

# MAXIMUS PRO GYM 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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Klik op Link voor Nederlandse gebruiksaanwijzing

[www.rebound.fitness/instruction-manuals](http://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:

<a href="mailto:service@rebound.fitness">service@rebound.fitness</a>	UK, USA, Canada, Australia
<a href="mailto:kundendienst@rebound.fitness">kundendienst@rebound.fitness</a>	Germany
<a href="mailto:servicioclienti@rebound.fitness">servicioclienti@rebound.fitness</a>	Italy
<a href="mailto:serviceclient@rebound.fitness">serviceclient@rebound.fitness</a>	France
<a href="mailto:atencionalcliente@rebound.fitness">atencionalcliente@rebound.fitness</a>	Spain
<a href="mailto:service@rebound.fitness">service@rebound.fitness</a>	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](http://www.rebound.fitness/warranty-registration)



@reboundfithq



@maximuslifeuk

## Included in your Package

The package includes:

- Maximus Pro Gym rebounder
- Adjustable Stability bar particularly useful for people who need additional balance support or recovering from injury
- Resistance bands for strength and conditioning
- DVD with rebounding workouts
- Lifetime access to online workouts
- Instruction Manual

Optional products available for separate purchase via Amazon or on our website or contact us on [service@rebound.fitness](mailto:service@rebound.fitness)

- Weighted Gloves, Wrist/Ankle weights
- Grip Socks
- Spare parts; mats, springs, feet, skirt
- 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/](http://www.youtube.com/reboundfitness/) and go to playlist called 'Product Details, Setting Up & How To Clips'

### Setting Up the Rebounder

Setting up the rebounder so you are ready to bounce is very easy:

- Place the rebounder with the mat on the floor, legs facing upwards, and remove the elastic bands that secure the legs flat for storage/transportation. (keep the bands – or use similar - if you wish to use them to store/transport the rebounder in the future).
- Fit the legs over the metal stud so they are securely in place. Please be careful not to pinch your fingers and make sure you don't catch the cloth material of the skirt cover or elastic when doing so.
- This should only be done by an adult.
- Once all the legs are in place you can turn the rebounder over, place on a flat surface on the floor so all the legs are securely on the floor and start bouncing.

WE ADVISE THAT YOU WATCH THE HEALTH & SAFETY POINTS AND OBSERVER THE CORRECT REBOUNTING TECHNIQUE BY WATCHING THE DVD THAT CAME WITH THE PRODUCT – PARTICULARLY THE BASIC BOUNCE (OR BASE JUMP) MOVE.

## 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.
3. Register for our online workouts to access routines that use the resistance bands.



## Assembling the Stability Bar

1. Take off 2 of the grey rubber rebounder feet leaving one leg in between with the rubber foot on.



2. Slide the tube on the straight part of the stability bar over the 2 legs until the little black feet of the stability bar are touching the floor (or close to the floor).



3. Tighten the two small screw knobs as tight as you can. Reattach the leg feet.



4. Attach the two bent handle bars together with the foam-covered bar in the middle. Secure in place with the two small screw knobs.



5. Slot the top handle bars into the straight bars at the required height and tighten with the large screw knobs.



**Remember there will be movement in the bar as it needs to flex and move with the rebounder to avoid putting excessive pressure on the leg weld. You gently hold on to the bar without pushing or pulling the bar forcefully whilst jumping. Happy Bouncing!**

## Folding the Legs for storage

1. Hold the rebounder vertically against your hip/leg with the rebounder's legs facing away from you.
2. 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.
3. Place the rebounder flat on the floor with the folded legs facing up. You can use elastic bands to secure the legs to keep them flat onto the mat.



## 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.

## FAQ's and Maintenance

- 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 & gentler 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.
- Q: My rebounder skirt is ripped – do I need to replace it?**
- A:** The skirt is there for aesthetic purposes and can be removed or you can purchase replacement skirt if needed by contacting us.

## 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**

## 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](http://www.rebound.fitness) or contact our customer service team.

**Please register your product for warranty at**

[www.rebound.fitness/warranty-registration](http://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.

<b>AMAZON</b>	<b>Website</b>
Login to your Amazon account	You will receive an email from Trustpilot asking for your review
Find your order and click write a product review	Follow the Trustpilot instructions and leave your review
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