



ReboundAIR
1126 N 1200 W
Orem, UT 84057

1-888-464-5867

**Warning! PLEASE READ OWNER'S
MANUAL BEFORE OPENING OR
CLOSING REBOUNDER.**



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What the Quarter Fold Consists Of:

- ♦ 1 permatron mat
- ♦ 18 metal mat/spring attachments
- ♦ 36 wide-bellied/soft-bounce chrome plated springs
- ♦ Circular composite-polycarbonate frame
- ♦ 6 metal legs with steel reinforced rubber tips
- ♦ Carrying Case
- ♦ Luggage Dolly

14. Decreases the volume of blood pooling in the veins of the cardiovascular system preventing chronic edema.
15. Encourages collateral circulation by increasing the capillary count in the muscles and decreasing the distance between the capillaries and the target cells.
16. Strengthens the heart and other muscles in the body so that they work more efficiently.
17. Gradually allows the resting heart to beat less often. Regular Rebound Exercise has been shown to benefit the heart rate, resulting in favorable decreases in resting heart rate.
18. Lowers circulating cholesterol and triglyceride levels.
19. Lowers low-density lipoprotein (bad) in the blood and increases high-density lipoprotein (good) holding off the incidence of coronary artery disease.
20. Promotes tissue repair.
21. Rebounding for longer than 20 minutes at a moderate intensity at least 3x per week increases the mitochondria count within the muscle cells, benefiting in total endurance. Perhaps you will easily skip those naps.
22. Benefits the alkaline reserve of the body, which may be of significance in an emergency requiring prolonged effort.
23. Improves coordination between the joints, the transmission of nerve impulses to and from the brain, transmission of nerve impulses and responsiveness of the muscle fibers.
24. Improves the brain's responsiveness to the vestibular apparatus within the inner ear, thus improving balance.
25. Offers relief from neck and back pains, headaches, and other pain caused by lack of exercise. It has been shown to benefit body alignment and posture.
26. Enhances digestion and elimination processes.
27. Allows for deeper and easier relaxation and sleep.
28. Rebounding results in better mental performance, with keener learning processes.
29. Rebounding curtails fatigue and menstrual discomfort for women.
30. Minimizes the number of colds, allergies, digestive disturbances, and abdominal problems.
31. Tends to slow down atrophy in the aging process.
32. It is an effective modality by which the user gains a sense of control and an improved self image.
33. [Rebounding is enjoyable!](#)

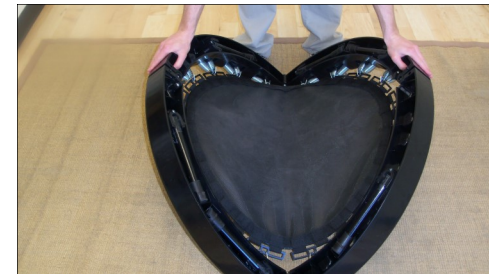
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Warning!

Caution! The unit is under tension when opening/closing. Please keep your face and head away from the unit while folding and unfolding.

How to Unfold the Quarter fold ReboundAIR™

1. Remove the unit from the box or the carrying case and lay it on the floor on its flat side.
2. Notice that the two ends of the folded frame will move apart easily.
3. Move them apart to create a half-circle configuration.
4. Check to see that all of the springs are properly attached to the mat and the frame.
5. Find the center of the half-circle of the top frame and lift it up. Notice that the springs will begin to be stretched creating tension between the mat and the frame.



Quarter Fold that both ends

6. Split the frame apart so touch the floor.
7. When the upper half of the frame is about ten inches off the floor, the frame will spring into a completely open full circle.

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8. Pull each leg of the frame lifting the rubber tip 90 degrees and insert it in its own socket and turn it clockwise 30 degrees. This will lock the legs into position.
9. Turn the Quarter fold ReboundAIR over and start rebounding.

Warning! PLEASE READ OWNER'S MANUAL

How to Fold the Quarter fold ReboundAIR™

- ◆ 1. Turn the unit over so that the legs are sticking up in the air.
- ◆ 2. Turn each leg 30 degrees counter clockwise—this will unlock the legs from the frame.
- ◆ 3. Lift each leg up two inches and fold the leg into the frame.
- ◆ 4. Locate the two half-folding hinges—these will be sticking above the frame.
- ◆ 5. Determine which half of the frame will be the lower half.
- ◆ 6. Stand on the lower half with each foot behind each hinge.
- ◆ 7. Find two legs in the center of the upper half and pull them out of the frame so that you can pull on them as seen in Figure 1.
- ◆ 8. Slowly and carefully pull on the two legs toward you;

Caution! Be careful due to the tension for the first foot of the upward pull.

- ◆ 9. When you achieve the half-circle position, slide the two half fold hinges together.



Figure 1

Maintenance

Sometimes the springs will begin to squeak depending on the humidity in the air. Take the rebounder outside and spray the springs with WD-40, or dab with “3 and 1 oil”. Do this as needed.

33 Benefits From Rebound Exercise

By Dr. Morton Walker and Albert E. Carter

Rebounding is an exercise that reduces body fat, strengthens muscles, increases agility, provides an effective aerobic workout, and rejuvenates the body. These are the 33 health advantages to regular rebounding.

1. Rebounding provides an increased G-force (gravitational load), which benefits the body by strengthening the musculoskeletal systems.
2. Protects the joints from the chronic fatigue and impact delivered by exercising on hard surfaces.
3. Helps manage body composition and improves muscle-to-fat ratio. Rebound Exercise benefits you by giving you more control over these.
4. Benefits lymphatic circulation by stimulating the millions of one-way valves in the lymphatic system. This benefits the body's immune capacity for fighting current disease, destroying cancer cells, eliminating antigens and preventing future illness.
5. Circulates more oxygen to the tissues.
6. Establishes a better equilibrium between the oxygen required by the tissues and the oxygen made available.
7. Increases capacity for respiration.
8. Tends to reduce the height to which the arterial pressures rise during exertion.
9. Lessens the time during which blood pressure remains abnormal after severe activity.
10. Assists in the rehabilitation of existing heart problems. Rebound Exercise also benefits recovery from heart procedures, providing gentle, low impact circulation.
11. Increases the functional activity of the red bone marrow in the production of red blood cells.
12. Gradually improves resting metabolic rate so that more calories are burned for hours after exercise. Related, Rebound Exercise benefits the post-exercise "Glycogen Replenishment" process.
13. Causes core muscles and large muscle groups to contract, resulting in the rhythmic compression of the veins and arteries, which more effectively moves fluids, both blood and lymphatic, through the body and back to the heart, lowering peripheral blood pressure and lightening the heart's load.

Getting the Most out of Rebounding

- ♦ It is always a good idea to make sure that the rebounder is placed in an environment conducive to exercising.
- ♦ Make sure the ceiling is high enough. A standard eight-foot ceiling is acceptable for 95% of all participants. If you are over six feet tall, you may consider an alternative location with a higher ceiling or consider rebounding outdoors on the patio or deck.
- ♦ Be cautious that there are no tables, desks or other exercise equipment with sharp corners or edges within four feet of the ReboundAIR™.
- ♦ If you have health problems, please consult with your health practitioner before you begin a rebound exercise program.
- ♦ Select a regular time each day to rebound. You will get a lot more out of rebounding if you make rebound exercise a daily habit.



Story of the Ultimate ReboundAIR™ Al Carter's Quarter Fold

Sponsored by the Marriott Corporation, Carter's "Gymnastics Fantastics" professional trampoline team gave over 500 performances to more than 500,000 spectators in 1974 and 1975. Carter trained his own children on the trampoline and included them in the show as well. He was amazed to observe their remarkable endurance, dramatic coordination improvements, and accelerated mental development. Recognizing that his family's exceptionally good health, superior strength, and other benefits were connected to his work on the trampoline, Carter set out to discover the positive effects of rebounding on the human body. His research has resulted in the invention of the most innovative rebounder on the market today, the Ultimate Quarter Fold ReboundAIR.

In the beginning during the 1970's and 1980's, rebounders were very basic. Most consisted of some kind of mat supported by springs connected to a frame held up by four, six or eight legs. Soon, softer/bouncier wide-belly springs were introduced—which created a more enjoyable bounce. Rebound enthusiasts were selling their older models at garage sales to make way for the soft-bounce rebounder.

Later, in the mid 1990's, Carter looked into ways to improve the quality and efficiency of rebounders. One day Carter was pondering to himself about modifications, "if a rebounder can be folded in half, can it be folded again in fourths?" He realized the answer was "yes"—and invented the first Quarter Fold in 1995. That unit was successfully marketed to thousands of people.

In April of 2001, while visiting the Engineering Department at Brigham Young University, Spencer Magleby, an Engineering Professor, pointed out to Carter that all of the technology used to create the first Quarter Fold rebounder

was available during the First World War. Magleby suggested that if Carter wanted to bring rebound exercise into the present century, then the entire Quarter Fold needed to be reengineered utilizing modern engineering concepts.

Carter employed the services of the Brigham Young University Engineering Department and proceeded to explore new territory with professors and undergraduates. Professor Magleby enlightened Carter that there was a tough, durable composite-material called polycarbonate (which is what the inside of space aircrafts are made out of)—which could be molded into a durable frame. Inside ribbed-supported-molding is incorporated an inner steel bar to which the springs connect—which allows the springs to reside in their own spring-well making a spring-cover unnecessary. Next, they designed the legs to fold into the frame and provide a more stable platform on which to jump; and lastly, the hinges are completely hidden from view—forming a complete circle.

Every aspect of the Ultimate ReboundAIR was conceptualized by a mastermind of engineers. After many years of trial and error, Carter's team squeezed out all the defects to reach a prototype where rebounding enthusiasts around the globe could be reenergized about a new and original rebounding device. Carter successfully patented the unit in March of 2006 and began production. The Ultimate Quarter Fold ReboundAIR™ is truly the most innovative rebounder on the planet!

Strength Bounce

Jump so that both feet leave the ReboundAIR™ at the same time. The vertical loading of acceleration, deceleration and gravity creates an increase in the G force to which each cell of the body has to adjust; thus each cell becomes individually stronger.

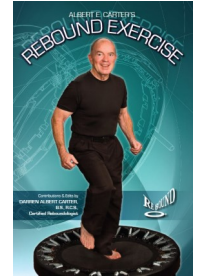
This is known as a cellular exercise. Many athletes use the strength bounces to improve body tone and strengthen all the various parts of the body that are missed by conventional forms of exercise.

With each bounce your body is momentarily in free flight. This bounce allows you to change your body and feet positions so that you are able to create an entire dance routine while enjoying a complete aerobic and strength workout.



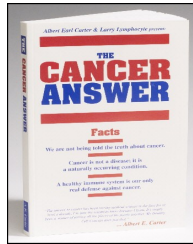
Albert E. Carter's Rebound Exercise

Learn more about the Healthy Cell Concept, the physiology of rebounding, and the benefits of rebound exercise in the latest book by Al Carter.



The Cancer Answer

Learn more about the cells of your body and their relationship to cancer. In addition, learn about the immune system of the body and its defense against cancer. By Al Carter.

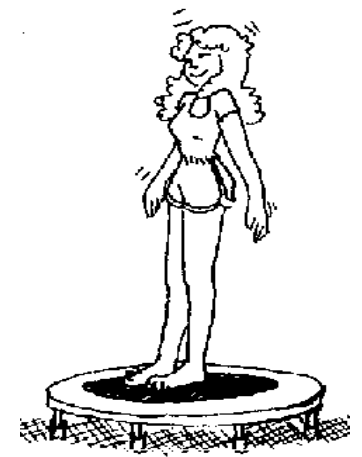


Health Bounces

One of the reasons most people exercise is for the “*health of it.*” Your health is your wealth. If you have your health you can go after your wealth. If you lose your health, you will spend your wealth to regain your health.

The health bounces on the rebounder are very gentle bounces because the feet don't leave the mat. It is called the health bounce because of the physiological effect it has on the lymphatic system and the veins of the cardiovascular system of the body. The lymphatic system (sometimes known as the internal vacuum cleaner) is not connected to the heart.

Lymph fluid inside the lymphatic system depends upon the millions of one-way valves for circulation. The up and down activity of the gentle health bounce stimulates the opening and closing of the one-way valves increasing the lymph flow from five to fifteen fold. This creates suction at the millions of lymphatic terminals throughout the entire body. “Lymphatic circulation is an absolutely essential function, without which you would die within 24 hours,” *Medical Physiology*, Arthur C. Guyton. The health bounce is great for warm-up and cool-down exercises. It is also used in vision therapy, physical therapy, rehabilitative settings, preliminary exercise regimes and rebound education.



Aerobic Bounces

After warming-up with the health bounce for three to five minutes, you are ready for the aerobic exercises. Stand in the center of the ReboundAIR™ and start walking, jogging, running or sprinting in place.

This can be done by either leaning backward slightly and lifting your knees one at a time in front of you, or leaning forward slightly and kicking your feet behind you. It is not necessary to wait for the rebounder to bounce your legs up. Move at your own speed. Since it is less traumatic than jogging on a hard surface, you will not feel the after effects of fatigue as much as if you had been jogging on the ground.

