



WELCOME
to the
World of
BACKYARD PRO®
Trampolining

WARNING

All illustrations and photographs in BACKYARD PRO® advertising and instructional literature, including this book, are for illustrative purposes only. These photographs, illustrations and other graphic art do not necessarily constitute our recommendation for correct usage or safety, *especially where untrained, inadequately trained, or otherwise unqualified participants may be involved.*

Illustrations of inverted and advanced skills have been included in this book to show the superior performance and design features of the BACKYARD PRO trampoline. Such inverted and advanced skills should not be attempted (even using a safety belt!) without extensive professional training. Untrained beginners should strictly limit their trampolining and their spotting (with or without a safety belt) to fundamental skills as explained in the "Fundamental Trampoline Skills" section of the **BACKYARD PRO OWNER'S MANUAL** and are particularly referred to the warning at the end of that section. Untrained, inexperienced or otherwise unqualified spotters should not attempt to spot skills (particularly advanced skills) from the BACKYARD PRO spotting decks either with or without a safety belt and are specifically referred to the "Warning About Spotting Decks" in the **BACKYARD PRO OWNER'S MANUAL**. (This **BACKYARD PRO OWNER'S MANUAL** is included with every BACKYARD PRO trampoline and is separate from and much more *comprehensive* than this BACKYARD PRO trampoline book you are presently reading.)

One of the many unique design features of the BACKYARD PRO trampoline is a frame incorporating integral spotting and observation decks on all four sides. Virtually all other home and yard trampolines lack any embodiment of this professional design feature. Thus it would obviously be impractical, **NOT RECOMMENDED**, and probably dangerous to try to observe, instruct, spot, guard or otherwise assist a performer (either with or without a safety belt) while attempting to stand at bed level on the sides or ends of any trampoline frame other than a BACKYARD PRO trampoline. Only the BACKYARD PRO trampoline is uniquely designed to permit these types of activities. Even on the BACKYARD PRO, such spotting, etc. from the decks is recommended *ONLY* for ***trained and qualified*** spotters and *ONLY* under certain proper conditions and circumstances as set forth in the comprehensive **BACKYARD PRO OWNER'S MANUAL**.

Children should use the trampoline only under mature, knowledgeable, and qualified close adult supervision. In general, all users (adults as well as children) are best advised to seek professional instruction and to always use their trampoline under the direct guidance and supervision of their qualified teacher.

All participants (supervisors, spotters, performers and all others) **MUST thoroughly READ and understand the BACKYARD PRO OWNER'S MANUAL** and all other accompanying BACKYARD PRO instructional and safety literature and warnings **BEFORE** attempting to **USE** or allowing anyone to use the BACKYARD PRO trampoline. Always follow all instructions, safety rules, warnings, assembly, maintenance, and all other information provided with the BACKYARD PRO trampoline.

Your *authorized* BACKYARD PRO distributor is:

Astraea, Inc.
Trampoline Marketing Division
1901 West Main Street
St. Charles, Illinois, 60174-1635
Phone (630) 377-7267

PLEASE SHARE THIS BOOK!

There can sometimes be a waiting list to receive this interesting and helpful book. You may wish to share your copy with interested friends and invite them to write or phone to receive their own *valuable* personal copy. *Thanks.*

Home Sports Training and Outdoor Recreational Trampoline™

WELCOME
to the
World of
BACKYARD PRO®
Trampolining

For those who *KNOW*, the *ONLY* way to go is BACKYARD PRO!™

All prices are subject to change without notice. We reserve the right to introduce design improvements and specification changes without notice and without incurring obligation to either prior, present or future owners.

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GENERAL INFORMATION

BACKYARD PRO® Sports Training™ & Outdoor Recreational Trampoline™

Introducing The World's Finest Home Fitness and Fun Machine!™

Congratulations on your interest in a good backyard trampoline! It is one of the *best* investments in **HEALTH, FUN, & FITNESS** that anyone can make. Trampolining is one of the most beneficial forms of exercise existent. More muscle groups are used more often and in a more balanced, harmonious and more coordinated way in trampolining than in virtually any other form of exercise. Trampolining requires and develops a very high degree of rhythmic muscle group coordination and kinesthetic awareness: this does more to sharpen and improve all-around physical coordination and kinetic space awareness than does any other sport. Trampolining is also a very **LOW IMPACT** exercise. Gymnastics, dance, jogging, jumping rope, and other aerobic activities are much more beneficial and less punishing on the trampoline because its notable resilience cushions all body impact.

The aerobic and other health benefits of trampolining are unsurpassed. Trampolining is very adaptable and versatile. As does a computer, a good trampoline interacts closely and personally with the user. And as with a computer, one sufficiently knowledgeable can "program" a trampoline workout to accomplish various personal objectives. A premium quality home sports training and outdoor recreational trampoline such as the **BACKYARD PRO®** affords a nearly *infinite variety* of moves, exercises, routines, and workouts. Through selecting and structuring from this rich and exciting repertoire of exercise possibilities (many of which would be literally impossible to perform on any platform other than a quality trampoline), the perceptive and informed trampoline enthusiast can effectively realize praiseworthy health, fitness and sports training goals or deeply personal aesthetic, expressive, and artistic goals.

Your trampoline workout can be just as intensive or as moderate as you care to make it. And it can be as cautious or as daring as you might wish. But reassuringly, **ALL** the **HEALTH** and **FITNESS BENEFITS** of trampolining can be derived from basic, **NON-SOMERSAULTING** trampolining. It is **NOT** necessary to learn advanced trampolining to enjoy virtually the **FULL RANGE** of tremendous and varied health and fitness benefits that trampolining can confer. **Trampolining is one of the very best sports for general fitness and conditioning.** And unlike many other fitness and exercise activities, trampolining is **FUN!!** Trampolining is always play, and never work. One never grows bored or discouraged with it!

As with any active sport, there are some obvious significant risks inherent in trampolining which every participant must assume. These risks can be **GREATLY MINIMIZED** (though not totally eliminated) by *investing in superior trampoline equipment* and by *following established safety rules and practices*. The **BACKYARD PRO** trampoline is the best designed, best constructed, and *best performing* backyard trampoline currently available. Its unique state-of-the-art design incorporates many unique safety features not found on other trampolines and features a superior, stable, effortless, safe and forgiving bounce which affords the performer improved control. The **BACKYARD PRO** home sports training and outdoor recreational trampoline is the *preferred choice* of World, Olympic, and All-American champions and other knowledgeable trampoline, gymnastic, springboard diving, and free style ski enthusiasts.

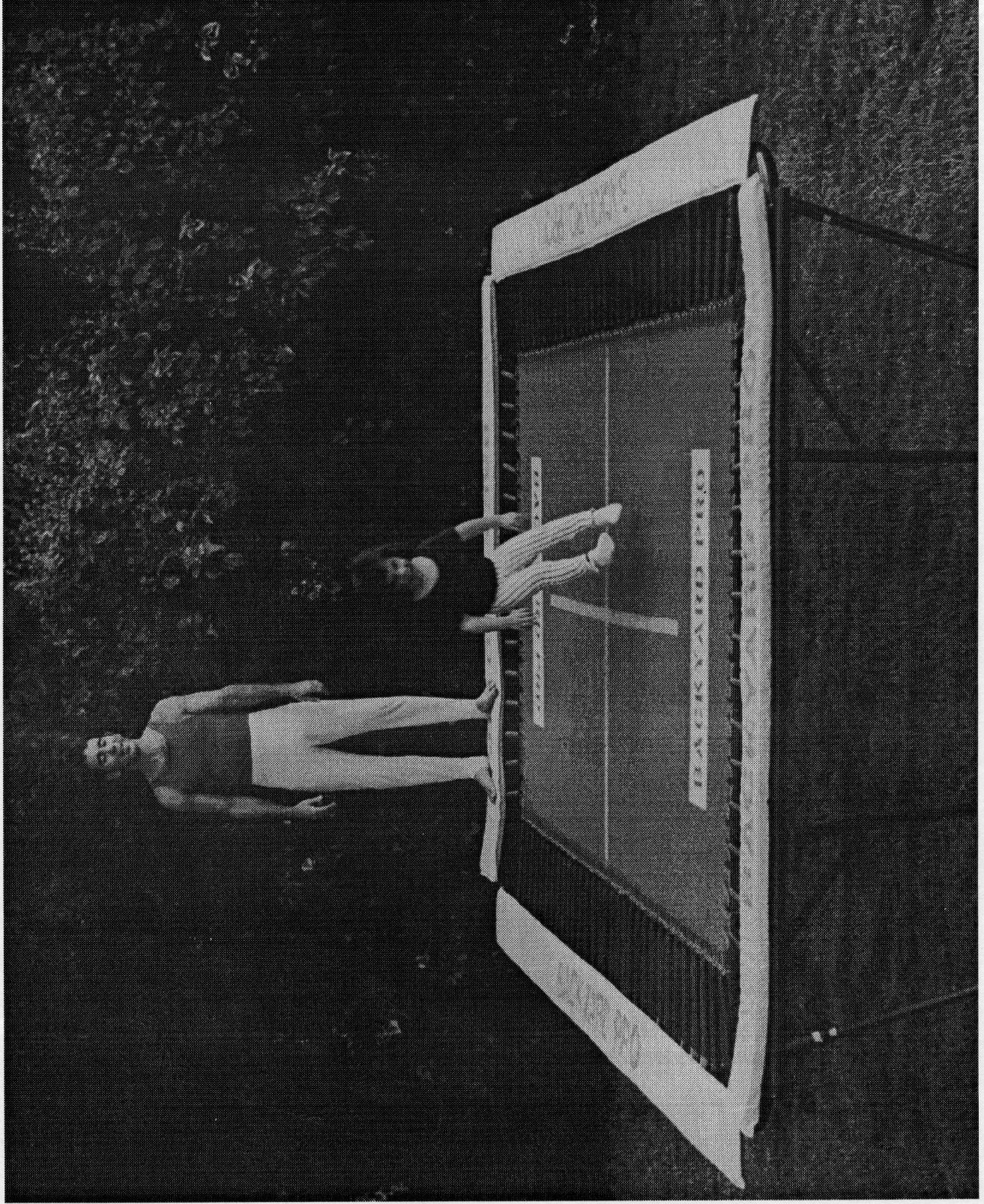
It can be very **UNWISE** to attempt certain sports and activities without the benefits of **TOP QUALITY PROFESSIONAL EQUIPMENT**. If you want to enjoy the sport of sky diving, it pays to invest in the *best* parachute because your parachute is the only thing between you and the ground. Similarly, if you want to enjoy the sport and art of trampolining--minimizing its risks while still fully enjoying trampolining's very substantial benefits--it pays to invest in the *best* backyard trampoline. "For those who **KNOW**, the **ONLY** way to go is **BACKYARD PRO®!**"™

WHY A WORLD TRAMPOLINE CHAMPION OWNS THE BACKYARD PRO.



Dan Millman, **USA & WORLD TRAMPOLINE CHAMPION** and **ELITE GYMNASTICS HALL OF FAME CHAMPION**, performs above on his **BACKYARD PRO®** trampoline

WHY A WORLD TRAMPOLINE CHAMPION OWNS THE BACKYARD PRO®



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WORLD TRAMPOLINE CHAMPION Dan Millman demonstrates the exclusive Backyard Pro® spotting deck safety frame™.

Dan Millman, USA & WORLD TRAMPOLINE CHAMPION and ELITE GYMNASTICS HALL OF FAME CHAMPION, performs above on his BACKYARD PRO® trampoline.

WHY A WORLD TRAMPOLINE CHAMPION
OWNS THE BACKYARD PRO.

BACKYARD PRO®

REGULATION TRAMPOLINE

Home Sports Training and Outdoor Recreational Trampoline™

WHY A WORLD TRAMPOLINE CHAMPION OWNS THE BACKYARD PRO®

Dan Millman, United States trampoline champion, **WORLD TRAMPOLINE CHAMPION**, elite international gymnastics champion, *Gymnastics Hall of Fame* member, motion picture performer, Director of Gymnastics at Stanford University, Women's Gymnastics Coach, University of California, Trampoline Editor for *International Gymnast* and *Acrosports* magazines and best selling author of several books on training, well-being and philosophy that have inspired over two million people in 16 languages worldwide, has tested many trampolines. He owns one: the **BACKYARD PRO®** all weather, family sports training and outdoor recreational trampoline. Why a **BACKYARD PRO®**? Because a world champion is only satisfied with the **BEST** backyard trampoline money can buy.

For those who KNOW, the ONLY way to go is BACKYARD PRO!™

BACKYARD PRO® trampolines are available from:

Astraea, Inc.
Trampoline Marketing Division
1901 West Main Street
St. Charles, Illinois, 60174
Phone (630) 377-7267

WHY A WORLD TRAMPOLINE CHAMPION OWNS THE BACKYARD PRO®



Dan Millman, **WORLD CHAMPION TRAMPOLINIST**, performs above
on his **BACKYARD PRO®** trampoline.

Gymnastics The Natural Way

by
Dan Millman

**WORLD Trampoline Champion
United States Trampoline Champion
Elite World Class Gymnast
Gymnastics Hall of Fame Member
Owner of the High Performance
BACKYARD PRO®
Home Sports Training and
Outdoor Recreational Trampoline™**

Dan Millman owns a BACKYARD PRO trampoline and enjoys using it for training, exhibitions, teaching, and family recreation. BACKYARD PRO TRAMPOLINE COMPANY is pleased to present Mr. Millman's excellent and insightful article here. This article proves Dan Millman's writing to be as *artistic*, graceful and distinguished as is his trampolining. Readers interested in studying more of Dan Millman's ideas on whole body fitness and sports training will want to read his best selling book, *THE INNER ATHLETE*.

Gymnastics The Natural Way

by Dan Millman

Dan Millman, World and United States Trampoline Champion, owns a **BACKYARD PRO®** trampoline and enjoys using it for training, exhibitions, teaching, and family recreation. Readers interested to learn more about Dan Millman's training philosophy should read his best selling book, *The Warrior Athlete*.

All of us--every athlete, and every gymnast--are subject to certain Natural Laws. Gravity is one natural law with which we are all familiar. There are many others. In addition, the laws of nature apply to our minds as well.

If you recognize your ultimate dependence on the laws of nature, you will find an intuitive sympathy with *aligning* yourself to the natural forces instead of trying to conquer, or overcome nature--an illusory, and fruitless task.

Yet, most of us, growing up in a modern, technological, civilized culture, develop a mistaken view of ourselves as somehow *separate* or outside "nature." Trees, stones, waves crashing on the beach all appear as "nature," and we admire and appreciate this "nature" outside ourselves. We like to "get back to nature" on camping trips. If we imagine ourselves to be outside of nature, independent of natural laws, we become "outlaws" from the natural forces. Then instead of flowing with life's daily events, we begin to perceive life, and our gymnastics training as a series of "problems" to be overcome.

This perspective is neither correct nor helpful to our training. When such understanding becomes obvious, we can re-align ourselves with natural principles of living and training and learn the *lessons of nature*. In this way, our gymnastics training can be a practice of *alignment* which will also help us to flow throughout daily life. This is what I mean by practicing gymnastics the *natural way*. To clarify this, I will outline what I consider to be four key principles of nature.

Nature's "Training" Principles

Non-Resistance

Non-resistance has been expressed many ways: "Go with the flow." "Don't push the river." "When life gives you lemons, make lemonade." You *can* practice gymnastics in the same spirit the bird rides the wind, or the leaf floats downstream--by becoming sensitive, and flowing with the physical forces, as well as the forces within your own mind.

Yet for most of us, training involves a kind of struggle, reflecting a problematical approach to daily life. All our language seems to reflect and reinforce this almost war-like muscular approach. We are told to "get tough," "be aggressive," "fight" our way through a routine. We imagine ourselves to "conquer" an apparatus, or "conquer" a mountain. This image of Man vs. Nature may be more unique to the West, because we've built central heating and a few flying machines.

The activity of a gymnastics meet could be described by a Saturday-Night boxing announcer: We "punch" the take-off board, "explode" from the floor, "wrap" and "pop" and "jamb" and "whip" and "kick." This struggle toward some moral or physical victory may bring us a certain strength and power, yet it is an energy-wasting way to view our activities.

Rather than trying to conquer an apparatus it can be most useful to align yourself to the particular qualities--the rhythm, feel and general characteristics of the apparatus--and then *blend* with those qualities in a way that you are working *with* the apparatus, instead of merely "on" it. You can literally become unified with the apparatus, and so make it a part of your body. Just as a natural golfer makes use of the wind, the direction the grass grows, the curves of the land, you make use of all mental and physical factors.

Non-resistance is not dumb passivity, nor is it just waiting for things to happen. Any rock can do that! Non-resistance is real sensitivity to your connection to the environment, so you can make use of the natural forces. Any bamboo shoot "knows" it must bend in the wind--but only the human being has the wisdom to put up a windmill, and use the natural forces. This is the real meaning of non-resistance.

Many problems on the apparatus, even prior to question of proper technique, stem from the gymnast's inability to align himself or herself with the characteristics of the equipment or floor. He or she may be too busy "trying" or struggling to notice the obvious--that swing is natural--that the only purpose of strength and muscular control is to make use of natural energy which is transmitted through the body.

This insight is certainly not new or original. In the last decade, we have begun intensive study of more efficient (and therefore aesthetic) bio-mechanical principles of swing, and body postures which make better use of the physical laws (such as those laws dealing with conservation of angular momentum, the movement of our center of gravity, the laws of action-reaction, momentum and inertia.) However, the approach has been almost exclusively *physical* in nature, and the *psychological application* of natural law is still new and relatively unexplored. "Psychology" and the gymnast seems primarily directed toward manipulative techniques to "get more" out of gymnasts in the familiar struggle to victory.

That is not to say we shouldn't win! Of course we should want to do our very best to play the game of competition with all our capacities, and enjoy the exciting rivalry in a spirit of humor and enthusiasm! But we can do this while attuned to natural laws, with the proper attitude. *Non-resistance* or "taking what comes" happily, is not just physical use of physical forces, but a mental attitude of enjoying each step in the training process.

Most of us are familiar with the physical law which says, "For every action there is an equal and opposite reaction." What most of us may not take into account is the psychological importance of this law. For example, in trying to do something, we are setting up a strong action. There will be a reaction opposed to the action.

For example, physically trying too hard to do a movement sets up a reaction-tension. Tension is a turbulence in the natural course of things; natural ease dissolves. It is more useful to imagine a movement simply "happening." Of course we must use effort, concentration and energy, but by imagining that we are "letting" the move happen, it will be more natural and effective. Every golfer knows this!

Psychologically, you know the reaction that arises when you try to diet. You crave food; you may even gain weight! The same opposite, reactive quality can be felt when you try too hard to stretch, or to do anything.

Accommodation

This second key principle of nature, once understood, can dissolve all doubts about your own capacity or chances of success--and can bring new maturity and realism in your training. Observe what happened to the Grand Canyon. It was formed gradually, but surely, by the action of running water. The river was soft, yet persistent. The earth accommodated to the continual force of the water. If you grind a rock slowly, it will take a new shape. That is another example of accommodation. The body, like any other form in nature, can be shaped, changed, according to forces placed upon it. It is a law, as sure as the law of gravity. There is no question about whether it will change--it will; absolutely.

Gymnastics, like life, develops what it demands. Therefore, you must first place a *realistic*, progressive, continual and persistent demand on yourself. This demand takes place through a gradual *overload*--asking the body (and mind) to do a little more than is comfortable. In the same way callouses develop in response to daily hand-heat and friction--in the same way muscles develop (or stretch out) in response to a demand, your skill will develop in the face of such a demand.

The key is a *progressive* demand. The forces of patience and wisdom must control the demand. If the demand is too rushed or too great, grinding a rock will crack it instead of shape it. For the gymnast, too great or rapid demand will set up a reaction, tearing hands instead of developing callouses, injuring bodies instead of strengthening them. It will only frustrate the gymnast.

If the gymnast and coach work together, with understanding and agreement as to the proper demand, the proper rate of progress, then the body will accommodate to appropriate demands, and will continue to develop, surely. The art of coaching--and the art of gymnastics--is based upon the intuitive ability to formulate the proper individual progressions, based on a particular gymnast's emotional, mental, and physical reactions.

Understanding the natural lesson of accommodation, no gymnast needs to wonder, "Can I do it?" "Will I be good someday?" You can know you will be very good, if you train properly and gradually. It is a law.

Balance

The law of balance can be appreciated by every gymnast. Again, however, balance here refers to a psychological quality of equanimity, not just the ability to do

a handstand. This psycho-physical principle can be stated as, "Neither too much, nor too little." It is not easy to find that balance! Gymnasts and even coaches often "break the law" of balance.

Most gymnasts follow their own mental desires to become very good very quickly. "The more the better" seems to apply, but it is not necessarily correct. Today's proliferation of injuries and non-aesthetic "super moves" are examples of this "bigger-better" way of thinking. "The harder you train, the better you will be" is only true to a certain point. Even if it were true physically, it would not be true psychologically.

Take the example of Debbie Meyers, a top Olympic swimmer, who commented that she would be glad when the Olympics are over, so she would never have to look at another swimming pool. This is a great psychological price to pay for a few moments of fleeting glory.

For every imbalance, there will be a reaction--either physical, or psychological, or both. So recognize that it is a mistake to work too hard, not just too easy. It is not good to be too lean or too fat. You can be too strong or too supple!

Balance is an understanding that recognizes for every "up" cycle in training, there will naturally be a "down" cycle. If you see this principle, you can learn to accept and even to enjoy (and make better use of) even the "down" cycles--and won't expect all days to be great.

Balance means integrating all three centers of the body: the intellectual, emotional, and physical centers, in training. This natural principle also sheds light on individual psycho-physical imbalances, such as tending to be too "loosey-goosey" or too "stiffy-tighty." Each type of gymnast has particular strengths and weaknesses--but a balance is ideal.

Natural Order

The last of the four major natural principles, natural order recognizes as Spring, Summer, Autumn and Winter each follow one another in turn. We can allow the natural turning of our own training, and our own lives, without haste. Seeds do not pursue courses in "How to Grow into a Tree in 36 Dynamic Days." Only the human seed seems to be in a hurry to grow into a Champion Tree. **To motivate ourselves, we create goals--but usually the goals have built-in time schedules which only make us rush and struggle.**

Understanding accommodation, you can have the psychic security to know the direction of training--toward progress--you will improve. However, you can never know the time it will take, because life holds too many surprises around the corner. You may suddenly improve, or you may have a set-back. Therefore, it's more useful to make short term goals. You know how good you can expect to be tomorrow--but not in two years. You can set realistic goals for today but not for years away. If goals are too long-range, they are only frustrating guess-work, pipe-dreams which only bring haste.

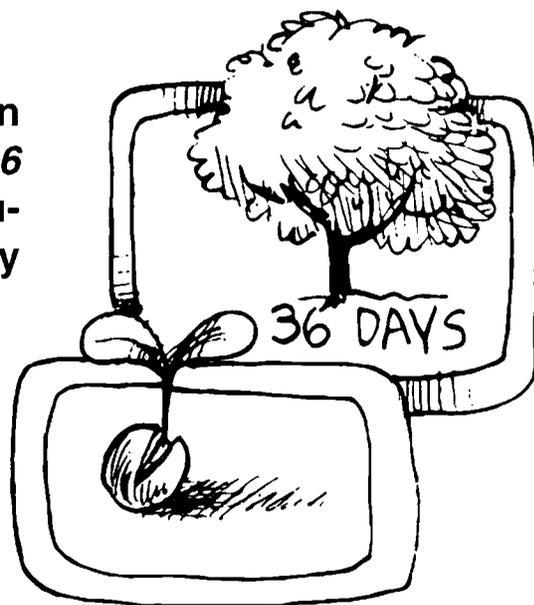
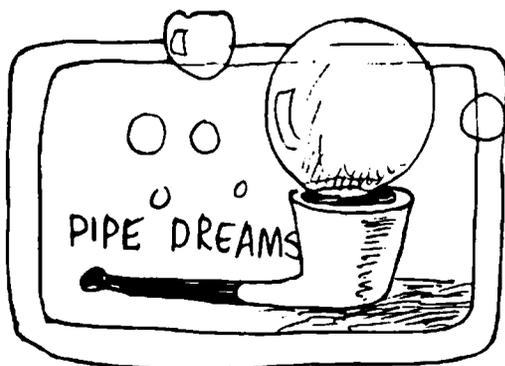
If you can accept yourself as part of nature, you can begin to align yourself mentally, emotionally, and physically with natural laws. Your walking, breathing, sitting--and your gymnastics--will take on a more enjoyable, patient smooth quality.

Recognize the lessons of non-resistance, accommodation, balance, and natural order in your own life, and things start going smoothly without any trying. Life becomes a river. You just ride it.

You didn't struggle to be born, and you're not going to have to struggle to die. So why make this time in-between a battle?

Instead, dedicate your training to the Great Principle of Alignment, and finally learn to flow. Gymnastics can be a great teacher and testing ground, whose One Lesson is how to live happily, effortlessly, the Natural Way.

"Seeds do not pursue courses in 'How to Grow into a Tree in 36 DYNAMIC DAYS.' Only the human seed seems to be in a hurry to grow into a Champion Tree."



BACKYARD PRO®

REGULATION TRAMPOLINE

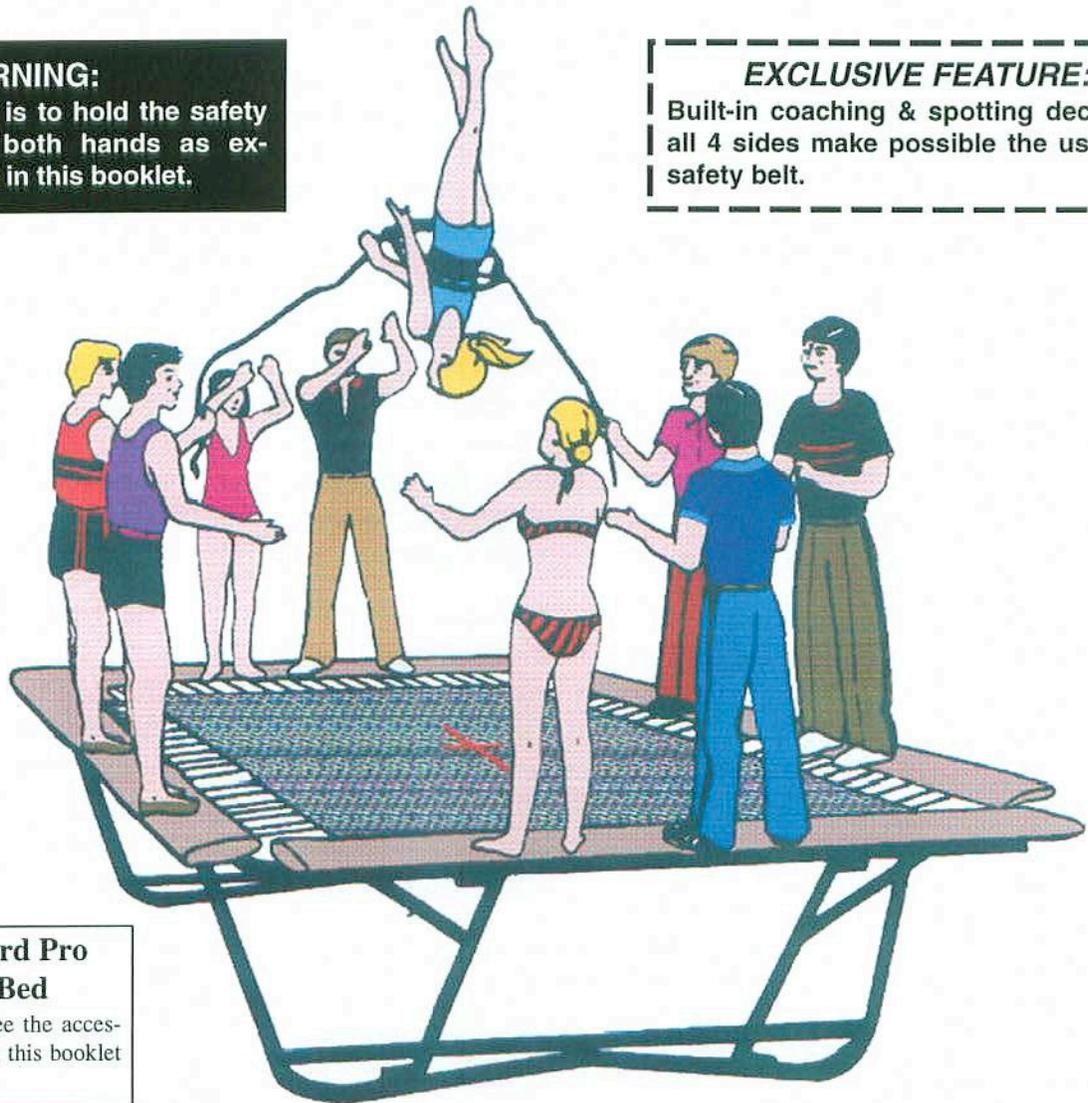
Home Sports Training and Outdoor Recreational Trampoline™

WARNING:

The best practice is to hold the safety belt ropes with both hands as explained elsewhere in this booklet.

EXCLUSIVE FEATURE:

Built-in coaching & spotting decks on all 4 sides make possible the use of a safety belt.



Deluxe Backyard Pro Woven Net Bed

is illustrated above. (See the accessories page elsewhere in this booklet for more details.)

Now your backyard trampolining can be more than just "play sessions" because, at last, there is an all-weather yard tramp with all the important design and heavy-duty construction features heretofore available only on the most expensive gymnasium and competition trampolines.

NOW BACKYARD TRAINING AND PRACTICE IS:

**EASIER
FASTER &
SAFER!!!**

An Open Letter from BACKYARD PRO to all Gymnasts, Springboard Divers, Cheerleaders, and other backyard trampoline sports training enthusiasts

Dear Gymnast and Trampoline Enthusiast:

As you know, in addition to being a popular sport in its own right, the trampoline has become a virtually indispensable aid in learning aerial acrobatic maneuvers as a prelude to attempting similar maneuvers on other apparatus and in floor exercise. The BACKYARD PRO regulation trampoline should prove of great interest to all serious trampolinists, gymnasts, springboard divers, freestyle skiers, cheerleaders, and other backyard trampoline sports training enthusiasts who want and require a superior trampoline for their backyard practice and recreation. The BACKYARD PRO regulation trampoline is the best designed, best performing and most heavy-duty and ruggedly constructed home trampoline available today. And it is available at a price the serious backyard trampolinist can afford.

Until now, most institutional quality trampolines were designed primarily to be used inside in a gymnasium and did not always prove practicable to maintain under out-of-doors, all weather conditions. The backyard trampolines were somewhat more weather resistant to permit easier outside usage and were priced more economically than the much more expensive competition and school trampolines. But they were not designed and built heavy duty enough to provide adequate support and a stable bounce for advanced high-bouncing routines or to hold up under the heavy usage of a school or a gymnastic or trampoline team. Also they often lacked desirable professional features such as spotting decks and safety frame pads.

The BACKYARD PRO is a regulation size trampoline with desirable design and safety features of professional, competition, and institutional trampolines costing more than three times as much. It is fully weather resistant and designed for year around outside use. But it also has the professional high performance design and heavy-duty construction heretofore available only in trampolines costing much more. No matter how heavy your schedule of usage is, the BACKYARD PRO will take it and keep giving high performance service year after year with only the most minimal maintenance. There is even little need to keep the trampoline covered during inclement weather. After it stops raining, you can simply start bouncing virtually at once without allowing excessive down time for the bed to dry. The BACKYARD PRO bed air dries in very little time (or can quickly be wiped dry) because BACKYARD PRO all weather rigging is water repellent and absorbs no moisture. It is also weather resistant against ice, snow, and sun rays. With its unique combination of weather resistant rigging, professional design and very heavy duty construction, the new BACKYARD PRO Regulation Deluxe Trampoline provides a better bounce outside than many much more costly professional and school competition trampolines which--because of their less weather resistant design--can often give a "dead bounce" outside under moist or humid weather conditions.

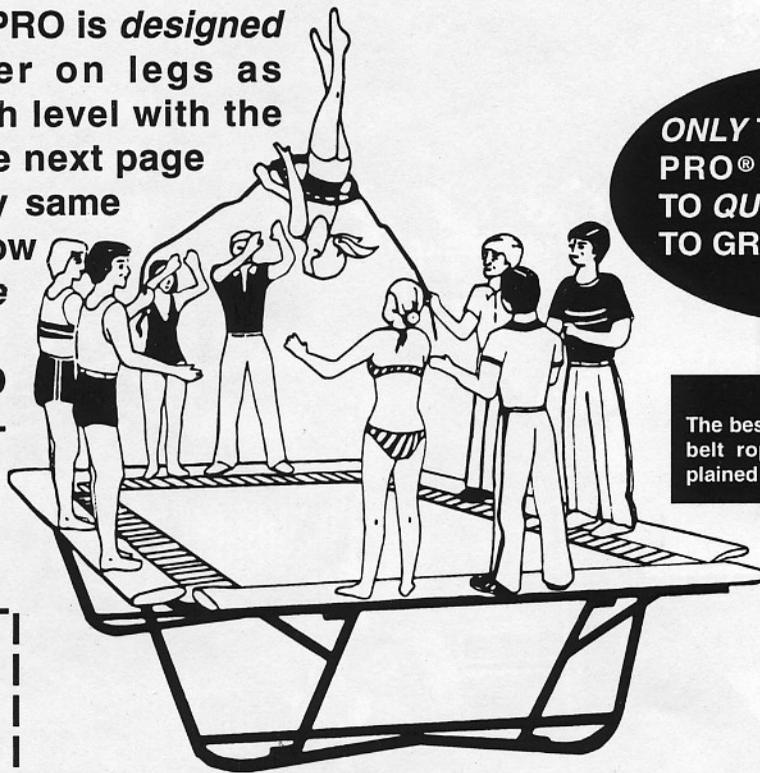
The BACKYARD PRO'S exclusive, built-in spotting and coaching deck along both ends and sides makes it a convenient and highly professional trampoline to practice, learn, and coach on and greatly facilitates practicing outside with a hand held training belt. For many stunts, this effectively avoids having to buy and add on expensive and cumbersome overhead pulley attachments in order for trampolinists to help and spot one another in a training belt. Also, the BACKYARD PRO has a rugged, heavy-gage, weighted, balanced and fully trussed top frame and under frame structure and a carefully designed suspension system which provide a more stable support and a more controlled, safer bounce both for every day recreation and for advanced and difficult high bouncing stunts and routines by any qualified performer, adult or child--amateur or professional. THE PHOTOGRAPHS IN THIS BOOK ILLUSTRATE THE TRUTH OF THIS STATEMENT: QUALIFIED PERFORMERS ARE SHOWN BOUNCING MUCH HIGHER--WHILE STILL MAINTAINING PERFECT CONTROL--ON THE BACKYARD PRO HOME SPORTS TRAINING AND OUTDOOR RECREATIONAL TRAMPOLINE THAN CAN BE SEEN ON OTHER HOME TRAMPOLINES. THIS TRANSLATES INTO BOTH HIGHER PERFORMANCE AND GREATER CONTROL AND SAFETY FOR THE SERIOUS BACKYARD TRAMPOLINE ENTHUSIAST.

BACKYARD PRO®

Home Sports Training and Outdoor Recreational Trampoline™
Designed to install either up on legs or flush level with the ground!

Only the BACKYARD PRO is designed to be installed either on legs as illustrated here or flush level with the ground as shown in the next page photograph of this very same BACKYARD PRO but now installed in its *exclusive* ground level mode.

Only the BACKYARD PRO is designed to correctly permit this DUAL INSTALLATION!



ONLY THE BACKYARD PRO® IS DESIGNED TO QUICKLY CONVERT TO GROUND LEVEL!

WARNING:

The best practice is to hold the safety belt ropes with both hands as explained elsewhere in this booklet.

Your Authorized Distributor is

Astraea, Inc.

TRAMPOLINE SALES DIVISION

1901 West Main Street

St. Charles, Illinois, 60174

Phone (630) 377-7267

Turn the page to see this same Backyard Pro trampoline installed flush level with the ground!

The BACKYARD PRO can also be used as a GROUND LEVEL trampoline! The legs are designed to easily and effortlessly convert to the ground level mode. The BACKYARD PRO also features a unique, ground level installation support structure welded and built into the frame on all four sides for *correct, professional* ground level installation without additional attachments or modifications of any kind!

Yet unlike all other ground level trampolines, *only* the revolutionary BACKYARD PRO design *includes legs* and features an *exclusive design* which allows their easy reconfiguration to **quickly convert** from a professional ground level trampoline to a *state of the art* above ground trampoline! This greatly increases the usefulness and resale value of the BACKYARD PRO trampoline. In some locations, drainage and soil conditions can make ground level installation impractical. Too, many people prefer the above ground mode because they can save the time and labor of installation at ground level which compromises the underlying lawn and is exposed should the trampoline ever be removed. *Only* the BACKYARD PRO is *designed for DUAL INSTALLATION* so that it can *correctly and professionally* be used in *either* the above ground mode *or* ground level trampoline installation mode. **THE CHOICE IS YOURS!!**

The BACKYARD PRO Home Sports Training and All Weather, Outdoor Family Recreational Trampoline™ is *much more* than your typical backyard play trampoline. Virtually all backyard priced trampolines are designed primarily for casual recreation and "play". The BACKYARD PRO *is a superb* year around recreational trampoline for the entire family, but it also meets *demanding professional standards* for advanced use as in gymnastics, springboard diving, aerial free style skiing, figure skating, dancing, cheerleading, and other sports training, etc. The BACKYARD PRO features *very heavy duty construction* to stand up under hard professional or institutional use and offers, inclusive in its modest price, *the desirable professional features* heretofore available only on professional, institutional and gymnasium trampolines costing many times more. Yet, unlike expensive gymnasium trampolines, the BACKYARD PRO is also *fully weather resistant* for year around, all weather, outside use in the yard!

SAFETY FIRST: The exclusive, built-in spotting decks along all four sides aid in the use of a hand held training and safety belt by *qualified* persons. This is **INVALUABLE** in helping to learn and practice new stunts not yet fully mastered.

BACKYARD PRO®

Home Sports Training and All Weather Outdoor Family Recreational Trampoline™

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Photo Copyright: 1983 BYPTIS Co. & Astraea, Inc.

ONLY the revolutionary **BACKYARD PRO®** trampoline, can be installed in **EITHER** the **GROUND LEVEL** mode (as shown above) or the **ABOVE GROUND**, up on legs mode (as shown on the previous page). Other less professional and less versatily designed trampolines virtually **DENY YOU THIS GROUND LEVEL INSTALLATION** because they are **NOT *designed*** to correctly allow this mode!

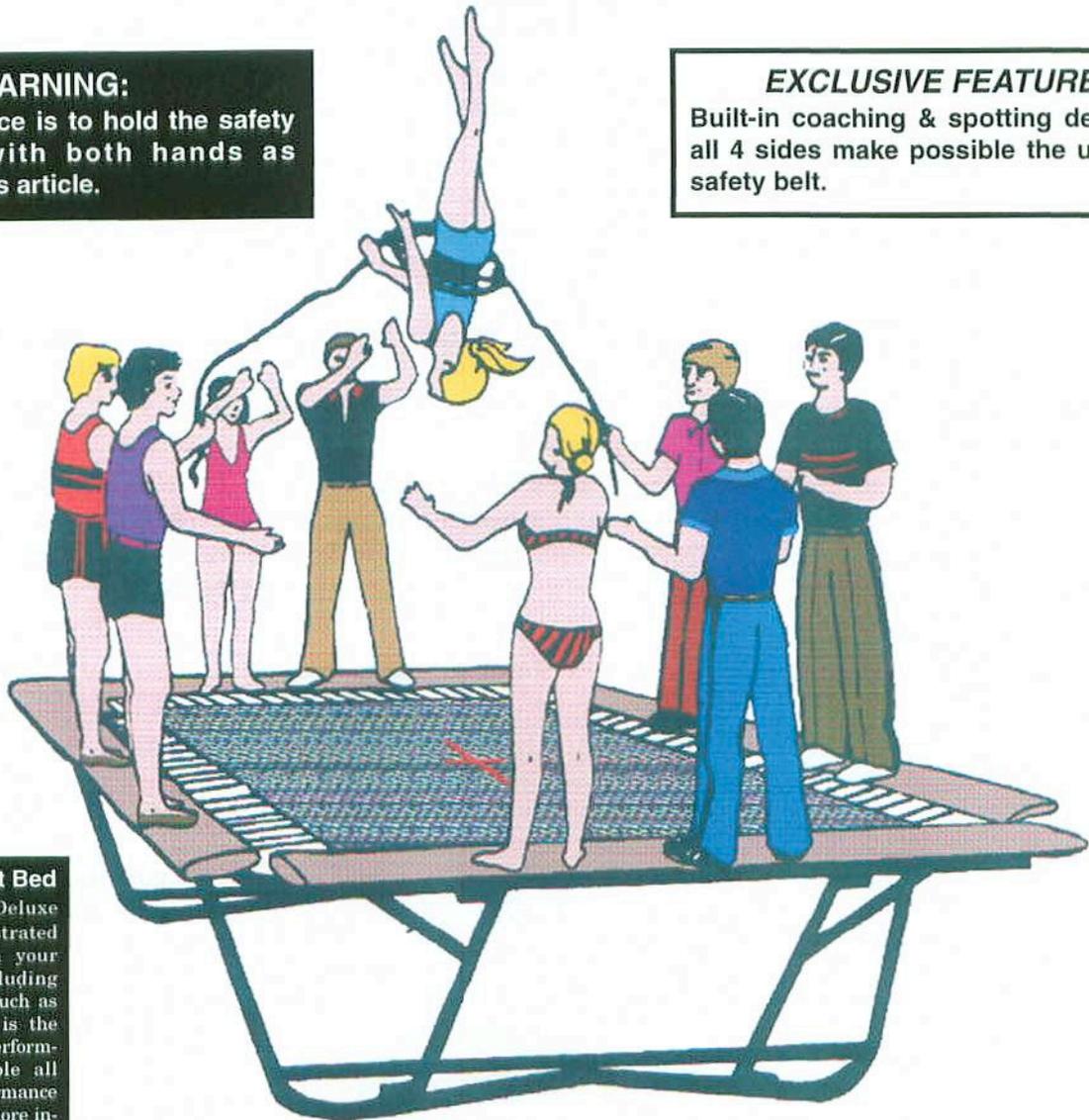
BACKYARD PRO® REGULATION TRAMPOLINE

WARNING:

The best practice is to hold the safety belt ropes with both hands as explained in this article.

EXCLUSIVE FEATURE:

Built-in coaching & spotting decks on all 4 sides make possible the use of a safety belt.



Deluxe Woven Net Bed

The Backyard Pro Deluxe Woven Net Bed illustrated here is available in your choice of colors including high visibility colors such as yellow and white. It is the world's finest, best performing and most durable all weather, high performance trampoline bed. For more information see the accessories page later in this book.

Now your backyard trampolining can be more than just "play sessions," because, at last, there is an all weather yard tramp with all the important design and heavy duty construction features heretofore available only on the most expensive gymnasium, institutional and competition trampolines. The Backyard Pro Deluxe Woven Net Bed illustrated above is a popular choice for its superior performance and longer life.

**USING YOUR BACKYARD TRAMPOLINE FOR
IMPROVED FITNESS AND SPORTS TRAINING**

USING YOUR BACKYARD PRO® TRAMPOLINE FOR IMPROVED FITNESS AND SPORTS TRAINING

reprinted with permission from *Gymnastics Today:*
National Magazine of Contemporary Gymnastics

A backyard trampoline is one of the best investments in health, fun and fitness that any family can make. Here are some easy ways you can use your trampoline more productively both for all-around fitness conditioning and for specific sports training.

Let us first briefly review how to bounce correctly and stop instantly. Keep your bouncing consistently in the center area of the bed. On contact, your feet should be about shoulder width apart with your arms down by your sides. As you ascend, your legs draw *gradually* together with feet pointed as you simultaneously swing your arms upward in front of you to about shoulder height or slightly lower. At the peak of your bounce, your arms momentarily pause straight in front of you. As you descend, continue circling your arms downward to your sides and gradually open your legs again to shoulder width apart. **FINE POINTS:** Do not "slap" the bed flat footed. Gradually flex and extend your feet so that the ball of the foot strikes the bed first as you land and touches off last as you rebound.* Keep your posture line vertical with your weight over the balls of your feet. *Without* lowering your head, keep your eyes focused on the bed about 2 feet in front of center. (Alternatively, you may focus on the end of the frame.) Your arms need never go above or behind your shoulders.*

To stop instantly, flex you knees deeply upon landing as you feel the bed begin its reactive thrust. Your flexed knees then act like car shock absorbers--absorbing the force that would otherwise bounce you high in the air. **FINE POINTS:** While flexing your knees, bend slightly forward at the waist and position your arms out in front of you. This increases your balance and control.

On no other piece of equipment save the trampoline can you enjoy a fun-filled aerobic workout that does so much for you in so short a time. In just 5 minutes or less daily, this aerobic workout will improve your cardiovascular health, increase your lung capacity, and exercise *every* major muscle group in your body in a balanced unified way so as to sharpen your coordination, timing, and reflexes. It will also fine-tune your kinesthetic "free fall" awareness which is why astronauts and fliers train on the trampoline.

The rhythmic synchronization and kinesthetic awareness that trampolining requires and develops does more to sharpen and improve coordination and space awareness than does any other sport. Trampolining is also a very **LOW IMPACT** exercise. Jogging, jumping rope, gymnastics and other aerobic activities are much more beneficial and less punishing on the trampoline because all body impact is cushioned by the notable resilience of the trampoline mat.

Your aerobic routine should include *only* fundamental **NON-SOMERSAULTING** tricks and simple combinations of them. Keep your bounce at a moderate height. For beginners, this means *less than 2 feet*. Simply perform a

*Some competitive trampolinists may prefer to flatten the feet from the extended position just before hitting the bed and to lift the arms higher above their shoulders and head at the top of the bounce. Although a little less aesthetic, some feel this practice may give a more powerful rebound resulting in more air time to accomplish difficult moves.

fundamental trick or simple combination on every third bounce without ever breaking your bounce to rest until a pre-set timer sounds an audible alarm to signal the end of your routine. Use any kitchen timer or quartz countdown timer.

Initially, set the timer for a very short workout--perhaps less than one minute, if you are rather out of shape. You will probably want the timer to sound at or before that point where you feel yourself progressing from an aerobic to an anaerobic state. How long this will take depends on both your physical condition and the intensity of your trampoline workout. By bouncing lower and performing less strenuous moves, you can slacken the pace of your workout if you feel yourself progressing into an anaerobic state too quickly.

Do this fitness workout *daily*. Using your timer, *gradually* increase the length of your workout until it lasts from 3 to 10 minutes. (10 Minutes is too long for many people, although those in exceptional condition can bounce longer. Ideally you can eventually even achieve a 20 to 30 minute daily "trampaerobic" workout.) Use the best technique you can. The better your form, the greater will be the health benefits derived. **WARNING: BE ESPECIALLY CAREFUL TOWARD THE END OF YOUR AEROBIC WORKOUT. A TRAMPOLINIST CAN OFTEN REMAIN UNAWARE OF HOW MUCH HIS CONTROL AND ABILITY TO EXECUTE EVEN SIMPLE STUNTS CAN DECLINE WITH FATIGUE.**

For additional backyard fitness fun, try jumping rope on the trampoline just as you would on the ground (with the unique advantage that each "jump" is cushioned by the soft "low impact" resilience of the trampoline mat). Now, jump a little higher and try double rope swings on each bounce. How about triple rope swings! Try jumping rope in the knee drop position. Next, alternate a knee drop with a standing bounce without missing a beat of the rope. Here is an advanced jump rope exercise for those who know how to do the back drop well. Lie on the trampoline in a back drop position with head and legs raised and arms extended in front. Repeatedly pull your legs in toward your chest and extend them out again toward the ceiling--seeking to establish a rhythm that allows you to bounce on your back as easily and confidently as you bounce on your feet. (This takes some practice.) Now try jumping rope on your back. Never let your feet touch the bed. How about double or even triple rope swings on each back bounce! The innovative rope jumping you can do on your backyard trampoline is limited only by your imagination...and it all improves your health.

Most top gymnastic, diving, free-style skiing, (and of course trampoline) coaches use the trampoline very effectively to help their athletes learn easier and progress faster. Similarly, with the right kind of backyard trampoline, you can train seriously in your own backyard to become a more skillful gymnast, diver, "hot dog" skier...and your trampoline can help you excel in many other sports as well. The trampoline I like best for serious backyard sports training is the **BACKYARD PRO®** regulation trampoline. It has been specifically designed for this purpose with a rugged, well braced frame resulting in a very superior and stable bounce. The **BACKYARD PRO®** trampoline comes complete with fully padded spotting decks on all four sides which facilitate coaching or spotting at bed level from any point around the ends or sides. The spotting decks also allow use of a safety belt without additional attachments--an *inestimable* advantage in safely practicing new moves in your yard.

Most trampoline coaches teach through progressions--laying a correct foundation of skills for each successive new skill. Try to visualize a progression of relatively simple moves that will safely culminate in the stunt you are ambitious to perfect. Then master each successive step in your progression, using competent and alert spotters whenever necessary.

IMPORTANT WARNING:

Never attempt advanced moves without preparing yourself by first *thoroughly mastering* fundamental trampoline skills. Do *NOT* attempt somersaulting skills or similar inverted skills such as flip flops, etc. unless you are taking lessons from a talented teacher/coach! Even then, inverted somersaulting type skills (including flip flops and handsprings) should be practiced on the trampoline, only with your trampoline teacher's permission and under his supervision.

NEVER assume that because you can do a tumbling and/or gymnastic skill well on the trampoline, you are immediately ready to attempt it alone on the floor mat, beam or other apparatus. **ALWAYS** use competent spotters when first adapting a new skill from the trampoline onto the floor mat or other apparatus.

There are many exceptions, but in gymnastics training, you sometimes try to work with a low bounce or from a still bed with no bounce so as to more closely simulate your working height off a floor mat, beam, etc. Without a bounce, your trampoline now functions as sort of a combination super power tumbling platform and resilient landing mat. Relatively effortlessly, the trampoline helps lift you into a move while also providing a fairly forgiving landing surface. There is no quicker, easier way to become conversant with the essential kinesthetic "feel" of a new gymnastic move. This makes learning it on the floor or apparatus much easier.

For example, the easiest and fastest way to master the flip-flop (back hand-spring) is to learn it first on your trampoline. Because the back handspring travels backward, stand toward the front end of your trampoline. Do not bounce. Try not to even jiggle. The technique is exactly the same as on the floor but is much easier to execute on the resilient and forgiving trampoline surface.

CAUTION: Even on the trampoline, you will need spotters to help you at first. The best way to spot is to wear a safety belt and use two spotters, each holding a rope from the belt while standing to either side of you on opposite spotting decks of your **BACKYARD PRO®** trampoline. **Each spotter should hold his rope with both hands.** One hand holds very close to the performer's waist: the other hand holds about 18 inches or so further back. If the spotter should need to apply much leverage to the performer, the spotter can step one foot off the deck and onto the bed as the performer leaves the bed. The flip-flop can also be hand spotted without a belt just as on the floor but this requires more spotting skill.

WARNING: Spotting effectively with a safety belt requires considerable practice and skill. Remember that the best practice is to use two spotters to hold the belt with each spotter holding his rope with BOTH HANDS as more fully explained in the preceding paragraph. Begin by using the belt to practice spotting fundamental, NON-SOMERSAULTING

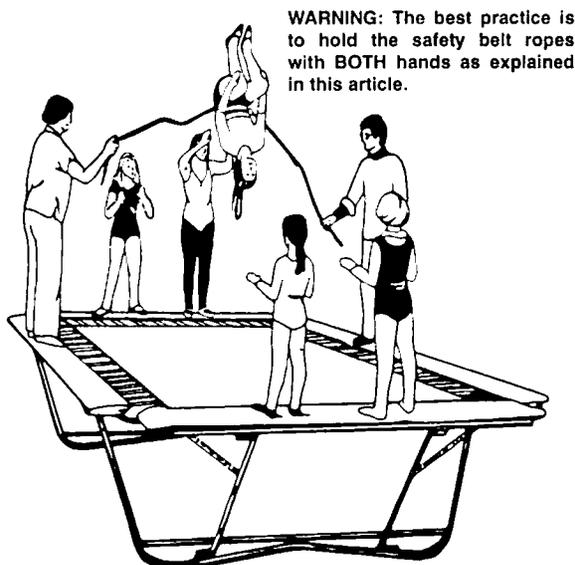
skills that the performer CAN ALREADY DO CORRECTLY WITHOUT RELIANCE UPON A SAFETY BELT. Do NOT attempt to spot advanced skills either with or without a safety belt until you are fully competent to do so. Only use spotters who are competent, alert, and strong enough to handle the performer. Trampoline spotting decks are for qualified people only. Casual observers should stand on the ground.

After you have *mastered* the trampoline flip-flop and swivel hips, here is a fun way of routining the flip-flop which I originated several years ago. Simply alternate flip-flops and swivel hips in swing with no intermediate bounces. (Begin by using a few low bounces, if necessary, between each swivel hips and flip-flop until you improve with practice.) This combination looks very pretty when done gracefully and with good form.

Balance beam tricks and combinations can best be practiced by first outlining a four inch wide balance beam lengthwise down the center of your trampoline. Use chalk or masking tape. The essential idea is to practice a move or combination until you can perform it without straying off the outlined "beam". It is less punishing to miss this outlined beam while still completing the move somewhere on the trampoline mat than to fall off an actual balance beam--even a low practice beam. For example, now practice your flip-flop using beam style foot placement and try to keep it on the outlined beam.

Many gymnastic, acrobatic, and other sports moves can be similarly practiced. Aerial cartwheels and walkovers, stall dives and twisting dives into a front roll, and twisting flip-flops are only a few such moves that can be practiced effectively on the trampoline *with professional instruction and under mature, qualified supervision*. Various springboard diving moves and twists can be practiced to great advantage. Many cheerleading leaps and moves are a lot of fun to practice outside on your backyard trampoline.

You should now be able to safely enjoy more productive and enjoyable workouts on your backyard trampoline. Always remember that trampolining should be an artistic and aesthetic activity. Sensitivity to the almost musical nuances of body line and harmonious placement is ultimately more interesting and pleasing than "rotational virtuosity."

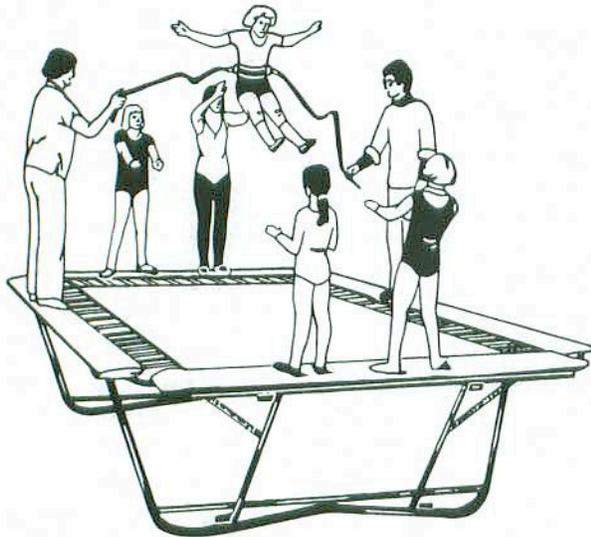


The BACKYARD PRO'S superior, soft and lively bounce makes it an ideal, all weather recreational trampoline for the entire family. But it also has every design and construction feature needed for advanced work and backyard sports training!!!

BACKYARD PRO®

REGULATION TRAMPOLINE

The home and backyard priced trampoline built to heavy-duty, institutional standards with the exclusive professional coaching and spotting deck built into the frame on all four sides.



THE EXCLUSIVE BACKYARD PRO SPOTTING DECKS ARE WELDED INTO THE TRAMPOLINE FRAME AND ARE AN INTEGRAL PART OF THE TRAMPOLINE FRAME. (Please do NOT confuse them with bolt on accessories or merely an enlarged and reinforced frame pad.) THIS EXCLUSIVE DOUBLE REINFORCED SPOTTING DECK FRAME RUGGEDLY TRUSSES AND CROSS BRACES THE ENTIRE PERIMETER FRAME RESULTING IN THE MOST RESPONSIVE, STABLE, & CONTROLLED BOUNCE OF ANY YARD TRAMPOLINE.

THE EXCLUSIVE, BUILT-IN, *DOUBLE* REINFORCED TUBULAR WELDED STEEL AND FULLY PADDED COACHING AND SPOTTING DECK ON ALL FOUR SIDES FULLY TRUSSES THE ENTIRE PERIMETER FRAME TO PROVIDE THE MOST RESPONSIVE, STABLE, CONTROLLABLE AND VIBRATION FREE BOUNCE OF ANY YARD TRAMPOLINE AVAILABLE. THE BACKYARD PRO IS THE *ONLY* BACKYARD PRICED, ALL-WEATHER TRAMPOLINE WITH THE HEAVY-DUTY CONSTRUCTION AND FULLY PROFESSIONAL DESIGN NECESSARY TO BEST ACCOMMODATE SERIOUS LEARNING, COACHING, AND PRACTICE IN ADDITION TO THE LESS DEMANDING USES OF BACKYARD RECREATION AND PLAY.

The **BACKYARD PRO®** is the only weather resistant, outdoor trampoline designed with built-in spotting decks along both its ends and sides as shown above. This permits qualified persons to spot and coach with a hand-held safety belt while standing on the decks at bed level with the performer. With other trampolines--lacking professional features such as spotting decks--all the spotters would have to stand on the ground. This would place those spotters holding the hand ropes too far beneath the performer to assert effective leverage by means of a hand-held training and safety belt. Indoors, in a gymnasium, similar safety training belts are sometimes suspended from the ceiling through overhead pulleys. Outside in the yard, your only "ceiling" is, of course, the sky, so a suspended training belt is not possible. And for safe, effective spotting, coaching, learning, and teaching using a hand-held safety training belt, the **BACKYARD PRO's** exclusive built-in spotting decks are a *VIRTUAL NECESSITY*. If you want an outdoor rated, fully weather resistant backyard trampoline in a full regulation size, professionally designed with tubular steel (WELDED IN as part of the frame) and fully padded spotting decks along all four sides trussing the entire perimeter frame to provide a stable, controllable bounce and facilitating safe, effective backyard practice and instruction using a hand-held safety training belt, the **BACKYARD PRO®** is the *only* way to go!!

LETTERS

from Satisfied BACKYARD PRO[®] Owners

On the following pages are a few of the many unsolicited letters we have received from satisfied BACKYARD PRO owners. Some of these letters are from internationally famous World Class Champions. Others are from "everyday" recreational users and backyard sports training trampoline enthusiasts. But whether these letter writers are World Champions whom you may have enjoyed watching on television or active, fitness minded folks like yourselves, *they all share a common high esteem for their BACKYARD PRO trampoline!*

BACKYARD PRO® REGULATION TRAMPOLINE

*This BACKYARD PRO was bought in
1977 and is still GOING STRONG!!*

Backyard Pro trampolines are *built to last* and endure the harsh Chicago area weather for many years!

Dear Backyard Pro:

We want to thank you for your great service in helping us with a few replacement parts for our BACKYARD PRO trampoline. We have enjoyed our BACKYARD PRO since 1977. The quality in both the product and service through Astraea, Inc. has been outstanding.

Our BACKYARD PRO provides great family activity and has been the hit of many of our parties. Everyone seems to enjoy it and we especially like it because it keeps us in shape. Our trampoline makes exercise fun!!

We look forward to many more years of enjoyment on our BACKYARD PRO.

Thanks

Lisa & Chris

Illinois

Please read what this World Trampoline Champion, Gymnastics Champion, and Gymnastics Hall of Fame member says about his Backyard Pro Trampoline!

Dear Backyard Pro,

As a world champion on the trampoline, international gymnastics competitor and gymnastics coach at two major universities, I've had ample opportunity to enjoy workouts on many different brands and qualities of trampolines. What I look for in an outdoor trampoline is durability, a responsive bounce, lively sturdy springs, and of course a stable frame on which one can stand while spotting, observing, coaching or waiting for one's turn.

I have a BACKYARD PRO in my back yard--all weather, all seasons--and it is a joy to use for me, for my wife, and for our two children. The trampoline has helped their coordination, strength, balance, and confidence over the years. Our youngest daughter has been having fun and doing seat drops since she was 18 months old! My BACKYARD PRO trampoline is one of my favorite possessions, and about the last thing I would ever want to sell.

I have also found the Backyard Pro staff to be extremely knowledgeable and conscientious in their handling of this product. Based on my communications with them, and after reading the instructions, cautions, and other materials, I conclude that they have the safety, enjoyment, and health of their patrons first and foremost in mind. In fact, I've not seen a trampoline company who is more conscientious than Backyard Pro. I wish them well; the BACKYARD PRO trampoline is an excellent product, that, if used with normal precautions, judgement, and the guidelines they outline, should continue to serve and enhance the lives of those who use it.

Very truly,



WORLD TRAMPOLINE CHAMPION

Read what ranking national and international Freestyle ski champions--including these members of the gold medal USA Olympic Freestyle Ski Team--say about BACKYARD PRO trampolines.

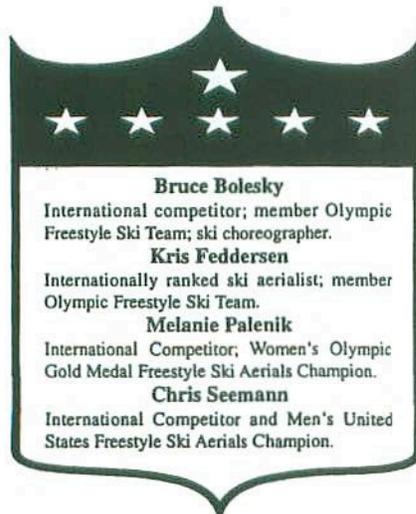


Dear Backyard Pro:

As ranking national and international freestyle ski competitors, we know that trampoline training is of inestimable value in becoming successful championship level freestyle ski aerialists. BACKYARD PRO trampoline equipment is our first choice when training for international competition and also for giving ski show exhibitions.

We recommend the BACKYARD PRO trampoline as the best backyard priced trampoline available for both serious backyard sports training and backyard family recreation. Its superior bounce combined with its built-in spotting decks on all four sides and other unique safety design features make it the ideal backyard sports training trampoline. The optional BACKYARD PRO high performance trampoline bed is a valuable option not readily available on other backyard trampolines.

Having owned and used this bed in numerous exhibitions and in training, we can testify that it is absolutely state of the art. We also recommend Trampoline Sales of St. Charles, Illinois as a capable and professional trampoline supplier.



Very truly yours:


Bruce Bolesky


Kris Feddersen


Melanie Palenik


Chris Seemann

Dr. Brad Smart trained on his Backyard Pro® trampoline to help him become a World Champion Masters Diver!

Dr. Brad Smart is a former two time All-American collegiate diver. After he graduated college and formed his own very successful company and married and had a family, he had gotten away from diving. However his children wanted a trampoline and he decided to buy them a good one that they could not only play on but improve their sports performance also. He bought them a Backyard Pro trampoline. When he saw how much fun they were having, he decided to try a few moves on the trampoline. Dr. Smart started practicing his dry board diving skills. Eventually he perfected his diving skills and started entering Masters diving meets. He became a very successful competitor and won meet after meet resulting in competing in an ever larger distance from his home. Eventually in due time Dr. Smart qualified and entered the World's Champion Masters Competition which was held in London England. In that Competition he won first place and became the World Champion Masters Diver. He said that in order to win, he had to perform dives more difficult than when he competed in college as an All-American diver. Eventually he ended up buying two Backyard Pro trampolines and continues to be active in diving.

Smart & Associates, Inc.

Dear Backyard Pro:

I purchased a Backyard Pro trampoline, for aerobic conditioning for myself and sports training for my children. As a former twice All-American spring-board diver, I wish that I had had the Backyard Pro when I was training in college.

These days I find working out on my Backyard Pro to be a fun diving dry board training and aerobic workout. My children have used it constantly for recreation and also for training in diving, various gymnastic events, and competitive water-skiing.

Sincerely yours:



Bradford D. Smart, Ph.D.

**THIS CURRENT USA CHAMPION DIVER CREDITS
HIS BACKYARD PRO TRAMPOLINE TRAINING
FOR HELPING HIM BECOME THE CURRENT USA
DIVING CHAMPION!**

DONALD L. STARKS, ESQ.

Mission Viejo, Ca. 92691

Astraea, Inc.
Trampoline Sales Division
1901 West Main Street
St. Charles, IL 60174-1635

Dear Astraea:

Our Backyard Pro Trampoline is fantastic. We bought a Backyard Pro Trampoline with a high-performance bed about five years ago because our two sons, Derek and Steven, are springboard and platform divers. Since that time they have used the trampoline on virtually a daily basis for training and fun. We also have purchased Dan Millman's excellent instructional video which uses the Backyard Pro Trampoline. This year, thanks in a great part to our Backyard Pro Trampoline and video I believe, Derek became the 2000 U.S. national champion for 14 - 15 year-olds on the 10 meter platform. He also received a bronze medal at the 2000 World Championships in Calgary, Canada on the one meter springboard.

Sincerely,



Donald L. Starks, Esq.

This Medical Doctor bought his children a BACK-YARD PRO Sports Training™ Trampoline to help them improve their springboard diving. Their BACK-YARD PRO trampoline helped them to become National All-American Divers!

CAPITAL AREA

Cardiovascular Surgical Institute

Dear Backyard Pro:

My wife and I gave our children a Backyard Pro Trampoline (Jumbo Circus size) for Christmas. We have four children--two daughters then 6 and 18 and two sons 13 and 15. All have been gymnasts and competitive springboard divers. Our three younger children are still active springboard divers. Our oldest son has competed in eight National Diving meets and was named a High School All American Diver. He will be competing in college next year. The trampoline training has helped them gain body control and form in addition to giving them hundreds of hours of fun. No other present has ever been used as much by all of our children. During the last three and one half years, the trampoline has been used almost daily. The only maintenance our trampoline has needed during the three and one half years outside has been to sweep off the occasional heavy snow. The trampoline is in excellent condition and only some springs need to be replaced. We are looking forward to many more years of safe enjoyment.

Very truly yours:

Dr. W. I., M. D.

This former high school and collegiate trampoline and gymnastics champion likes his **BACKYARD PRO High Performance Trampoline** better than the *much more expensive institutional trampoline* that he competed on in college!

Dear Backyard Pro,

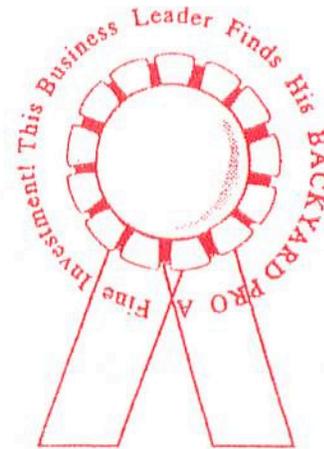
Just a note to say that my new BACKYARD PRO trampoline is working out very nicely. It is much better than the competition, institutional trampoline I used in college. The BACKYARD PRO high performance bed has a great return. I have been keeping in good shape by jumping after work. I have developed quite a routine using back yard tricks--some of which I have developed myself. I have also found that jumping is a year round sport. Last year I was jumping on my BACKYARD PRO trampoline in below zero weather with just sweats, extra socks & gloves.

Yours truly,

R. M.
Illinois

High School Trampoline Champion
Member Gymnastics Team:
Northern Michigan University, and
Iowa State University

Eric S. Peterson
President



Dear Backyard Pro:

Without question, our BACKYARD PRO trampoline purchased from your organization has been one of the most enjoyable and well used recreational investments ever made by our family. Many toys come and go enjoying brief periods of intense enjoyment, but our BACKYARD PRO trampoline has proven to be enjoyed and used year round, year after year.

We have no hesitation in recommending that others consider a BACKYARD PRO trampoline as an all family recreational purchase. How else can you be outdoors, have fun, get a lot of exercise and thoroughly enjoy yourself. We think the BACKYARD PRO trampoline is the best answer.

Cordially,

Eric S. Peterson

ESP/slp

This happy BACKYARD PRO trampoline owner uses his trampoline year around--winter and summer. His entire family and their friends love trampolining. They never grow bored with it and would not trade their BACKYARD PRO trampoline for an in ground swimming pool!

Dear Backyard Pro,

I would like to take a few lines to tell you how much my family has enjoyed our BACKYARD PRO trampoline. We have four teenagers who use it year-around. In the winter, they often have to sweep the snow off to use it.* Their friends look forward to getting together at our home and jumping until I turn off our outdoor lighting to insure our neighbors can get some sleep.* We have never had any injury to anyone, and I wouldn't trade our BACKYARD PRO trampoline even for either one of our next door neighbors' in-ground swimming pools. Thanks again.

L. M., Illinois

***SAFETY NOTE from BACKYARD PRO:** The bouncing fabric resists weather elements. But it does tend to become somewhat slippery when wet. After sweeping the snow off, inspect the surface for wet spots from melted snow and allow the surface to air dry or towel it off before using. This takes only a short time because the fabric resists absorbing moisture which quickly evaporates from the surface. If using artificial illumination, be certain it is adequate for safe bouncing. (Refer to the lighting guidelines in your owner's manual.)

Dr. R. S. effectively uses his BACKYARD PRO trampoline as a physical therapy apparatus to strengthen his body and regain his health.

Dear Backyard Pro,

I bought a BACKYARD PRO trampoline from you about 7 years ago. My incentive for using my BACKYARD PRO trampoline very regularly is stronger than most, because I have a severely weakened left leg, and it is my intention to rehabilitate it.* My hope and faith is that within 2-3 more months of regular trampoline bouncing and exercise, all weakness and symptoms will be gone completely.

One problem in my legs has been spasticity. After riding an exercise bike, this spasticity would increase--until my legs and feet had an involuntary tremble. However, trampoline bouncing actually lessens this spasticity with no trembling!

Jumping on my BACKYARD PRO trampoline gives new life to the leg, making it stronger and more flexible. At the same time, it enhances the condition of my cardiovascular and pulmonary systems. In the morning, my body feels so much better when I spend time on my BACKYARD PRO trampoline.

Five pound weights strapped to my ankles provide helpful resistance, which adds extra strength to the legs while jumping. Every other day I like to lie down on BACKYARD PRO trampoline, add an extra 2 1/2 pound weight to each foot and then exercise the legs by lifting them. The soft material is far better than a hard bench--the BACKYARD PRO trampoline is just right. Hence, the BACKYARD PRO trampoline provides an excellent place for lifting weights with the legs. Its softness and width makes it better than a weight bench.

When someone has a disability, it is very difficult finding an exercise vigorous enough to perspire. This is another benefit for running on my BACKYARD PRO trampoline. Nutritionists tell us the body gets rid of toxins through perspiration, and I am grateful my BACKYARD PRO trampoline allows me to work up a good sweat.

Lastly, naturally by working out one is better able to control weight. Having a sedentary job, this exercise is very helpful at maintaining the weight I wish.

All of this right at one's home! There is adequate natural resistance to exercising without having to go through rain and snow traveling distances to workout facilities.

As is evident from this testimony, I am very thankful for my BACKYARD PRO trampoline. It gives me new confidence of spirit as well as life in body.

Sincerely yours,

Dr. R. S.
Chicago, IL

***SAFETY NOTE from BACKYARD PRO:** When using a trampoline for physical therapy, it is advisable to seek professional consultation and supervision.

This happy mom uses her family's BACKYARD PRO Trampoline to keep in shape. She uses her BACKYARD PRO Trampoline outside all year around. She has found that rugged, weather resistant, extra heavy duty BACKYARD PRO construction easily withstands harsh Wisconsin winters!

Dear Backyard Pro,

I would like to inform you of how much we enjoy our BACKYARD PRO trampoline. We have had it since 1982. At the time we decided to purchase the trampoline, we were also considering an outdoor pool. Well, when all our neighbors are closing their pools come fall, we go right on enjoying our trampoline in all seasons. We leave it out all year round, and at first we were concerned about the effects of our Wisconsin winters on it, but it has held up remarkably well.

We are happy to see our kids get fresh air and sunshine as opposed to video games and television. I am sure they will take lasting memories of their fun on the trampoline into their adulthood.

With the proper attention to safety rules, anyone can enjoy a trampoline. Even Mom! I use it for exercise and avoid the rush to aerobics class. Ten to fifteen minutes a day keeps me in shape for skiing (water and snow) while being fun at the same time.

Sincerely yours,

Mrs. D. C.
(Wisconsin)

Ms. Kim T. quickly regained her youthful figure by exercising on her BACKYARD PRO Trampoline.

Dear Backyard Pro:

By using my Backyard Pro trampoline, I quickly went from 140 pounds to 112 pounds. My trampoline workouts were always enjoyable and exhilarating. I have never had this success using any other equipment. Thanks and best wishes.

Yours truly:

Kim T.

(New York, N.Y.)

Announcing The

BACKYARD PRO® WEATHER COVER

Extra Weather Protection for your Backyard Pro Trampoline

The Backyard Pro trampoline embodies the most weather resistant construction available today. It features much heavier and more durable, weather resistant construction than the typical light duty home play trampoline. It is **NOT** strictly necessary to cover the Backyard Pro trampoline from the weather. However many people use their Backyard Pro trampoline all year including during harsh winter weather. They can keep up the appearance of their Backyard Pro trampoline easier and with less regular maintenance by regularly using the optional Backyard Pro Deluxe Trampoline Weather Cover to protect their trampoline--particularly when it is used in inclement weather. Regular use of the optional Backyard Pro Weather Cover can also increase the useful life of certain of the Backyard Pro Trampoline components--particularly the deluxe frame pads. (The Backyard Pro frame pads utilize the most weather resistant construction available and are *far superior* to all other frame pads both in weather resistant durability and in the quality of protection they afford. However, all frame pads can, by their very nature, be more vulnerable to weathering than other of the trampoline components.)

The Backyard Pro Deluxe Weather Cover is beautifully made of heavy weight, top quality fabric that exceeds and surpasses the materials and quality construction used in the finest custom crafted boat, car and pool covers. Do not confuse it with the flimsy plastic covers supplied for other backyard trampolines which afford very minimal and compromised weather protection. Heavily anchored mooring straps are built into the Backyard Pro weather cover on all four sides and corners to quickly secure it to the trampoline so as to resist being dislodged by strong winds, etc. This is a *serious* weather cover carefully designed and constructed to offer *maximum protection* for a *serious* trampoline. There is no other trampoline cover available anywhere that even remotely approaches the quality design and construction, effective weather protection, and ease of use of the Backyard Pro Deluxe Weather Cover.

***The Worlds Finest Home Trampoline Deserves
The Worlds Finest Weather Cover!***

For Pricing and Availability, contact:

Astraea, Inc.

1901 W. Main St.

St. Charles, IL 60174

Phone (630) 377-7267

Discourage Unauthorized Use of Your Trampoline!

with the

Backyard Pro® SECURITY Weather Cover
Lock your trampoline up whenever YOU want!

Only the unique Backyard Pro Deluxe *Security* Weather Cover is specifically designed to be *secured* to your trampoline with optional cable locks if you choose. By simply securing the heavy duty Backyard Pro *Security* Weather Cover to your trampoline with cable locks, you can discourage unauthorized use of your trampoline! Low priced trampoline covers which are made only of light weight, flimsy and porous plastic materials tend to be too insubstantial to present an effective barrier to unauthorized use. However the Backyard Pro Deluxe *Security* Weather Cover is made of a 1000 thread count, tightly woven, heavy weight, weather resistant fabric which is heavier and more sturdy than duck canvas. The Heavy Duty Backyard Pro *Security* Weather Cover **DOES** present a **substantial barrier to unauthorized use** and it is designed to be **LOCKED** to the trampoline with an optional cable lock to prevent unauthorized removal. The Backyard Pro *Security* Weather Cover puts **YOU in control** of your trampoline! In addition to protecting and enhancing your trampoline investment, the Backyard Pro *Security* Weather Cover can afford you precious peace of mind when you do not want your trampoline to be used.

Take Charge of your trampoline TODAY

with the

Backyard Pro® SECURITY Weather Cover!

Announcing: **New Backyard Pro® Deluxe** **Pure Stainless Steel Trampoline Springs!**

Backyard Pro trampoline owners now have the *additional option* of equipping their *Backyard Pro* trampolines with the new **Backyard Pro Deluxe Pure Stainless Steel Springs** instead of the already excellent *Backyard Pro* standard springs. **Backyard Pro Deluxe Pure Stainless Steel Springs** are the *best performing, most rust resistant* trampoline springs available anywhere today! Their *superior weathering properties* insure that they should remain *virtually rust free* over their life of many years outside on your trampoline. After several years of hard outside use, these **Backyard Pro Deluxe Pure Stainless Steel Trampoline Springs** should have about the same bright appearance as the first day you installed them.

A Pure Stainless Steel Spring Is Much Better Than A Plated Spring!

Please do **NOT** confuse these **Backyard Pro Deluxe Pure Stainless Steel Springs** with similar appearing electroplated or galvanized springs. Plated springs are made from wire generally inferior to the better and more resilient wire used for even the standard *Backyard Pro* springs. Plated springs do not give as resilient a bounce during their life as do the *Backyard Pro* standard springs or the even better performing and more weather resistant **Backyard Pro Pure Stainless Steel Springs**. Also, plated springs often rust! Their plating wears away in time, and the exposed inferior hard drawn wire then actually tends to rust more severely than the superior, more resistant wires used for *Backyard Pro* standard springs or optional Pure Solid Stainless Steel springs.

Backyard Pro Deluxe Pure Solid Stainless Steel Springs are **NOT** plated in any way! They are made of *Pure Solid Stainless Steel* throughout. So there is **NO** plating to wear away! This is why *Backyard Pro Deluxe Pure Solid Stainless Steel Springs* are *much more rust resistant* than plated or galvanized springs. Stainless springs also give a better bounce because the plating process can compromise the resiliency of a spring. In fact, the heavier a spring is electroplated or galvanized the less resilient it tends to become. A spring with a heavy galvanized coating tends to have a stiff pull resulting in a harsh hard bounce. A lightly plated spring has a somewhat better bounce but affords little rust protection because the light plating rapidly wears away. Thus, a plated spring tends to achieve weather resistance *ONLY* at the expense of diminished performance: the **HEAVIER** the plating the **WORSE** the bounce. Only **BACKYARD PRO Deluxe Pure Solid Stainless Steel Springs** offer **BOTH** superior performance and superior outdoor weather resistance!

Stainless Steel Springs Are In Stock For Immediate Delivery!

We have a limited quantity of **Backyard Pro Deluxe Pure Stainless Steel Springs** *in stock for immediate delivery*. **Phone NOW for further information!** (We will also, of course, always continue to stock *Backyard Pro* standard and plated trampoline springs.)

We Stock Other Backyard Pro Parts & Accessories.

We also stock all other *Backyard Pro* replacement parts and optional equipment. More popular accessories include: **Backyard Pro Deluxe Wide Safety Pads** which are thicker than the standard pads and much wider. They *fully cover* the springs and corners as well as the *Backyard Pro* Spotting Deck Frame so that *no part of the Backyard Pro Spotting Deck Frame or springs are exposed to the performer*. The **Backyard Pro Deluxe Stitchless Woven Net High Performance Bed** is the preferred bed for serious sports training. It gives a *livelier* bounce, better control and can last as much as *three times longer* than the standard bed (which itself is of better quality than the beds found on other home trampolines). **Backyard Pro Mounting Ladders** assist in easier mounting and dismounting of the trampoline. Your authorized *Backyard Pro* distributor is:

ASTRAEA, INC. * 1901 West Main Street * St. Charles, IL * Phone (630) 377-7267

You Can't Beat THE SYSTEM!

"For those who *know*, the *only* way to go is
SYSTEM BACKYARD PRO®!"

The **Backyard Pro Home Sports Training and Outdoor Recreational Trampoline™** is *far more* than the world's finest home trampoline. The Backyard Pro is the world's finest backyard home trampoline **SYSTEM**. Other manufacturers only build trampolines; they do **NOT** *design* systems. Often their trampolines are very low end "play trampolines" which are only marginally suitable for casual play and totally unsuitable for any more serious usage such as intermediate or advanced trampolining or for sports training as used with gymnastics, springboard diving and similar sports.

SYSTEM BACKYARD PRO™ begins with the uniquely designed, ruggedly constructed, and extensively trussed and reinforced **Backyard Pro Spotting Deck Trampoline Frame.™** This trampoline frame is unique among all existing yard trampoline frames in that it affords a very stable and controlled bounce for basic recreation while also fully further providing the necessary stable support for intermediate and advanced trampoline maneuvers. The unique **Backyard Pro Spotting Deck Trampoline Frame** also facilitates spotting and coaching from the frame anywhere along the sides or ends at bed level with the performer. It is the *only* home and yard trampoline designed to accommodate the use of a hand held spotting belt by *qualified* persons. A select ensemble of world class components and accessories *specifically designed and engineered to work in perfect harmony with this superior frame* to deliver *unrivaled* performance, superior safety and unequalled weather resistance for outdoor backyard training complete **SYSTEM BACKYARD PRO**. The customer may select from these components in a variety configurations to customize and conform his Backyard Pro trampoline exactly to his needs. Only the Backyard Pro Trampoline System is universally recognized and esteemed by knowledgeable trampoline experts and enthusiasts as the finest backyard sports training, coaching and teaching trampoline in the world.

Cheaply constructed play trampolines typically are marketed in one configuration only with a flimsy unreinforced frame, marginal bed (mat), inadequate safety padding, and cheap heat treated springs. Such trampolines yield a stiff, hard and difficult to control bounce suitable only for a limited range of usage that is best confined to simple and undemanding play. There is **NO WAY** to ever upgrade any of these cheap marginal trampolines to a worthy and capable trampoline which will serve the needs of the intermediate or advanced recreational trampoline enthusiast and serious sports trainer. **ONLY the Backyard Pro trampoline system offers a full range of advanced options that can equip your Backyard Pro trampoline to not only set the standard in providing a safe platform for home recreation at all performance levels but to further exceed this standard and perform in the same league with the most elite international competition trampolines in the world!** On the following page is a list of uniquely designed **SYSTEM BACKYARD PRO** components and accessories *specifically engineered* to integrate and harmonize with the **SYSTEM BACKYARD PRO** frame to deliver *world class* performance in your yard and to maintain that level of performance year around in a demanding outside environment.

BACKYARD PRO® ACCESSORIES

Below are a few of the popular and useful Backyard Pro® accessories now available to fit your Backyard Pro trampoline:

- **Deluxe Backyard Pro Weather Cover**

Keep your Backyard Pro trampoline looking better with less maintenance effort by regularly using the Backyard Pro Deluxe Weather Cover. The quality of this Backyard Pro Weather Cover is as uncompromising as is the quality of the Backyard Pro Trampoline. It is a *serious* weather cover for a *serious* trampoline.

- **Deluxe Backyard Pro Pure Solid Stainless Steel Springs**

The Backyard Pro pure solid stainless steel spring is *unequivocally* the *finest, most weather resistant, longest lasting and best performing* trampoline spring available today. The Backyard Pro Deluxe Pure Solid Stainless Steel Spring is the *first choice* for serious trampoline enthusiasts who want a maintenance free, weather resistant top performing outdoor trampoline spring. The Backyard Pro Deluxe Pure Solid Stainless Steel Spring also fits most other make trampolines. Even an older model trampoline will bounce much better when fitted with Backyard Pro Deluxe Pure Solid Stainless Steel Springs.

- **Deluxe Backyard Pro Wide Frame Pads**

These wide pads fully cover the full length of the springs and the frame so that no part of the trampoline is exposed to the performer except the bed (mat) and the deluxe frame pads. The pads also cover the large gaps between springs at the four corners of the trampoline.

- **Deluxe Backyard Pro Woven Net Bed for better performance and longer life**

The Deluxe Backyard Pro Woven Net Bed is used and recommended by World, USA, Olympic, and All-American champions for its uncompromising performance and durability outside in the weather. Most high performance trampolines may perform well in the protected environment of a gymnasium but do NOT perform well or last very long when used for any prolonged period outside in the weather. However the BACKYARD PRO trampoline, especially as equipped with optional high performance accessories such as the Deluxe Backyard Pro Woven Net Bed and Deluxe Backyard Pro Pure Solid Stainless Steel Springs, "performs and protects like a high priced, world class gymnasium trampoline"™ while also remaining an *all-weather trampoline you can use outside in your yard year around!*

- **Deluxe Backyard Pro Mounting Ladder**

This mounting ladder aids in getting on and off the trampoline. Small children find it especially helpful. The Backyard Pro mounting ladder can quickly and easily be removed to a storage location to discourage unauthorized use at those times when you do not want your trampoline to be used.

- **Backyard Pro Safety Training Belt**

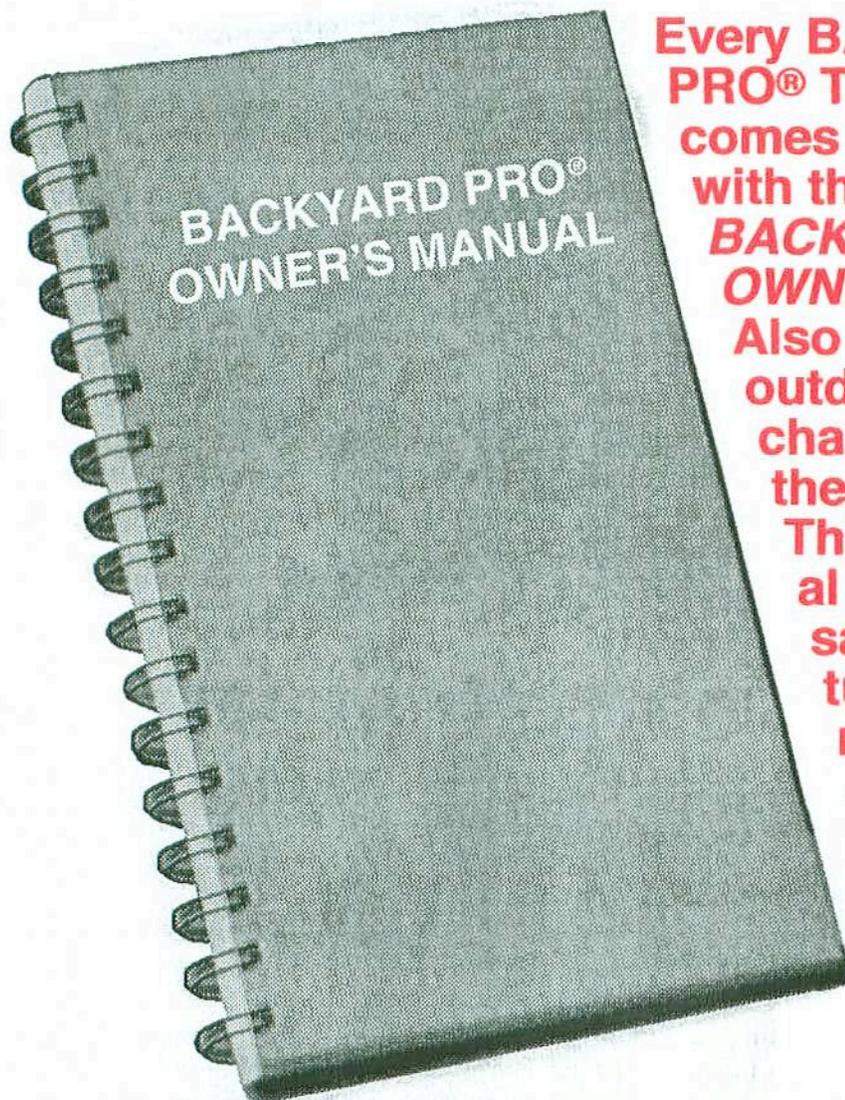
The Backyard Pro trampoline is the *only* backyard home trampoline with a unique rugged professional frame designed to accommodate the use of a safety belt. The Backyard Pro training belt is a top quality safety training belt designed to be used with the Backyard Pro trampoline.

- **Backyard Pro Twisting Safety Training Belt**

The Backyard Pro Twisting Safety Training Belt facilitates the execution of twisting moves much more easily than using the standard training belt for these types of moves. It is a very good choice for practicing twisting moves on your Backyard Pro trampoline. It is best used only by *experienced and fully competent* spotters due to the generally greater complexity of twisting moves.

- **All other Backyard Pro Replacement Parts and Accessories**

The unique Backyard Pro design incorporates many more advanced design features and unique safety improvements than are generally available on other trampolines. Your Backyard Pro trampoline will perform better and give better and more durable service when equipped and maintained with the genuine Backyard Pro parts designed and engineered to be fully compatible with it. To insure that your Backyard Pro trampoline continues to perform to its original specifications, *always insist upon genuine Backyard Pro replacement parts and accessories.*



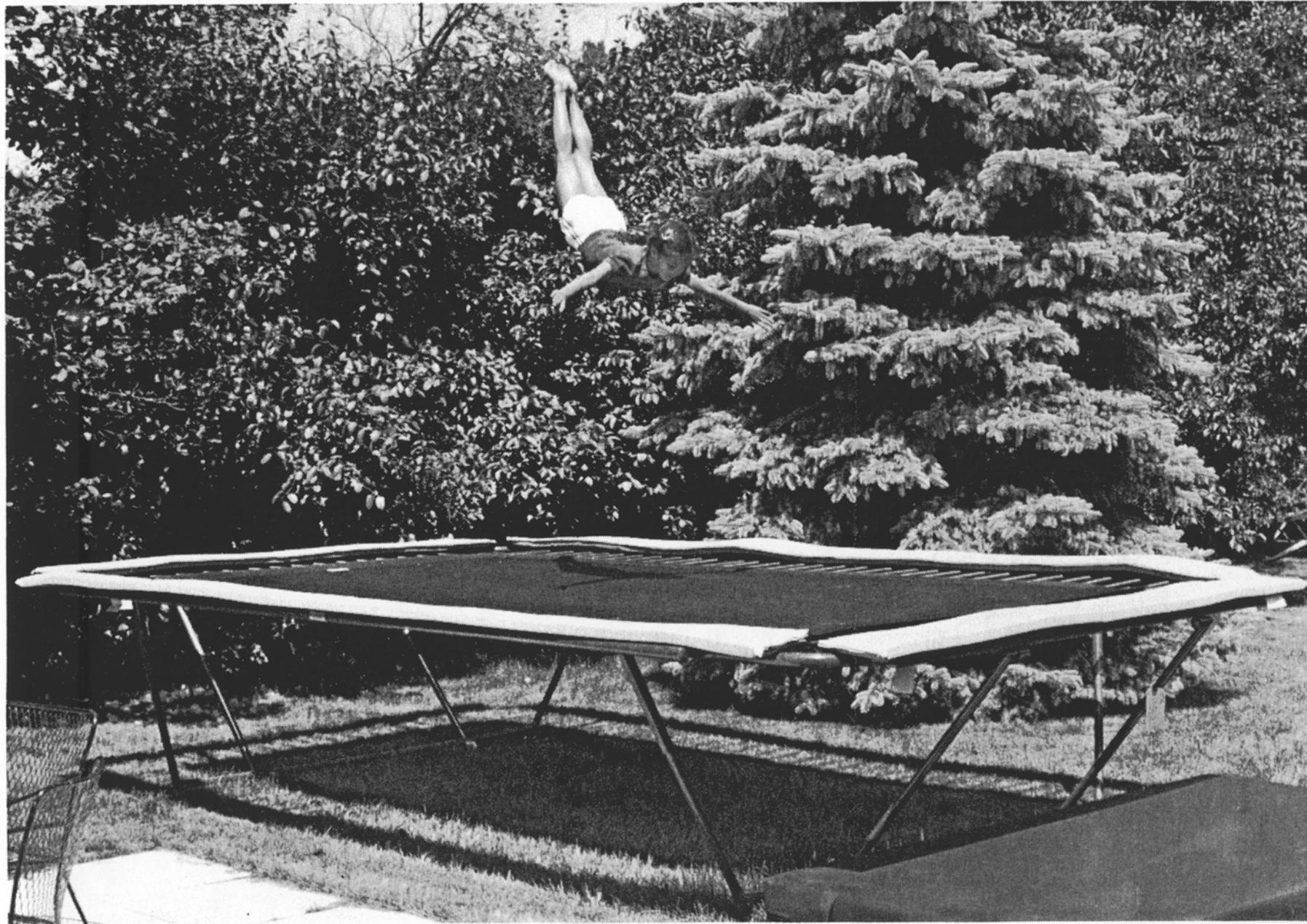
Every **BACKYARD PRO®** Trampoline comes complete with the exclusive **BACKYARD PRO OWNER'S MANUAL**. Also included are outdoor safety charts to attach to the trampoline. This owner's manual together with the safety charts constitutes the *best* and most comprehensive owner's documentation ever written for a home trampoline!

Owning the *world's finest* backyard trampoline includes being well informed with the *finest* trampoline owner's documentation. This is why every BACKYARD PRO trampoline owner receives the **BACKYARD PRO OWNER'S MANUAL**. Only the BACKYARD PRO trampoline comes complete with the **BACKYARD PRO OWNER'S MANUAL** and accompanying outdoor safety charts. This owner's manual, together with the included outdoor safety charts, is arguably the best written, most comprehensive, candid, safety conscious, and authoritative trampoline owner's documentation ever written for a home trampoline. It is well typeset and illustrated with good technical drawings and photographs throughout and *thoroughly* addresses such crucial issues as correct assembly, proper maintenance to assure maximum performance over a longer product life, risks of usage, safe usage and correct execution of fundamental skills. Many important peripheral issues such as philosophies and methods of effective training are also lucidly and interestingly discussed.

Not only is the BACKYARD PRO the *world's finest* home sports training and outdoor recreational trampoline, BACKYARD PRO owners are the *best informed* by virtue of the comprehensive **BACKYARD PRO OWNERS MANUAL**! After *thoroughly* reading this manual, a new owner should know what to do on their BACKYARD PRO trampoline. Equally important, they should also know what NOT to do! (The **BACKYARD PRO OWNERS MANUAL** is a separate and distinct book from this book that you are reading now. Also see the warning on the inside cover of this book.) "For those who **KNOW** the *only* way to go is **BACKYARD PRO®!**"™

BACKYARD PRO®

HOME SPORTS TRAINING AND OUTDOOR RECREATIONAL TRAMPOLINE



Put a **BACKYARD PRO** in your yard today! Buying a *quality trampoline* is one of the *best investments* in **HEALTH, FUN** and **FITNESS** that a family can make. The **BACKYARD PRO** is the best performing, best designed, most ruggedly built, fully weather-resistant backyard trampoline available today. Only the **BACKYARD PRO** has a padded tubular steel spotting deck permanently built into the frame on all four sides to permit using a safety belt, spotting, viewing and coaching at bed level all along both ends and both sides by qualified persons. This spotting deck facilitates serious usage for home sports training and reinforces the frame to provide a superior and more controlled bounce. The superior strength and stability of this unique frame affords a more enjoyable, safer bounce for both home sports training and recreational trampolining.

BACKYARD PRO®

REGULATION TRAMPOLINE

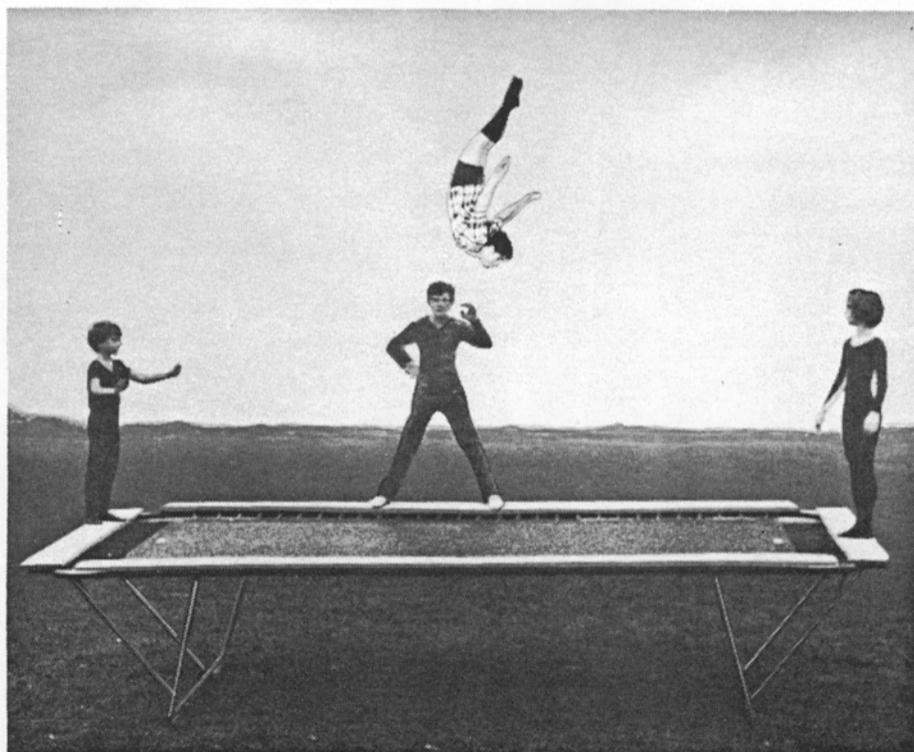
All Weather, Outdoor Family Sports Training™ and Recreational Trampoline

The home and backyard priced trampoline built to heavy-duty, institutional standards with the exclusive professional coaching and spotting deck built into the frame on all four sides.

OTHER PROFESSIONAL FEATURES INCLUDE:

- Fully weather resistant for *year around* outside use.
- Designed for the most rugged professional and home sports training use by children or adults.
- Full regulation size - over 9' x 15' overall. (This is the same large size presently used by many schools and institutions. Other sizes are also available.)
- Full set of protective FRAME PADS included at no extra cost. These super shock absorbent pads cover the full width of the deck on all four sides for added comfort and safety. The positive, locking attachments on the pads prevent them from rolling or sliding out of position during use. This is a great improvement over conventional frame pads which attach merely with tie-straps.
- Rugged, heavy-duty, cross braced, trussed, double reinforced, weighted and balanced spotting deck frame and understructure provides a consistent, controlled bounce with a greater cushion of resiliency. THE BACKYARD PRO TRAMPOLINE SOLIDLY RESISTS AND MINIMIZES ANY VIBRATION, TILTING OR ROCKING UNDER VIGOROUS, HEAVY. OR OFF-CENTER USE.
- Springs hook up to self-aligning, steel anchor bars welded to the frame and to professional, competition V-type steel mooring bars at the bed. This facilitates adding extra springs as desired and is superior to hooking the springs through holes drilled in the frame or to tie-straps or triangle fittings at the bed—methods commonly employed by many backyard priced trampolines.
- Rubber shod legs protect leg bottoms from rust out and facilitate easy leveling on slightly uneven ground. The rubber shod also protects floors if the trampoline is ever used inside.

The Backyard Pro® regulation trampoline has the best bounce, the heaviest duty and most durable weather resistant construction, and is designed with more exclusive professional features than any other home priced trampoline. The Backyard Pro® defines a new state of the art for backyard home trampolines.



The exclusive, built-in coaching and spotting decks on both the ends and sides of the trampoline facilitate teaching with a hand-held training belt. These decks also allow qualified trampolinists, coaches, and instructors to position themselves on the decks all around the trampoline so as to coach, instruct, spot, guard or observe at bed level from any position along the ends or sides.

"For Those Who *KNOW*, The *ONLY* Way to Go Is BACKYARD PRO®"™

BACKYARD PRO trampolines are available from:

Astraea, Inc.
Trampoline Marketing Division
1901 West Main Street
St. Charles, Illinois, 60174
Phone (630) 377-7267

TRAMPOLINE SAFETY- ROUND OR RECTANGULAR?



by
Dr. H. Edsel Buchanan

**AUTHOR HAS GOOD
QUALIFICATIONS!**

Dr. Buchanan, an associate professor at North Texas State University, was a three-time NCAA Trampoline Champion and two-time AAU Champion. He has been teaching Trampoline for 26 years.

The objective of this presentation is to detail the information that undergirds the basis for the author's opinions regarding safety on the trampoline. The approach is not intended as a "technical contrast," but is designed as the expression of expert, qualified knowledge by a concerned educator. This educator is also a parent (3 children), an experienced trampolinist, and a dedicated advocate of the sport of trampolining - particularly, safe trampolining.

Perhaps an alternate title for this presentation might be, from a parental and purchaser's viewpoint, something like the following: "Which Trampoline Design Is Safest For My Child?" Trampolines available for retail purchase are basically rectangular and/or round. Manufacturers of both types typically claim to have maximum safety. Which design, overall, is the safest for your youngster? Which is safest for the entire family? Which is safest for you?

Safety, regarding equipment and apparatus, must always be considered from a design standpoint and from a function standpoint (design safety and function/use safety). This is especially true for the trampoline. A major attraction of trampolining is its appearance of effortless skill and grace. However, both the beginner and the expert will benefit from exercising caution in their choice and use of a trampoline. Since parents are the primary buyers of the backyard, family trampoline, they should intelligently select the safest unit available. Since "design safety" is controlled by the manufacturer, parents should exercise purchase choices based upon standards and not price or sales pitch. In 1974 the American Society for Testing and Materials (ASTM), with the participation of manufacturers and private citizens, developed a set of voluntary safety standards for trampolines.¹ The ASTM standards cover certain design and performance requirements and they also specify what types of instructional and precautionary information should be included with the delivery of a trampoline. No parent or other buyer should purchase a trampoline that does not meet and/or exceed the ASTM standards in all aspects! A responsible manufacturer should deliver a full copy of the ASTM standards with each trampoline sold. Trampolines are manufactured by a number of different companies. It must be emphasized that



the ASTM standards are voluntary regarding manufacturer compliance and no buyer should assume that all trampolines are equipped with the safety features of the ASTM standards. The complete ASTM standard for trampolines is available from the U.S. Consumer Product Safety Commission, Washington, D.C., 20207. The Commission may be called toll free at 800-638-2666.²

Trampolines rank 89th on the U.S. Consumer Product Safety Commission's (CPSC) index regarding severity and frequency of injuries associated with 367 categories of consumer products.³ This low ranking is indicative of how safe trampolines are, however, serious trampoline accidents can be reduced even further by judicious care in purchasing and maintaining the trampoline, proper choice of time and place for use of the trampoline, diligence on the part of parents and spotters when the trampoline is in use, and acceptance of responsibility on the part of the trampolinist. A CPSC fact sheet is available for detailed help regarding these safety factors.⁴

Research has consistently supported the use of the trampoline for improving general coordination, physical fitness, and kinesthetic fitness. It is unfortunate that misguided, unthinking people occasionally react to an unfortunate trampoline accident by proposing a ban on trampolines. The severity of trampoline accidents, especially fatalities, does not even begin to compare with the incidence and severity of injuries associated with the sport of football and/or the automobile. It would be foolish to propose a ban of football or the auto. To propose a ban for any of these (the trampoline, football, automobiles) would reflect such a shallow "solution" to safety problems associated with each, that it is absurd! Absurdities have no further place in this presentation.

In the decade of the 1950's there was a phenomenon known as "trampoline centers." The majority of these trampoline centers were operated for the purpose of capitalizing upon the trampoline center "fad" in order to reap the "fast buck." Like so many fads, trampoline centers demonstrated little concern for the safety of the user. The centers disappeared

TRAMPOLINE SAFETY- ROUND OR RECTANGULAR?

long ago, but the trampoline remains and safety in trampolining is the reason. Responsible manufacturers, teachers, coaches, and safety-concerned agencies such as the CPSC have worked diligently over the years to help maximize safety in the sport of trampolining.

Since 1939 when trampolining joined the purely American originated sports of baseball and volleyball, trampolines have been rectangular in design except for the very recent years. During the 1970's the sport of trampolining has seen a number of non-rectangular trampolines (circular) appear on the market. Producers of the circular designed or round trampolines appear to extol the round design as one offering maximum safety. There are serious questions inherent in stating that shape alone will offer maximum safety.

A basic function of the trampoline is the provision of a resilient "bounce" that will propel the performer vertically into the air so that skills may be executed. It is imperative from a safety approach that the "G" stress generated during the bounce not be harmful to the performer. Research by SCI Electronics, Incorporated⁵ and Motion Analysis, Incorporated⁶ (independent private laboratories) strongly supports apparatus that delivers a cushioning, softer bounce (less "G" stress). Less "G" stress facilitates more controlled bouncing by the performer and substantially less stress upon the back, neck, and body extremities. Trampolines which deliver progressive stretching of the springs (rectangular trampolines) offer a superior and safer bounce than that delivered by circular shaped trampolines with equal weighting (stretching) of springs. Accidents ranging from minor arm and leg sprains to major neck or back injuries may result from stiff contact bounce (severe "G" stress) between the trampoline bed and the performer. A bounce in the center of a circular shaped trampoline must stretch all springs before giving. A bounce in the center of a rectangular trampoline progressively stretches the side springs and to a lesser degree the end springs. The progression radiates from the bed attachment mid-points with a resultant cushioning of the bouncer's impact and thereby facilitates a deeper, softer, more controlled bounce. Also, spring length and stretch range is a key factor in the delivery of a safe, controlled bounce since, in general, the longer and more stretchable the spring, the softer the bounce. Equal weighting of springs leads to a reduced, stiffer bounce. High performance, competitive type trampolines typically deliver a stiffer bounce (maximize stress) designed to be used by the heavier, more experienced, expert performer. The backyard family trampoline is not intended for expert, high-level, competitive performance.

Qualified instructors on trampoline are in agreement and CPSC research supports the fact that the more serious injuries result from skills involving flips (somersaults).⁷ Flips involve forward and backward rotations along the primary axis of the trampoline. For the non-expert trampolinist (especially the rank novice), trampoline exercises typically range from forward and/or backward depending upon the skill involved. Such performance characteristics require (for maximum safety) the

greatest possible range through the primary axis of the trampoline. Uncontrolled "travel" is a great danger in trampolining. Since the majority of skills associated with flips involve "travel" and since the more serious injuries are associated with the somersault-like skills, the greater primary axis length of the rectangular trampoline offers the maximum safety potential. The distance from the bed center to the end of the bed and from the bed center to the end frame pads is significantly greater on the rectangular trampoline. The bed surface area of the circular shaped trampoline is usually greater than the bed surface area of the rectangular shaped trampoline; however, CPSC data does not support mat surface area (gross square feet of the performance bed) as the significant factor in trampoline safety. Epidemiological data suggests that primary axis length is of greater safety significance than is mat surface area.

Safety in trampolining also requires quality equipment. The known reputation of the manufacturer, the design and function safety of the trampoline, and complete compliance with ASTM standards must outweigh price! Be cautious of unlimited and long-term warranty statements. Most gymnastics equipment and trampoline manufacturers have standard warranties of one year. In general, schools and colleges typically purchase first line, quality equipment from known and proven manufacturers and/or dealers. This practice by professional educators should be an indicator for parents.

Trampolining is an exciting sport, and backyard trampolining can provide years of fun and physical fitness activity for the family. However, like any sport or recreational activity, there is a degree of risk to the performer. Trampoline owners can minimize this risk in the following five ways: by -

1. selecting a trampoline that complies with ASTM safety standards.
2. properly maintaining the trampoline.
3. appropriate choice of the time and place for use of the trampoline.
4. being responsible as a parent/owner.
5. initiating your trampoline experiences with lessons from a qualified and certified trampoline instructor.

My children (now age 25, 23, and 16) grew up, so as to speak, on our backyard family trampoline. They love the sport and continue to jump as often as possible. Ours was a rectangular-shaped trampoline. We have experienced no serious injuries whatever. I have experimented with and performed upon the circular-shaped trampoline. If I were to buy today a trampoline for myself or for any child, it would be rectangular. Why? Because time-proven experiences and research data strongly suggest that the rectangular-shaped trampoline is the safest design, overall, for your youngster, your family, and you.

REFERENCES

1. Standard Consumer Safety Specification for Components, Assembly, and Use of a Trampoline, American Society for Testing and Materials, Designation F381-74.
2. U.S. Consumer Product Safety Commission, Room 625, 5401 Westbard Avenue, Washington, D.C. 20207.
3. Hazard Index, U.S. Consumer Product Safety Commission, Bureau of Epidemiology, December, 1975.
4. Fact Sheet 85, Trampolines, U.S. Consumer Product Safety Commission, February, 1976.
5. Final Summary Report, Impact and Physiological Tests On Trampolines, SCI Electronics, Inc., Houston, Texas, May, 1972.
6. Motion Analysis, Inc., Amherst Massachusetts.
7. Fact Sheet 85, CPSC.

PLEASE READ THIS SECTION (ENCLOSED BETWEEN THE ARROWS) TO LEARN WHY RECTANGULAR TRAMPOLINES HAVE A "SUPERIOR AND SAFER BOUNCE" THAN DO CIRCULAR TRAMPOLINES!

AUTHOR RECOMMENDS RECTANGULAR OVER ROUND WITHOUT RESERVATION.

In summary, now that you have read this book, you *know* that:

1. The BACKYARD PRO® trampoline is the only trampoline specifically designed to quickly convert to correct in-ground installation for a trampoline mounted flush level with the ground. This may be particularly desirable for children.

2. Only the BACKYARD PRO has a built in spotting deck along all four sides of the frame.

3. This exclusive spotting deck frame allows the use of a safety belt outside in your yard.

4. This exclusive spotting deck frame allows *qualified* persons to spot, guard, and coach at bed level with the performer from any position along both ends or sides.

5. This exclusive spotting deck uniquely reinforces the entire perimeter frame making it stronger and more stable to give a safer more controlled bounce.

6. The BACKYARD PRO trampoline, with its unique ruggedly reinforced and cross braced spotting deck frame and superior bounce, is the ideal choice for home sports training as well as for backyard recreation and play. Your BACKYARD PRO trampoline can help you become a better trampolinist, gymnast, springboard diver, freestyle skier, cheerleader, or dancer and train for many other sports as well.

7. Because of its superior design, construction and performance, the BACKYARD PRO trampoline is the preferred choice of virtually all trampoline enthusiasts, gymnasts, divers, free style skiers, and other serious sports competitors and enthusiasts.

8. In fact, the BACKYARD PRO trampoline is the only backyard trampoline owned, and recommended by World, All-American, and Gold Medal Olympic Champions and by Elite Gymnastic Coaches.

9. Only the BACKYARD PRO trampoline comes complete with the *BACKYARD PRO OWNER'S MANUAL* and accompanying outdoor safety charts. This comprehensive owner's manual together with the charts constitutes the *best, most comprehensive, candid and safety conscious* owners documentation ever written for a home trampoline. Not only is the BACKYARD PRO the *worlds finest* home trampoline, its owners are the *best informed* by virtue of the comprehensive *BACKYARD PRO OWNERS MANUAL*.

10. As with scuba diving, hang gliding or sky diving, trampolining is an activity which involves a *significant degree of risk*. Whether you are using a trampoline to play on or to train on for competition, you are *exposed to this risk*. In these kinds of activities, you minimize your risk by following established safety practices and *insisting on top quality equipment*. The more you know about the nature of trampolining and its inherent risks, the more you will appreciate the *importance of using superior BACKYARD PRO trampoline equipment*.

"For those who *know*, the *only* way to go is BACKYARD PRO!"™

**Those who KNOW insist
upon BACKYARD PRO®!
The "home sports training and
outdoor recreational trampoline"™
of *FIRST CHOICE* for
the Safety Conscious!
the true uncompromising
Trampoline Enthusiast! or
the Athlete in need of a
WELL DESIGNED, HEAVY DUTY
Home Sports Training™ and
Recreational Trampoline.
"For those who KNOW,
The ONLY way to go
is *BACKYARD PRO!*"™**

JUST A THOUGHT!

Since these interesting and useful BACKYARD PRO trampoline books are usually in scarce supply, why not share this book and the helpful information it contains with an interested friend? *Thanks.*