

Pro Gym for Instructors and Commercial Use

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

DOWNLOAD ALL INSTRUCTION MANUALS HERE

Klicken Sie auf den Link für die deutsche Gebrauchsanweisung

Enlace al manual de instrucciones en español

Cliquez sur le lien pour le manuel d'instruction en français

Cliccare sul link per il manuale di istruzioni italiano

Klik op Link voor Nederlandse gebruiksaanwijzing

www.rebound.fitness/instruction-manuals

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European Authorised Representative: OBELIS, 53 Bd. Général Wahis 53, B-1030 Brussels. Belgium



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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

Rebound Fitness have been designing and manufacturing Rebounders and related accessories and training course since 2005 and are the leading expert in all things Rebounding.

The Pro Gym rebounder is a commercial grade rebounder designed for group exercise classes, circuits, 1:1 personal training and for physiotherapy and other specialist use. It is extremely robust to withstand daily workouts in busy gyms and comes with a 12-month commercial warranty (*).

Rebound Fitness have a 1 day or Online certification programme for Instructors and an ongoing instructor membership providing access to 100s of new choreography and regular live Instructor workshops to ensure that highest standards of teaching are maintained.

The package includes:

- Maximus Pro Gym rebounder
- 12 months commercial warranty (*)
- Instruction Manual

(*) The commercial warranty is valid providing the classes are taught by Rebound Fit certified instructors (or other approved specialists) and that the storage and maintenance instructions are followed.

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

- Instructor Training Courses & Workshops
- Adjustable Stability bar particularly useful for people who need additional balance support or recovering from injury

- Resistance bands for strength and conditioning
- Weighted Gloves, Wrist/Ankle weights
- Grip Socks
- Spare parts; mats, springs, feet, skirt
- Others on our website

All Certified Instructors have the opportunity to enrol in our Affiliate programme to earn commission from sales of our Rebounders to clients and for referrals to other Instructors/Gyms that lead to a sale. Please contact us for details.

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'

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.
- Rebounders should be set up for class with enough room between them for a person to step on/off the rebounder

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

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.

Storing the rebounders

The Pro Gym Rebounders can be stored back-to-back as per the below picture. Please ensure that when storing this way that the legs of the rebounders are against the frame of the rebounder it is stacked on, and not on the mat springs, the mat or in “mid-air”!



Participants should be encouraged to always have 2 people lifting/stacking the rebounder to ensure that they are stacked safely and so that rebounders are not weakened through inappropriate storage.

Alternatively, rebounders can be flat packed by folding the legs and storing one on top of the other in a cupboard. Some people use elastic bands or hair ties to help keep the legs flat but with careful folding down they should stay flat once folded.

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

The Pro Gym rebounders are very low maintenance however taking care as described below will prolong the effective use of the equipment (which should be many years).

Here is a checklist:

- Always use a Rebound Fit certified instructor to teach or an approved specialist
- Store them correctly
- Wipe down mat surface after every use
- Do not drag rebounders across the floor, or lean on the legs
- Lubricate the springs from time to time (coconut oil or Vaseline – NOT WD40)
- Check the rubber tips on the legs from time to time and replace those that are worn
- Do not bounce if there are detached leg or mat springs – replace these

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.

Q: What spare parts can I purchase and where do I get these?

A: After the warranty period, you can purchase new mats, skirts, mat springs, leg springs and leg feet. In fact, everything except the frame and leg itself! So your rebounder should last many years. All spare parts can be purchased from the website – www.rebound.fitness or contact our customer service team.

Q: Where can I do the Rebound Fit Instructor Training

A: We have a 1 day in-person course running and also an Online course. Once the foundation training has been completed there are optional additional workshops available for teaching Children and working 1:1 with populations who had additional needs. After training there is a monthly Instructor Membership providing ongoing education and access to 100s of pre-choreographed routines. Full details are on our website at www.rebound.fitness

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 and our Rebound Fit Instructor training. We love to hear from our instructors and as well as contacting us directly via our Customer Service team, we collect Product and Service reviews via Trustpilot.

We and future potential Instructors would love to hear from you:

- You will receive an email from Trustpilot asking for your review
- Follow the Trustpilot instructions and leave your review
- If you wish to share information directly with us, please email service@rebound.fitness.

Your Rebound Fit Instructor Membership gives you loads of benefits, including discounts, commission on equipment via our Affiliate program and there are 100s of pre-choreographed routines and moves for you to use with playlists and some licence free music.

If you need any support from our Master Trainer team, please contact us on service@rebound.fitness.



ReboundFitness

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