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WARNING

Must be 13 years or older to use this product.

Restrict usage to one person at any time. Maximum weight limit is 250 lbs (113.4 kgs).

Only for use in a spatial environment with no obstructions around the rebounder trampoline or user.

Make sure to place in a space with enough head room for jumping on the rebounder trampoline.

Before each use, be sure to check for wear and tear and security in the legs, feet, mat, and bungees.

Step on and off the rebounder trampoline. Do not mount or dismount rebounder trampoline by jumping.

Do not use as a springboard or rebounding tool to or from any other objects or obstacles.

Do not use if tired. Practice a controlled safe jump.



# IMPORTANT INFORMATION

Trampolines are a healthy, fun form of exercise when used properly. Most injuries are caused due to improper use, not because of their construction.

Read the following instructions and warnings to ensure the trampoline is safe to use and lasts as long as possible, follow all assembly and maintenance instructions at all times.

### **⚠ WARNING - GENERAL**

Prior to using the rebounder trampoline, you must read all the instructions contained in this manual. All information, including the warning instructions for care, maintenance, and use of the rebounder trampoline are intended to promote safe, enjoyable use of the rebounder trampoline.

- Users should consult with a physician before beginning any exercise or conditioning program.
- If user feels faint or dizzy, immediately stop using the rebounder trampoline.
- Avoid bouncing when tired. Take breaks often.
   Use only in a well lit area by responsible, mature, non-intoxicated persons.
- Never use rebounder trampoline on an un-level surface. Use only when dry.
- Overhead clearance is essential. A minimum of 10 feet of overhead clearance from ground level is required.
- Provide clearance from all surroundings and obstructions such as desks, chairs, trees, poles, wires, and other possible hazards.
- Lateral clearance is essential. Place the rebounder trampoline away from walls, structures, doors, and other play areas.
   Maintain a clear space on all sides of the trampoline.
- Place the rebounder trampoline on a stable level surface before use
- The area under the rebounder trampoline should be free and clear of any objects or obstructions.
- Secure the rebounder trampoline against unauthorized and unsupervised use.
- Remove any obstructions from beneath the rebounder trampoline.
- The owner and supervisors of the rebounder trampoline are responsible for all users to be aware of the practices specified in the use instructions.
- This product is not intended for use by children under 13 years of age. Restrict usage to one person at any time.
- Maximum weight limit is 250 lbs (113.4 kgs).
- Prior to each use, inspect the rebounder trampoline for any worn, defective, misadjusted or missing parts. Ensure the frame and mat are correctly and securely positioned.

### **⚠ WARNING - USAGE**

- DO NOT attempt or allow somersaults. Landing on the head or neck can cause serious injury, paralysis, or death even when landing in the middle of the bed.
- DO NOT allow more than one person on the rebounder trampoline. Use by more the one person at the same time can result in serious injury.
- Use rebounder trampoline only with mature, knowledgeable supervision at all times.
- Inspect the rebounder trampoline before each use. Make sure the frame padding is correctly and securely positioned. Replace any worn, defective, or missing parts.
- Step on and off the rebounder trampoline. Do not step on the frame when getting on and off the rebounder trampoline. Do not use the rebounder trampoline as a springboard to other objects. Do not mount or dismount the rebounder trampoline by jumping.
- Stop bounce by flexing knees as feet come in contact with the rebounder trampoline bed. Learn this skill before attempting others more advanced moves. Control is more important than bounce height.
- For information concerning skill training, contact a qualified fitness trampoline instructor.
- Store and protect rebounder trampoline from unauthorized
  use
- Read all instructions before using the rebounder trampoline.
   Warning and instructions for the care, maintenance and use of this rebounder trampoline are included to promote safe, enjoyable use of the equipment.
- Remove any sharp or loose objects from pockets or on your body prior to use, such as glasses, watches, jewelry, chains, ornaments, clasps, and other sharp objects.
- Ensure the trampoline and surrounding areas are properly illuminated.
- Serious injury can occur from misuse or abuse of the rebounder trampoline. bounce in the center of the bed.
- For additional information, contact us at help@SkyBoundUSA.com or (888) 891-4689

# CARE, MAINTENANCE AND USE INTRUCTIONS MUST BE READ CAREFULLY PRIOR TO USING THE TRAMPOLINE!

This trampoline is constructed of high quality materials and craftmanship. For years of exercise, fun and enjoyment and to reduce the risk of injury to the user, follow all required care and maintenance instructions closley listed below:

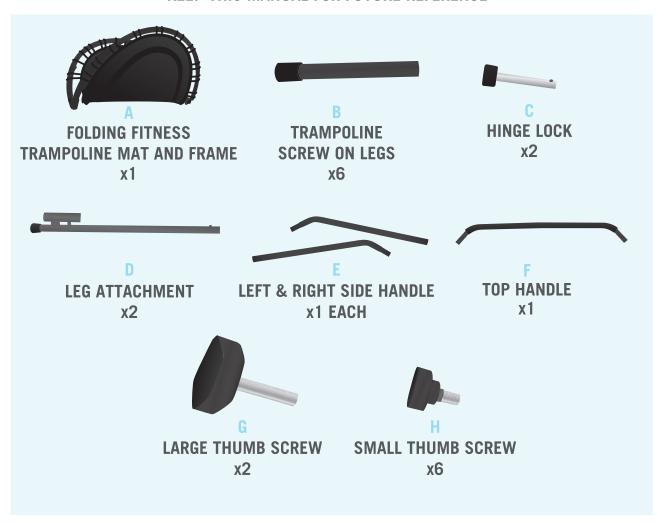
- Only one jumper should use the rebounder trampoline at any time.
- Do not allow pets on the rebounder trampoline in order to help prevent cuts, scrapes, tears or other types of damage to the mat or bands.
- Inspect the rebounder trampoline before each use and replace any worn defective, or missing parts. Any number of issues can raise the risk of injury.
- The following conditions could represent potential hazards:
  - 1. A bent or broken frame
  - 2. Fraying elastic bands
  - 3. A sagging mat
  - 4. Sharp protrutions on the frame or suspensions system

IF ANY OF THE PREVIOUS CONDITIONS ARE FOUND, OR ANY OTHER ISSUES YOU MAY FEEL MAY BE HARMFUL TO THE USER, THE REBOUNDER TRAMPOLINE SHOULD BE IMMEDIATELY DISASSEMBLED OR SECURED FROM ANY FUTURE USE UNTIL THE ISSUE(S) HAVE BEEN RESOLVED.

You must check all the parts of the rebounder trampoline including the frame, suspension system, mat, and legs at regular intervals.

If these checks are not carried out, the trampoline could become dangerous.

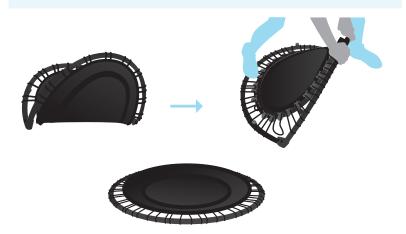
### **KEEP THIS MANUAL FOR FUTURE REFERENCE**



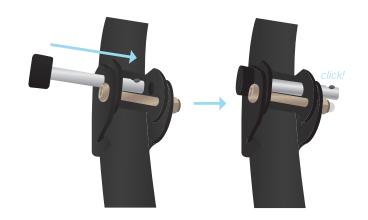
# STEP 1



Open up the folded frame and mat by placing one foot on one side of the frame and pushing it open with both hands on the other side of the frame.



**! WARNING** Keep your head away from the frame, bungee tension can cause frame to snap back without hinge locks installed.



Take any bands that are not connecting the trampoline mat to the trampoline frame and follow the instructions below.



Repeat Step 3 until the mat is completely attached to the frame.

# STEP 2

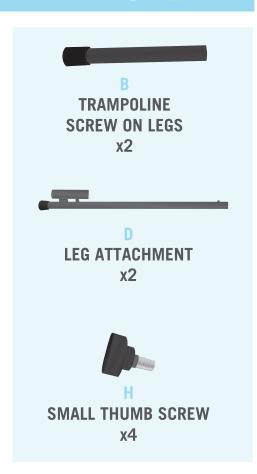


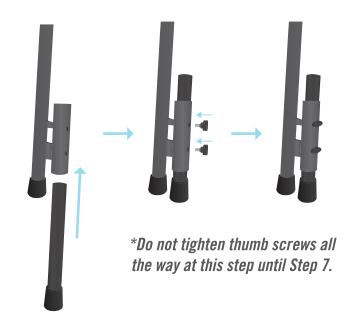
# STEP 3



- Detach one end of the band from the plastic clip.
- 2 Loop the band around the frame.
- Wrap the band around the oval on top of the plastic clip and back around the top frame.
- Loop back over the frame and reconnect the band to the plastic clip.
  - \*Make sure to adjust the elastic cords to make sure they are all evenly spaced around the frame.

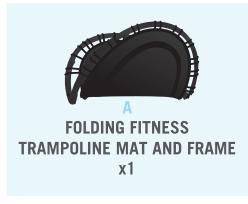
# STEP 4





Perform this step with both leg attachments.

# STEP 5





Keep hands away from point where the leg and frame meet in order to avoid pinching during installation and use.





Attach remaining screw on legs.

# Height of handle bar is adjustable. The top handle (F) is meant to align with your waist when standing on rebounder. Attach the large thumb screw (G) to the side handle (E) to set the height of the bar. Attach small thumb screws (H) to top handle (F) to complete assembly. Proceed to tighten small thumb screws (H) to secure handle-bar to legs.

# **ACAUTION**

Exercise Handle Bar is not designed or intended to support full body weight. It is built to assist with balance and provide exercise versatility.

# STEP 6



# STEP 7







# **CARDIO**

Use the rebounder to maximize your cardio workout without wearing down your joints. Because its flexible surface is far more forgiving than a solid floor you will maintain the intensity of your workout over a longer period of time with far less chance of pain or injury.

### **BALANCE**

Take your balance to a whole new level. Each time you jump and land on the rebounder's flexible surface, your equilibrium will be challenged by a series of unexpected motion patterns. As you reflexively overcome these challenges, your body learns to adapt which dramatically improves your balance and stability.



## **STRENGTH**



Build a stronger body using the rebounder. A NASA study suggests that a ten-minute workout on a rebounder is just as good, or better, in building muscle than thirty minutes of running. Unlike other pieces of exercise equipment, the rebounder will work your whole body; core, abs, legs, thighs, and glutes at the same time, giving you one of the most efficient workouts possible.

### **TONE**

Give yourself the edge in fighting fat. Doctors and fitness professionals agree that along with proper nutrition and good circulation, exercise on a rebounder gives you the resources you need to reduce cellulite in key areas. Because it's so much fun, you will exercise longer and burn more calories while stimulating the lymphatic system, and unlocking a host of other benefits.



# LIMITED WARRANTY

SkyBound warrants its trampoline products to be free from defects in material and workmanship under normal use and service conditions. The components of the rebounder trampoline is warranted against defect and workmanship for the time period specified as follows:

TRAMPOLINE FRAME: LIFETIME BUNGEE CORDS: 2 YEARS

MAT: 5 YEARS

ALL OTHER PARTS: 1 YEAR

All warranty coverage extends only to the original retail purchaser from the date of purchase. SkyBound's obligation under this Warranty is limited to replacing or providing store credit only, at SkyBound's discretion. All products for which a warranty claim is made must be received by SkyBound at its corporate location and accompanied by sufficient proof of purchase (photocopy of the original store receipt, indicating the date of purchase). All freight and handling fees are the responsibility of the consumer to pay, both to and from SkyBound's corporate offices. All warranty claims must be preauthorized by a SkyBound agent and case number must be obtained. Preauthorization can be obtained by visiting SkyBoundUSA.com or by calling (888) 891-4689.

This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, products used for commercial or rental purposes, or repairs not approved by a SkyBound authorized agent. This warranty does not cover ordinary wear and tear, weathering, any issues resulting from failure to follow directions, improper installation, improper maintenance, or acts of nature (such as damage caused by wind, lightning, snow, water, or ice).

No other warranty beyond that specifically set forth above is authorized by SkyBound. In order to determine the extent of the defect SkyBound might require detailed photos. If photos cannot be sent, SkyBound will require the item be shipped to our corporate office where the defect will be assessed.

In the event the item is not deemed to be defective by our technical staff, the item will be returned at the cost of the customer. We will hold the non-defective item for a period of 30 days from receipt at which time the item will be discarded as deemed appropriate by SkyBound representatives. The customer will be contacted at regular intervals via the on file contact methods to be warned about the impending discard date.

SKYBOUND IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUE OR PROFITS, LOSS OF ENJOYMENT OR USE, COST OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

FURTHERMORE, SKYBOUND DOES NOT PROVIDE NOR IMPLY ANY WARRANTY OR COVERAGE FOR COSTS ASSOCIATED WITH INJURY DUE TO USE OF OUR PRODUCT. PLEASE USE THE PRODUCT IN ACCORDANCE WITH PROVIDED MANUALS, WHICH ARE ALSO AVAILABLE ONLINE. ABSENCE OF A MANUAL NOT INCLUDED WITH A SHIPMENT DOES NOT VOID THIS WARRANTY. IT IS THE RESPONSIBILITY OF THE CUSTOMER TO SEEK OUT INFORMATION IN CONNECTION WITH SAFE USE OF THEIR PRODUCT.

THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ALL OTHER WARRANTIES AND SKYBOUND SPECIFICALLY DISCLAIMS ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNEES FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATION ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NO APPLY TO YOU.

This warranty gives you specific legal rights. You may also have other rights, which vary from state to state.

### PLEASE KEEP THIS MANUAL AS IT CONTAINS IMPORTANT INFORMATION



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