

MAXIMUS 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

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www.rebound.fitness/instruction-manuals

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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:

- Maximus Pro quarter-folding rebounder
- Stability bar particularly useful for people who need additional balance support or recovering from injury
- Carry bag for easy storage and transportation
- Resistance bands and sand weights for strength and conditioning increasing intensity of workouts
- DVD with rebounding workouts
- Lifetime access to online workouts
- Instruction Manual
- Spare washers in case of slightly uneven floor
- Leg spring tool to reattach leg springs if needed

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

- Weighted Gloves, Wrist/Ankle weights
- Grip Socks
- Spare parts; mats, springs, 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. Lay the rebounder on the floor, in its still folded position. Push out the ends so the rebounder expands and looks like a half-moon. Make sure the larger outside hinges are touching the floor.



2. Very occasionally, a spring may have become detached during transportation. If this happens it is easy to reattach the spring. Please keep the rebounder in the half-folded position (it is easier to have a second person to assist) and then simply re-attach the spring before fully opening.

Contact service@rebound.fitness should you need additional support.

3. Firmly grasp both halves of the frame at the midpoint of each half-circle. **NOTE:** frame will snap open so please read step 3 carefully! Please keep all fingers away from the hinge areas when opening and closing.

4. Using steady pressure, with hands open and fingers extended, use palm of hands to push top side of the frame up, over and down to open position.



5. With the rebounder now open and still upside down, lift each leg to a perpendicular position (up and over the leg holding stud connected to the frame). **NOTE:** be careful not to catch the spring cover fabric when releasing the leg.



6. Turn the rebounder right side up and place on a flat floor so that all the legs are flush to the ground. Adjust the fabric of the skirt evenly around the jumping mat so that the skirt covers all the springs in an even manner and it is pulled away from the mat. **NOTE:** the springs will be showing at the end closest to the mat.
7. Sometimes a floor is not perfectly flat (by millimetres) – we have included washers for you to insert into the leg bung and this usually resolves the issue.

8. The spring hook is in case you need to reattach a leg; sometimes if you pull it too hard it becomes detached or needs replacing.

Assembling the Stability Bar

1. Find the two bottom halves of the stabilizing bar. You will see that the rebounder surface has two legs with attachments. These are the openings you will use to place the stabilizing bar's two bottom halves.
2. Take the end that slides into the leg attachment and securely place it in the attachment opening.
3. Repeat step 2 for the second bar.



4. This is how the rebounder should look after steps 1 – 3.



5. Find the two parts that make up the top of the stabilizing bar and tightly lock both padded ends together.



6. Now place both ends of the top half of the stabilizing bar into the top openings of the two bottom halves.

7. After making sure that all of the parts are tightly secured your rebounder should look like this photo.



Attaching the Resistance Bands

1. There are a green and blue set of bands. Each set has a different resistance strength.
2. Please attach the clip end of the band to the “W” hook where the springs are attached. NOT at either end of the “W” hook, in the middle.

Closing the Rebounder

1. Pull and release the fabric hinge cover from above the hinges to allow easier folding.
2. Hold the rebounder vertically against your hip/let with the rebounder's legs facing away from you.
3. With a small quarter turn, push each leg away from the rebounder so it is over the leg holding stud and lay it down towards the centre of the mat. **NOTE:** extend the leg spring only enough to get it up and over the leg holding stud. Do not over extend.
4. Place the rebounder flat on the floor with the folded legs facing up.
5. Locate the larger hinges on each side of the rebounder and ensure that these are at the quarter-past and quarter-to position as you are facing the rebounder.
6. Closing the rebounder requires your hands and feet to be in the correct position whilst leaning over the rebounder.
7. Kneel on the floor between the half-past and quarter-to position facing the top part of the rebounder.
8. Place the left hand firmly on the rim of the rebounder (holding the rebounder firmly into the floor. 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. **NOTE:** the rebounder may release quickly depending on how hard you pull upwards so be sure to keep your head out of the way of the rebounder rim.



9. The hinge will release and the rebounder will return to a half-moon position.
10. Simply push the two ends of the half-moon rebounder inwards to make the rebounder smaller (the shape will look like an American football).
11. Place inside the carry bag for easy storage and transportation.



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.
- 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.

FAQ's and Maintenance

- Q: My Rebounder seems stiff to open – is there something wrong with it?**
- A:** No, the hinges are very robust and will loosen in time. You may need to get someone to help you open/close it the first few times.
- Q: My stability bar seems loose and wobbly – is that OK?**
- A:** Yes, the stability bar will have movement. It is there as a balance aid not to support your entire body weight. You may not need the bar after you have built up your confidence and balance on the rebounder.
- Q: Why do the springs squeak? Is there anything I can do?**
- A:** All metal sprung rebounders will make a noise as metal components create friction & therefore will make a noise when rubbed together. Apply Vaseline or coconut oil to the ends of the springs from time to time to reduce the noise. The metal sprung rebounders are great for fitness rebounding. If you prefer slower & more gentle bouncing then a bungee trampoline can achieve this & they are quieter. Visit our website to see our bungee models.
- Q: One of the legs is stuck & I can't fold it down?**
- A:** Turn the rebounder upside down and remove the rubber foot on the leg. Spray a little WD40 or household oil down the inside of the leg & then gently twist the leg a few times – no more than a quarter turn in either direction – and it will loosen.

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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