



**ISTRUZIONI DI UTILIZZO  
USER MANUAL**

**READY TO JUMP?**

# **BLAST PERSONAL MANUAL**

## *INSTRUCTIONS FOR USE*



*It is very important to read and understand this manual entirely **BEFORE** using the tool.*

*Do not use the tool until you have read and fully understood this instruction manual.*

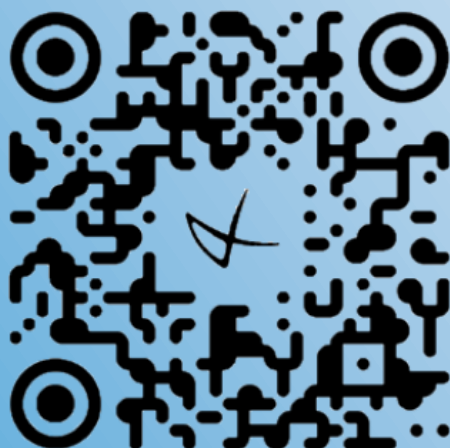
### ***Introduction:***

*Thank you for choosing our product. We hope that **Blast Personal** will meet your expectations.*

Welcome to **BLAST THE JUMP REPUBLIC**

*The innovative design created for you represents the highest level of customisation available in the rebound shoe sector.*

For any information on training programmes, news and updates please visit our website.



[www.blastjump.com](http://www.blastjump.com)

M a d e i n I t a l y

Before starting, make sure the size of your **Blast Personal** is correct.  
The fit size and your weight must correspond to the configuration chosen at the time of purchase.

### **Available sizes:**

<b>EUROPE</b>	37	38	39	40	41	42	43	44	45
<b>UK</b>	4 ½	5	6	6 ½	7 ½	8	9	9 ½	10½
<b>USA m.</b>	5 ½	6	7	7 ½	8 ½	9	10	10 ½	11 ½
<b>USA w.</b>	6 ½	7	8	8 ½	9 ½	10	11	11 ½	12 ½
<b>MONDO P.</b>	23.5	24	25	25.5	26.5	27	28	28.5	29.5

### **Types of suspension available:**

<b>Soft shells</b>	<b>From 35 to 50 kg</b>
<b>Medium shells</b>	<b>From 50 to 65 kg</b>
<b>Hard shells</b>	<b>From 65 to 80 kg</b>
<b>Extra hard shells</b>	<b>From 80 to 110 kg</b>





## Package contents:

- ✓ **Blast Personal** complete and ready to use
- ✓ Medium elastic band (2 pcs)
- ✓ Instruction manual
- ✓ Coupling hook
- ✓ Cover bag
- ✓ Maintenance tool

## Blast Personal:

1. Blast personal boot
2. Laces
3. End-stop buffer
4. Shell
5. Side insert
6. Stabiliser
7. Dual-hardness sole
8. Sole clamp
9. Fastening screws



## How to wear Blast Personal

Before wearing the boot, undo the laces and loosen the strap and the buckle.

**Blast** is now ready to be worn. It is highly recommended **to wear Blast Personal while you are seated**.

Loosen the strap further by pulling out the tape but not beyond the label.



Once on, make sure the front flap is positioned correctly. Tighten the laces after inserting them into the hooks and eyelets.

Tighten the strap as desired but without over-tightening it.



*Insert the buckle into the hook, and adjust it as you prefer.  
The ankle must be as stable and secure as possible.*



*Finally, close the outer side lever. Do not exaggerate while performing these operations: comfort is one of Blast's strengths!*



*When you are ready, stand up and try to find your balance. Shift your weight from one leg to the other and start taking small steps. Once you are familiar with your **Blast Personal** you are officially on the endless trampoline!*



***Blast shoes are the only rebound shoes in the world designed for low-intensity and high-energy training.***

*Thanks to a system patented by Blast, you can combine low-intensity training (with no elastic band) with high-energy workouts by inserting the central elastomer, as shown below.*

*The elastomer is inserted manually between the stabilisers by pressing.*



Similarly, to return to low-intensity mode, remove the central elastic band.

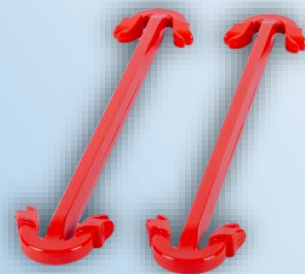
Apply pressure at the indicated point with the help of a small tool.



**Types of ELASTIC BANDS available :**



**Soft**



**Hard**

<b>Soft</b> (white)	<b>+ 5 kg</b>
<b>Medium</b> (blue)	<b>+ 10 kg</b>
<b>Hard</b> (red)	<b>+ 15 kg</b>
<b>Extra hard</b> (black)	<b>+ 20 kg</b>



**Medium**



**Extra hard**



## **Maintenance of Blast Personal**



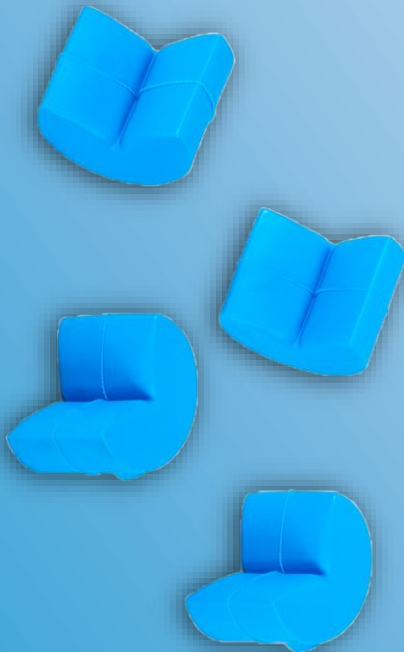
### **STABILISERS**

*The stabilisers are press-fitted into the inner filling of the shell and can be easily removed without tools.*

*They stabilise the suspension during low-intensity use (walking, isometrics, proprioception).*

*They do not have defined durability but need to be checked every 40 to 50 hours of activity.*

**Never** use your Blast Personal without stabilisers!!!



## ***SIDE INSERT***

This soft rubber insert protects the shell from ground contact on the front and back areas.

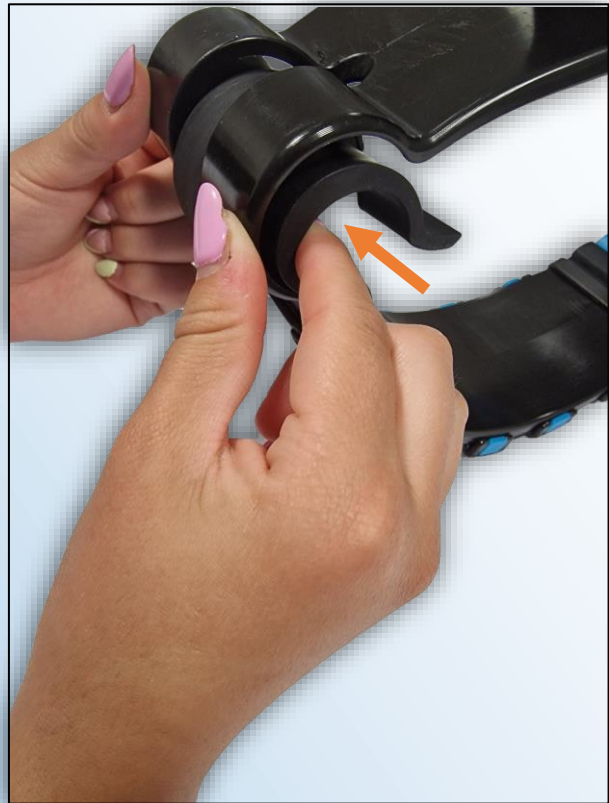
It is not subject to wear and tear or maintenance but should be checked periodically (approximately every 50 hours of use) even without removing it from its housing.



If necessary, a tool must be inserted into the indicated slot and pushed down in the direction of the arrow to extract the insert from the shell.



*To push the insert back into place, press it in with your hands, as shown in the figure.  
If necessary, use a tool.*



*Check regularly the tightening of the screws connecting the shell to the boot.*

*Use the supplied tool as shown in the figure also to replace the main shell by removing the screws.*





## **DUAL-DENSITY SOLE**

*Blast has developed a special dual-component sole capable of adhering to all surfaces while reducing the impact on the ground like modern running shoes.*

*The double colouring ensures particular visibility when used in an outdoor environment.*

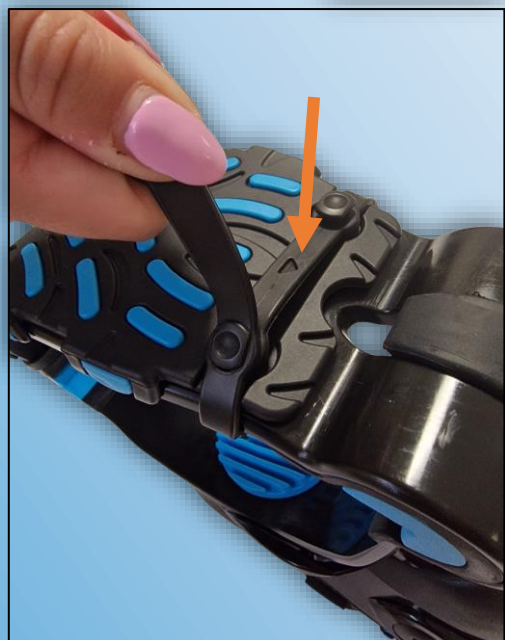
*Conditions of use determine sole wear; to replace the sole, remove the clamps, as shown in the pictures.*



*Lift the clamp head with the help of a small tool. The same procedure also applies to inserting.*



*To remove the clamp completely, pull it. Pay attention to the mounting direction indicated by the arrow pointing outwards from the sole.*



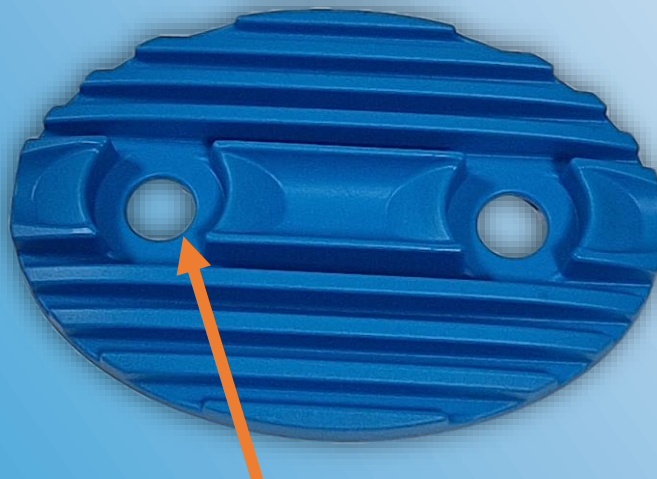
## **END-STOP BUFFER**

*When installing S and M hardness shells, the compensating washer shown in the figure is REQUIRED.*



**S and M shells**











*In the case of installation of H and EH hardness shells, the washer is not required.*














**H and EH shells**













## ***Accessories and spare parts:***

Below is a list of the spare parts available for the maintenance and customisation of your **Blast** rebound shoes.

			Quantity pairs
BLS6074	Laces		2
BLS6035	Pair of inner shoes (Size 37)		1
BLS6036	Pair of inner shoes (Size 38)		1
BLS6037	Pair of inner shoes (Size 39)		1
BLS6038	Pair of inner shoes (Size 40)		1
BLS6039	Pair of inner shoes (Size 41)		1
BLS6040	Pair of inner shoes (Size 42)		1
BLS6041	Pair of inner shoes (Size 43)		1
BLS6042	Pair of inner shoes (Size 44)		1
BLS6043	Pair of inner shoes (Size 45)		1



BLS6045	Thermoformed sole (size 37)		1
BLS6046	Thermoformed sole (size 38)		1
BLS6047	Thermoformed sole (size 39)		1
BLS6048	Thermoformed sole (size 40)		1
BLS6049	Thermoformed sole (size 41)		1
BLS6050	Thermoformed sole (size 42)		1
BLS6051	Thermoformed sole (size 43)		1
BLS6052	Thermoformed sole (size 44)		1
BLS6053	Thermoformed sole (size 45)		1
BLS6054	End-stop buffer		2
BLS6073	Screws		4

BLS6055	Soft shell		2
BLS6056	Medium shell		2
BLS6057	Hard shell		2
BLS6058	Extra hard shell		2
BLS6059	Side insert		4
BLS6060	Stabilisers		8
BLS6064	Soft elastic band		2
BLS6065	Medium elastic band		2
BLS6069	Hard elastic band		2
BLS6070	Extra hard elastic band		2
BLS6071	Single straps		4
BLS6072	Soles + straps		2 + 4

## **Guarantee**

*The Blast guarantee only covers any product defects caused before delivery to the customer, and that prevent the product from functioning correctly.*

***Blast** provides the legal guarantee required by the European Union from the date of delivery to the end customer. It only covers damage to the product attributable to construction defects, which are in no way attributable to misuse or inexperience on the end user's part.*

*The guarantee is valid if the product has been used according to the terms and recommendations in the instruction manual provided in the **Blast Personal** package or downloadable from the company's website.*

## **Safety**

*If you feel any discomfort, stop using **Blast** and ensure that your physical condition is optimal for this discipline.*

*Any modification of the tool using non-original parts results in a reduction in safety during use.*

*Avoid using **Blast** on slippery, wet or uneven surfaces.*

***Blast Personal** is not a toy; it is a sports tool not suitable for children aged under 12 years.*

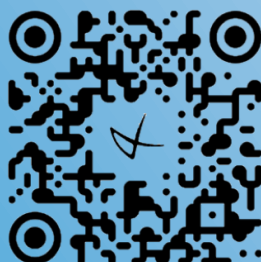
## **Recommendations**

*When repairing the tool, always replace worn parts with original spare parts and in the quantities specified in the spare parts table. Avoid using materials already used in combination with new parts: for example, never assemble a new shell with one previously used in the same pair of **Blast**.*

***Blast Personal** can be used both indoors and outdoors.*

*After each use, check the integrity of the various components.*

*In the event of any evident construction defects or malfunctions, the customer shall promptly contact the **Blast** company using the appropriate form on the official website: [www.blastjump.com](http://www.blastjump.com)*







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