

CLASSIC/ STANDARD OWNER'S MANUAL

REBOUNDAIR



THE ORIGINAL AND BEST MINI
TRAMPOLINE & REBOUNDER
SINCE 1977

HALF FOLD CONTENTS:

- Steel frame, 40 inches in diameter, 36 clevis pins, 36 wide-bellied soft-bounce springs, Permatron mat, neoprene spring-cover, 6 spring-loaded legs, 6 rubber leg tips, Carrying case.



STANDARD CONTENTS:

- Steel frame, 40 inches in diameter, 36 clevis pins, 36 wide-bellied soft-bounce springs, Permatron mat, neoprene spring-cover, 6 spring-loaded



legs, 6 rubber leg tips.



SETTING UP YOUR REBOUNDER

- Remove the ReboundAIR™ from the carrying case and lay it on the floor. Half Fold unit will be in a half-moon position.

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- Check and make sure no springs have detached while the Classic was folded before opening.

- Lift the top half of the ReboundAIR™ until it opens into a full circle.

Caution! (There will be spring tension that will pull the rebounder open on its own.)



- The legs will be folded inward. Lift each leg over onto the stud until it locks into place. Once all the legs are locked into place, the rebounder can be placed right side up and ready to be utilized.
- To store your ReboundAIR™, face the unit up-side down.
- Pull all the legs off the stud and fold them towards the middle.

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- The easiest way to fold the unit in half is to *stand in the middle of the unit* and to carefully pull the top half towards you. The rebounder will be under tension—so be careful.

- Put the carrying case back on.

GET THE MOST OUT OF REBOUNDING

- It is always a good idea to make sure that the ReboundAIR™ 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 sure that there are no tables, desks or other exercise equipment with sharp corners or edges within four feet of the ReboundAIR™.
- Consider placing the ReboundAIR™ in front of your television. That way you can watch television or exercise with an exercise video. It should be at least four feet from the television.
- Wear loose fitting exercise clothes. Either wear running shoes or go barefoot. Stockings should have rubber gripping soles. Street shoes may shorten the life of the mat.
- 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.



HEALTH BOUNCE

The health bounces on the ReboundAIR™ 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 warming-up and cooling-down exercises. It is also used in vision therapy, physical therapy, rehabilitative settings, preliminary exercise regimens and rebound education.



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.



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.

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.



REBOUNDAIR™ SPRING COVER INSTRUCTIONS



Step 1: Pull cylinder leg off the stud to expose the inner leg-spring.



Step 2: Carefully bend the leg 90 degrees so that the inner leg-spring goes between the cylinder leg.



Step 3: Unhook and remove the leg.



Step 4: Pull back the spring cover and install new spring cover.





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