



the best activity toys  
by smiles

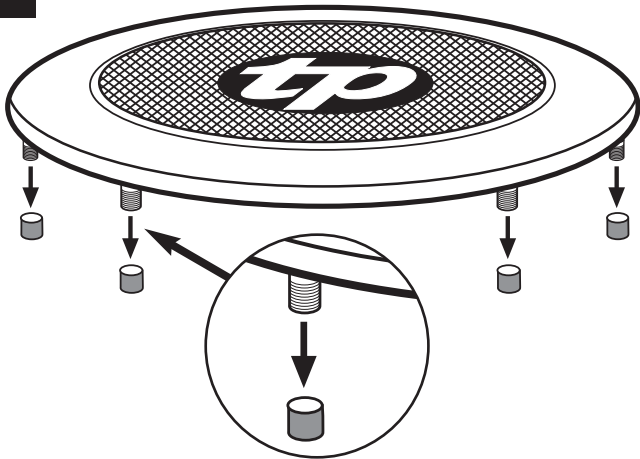
**Contents**



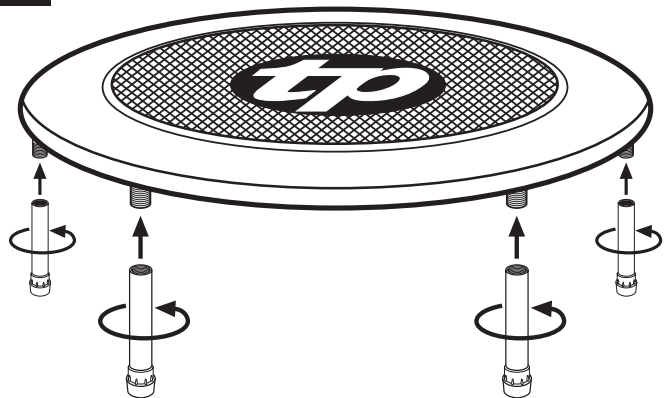
**IMPORTANT**

Please check the inner thread of the leg tubes before you install the leg studs. If you find the inner thread is missing pull out the rubber foot cap, it may be on the other end.

**1**

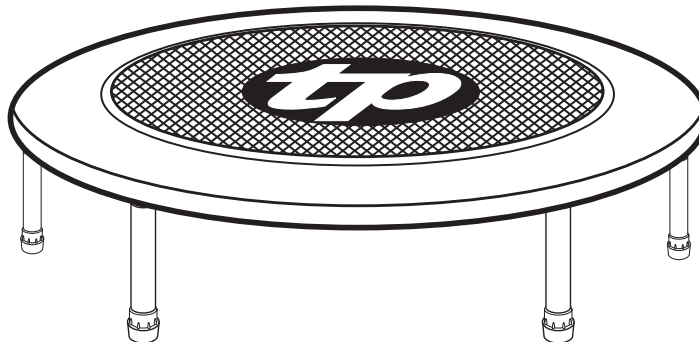


**2**



**3**

**Complete**



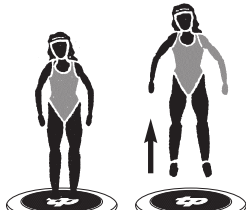
**MAINTENANCE**

Check the springs and trampoline feet regularly to make sure all parts are secure. Any damaged parts should be replaced immediately.

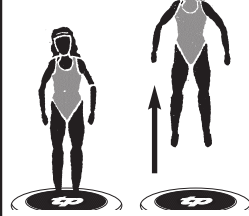
# Exercises

## IMPORTANT

Always warm up thoroughly before starting your workout.  
Do at least five minutes of stretching to help prevent muscle pulls and strains.



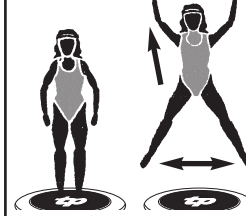
**1. Low Bounce**  
Bounce upwards only a few inches. Keep the feet 12 to 18 inches apart and bend the knees slightly on take-off and landing.  
Perform 1 to 3 minutes



**2. High Bounce**  
Bounce upward from 12 to 18 inches. Start with the feet together with toes pointed downward at the top of each bounce. Spread the feet as you land off each bounce.  
Perform 1 to 3 minutes



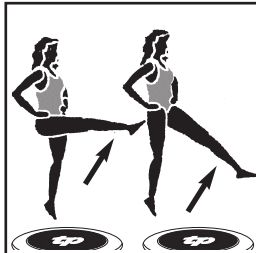
**3. Jogging**  
Jog in place.  
Lift the knees high and swing arms vigorously. The higher you lift your knees, the better the exercise is for the abdomen.  
Perform 1 to 10 minutes



**4. Straddle Hops**  
Start with feet together and arms at the sides. Leap upwards, bringing both arms overhead and spread the feet sideways about 24 inches. On the return bounce, bring the arms to the side and feet together.  
Perform 10 to 50 repetitions



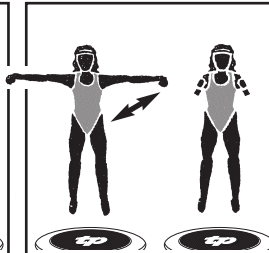
**5. Twister**  
Leap upward while twisting the arms, hips and upper body turning right and the knees twisting left. On the rebound, twist the opposite way.  
Perform 10 to 50 repetitions



**6. High Kick Low Kick**  
Leap slightly and kick high with one leg while keeping the hands on the hips. On the rebound do a low kick (about half as high) with the other leg. Continue to alternate high and low kicks.  
Perform 1 to 5 minutes



**7. Jog with Dumbbells**  
Hold a light pair of dumbbells (3.3 to 5.5 lbs) in your hands. Jog in place lifting the knees high and moving the arms in rhythm as you jog.  
Perform 30 secs to 3 minutes



**8. Side & Forward Laterals**  
Hold the dumbbells with both arms straight down by the side. Bounce on both feet and raise the dumbbells sideways. On the next bounce, raise the dumbbells forward.  
Perform 10 to 25 repetitions



**9. Ankle & Wrist Weights**  
For a more strenuous workout, try using ankle and wrist weights on the exercises shown here.

Time or count your exercises and don't over extend yourself. Start with the minimum times or repetitions and gradually increase to the maximum recommended.  
If you combine various exercises and perform them to music, you will enjoy your workouts even more!

## One Year Guarantee

Thank you for purchasing one of our quality products. It carries a **One Year Guarantee** against any defect in materials or workmanship.

**tp** guarantee to you the original retail purchaser that your new activity toy will be free from defect in the material and workmanship for one year from the date of purchase.

In the unlikely event of a defect appearing within one year, **tp** will repair or replace your toy free of charge.

This Guarantee does not apply to any part if damage has been caused by abuse, vandalism, misuse, accident or non-maintenance.

To be covered by the **One Year Guarantee** it is essential that you complete and return one **Guarantee Registration**, listing all products purchased.

As an additional bonus you will then automatically be entered into the **Quarterly Prize Draw**.

This helps us to monitor and maintain our performance as market leaders in the design and manufacture of outdoor play and associated products. It also helps us to communicate quickly with you should the need arise and keep you up to date with the developments in our range.

## Claim Procedure

Should a claim be necessary, please write to our Customer Services Department, **tp** Activity Toys, Stourport-on-Severn, Worcs. DY13 9EX. We would require the following information and we recommend that you complete some of these details now:

**Your name, address and daytime/evening telephone number**

**Product name/catalogue number**

**Guarantee number**

**Date of purchase**

**Where purchased**

**Original fill receipt**

**Identification of the affected part/parts**

(photographs preferable)

Please do not send products or parts at this stage as they may not be necessary.

The product guarantee number is:

**tp**

Designed in the UK by **tp Activity Toys Ltd.** Made in China.

**tp** Activity Toys Ltd., Stourport-on-Severn, Worcestershire, England. DY13 9EX

Customer Service:

Email: [enquiries@tp toys.com](mailto:enquiries@tp toys.com)

Spare Parts

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Technical Helpline

+44 (0) 1299 872804



tp Part No: 7923/08/02

[www.tptoys.com](http://www.tptoys.com)