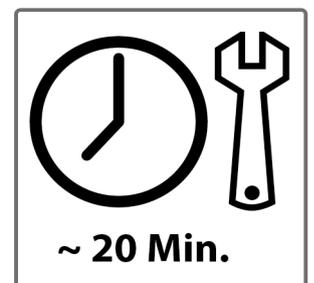


cardiojump[®]

Assembly and Operating Instructions



CJ-FT-HB.01.01

Art. No. CJ-FT-HB

Fitness Trampoline

Dear Customer,

Thank you for deciding for a high-quality training equipment of the brand cardiojump®. cardiojump® offers fitness and outdoor trampolines, that connect fun, exercise, sport and safety. Whether young or old, small or big cardiojump® fulfills every demand. For further information about cardiojump® please visit www.sport-tiedje.com.

SAFETY NOTICE



Please read all of the instructions carefully before assembly and first use. These instructions are intended to ensure speedy assembly and explain safe usage. Make sure that all people exercising with the equipment (in particular children and persons with limited physical, sensory, mental or motor capabilities) are informed about these instructions and its content in advance. In case of doubt, a responsible person must supervise the use of the equipment.

This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to follow the instructions carefully and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

Please pay close attention to the safety and maintenance instructions given here. The contract partner cannot be held liable for damage to health, accidents or damage to the equipment when it is not used in accordance with these instructions.

The equipment is suitable for use at home. The equipment is not suitable for semi-professional (e. g., hospitals, clubs, hotels, schools, etc.) or professional use (e. g., health clubs).

Please note that the instructions given in this manual apply to the handlebar of the cardiojump® fitness trampoline for the sizes 100 cm, 112 cm and 125 cm.

Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

CONTENTS

1	GENERAL INFORMATION	5
1.1	Technical Data	5
1.2	Personal Safety	6
1.3	Set-Up Place	6
2	ASSEMBLY INSTRUCTIONS, MAINTENANCE AND CARE	7
2.1	General Instructions	7
2.2	Maintenance and Service Calendar	8
3	ASSEMBLY	9
3.1	Packaging Contents	9
3.2	Assembly Instructions	10
4	STORAGE	14
4.1	Dismounting the Handlebar	14
5	WARRANTY INFORMATION	15
6	DISPOSAL	17
7	RECOMMENDED ACCESSORIES	17
8	ORDERING SPARE PARTS	18
8.1	Service Hotline	18
8.2	Serial Number and Model Name	18
8.3	Parts List	19
8.4	Exploded Drawing	20

1.1 Technical Data

Weight and dimensions:

Packaging dimensions: 670 mm x 195 mm x 45 mm

Article weight (net, without packaging): 2.5 kg

Article weight (gross, including packaging): 3 kg

1.2 Personal Safety

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year.
- + Please note that working out excessively can seriously damage your health.
- + The Trampoline is not suitable for persons under the age of 14.
- + The equipment may only be used for its intended purpose.
- + Any other usage is prohibited and potentially dangerous. The contract partner cannot be held liable for damage resulting from improper use.
- + The equipment is strictly for use by one person at a time.
- + Children should not be allowed unsupervised access to the equipment.
- + Before starting your training, make yourself familiar with all of the equipment's functions and setting options. Have an expert explain the correct usage of the product to you.
- + Make sure that nobody is in the range of motion of the equipment while exercising.
- + The trampoline must not be used when the jumping sheet is wet.
- + It is not allowed to eat or drink during the training.
- + Do not perform saltos on the trampoline.
- + Keep your hands, feet and other body parts, hair, clothing, jewelry and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When selecting sports shoes, think about the suitability of the sole – preferably this should be made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are not suitable.
- + At the first signs of weakness, nausea, dizziness, pain, difficulty in breathing or other abnormal symptoms, stop your workout immediately and, if necessary, consult your physician.

1.3 Set-Up Place

- + The equipment should only be used indoors, in a sufficiently heated and dry area (ambient temperature between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools. The equipment should only be stored in surroundings with an ambient temperature between 5°C and 45°C.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment (at least 1.50 m). Furthermore, the equipment should not be set up in main entrances or on escape routes.
- + No objects of any type should be inserted into the openings of the equipment.
- + The equipment should be placed on a level and solid surface, any unevenness in the floor should be leveled out.
- + A floor protective mat / equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.

2.1 General Instructions

- + Please check if all parts and tools belonging to the equipment are included in the delivery and if there is any transport damage. If there are any complaints, please contact your contract partner directly.
- + Some of the parts to be used in assembly can already be pre-mounted in order to make set-up as easy as possible.
- + The equipment must be assembled by adults. In case of doubt, ask for assistance from another person with technical skills.
- + Keep children away from the equipment during assembly, because small parts are included in the delivery and may be swallowed.
- + Make sure that you have enough space (at least 1.50 m) in every direction during assembly.
- + Do not leave any tools and packaging materials like plastic sheeting laying around to avoid danger of suffocation for children.
- + Assemble the equipment on an underlay mat or on the cardboard packaging in order to avoid damage to the equipment and to the floor (scratches).
- + Before starting assembly, all individual parts should be placed on the floor next to each other.
- + Read the assembly instructions carefully and assemble the equipment according to the illustrations. Proceed carefully and cautiously.
- + First loosen all parts and check for their correct fitting. Then tighten the screws using a tool.
- + Modifications to the design or improper repairs may pose a hazard to the user and should not be carried out. The product warranty may be void as a result.
- + Only authorized service technicians are permitted to carry out all servicing and/or repairs – it excludes maintenance and care.
- + Damaged or worn components may impair your safety and the lifespan of the equipment. You should therefore immediately replace damaged or worn components. Please contact your contract partner in such a case. The equipment should no longer be used until it has been repaired. When needed, only use original cardiostrong® spare parts.
- + Check the tightness of all screw connections once a month.
- + In order to be able to guarantee the constructively defined safety level of this equipment, we recommend having the equipment regularly maintained (at least once a year) by specialists (contract partner service technicians).
- + The equipment may be cleaned of dust, dirt and sweat using a damp cloth. The use of solvents should be strictly avoided.

2.2 Maintenance and Service Calendar

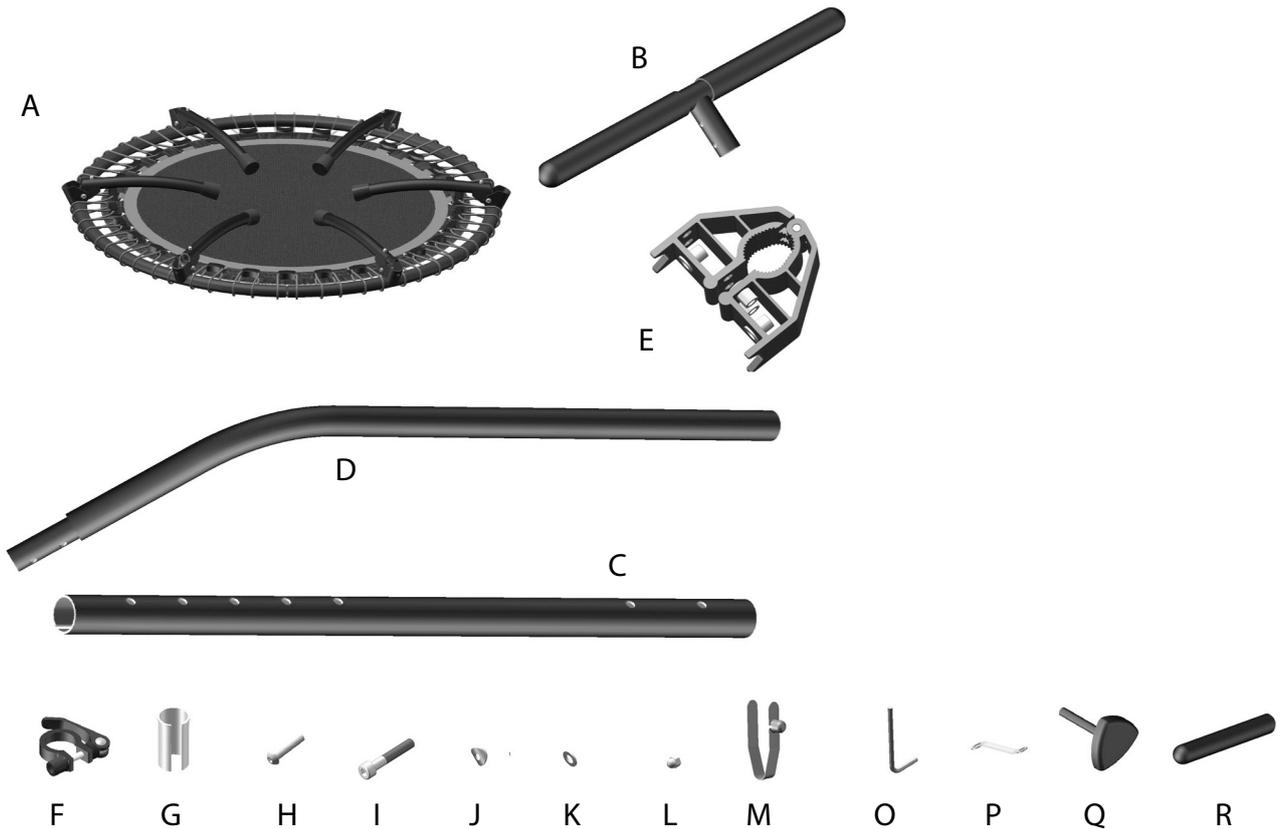
The equipment must be cleaned with a moist towel (no solvent!) after every training session in order to avoid damage caused by sweat.

Besides the regular checks before every use, the following routine work must be done in the specified time intervals:

Part	Weekly	Monthly	2x a year
Screw connections		I	
Clamped joint connections		I	
I = Inspect			

3.1 Package Contents

The handlebar is an optionally available accessory for the fitness trampoline from the cardiojump® brand. The trampoline is not included and must be purchased separately. Please contact your distributor for more information.



A	Assembled trampoline (not included)	J	Curved washer
B	Bar	K	Washer
C	Handlebar support tube	L	Safety nut
D	Adjustable tube	M	Spring button
E	Handlebar clamer	O	Allen key
F	Quick release clamp	P	Ring spanner
G	Plastic spacer	Q	Knobs
H	Socket head bolts	R	Hand grips
I	Cylinder head bolts		

3.2 Assembly Instructions

Look carefully at all single, illustrated assembly steps before the assembly and do the assembly according to the given steps.

Step 1: Mounting the clamp

1. Place the clamp (E) between two legs on the frame of the trampoline (see fig. 1).

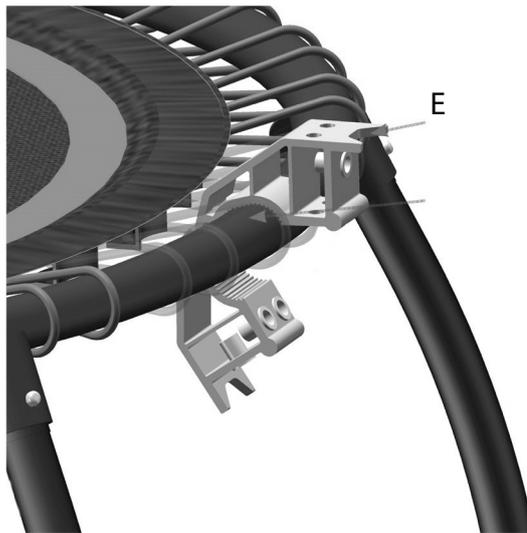


fig. 1

2. To fasten the clamp (E) for the handlebar use two socket head bolts (H) and two washers (K) (see fig. 2).
Tighten the bolts using the Allen key (O).

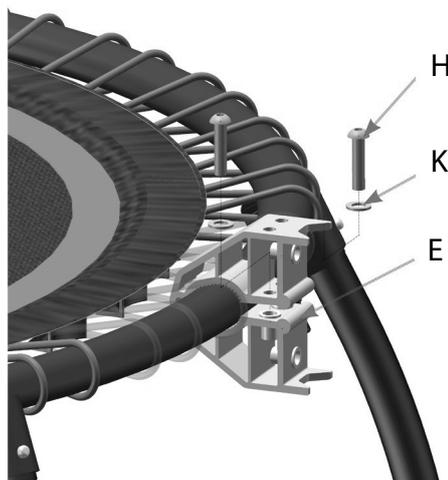


fig. 2

Step 2: Preparing the support tube

Insert the plastic spacer (G) in the support tube (C) and mount the quick release clamp (F) on the support tube (C) (see fig. 3).

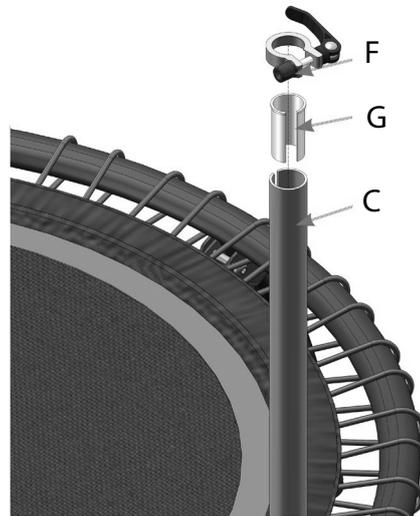


fig. 3

Step 3: Mounting the support tube

Use the knobs (Q) to mount the support tube (C) to the clamp (E) (fig. 4).

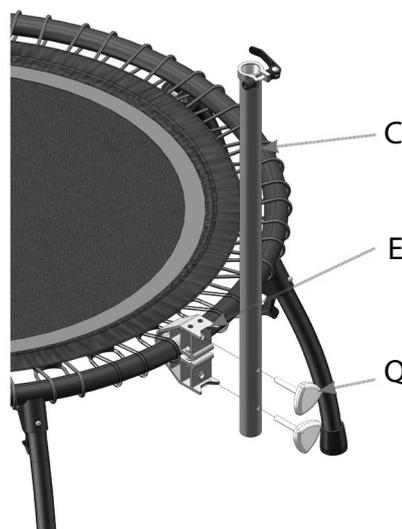


fig. 4

Step 4: Connecting the bar to the adjustable tube

To mount the bar (B) to the adjustable tube (D) use four curved washers (J), two cylinder head bolts (I) and two safety nuts (L) (fig. 5)

Tighten them by using the Allen key (O) and the ring spanner (P).

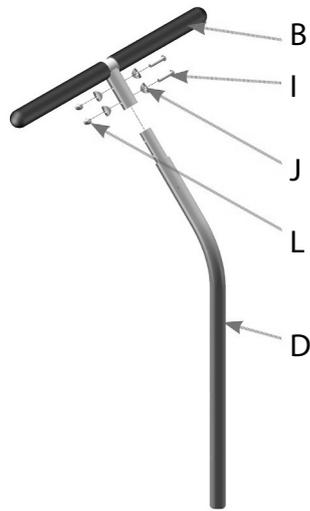


fig. 5

Step 5: Connecting the adjustable tube to the support tube

Note: The spring button (M) is already inserted in the adjustable tube (D).

Insert the adjustable tube (D) into the support tube (C) (see fig. 6).

Note: Pay attention that while inserting the adjustable tube (D) the spring button (M) is pointing towards the holes of the support tube (C).

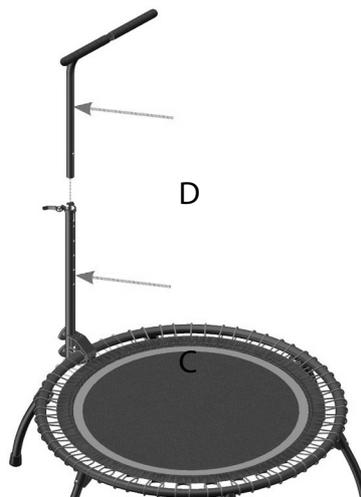


fig. 6

Step 6: Adjusting the height of the handlebar

1. To adjust the height of the handlebar to a comfortable height, press the spring button (M) and let it snap in at the wanted position.
2. To fasten the set height, tighten the quick release clamp (F) (see fig. 7 and fig. 8).



fig. 7



fig. 8



The handlebar is now assembled.

Make sure that the trampoline is securely stored away from moisture, dirt and dust. The storage place should be dry, well ventilated and has a temperature between 5°C and 45°C. Additionally the storage place should be secure enough so that misuse by third parties and children is not possible.

4.1 Dismounting the Handlebar

Dismount the handlebar by unscrewing the knobs (Q) (see fig. 9).



fig. 9

The handlebar is now removed.

The trampoline can now be folded and stored.

cardiojump® trampolines are subject to strict quality controls. However, if a trampoline purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

Error descriptions

Your trampoline and its equipment is developed for long-term, high-quality training. However, should a problem arise, please first read the operating instructions. For further assistance, please contact your contract partner or call our service hotline. To ensure your problem is solved as quickly as possible, please describe the defect as exactly as possible.

In addition to the statutory warranty, we provide a warranty for every trampolines purchased from us according to the following provisions.

Your statutory rights are not affected.

Warranty

The warrantee is the first/original buyer and/or any person who received a newly purchased product as a gift from the original buyer.

Warranty periods

The following warranty periods begin on delivery of the trampoline.

Model	Usage	Full Warranty
CJ-FT-HB	Home use	24 months

Repair cost

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warrantee personally and are not a part of repair. After the expiration of the warranty period for repair costs, a pure parts warranty applies, which does not include the repair, installation and delivery costs.

The terms of use are defined as follows:

- Home use: solely for private use in private households up to 3 hours per day
- Semi-professional use: up to 6 hours per day (e. g. rehabilitation centers, hotels, clubs, company gyms)
- Professional use: more than 6 hours per day (e. g. commercial gyms)

Warranty service

Within the warranty period, trampolines and their equipment which develops faults as a result of material or manufacturing defects, will be repaired or replaced at our discretion. Ownership of trampolines or parts of trampolines which have been replaced is transferred to us. The warranty period is not extended nor does a new warranty period begin following repair or replacement under the warranty.

Warranty conditions

For the warranty to be valid, the following steps must be taken:

Please contact our customer service by email or phone. If the product under warranty has to be sent in for repair, the seller bears costs. After expiry of the warranty, the buyer bears the costs of transport and insurance. If the fault is covered by our warranty, you will receive a new or repaired trampoline in return.

Warranty claims are invalid in case of damage resulting from:

- misuse or improper handling
- environmental influences (moisture, heat, electrical surge, dust, etc.)
- failure to follow the current safety measures for the equipment
- failure to follow the operating instructions
- use of force (e. g. hitting, kicking, falling)
- interventions which were not carried out by one of our authorized service centers
- unauthorized repair attempts

Proof of purchase and serial number

Please make sure that you are able to provide the appropriate receipt when claiming on your warranty. So that we can clearly identify the model of your equipment, and for the purposes of our quality control, you will need to give the serial number of your equipment, when contacting the service team. Where possible please have your serial number and your customer number ready when you call our service hotline. It will help us to deal with your request swiftly.

If you cannot find the serial number on your trampoline, our service team is at your disposal to offer further information.

Service outside of the warranty period

We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e. g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective solution to your problem. In such a case you will be responsible for the delivery costs.

Communication

Many problems can be solved just by speaking to us as your specialist supplier. We know how important it is to you as a user of the trampoline to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your customer number and the serial number of the faulty trampoline handy.

6 DISPOSAL



At the end of its operational life, this trampoline cannot be disposed of in normal household waste. Further information can be obtained from your local authority's recycling service.

The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

7 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend you to add suiting accessories to your training machine. This could be a **floor mat** that ensures that your product stands absolutely securely and protects your floor from sweat. Another example is the option of extended handrails that can be combined with some of our treadmills or **silicone spray** to keep moving parts in perfect condition.

In case you purchased a training machine that provides heart rate oriented training programmes, we highly recommend you to make use of a compatible chest strap. This ensures that your pulse is transmitted optimally. As for multi-gyms you might acquire a liking for **additional handles** or **weights**.

Our range of accessories offers you the highest quality and improves your training even more. If you would like to get information about compatible accessories, please visit our online store and look up the detailed page of your product. To do this, simply type in your training machine's article number in the search bar at the top of your screen. Now scroll down until you find the appropriate accessories. Alternatively you can contact our customer service either by telephone, e-mail or in person in one of our stores. We will be happy to advise you!



Floor mat



Chest strap



Gym towels

8.1 Service Hotline

So that we can give you the best possible service, please have your **model name**, **part number** and **serial number** ready.

SERVICE HOTLINE

<p>DE</p> <p>+49 4621 4210-0 +49 4621 4210-699 service@sport-tiedje.de Mo. - Fr. 8:00 - 18:00 Sa. 9:00 - 18:00</p>	<p>DK</p> <p>80 90 16 50 +49 4621 4210-945 info@t-fitness.dk Ma. - Fr. 8:00 - 18:00 Lø. 9:00 - 18:00</p>	<p>FR</p> <p>+33 (0) 172 770033 +49 4621 4210-933 service-france@sport-tiedje.fr Lun. - Ven. 8:00 - 18:00 Sam. 9:00 - 18:00</p>
<p>NL</p> <p>+31 172 619961 info@fitshop.nl Ma. - Do. 9:00 - 17:00 Vr. 9:00 - 21:00 Za. 10:00 - 17:00</p>	<p>UK</p> <p>+44 141 876 3972 orders@powerhousefitness.co.uk Mon. - Fri. 9:00 - 17:00</p>	<p>INT</p> <p>+49 4621 4210-0 service-int@sport-tiedje.de Mon - Fri 8:00 - 18:00 Sat 9:00 - 18:00</p>

8.2 Serial number and model name

Before assembling your trampoline, find the serial number on the white sticker and enter it in the appropriate space.

Serial number:

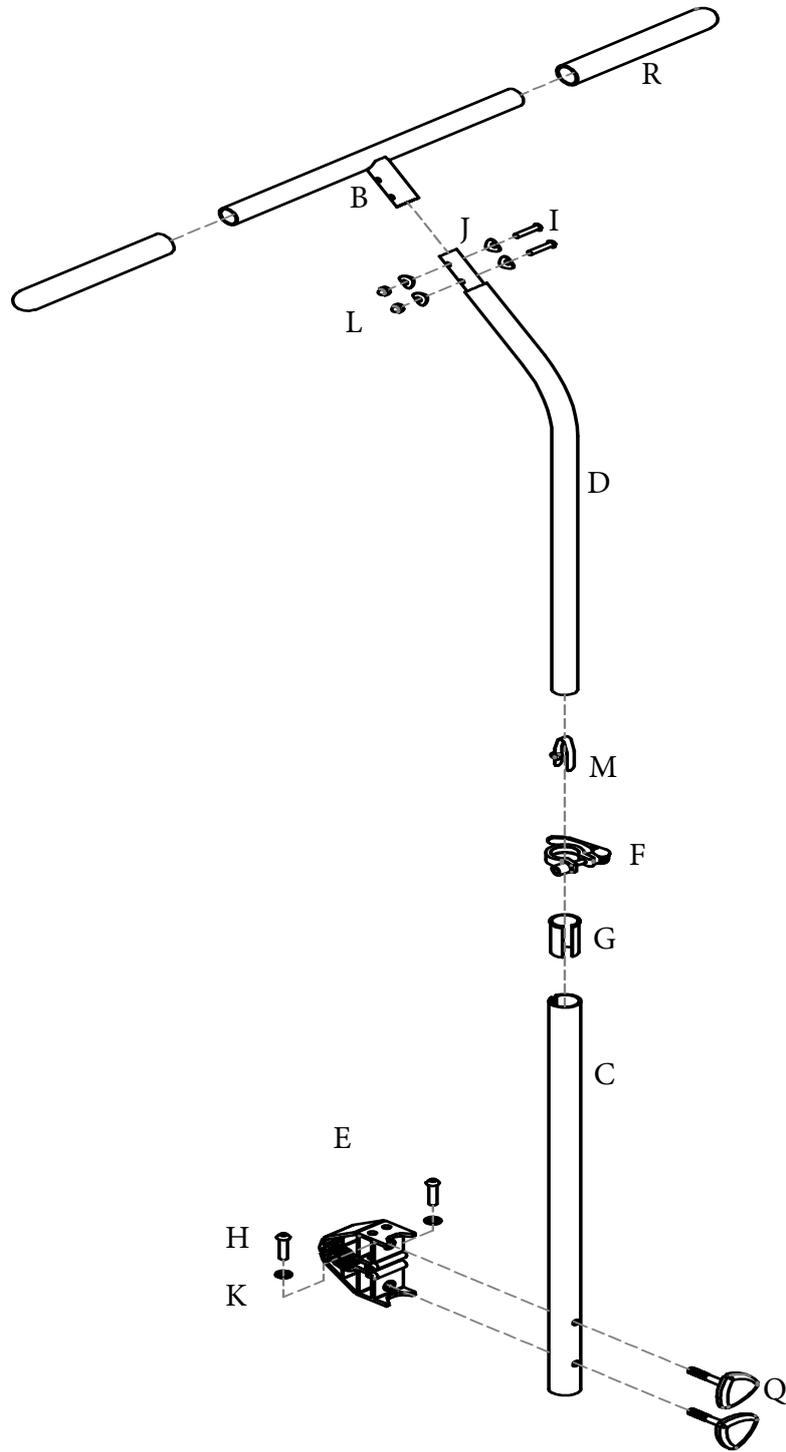
Brand / Category:

Model name:

8.3 Parts List

No.	Description	Qty.
A	Pre-Assembled trampoline set	1
B	Armrest	1
C	Handle bar support tube	1
D	Adjustable tube	1
E	Handle bar clamber	1
F	Quick release clip	1
G	Plastic spacer	1
H	M8x30 Socket head bolt	2
I	M6x35 Cylinder head bolt	2
J	6mm Curved washer	4
K	8mm Washer	2
L	M6 Safety nut	2
M	Spring button	1
O	6mm Allen key	1
P	Spanner	1
Q	M8x55 Knob	2
R	Hand grip	2

8.4 Exploded Drawing



CONTACT

Company head office

Sport-Tiedje GmbH
Flensburger Str. 55
24837 Schleswig

Hotline for Technical Information

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☎ +49 4621 4210-698
✉ technik@sport-tiedje.de

DK

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✉ info@t-fitness.dk

FR

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☎ +49 4621 4210-933
✉ service-france@sport-tiedje.fr

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DISCLAIMER



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Product and manual are subject to change. Technical data can be changed without advance notice.

Please find a detailed overview including address and opening hours for all specialist fitness stores of the Sport-Tiedje Group in Germany and abroad on the following website.

www.sport-tiedje.com/en/stores

Notes

