

## SAFETY INSTRUCTIONS

These instructions are for our **12SPRINGS Airtrack** for use at home and the gym.

**Important:** This product is not a toy. It is professional training equipment for gymnastics, cheerleading, tumbling, school sports, martial arts, parkour, free running, and other athletic movements. It should be used under the supervision of a trained instructor.

### GENERAL INFORMATION

- This equipment is not suitable for children under 5 years old.
- Do not allow more than one person at a time to use the Airtrack.
- Do not wear shoes while on the Airtrack to prevent from damaging the surface.
- Do not jump or land close to the air valve.
- Use the Airtrack only under the supervision of trained and qualified instructors.
- Follow a progressive learning pattern. Assure basic skills are achieved before attempting more advanced skills.

### POSITIONING AND SET-UP

- Do not bring any sharp items on or close to the Airtrack.
- Never place the Airtrack near overhead obstructions, such as low ceilings, trees or power lines, nor place the equipment on a slope greater than 5%.
- The area on which the Airtrack is placed must be clean, dry, flat and free of obstacles and walls.
- Preferably put an anti-slip mat under the Airtrack to avoid moving or damage.
- Always set up the Airtrack in the same area where you will be using it. Do not drag or throw it. Lift it by the handles and avoid scraping.
- Do not use the Airtrack near wet areas or near a fire.

### PRESSURE

- Use only the air pump supplied.
- Check the air pressure before each training session.
- Assure that the Airtrack has sufficient air pressure to avoid bottoming out.
- Use the Airtrack only when all hard, exposed surfaces are protected with proper mats.
- Please note that the Airtrack gets firmer in warm weather and loses pressure when it gets colder.

### OUTDOOR

- When setting up the air track outdoors, use a groundsheet or anti-slip mat to avoid moving or damage.
- Do not expose Airtrack to heat, including exposure to the sun for long periods.
- Do not use the Airtrack in the rain or snow. While inflating the equipment, keep the air pump away from water or electrocution may occur.
- Make sure the surface is dry, a slippery surface can cause injuries.
- The Airtrack is 100% air and watertight.

### MAINTENANCE

- Never pack, store or transport the airtrack when it's moist or dirty.
- The Airtrack can be cleaned with water and soft soap. Do not use industrial cleaning products.
- Do not use the Airtrack when it's damaged, leaking or when parts are worn or missing.

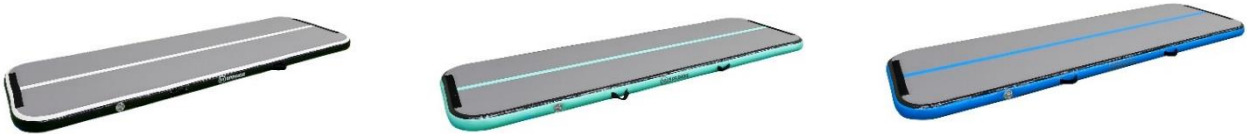
### WARNINGS

- Be aware that the Airtrack is not designed as landing mat.
- The Airtrack may move during use which could result in serious injury.
- Do not use the Airtrack in wet conditions due to high risk of slipping or getting injured.
- Do not use the Airtrack when it is damaged.
- Mats cannot and do not eliminate hazards.
- Disclaimer: By using this equipment you release from liability and waive any right to sue the manufacturers, distributors, and retailers of this product their employees, officers, volunteers and agents from any and all claims, including claims of negligence, resulting in any physical injury, illness (including death) or economic loss you may suffer.

## SETTING UP

You're about to get started with your **12SPRINGS Airtrack**. Don't worry, setting up the Airtrack is simple. You don't want your brand new Airtrack to knock something over or scrape a wall, so be sure to find a clear spot, free of sharp objects. If you're setting up the Airtrack outdoors, make sure to place a ground cover or anti-slip mat underneath the equipment.

Please make sure you have read the safety rules before proceeding to set-up your Airtrack.



### STEP BY STEP SET-UP

- ① Prepare a clean, flat surface for the Airtrack, take it out of the bag/carton and make sure to unroll it completely (preferably on an anti-slip mat).
- ② Pump-Attach the Quick Snap Adapter to the hose, connect the hose to the electric pump and lock in place.
- ③ Insert Quick Snap Adapter into the open air valve and twist to lock in place.
- ④ Turn on the electric pump to inflate until the Airtrack is fully inflated. Check if the pressure is correct by testing the mat with your hands.
- ⑤ Turn off the electric pump and disconnect the hose. The pin inside the valve should still be out and no air should be leaking.
- ⑥ Twist the valve cap in place.

### WARRANTY

- One year warranty on manufacturing defects.
- Damage caused by use is not covered by this warranty.

### STEP BY STEP STORAGE

- ① Connect the electric pump to the high pressure valve. Use the back end of the pump to deflate the Airtrack entirely.
- ② Fold the air track (put the right and left side over one another)
- ③ Roll the folded Airtrack into itself starting from the opposite end of the valve.
- ④ Once the Airtrack is rolled completely, press the valve one last time to allow remaining air to exit.
- ⑤ Tie the Airtrack together using the provided webbing.
- ⑥ Insert the rolled Airtrack into the custom bag/carton.
- ⑦ Store in a dry location.

## PLAY IT SAFE

The thickness of the Airtrack has an effect on how the product can be used.

The bounciness of the Airtrack depends on how much pressure you put in it. If filled up to the maximum pressure, the Airtrack can feel exactly like a dead floor (which is useful for competition training). Inflating it to a standard level will make it optimal for low to mid-level training, while inflating it to a minimum level will make it more fun for recreational purposes.