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AIR-O BOARD INFORMATION AND ASSEMBLY INSTRUCTIONS

Thank you for purchasing the Air-O Board!
Please read the following information prior to assembling or using the Air-O Board.

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1. FEATURES OF THE AIR-O BOARD

The Air-O Board combines the features of a conventional vaulting board and a mini trampoline: It has the shape and profile of a conventional vaulting board but with the soft surface and rebound potential of a mini trampoline. This allows the gymnast to perform a high number of vaults with a lessened danger of lower leg muscle tears ("shin splints") compared to conventional vaulting boards. The Air-O Board also reduces the risk of ankle, knee and hip injuries that are often suffered while using a conventional vaulting board, and it is ideal for gymnasts returning to vaulting after an injury. The patented safety frame pads are an integral part of the jumping surface,

which makes it impossible to get feet or hands caught in the springs. Wheels on the front of the frame make for easy transportability.

2. FUNDAMENTAL SAFETY RULES

- a. Check that adequate matting is installed prior to using the Air-O Board.
- b. Use the Air-O Board only with mature, knowledgeable supervision.
- c. Keep objects away that could interfere with the performer. We recommend at least 20 feet from the Air-O Board to any objects above the Air-O Board.
- d. Do not use the Air-O Board when you are tired. Do not use the Air-O Board when under the influence of alcohol or drugs.
- e. Do not attempt somersaults without proper instructions and coaching. We recommend the use of safety apparatus such as overhead suspension, training rig, or spotting mechanism when attempting advanced skills.

3. WARNING

- a. Misuse and / or abuse of the Air-O Board are dangerous and can cause serious injuries.
- b. The Air-O Board is a rebounding device and can propel the performer to unaccustomed heights and into a variety of body movements.
- c. All purchasers and all persons using the Air-O Board must become familiar with the manufacturer's recommendations for the assembly, use and care of the Air-O Board, as well as being alert to the performer's own limitations in the execution of skills using the Air-O Board.
- d. Assembly instructions, selected precautions, recommended instructional techniques and progressions and suggestions for the care and maintenance are included to promote safe, enjoyable use of the Air-O Board.

4. CARE AND MAINTENANCE

Inspect the Air-O Board before each use and replace any worn, defective or missing parts. The following conditions could represent potential hazards:

- a. Punctures or holes worn in the bed (i.e. the jumping surface).
- b. Deterioration in the stitching of the bed.
- c. A bent or broken frame.
- d. Ruptured springs.
- e. Missing or insecurely attached frame pads.
- f. Sharp protrusions on the frame or suspension system.

The bed should be kept free of dirt, sand or foreign objects. These materials are abrasive and could cut into the fabric as well as the stitching and cause excessive wear. Clean the bed and pads with cold water but use no soaps, detergents or chemical cleaners. Use clear water and soft sponge or clear water under pressure. Do not wear shoes while jumping on the Air-O Board.

5. LOCATION OF THE AIR-O BOARD

- a. Adequate overhead clearance is essential. A minimum of 20 feet from the floor or ground to the ceiling

or overhead obstacles is recommended. When used outdoors provide adequate clearance for wires, tree limbs, fences and other possible hazards.

- b. The Air-O Board should be placed on a level surface before use.
- c. The Air-O Board should always be used in a well-lighted area. If artificial illumination is provided, it is recommended that such artificial illumination meet the standards of 50 fc. (538 lx.) as recommended for gymnasiums and field houses in IES Recommended Practice RP-6.
- d. There shall be no obstructions beneath the Air-O Board.
- e. The surface of the bed shall be dry.
- f. If used outside, the wind or air movement shall be calm to gentle. The Air-O Board must not be used in gusty or severe winds.
- g. The person responsible for the use of the Air-O Board shall make all users aware of the FUNDAMENTAL SAFETY RULES.

6. LIABILITY

While every attempt is made to embody the highest degree of safety in all our products, we cannot, however, guarantee freedom from injury. The user assumes all risk of injury due using of the Air-O Board. All merchandise is sold on this condition, which no representative of the company can waive or change. Please read all safety and use material provided prior to using the Air-O Board, and make sure all new users are thoroughly familiar with this material.

7. WARRANTY

Trampolines Unlimited, Inc. of Carpinteria, California, warrants to the original purchaser that this unit to be free from defects in material and workmanship for a period of one year from the date of original purchase. Normal wear and user's abuse is not covered in this warranty. The warranty card shown below must be properly filled out and mailed within 10 days for the warranty to be valid.

Copy and mail to: Trampolines Unlimited, Inc.
P.O. BOX 924
Carpinteria, CA 93014

Name _____

Telephone _____ Date Purchased _____

Address _____

City, State, Zip _____

Purchased From: _____

8. WARRANTY PROCEDURE

Before you return any equipment for service under our warranty or otherwise, you must contact either your local dealer or the factory. You will need to furnish the following information: Your name, address, phone number and the nature of the complaint or problem. We will then issue instructions for either correcting the trouble or returning the equipment for repair or replacement. Merchandise will be repaired or replaced at the discretion of the manufacturer and shipped to the buyer freight-collect.

9. PARTS LIST FOR THE AIR-O BOARD

See pictures at end of this document.

<u>Quantity</u>	<u>Description</u>
1	Frame, which includes: Left half Right half Front bottom insert (has two holes) Front top insert Back insert
1	Poly' bed with flaps & hook Velcro sewn on bottom.
1	Frame pads
2	3" diameter by 7" pipe foam, see note 2.
4	1.5" by 10" One-Wrap Velcro, see note 3.
42	6" springs
8	1.5" S-hooks (or 7" springs)
2	Wheels with lock washers and nuts
1	Information package (i.e., this document)

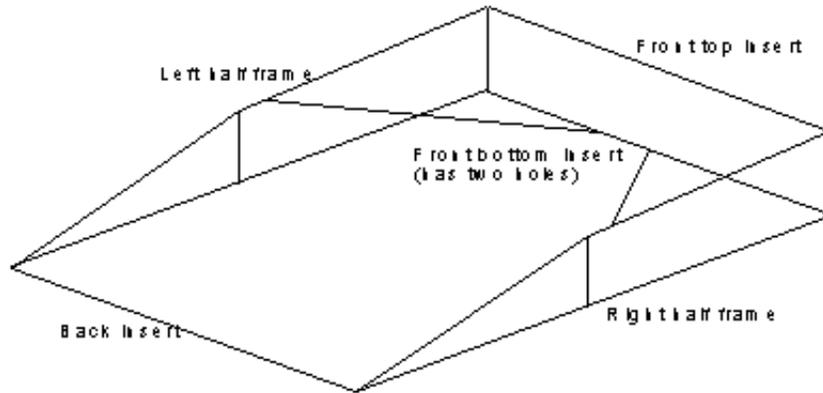
Notes (see pictures at end of document):

1. The Air O Board is shipped unassembled in two boxes: The frame, wheels and frame pads are shipped in box 1; all other items are shipped in box 2.
2. Wrap the pieces of pipe foam around front of frame. See pic on page 10.
3. Wrap the One-Wrap Velcro around the pipe foam with the hook side facing outwards. The hook Velcro will prevent the AOB from sliding when used on carpet surfaces.

10. ASSEMBLY INSTRUCTIONS.

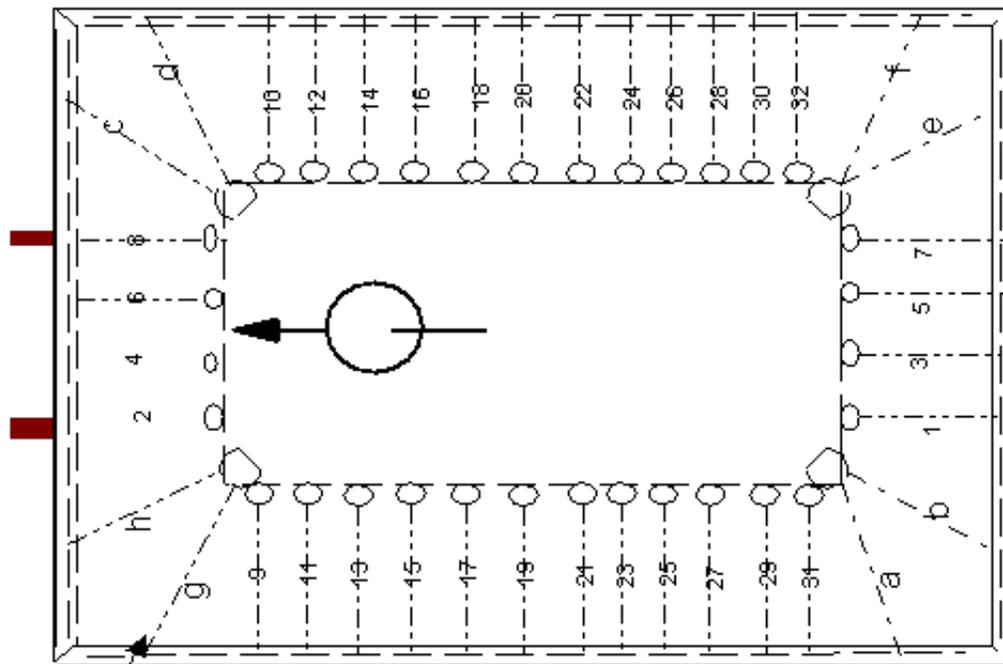
10a. ASSEMBLING THE AIR-O BOARD FRAME (refer to the perspective view shown below)

1. Lay the left half frame on a flat surface with the sleeves pointing up.
2. Slide the front bottom insert into the front bottom sleeve. Line up the holes and insert the shaft of a wheel through the holes. Loosely screw on the lock washer and nut. (Note: If you do not want the wheels then you must use 3/8" by 1.5" bolts in these holes.)
3. Slide the back and front top inserts into the back and front top sleeves.
4. Line up the sleeves on the right half frame with the three inserts. Slide the right half frame all the way onto the three inserts. (Note: Slide the frame on evenly. The frame will jamb if the front or back is slid on first. If this occurs then pull the sleeve off and try again. Use of WD-40 may help.)
5. Insert the shaft of the other wheel through the holes in the right half frame and insert.
6. Tighten the bolts with the lock washers onto the threaded shafts of the wheels.
7. Lay the frame on a flat surface and proceed to the instructions for installing the bed and springs.



10b. INSTALLING THE BED AND SPRINGS
(refer to the top view drawing of the bed and frame shown below)

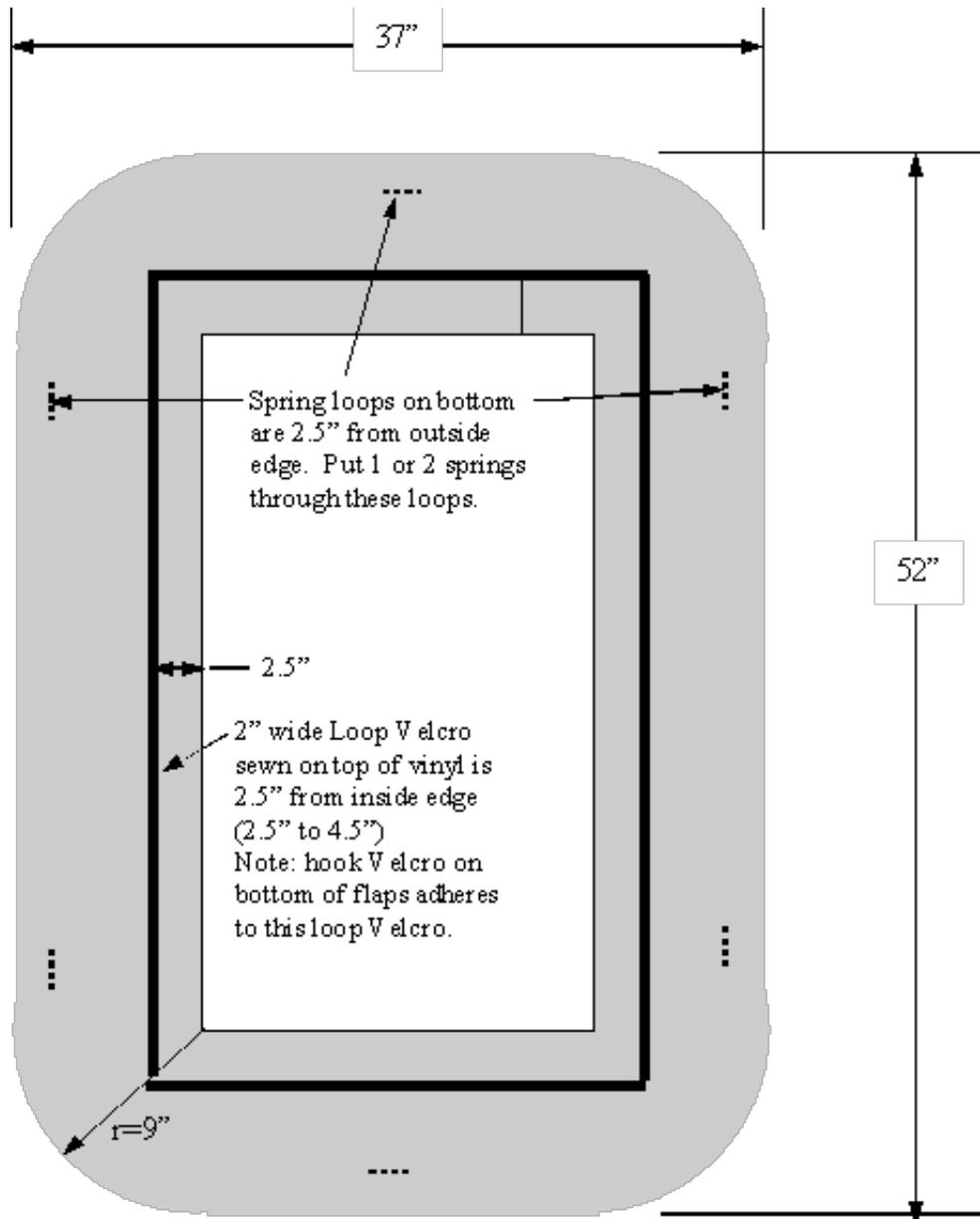
1. There are forty-two 6" springs (note: we provide you with two extra 6" springs in case you want to increase the tension in the jumping surface and to use as "spring pullers"). Use one (or two) of the 6" springs as a spring-puller by hooking one end of it to the end of the spring to be installed. Always hook the springs onto the D-rings with the hook pointing down and then stretch the other end of the spring over to the monkey wire welded to the top of the frame. Choose the wire on the frame closest to the D-ring on the bed.
2. Install springs 1 to 32 and then "a" to "h" in the order shown in the drawing below. Use one 1.5" S-hooks for the springs labeled "a" to "h" in order to prevent the springs from exceeding 7.5" of stretch (or use the 7" springs in positions a to h).
3. The 6" springs are very stiff and you may have to sit on the floor and use your feet to push against the frame in order to stretch these springs to the monkey wire. Use two of the 6" springs as a spring puller, if necessary.



Use one S-hook when installing springs a through h (or use 7" springs).
 Note: S-hooks can also be used to reduce the tension in the bed if you want a softer bounce (e.g., for lighter weight gymnasts)

10c. SECURING THE FRAME PADS OVER THE SPRINGS AND FRAME
 (refer to the top view drawing of the bed and pads shown below)

1. Lay the frame pads over the springs and top of the frame. The frame pads have loop Velcro sewn on the top about 2.5" from the inner edge. They also have loops sewn to the bottom.
2. The bed has poly' flaps sewn to the perimeter. These flaps have hook Velcro sewn to the bottom, which is used to secure the pieces of carpet-bonded foams to the edge of the bed. Pull the flaps over the pads and press into place. The hook Velcro on the bottom of the flaps will stick to the loop Velcro on top of the frame pads.
3. The two pieces of 3" diameter by 7" long pieces of pipe foam can be used to wrap around the bottom two sides of the frame using the hook Velcro with sticky back to secure the foam. This will reduce sliding on carpet.
4. Setup the Air-O Board and get ready for action! You are now ready to vault!! Have fun!!! A picture of the assembled Air-O Board is shown at the end of this document.



11. OPTIONAL EQUIPMENT FOR THE AIR-O BOARD

- a. **Pipe Foam for the Frame:** You may want to wrap the entire frame of the Air-O Board with pipe foam. The pipe foam can be purchased from a local hardware store or by calling the factory.
- b. **Round Off Entry Mat:** Velcro can be added to the bottom-rear of the Air-O Board frame, and then used to attach a folding mat for round off entries. Contact the factory for further details on this option.
- c. **Extra and / or Replacement Springs:** The tension in the bed can be varied by adding or subtracting springs, or by using spring extenders. Call the factory for details.
- d. We also have **Lightweight Springs** if the Air-O Board is primarily being used in "kindernastic" programs (i.e. you want a softer bounce). Call the factory for details.

Air-G Board™

Meets FIG height specs¹

Logo acts as "sweet spot" target

Wheels for easy x-port¹

Frame pads act as "Safety Zone"

Attach mat for round-off entries

Its a Totally New Concept in Vaulting!

- Extends your high-repetition training time
- Reduces injuries and pain
- Ideal for returning to vaulting after an injury
- Built-in "safety zone"





12. Picture of Assembled Air O Board

Swivel wheels engage when the rear of the Air O Board is lifted.

Pipe foam with 2" wide "One-wrap" Velcro. Note: hook Velcro faces out. This will prevent the Air Board from sliding when it is used on a carpet runway.