

springfree
TRAMPOLINE

Engineered For Safety. Built To Last.



Traditional trampolines are dangerous.

Buy the World's SAFEST & SMARTEST Trampoline Instead!



S155 13'x13'



S113 11'x11'



092 8'x13'



077 8'x11'

**BEST
SELLERS**

Size Of Mat	13 x 13 ft	11 x 11 ft	8 x 13 ft	8 x 11 ft
Surface Area Of Mat	155 ft ²	113 ft ²	92 ft ²	77 ft ²
Minimum Lateral Installation Clearance	21 x 21 ft	19 x 19 ft	16 x 21 ft	16 x 19 ft
Jumper Weight Rating	220 lbs	220 lbs	220 lbs	220 lbs
Structural Load Capacity	1100 lbs	1100 lbs	1100 lbs	1100 lbs
Height Of Mat Above Ground	3.3 ft	3 ft	3 ft	3 ft
Height of FlexiNet™ Above Mat	6 ft	6 ft	6 ft	6 ft
Total Height	9.2 ft	8.9 ft	8.9 ft	8.9 ft

ACCESSORIZE!



TRAMPOLINE BENEFITS

- NASA concludes that benefits of trampolines are **68% more efficient than jogging**. Plus it helps little astronauts imagine what it would be like on the moon.
- Jumping strengthens every muscle, organ and cell in your body.**
- Bouncing enhances coordination, strength, flexibility, timing, spatial awareness, reaction speed, agility and balance.**
- Just 10 minutes of bouncing on trampolines is equal to 30 minutes of jogging** without the stress on your body. This is good for the kids as well as mom and dad!
- Rebounding heals and **promotes weight loss**. Bouncing on trampoline accelerates metabolism to burn calories for weight control.
- Jumping strengthens muscles, tendons and ligaments** around the joint, improves movement and reduces risk for developing arthritis.
- Rebounding **strengthens** your heart, stabilizes the nervous system while exercising, and helps maintain equilibrium after stepping off.
- U.S. Surgeon Generals # 1 goal is physical activity. **Trampolines are a great way to exercise while having fun.**
- It is great for **athletic conditioning and more effective for fitness and weight loss** than cycling, running or jogging.
- Bouncing greatly **stimulates your lymphatic system**, a major component of your immune system. Rebounding gives your immune system a boost and improves your overall health.



**APPLEGATE
FURNITURE**

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