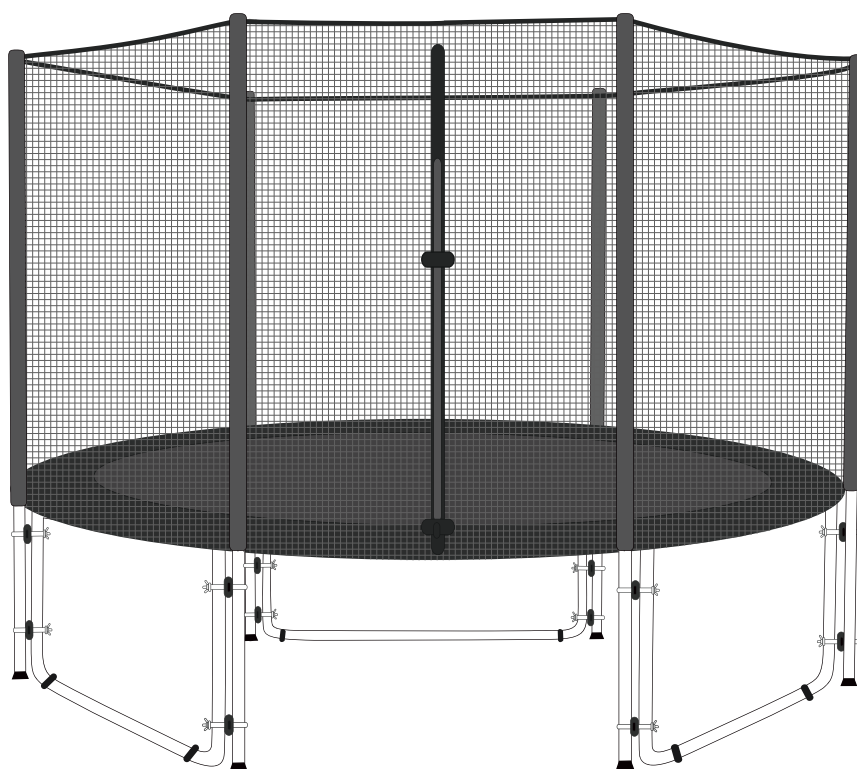


Zupapa Saffun Trampoline

# 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](mailto:official@zupapa.us)



# User Manual for Zupapa Saffun Trampoline

About Zupapa .....	2
Safety Instructions .....	3
Parts List .....	6
Placement .....	8
Assembly .....	9
Disassembly .....	20
Care & Maintenance .....	21
Limited Warranty .....	22
Basic Skills .....	23
Appendix .....	27

## **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 is probably 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 video tutorials and more on the Zupapa website



This user manual applies to Zupapa® Saffun 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 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, baseball 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® Saffun 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.), patented with the no-gaping design, made of reinforced hot-dip galvanized tubes, they deliver safe jumping areas for almost every family's backyard. You will also receive all essential tool kits in your order.

## Our Service

Standing behind the excellent products is the industrial-leading after-sales service. We provide a hassle-free warranty for all Zupapa trampolines, please do not hesitate to reach out at [official@zupapa.us](mailto: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® Saffun 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. It is the responsibility of the supervisor to provide knowledgeable advice and guidance to all jumpers. The supervisor is also responsible to ensure that the safety placard is placed on the trampoline and that jumpers are informed of these warnings and instructions. If supervision is unavailable or inadequate, the trampoline should be disassembled and stored in a secure place to prevent unauthorized use, or covered with a heavy tarpaulin that can be locked or secured (with chains).

- 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 inspect that 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 someone 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, and (or) snowy days.
- Secure the trampoline when not in use to prevent unsupervised and(or) unauthorized use.

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## Jumper

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Read, understand, and practice all safety precautions and warnings 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 padding or grasp the frame padding. 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.

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## Jumping

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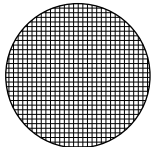
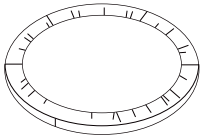






As a jumper, you've learned safety tips and guidelines before jumping on the trampoline, the next is to learn the following important guidelines to guarantee safe bounces.

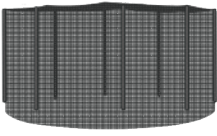
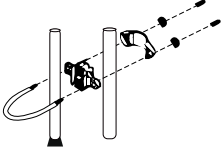

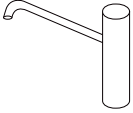
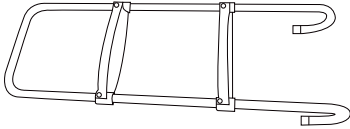
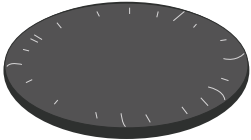


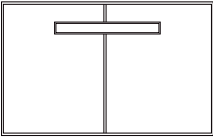

- Do not use the trampoline when it is wet, damaged, dirty, or worn out.
- Do not use the trampoline if there are pets, kids, or any objects underneath the trampoline.
- Do not use the trampoline without attaching the frame padding. Tie the frame padding down before each use.
- Do not use the trampoline 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 padding.
- 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.

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# 03 PARTS LIST

You can refer to the following chart for part number, diagram, description, and quantity for each size. When you need the replacement(s), get in touch with Zupapa® Customer Happiness Executives, they 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 & 10ft)	Quantity (12ft)	Quantity (14 & 15 & 16ft)
#1		Trampoline Mat, Stitched with V-Rings	1	1	1
#2		Frame/Springs Padding	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 Pad	6	8	6
#8		Steel Lower Net Pole with Foam Pad	6	8	6

Part Number	Diagram	Description	Quantity (8 & 10ft)	Quantity (12ft)	Quantity (14 & 15 & 16ft)
#9		Safety Net	1	1	1
#10		Clamp Set	12	16	12
#11		Galvanized Springs	48 (8ft) 60 (10ft)	72	96 (14ft) 108 (15ft) 120 (16ft)
#12		Spring Loading Tool	2	2	2
#13		Steel Ladder	0 (8ft) 1 (10ft)	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		Mat for Shoes	1	1	1
#18		Spanner	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 overhead clearance space required is 24 feet (about 7.3 meters);
- The minimum lateral clearance space required is 8.2 feet (about 2.5 meters) on all sides of the trampoline.

## Follow 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 keeps the jumper from severe injuries in case of falling;
- Adjust somewhere a little uneven (only applicable for the place where the rise/gradient should be 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 somewhere that is sloping;
- Do not install the trampoline 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 the trampoline.

Read the assembly instructions before starting your work. You can also find video tutorials on the Zupapa website (<https://www.zupapa.us/pages/assembly-instructions>) by scanning the following QR code.



## Before Assembling

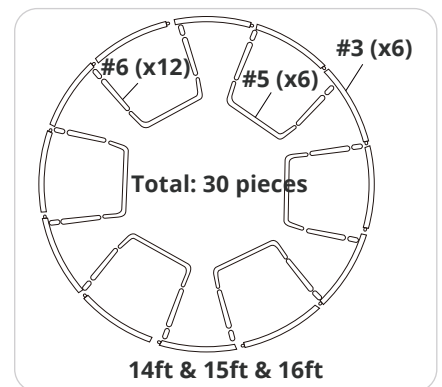
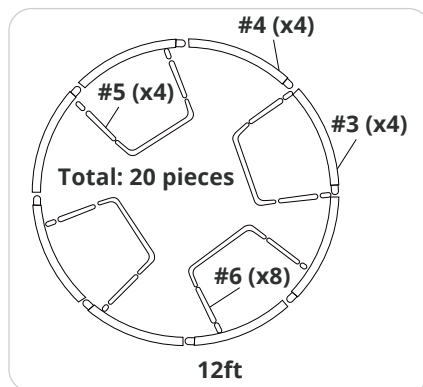
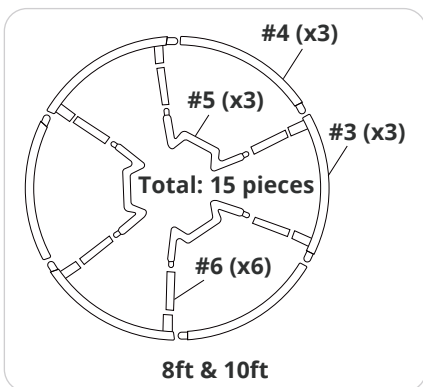
1. At least two people are required for the trampoline assembly;
2. Check and confirm you have all labeled parts according to the chapter **Parts List**. If you need any replacement(s), feel free to reach at **official@zupapa.us** with order number, part number, required quantity for each part, and photos or videos of damages (if applicable);
3. Do not forget to wear gloves and use the spring loading tool provided in the package. The owner and the installer should take responsibility for any possible injuries if they forget to wear and use;
4. Ensure all parts are dry before installation.

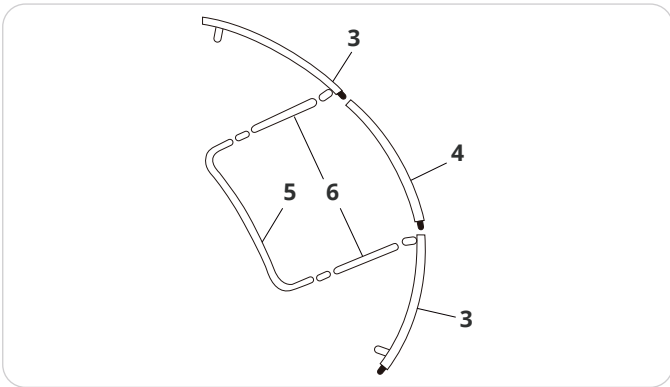
## Assembly Instructions

Check assembly instructions of the frame, jumping mat, spring padding, enclosure, ladder, and rain cover from here. There are nine (9) steps in total.

### STEP 1 - FRAME LAYOUT

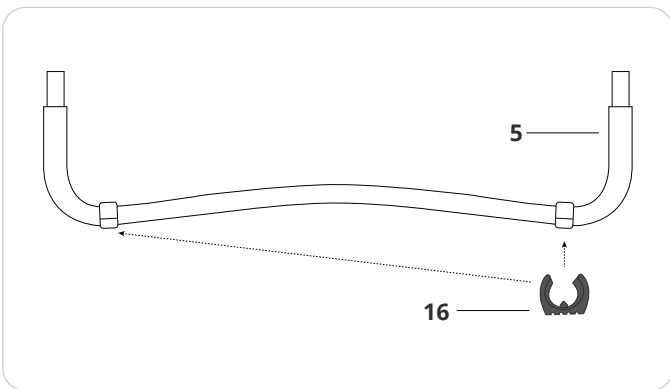
All parts with the same part number are interchangeable and have no "right" or "left" orientation.



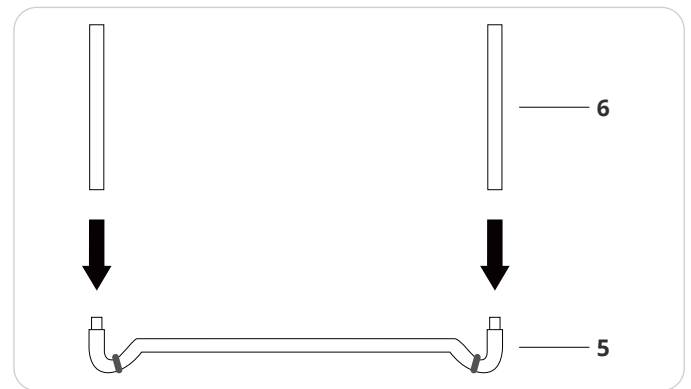


To connect the parts, simply slide a section (male) tubing that is smaller on one end into the adjacent section (female) that has a larger opening. These joints are called “connector points”.

**STEP 2 - SUPPORT ASSEMBLY**



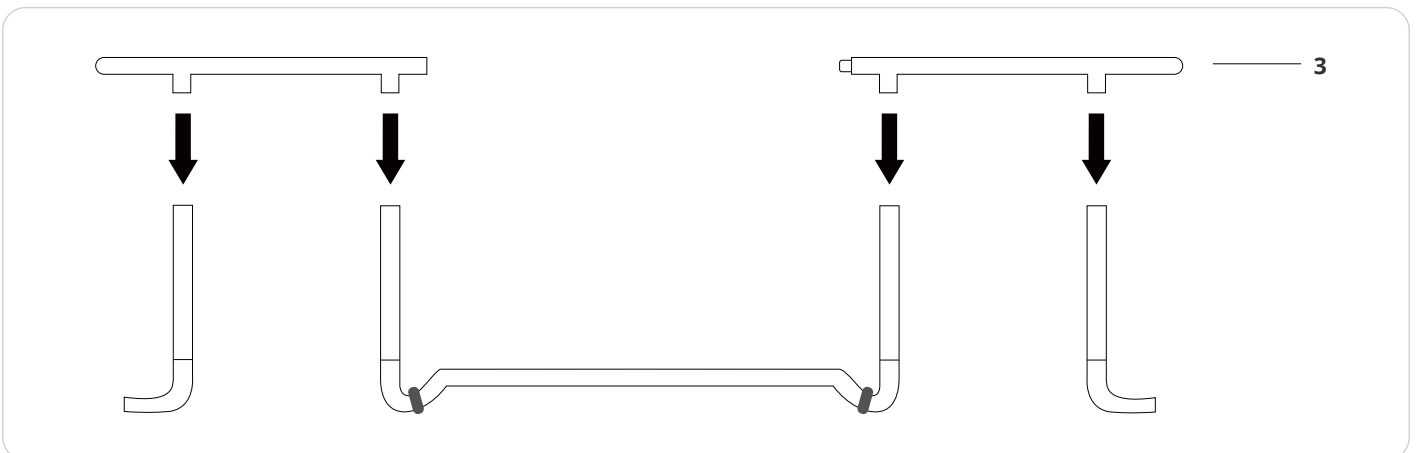
Let's start from here. Put the slip-resistant parts (#16) onto the two sides of the Leg Base (#5).



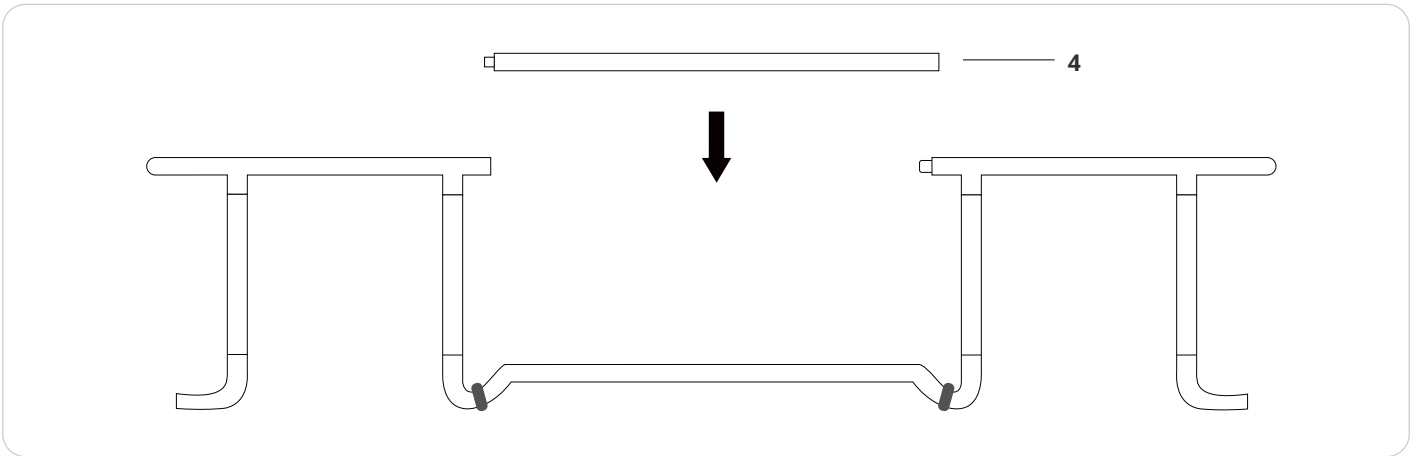
Slide all Vertical Leg Extensions (#6) onto the Leg Base (#5) as shown.

**STEP 3 - FRAME ASSEMBLY**

(a) Two people are required to assemble the trampoline. One lifts the Support Assembly from Step 2 to a standing (vertical) position and inserts one of the sockets of the Top Rail with Sockets (#3) into the Vertical Leg Extension portion of the Support Assembly; the other holds the opposite end and inserts that portion into the other Support Assembly as shown. Now you should have two Support Assemblies held together by one Top Rail with the Socket.



(b) Install the top rails (#4) into the gaps between the Vertical Leg Extensions (#6) by inserting them into the slots as shown.



(c) Repeat Step 2 and Step 3 until the frame is completed.

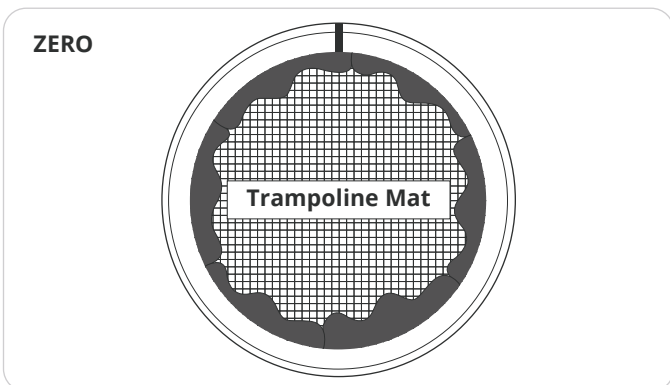
**STEP 4 - SPRING LOADING INSTRUCTION & ATTACHING THE JUMPING MAT TO THE FRAME**

**⚠ WARNING** Failure to follow instructions may result in damaged springs or frame warping/displacement.

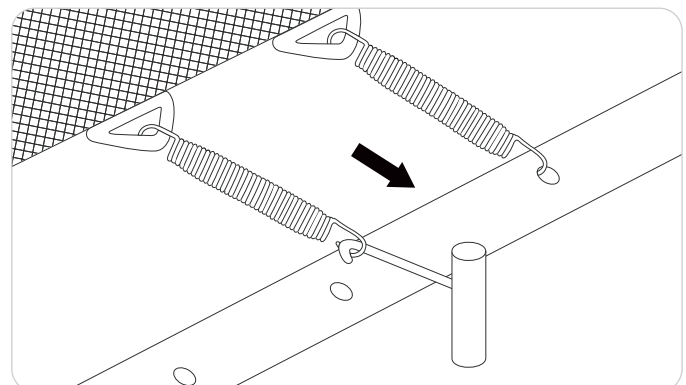
Normally, more and more force is required as you keep going on attaching springs to the frame because the tension gradually gets stronger. Pay attention to the following safety guidelines:

- Wear heavy-duty working gloves to protect your hands and avoid pinches;
- Use the special spring loading tool (#12);
- Ensure all Spring's (#11) hooks be facing down;
- Ensure all warning labels be facing upwards;
- Ensure all spring hooks be securely pulled into the frame holes;
- Ensure all springs are dry as wet springs are very slippery.

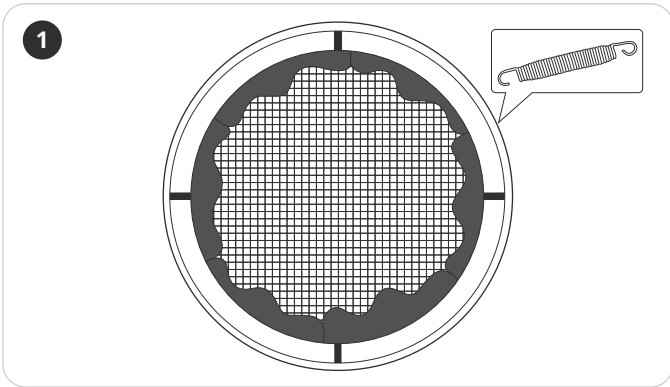
Springs should be attached as per the steps below.



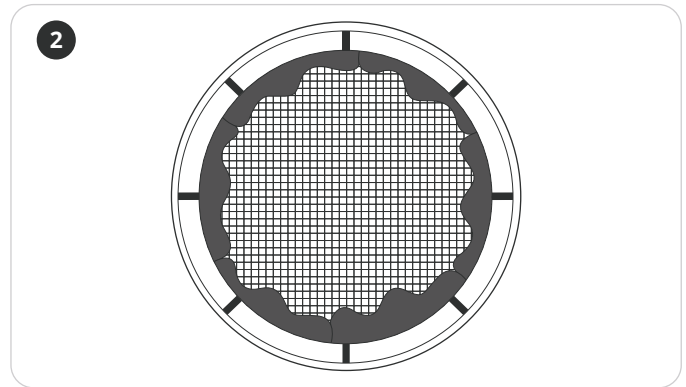
Lay the Jumping Mat (#1) inside the frame with warning labels facing up, then attach a spring into one of the triangle rings on the mat, finally attach the spring with ring to the frame.



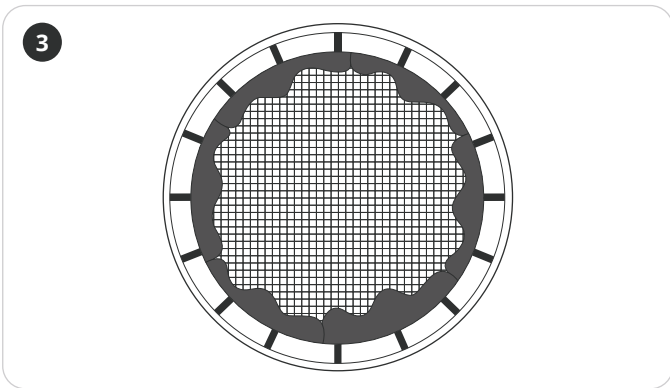
Use the spring loading tool (#12) to attach a Spring (#11) with spring hooks facing down to the V-ring of the mat and to the aligned hole of the main frame.



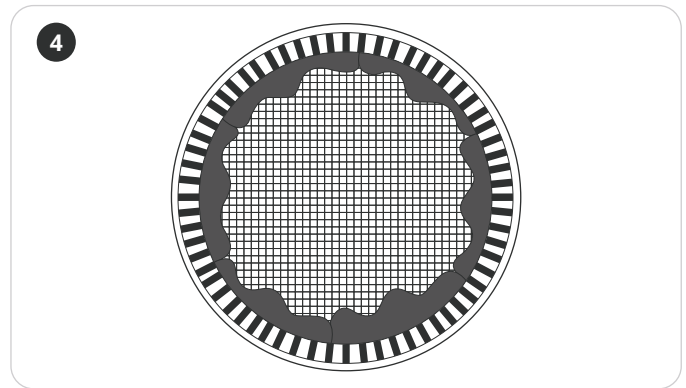
The first 4 springs should be attached to the frame from 12 o'clock then next to 3, 6, 9 o'clock (**VERY IMPORTANT**). Drop the hook into the frame hole until it latches on completely and tap it down if the hook is not completely in the hole.



Then the next 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's getting harder to attach the springs, even unable to attach it in the end.



Similarly, the next 8 springs should be in the middle of every two springs that have been installed. If you notice that you have skipped a hole and V-ring connection, recount and remove or attach any spring required to maintain the count of springs.



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

**STEP 5 - FRAME/SPRING PADDING ASSEMBLY**

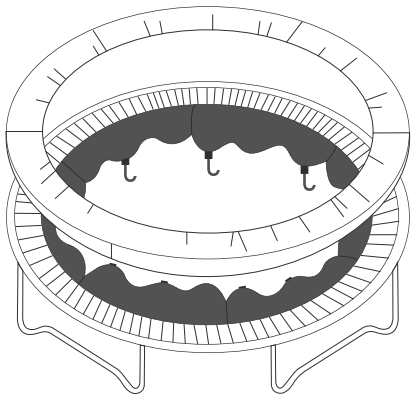
**⚠ WARNING**

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

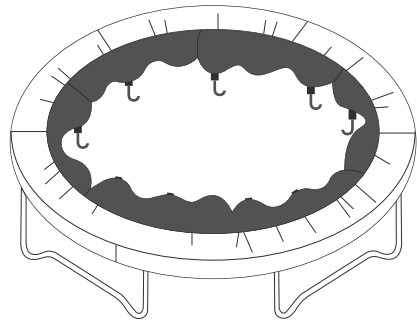
Properly tie down the Frame/Spring Padding before each use as per the steps below:

Lay the Frame Padding over the trampoline springs so that the springs and the steel frame are covered. Please ensure that the Frame Padding covers all metal parts.

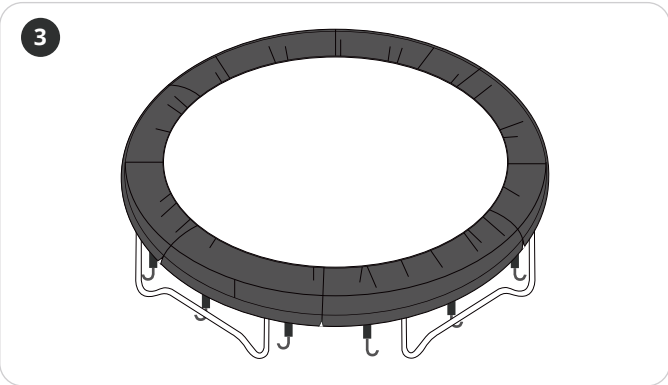
1



2

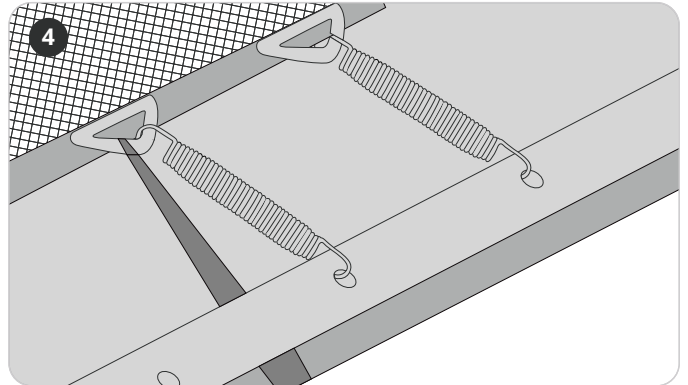


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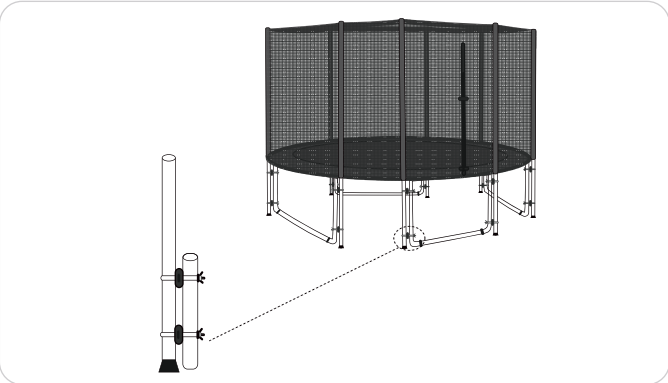


Cover the pad with the extra safety cloth connecting with the jumping mat.

4



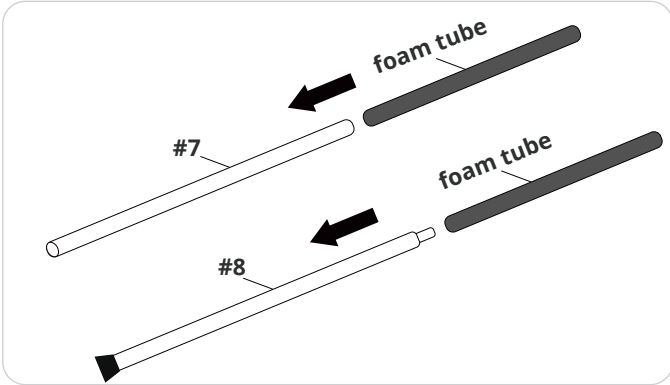
Attach the hook of the elastic straps (which are fixed on the extra safety cloth of the jumping mat) to the V-rings circling around the outside of the top rail frame.



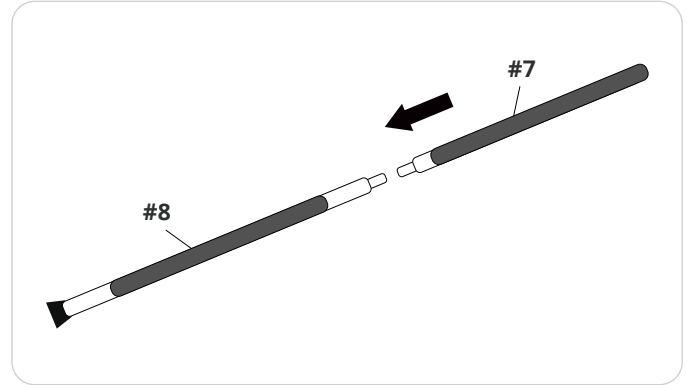
Important: There is space between the trampoline vertical tube and enclosure tube allowing gaps between two tubes for the pad flap.

**STEP 6 - NET AND POLES ASSEMBLY**

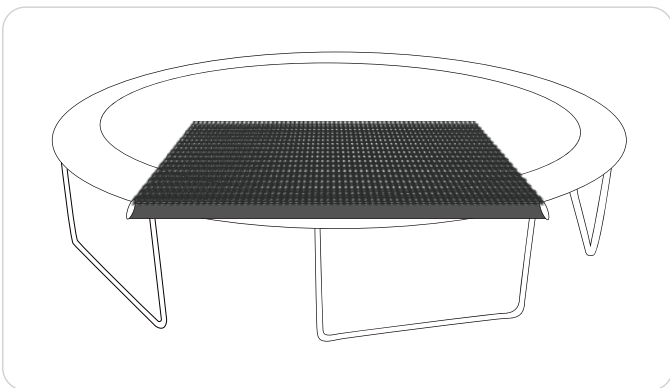
**⚠ WARNING** Two adults in good physical condition are required for the following assembly.



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

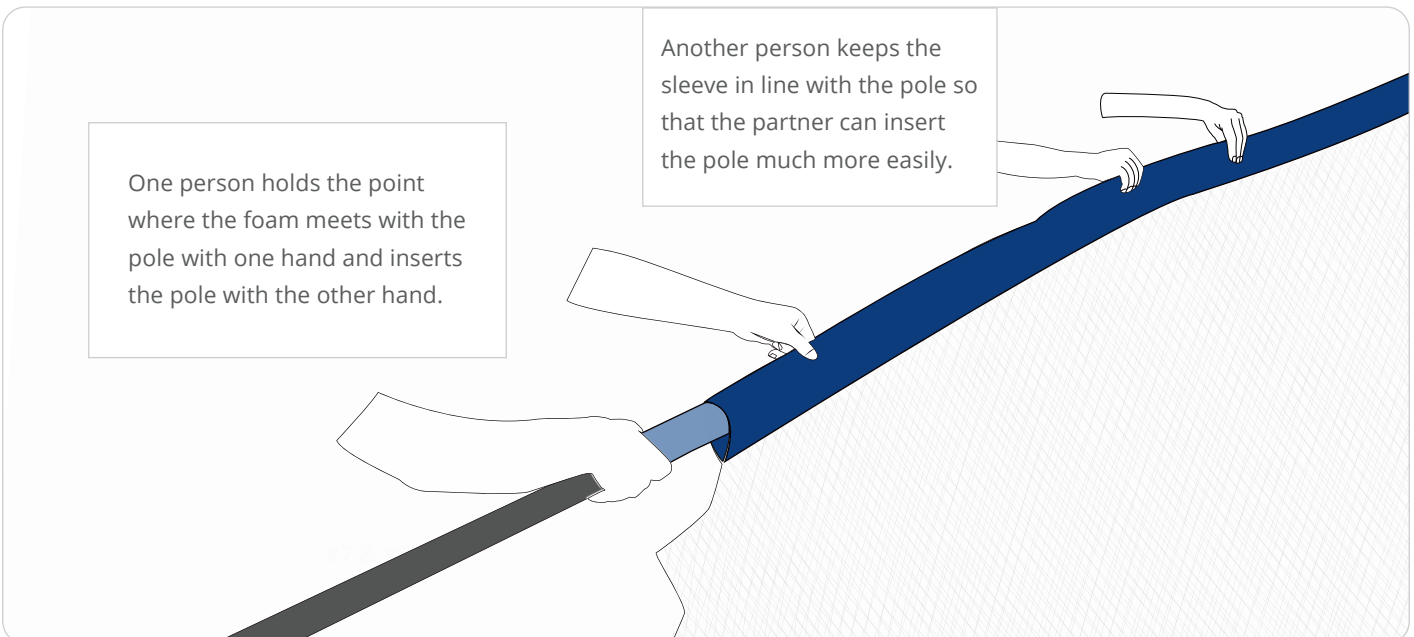


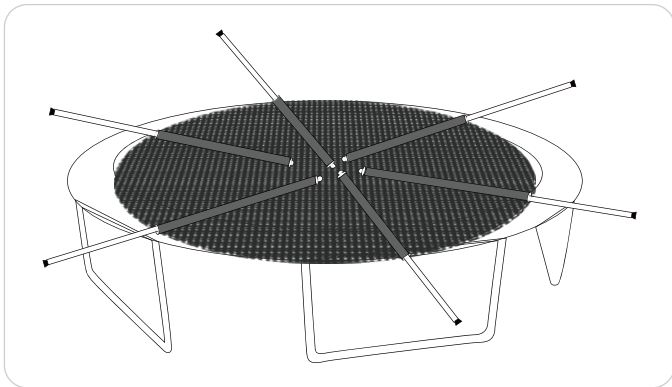
Slide the upper pole onto the lower pole. Repeat with the remaining poles.



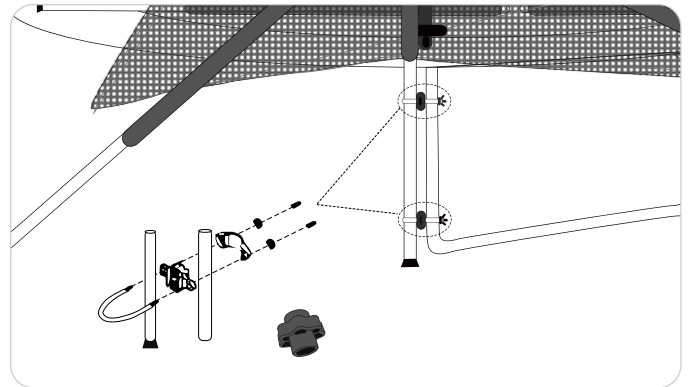
Place the safety enclosure mesh on the trampoline tidily as shown ready for the next step.

Slide the pole with foam into the safety enclosure mesh pole jacket in turn.

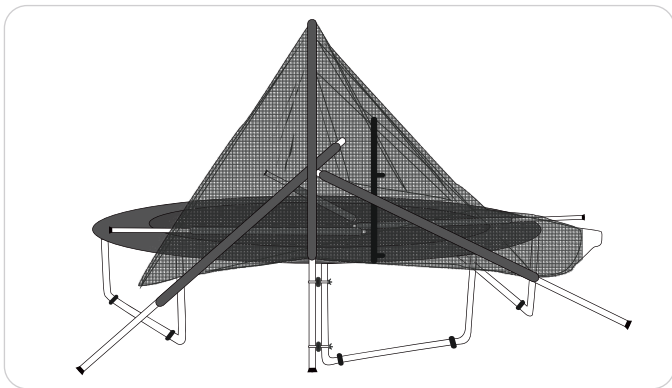




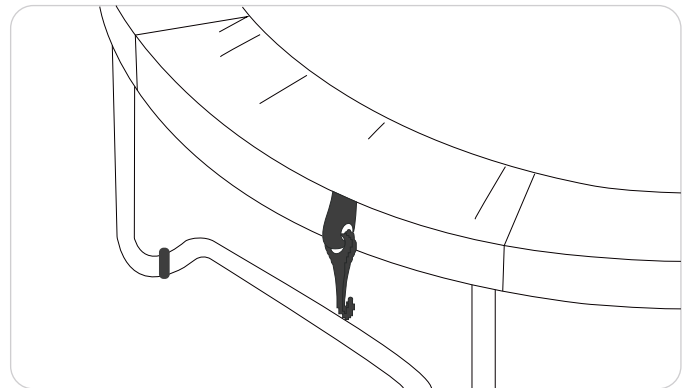
Repeat with the remaining until all poles are jackeded firmly.



Carry the gathered poles (connected by #7 & #8) to the chosen entrance. Assign one person to hold the poles in place, then the other brings the entrance pole to the gathered pole, clamps the Steel Lower Net Pole(#8) to the Vertical Leg Extension(#6), and finally fastens the Clamp Set(#10) with the Spanner(#18).



Repeat the steps above with the remaining orderly after succeeding in assembling the first pole.



Work clockwise so that poles can go on alternating legs until you reach the entrance area. Safety enclosure mesh hook should be released as shown. Please don't attach the hooks in this step.

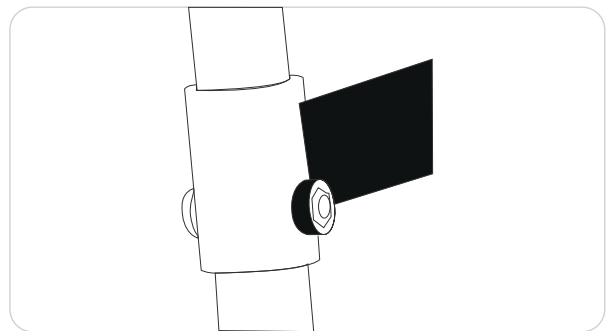
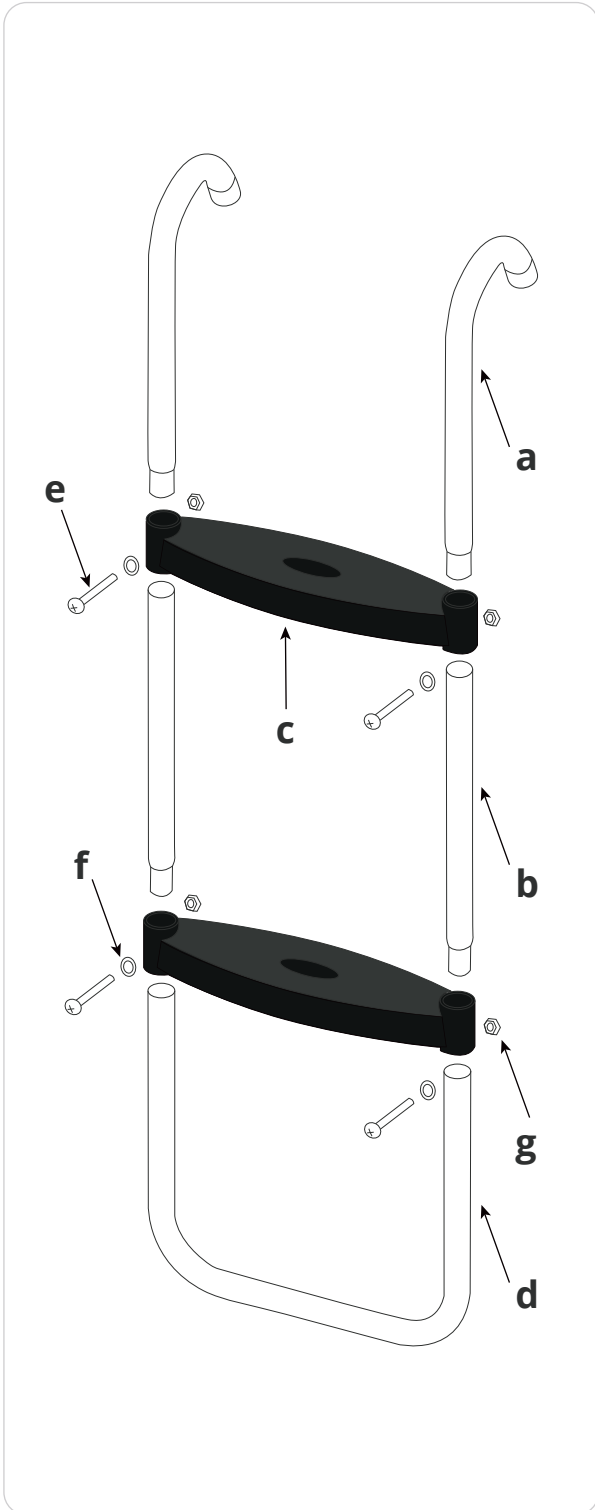


**STEP 7 - LADDER ASSEMBLY**

This part consists of two sections: ways to assemble the ladder and attach it to the frame. There is not a ladder for 8 ft trampolines. Consequently, you do not need to assemble and attach it.

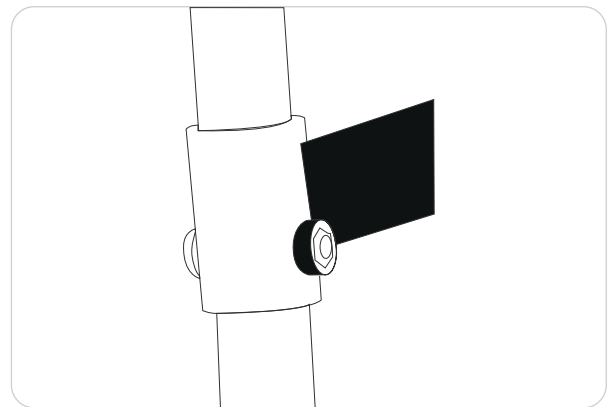
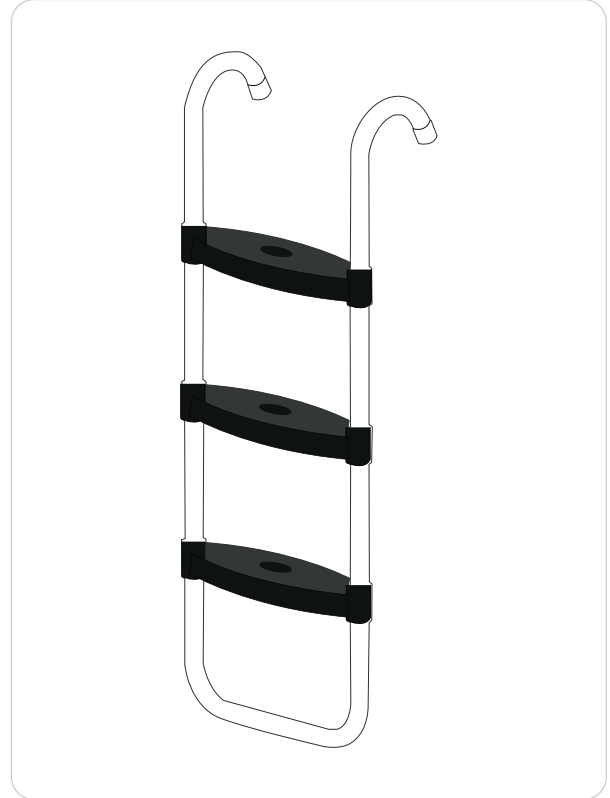
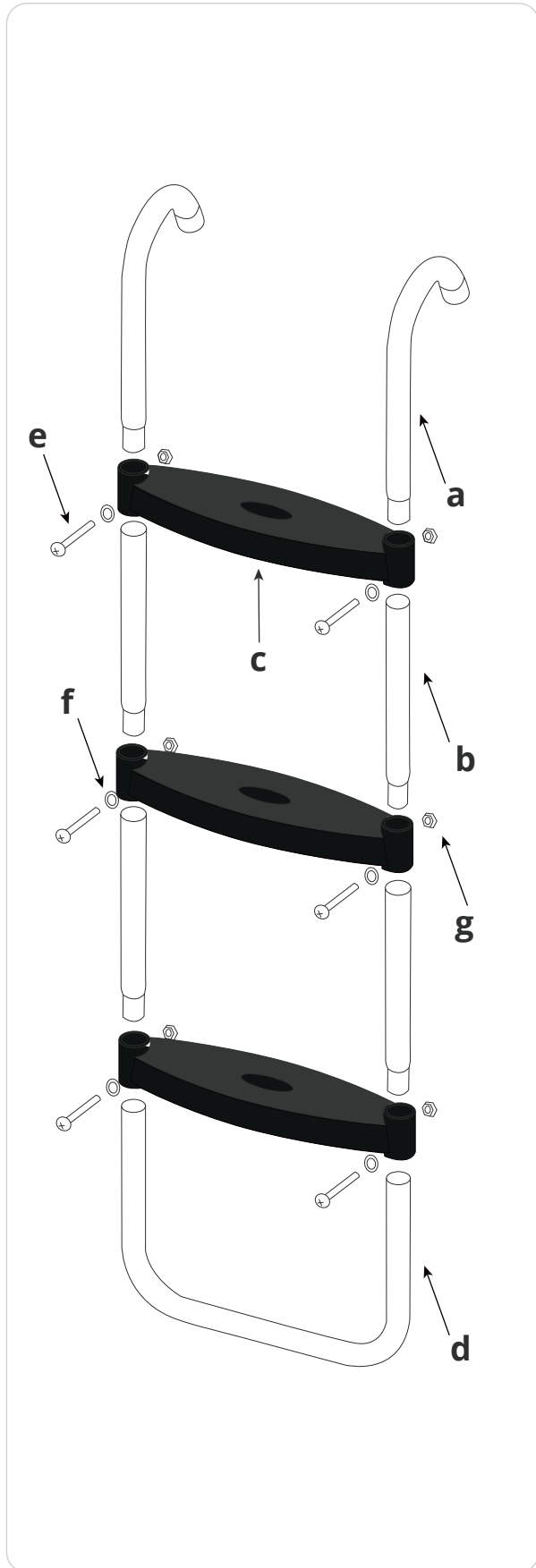
(a) Ladder assembly. Follow the pictures below separately to assemble the ladder of 10 ft trampolines and other sizes including 12 ft, 14 ft, 15ft and 16 ft.

**Trampoline Ladder Assembly Instruction for 10ft**



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

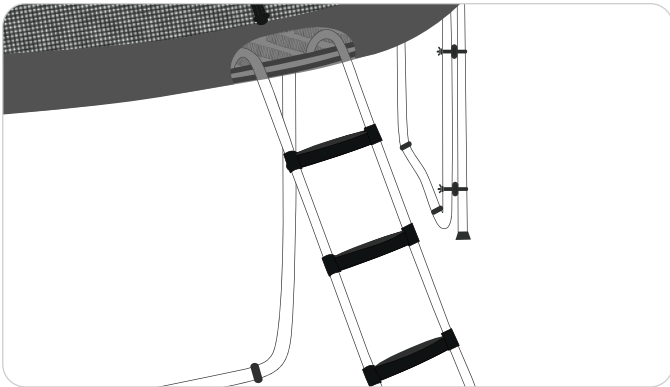
Trampoline Ladder Assembly Instruction for (12 & 14 & 15ft & 16ft)



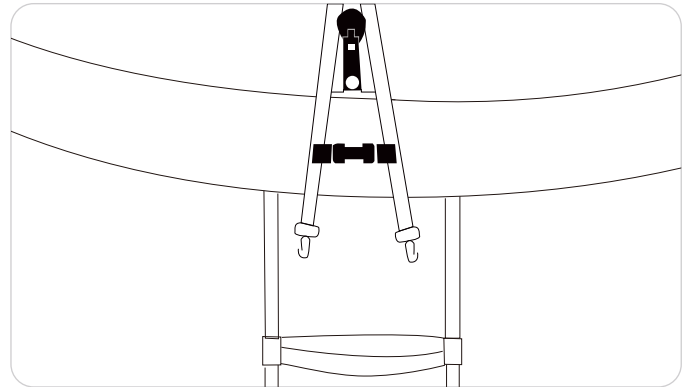
**PARTS LIST**

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

(b) Attach the ladder to the frame.

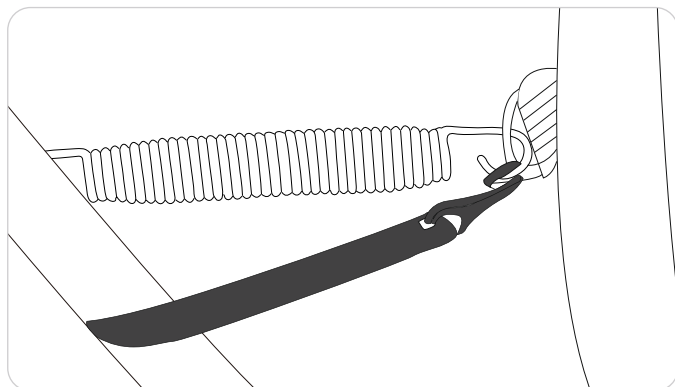
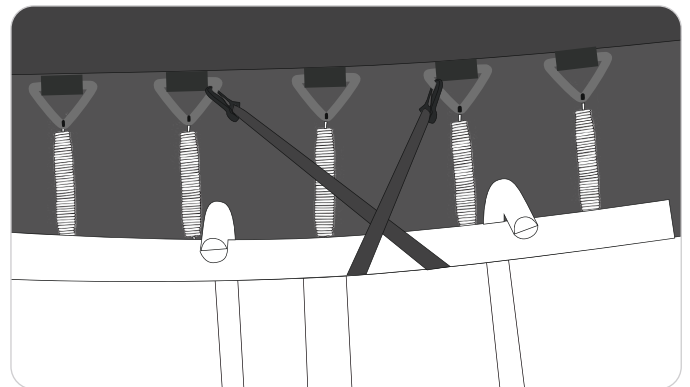
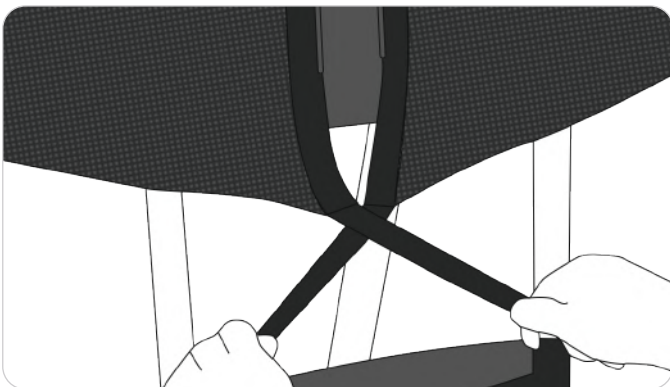


Hang the ladder on the frame which is close to the zipper.

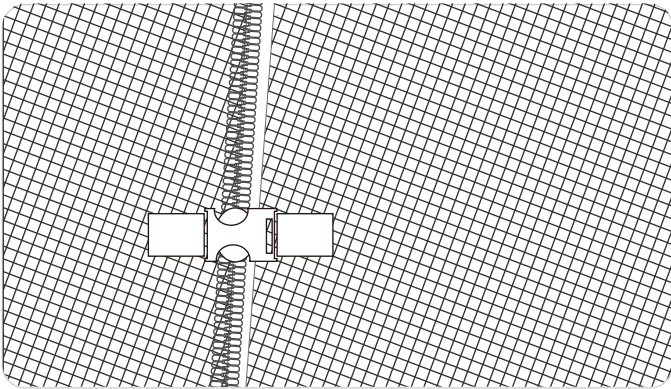


Tighten the straps (coming with the zipper) by making them close to each other as much as possible.

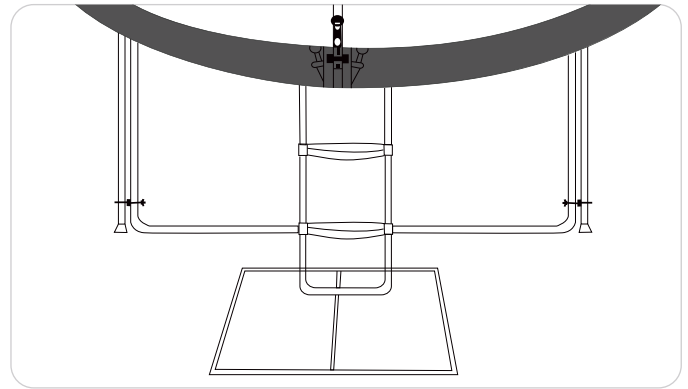
Crossly attach the hooks(come with the zipper) to the V-ring of the jump mat so that the zipper can be zipped easily.



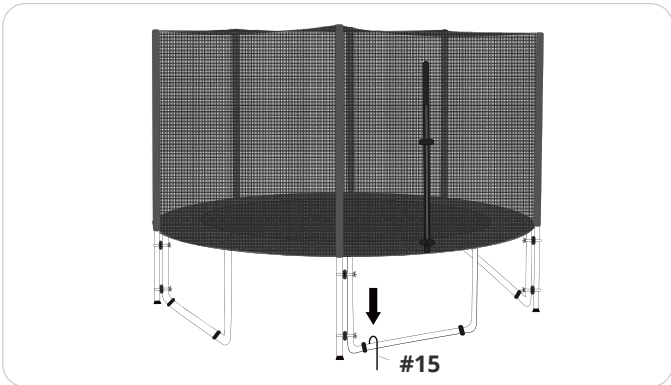
Attach the remaining safety enclosure mesh hooks to the nearest triangle ring of the mat.  
**IMPORTANT:** Don't attach them to springs!



**IMPORTANT:** The accountable adult supervisor must RE-ZIP and RE-HOOK each time before jumping.

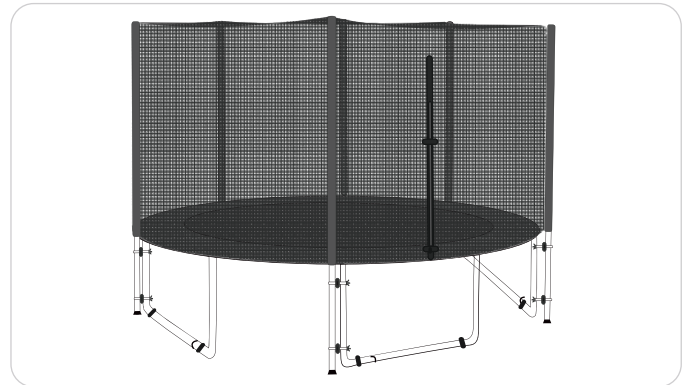


**STEP 8 - SECURE THE LEG BASE BY LAWN STAKE**



In case of any accident, fix the Leg Base(#5) stuck onto the ground by inserting the Lawn Stake (#15).

**NOTE:** Every leg base (#5) has one lawn stake.

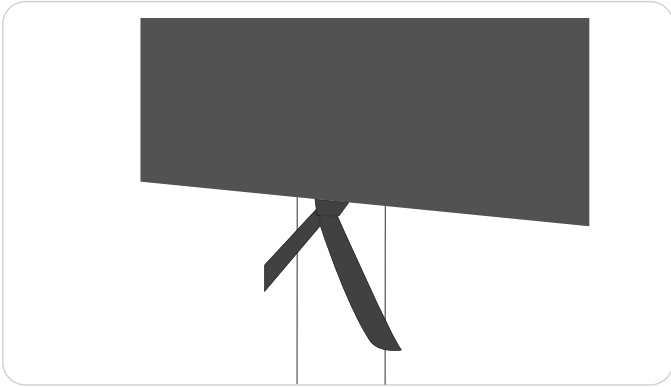


Congratulations! You finish assembling the trampoline.

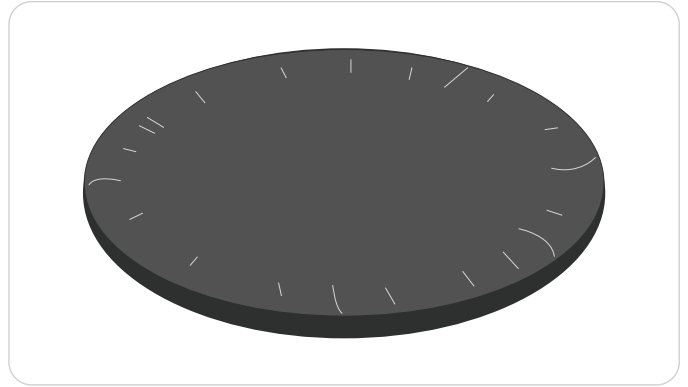
**STEP 9 - RAIN COVER ASSEMBLY**

**NOTE** Not a required step to finish assembly. You can skip it and try the trampoline after completing Step 8.

Put the rain cover on it to prolong your trampoline’s service time when it is not in use.



Lay the rain cover on the trampoline, tie the straps to the Poles.



Please ensure there are no leaves or other objects that would block the small round hole which is designed for drainage.

**Attention**

- Watch the video tutorial at the Zupapa® Website: <https://www.zupapa.us/pages/assembly-instructions>.
- Email to [official@zupapa.us](mailto: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 9** 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

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With proper care and maintenance, Zupapa® trampolines are capable of providing your family with many years of fun and enjoyment. Moreover, these guidelines are helpful to reduce the possibility of injury. Keep in mind and practice them all the time.

## Care

Using, disassembling, 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 the rain cover on to prolong your trampoline's life when it's not in use;
- Put the rain cover to avoid cleaning the leaves or bird droppings on the mat after you remove the trampoline (at least two adults are required) to a sheltered area.

## 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 padding;
- Protrusions of any types (especially sharp types) on the frame, springs, or mat;
- Other unexpected conditions that are not included.

If any of the conditions mentioned above occurs or something else that you feel could cause harm, the trampoline (and/or enclosure) should be disassembled or otherwise safeguarded from being used until the condition is fixed.

## Special Conditions

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

### WINDY CONDITIONS

The trampoline is likely to be blown away in high winds. When you expect windy weather, disassemble the safety enclosure net and the net poles, then tie the top frame (round, outside portion) of the trampoline to the ground using ropes and stakes. Keep in mind that at least three 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 the Zupapa® trampolines in winter if you keep cleaning them regularly and avoid snow stocking, we highly recommend you disassemble and store it in dry areas 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® Saffun trampoline's limited warranty as shown 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/Springs Padding, Safety Net, and Galvanized Springs;
- ◆ We offer a lifetime warranty for other accessories not mentioned above.

**⚠ IMPORTANT** Order number and photos or video clips (if applicable) are required for warranty application.

Part Name	Frame	Trampoline Mat	Frame/Springs Padding	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 (included but not limited to winds, rains, snow) are excluded from the warranty.

You can either contact Zupapa® or the authorized retailer about your Zupapa® trampoline. Email to [official@zupapa.us](mailto:official@zupapa.us) or the retailer with order number, inquiry details, and pictures (videos) (if applicable) to claim for the warranty. In case of any blocking, we suggest you add Zupapa to your CONTACT LIST in advance!

**⚠ IMPORTANT** 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 12 hours 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 (supervisor) and/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 half twist to left and right.
2. Demonstrate and practice the seat bounce. Learn a basic seat bounce, add a knee bounce and a hand-and-knee repetition.

**LESSON 3**

**Warming-up:** Review and practice all 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 checks for 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 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:

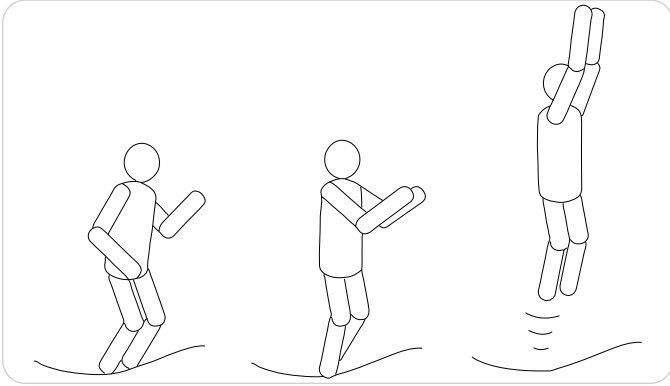
1. Start from the front drop position and as you make contact with the mat, push off with arms in either the right or left direction, and turn your head and your shoulders in the same direction.
2. Keep back parallel to the mat and head up during the turn.
3. Land in the front drop position after completing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

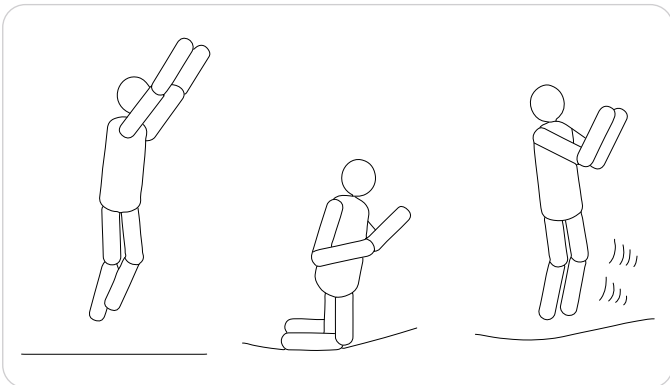
## Basic Trampoline Bounces

### The Basic Bounce



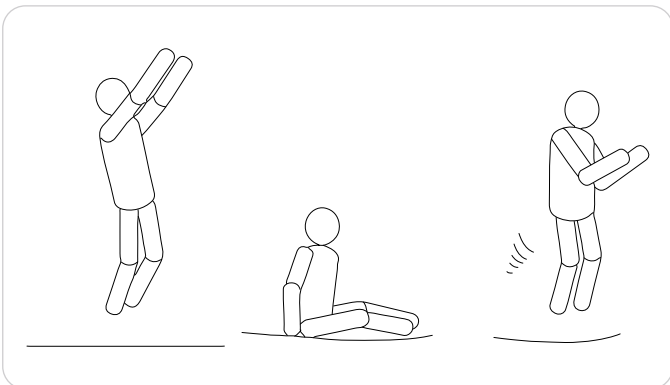
1. Start from the standing position with feet shoulder-width apart and eyes on the mat.
2. Swing arms forward and up in a circular motion.
3. Bring feet together while in mid-air and point toes downward.
4. Keep feet shoulder-width apart when landing on the mat.

### Knee Bounce



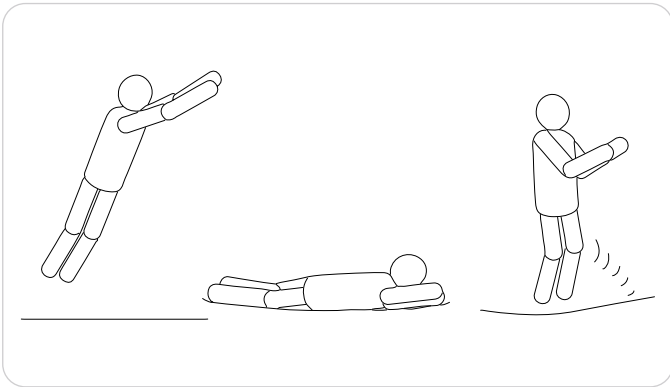
1. Start from the standing position with feet shoulder-width apart and eyes on the mat.
2. Land on knees while keeping your body erect and back straight. Do not forget to use your arms to keep a balance.
3. Bounce back to the starting position.

### Seat Bounce



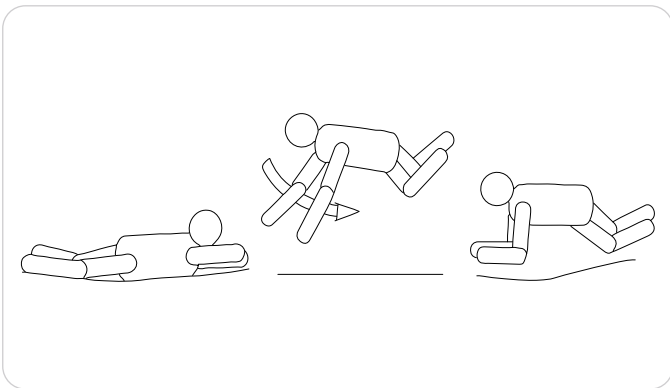
1. Land in a flat sitting position with legs parallel to the mat and hands beside your hips.
2. Return to the erect position by pushing with hands.

**Front Bounce**



1. Start with the front bounce position.
2. Land in a prone position (face down) with your hands and arms extended forward on the mat.
3. Push off the mat with arms to return 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 head and shoulders in the same direction, keep back parallel to the mat and head up.
4. Land in a prone position by pushing up with hands and arms to return 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/](https://www.instagram.com/zupapa_official/)

Twitter: [https://twitter.com/zupapa\\_us](https://twitter.com/zupapa_us)

Pinterest: [https://www.pinterest.com/Zupapa\\_Official/](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!







Zupapa-OUT-202101