

Trampoline

Description

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The invention relates to a trampoline, with a stand which has a peripheral frame and a plurality of legs, a bounce mat which is suspended elastically on the frame, at least one guide which is secured to the stand, and a
10 bar which is received in a height-adjustable manner in the guide.

The invention is directed in particular to what are called mini trampolines, which are also referred to as
15 fitness trampolines. These are comparatively small trampolines which have a maximum diameter of 2 to 3 meters and which are used in physiotherapy and in the fitness sector.

20 In the case of mini trampolines or fitness trampolines, a distinction is made between trampolines having a spring suspension and those having a rubber-cord suspension. In the case of the spring suspension, the bounce mat is secured to the frame by coil springs. For
25 this purpose, the bounce mat has, as a receiving device, a bow or an eyelet, for example, which is secured to the bounce mat by means of a loop and in which a respective coil spring engages. At its other side, the coil spring is hooked in the frame. A
30 trampoline with a spring suspension provides considerable acceleration forces.

In the case of the rubber-cord suspension, one or more elastic cord rings or (open) cords are used, which
35 connect the bounce mat to the frame. The receiving device here can be configured as a hook element, in each of which a suspension is hooked. A possible alternative is a loop through which is pulled a cord that connects the bounce mat to the frame. The greater

elasticity of a rubber-cord suspension of this kind ensures "softer" deceleration of the body and to this extent is not only gentle on the joints but also prolongs the phases of muscular stress and relaxation
5 when jumping, and this affords advantageous training effects.

The invention is directed both to trampolines with spring suspensions and to trampolines in which the
10 suspension is configured as an elastic cord or an elastic cord ring. In principle, the invention can be used in any type of trampoline, independently of the nature of the suspension of the bounce mat and the geometry of the frame.

15 A common feature of the known trampolines is that they have a frame from which legs extend. The legs ensure that the frame is located at a defined distance from the ground when the trampoline is set up. This ensures
20 that the bounce mat can move in the direction of the ground during trampolining.

Round frames and also polygonal frames are known in practice. The frame is composed of a tube, which is
25 bent in order to produce the frame.

In recent times, a fitness trend has been seen that entails special movement programs carried out on the trampoline. The holding bar is used in order to provide
30 a secure hold on the trampoline, wherein the holding bar generally has, at its free end, handles which protrude laterally from the holding bar and which the user can grasp during the exercises.

35 DE 20 2014 007 636 U1 discloses a trampoline in which the holding bar is secured to a leg of the trampoline via an intermediate piece. In addition, the holding bar is secured by two lateral struts which connect the

lower end of the holding bar to the adjacent legs of the trampoline. The known construction is stable. However, it entails the use of a large amount of material. Moreover, assembly is complicated.

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A trampoline is known in practice which has a clamp device welded onto its frame. The holding bar is received in a longitudinally displaceable manner in the clamp device and can be locked. The known trampoline is
10 of a simple construction and is easy to assemble. However, it has been found in practice that the useful life leaves something to be desired.

The **object** of the invention is to make available a
15 trampoline which has a bar and which is easy to assemble and also withstands relatively high loads.

This object is **achieved** by a trampoline with a stand which has a peripheral frame and a plurality of legs
20 issuing from the frame, a bounce mat which is suspended elastically on the frame, at least one guide which is secured to the stand, a bar which is received in a height-adjustable manner in the guide, and an inner piece which is received movably in the guide,
25 wherein the bar is fixed by a relative movement between the inner piece and the guide.

The invention permits fixing of the bar in the guide, which also withstands higher loads during intensive use
30 of the trampoline. The inner piece here provides the clamping force. The bar is preferably clamped between the guide and the inner piece.

In the context of the invention, the guide has two
35 roles. Firstly, it receives and fixes the bar. Secondly, it advantageously forms a receptacle for the inner piece.

In the context of the invention, it is possible to use a bar which has a free end. The free end carries, for example, a handle arrangement or a support for appliances. Only one guide will then be provided for the bar. Alternatively, a bar can be used which is bent in a U shape. It has two free ends, of which each end can be inserted into a respective guide. Two guides will then preferably be provided for the bar. For reasons of clarity, a stand with only one guide is described in the description below.

The guide advantageously has at least a first opening through which the bar is inserted. The opening is expediently adapted to the outer contour of the bar but is larger than the outer contour of the bar, such that the bar can easily be inserted into the guide and adjusted in height. It is preferable for two openings to be provided in the guide. This leads to more stable guiding of the bar. The two openings are formed in the guide at the top and at the bottom (when the trampoline set up). They are expediently flush with each other.

In a development of the invention, it is proposed that the guide is formed as a tube section. The guide preferably has a peripheral circumferential wall. The tube section is an embodiment of the guide that is particularly stable and at the same time easy to produce. The cross section of the tube section can be round or polygonal, in particular circular or square. Oval or rectangular cross-sectional areas are also possible. In the context of the invention, the circular cross section is regarded as particularly advantageous, specifically for reasons of manufacturing technology and also for safety-related reasons, since the round shape poses less risk of injury in the present use.

The first opening is preferably formed in the circumferential wall. If the tube section is arranged

perpendicularly with respect to the axial extent of the legs, i.e. horizontally in the case of a standing trampoline, the opening is arranged at the top, and, as has been stated, it is advantageous if a further opening is formed on the underside of the tube section. The bar then passes through the upper and lower opening of the guide/the tube section. The upper opening and the lower opening are preferably flush.

It has already been mentioned above that the inner piece is arranged movably in the guide. The outer contour of the inner piece is preferably adapted to the inner contour of the guide. In the case of a tube section with a cylindrical inner face, it is therefore advantageous if the inner piece has a cylindrical outer face. The outer face has a diameter slightly smaller than the internal diameter of the guide, such that the inner piece is easily movable in the guide, which makes it easier to fix the bar in the guide.

It is considered advantageous if the inner piece has an opening through which the bar passes. The opening can be a drilled hole. In the case of a cylinder section, it passes transversely through the cylinder section.

The inner piece can preferably be oriented in the guide such that the openings of the guide and the opening of the inner piece are flush. The openings of the inner piece and of the guide do not necessarily have to be the same size. However, they are at least as large as the external diameter of the bar.

In this connection, it is noted that an embodiment in the form of a cylindrical inner piece has been discussed above. The opening for the bar interrupts the cylinder shape. It is nonetheless a cylinder shape within the meaning of the invention (with an opening).

In addition to strict demands concerning the stability of the trampoline, it is also required, from the point of view of the user, that the assembly of the trampoline, the securing of the bar to the trampoline and, if appropriate, maintenance of the trampoline are easy and straightforward. In this connection, it is proposed that the guide has a third opening through which the inner piece can be inserted into the guide. In the case of a tube section, the insertion opening will be provided at the front face. A preferred illustrative embodiment is characterized in that the direction of insertion is perpendicular to the two openings in the circumferential face of the guide. It is likewise considered preferable if the insertion opening is arranged radially inward. The inner piece is advantageously inserted into the guide from the inside toward the outside.

The diameter of the opening preferably corresponds to the internal diameter of the guide. The inner piece can thus be pushed easily into the guide. The inner piece is advantageously received in a movable manner therein.

To move the inner piece, an actuating mechanism is advantageously provided. The inner piece is preferably actuated by an actuating mechanism. The invention thus provides a clamp mechanism for the bar consisting of only three main components and giving much better and more stable clamping than is possible in conventional solutions. The clamp mechanism is composed of guide, inner piece and actuating mechanism.

A particularly advantageous embodiment of the invention is characterized in that the actuating mechanism is supported on the frame or preferably on the guide. Such a construction creates a compact overall construction which is at the same time able to apply high clamping

forces to the bar. The guide preferably has a front wall on which the actuating mechanism is supported.

5 To apply the clamping forces, it is proposed that the actuating mechanism and the inner piece are in threaded engagement. The inner piece is moved in the guide by a rotation of the actuating mechanism. The bar is advantageously fixed between the guide and the inner piece, as is deemed advantageous in principle.

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In the rotation of the actuating mechanism, two movement models are basically conceivable. Either the inner piece moves away from the actuating mechanism when the actuating mechanism is rotated, or it moves
15 toward the actuating mechanism.

The threaded engagement can be obtained by the actuating mechanism having a threaded pin which engages in a thread of the inner piece. The actuating mechanism
20 is preferably a hand screw, which has a grip part, for example of plastic, and said threaded pin. The thread is preferably formed in the inner piece at the front.

Alternatively, the inner piece has a threaded pin which
25 engages in a thread of the actuating mechanism. The actuating mechanism here can also have a grip part (for example of plastic), with a nut received in the grip part.

30 In the two embodiments described above, the actuating mechanism has grip parts which are rotated in order to bring about the movement of the inner piece. Alternatively, the actuating mechanism is designed as a tensioning lever whose pivoting effects a movement of
35 the inner piece in the direction of the lever. Analogously to the grip part, the tensioning lever can have a thread or a threaded pin which interacts with the inner piece. The thread is used for preliminary

adjustment. The tensioning lever is pivoted in order to apply the final clamping force. The mechanics of tensioning levers are known per se. The tension is obtained via an eccentric of the tensioning lever.

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The trampoline according to the invention can be used at home but also in fitness centers. In fitness centers, the trampolines according to the invention are often used in groups. This means that the trampolines have to be stowed away after use. In this connection, it is proposed that the actuating mechanism has a lever with which the actuating mechanism is rotatable, wherein the lever is mounted so as to be longitudinally displaceable in the actuating mechanism. The displaceability of the lever makes it possible to stack the trampolines. During stacking, the lever is brought to a position in which it does not get in the way of the trampoline adjacent to it (placed on top of it). The lever can be produced from metal. A further advantage of the lever is that the tightening moment is relatively large, which leads to a high clamping force.

The guide can be connected to the structure in different ways. For example, the guide can be screwed onto or bonded to the frame or a leg. The stands are often produced from metal, in particular steel or stainless steel. In this connection, it is proposed that the guide is welded to the stand. This kind of securing is particularly suitable for taking up the periodic loads that occur during the use of the trampoline.

It will be noted at this point that the bar can have several functions. As has already been mentioned at the outset, the bar can be designed as a holding bar and can have at least one handle arrangement which the user can grasp when jumping or swinging. For example, the handle arrangement comprises two grips extending

laterally from the bar. Alternatively or in addition,
it is possible that the bar has (additionally) a
receptacle for an electronic appliance. The latter can
be a tablet PC or, for example, an appliance that
5 monitors the physical functions of the user.

When the bar is used as a holding bar, considerable
forces act on the holding bar during use. The guide is
thus subjected to particular loading, particularly in
10 view of the fact that considerable lever forces act on
the guide on account of the longitudinal extent of the
holding bar. In an important development of the
invention, it is proposed that the frame forms a recess
in which the guide is received. The recess can be a
15 partial recess, in which case the frame is not fully
opened (in the sense of cut through), and instead only
a depression is formed in the frame. Compared to
conventional solutions in which the bar or its
receptacle is only welded laterally onto the frame, the
20 recess forms a greater contact face, which has the
effect of substantially increasing the strength.
Although the recess in the first instance causes a
weakening of the frame, the attachment of the guide
compensates for this by affording the considerable
25 advantage of stable securing of the guide and,
therefore, a durable and stable overall construction
which also withstands the high lever forces that occur
during training on the trampoline.

30 It is considered particularly advantageous if the
peripheral frame is interrupted and the guide is
inserted into the resulting recess. In the case of
metal frames, the guide is expediently welded in. The
frame thus advantageously bears on the guide at both
35 sides. A large contact surface can be obtained in this
way. This provides an excellent hold of the guide. At
the same time the frame remains stable. The insertion
of the guide into the frame has the further advantage

of a compact design. The trampoline is in this way easy to stack.

5 It has already been mentioned above that it is advantageous if the guide is designed as a tube section. The latter can be a polygonal or round (cylindrical) tube section. The production of a tube section is expedient. A round shape reduces the risk of injury.

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An advantageous embodiment of the invention is characterized in that the tube section is arranged perpendicularly with respect to the direction of extent of the legs. It is proposed in particular that the tube
15 section opens radially inward with respect to the peripheral frame. This embodiment is very compact. The inner piece can be inserted into the tube section radially from the inside. Its direction of movement is preferably radial. A tube section also promotes
20 stackability. The invention allows the tube section to protrude by a maximum of 2 cm above and below the frame, which is in principle considered advantageous in the context of the invention.

25 The guide preferably has a front wall. The actuating mechanism is advantageously supported on the front wall. The thickness of the front wall is chosen such that it can take up the clamping forces exerted on it by the actuating mechanism. The actuating mechanism
30 preferably engages through the front wall. The actuating mechanism is expediently mounted rotatably in the front wall.

The invention is explained in more detail below on the
35 basis of a preferred illustrative embodiment and with reference to the appended **drawing**, in which:

Figure 1 shows a schematic perspective view of a trampoline according to the invention with a holding bar;

5 Figure 2 shows a schematic view of how the holding bar is secured to the trampoline frame;

Figure 3 shows a schematic sectional view through the guide in which the holding bar is releasably received;

Figure 4 shows the schematic sectional view according to Figure 3, with the holding bar fixed in the guide;

15 Figure 5 shows a schematic view of an alternative illustrative embodiment to Figures 3 and 4;

Figure 6 shows a schematic view of the interaction between the inner piece and the guide, wherein the inner piece is received in the guide;

Figure 7 shows a schematic view of the guide and the inner piece according to Figure 7, wherein the inner piece is drawn slightly out of the guide; and

Figure 8 shows a schematic view of an alternative embodiment of the actuating mechanism.

Figure 1 shows an illustrative embodiment of a trampoline according to the invention. The trampoline has a frame 1 which is supported on the ground via a plurality of legs 2. The frame holds a bounce mat 3, which is held on the frame via a large number of spring elements 4. The spring elements 4 can be rubber-cord sections which are either of an open or of a

closed configuration. Both variants are known from the prior art. The rubber-cord sections can be suspended in receiving elements, for example hook elements, secured to the bounce mat. Alternatively, metal springs are
5 used, which are likewise known from the prior art.

A bar 5 is secured to the trampoline. In the illustrative embodiment shown, the bar 5 is designed as a holding bar and has a handle 6. Alternatively or in
10 addition, the bar can also have a support for an electronic appliance, for example a tablet PC or the like. The bar can also assume other functions. For example, a rubber-elastic strap can be secured to the bar in order to provide support when exercises are
15 being performed on the trampoline. To make matters simpler, reference is made below exclusively to a holding bar.

The holding bar 5 is held in a guide 7 which is
20 secured, for example screwed or welded, to the frame 1. The guide can also be secured to one of the legs 2. The holding bar 5 is adjustable in height and can be fixed in the guide 7 by means of an actuating mechanism 8 (only indicated in Figure 1).

25 Figure 2 shows the guide 7 from Figure 1 in more precise detail. The guide 7 is firmly welded to the frame 1, as can be seen from the weld seam 9. For this purpose, the frame 1 is divided, at the place where the
30 guide 7 is inserted, and forms a recess A. This gives the overall construction a high degree of stability while at the same time providing an elegant and slim design. The recess is shown for clarity in Figure 6.

35 The actuating mechanism 8 has a grip 10 which can be made of plastic. The grip sits on a rotation axle 11 which has a thread, as is described in more detail in connection with Figures 3 and 4.

Reference is made to Figure 3, which shows a schematic section through the guide 7. The guide 7 is welded to the frame 1. The frame 1 encloses the guide preferably
5 on both sides. The frame is indicated by a broken line in Figure 3.

The holding bar 5 is received in the guide 7 in such a way as to be displaceable in the direction of its
10 longitudinal axis. The holding bar 5 can be fixed in the guide 7. For this purpose, an inner piece 12 is received movably in the guide 7. The inner piece 12 is preferably guided slidably in the guide 7. The inner piece 12 is preferably substantially cylindrical.

15 The guide 7 has two openings 13, which are preferably flush. The inner piece 12 likewise has an opening 14. The bar 15 can be inserted through the openings 13, 14. For this purpose, the openings 13, 14 are expediently
20 flush and are preferably larger than the cross section of the bar 5, such that the bar can be inserted through the openings.

It will be noted at this point that only a part of the
25 holding bar is shown in Figure 3. The holding bar can have a round cross section. Alternatively, it has a polygonal cross section, in particular a square cross section. The openings are adapted to the cross-sectional shape of the holding bar.

30 The inner piece 12 is coupled to the actuating mechanism 8. For this purpose, the inner piece 7 has an inner thread 15 which is in engagement with a threaded pin 16 of the actuating mechanism 8. The threaded pin
35 16 is rotated by means of the grip 10. On account of the threaded engagement between the inner piece 12 and the actuating mechanism 8, a rotation of the grip 10 leads to a movement of the inner piece 12 in the guide

7. Here, the actuating mechanism 8 is supported on the guide 7. The guide 7 preferably has a front wall 17 on which the actuating mechanism 8 is supported.

5 Figure 3 shows the inner piece 12 in an open position. In this position, the holding bar 15 is movable in the guide. That is to say, the openings 13 and 14 are oriented such that they allow the holding bar 5 enough play in order to be moved. The cross section of the
10 opening 14 of the inner piece 12 is preferably larger than the cross section of the openings 13 of the guide.

Figure 4 shows the holding bar 5 in a fixed state. The holding bar 5 is clamped by means of the grip 10 of the
15 actuating mechanism 8 being rotated such that the thread 16 pulls the inner piece 12 in the direction of the grip 10, as is indicated by the arrow P1. It will be noted that the structure can in principle also be configured such that, by actuation of the actuating
20 mechanism 8, the inner piece 12 is moved in the other direction, i.e. counter to the arrow P1, and the holding bar 5 is thus fixed. The actuating mechanism 8 then has to bear on the inner side 18 of the guide in order to apply the force to the inner piece 12. For
25 this purpose, for example, a blocking ring can be provided.

During the movement of the inner piece 12 in the direction of the arrow P1, the opening 14 likewise
30 migrates in the direction of the arrow P1 until the inner side 19 of the inner piece 12 comes to bear on the holding bar 5. The holding bar 5 is pressed against the inner side 20 of the opening 13 of the guide 7 and thereby fixed. An advantage of this illustrative
35 embodiment is considered to be that the holding bar 5 is clamped by a large holding surface, which is made available by the inner side 19. This creates a stable and durable fixation of the holding bar in the guide 7.

It is also considered to be an advantage that the guide provides two bearing surfaces 21, 22. One bearing surface 21 is preferably arranged at the top and one bearing surface 22 at the bottom. In particular, one bearing surface 22 can be arranged above the frame and the other bearing surface 22 below the frame. Such an embodiment of the invention provides an advantageous orientation of the holding bar 5 with respect to the frame 1.

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Figure 5 shows an alternative illustrative embodiment to Figures 3 and 4. For reasons of clarity, the same or similar component parts are identified by the same reference numbers, even if they are intended to differ slightly from each other in design. The illustrative embodiment according to Figure 5 shows the holding bar in a fixed state. The illustrative embodiment differs from Figures 3 and 4 in that the actuating mechanism 8 has no threaded pin but instead a nut 23. The inner piece 12 has a threaded pin 24. The inner piece 7 and the actuating mechanism 8 are in threaded engagement. As in the illustrative embodiment according to Figures 3 and 4, rotation of the grip causes the inner piece 12 to be pulled in the direction of the arrow P1.

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Figures 6 and 7 show the interaction of the inner piece 12 and of the guide 7. For reasons of clarity, the actuating mechanism and the holding bar are omitted in the view. In Figure 6, the inner piece 12 and the guide 7 are located in a position in which the openings 13 (of the guide) and 14 (of the inner piece) are flush. In this position, the holding bar can be inserted. The sectional opening resulting from the superpositioning of the openings 13, 14 must be at least as large as the cross section of the holding bar, so that the holding bar can be inserted through the guide 7 and the inner piece 12.

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Figure 7 shows a position of the inner piece 12 in a position in which it is drawn slightly out of the guide 7. Here, it is clearly advantageous if the guide has an opening 25 lying radially inward. The opening 25 preferably lies opposite the front wall 17. Through this opening 25, the inner piece 12 can be inserted into the guide 7 for assembling and pulled out for dismantling. Assembly is therefore very straightforward. At the same time, the combination of inner piece 12 and guide 7 creates stable clamping of the holding bar via the inner sides 19 and 20, as has been mentioned above.

The guide 7 is advantageously configured as a tube section. Such a tube section is easy to produce and is stable. In particular, the tube section can have a front wall 17 through which the actuating mechanism or a threaded pin protruding from the inner piece 12 extends (see Figure 5).

Figure 8 shows an alternative embodiment of the actuating mechanism 8. The actuating mechanism has a tensioning lever 26. Here too, the tensioning lever and the inner piece are preferably in threaded engagement with each other (analogously to Figures 3 to 5). A rough adjustment is possible via the thread. The final clamping force is applied via the tensioning lever, which is advantageously supported on an intermediate piece 27 or directly on the guide 7. The intermediate piece 27 bears on the guide 7.

The frame shape is shown in the figures exclusively as being round. It can also be polygonal, in particular hexagonal or octagonal.

In the context of the description, all undefined terms of location such as "over", "under" or "laterally" are made with reference to a standing trampoline. Terms of

location or terms of direction such as radially inward or radially outward are also used. These are given with reference to the frame, which can be either round (in its plan view) or polygonal. If it has a round shape, 5 the round frame forms a center point of curvature. The statements made are with reference to this point. A guide, which extends radially, thus lies on a line which extends radially outward from the center point of curvature. In polygonal frame shapes, straight frame 10 portions are regularly provided between the corners. The guide will then be arranged at the center of the frame portions. The perpendiculars extending from the center of each frame portion intersect at the center of the frame, such that a tube section extending radially 15 with respect to the polygonal frame lies on a line running radially outward from the center. At the center of the frame portion, this line intersects the frame perpendicularly.

List of reference signs

1	frame
2	legs
3	bounce mat
4	spring elements
5	holding bar
6	handle
7	guide
8	actuating mechanism
9	weld seam
10	grip
11	rotation axle
12	inner piece
13	opening (of the guide)
14	opening (of the inner piece)
15	thread
16	threaded pin
17	front face
18	inner side
19	inner side
20	inner side (of the opening)
21	bearing surface
22	bearing surface
23	nut
24	threaded pin
25	opening
26	tensioning lever
27	intermediate ring
P1	arrow
A	recess

Claims

1. A trampoline with
 - 5 - a stand which has a peripheral frame (1) and a plurality of legs (2),
 - a bounce mat (3) which is suspended elastically on the frame (1),
 - 10 - at least one guide (7) which is secured to the stand,
 - a bar (5) which is received in a height-adjustable manner in the guide (7), and
 - an inner piece (12) which is received movably in the guide (7),
 - 15 - wherein the bar (5) is fixed by a relative movement between the inner piece (12) and the guide (7).
2. The trampoline as claimed in claim 1,
20 characterized in that the guide (7) has at least a first opening (13) through which the bar (5) is inserted.
3. The trampoline as claimed in claim 1 or 2,
25 characterized in that the guide (7) has a peripheral circumferential wall, and in that the first opening (13) is formed in the circumferential wall.
- 30 4. The trampoline as claimed in one of claims 1 through 3, characterized in that the inner piece (12) has an opening (14) through which the bar (5) extends.
- 35 5. The trampoline as claimed in one of claims 1 through 4, characterized in that the guide has an opening (25) through which the inner piece (12) can be inserted into the guide (7).

6. The trampoline as claimed in claim 5, characterized in that the opening (25) is directed radially inward.
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7. The trampoline as claimed in one of claims 1 through 6, characterized in that the inner piece (12) is coupled to an actuating mechanism (8) which is supported on the frame (1) or preferably on the guide (7) or on an intermediate piece (26) bearing on the guide.
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8. The trampoline as claimed in claim 7, characterized in that the actuating mechanism (8) and the inner piece (12) are in threaded engagement.
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9. The trampoline as claimed in claim 7 or 8, characterized in that the actuating mechanism (8) has a threaded pin (16) which engages in an inner thread (15) of the inner piece (12).
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10. The trampoline as claimed in claim 7 or 8, characterized in that the inner piece (12) has a threaded pin (24) which engages in an inner thread (23) of the actuating mechanism (8).
- 25
11. The trampoline as claimed in one of claims 6 through 9, characterized in that the actuating mechanism (8) is designed as a tensioning lever (25) whose pivoting causes a movement of the inner piece (12) in the direction of the tensioning lever.
- 30
- 35 12. The trampoline as claimed in one of claims 1 through 11, characterized in that the guide (7) is welded to the frame (1).

13. The trampoline as claimed in one of claims 1 through 12, characterized in that the frame (1) forms a recess (A) in which the guide (7) is received.

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14. The trampoline as claimed in one of claims 1 through 13, characterized in that the guide (7) is designed as a tube section.

10 15. The trampoline as claimed in claim 14, characterized in that the tube section (7) is arranged perpendicularly with respect to the axial direction of extent of the legs (2) and preferably opens radially inward.

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16. The trampoline as claimed in one of claims 1 through 15, characterized in that the guide (7) has a front wall (17).