



+ MR TRAMPOLINE

Premium Bounce. Ultimate Flight.

Premium Flight Ultimate Bounce

INTRO

From humble beginnings and a modest growth over many decades, Mr Trampoline has maintained the belief;

“There is nothing that cannot be made a little worse and sold a little bit cheaper. People who consider price regardless of quality are easy prey for the unscrupulous.”

We absolutely love that customers buy our product, unaware that it will remain in useful operation by 2 and 3 generations 50 or 60 years from now. Our customers, by default, become part of our family. Returning over many decades for simple repairs, parts, or to buy one for their expanding family, or for a new property. Always with a glowing reference along the lines...

“of all the backyard activities we have lived with; pool, tennis court, cubby house, swing set...”

...the trampoline is the one we will always recommend...

... without question!”

...and the most satisfying part is how they relish their ownership of one of our trampolines.



Adam Richards
Mr Trampoline

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Premium Bounce

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MR NEIL ARMSTRONG, MEET MR TRAMPOLINE.

From opposite ends of the earth, two men who never met each other – Neil Armstrong and Lionel Duffin – both changed the lives of millions of people, through their association with NASA, the National Aeronautics & Space Administration.

We all know who Neil Armstrong was. First man on the moon, naval aviator, basically iconic touchstone of all modern Western culture.

1940s

Lionel Duffin was a Melbourne steel fabricator who travelled to NACA in Langley – Virginia (later to become the world-famous NASA), and became inspired by watching the pilots train for weightlessness on a canvas stretched over a raised frame, an elastic rope enabling movement of the canvas.



1947

Duffin returned to his manufacturing works in Carnegie, Victoria where he experimented with the construction of a simple frame with a canvas stretched by elastic rope for his family's enjoyment.

1953

Commercial manufacturing of steel-coil-sprung trampolines begin under the family brand STEELFAST TRAMPOLINES.

The name “Trampoline” had been coined by George Nissen, an American gymnast who is famed with inventing the trampoline. Nissen saw something similar to Duffin as a training aid for circus trapeze artists and also thought it would be great for the public.

While George Nissen is world renowned for the “invention” of the trampoline, on the opposite side of the globe, in a 285sqm asbestos clad factory, at about the same time, Duffin was establishing the roots for a world class product, The Steelfast Trampoline.



THE GOLDEN BOWL CAMBERWELL

1950s & 1960s

Domestic and commercial sales grew. Many lucky households boasted their own Steelfast Trampoline. And for those families who did not have a trampoline in their back yard, they could visit many public and commercial locations for some healthy “airtime”. For example, Lorne Foreshore, Terry Bennett’s Gyms and the Golden Bowl in Camberwell.

1980s

NASA The Biomedical Research Division conducted an in-depth study on the potential benefits of jumping up and down on a trampoline. The results proved that exercising on trampolines offered the same basic health benefits from the ones an astronaut would receive running on a treadmill. In addition, trampolining was an excellent method to combat the numerous negative effects zero-gravity environments can have on the body. So nearly forty years after Lionel Duffin invented the trampoline, NASA (inspired by Lionel Duffin, George Nissen, and others) reintroduced trampoline training for their astronauts.



1980s

Lionel Duffin retired to the Sunshine Coast, and whilst his entire family had been actively involved in the growth and the success of Steelfast Trampolines for 3 decades, his son Joseph (Jo) Duffin took over the business and held the reigns for the next 30 years. Jo, with his wife Barbara and family continued to grow the Steelfast brand and exposure beyond Melbourne. Even while cheap toy trampolines flooded our shores from China and India, Jo remained steadfast to the Steelfast brand and quality. Never wavering from the ideals set by his father Lionel so many years before.

2008

Mr Turf officially takes the reins of Steelfast Trampolines. Jo Duffin remained actively involved in the handover for many years to come. With George Kritikos – long time employee also sharing his knowledge and experience – Steelfast/Mr Trampoline continued to grow and evolve into the business it is today – Mr Trampoline.

TODAY

75 years on Mr Trampoline still manufactures all products at the same humble facility in Carnegie, Victoria. Trampolines leave the factory daily for a vast array of owners; domestic, commercial, circus, Olympic training facilities, schools, rehabilitation services, campgrounds, council operators, disability services and many more. Our trampolines despatch to all corners of the globe, they are adored by their owners and revered by other manufacturers.



Anabelle Smith,
Australian Olympic diver



THIS QUIRKY PIECE OF MACHINERY

WAS ONLY DECOMMISSIONED

A COUPLE OF YEARS AGO

A MALVERN STAR BIKE & A WESTINGHOUSE WASHING MACHINE DRUM

Lionel Duffin was your classic innovator.

After visiting the National Advisory Committee for Aeronautics (NACA) in Langley, Virginia, the seeds of an idea were sown: to build a trampoline, before trampolines had been invented. With no prototype or guidelines whatsoever, Duffin set about building a weaving loom that would work in a commercial capacity. So he pulled apart an old Malvern Star bicycle, an old washing machine, and a go-kart clutch, put the three together, and voila – a working loom. This quirky piece of machinery worked astonishingly well, and was only decommissioned a couple of years ago, after Mr Trampoline had gone to the ends of the earth (quite literally) to find a loom big enough and sophisticated enough to suit their needs. Ironically, their extensive searching brought them back to home ground, where a connection with St Alban's Textiles introduced Adam to a local engineer with weaving experience. This engineer

was able to build a weaving loom that admittedly didn't have the same rickety charm of the original, but was able to meet the demands of modern day manufacturing. Although that term, 'modern day manufacturing' makes it seem like there's an impersonal production line producing trampolines by the thousands. That couldn't be further from the truth. Each Mr Trampoline tramp is handmade by a small team of experts in our factory on Dandenong Road, Carnegie. The loom is hand-threaded and operated by one of our dedicated staff who are committed to continuing the quality and tradition that Lionel Duffin dreamt of all those years ago.

Left

Part from original loom

OVER 60 YEARS OLD -**A GRAND DAME OF THE****TRAMPOLINING WORLD**

When the long-time owners of this (antique) Steelfast trampoline came to us, the ancient seven-digit phone number was still perfectly visible on the lower corner of it: Ph. 271-5711! This seemingly innocuous detail allowed us to search back through our records and ascertain the provenance of this beauty – she's over 60 years old. A grand dame of the trampolining world. The frame had rusted but the springs were still operable, the hanger clips were in excellent order, and the bed was pretty good. A simple clean up. The amazing thing is, the loom that this bed was created on was only retired a few years back. It's this type of quality and longevity that Mr Trampoline takes great pride in. It's the reason we can offer multiple generations of fun on our trampolines.

**60 YEARS OLD,
WITH SPRING
LIKE A TEENAGER**

Left

*Original Mr Trampoline
trampoline*



Toorak, VIC

IN GROUND, ABOVE GROUND & IN DECK

WE BUILD REAL TRAMPOLINES

Mr Trampoline uses huge 11-inch springs, around 110 of them on every trampoline. This generates the soft, deep bounce required for performance trampolines.

Kids love this performance bounce, it allows them to develop awesome skills and the challenge of trampolining continues beyond the teenage years.

Lanscapers & builders install the majority of our trampolines. But there are some people who are keen to do the work themselves. In that case, we will supply instructions so you can DIY. And don't forget, we are always only a phone call away if you need some tips or hints.



DESIGNING YOUR GARDEN

In the same way that a pool is a focal point for a garden, an in ground trampoline is the lure that gets the entire family outside.

And unlike a pool, it's in high rotation even in the middle of winter! Rolling lawns practically yell out for in ground trampolines – a match made in heaven.

A beautiful garden brings a feeling of peace and community, encouraging people to gather together outside – olive trees lean over fences and encourage harvesting and pickling, lemons thrive (and beg to be plopped into an icy cold G&T), lavender makes soap, rosemary enhances lamb, traditional roses for vases, grasses and creepers for the softness they bring, and trampolines make jumping a necessity. Including a trampoline in your garden design early on means you build around it, creating space for play, and planting to enhance.

A rolling lawn is only ever improved upon, when a child is jumping on the in ground trampoline. Mr Trampoline is the preferred choice of many of Australia's top garden designers.

IN GROUND & IN DECK TRAMPOLINES

At Mr Trampoline we genuinely believe installing your trampoline in ground provides the safest option in trampolining. In ground they are easiest for everyone to enjoy a quick bounce, become energised and be happy. As our Olympic standard trampolines do not need a safety net, they blend into the surrounds allowing for the most attractive gardens. They also make it easy for everyone to learn safe bouncing techniques.

Our trampolines are hand made in Australia to Olympic competition standards and are strong, durable and suitable for all levels of skill.

As pioneers and manufacturers of dedicated in ground trampolines, Mr Trampoline has a wealth of technical and construction resources available to assist a wide range of installation types. Often new trampoline owners will put their builders or landscapers in touch with us in order to discuss any tips required and the best position for the tramp.



Our trampolines can be configured for deck installation.

Search our website under 'resources' / 'manuals and guides', for downloadable instructions or call one of our friendly staff for help.



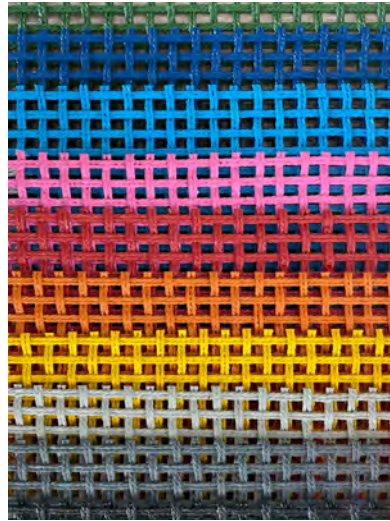
ABOVE GROUND TRAMPOLINES

Above ground trampolines are not fixed and therefore are movable to different positions on your property. Built with superior quality materials, we expect our trampolines to last 50 years or more.

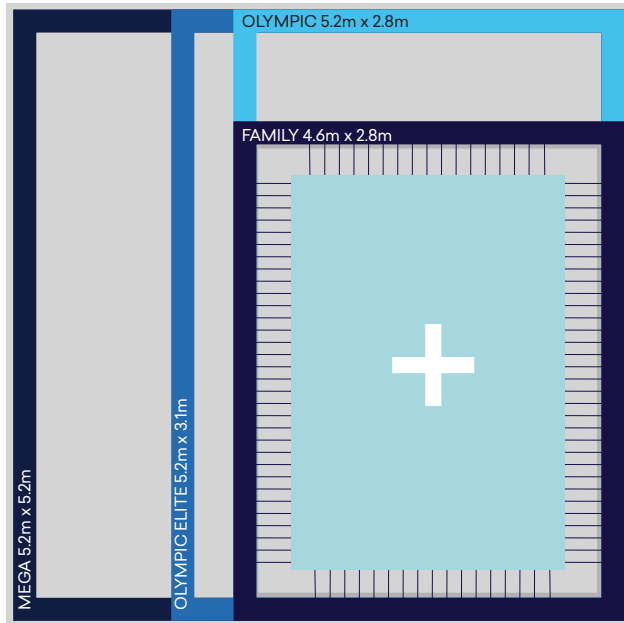
NOTE: With some minor modifications above ground trampolines can transform to in ground trampolines. Customers often buy an above ground model to get the immediate use for the family and modify for in ground later when renovating or landscaping.

TRAMPOLINE SIZES AND COLOURS

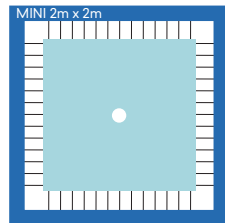
To make trampolining even more fun, we have an exciting burst of colour now available. Generally associated with green mats (for the Very Excellent Reason that they look so good in a green lawn), we're excited to introduce a candy-coloured assortment of mat treatments to really personalise your garden design. There's pink! Orange! Red! Yellow! Sky blue! Or maybe you prefer a more subdued palette, in which case you can choose classic black. Or grey. Or navy. Or of course the eternal favourite, green! Whatever hue you choose, you'll be bringing your garden to exuberant, jumping-jack life.



MR TRAMPOLINE



Our range is designed to suit a variety of backyard sizes.



And we've even got mini ones for the littlies.



PREMIUM BOUNCE

**TWO ROLLS CREATE ONE
OF OUR TOP-QUALITY BEDS**

HOW LONG IS A PIECE OF STRING

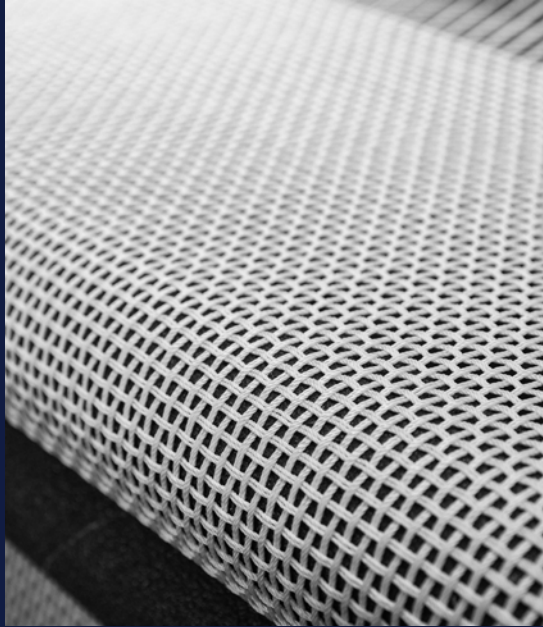
As it turns out, two rolls of string are long enough to weave our double-string, warp and weft tramp beds.

Although it isn't any old string. The twist of the string has a 3x3x3 filament. For those of you who aren't experts in the world of string, that means 3 threads of filament are twisted together, then these threads are twisted together, and then 3 threads again to make a thread that is super-strong.

Definitely not your garden-variety string. In fact, this string is so strong the woven bed stands the 1000kg test, capable of withstanding 1000kg at any one bounce (see 1000kg Test). Sure, you probably think there isn't a whole helluva chance that your trampoline is going to have to handle 1000kg of person, but you'd be wrong. A 100kg person, bouncing on a trampoline will produce between 6-10 G (gravity force). The higher the gravity force, the more the person weighs in that moment. So a 100kg person could highly likely weigh the equivalent of 1000kg depending on how enthusiastically they bounce on a trampoline. Even primary school kids will weigh more than their standing weight when they're bouncing on a trampoline. So when a toy trampoline 'claims' 120kg weight, they mean 40kg at 3Gs. That is **ONLY** suitable for small children and may create a false impression of how robust the trampoline actually is.



Strings used to create mats



RMIT
INNOVATION

Committed to staying at the forefront of Best Practice engineering and design, Mr Trampoline has commissioned the RMIT Engineering Department to develop an automated loom.

This loom will help us keep our production scheduling up with demand. Especially as the call for Mr Trampoline trampolines expands globally, we want to ensure we keep our local customers jumping up and down with joy. The automated loom won't take away from the hand-made element of Mr Trampoline trampolines though – there are too many steps in the process that can only be completed with fine motor skills, nimble fingers and experienced staff.



HAND WOVEN FOR STRENGTH

Our world-class two-string performance trampoline beds are made from the highest quality terylene. These woven mats are hand-loomed to ensure the air flow between each string is even, which in turn produces a deep, stress-free bounce.

Combined with high performance springs, the open weave of the string bed is engineered to allow rapid air movement through the bed for the user to achieve the fastest, strongest and smoothest bounce of any trampoline on the market. Each mat is coated with all-weather UV-stable rubber-based paint to give it a long happy life, especially outdoors. No other performance beds can match our quality and longevity outside. Perhaps this is why we're the preferred supplier of so many gymnasiums and schools around the world.

MR TRAMPOLINE

**"I WOULD PUT 50
TRAMPOLINES IN,
BEFORE I WOULD
INSTALL A POOL"**

- ANDREW QUAYLE
BOLDER CONSTRUCTIONS





*Australian made,
Australian steel*

THINKING GREEN

The environment is on everyone's radar, and Mr Trampoline is proudly committed to doing our best.

We guarantee our products to last for generations, rather than cheap rubbish that rots and decays in weather, destined for landfill within a couple of years. All our trampolines are hand made in Melbourne, so there isn't shipping from overseas to worry about.

Our frames and springs are fabricated in Australia from Australian-made steel and guaranteed to last decades. Our clips are engineered to be strong, reliable and long lasting. It's worth noting that, unlike our competitors, when you do require a new 2-string bed in 10, 20 or 30 years, you simply remove your old clips and re-use them. So if the environment matters to you (like it does to us), you'll love the fact our trampolines, if well looked after, will last a lifetime.

BEST MATERIALS, HIGHEST STANDARDS

The best trampoline for you is one that will last the longest, providing a great, safe bounce for years to come. What better sign of reliability than the longevity of the manufacturer! How many others can boast that trampolines they built over 50 years ago are still used today in salty coastal air? *We certainly can.*

Over time we have developed new trampoline frames to suit a variety of installation types, but our core 2-string performance beds have stood the test of time and are still made by hand in Melbourne today. We use the best materials and manufacture to the highest standards to make the longest lasting trampolines on the market. We guarantee the quality of all our trampolines whether they are freestanding or installed in ground. A bonus to being hand made in Melbourne, is that if you have particular needs, we can accommodate you with unique designs and construction

ONLY FIVE COMPANIES

GLOBALLY DO WHAT

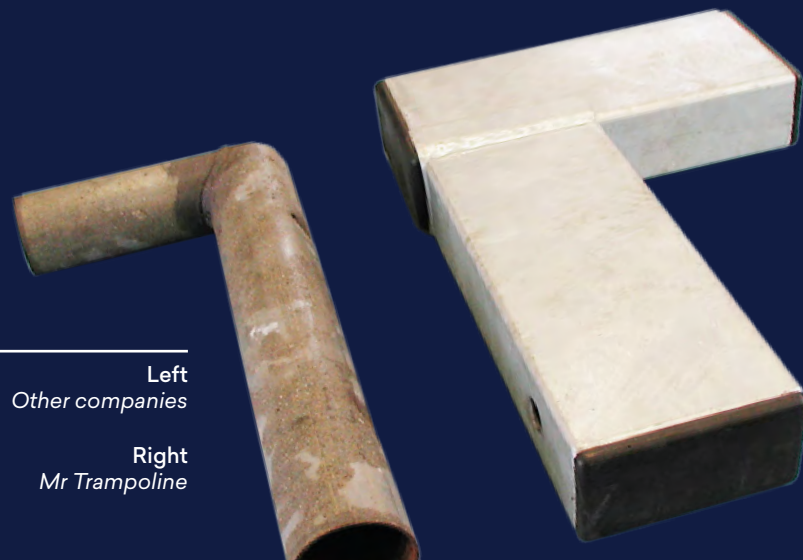
MR TRAMPOLINE DOES



A BEAUTIFUL FRAME

Our trampolines are designed for permanent outdoor installation.

They are engineered to live to a ripe old age, even in the salty air of coastal holiday homes. All our frames and springs are fabricated in Australia from Australian-made steel, which is then hot-dipped in zinc to ensure their durability. The frame is the chassis that underpins the performance of our trampolines: heavy-duty with a rectangular hollow section framework, our frames and springs are made to last decades. Essentially they are maintenance-free, however you should check the condition of the frame every 3 years or when painting your mat.



Left
Other companies

Right
Mr Trampoline

A STARRING ROLE FOR THE SMALLEST PARTS

Clips are clips are clips, you might think. But no, that's not the case.

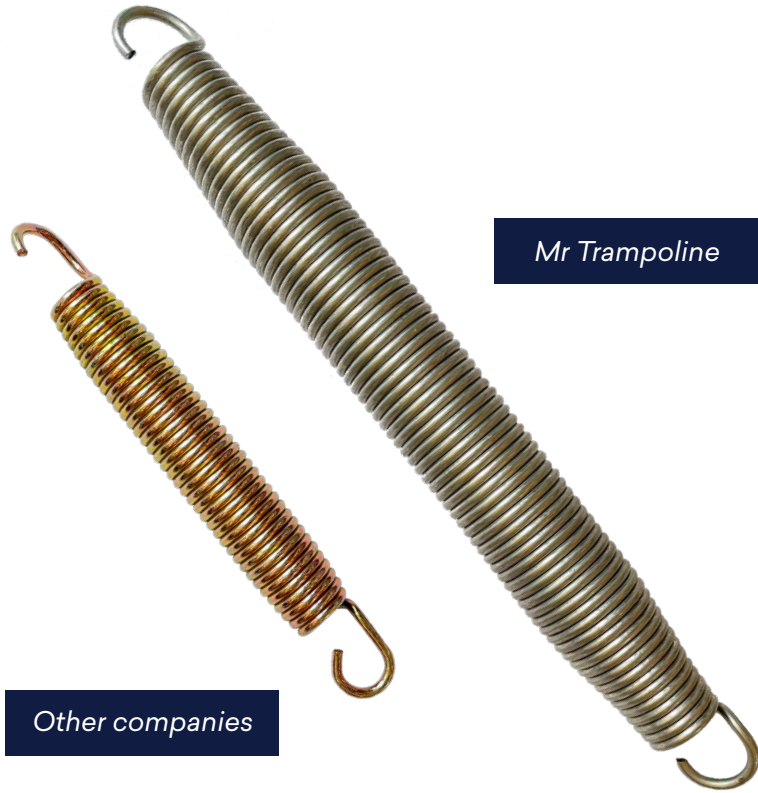
There are significant differences between clips: our unique clip/spring system means a single spring is spread evenly over a large number of individual strands of the woven mat which in turn spreads the weight-bearing load. This means our longer springs can stretch to the greatest length without damaging the ends of the mats. Designed to distribute weight evenly, our clips are engineered to be strong, reliable and long-lasting. It's worth noting that, unlike our competitors, when you do require a new 2-string bed in 10, 20 or 30 years, you simply remove your old clips and re-use them. So if the environment matters to you (like it does to us), you'll love the fact our clips will last a lifetime.



Right top
Other companies

Right bottom
Mr Trampoline

PREMIUM BOUNCE



Mr Trampoline

Other companies

SPRINGTIME NO MATTER THE SEASON

There are approximately 110 springs in a Mr Trampoline bed, depending on the size. Between 32 and 38 down each side, and between 17 and 19 at each end. Each spring is an extra-long 11 inches, which helps provide the deepest, sweetest bounce available and by spacing them only 4 ½ inches apart, we ensure premium flight with maximum bounce.



1000kg TEST

30kg can create a g-force of 4g or more,
which translates to over 120kg.

It might initially seem little more than chest-beating to proclaim we've tested our trampolines to 1000kg. After all, there isn't a person on earth who weighs 1000kg. But in fact, when a 100kg person jumps on a trampoline, they can create 10g-force, which is the equivalent of 1000 kg. Trampoline guidelines require a weight capacity significantly more than a person's weight because jumping creates a much greater weight (g-force). For example, a small child weighing 30kg jumping from a small height might create a g-force of more than 4g, which could translate to over 120kg. So if you see a trampoline boasting that it's been tested to only 50kg, steer clear!

Newton's II Law of Motion Force

Weight = mass x gravity
If Weight is 100kg and the
gravity field of Earth is 9.8
Weight (100kg) = 980 Newtons

Right
Anabelle Smith,
Australian Olympic Diver

PREMIUM BOUNCE



PROPRIOCEPTION

At its most basic, proprioception is the body's awareness of where it fits into the immediate vicinity and how it is able to perform basic physical tasks.

Adam from Mr Trampoline describes it as "proprioception = the feeling of body parts in space".

Proprioception gives us the ability to walk without having to look at our feet, and touch our nose while our eyes are closed. It stops us from bumping into things and knocking things over. Bouncing on a trampoline acts as a valuable source of proprioception information to the brain, due to the stimulus it gives to the muscles and joints. Balance issues, uncoordinated movement, clumsiness, dropping or bumping into things can all benefit from regular trampoline sessions, especially if rebound therapy has proven useful to you in the past.

NOTE: Children with autism spectrum disorders (ASD) are characterised by abnormal sensitivity to touch, proprioceptive and painful stimuli.¹² Trampolining can create an amazing sense of freedom for those with ASD.

¹Suarez M. A. Sensory processing in children with autism spectrum disorders and impact on functioning. *Pediatric Clinics of North America*. 2012;59(1):203–214. doi: 10.1016/j.pcl.2011.10.012.

²Dubois A, Rattaz C, Pry R, Baghdadli A. Autism and pain—a literature review. *Pain Research and Management*. 2010;15(4):245–253.

Shine with Geoffrey Rush



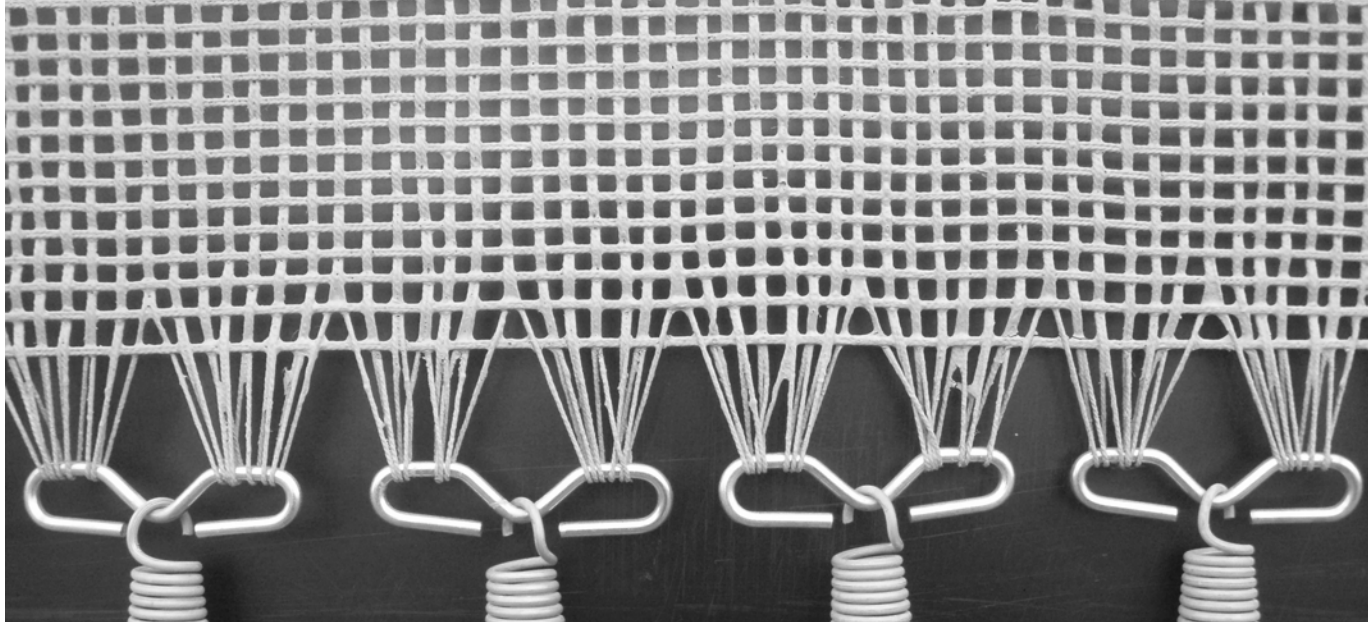
REBOUND THERAPY

MR TRAMPOLINE

THE FREEDOM OF JUMPING ON A TRAMPOLINE UNLEASHED SOMETHING IN HIM

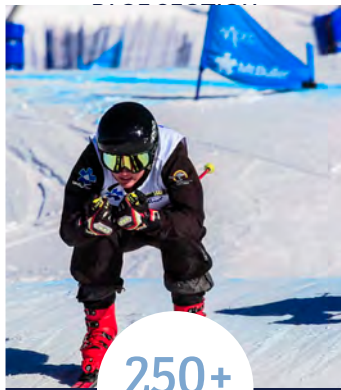
Trampolines have been used in special education therapies since the 1950s, but in the 1970s the concept of Rebound Therapy was developed by the physiotherapist, remedial gymnast and teacher Eddy Anderson who worked with children with both physical and learning disabilities.

The freedom from constraints that jumping on a trampoline inspires has been shown to have tangible benefits for kids with various needs. Take for example the non-verbal child who would call out names of countries and maths problems when jumping on a trampoline. The freedom of jumping on a trampohline unleashed something in him. It's been found that children who have limited communication, who aren't able to express their anxiety or stress, find jumping on a trampoline incredibly valuable in releasing pent up frustrations, stress and anxiety. Mr Trampoline provides trampolines Australia-wide to a variety of autistic services, and is assisting in the integration of trampolines into state schools and other special needs facilities Australia wide.



MR TRAMPOLINE

GETTING INVOLVED



250+
LOCATIONS

SNOW SPORTS

PERFORMANCE TRAINING FOR BETTER BALANCE & AWARENESS ON THE SLOPES

IN GROUND TRAMPOLINES,
MT BAW BAW

COLLAPSIBLE TRAMPOLINES OF FALLS CREEK RACE CLUB,
FALLS CREEK

GEOFF HENKE SKI JUMPS
BRISBANE

COLLAPSIBLE TRAMPOLINES OF HOTHAM FREE SKI TEAM,
MT HOTHAM

ALPINE CENTRE OF EXCELLENCE,
MT THREDBO

TEAM BULLER,
MT BULLER

MT BULLER RACE TEAM,
MT BULLER

NSW SPORT & REC,
JINDABYNE NSW

OLYMPIC WINER INSTITUTE OF AUSTRALIA (OWIA) PARTNER,
VICTORIA. NSW. ACT



7
LOCATIONS

PERFORMANCE

SUPPORTING PERFORMERS ALL OVER THE WORLD

LEGS ON THE WALL,
SYDNEY

MOSCOW CIRCUS,
SINGAPORE

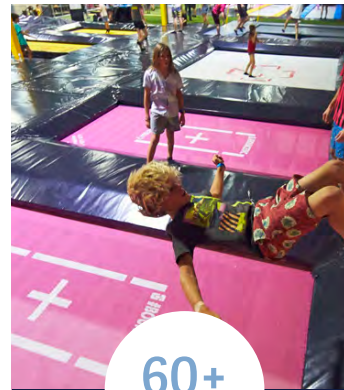
CIRQUE DU SOLEIL,
GLOBAL

NSW AG SOCIETY ROYAL EASTER SHOW,
NSW

NATIONAL INSTITUTE OF CIRCUS ARTS (NICA),
VICTORIA

FLYING FRUITFLY CIRCUS,
NSW

SILVERS CIRCUS FAMILY



60+
LOCATIONS

PLAY

PLAY CENTRES AROUND THE COUNTRY



45+
LOCATIONS

COMMUNITY

PROVIDING TO PRIVATE AND PUBLIC COMMUNITY CENTRES

WINTER JUMP PARK,
SEVILLE, VIC

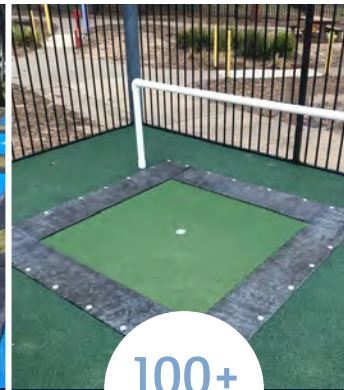
BEACHSIDE,
LORNE, VIC

FAWKNER AQUATIC CENTRE,
VIC

FOSTER TUNCURRY LIONS CLUB,
NSW

BAULKHAM HILLS AQUATIC CENTRE,
NSW

CAIRNS AQUATIC CENTRE,
QLD



100+
LOCATIONS

EDUCATION SUPPORT

SPECIAL NEEDS FACILITIES

COUNCIL PARKS

AUTISM AUSTRALIA FAMILIES AND MEMBERS

SCHOOLS

REHABILITATION FACILITIES

JOIN THE REVOLUTION

BOUNCEinc

BOUNCEinc has grown in awesomeness since the day it first opened in August 2012. What began as a fantastic concept that kids loved from the moment it opened, has grown into a world-wide phenomenon, with over 16 arenas around Australia and more globally. With these trampolines being bounced on, stressed-tested and pushed safety-wise for literally hours a day, it's no wonder they choose Mr Trampoline to supply all performance trampolines and springs.

Mr Trampoline
03-9571 5711

CIRQUE DU SOLEIL

Cirque du Soleil is the largest contemporary circus producer in the world. Their astonishing feats are sometimes almost too difficult to watch, but their precision timing, skill, craft and dedication is undeniable. Because of the enormous risks they take every night, their equipment has to stand up to the most stringent standards. When in Australia, Cirque du Soleil choose Mr Trampoline trampolines for their training, rehearsals and safety.

MR TRAMPOLINE

Cirque du Soleil

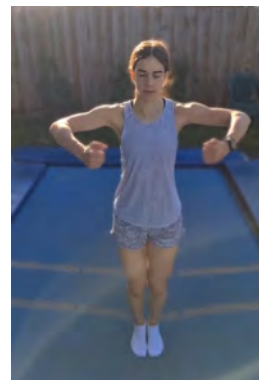


AUSTRALIA'S SKI TEAMS

Like gymnasts but with skis attached to make for maximum difficulty, aerial skiers are some of the most skilled, fearless athletes in the world. Freestyle skiers and snowboarders must create lift and compression to maintain control of their motion. One of their most important training tools is the trampoline, which helps them practise their rotational momentum with acute precision and build on their compression skills.

Mr Trampoline is incredibly proud to sponsor:

- Olympic Winter Institute of Australia and Australian Ski Team, including our Gold-medal winning star, **Jakara Anthony**.
- Snow Australia
- Mt Buller Airzone
- Mt Buller Race Club
- Team Buller riders
- Geoff Henke Ski Jumps - *Brisbane*
- Alpine Centre of Excellence - *Mt Thredbo*
- Collapsible trampolines of Hotham Free Ski Team - *Mt Hotham*
- Collapsible trampolines of Falls Creek Race Club - *Falls Creek*
- In ground trampolines - *Mt Baw Baw*



Left
Jakara Anthony, training
on Mr Trampoline

'EXECUTING GOLD MEDAL WINNING

AERIAL JUMPS, STARTS IN THE SHED

AND ENDS UP ON THE SLOPES'

THE X FACTOR

R-Willy (Ryan Williams) is a high energy, high octane, action sport athlete who's considered one of, if not the best scooter and BMX rider in the world.

Mr Trampoline has designed an exclusive, oversized tramp to meet his training requirements at R-Willy Land, along with a tramp wall that is a core part of his training regime. Landing a trick of the sort that R-Willy regularly practices requires an intense level of dedication, on equipment that is proven to be robust, rugged and 100% reliable.

Action sports demand high levels of coordination, strength and flexibility, as well as an incredibly attuned sense of proprioception. It's one of the reasons our trampolines are sought after for performance training in many X-sports including, BMX, motocross, scooters and skateboarding.



Right
Ryan Williams,
X-games rider

Left
Ryan Williams,
training





FROM THE SOUTHERN HEMISPHERE

TO THE NORTHERN HEMISPHERE

WHEN ONLY THE BEST WILL DO.

EUROPE

Mr Trampoline has gained a reputation around the world as producing the best trampolines available. As a result, one of our biggest markets is now Europe, where we have supplied many private and educational facilities with trampolines, including a 35 metre long gymnastics fast-track bed for a Danish boarding school gym.

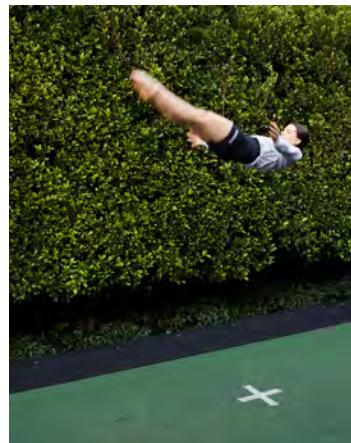
Left
Denmark 35 metre
trampoline

INTRICATE MOVES THAT NEED TO LOOK EFFORTLESS

JUST ADD WATER

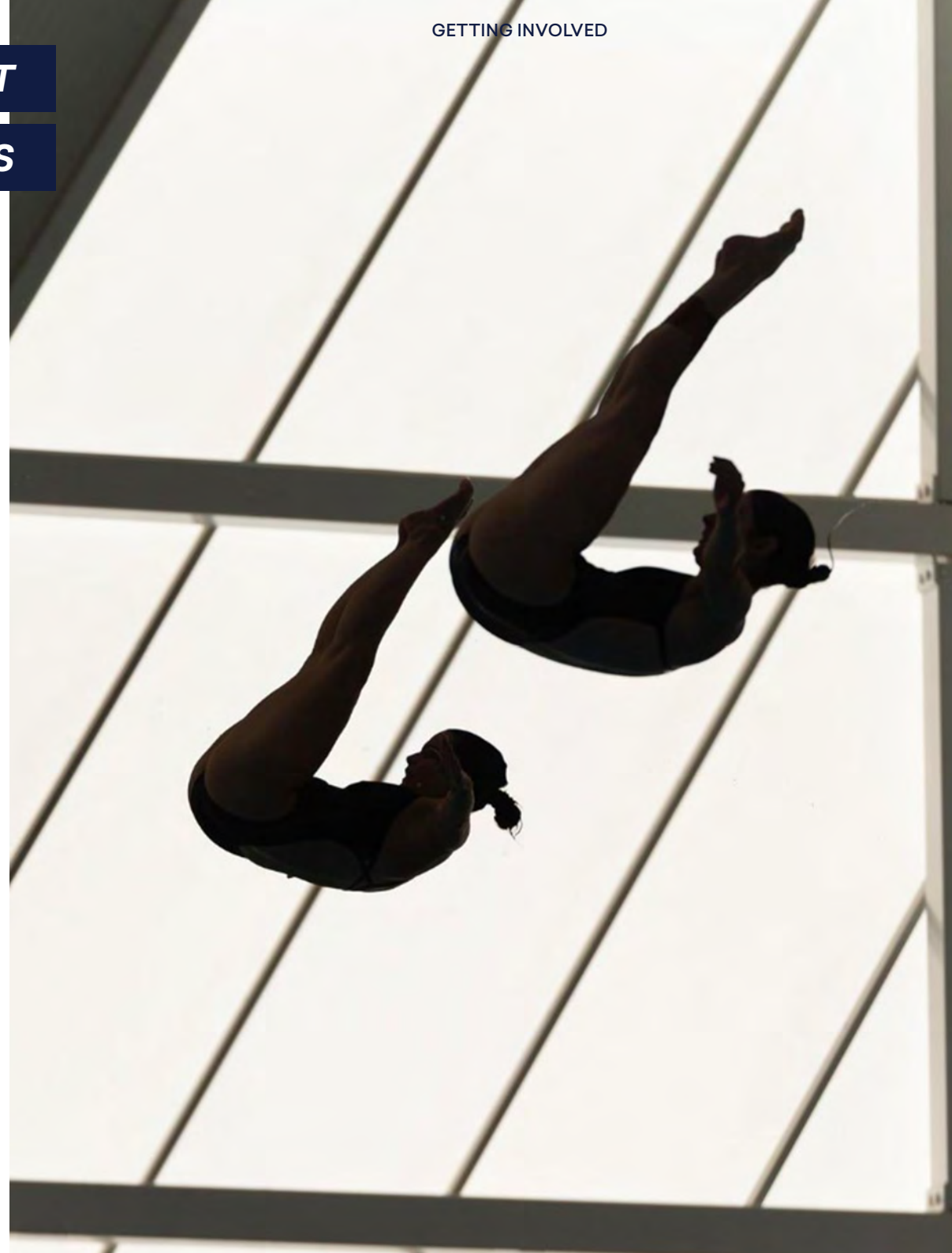
Sure, it's usual to associate diving with a splash into the water. But that's not how these athletes always train. Sometimes called, 'dryland dive training' a trampoline is used to practice and perfect basic skills, such as arm position, jumps, orientation in the air, landing, and all the other intricate moves that need to look effortless for a top-class dive.

Dryland training on Mr Trampoline equipment has certainly paid off for our elite Diving Australia National Squad!



Right
*Anabelle Smith,
Australian Olympic diver*

Left
*Anabelle Smith,
training*



VAN HALEN, RIHANNA & LANA DEL REY



It can't be coincidental, can it?

All these top artists, singing the praises of jumping over the years.

WE DON'T THINK SO.

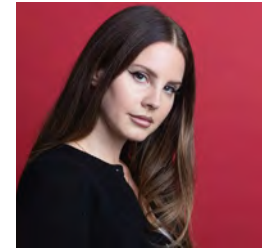
"MIGHT AS WELL JUMP
GO AHEAD AND JUMP!"



Jump Shout Boogie
Barry Manilow



Jump
Van Halen



Jump
Lana Del Rey



Get up & jump
Red Hot Chili Peppers



Jump
Rihanna



Jump On It
The Sugarhill Gang



Jump Around
Insane Clown Posse



Jump in the River
Sinead O'Connor



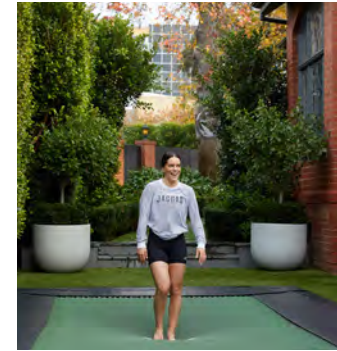
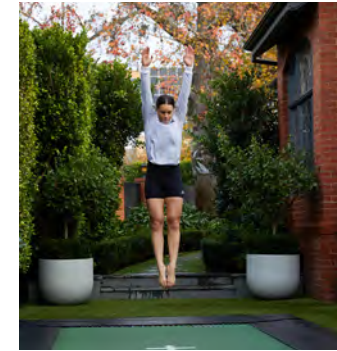
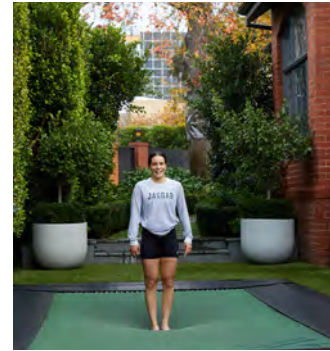
Jump
The Pointer Sisters





TIPS & TRICKS

MR TRAMPOLINE

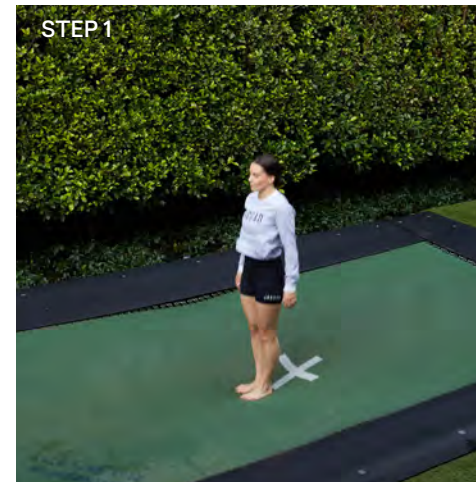
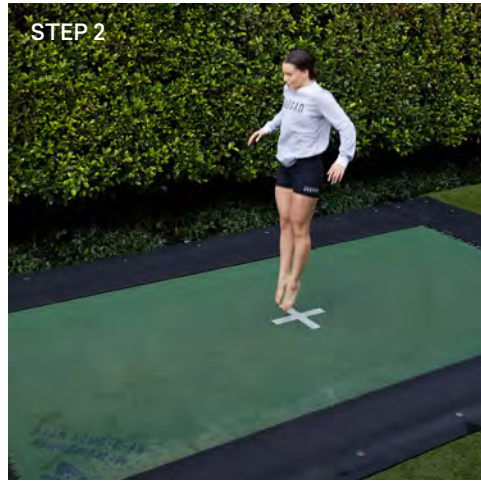
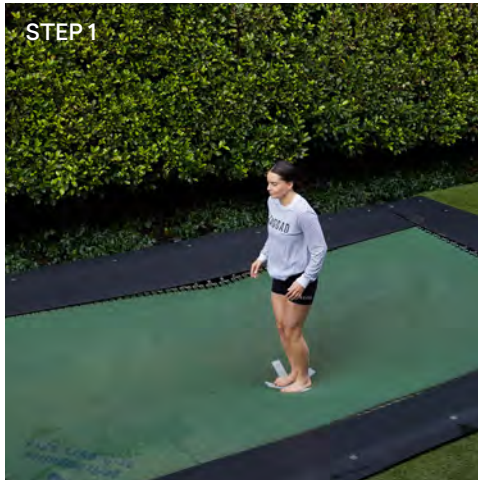


BASIC STOPPING

One of the most important tricks on the trampoline, is knowing how to stop. Literally. Knowing how to stop will help you feel comfortable and in control if your bouncing starts becoming chaotic or the rebound is making you feel anxious. The most common way of stopping is the 'knee-break' where you absorb the bounce of the trampoline by bending at the knees when your feet hit the mat, and then keeping the knees slightly bent and the feet on the mat as your legs absorb any rebound force until all movement has stopped. Keeping your arms outward and slightly forward will help you keep your balance until the bed has come to a complete halt.

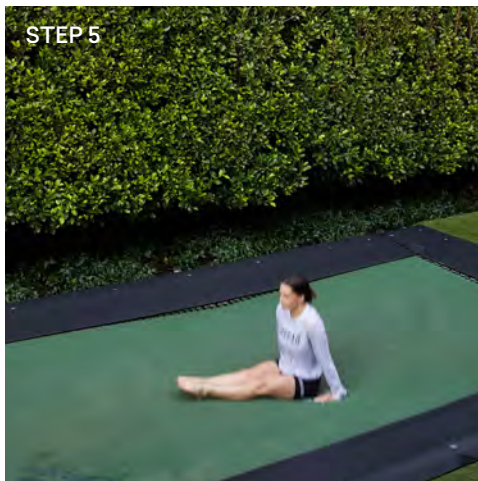
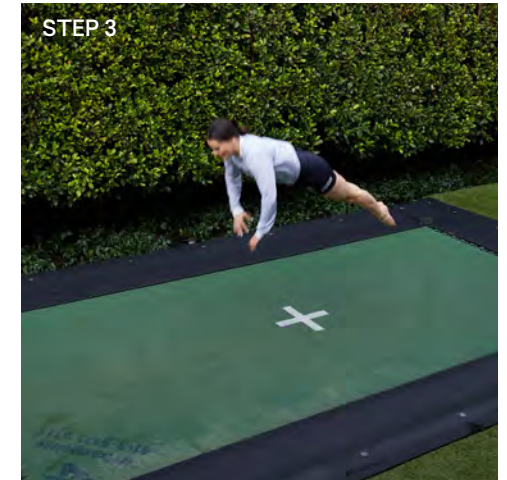
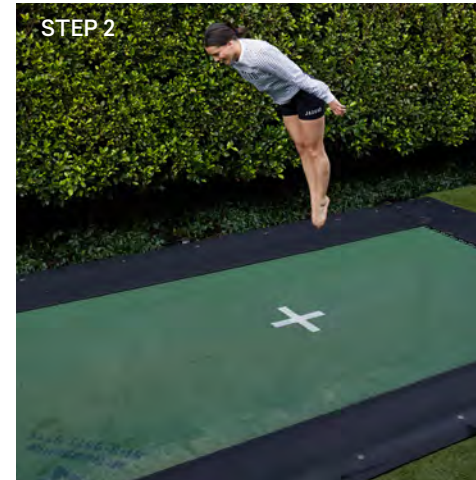
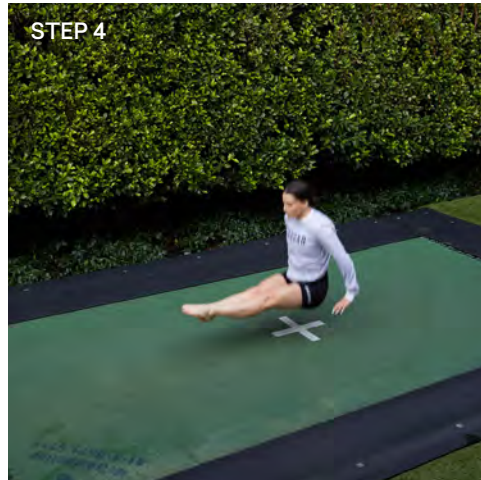
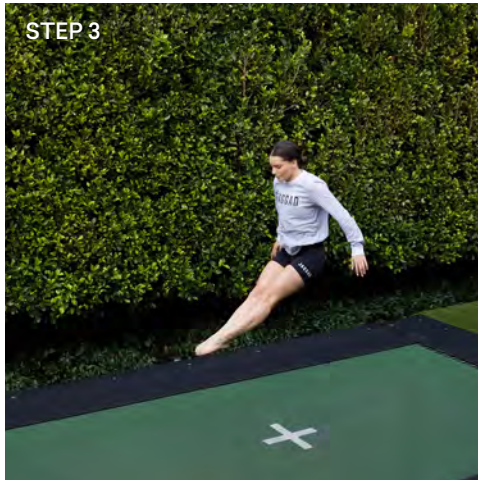
BASIC BOUNCING

Controlled bouncing is an important part of trampolining, and once you have that mastered you can confidently progress to other tricks. Stand in the middle of the trampoline with your feet shoulder-width apart. Focus your eyes on the frame pad at the end of the trampoline. Use your arms, back and forth, to get the bounce happening. As you lose contact with the tramp mat your arms continue to swing upward and your feet come together with the toes pointed. At the top of the jump, where you 'float', the arms relax in preparation for the descent. When you land, flatten your feet on the bed, bend your knees, and bring your arms backwards, then straighten your legs and swing your arms up to bring yourself into a bounce again. Continue endlessly until you're exhausted.



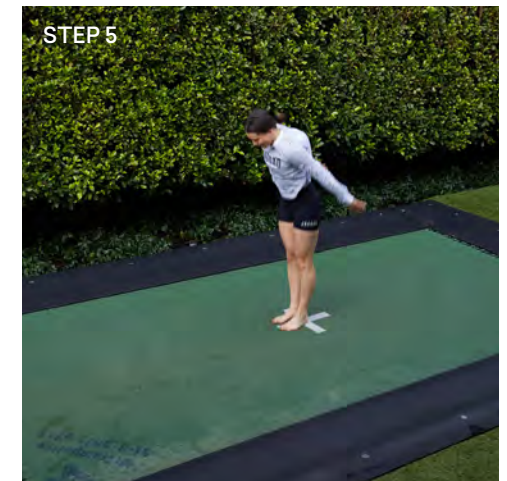
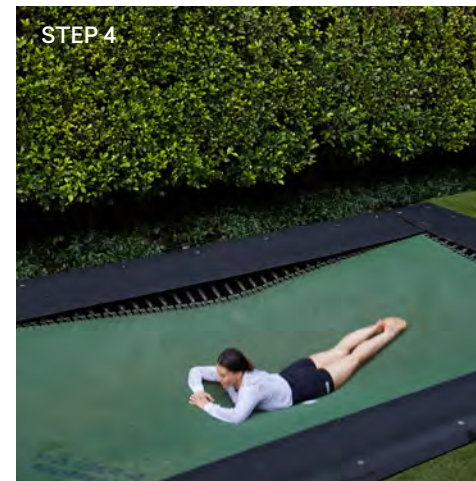
FRONT FALL

At the 'top' of a jump start pushing your chest forward. As you descend, continue rotating your body and extend your arms in front of you, level with your shoulders before bending them in towards you, elbows out, hands one on top of the other, try to bounce and land in the same spot. Keep your head back from your hands, the rest of your body rigid as your chest, stomach, hips, thighs and shins connect simultaneously with the mat, then bounce back up into a standing position.



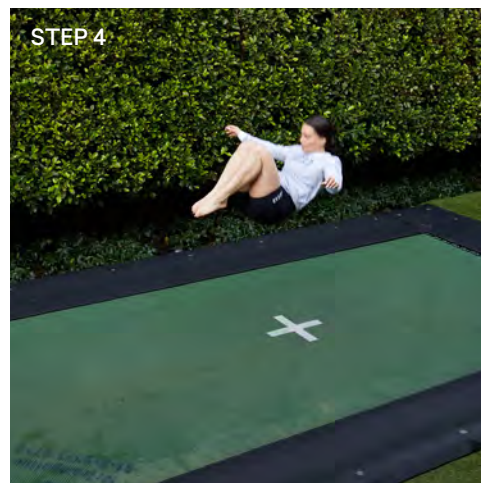
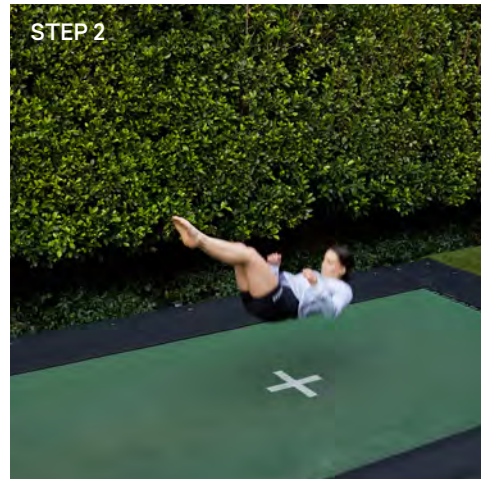
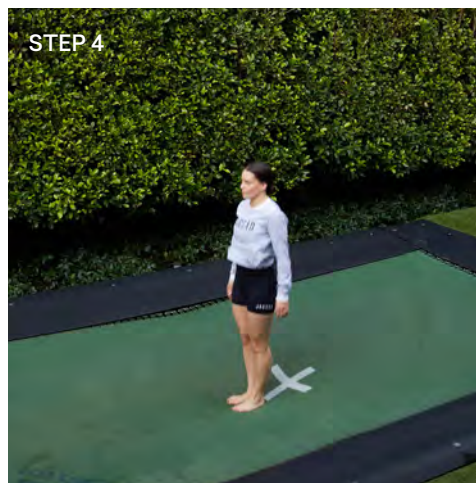
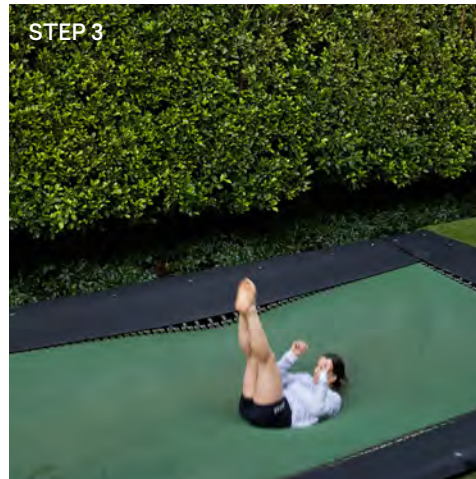
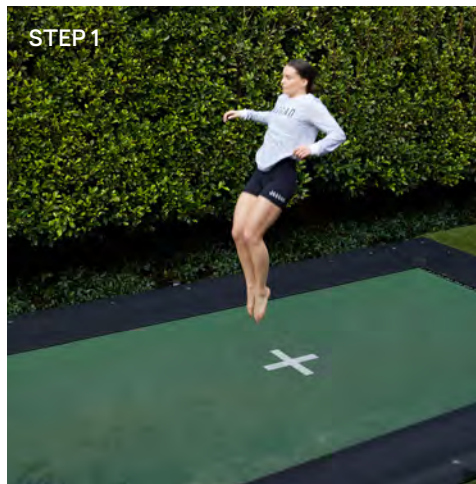
SEAT JUMP

When descending from the 'top' of a jump, keep torso vertical while raising your legs out straight in front of you. Bring your hands down to a position by your hips, palms down, fingers facing forwards so you can push slightly against the tramp bed when you land. As you spring back off the bed, your momentum should help you return your legs to vertical.



BACK FALL

As you bounce on the mat, swing arms up and push your hips upwards, causing the body to rotate gently backwards. Keep your chin tucked towards your chest. You are not jumping backwards. You're landing in the same spot that your feet started. At the bottom of the bounce straighten your legs towards the sky, elbows tucked towards your ribs, hands up. This will give your back fall the energy to return to the next jump, feet-first. As you start to leave the tramp bed, fold your knees towards your body and start rotating back to an upright position.



REBOUNding
EXERCISE IS
68%
MORE
EFFICIENT THAN
JOGGING

- NASA study published in the
Journal of Applied Physiology



SAFETY, PARTS & MAINTENANCE

MR TRAMPOLINE

↑ In ground
Olympic/Elite
Side
↓ FP-IG-OE-S

LOW MAINTENANCE

As a general rule, our trampolines are low maintenance.

The quality materials and craftsmanship ensure many years of fun and exercise. But we do recommend you inspect your trampoline on a regular basis and look for such things as:

- Broken or missing springs
- The condition and placement of safety pads, or rubber surrounds
- The condition of the woven mat, including paint
- That string loops are all connected to clips (loops join the mat to the clips)

Our mats can be rotated, flipped and re-painted to provide for an extra-long life. Paint, repair and rejuvenation kits will extend the life of your equipment for years to come.

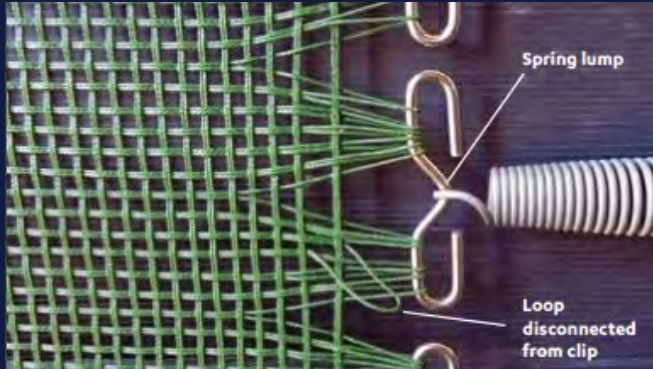
The Australian climate puts any outdoor products to the greatest test, and we use the best materials available to achieve the longest lifetime of any trampoline.

WE USE THE BEST

MATERIALS TO ACHIEVE

THE LONGEST LIFETIME

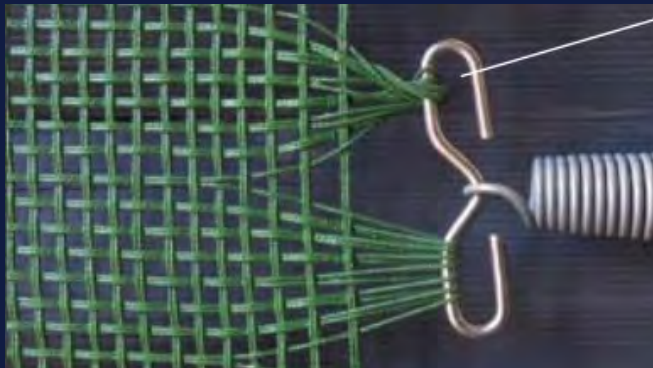




Where to check

Check that all loops are connected to the hanger clips. Your mat should have 6 or 7 loops per side of the 'spring lump'.

Definitely never 5 loops or less.



How to fix

In this case, the loops have twisted on the clip. To fix, disconnect the spring and untwist loop so they sit flat on the hanger clip. Re-attach the spring.



Excellent

Six or seven loops either side of the spring lump – this is the correct position to evenly spread the tension for a deep bounce.

CHECKING MAT LOOPS

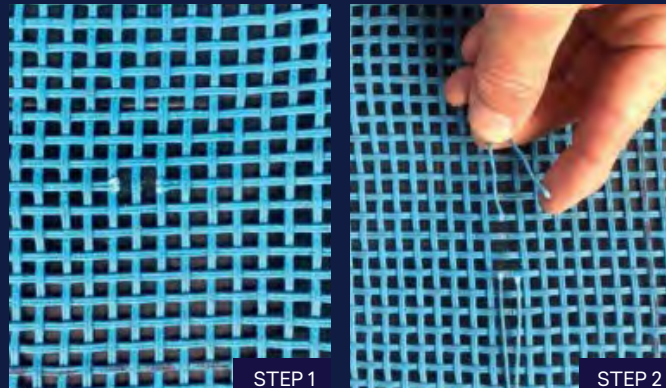
Clips are used to connect the woven mat to the framework via the springs. Our clips are spaced so as to distribute weight evenly.

If you find you have, for example, 5 loops on one half and 9 loops on the other half of the hanger clip you will need to correct the distribution. In this case, detach the spring and slide 2 loops across so there is an even 7 loops per side of the "spring lump". Reattach the spring.

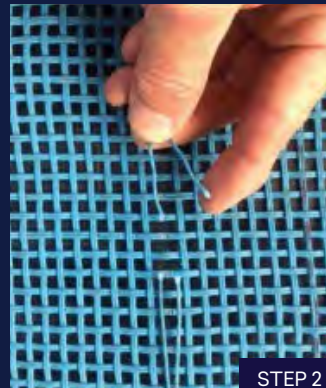
If string loops are over lapping or twisted, detangle the string, correct the loops and re-attach the spring. This will extend the bed life.

Essentially, if every loop is attached to a hanger clip and there is no less than 6 loops on any side – you are in good shape!

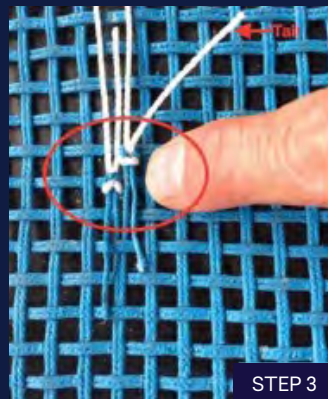
2 STRING WOVEN MAT: REPAIRING STRINGS



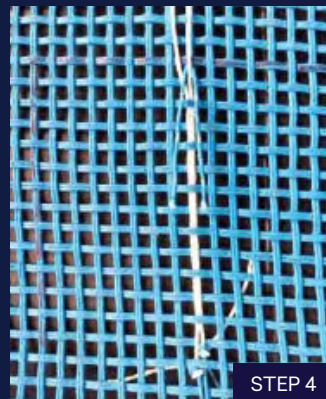
STEP 1



STEP 2



STEP 3



STEP 4



STEP 5

Made from the highest quality terylene and coated with an all-weather rubber based paint, our 2 string woven mat produces a deep, low stress bounce.

Step by step: re-tying strings

Excessive stress, sharp objects or storing items on the trampoline can damage the strings. A broken string should be re-tied as soon as possible. Use the white string included in your original delivery or call Mr Trampoline on 1300 631 130 and we will send you spare string at no cost.

Step 1

Identify how many strings are broken or damaged.

Step 2

Unthread the string either side of the "break" to allow yourself enough string to tie a knot – about 7-8cm will be enough. Pull the strings apart to tie them separately.

Step 3

Use a reef knot or a double sheet bend to join the string at one end of the 'break' (refer to page 87 for reef knot). Typical maintenance requires you to turn your mat over every few years, therefore it is not important to tie the knot on top or under the mat. Leave the 'tails' long.

Step 4

Follow the weave pattern to a point where it is practical to join the other end of the broken string and tie another reef knot. A fat needle can assist to get this knot tight. It is important to pull the newly woven section as tight as possible.

Step 5

We recommend you apply a coat of paint to the repaired area. Small 250ml tins can be purchased from Mr Trampoline. Apply the paint liberally and be sure to coat both sides to protect the string from moisture and UV exposure (the paint will also stop the knot from coming lose)

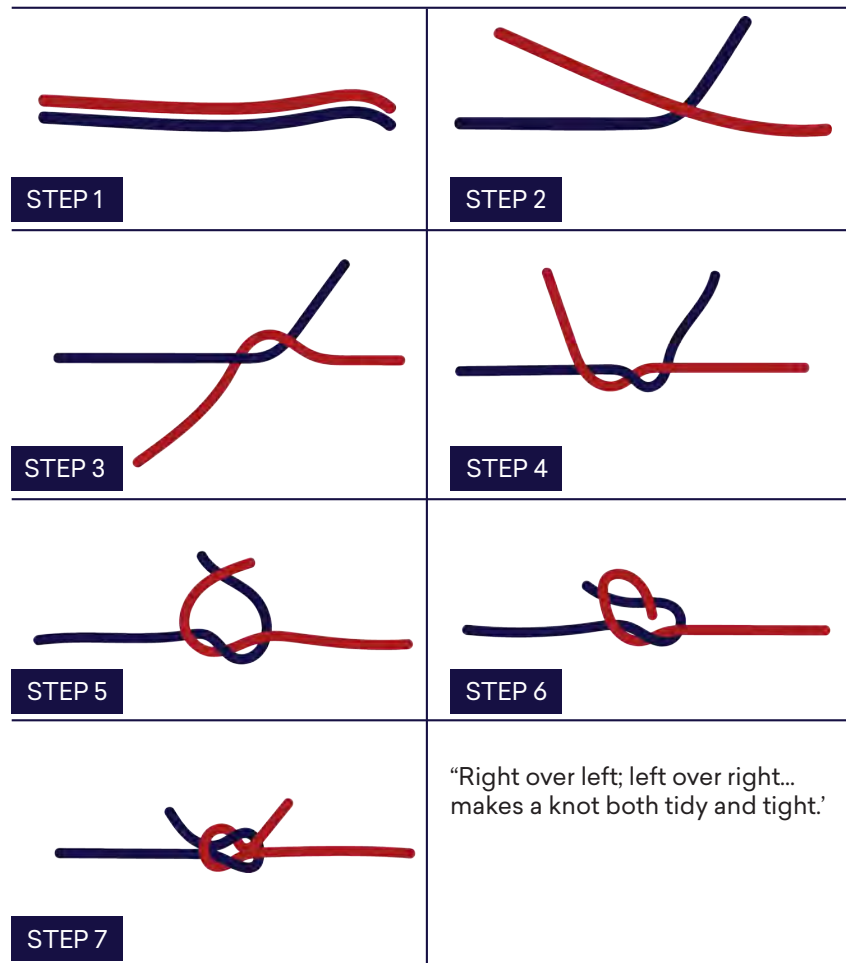
Step 6

Once the paint has dried, poke the 'tail' of each knot under the mat.

TIP: When you turn your mat over in future, poke the 'tails' through to the underside again. This should stop the end of the 'tail' fraying.

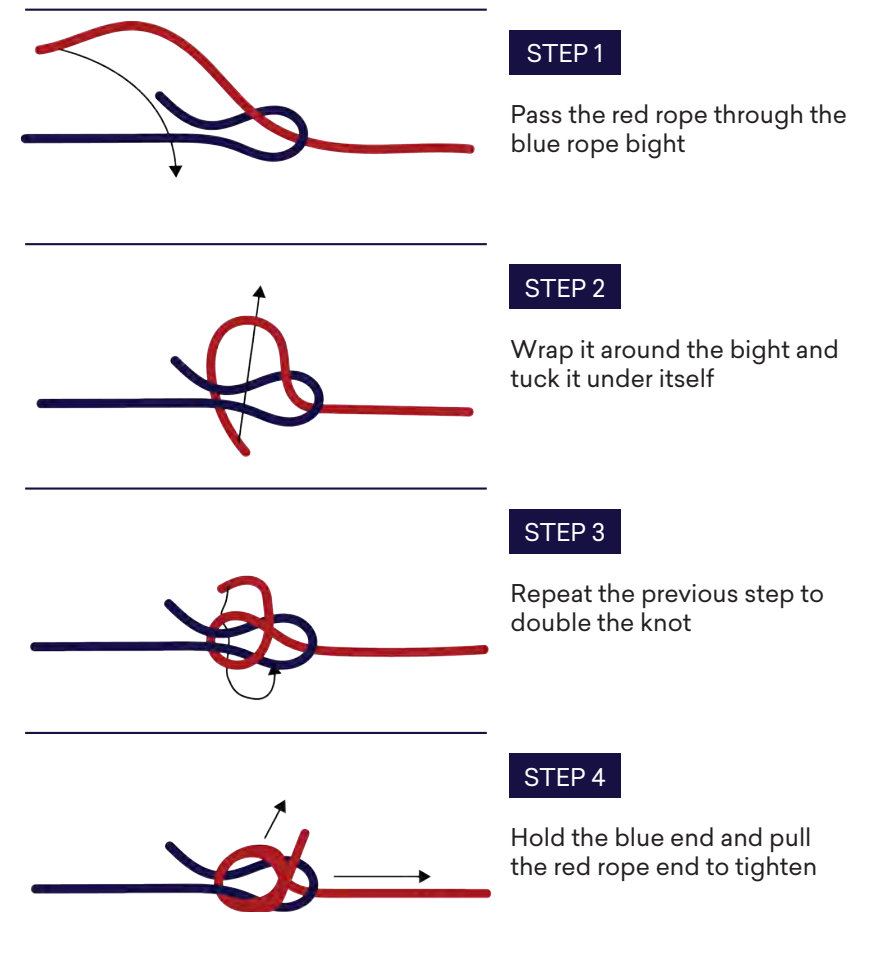
HOW TO TIE KNOTS

THE REEF (SQUARE) KNOT



HOW TO TIE KNOTS

DOUBLE SHEET BEND KNOT





Jump zone

Typically, the first place the mat shows signs of wear is the 'jump zone'.



Accessing the underside

Disconnect enough springs at a corner of the trampoline to allow access to the pit.



Re-connect

After pit cleaning or painting is completed, reconnect the springs to the mat via the clip.



PAINTING THE MAT

Our mats normally have a life span of 10-12 years if unloved. But regular painting (every 3 years) will increase the mat's longevity. Your mat will need to be re-coated with a rubberized mat paint which is available at Mr Trampoline in 4-litre tins.

When painting both sides of the mat of an in ground trampoline, you can paint the underside from inside the pit. Alternatively, you can paint the top of the mat and wait for it to dry. You then unhook the springs, turn the mat over and reconnect the mat to the springs and paint what was the underneath side. This process will share the UV exposure and add more life to your mat. If your trampoline is an above ground model, you can stand the trampoline on its side to make painting the mat top and bottom a lot easier. You will need several people to assist as it is a heavy piece of equipment.

Prior to painting, the paint should be stirred thoroughly* - we recommend 20 minutes to ensure the paint properties have mixed thoroughly. Apply the paint with a disposable foam style roller – do not use a paint brush. (Please note, other roller styles will cause issues during painting)

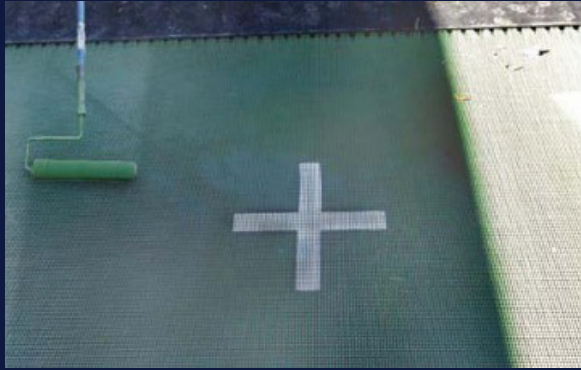
**It is vital that all the sediment at the bottom of the tin is mixed well.*



USE FOAM STYLE
ROLLER



NOT PAINT BRUSH



Paint application

Use a long handled foam roller for an even paint application. Stand on the trampoline frame while painting.



Make a stencil

Use heavy duty cardboard to make a template for the centre cross (or dot). Position template in middle of trampoline and use a white spray can (normal paint). Give spray can a good shake – hold close to stencil so it doesn't spray outside the cross.



Good as new!

Lift stencil straight up and be careful not to drip white paint from the stencil onto the trampoline. Do not use the trampoline for 24 hours after painting the mat.

PAINTING THE MAT CONTINUED

Before you start, tie some string or wire to mark the centre of the current cross on the mat. This will be handy later. Professional tip, we mark the centre with a paper clip! Firstly, touch up any worn areas with the roller. When touch dry (approx. 15 minutes), re-apply the rubber paint to the top side of the mat followed by the underside of the mat.

Prior to painting the topside of the mat, place some pieces of timber under the rubber surround to lift the rubber off the mat/springs. This will allow you to paint right up to the clips. Don't worry about a little paint going onto the springs and hanger clips. When painting an in-ground trampoline mat use a long handled paint roller with a foam sleeve. Apply the paint from the surrounding deck/grassed area therefore you do not need to stand on the mat. Allow the mat to dry prior to doing the center cross.

The cross in the center of the mat is used as a reference point when landing a difficult trick. To repaint the cross, cut out a template of the cross (approximately 40cm in width) from heavy cardboard. Find the center of the mat (where you tied the string or paperclip earlier) and position the template. Paint the cross using spray paint which you can purchase from any hardware store or alternatively use any domestic household paint in a contrasting colour – typically white.

TURN THE MAT: Every 6 years we recommend turning the mat. Unclip it from the springs and turn it over so now the underside becomes the topside – this ensures both sides of the mat get an even UV exposure. An ideal time to do this is when repainting the mat.

Painting note: Use a slow motion when rolling on the paint: too fast will create fine spiderweb paint which can lift off the roller and blow over the rubber or padding. It is also advisable to avoid hot days for painting. 25 celsius or less is ideal.

Do not use the trampoline for 24 hours after re-coating the mat.

**Our mats are very tough – so wearing shoes will not damage the mat. However, high usage with shoes may wear the paint sooner and protective coats may be needed more often – say every 2 years instead of every 3 years.*



Where to check

Mr trampoline uses 11-inch springs. These help generate the soft, deep bounce required for performance trampolines. Ensure each spring is connected properly



18 year old spring

This spring has lost its 'spring back'. Typically, this occurs when a foot bounces (more than once) directly on the spring and creates unnatural tension.



Corner springs

Four extra springs are supplied to help support the corners of the rubber surround or padding. Ensure that all four springs are fitted to the wiggle bar as shown. If you are missing a spring, please contact Mr Trampoline.

MISSING OR STRESSED SPRINGS

Check the springs and spring count to make sure none are missing, broken or showing signs of stress. Ensure all springs are attached to a hanger clip.

If your springs are starting to rust or go "floppy" they may need replacing.

Spring count should be as follows:

	Short side	Long side	Total
Family	17 springs	32 springs	98
Olympic	17 springs	38 springs	110
Olympic Elite	19 springs	38 springs	114

Plus 4 corner springs to support padding or rubber surrounds.

Our trampolines fitted with padding (above ground) and rubber surround (in ground) have an additional spring in each of the four corners to support the surrounding protection.



Accessing frame

Remove screws and washers to lift rubbers



Hollow sections

Is the basis of our strength and hot dip galvanizing guarantees decades of service, even in a seaside environment



Trampoline squeak

There are tightening bolts on the legs and the frame. If these loosen, they generate a squeak when bouncing high. If your trampoline squeaks – check for loose bolts.

CHECKING THE STEEL FRAME

Our trampolines are designed for permanent outdoor installation. They are engineered to live to a ripe old age, even in the salty air of coastal holiday areas.

The frames are hot-dipped, galvanized heavy-duty rectangular hollow section framework!

Essentially they are maintenance free, however you should check the condition of the frame every 3 years or when painting your mat.

We do recommend you check the frame for the unlikely event of rust or for trampoline 'squeak'.

If you do find a small area of rust, sand back the affected surface area and remove any signs of rust. Paint with ColdGal or another quality, rust-inhibiting product.



Screw tear on the protective rubber

The screw has been moved slightly away from its original position which was in the tear line.



Above ground trampolines

Springs have a protective padding that surrounds the trampoline. These are fastened by a lock strap.



“We build with superior materials and expect our trampolines to last 30 years at least.” – Adam Richards, Mr Trampoline

RUBBER OR PADDING

Rubbers or padding are used to cover the springs and steel frame. Check the condition of the heavy duty rubber surround (in ground trampolines) or the padding (above ground trampolines) for any signs or wear and tear.

If the heavy duty black rubber surround has torn or come away from the screws and has become slightly loose simply re-screw close to the tear to reduce any movement.

If the padding has become loose on an above ground trampoline make sure you re-secure it properly. If any of the ties/velcro joiners have torn away from the padding, return the padding to Mr Trampoline so we can arrange for it to be mended.

To clean both types of padding simply use a damp cloth to wipe the dirt off (mild soap may assist with stubborn stains).

Any other signs of wear and tear you are unsure about please contact Mr Trampoline. We carry spare parts for all your trampoline needs.



Messy Pit

A messy pit is unsightly and if the water pump has become disconnected the water sits in the pit.



Water pump

A common reason the water pump stops working is because the power plug has been bumped or switched off. If this doesn't start the pump, shake the hose that connects to the pump to loosen the float – you will feel it vibrate when it starts.



Good to go!

Now the maintenance check is complete it's time for quality control to do their stuff!

CLEANING OUT THE PIT AND CHECKING THE PUMP

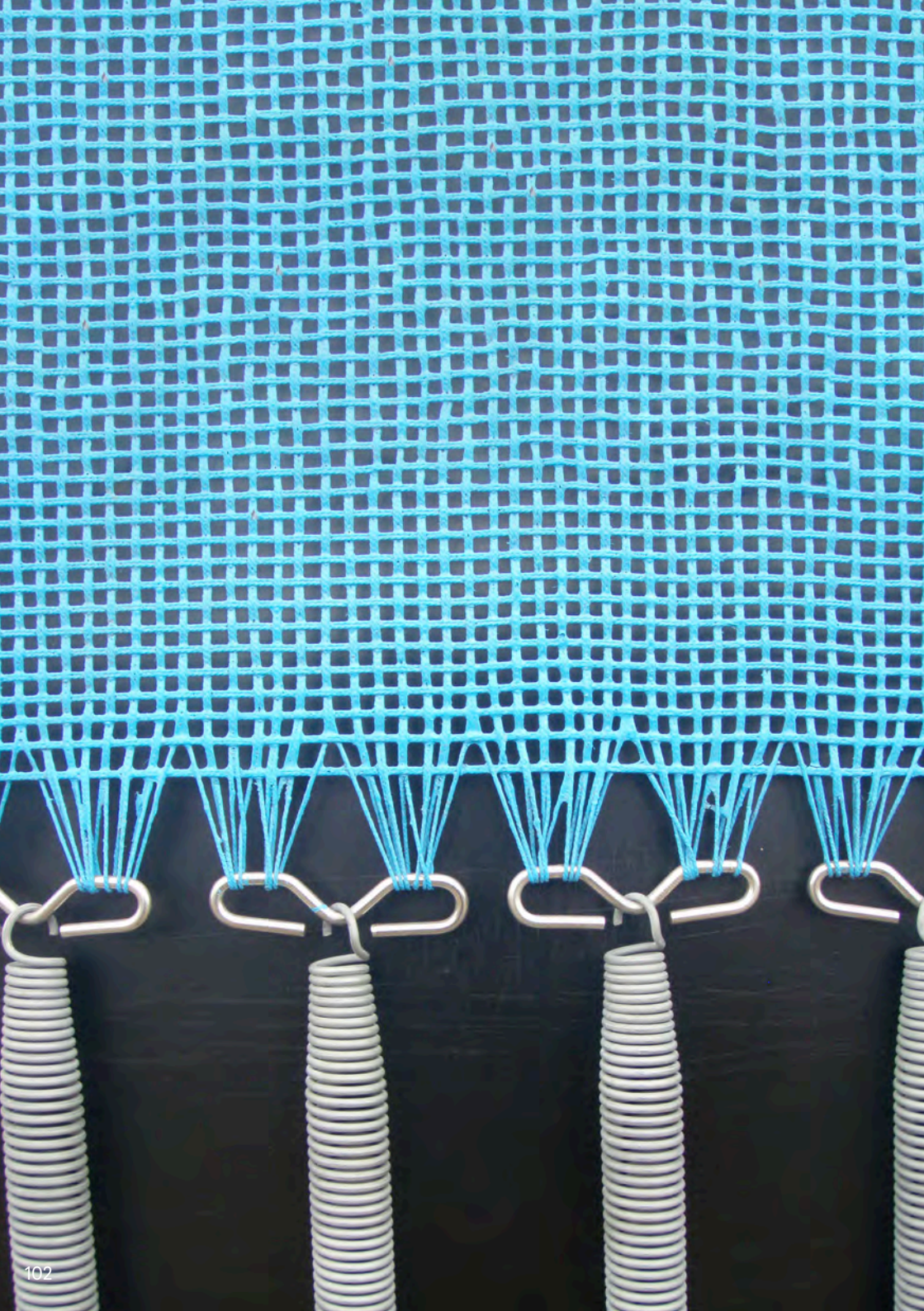
Over time seeds, leaves, twigs, toys and lolly wrappers may find their way into your trampoline pit. Small bushes and weeds may grow in the bottom of the pit from the seeds. As such, your pit may require cleaning on a periodic basis.

Simply open up a corner section of the trampoline by disconnecting enough springs from the framework in one corner to gain access to the pit. Use a small bucket and shovel to remove dirt, weeds, etc.

We recommend an annual inspection at the very least!

NOTE: Ensure no one bounces on the trampoline while a person is under the mat.

If you have a water pump in your pit you will need to check that it is functioning. If you believe the pump is not working firstly check that the power plug is in correctly. Another reason the pump may not be working is that the pump float has jammed. Give the hose that leads down to the pump a shake – this may loosen the float. You may not hear it kick in however you will feel it vibrating. If your pump remains faulty after these simple fixes, please contact Mr Trampoline.



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