

## Instructions for changing Gym Rebounder Springs

**Please note it might need two people to do this so one person can hold the rebounder steady whilst the other re-attaches the springs.**

1. Using the special metal hook tool we have sent to you, lever the hook down and hook around the metal clips that are threaded through the new mat.
2. Hook 2 springs into the middle of every wavy metal clip. The springs are highly calibrated so you may need someone to help you with this.

**Note:** It is easier to attach the springs at opposite sides - working your way around the rebounder. So hook the first 2 springs on at 12' o'clock, the second two springs at 6 o'clock the next at 3 o'clock then at 9 o'clock etc so the tension is spread evenly making it easier to work all the way around the mat.

**Note:** Always remember to lubricate your springs from time to time by applying a little Vaseline (or coconut oil) to either end of every spring to avoid them drying out. You apply the Vaseline to each end of the spring where it contacts the metal clip on the mat and where it hooks through the metal bolt. This helps keep the metal moist and stops any squeaking!