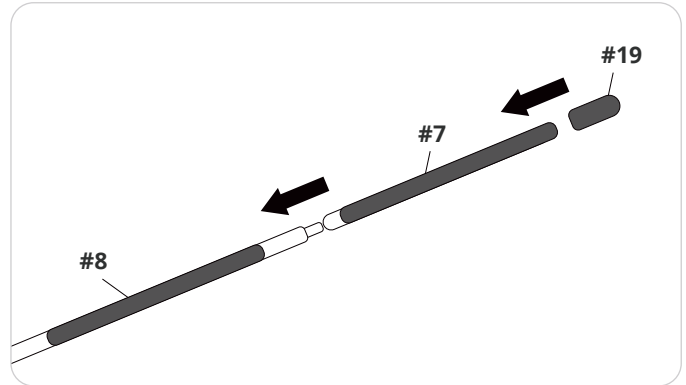
Important There is space for the pad flap between the trampoline vertical tube and the enclosure tube allowing gaps between the two tubes.

STEP 6 - NET & POLES ASSEMBLY

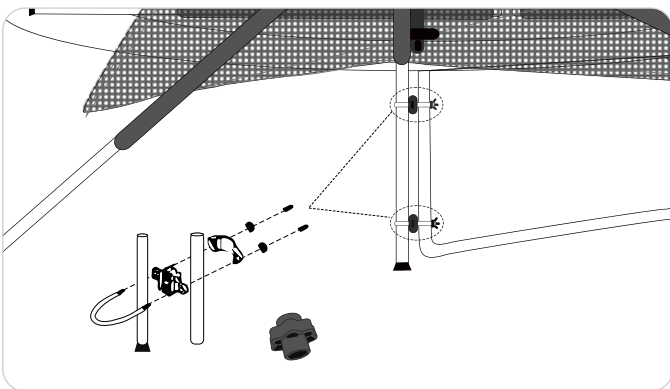
⚠ WARNING Two adults in good physical condition are required for the following steps.



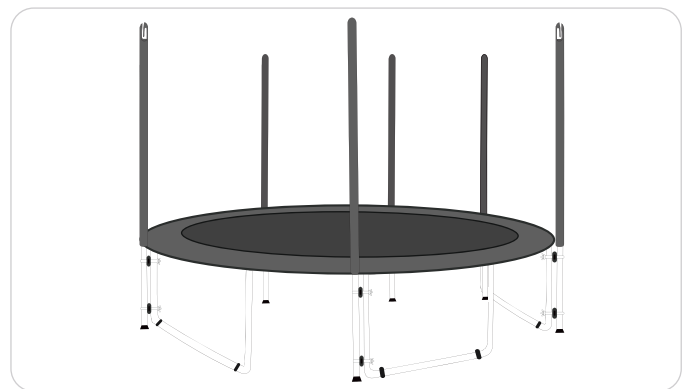
Slide the foam tube over the pole as shown. Repeat with the remaining poles. (We've done this step for you.)



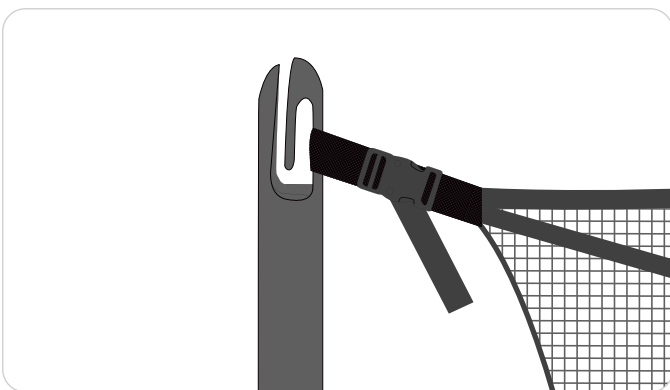
Connect the Tube Cap(#19), the Steel Upper Net Pole with Foam(#7), and the Steel Lower Net Pole(#8) in order as shown.



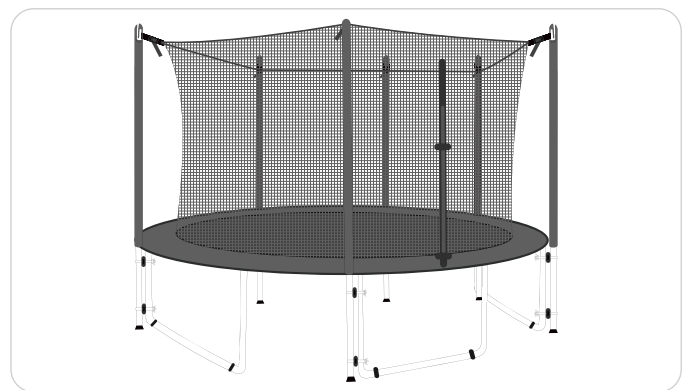
Carry the gathered poles (connected by #7 & #8) to the chosen entrance. Assign one person to hold the gathered pole in place, then the other brings the entrance pole to the gathered leg, clamps the Steel Upper Net Pole (#7) to the Steel Lower Net Pole (#8), and finally fastens the Clamp Set (#10) with the Spanner (#18).



Repeat until you finish the remaining poles.

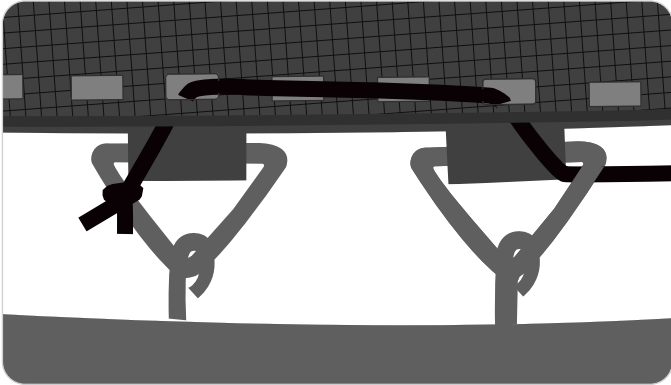


Connect the snap on the top of the safety net with the Tube Cap (#19) as shown.

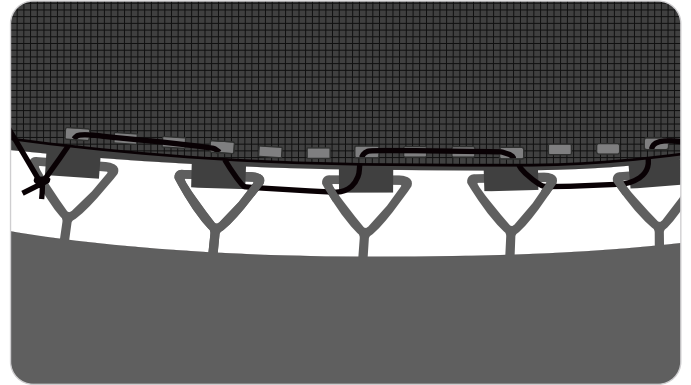


Connect all the top snaps to the frame tubes.

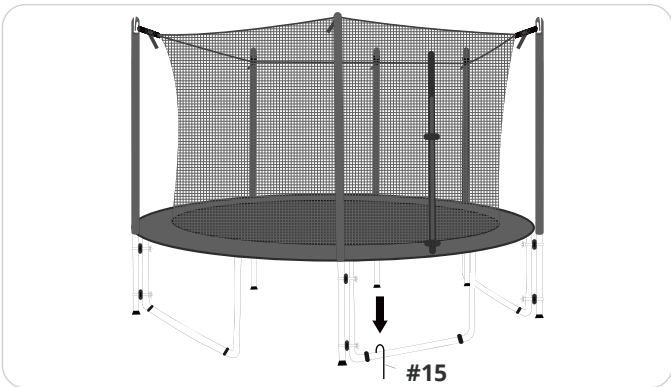
NOTE To make it easier, please divide the rope into six(6) equal parts before moving to the next step.



Tie the end of the Net Cord(#20) to the trampoline mat ring, then pull the CORD through the net edge and the ring as shown.



Pull the Cord over all the rings, then tie both ends of the Cord together.



Fix the Leg Base(#5) to the ground by inserting the Lawn Stake(#15). Note: One Lawn Stake(#15) for one Leg Base(#2).

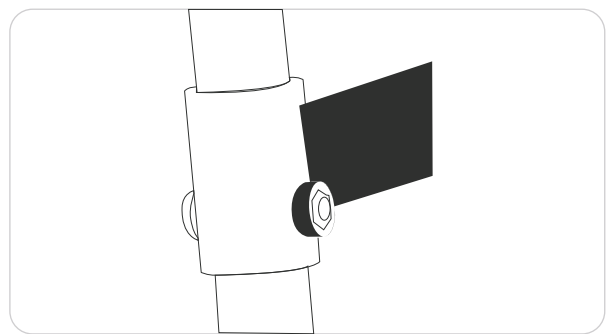
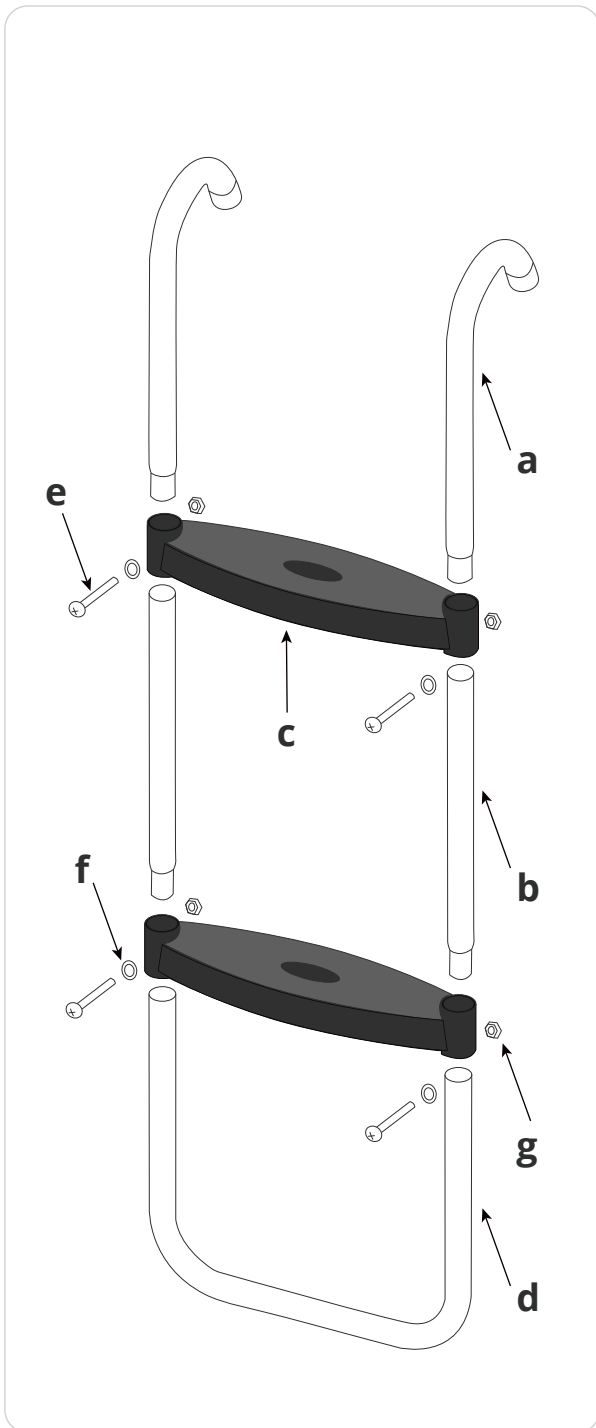
STEP 7 - LADDER ASSEMBLY

This part consists of two sections: ways to assemble the ladder and attach it to the frame.

Ladder Assembly Follow the pictures below accordingly to assemble the ladder for the 10 feet trampolines and other sizes in 12 feet, 14 feet, 15 feet, and 16 feet.

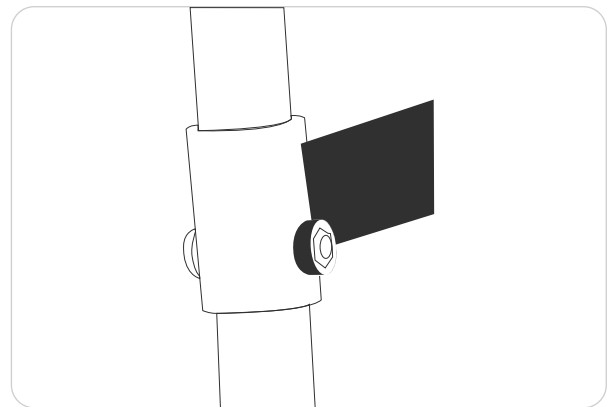
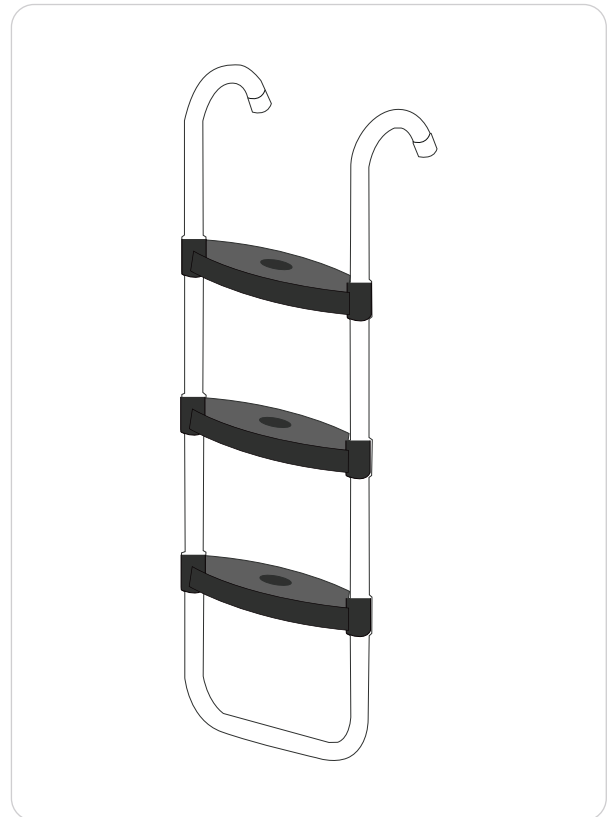
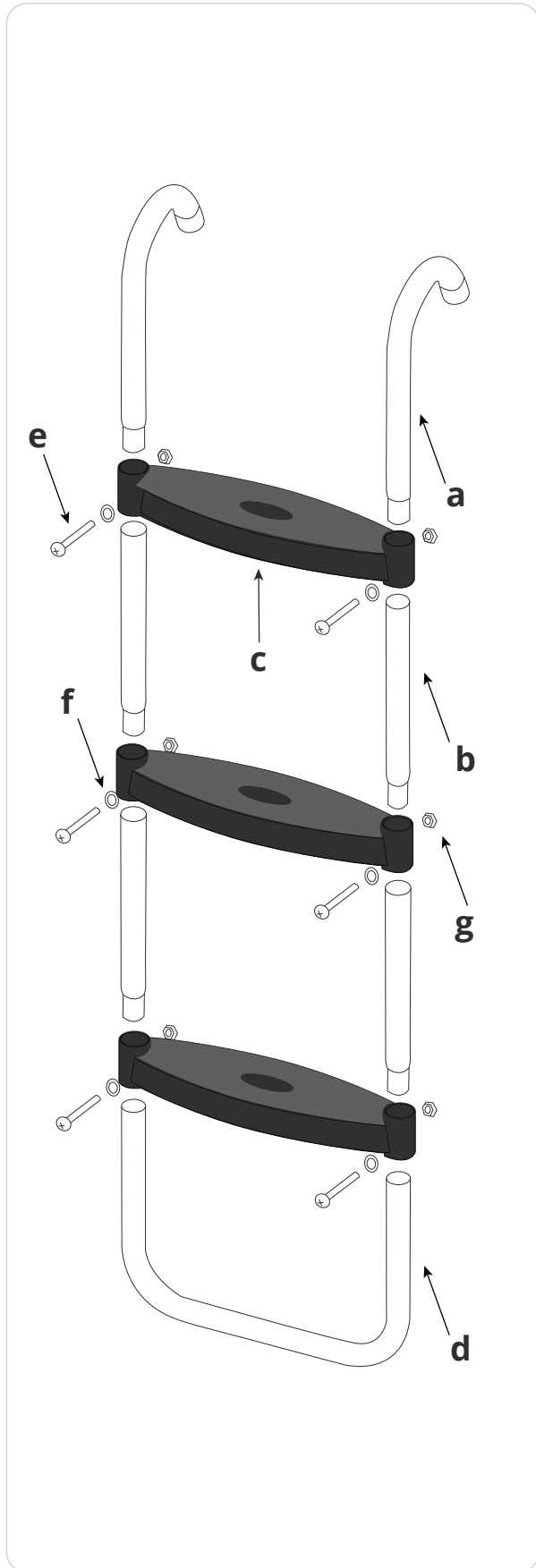
NOTE We do not provide a ladder for the 8 feet trampolines as jumpers can easily step into the jumping area. Consequently, you do not need to assemble and attach it.

Trampoline Ladder Assembly Instruction for 10 FT



PARTS LIST		
Item	Description	QTY
a	Hook Tube	2
b	Leg	2
c	Stepper	2
d	Base Frame	1
e	M6 x 40 Screw	4
f	6mm Washer	4
g	M6 Nylon Nut	4

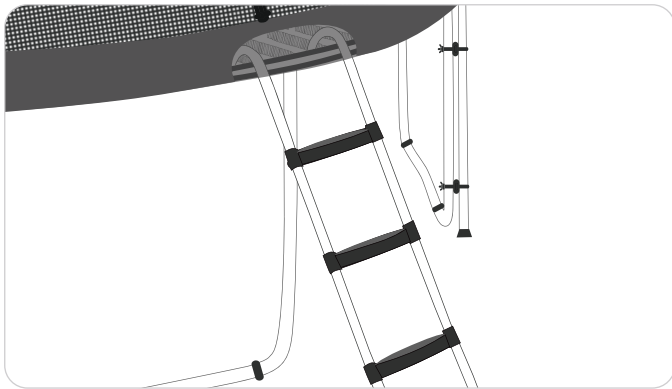
Trampoline Ladder Assembly Instruction for (12/14/15/16 FT)



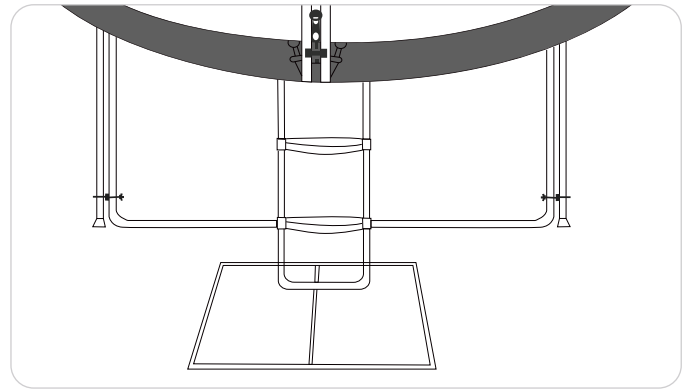
PARTS LIST

Item	Description	QTY
a	Hook Tube	2
b	Leg	4
c	Stepper	3
d	Base Frame	1
e	M6 x 40 Screw	6
f	6mm Washer	6
g	M6 Nylon Nut	6

Attach the Ladder to the Frame



Attach the ladder to the frame where is close to the zipper.

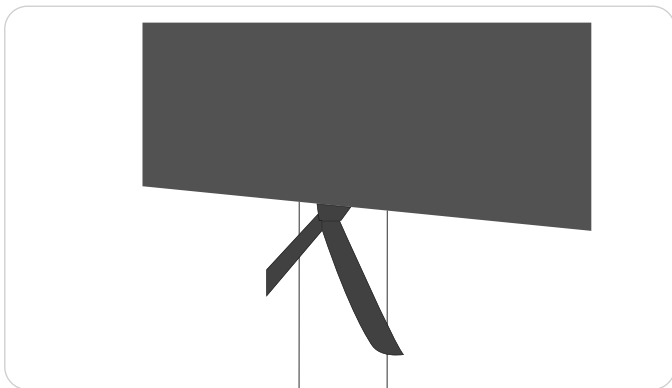


Congratulations! Your trampoline is completed!

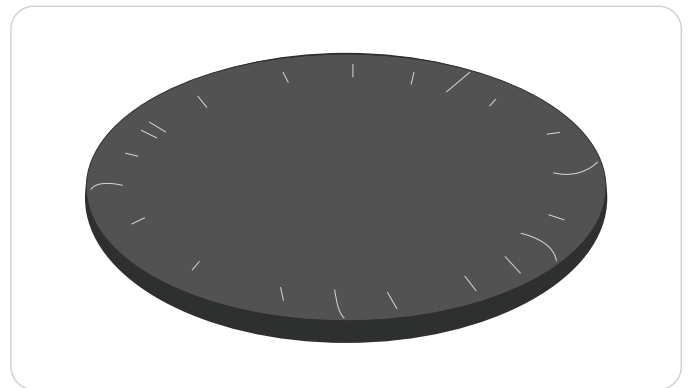
STEP 8 - RAIN COVER ASSEMBLY

NOTE Not a required step. You can skip it and try the trampoline after completing Step 7.

To prolong your trampoline's service time, put on the rain cover when it is not in use.



Disassemble the enclosure net and poles firstly, then lay the rain cover on the trampoline and tie the straps to the poles.



Please ensure there are no leaves or other objects over the preformed hole which is designed for drainage.

Attention

- Watch the video tutorial at the Zupapa® Website: <https://www.zupapa.us/pages/assembly-instructions>.
- Email official@zupapa.us if you have any questions about the assembly.

06 DISASSEMBLY

To disassemble the trampoline, follow the assembly instructions through **Step 1 - Step 8** in reverse order.

⚠ Attention

- At least two adults are required for the disassembly.
- Wrap all connector points with weather-resistant tapes (duct tape).

07 CARE & MAINTENANCE

With proper care and maintenance, Zupapa® trampolines are capable of providing your family with many years of fun and enjoyment. We recommend you follow regular maintenance as per the guidelines below.

Care

Using, dissembling, and store the trampoline correctly as per the following:

- Inspect, clean, and wash your trampoline mat with a garden hose every two weeks;
- Remove any sharp objects before using the trampoline;
- Ensure there are no leaves, debris, mildew, or bird droppings on the trampoline before using the trampoline;
- Jumpers should either wear socks or be barefoot when using the trampoline;
- Keep your trampoline away from any fire sources such as a grill;
- Do not allow pets or animals to get inside the jumping area;
- Store the trampoline in a dry area with good ventilation when it's not in use.

The rain cover works great in protecting the trampoline against UV damages.

- Put on the rain cove to prolong your trampoline's life when it's not in use;
- Put on the rain cover to protect the mat from leaves or bird droppings.

Maintenance

Always inspect the trampoline and replace any worn, overused, damaged, or missing parts before each use as they increase the chances of getting injured. Be cautious of the following conditions:

- Punctures, holes, or tears in the trampoline mat;
- Sagging trampoline mat;
- Loose stitching or any kind of deterioration of the mat;
- Bent or broken frame parts, such as the legs;
- Broken, missing, or damaged springs;
- Damaged, missing, or insecurely attached frame pad;
- Protrusions of any types (especially sharp types) on the frame, springs, or mat;

If any of the conditions mentioned above or something else that you feel could cause harm occurs, disassemble the trampoline, or at least secure the trampoline with a lock or heavy tarpaulin to prevent unauthorized use. Reuse the trampoline only after you've replaced the broken parts.

Special Conditions

The owner (or supervisor) should also pay attention to special conditions as below:

WINDY CONDITIONS

The trampoline is possible to be blown away in high winds. When you expect windy weather, disassemble the net poles and the safety net, then tie the top frame (round, outside portion) of the trampoline to the ground with ropes and stakes. Keep it in mind: at least three(3) ties should be used to ensure security and do not just secure the trampoline legs to the ground, or the frame sockets would be pulled out.

WINTERIZATION

Although you can use your Zupapa® trampoline in winter if you keep cleaning them regularly and avoid snow stocking, we highly recommend you disassemble and store the equipment in a dry area with good ventilation. In any condition, do not forget to put on the rain cover when it's not in use.

08 LIMITED WARRANTY

The Zupapa® Safump trampoline's limited warranty as shown below takes into effect from the purchase date, covering the materials and the workmanship under normal use and service conditions.

- We offer ten(10) years of warranty for the frame;
- We offer two(2) years of warranty for the trampoline mat, frame pad, safety net, and galvanized springs;
- We offer a lifetime warranty for other accessories not mentioned above.

⚠ IMPORTANT The order number and photos or video clips(if applicable) are required for your warranty application.

Part Name	Frame	Trampoline Mat	Frame Pad	Safety Net	Galvanized Springs	Other Accessories
Warranty (Years)	10	2	2	2	2	Lifetime

- Replacement(s) for other accessories can be applied **free of charge** at ANY TIME.
- Damages caused by weather (including but not limited to winds, rains, snow) are excluded from the warranty.

You can either email Zupapa(official@zupapa.us) or the retailer with the inquiry details, order number, and pictures or videos(if applicable) if you need to claim for the warranty. In case of any blocking, we suggest you add Zupapa to your CONTACT LIST in advance!

⚠ IMPORTANT TIMEFRAME Check **the Spam**, your **email Settings** if you do not receive a reply in 12 hours after sending out the email because Zupapa® Happiness Executives always reply no later than the timeframe after receiving your inquiry.

09

BASIC SKILLS

Skill Lessons

⚠ WARNING

All jumpers, regardless of ages and skill levels, should be supervised.

Lesson Plan

Practice the following lessons to learn basic steps and bounces. It's the responsibility of the owner(or supervisor) to help the jumper to read, understand, and practice these lessons before actually getting on and using the trampoline.

LESSON 1

Warming-up: Discuss and demonstrate body mechanics and trampoline guidelines.

1. Demonstrate proper (dis)mounting techniques.
2. Demonstrate and practice the basic bounce.
3. Demonstrate and practice to stop on command.
4. Demonstrate and practice hands and knees moving. Stress should be given on the four-point landing and alignment.

LESSON 2

Warming-up: Review and practice techniques learned in **Lesson 1**.

1. Demonstrate and practice the knee bounce. Learn the basic down to the knee and back up before trying a half twist to the left and the right side.
2. Demonstrate and practice the seat bounce. Learn the basic seat bounce, add a knee bounce, and a hand-and-knee repetition.

LESSON 3

Warming-up: Review and practice all the skills and techniques learned before.

1. Demonstrate and practice the front drop. Important: All learners should keep the prone position(face down on the ground) while the instructor tries to correct the faulty positions that could cause injury.
2. Start with a hand-and-knee bounce and then extend the body into the prone position, land on the mat.
3. Practice the routine hand-and-knee bounce, front bounce, seat bounce, and back to feet.

LESSON 4

Warming-up: Review and practice all skills and techniques learned before.

Learn about half-turn bounce as follows.

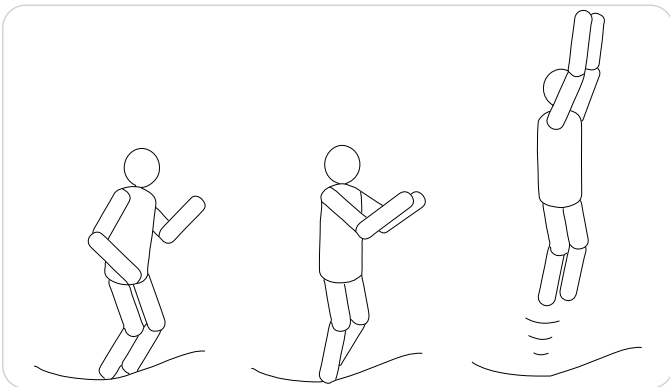
1. Start from the front drop position and make contact with the mat, push off with your arms in either the right or left direction, and turn your head and your shoulders in the same direction.
2. Keep your back parallel to the mat and your head up during the turn.
3. Land in the front drop position after completing the turn.

Jumpers can develop their routines after learning, practicing, and mastering the lessons above. However, they are **not allowed** to skip these basic skills before moving into more difficult, complicated bounces.

Never skip basic skills before moving into more difficult bounces.

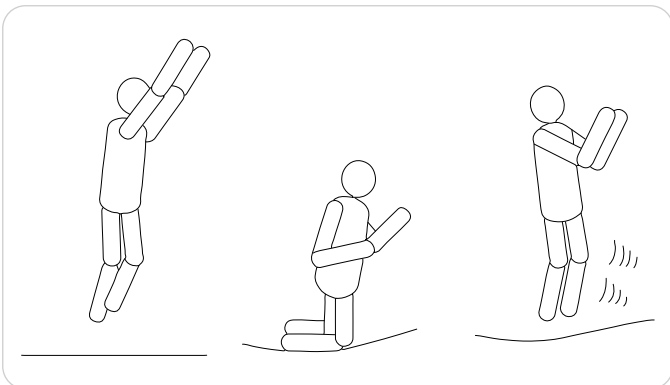
Basic Trampoline Bounces

Basic Bounce



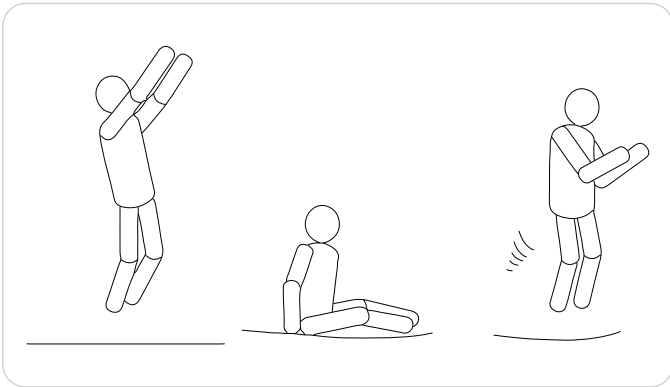
1. Start from the standing position with feet shoulder-width apart and eyes on the mat.
2. Swing your arms forward and up in a circular motion.
3. Bring feet together while in mid-air and point toes downward.
4. Keep feet shoulder-width apart when landing on the mat.

Knee Bounce



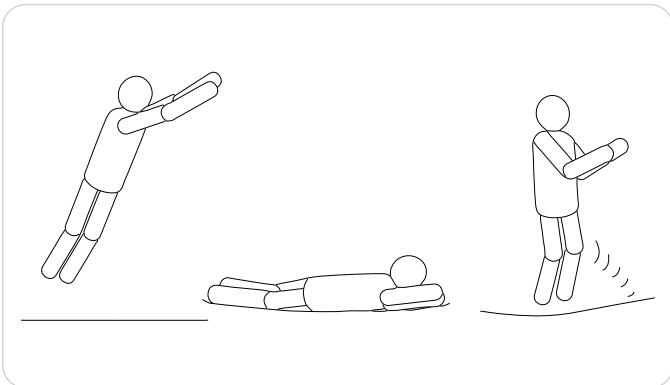
1. Start from the standing position with feet shoulder-width apart and eyes on the mat.
2. Land on knees while keeping your body erect and your back straight. Do not forget to use your arms to keep a balance.
3. Bounce back to the starting position.

Seat Bounce



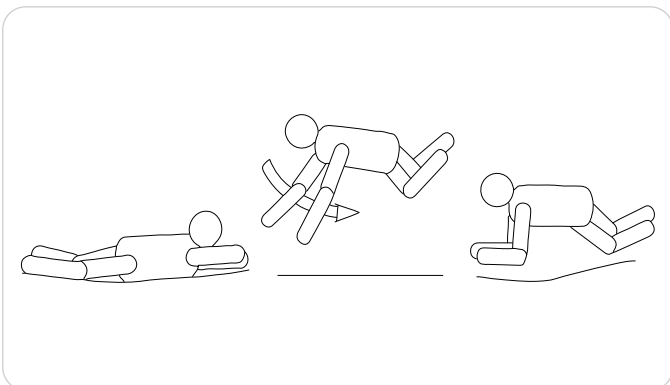
1. Start from the standing position with feet shoulder-width apart and eyes on the mat.
2. Land in a flat sitting position with legs parallel to the mat and hands beside your hips.
3. Return to the erect position by pushing up your hands.

Front Bounce



1. Start with the front bounce position.
2. Land in the prone position (face down) with your hands and arms extended forward on the mat.
3. Push off the mat with your arms returning to the standing position.

180 Degree Bounce



1. Start with the front bounce position.
2. Push off with your left (or right) hand and arms (depending on which way you wish to turn).
3. Maintain your head and shoulders in the same direction, keep your back parallel to the mat and head up.
4. Land in the prone position by pushing up your hands and arms to the standing position.

10 APPENDIX

Zupapa® on Socials

Facebook: <https://www.facebook.com/zupapadotus>

YouTube: <https://www.youtube.com/c/Zupapa>

Instagram: https://www.instagram.com/zupapa_official/

Twitter: https://twitter.com/zupapa_us

Pinterest: https://www.pinterest.com/Zupapa_Official/

Zupapa Product Categories



OUTDOOR TRAMPOLINE

Not any kid can refuse the bouncing fun! Zupapa® Saffun & Safump outdoor trampolines are the ultimate gift idea for your kids, making the backyard a safe jumping playground for years.

SMALL TRAMPOLINE

Are you looking for a perfect place for your preschool and school-age boys and girls to free up their energy? Try a Zupapa trampoline for small kids with the basket hoop, which is a great combination of safety and fun!





REBOUNDER

A great structure to make home workout easy! Do not hesitate to take a Zupapa® rebounder home as it helps to keep fit and stay in shape.

DOME CLIMBER

It's the safety, reliability, and versatility that make Zupapa® dome climber stand out from the same category. The heavy-duty construction enables up to 6 kids to play together - they can climb, dangle, or play underneath, making your backyard an exciting playground that will entertain your kids for years.



GYMNASTICS BAR

Adjustable in both the support base & height, Zupapa® gymnastics bars are one of the great folding equipment to entertain your kids. Rest assured to take one home.

BASEBALL NET

Every hit and every pitch would make a difference. See how your kids make progress day by day with the baseball practice combo from Zupapa®.





PADDLE BOARD

A necessity for water-loving ones. The most alluring, you can surf together with your furry friends (of course, if they are not afraid of water and are glad to go surfing with you).

HAMMOCK & STAND

Nothing is better than reposing on a Zupapa® hammock set while the gentle breeze and warm sunlight give a pat on your body! You can imagine how delightful it would be to enjoy such a cozy time with the whole family!



TREE SWING

Providing enjoyable outdoor toys works great to reduce the time that kids spend on computer games and TV series. Zupapa tree swings are a practical choice. Hang it to a playset or underneath a tree, and add a detachable tent (if required), your kids would love to stay outdoors more than before!





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