



OWNER'S MANUAL

AEROBIC REBOUNDER



FN-10215-I

Assembly, Installation, Care, Maintenance, and User Instructions.

⚠ WARNING: Read the entire Owners Manual prior to attempting to assemble or use this Aerobic Rebounder.

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LIABILITY

While every attempt is made to embody the highest degree of protection in all equipment, we cannot guarantee freedom from injury. The user assumes all risk of injury due to assembly and use. All merchandise is sold on this condition, which no representative of the company can waive or change.



SAFETY WARNING

Consult your physician before beginning this or any exercise or diet program; If you experience dizziness, nausea, chest pain, back pain or other abnormal symptoms STOP; your workout and CONSULT A PHYSICIAN IMMEDIATELY before continuing.

1. Misuse and abuse of this Aerobic Rebounder is dangerous and can cause serious injuries including death.
2. Aerobic Rebounders, being rebounding devices, can propel the user to unaccustomed heights and into a variety of body movements.
3. All purchasers or persons assembling and using the Aerobic Rebounder must become familiar with the manufacturer's recommendations for the proper assembly, use, and care of the Aerobic Rebounder. Also, be alert to the user's limitations in the execution of Aerobic Rebounder techniques and progressions. Suggestions for the care and maintenance are included to promote safe, enjoyable use of this product.
4. It is the responsibility of the owner to insure that all users of this Aerobic Rebounder are adequately informed of all warnings and safety instructions.
5. Always check with your doctor before starting any exercise program.
6. This item has small parts, keep out of reach of children.
7. Adult assembly required. Care should be taken in the unpacking & assembly of the Aerobic Rebounder.
8. If you experience any problems or require any further assistance, please contact our Customer Service line on 818-357-2339.

NOT FOR PROFESSIONAL USE

Weight Limit for Aerobic Rebounder User is 220 lbs.

CARE AND MAINTENANCE INSTRUCTIONS

Inspect the Aerobic Rebounder before each use and replace any worn, defective, or missing parts.

The following conditions could represent potential hazards:

1. Missing improperly positioned or insecurely attached frame padding.
2. Punctures, frays, tears or holes worn in the bed or frame padding.
3. Deterioration in the stitching or fabric of the bed or frame padding.
4. Ruptured band.
5. A bent or broken frame or a sagging bed.
6. Sharp protrusions on the frame or suspension system.
7. Loosened or missing legs.

For extra protection, periodically apply a silicone spray on stretch-band straps to prevent deterioration.

AEROBIC REBOUNDER SAFETY AND ACCIDENT PREVENTION

As in most recreational sport, participants may be injured. This section covers the most common accidents. Responsibilities of the Supervisors and Users in accident prevention are also outlined. **The following are reasons why accidents happen:**

Attempting somersaults. Landing on the head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed. The Aerobic Rebounder is not designed to be a trampoline. It is for Aerobic Exercising only.

More than one person on the Aerobic Rebounder. Use by more than one person at the same time can result in serious injuries.

Do not allow Children to use the Aerobic Rebounder. It is for exercise use only and should never be used as a Trampoline.

Incorrect mounting and dismounting. Carefully step off and onto the Aerobic Rebounder bed. Do not jump off the Rebounder to the ground or other Object. Do not jump from a table, or other object onto the Rebounder. Do not step onto the suspension system.

Hitting the frame. Stay in the center of the Aerobic Rebounder when jumping. Injury may result from hitting the frame when control is lost. Be sure the frame cover is always on. Do not jump into the frame pad.

Loss of control. A User who loses control will increase his/her chance of injury. To regain control and stop your jump, bend your knees sharply as you land.

Never Use Rebounder Under The Influence of Alcohol or Drugs. Alcohol and drug use impairs the Users Balance, which can cause loss of control and serious injuries including death. If you are taking any Medication check with your physician prior to using the Rebounder.

Foreign objects. Please make sure there is nothing sharp under or around the Aerobic Rebounder. Hitting objects under the Aerobic Rebounder can cause injury. Jumping with a foreign object can also increase the chances of getting injured. Be sure there is adequate clearance 10 feet above and 6 feet around the Aerobic Rebounder. Be careful of overhead wires, ceiling fans etc.

Poor maintenance of the Aerobic Rebounder. Make sure you inspect the Aerobic Rebounder before every use. Check for punctures on the bed, sharp burrs on the frame, stitching that has gone bad or loose elastic bands. If a replacement part is needed, please call our hotline to order.

Storage. Once the circular frame is assembled, it can not be taken apart. Never try to fold the frame after assembly. Remove legs & store entire frame when not in use.

USE INSTRUCTIONS

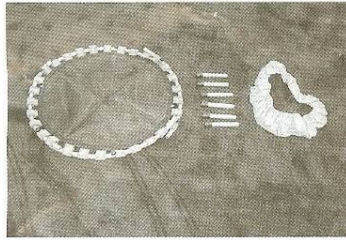
- Adequate overhead clearance is essential. A minimum of (10ft) from ground level is recommended. Provide clearance for wires, ceiling fans, and other possible hazards.
- Lateral clearance is essential. Place the Aerobic Rebounder away from walls, structures, furniture, and other play areas. Maintain a clear space on all sides of the Aerobic Rebounder. A minimum of (6ft) from frame edge is recommended.
- Remove any obstructions from beneath the Aerobic Rebounder.
- Use appropriate clothing and shoes. Remove jewelry, necklaces, and earrings. Failure to follow these instructions may lead to injury or damage to the Aerobic Rebounder.
- Use the Aerobic Rebounder in a well lit area. Artificial illumination maybe required.
- The owner and supervisors of the Aerobic Rebounder are responsible to make all users aware of practices specified in the use instructions.
- Do not allow more than one person on the Aerobic Rebounder. Use by more than one person at the same time can result in serious injuries.
- Do not allow Children to use the Aerobic Rebounder. It is for exercise use only and should never be used as a Trampoline.
- Maintain a clear area around the Aerobic Rebounder. Do not allow foreign objects or animals on or around the Aerobic Rebounder.
- The Aerobic Rebounder should be assembled in its entirety before each use. The frame cover should be positioned correctly at all times. By doing this you will prolong the life of the bands by shielding it from the elements and at the same time make the Aerobic Rebounder safer.
- Replace any worn, defective, or missing parts.
- The metal frame of the Aerobic Rebounder will conduct electricity. Lights, extension cords, and all such electrical equipment must never be allowed to come in contact with the Aerobic Rebounder.
- Step on and off the Aerobic Rebounder. It is dangerous to jump from the Aerobic Rebounder to the ground or floor when dismounting, or to jump onto the Aerobic Rebounder when mounting. Do not use the Aerobic Rebounder as a springboard to other objects.
- Stop bounce by flexing knees as feet come in contact with the Aerobic Rebounder bed. Learn this skill before attempting others.
- Avoid bouncing too high. Stay low until bounce control and repeated landing in the center of the Aerobic Rebounder can be accomplished. Control is more important then height.
- While keeping the head erect, focus eyes on the Aerobic Rebounder toward the perimeter. This will help control bounce.
- Avoid bouncing when tired.
- Do not use the Aerobic Rebounder while under the influence of alcohol or drugs.
- For additional information concerning the Aerobic Rebounder equipment, contact the manufacturer.
- Bounce only when the surface of the bed is dry.

Read all instructions before using the Aerobic Rebounder. Warnings and instructions for the care, maintenance, and use of this Aerobic Rebounder are included to promote safe, enjoyable use of this equipment.

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ASSEMBLY

Refer to PARTS LIST for identification of parts.



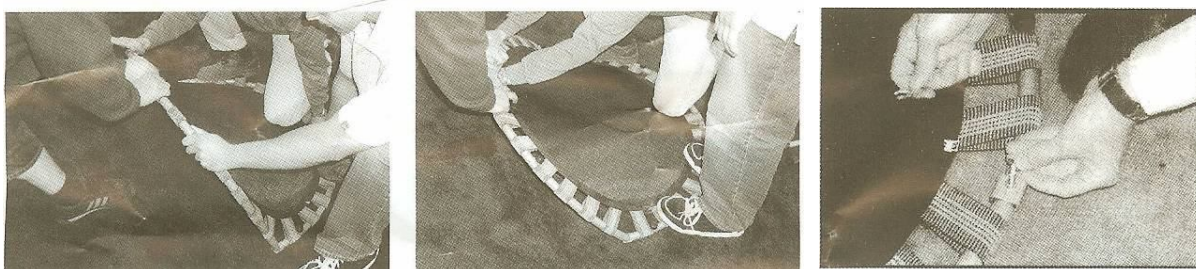
1 Lay all the parts down on the floor and open the bed as shown. The bottom of the bed should be facing up. (The black caps covering the Leg Post should be visible)



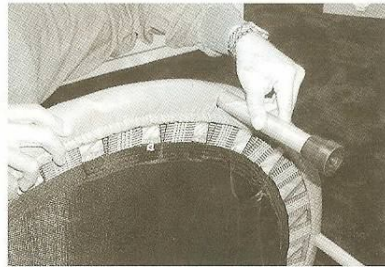
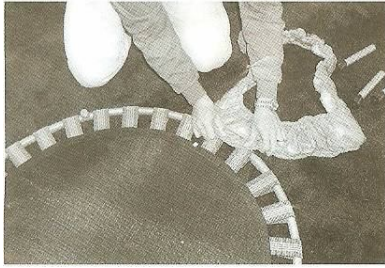
2 Connect the frame joints shown above to form two half circles **BE CAREFUL NOT TO PINCH YOUR FINGERS** Make sure the frame runs through all of the Straps. Do not connect the joints with the lip yet.



3 With the Two Joints connected, position the 2 half circle sections as shown. Note that the top section's ends are resting on the welded lips of the bottom section. **⚠️ WARNING: KEEP YOUR FINGERS AND ALL BODY PARTS AWAY FROM THIS AREA WHEN UNFOLDING. SERIOUS INJURY CAN OCCUR IF CAUGHT IN THIS JOINT.**



4 With 2 people, applying their weight on the frame and a third person on the other side, slowly open the two half circles. Be careful and keep the ends of the top section within the lip space of the bottom section. **⚠️ WARNING: There is a lot of tension during this Step, apply constant pressure pushing down on both sections until the Aerobic Rebounder is fully opened and locked in place. Severe injury may occur if the instructions are not followed. Keep hands away from all joints.** Continue opening the circle until the joints lock together. Inspect the frame and make sure it is straight and round. You may have to move the sections to do this. Even out all the bands. To provide additional support for the frame, we have included 2 bolts and washers to fasten the joints together. We have also provided a wrench to securely tighten the bolts. Periodically check to make certain the bolts are tight.



5 After the frame has locked into place and you have secured with the 2 bolts, remove the plastic caps from the threaded sockets and install the padded cover. Make sure the slots in the cover line up with the Threaded Sockets.. Keep adjusting the Cover as you screw the (6) Legs onto the Threaded Sockets making sure it is evenly covering the Suspension System. Please read the Use Instructions prior to using your new Aerobic Rebounder.