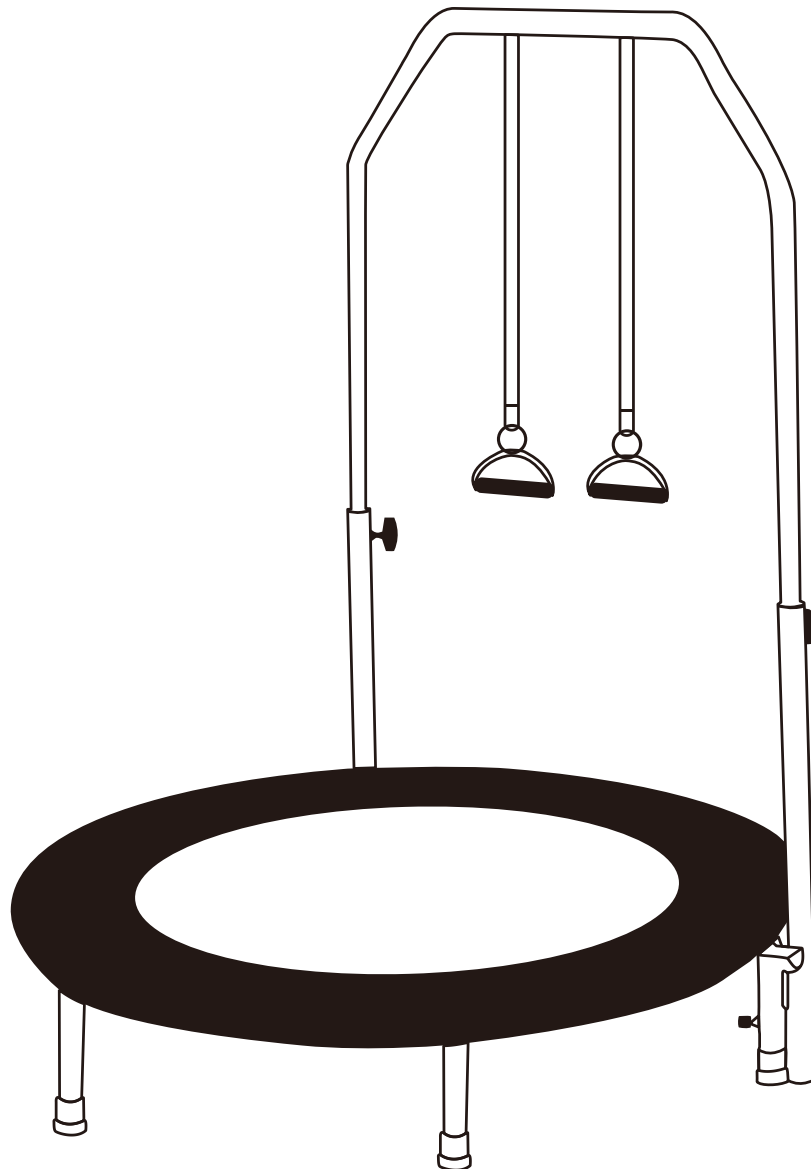




LIFESPAN
FITNESS

**TR99 RevoBounce 40"
Mini Trampoline
Owner's Manual**



Product may vary slightly from the item pictured due to model upgrades

Read all instructions carefully before using this product. Retain this owner's manual for future reference.

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1. IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this machine.

Please keep this manual with you at all times

1. Do not exceed the maximum weight limit of 250lbs (113kgs).
2. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly.
Please note: It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
3. This unit is designed only for jogging in place and similar rebounding exercises.
4. Before each use, inspect and replace any worn, defective or missing parts. It is important to check the trampoline to ensure the frame is steady and all parts are in good condition.
5. Before each use, make sure the frame padding is in place with the springs and frame is fully covered.
6. Keep children and pets away from the equipment. This equipment is designed for adult use, or supervised use by children. Not recommended for children under 8 years of age
7. This trampoline is only designed for normal residential use. It is NOT intended for commercial applications and/or in public areas such as schools, parks, day cares, commercial/communal gyms, etc.
8. When in use, your trampoline must be placed at a safe distance from any vertical or horizontal obstructions, such as stairways/stairwells, power lines, ceiling fans, pools, walls, overhead or wall light fixtures, windows, furniture, appliances, etc. Keep on a level surface.
9. NEVER place trampoline for use on or near hard surfaces such as patios, driveways or gravel paths, or place near power lines, bodies of water, buildings, walls, roadways, uneven ground or other hazards.

10. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.5 meters of free space all around it.
11. DO NOT store trampoline outdoors or where exposed to moisture or extreme temperatures.
12. DO NOT allow more than one person on the trampoline at a time.
13. DO NOT wear glasses or helmets when using the trampoline.
14. DO NOT fall or bounce on your knees, or somersault -- this can cause injury resulting in paralysis or death.
15. DO NOT allow other persons to sit, or stand on or near the frame pads or mat while the trampoline is in use.
16. DO NOT use or allow use of the trampoline under the influence of any substance or medication which may impair the supervisor's or jumper's judgment and/or coordination.
17. DO NOT store items, playthings, or place any obstructions underneath the trampoline mat.
18. DO NOT allow infants or animals to crawl underneath the trampoline mat.
19. AVOID bouncing too high. Maintain safe control at all times.
20. Mount and dismount the trampoline with care as injury may result.
21. ALWAYS make sure to store your trampoline safely, where it will not present a tripping or obstacle hazard.
22. ALWAYS remove jewelry, belt buckles, or any other sharp objects before using the trampoline.
23. ALWAYS jump in the middle of the trampoline bed.
24. ALWAYS secure the trampoline against unauthorized and unsupervised use.
25. ALWAYS wear socks when using the trampoline
26. Dispose of all packaging materials safely and per local ordinance
27. Before starting any exercise program you should consult your doctor to determine if you have any

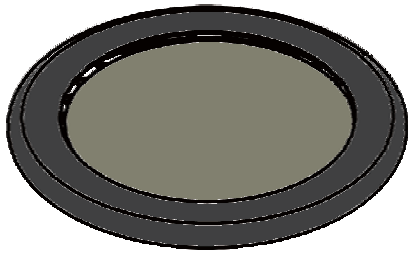
medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.

28. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these symptoms, you should consult your doctor before continuing with your exercise program.
29. Before using the equipment, check that the nuts and bolts are securely tightened. If you hear any unusual noises coming from the equipment during use and assemble, stop immediately. Do not use the equipment until the problem has been rectified.
30. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
31. Care must be taken when lifting or moving the equipment so as not to injure your back.
32. Always keep this instruction manual and assembly tools at hand for quick reference.
33. The equipment is not suitable for therapeutic use.

2. ASSEMBLY INSTRUCTIONS

Parts list

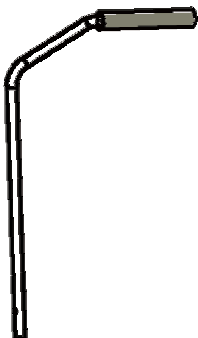
S400601 1pcs
Frame set



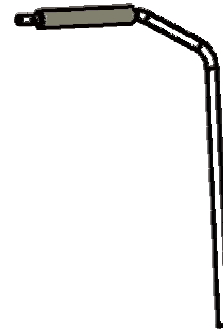
L400601 6pcs
Leg with rubber foot



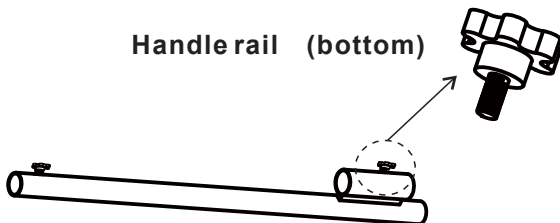
H400601 1pcs
Handle rail Left (top)



H400602 1pcs
Handle rail Right (top)



H400603 2pcs
Handle rail (bottom)

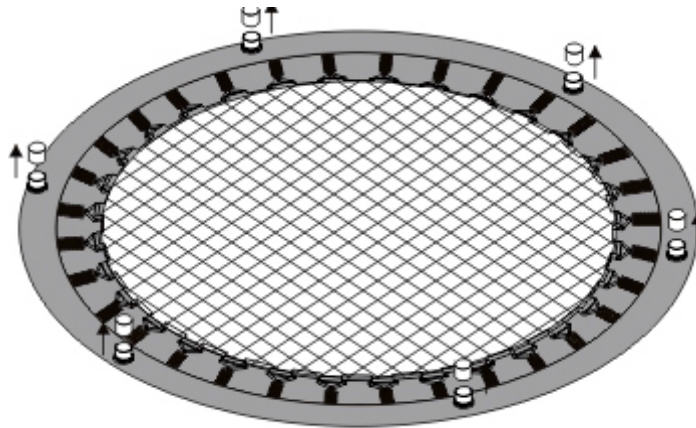


R400601 2pcs
Gym band



Step 1: Assemble the Leg Base.

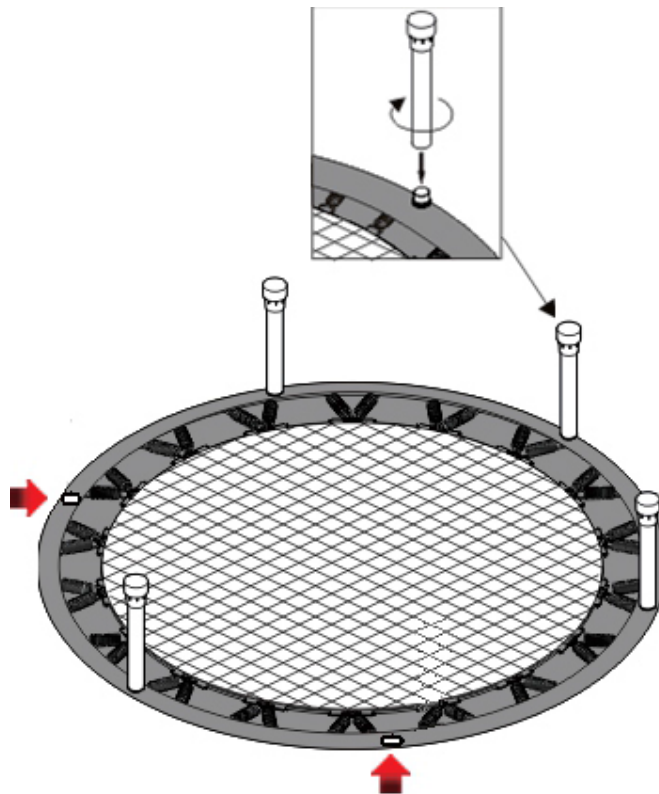
Remove the Rubber Caps from leg base before placing legs onto trampoline.



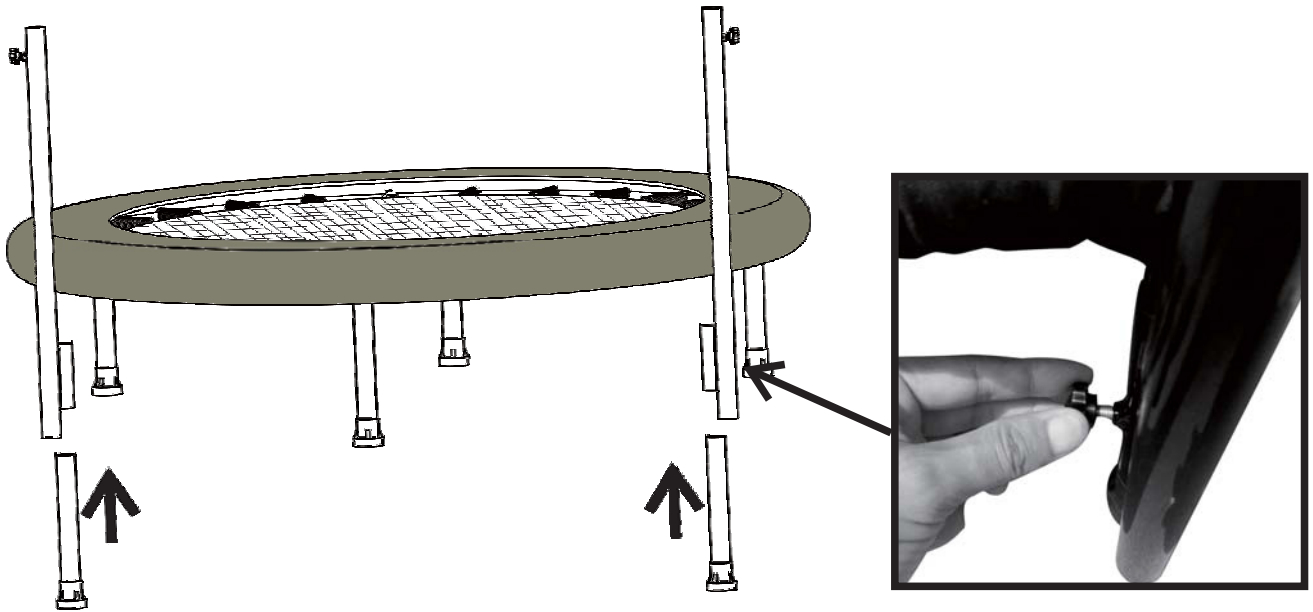
Step 2: Attach Legs to Trampoline.

Twist 4x Legs onto the threaded grooves on trampoline, until secure. Make sure to leave two spaces empty as shown below.

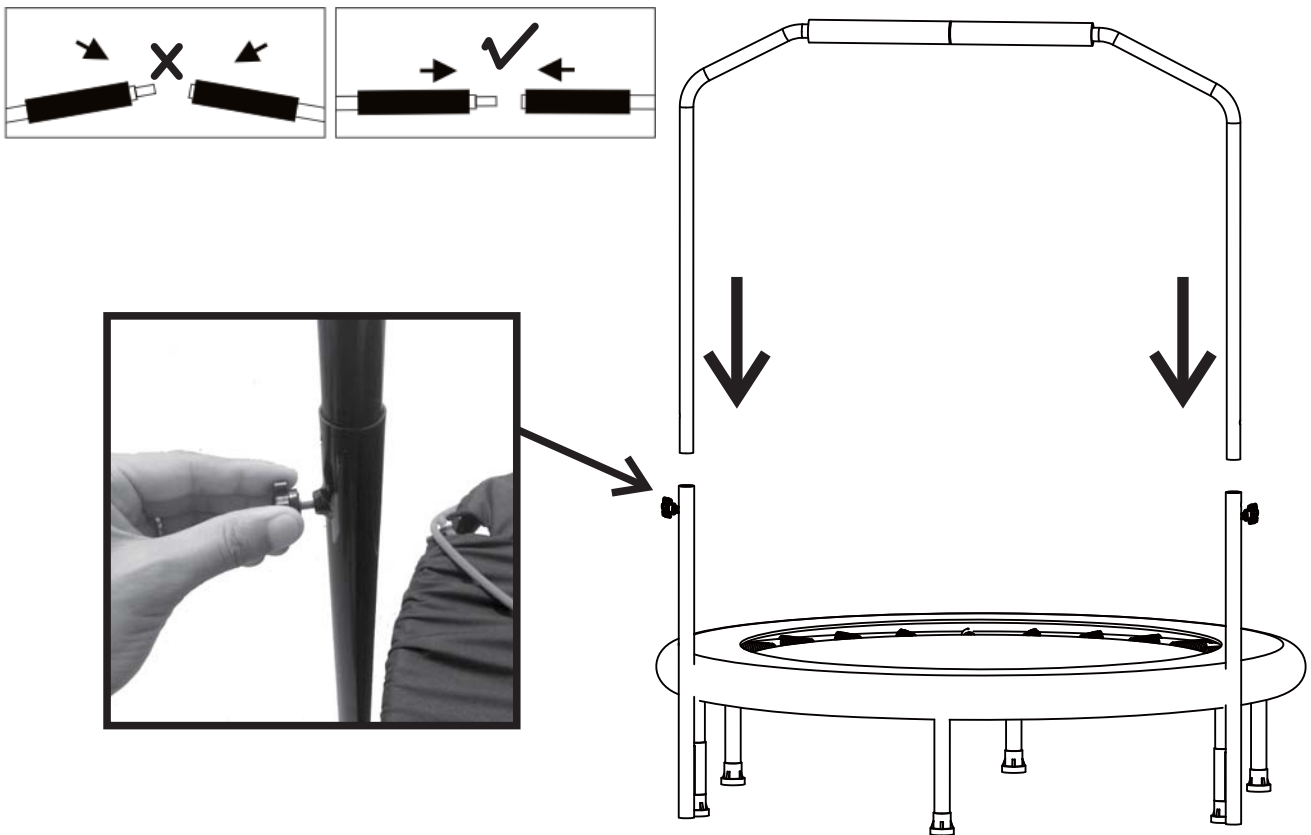
DO NOT overtighten.



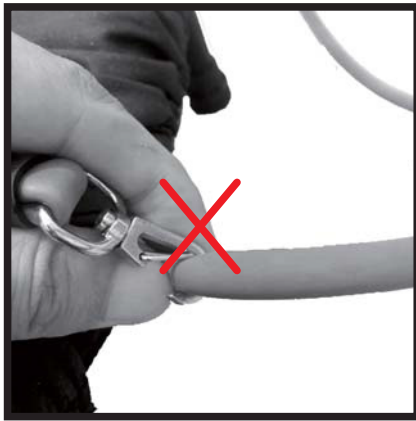
Step 3: Attach Handrail Supports to Trampoline



Step 4: Attach Top Handrail to Handrail Supports.



Step 5.



3. PLACEMENT

The recommended overhead clearance is a minimum of 12 feet (3.7m) from any and all ceilings, overhead cables, ceiling fixtures or hard surfaces. In terms of horizontal clearance, ensure that potentially hazardous objects and conditions are located at a recommended minimum of 15 feet away from the trampoline (including but not limited to: electric cables, roadways, outdoor equipment, furniture, appliances, vehicles, lighting, walls, tree limbs, shelving, any overhangs, etc.) and no potentially hazardous conditions exist nearby (including but not limited to: stairwells, pools/hot tubs, any bodies of water, uneven or drop-off ground levels, etc.)

For safe use of the trampoline, please be aware of the following when selecting a workout location for your trampoline:

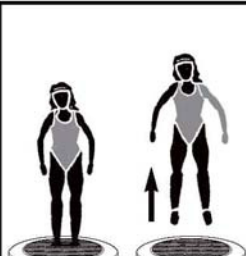
- *Make sure the trampoline is placed on a stable and level surface.
- *The area is well lit.
- *There are no obstructions above, beneath, or around the trampoline.

If you do not follow these guidelines, the user acknowledges responsibility for the increased risk of serious injury.

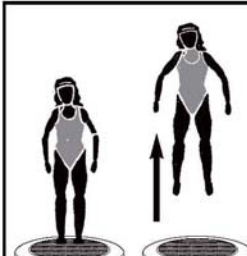
Exercises

IMPORTANT

Always warm up thoroughly before starting your workout.
Do at least five minutes of stretching to help prevent muscle pulls and strains.



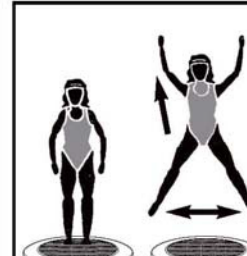
1. Low Bounce
Bounce upwards only a few inches. Keep the feet 12 to 18 inches apart and bend the knees slightly on take-off and landing.
Perform 1 to 3 minutes



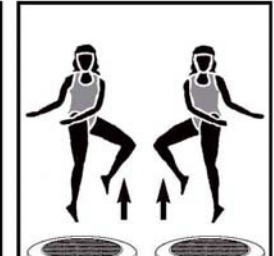
2. High Bounce
Bounce upward from 12 to 18 inches. Start with the feet together with toes pointed downward at the top of each bounce. Spread the feet as you land off each bounce.
Perform 1 to 3 minutes



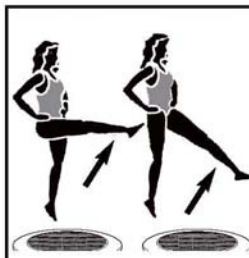
3. Jogging
Jog in place. Lift the knees high and swing arms vigorously. The higher you lift your knees, the better the exercise is for the abdomen.
Perform 1 to 10 minutes



4. Straddle Hops
Start with feet together and arms at the sides. Leap upwards, bringing both arms overhead and spread the feet sideward about 24 inches. On the return bounce, bring the arms to the side and feet together.
Perform 10 to 50 repetitions



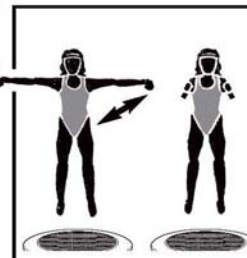
5. Twister
Leap upward while twisting the arms, hips and upper body turning right and the knees twisting left. On the rebound, twist the opposite way.
Perform 10 to 50 repetitions



6. High Kick Low Kick
Leap slightly and kick high with one leg while keeping the hands on the hips. On the rebound do a low kick (about half as high) with the other leg. Continue to alternate high and low kicks.
Perform 1 to 5 minutes



7. Jog with Dumbbells
Hold a light pair of dumbbells (3.3 to 5.5 lbs) in your hands. Jog in place lifting the knees high and moving the arms in rhythm as you jog.
Perform 30 secs to 3 minutes



8. Side & Forward Laterals
Hold the dumbbells with both arms straight down by the side. Bounce on both feet and raise the dumbbells sidwards. On the next bounce, raise the dumbbells forward.
Perform 10 to 25 repetitions



9. Ankle & Wrist Weights
For a more strenuous workout, try using ankle and wrist weights on the exercises shown here.

Time or count your exercises and don't over extend yourself. Start with the minimum times or repetitions and gradually increase to the maximum recommended.

If you combine various exercises and perform them to music, you will enjoy your workouts even more!

5. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at www.consumerlaw.gov.au

Please visit our website to view our full warranty terms and conditions:

<http://www.lifespanfitness.com.au/warranty-repairs>

Warranty and Support:

Please send all warranty and support inquiries through our ticketing system via the email address:

support@lifespanfitness.com.au