

FIT BOUNCE PRO INSTRUCTION MANUAL

IMPORTANT PLEASE READ

WICHTIG! LESEN SIE BITTE

¡IMPORTANTE! POR FAVOR LEE

IMPORTANT! LISEZ S'IL VOUS PLAÎT

IMPORTANTE! SI PREGA DI LEGGERE

BELANGRIJK! GELIEVE TE LEZEN

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www.rebound.fitness/instruction-manuals

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Table of Contents

Customer Service	3
Included in your Package	4
Assembling your Rebounder	5
Opening the Rebounder	5
Closing the Rebounder	7
How to access your Rebounding Workouts	7
Health and Safety	8
Introduction to Rebounding.....	9
Some Health Benefits of rebounding.....	10
The Perfect Bounce	10
Guarantee and Returns Policy	11
All Feedback Welcome	12

Customer Service

Amazon customers please contact us via your Amazon account.
Other customers can contact us via email:

service@rebound.fitness	UK, USA, Canada, Australia
kundendienst@rebound.fitness	Germany
servicioclienti@rebound.fitness	Italy
serviceclient@rebound.fitness	France
atencionalcliente@rebound.fitness	Spain
service@rebound.fitness	Rest of World

For quick service please include the following information where possible:

- Name, Order Number, Date of purchase, Product details,
- your email, your mobile phone number,
- images if needed to support your query.

Hours are Monday – Friday (excluding bank holidays).

We aim to respond within 24 working hours, often sooner.

Please register your product for warranty at

www.rebound.fitness/warranty-registration



@reboundfithq



@maximuslifeuk

Included in your Package

The package includes:

- Fit Bounce Pro rebounder
- DVD with rebounding workouts
- Lifetime access to online workouts
- Instruction Manual
- 2 spare bungee cords
- Spare washers to adjust height of legs to ensure they are flush to the floor, if required

Optional products available for separate purchase via Amazon or on our website or contact us on service@rebound.fitness

- Handle Bar – ‘U’ or ‘T-Bar’ design. See also our blog on when to use the handle bar
- Weighted Gloves
- Grip Socks
- Spare parts; bungees, mats, feet, carry bag
- Others on our website

If you are an Instructor or Health Professional then please contact us to find out more about our Rebound Training Courses and our Affiliate program.

Assembling your Rebounder

WARNING: Read these instructions carefully prior to assembling and using the rebounder.

For video guidance subscribe to our YouTube Channel www.youtube.com/reboundfitness/ and Go to playlist called 'Product Details, Setting Up & How To Clips'

Opening the Rebounder

1. Take the rebounder out of the box and unzip the carry bag it arrives in. There will be spare bungees and washers in a plastic bag inside the rebounder together with this instruction manual so keep these safe for later use if needed.
2. Lay the rebounder upside down and flat on the ground in front of you and in the half-fold position with the hinges either side of you.
3. Two people place their hands on the rim of the rebounder (the rim that is on the floor) at opposite side, then both slowly push the rebounder open – keeping your palm open so fingers are out of the way of the floor until the rebounder is fully flat on the ground. Keep your head upright and not below the rim of the rebounder throughout.
4. Holding the legs half-way down, slot them over the metal stud on the rebounder frame, being careful to keep your fingers away from the rim.



5. Once all the legs are in place turn the rebounder the right way up and push the silver locking bolts through both hinges to secure.



6. Carefully cut off the white plastic ties that are around each pair of bungees cords – these are there to keep the bungees in place during shipping.
7. Adjust the elastic bungee cords to make sure they are evenly spaced around the frame.
8. Turn the rebounder over and place on a flat floor so that all the legs are flush to the ground. Sometimes a floor is marginally uneven. If this is the case, take off the bung of the leg(s) that is not flush to the ground and insert one or more of the spare washers inside the bung until all the legs are flush to the ground.



Closing the Rebounder

1. Turn the rebounder onto its back and remove the hinge pins ensuring that they are pulled away from the rebounder either side so the string attached does not get caught in the hinge when it closes.
2. Carefully fold each leg down by gently pulling the leg away from the frame. If you find the leg is a little stiff, then slightly twist the leg (quarter turn only) whilst you pull the leg.
3. The rebounder has a second safety locking mechanism. Closing the rebounder requires your hands and feet to be in the correct position whilst leaning over the rebounder. Place left hand onto the rim below the left hinge. Grasp the top of the rebounder, in the middle, with the right hand ready to pull up. Place the right foot (please wear trainers/sneakers) pushing down on the rim of the rebounder underneath the right hinge as you pull/jerk the top rim of the rebounder up with the right hand. The hinge will release allowing you to fold the rebounder.

How to access your Rebounding Workouts

There are a number of rebounding workouts on the DVD included in the package.

To access a variety of genres of rebounding workouts and individual bouncing tracks to suit all fitness levels please register using this link

<https://rebound.fitness/workout-videos/>

Health and Safety

- This product should not be used by persons weighing more than 150kgs/330lbs.
- Always wear either quarter-length or short trousers when using the rebounder, or, if your trousers are long then please tuck the bottoms into your socks to ensure that they do not catch in the bungees.
- Keep others away from the rebounder equipment when in use.
- Make sure you drink adequate amounts of water before, during and after your workouts.
- Children under the age of 16 should **always** be supervised by an appropriate adult when using the rebounder.
- If using this product with a person with additional needs, then the supervisor must be a Flexi Bounce qualified practitioner or a parent/carer that has self-certified that they have followed and understood the Flexi Bounce Home User programme.
- As with any fitness programme consult with your doctor before use. If at any time during the workout you feel unwell then you should stop immediately and consult your doctor.
- All advice, guidance and information provided by Health2fitness Ltd or Maximus Life Ltd (t/a Rebound Fitness) should not at any time be mistaken for medical advice. Nothing in the Rebound Fitness workouts should be relied upon as a substitute for consulting with a doctor or specialist for guidance, diagnosis, or treatment. Consult your doctor for all medical or dietary queries.
- Health2fitness Ltd or Maximus Life Ltd (t/a Rebound Fitness) assume no responsibility for any personal injury, loss or property damages or any liability that may arise from using this product.

Introduction to Rebounding

Welcome to the Rebound Fitness programme and thank you for purchasing our high-quality rebounder package. By choosing to rebound you have made a step towards improving your health, fitness, and wellbeing!

Rebounding is not the same as trampolining. Rebounding emerged over 50 years ago, and rebounding exercise involves controlled bouncing movements that push down into the rebounder mat and recoil upwards from the rebounder mat with your feet leaving the mat by no more than 6 inches.

Rebounding provides stimulus for improving the cardiovascular system and is an excellent choice of exercise for those needing a weight bearing but low impact activity.

The Rebound Fitness team of experts have developed specialised rebound workouts for use with their range of rebounders to help you achieve **all** the benefits that rebounding can offer. There is also a programme for those with additional sensory or physical support needs called Flexi Bounce.

Rebound Fit is fun and motivating and provides an effective form of high energy, low impact cardio-vascular exercise, burns a tremendous number of calories, whilst also toning muscles and tightening the skin.

Rebounding on a high-quality, well sprung rebounder, affects the lymphatic system much like a sports massage does. The lymphatic system is the metabolic rubbish bin of the body. It rids you of toxins such as dead and cancerous cells, nitrogenous wastes, fat, infections, viruses, heavy metals, and other assorted junk cast off by the cells.

Some Health Benefits of rebounding

- **Supports** lymphatic drainage,
- **Improves** bladder control, immune system, posture, balance, and coordination
- **Strengthens** the pelvic floor and the deep core muscles
- **Increases** muscle strength and tone, bone density reducing the risk of osteoporosis
- **Tightens** and firms the skin
- **Improves mood**
- **Burns** hundreds of calories
- **and is fun**

The Perfect Bounce

Get started with the ‘Health Bounce’ – a gentle bounce 2 – 5 minutes once or more each day, with your feet staying on the mat surface, pushing into the mat, and releasing with a progression to gradually raising your heels off the mat.

Move on to the ‘Base Jump’ or ‘Basic Bounce’ which is the foundation move for rebounding and the correct technique. Stand with your feet hip width apart, keep your knees slightly bent and the weight on the balls of your feet. Keep your chest and head up. If you have balance problems or any condition that causes joint instability, then it is a good idea to use the stability bar.

Gradually progress to small jumps/bounces on the rebounder. At no time, even during vigorous exercise, will your feet leave

the mat surface by more than 6-inches. You can bounce to your own music and style or follow the exercises that are on the workout that comes with the rebounder. There are many additional workouts you can access by signing up to your free lifetime membership which allows you to stream workouts of varying degrees of difficulty, length and style filmed by our high energy and motivating master trainers and instructors from around the world.

Guarantee and Returns Policy

Health2Fitness Ltd and Maximus Life Ltd (T/A Rebound Fitness) aims to always provide high quality goods that are fault free and undamaged. On occasion however, goods may need to be returned, repaired, or replaced. We use many different fulfilment companies and also fulfil via Amazon.

For full details of our Returns, Warranty, Delivery and Terms of Business please visit our website at www.rebound.fitness or contact our customer service team.

Please register your product for warranty at

www.rebound.fitness/warranty-registration

All Feedback Welcome

Help us spread the word about Rebounding. We love to hear from our customers. You can contact us directly via our Customer Service team and we collect independent Product and Service reviews via Amazon and Trustpilot.

We and future potential customers would love to hear from you.

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