

# FLEXRHOOP™

**springfree®**  
TRAMPOLINE

Assembly, Installation, & Use Instructions



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# WARNING

Read the warnings on this page and those contained in the User Guide before you assemble and use the trampoline and enclosure.



No somersaults or flips. Landing on the head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed.



No more than one person at a time. Multiple jumpers increase the chances of loss of control and collision and can result in serious head, neck, back, leg, arm or other injuries.



Never attempt to remove a black net rod from its net pocket or disengage (unlock) the rod sleeve while the black net rod is under tension.



Take extra precautions while jumping on the trampoline with a basketball as it may interfere with or cause the jumper to fall awkwardly. Do not attempt to jump on the ball as this may cause serious injury.

- A. Use only with mature, knowledgeable supervision. Enforce all safety rules and be familiar with the information in the User Guide.
- B. Do not exceed the maximum user weight.
- C. Do not use the mat/bed when it is wet.
- D. Please read and ensure your trampoline complies with the Installation and Placement instructions in your trampoline User Guide.
- E. Enclosure systems are designed to prevent users falling off the trampoline. Do not allow users to intentionally bounce towards or off the barrier, as this can unbalance the trampoline and continual impact may damage the enclosure. Do not hang, kick, cut or climb on the enclosure.
- F. Do not attempt to jump over the enclosure.
- G. Wear comfortable clothing that won't become entangled in the trampoline's components and become a strangulation hazard. Do not wear jewellery or drawstrings/cords that can catch on the trampoline and create a strangulation hazard. Remove shoes as they may damage the bed and increase the risk of injury.
- H. During play, especially when performing dunk type activities, keep players face away from the backboard, rim, and net. Serious injury can occur if teeth/face come in contact with backboard, rim, or net.
- I. If you anticipate severe weather, consider lowering the enclosure, moving the trampoline to a sheltered location or disassembling the trampoline completely.



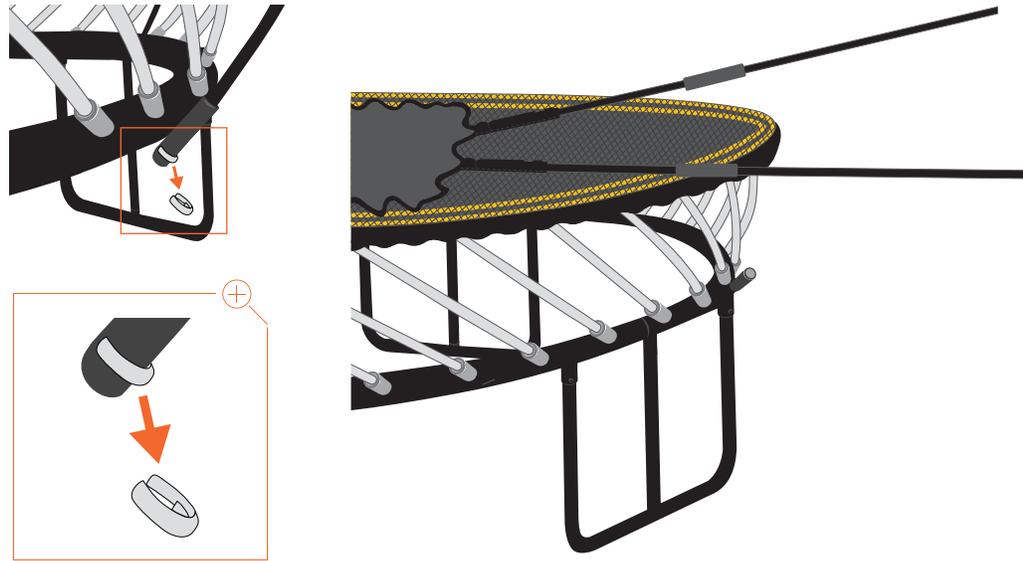
Parts List	Quantity	Parts List	Quantity
A Backboard	1	E Bolts & Nuts	6
B Stability Rod and Brackets	1	F Short Rods	2
C Plastic Clamps	4	G Basketball and Pump	1
D Allen Key	1	H Spare Parts (cable ties, bolt and nut)	1



**WARNING** - Two people are recommended for assembly.



**NOTE** - Ball colors and pattern depicted above may differ from actual.



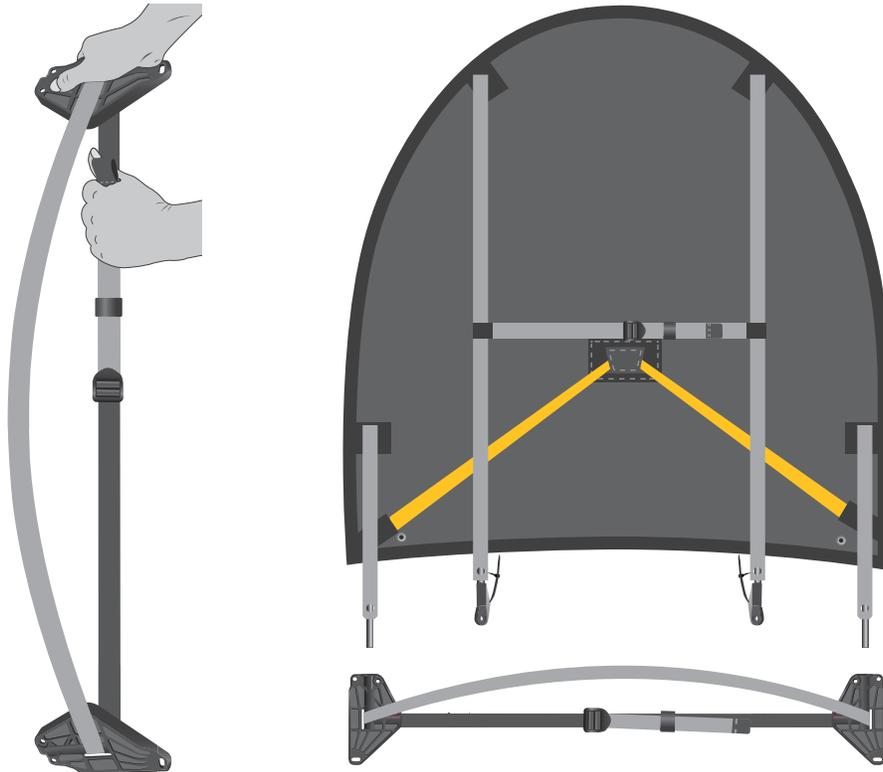
**WARNING** - When choosing the location of the hoop on your trampoline, take into consideration ball over-throws and safe and easy retrieval.



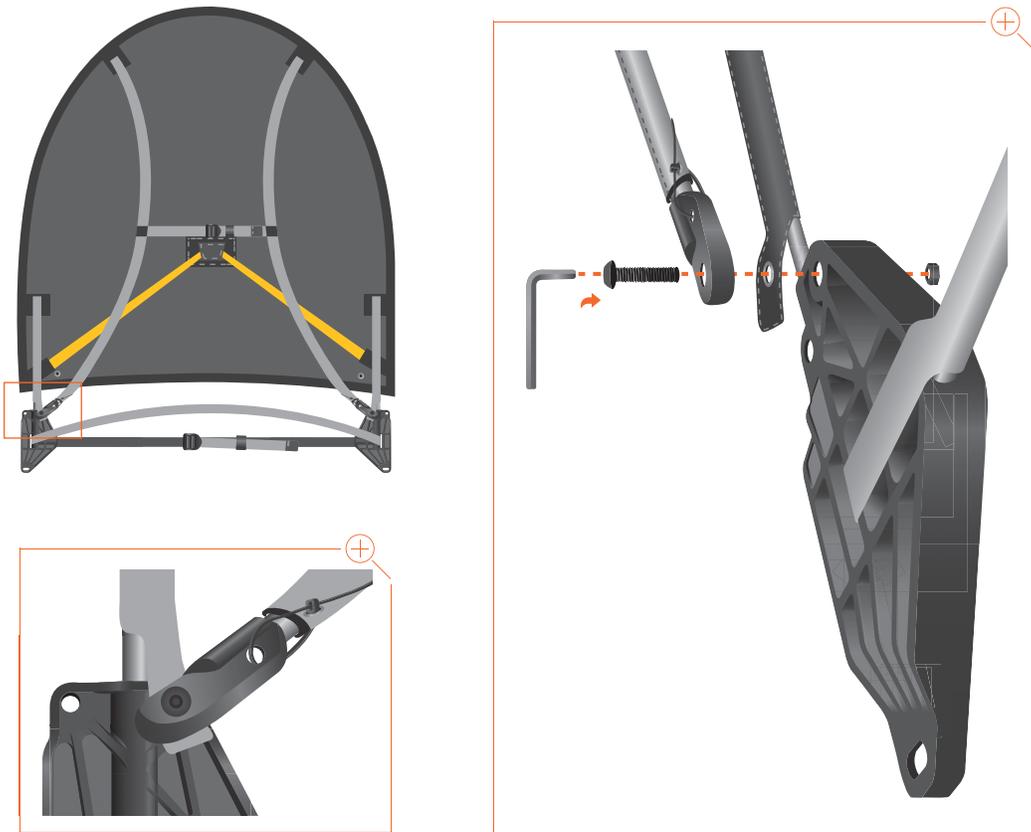
**NOTE** - Check that the plastic sleeves covering the net rods are intact and free from cracks or damage. If they are damaged, contact Springfree Trampoline to order replacements **BEFORE** installing the FlexrHoop.

- Remove the white c-clips located on the net rod sockets. Carefully lift the bottom end of the black net rods out of the net rod sockets and lower the net.
- Select two adjoining net rods. These will be the “mounting rods” where you will locate your hoop on the trampoline. We suggest opposite the entryway on round trampolines and on any of the curved frame sections on oval or square models. These “mounting rods” will support the hoop.

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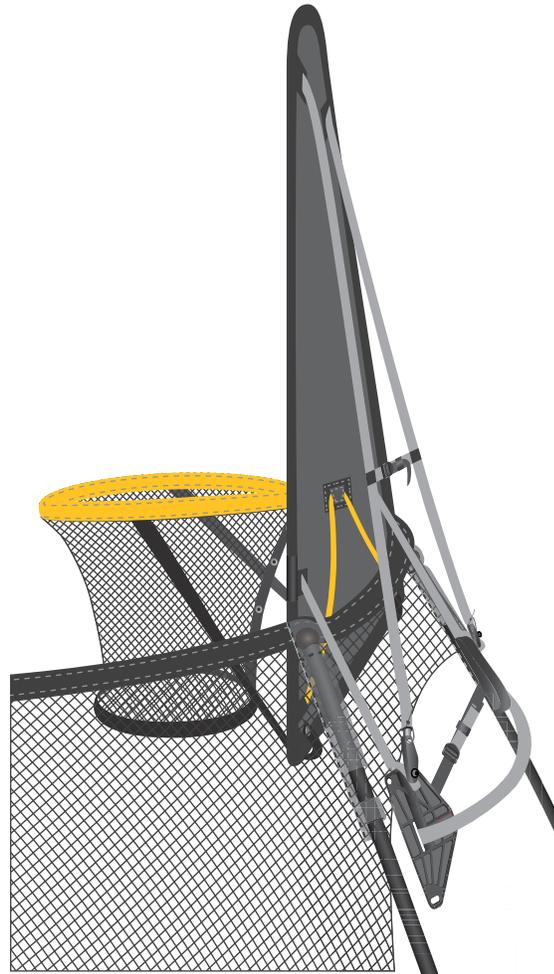


- Locate the backboard and stabilising rod and brackets and place them on the lowered net.
- You will first need to bow the stabilising rod until it is the same width as the backboard. To do this, take hold of one of the brackets and gently push the other bracket up against a firm surface. With your free hand, pull the strap. Continue bowing the stabilising rod until width of the stability brackets is similar to the width of the backboard.
- Next, position the stabilising rod and brackets so that the ridged side of the brackets are facing you as per the image.

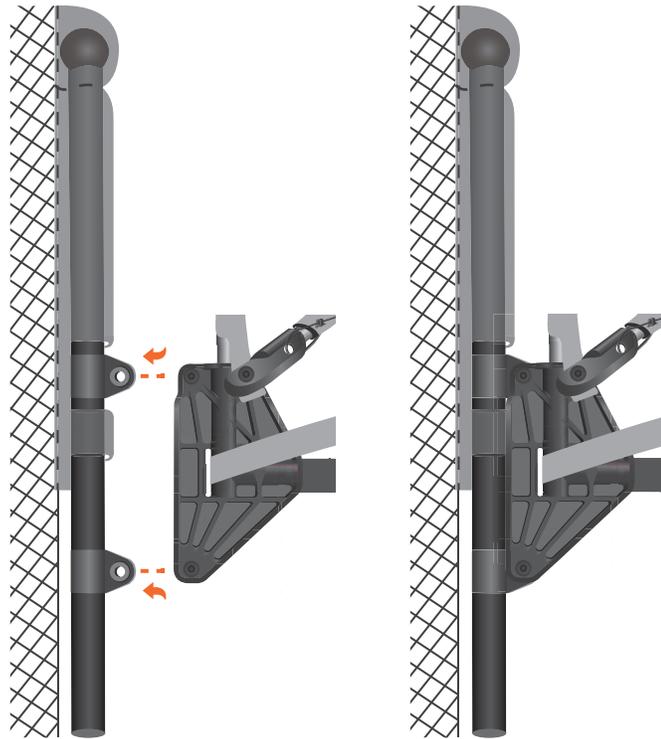


- Starting on one side, locate a short rod and slide it into a short sleeve, with the black endcap going into the sleeve first. Insert the other end of the short rod so that it is firmly seated into the hole on the top of the stabilising bracket.
- Next align the following three parts: 1) the highlighted hole in the bracket, 2) the hole in the bottom of the short sleeve and 3) the hole at the end of the long support sleeve, as shown.
- Fasten the three parts together with a bolt and tighten with an Allen key.
- Repeat the same process on the other side of the hoop.

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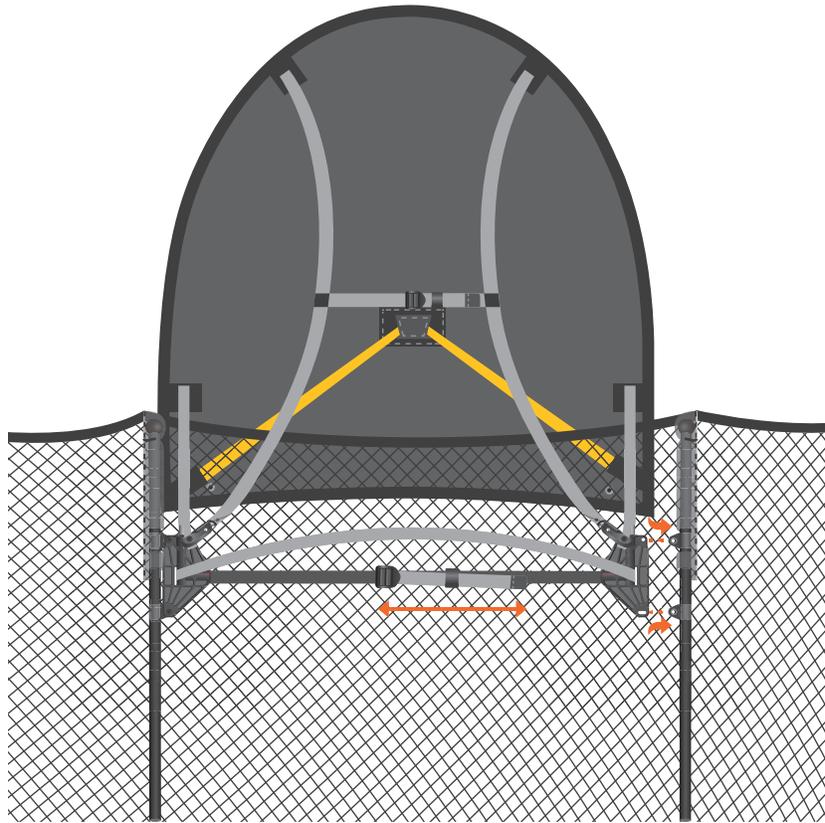
- On the rim, there are two straps with snaps at the end. Pull the ends of these straps down and under the bottom edge of the backboard and attach to the snaps on the back of the backboard as shown.
- Orient the bottom of the backboard so that it is on the inside of the net, and the stabilizing rod and brackets are on the outside of the net.



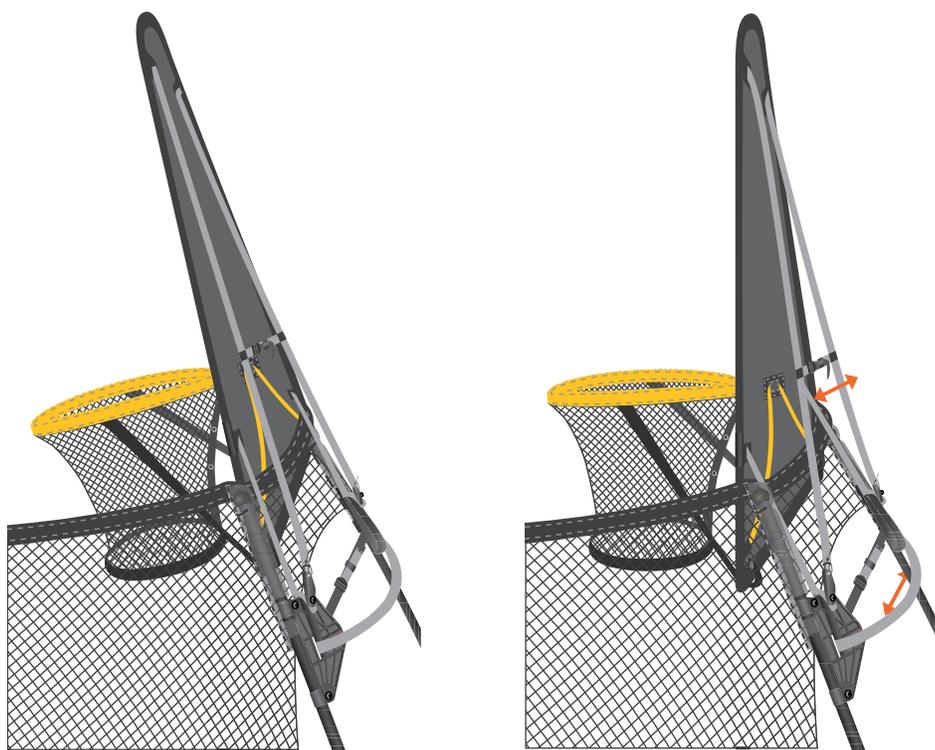
**NOTE** - Take care to align the plastic clamps so that they are facing the same direction. The nut will only fit one side of the plastic clamp and when fully assembled, should face the center of the trampoline with the bolt head facing outward.

**NOTE** - As you fasten the bolts through the stabilising brackets and plastic clamps, take care not to snag the net with the Allen key. Handle the net with care and be sure that it does not get caught or it may tear.

- Focusing on the 2 “mounting rods,” take the plastic clamps and clip them to the net rods as shown.
- Starting on one side, align the top hole of the stabilising bracket with the top plastic clamp and fasten with a bolt. Repeat for the bottom hole and clamp.



- In order to attach the second stabilising bracket to the “mounting rod”, you may need to loosen or tighten the strap until the bracket aligns with the plastic clamps.
- Align the top hole of the stabilising bracket with the top plastic clamp and fasten with a bolt. Repeat for the bottom hole and clamp. When completed, you are ready to raise the net.



**NOTE** - Before raising the net, be sure that all of the bolts are tightly fastened using the Allan key.

- Starting with the “mounting rods”, reinsert the black net rods into the net rod sockets on the trampoline frame and refasten the C-clips.
- After the net is fully raised, locate and adjust the two straps on the back of the backboard until the hoop is perpendicular to the mat.
- Congratulations! You have successfully completed the assembly of your Springfree FlexrHoop. Be sure to review all warnings and precautions with all users before use.