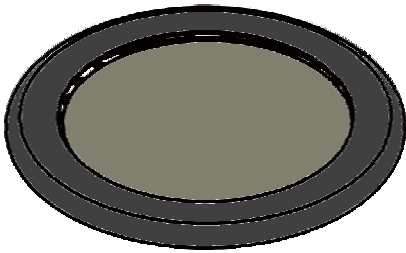


2. ASSEMBLY INSTRUCTIONS

Parts list

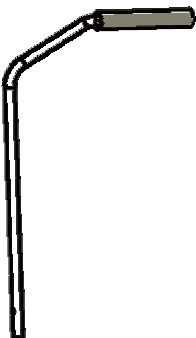
S400601 1pcs
Frame set



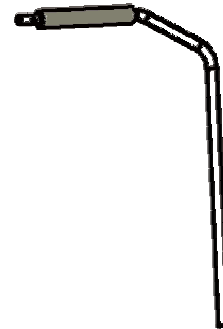
L400601 6pcs
Leg with rubber foot



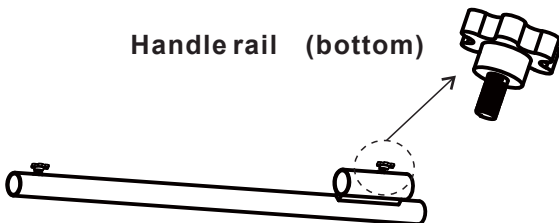
H400601 1pcs
Handle rail Left (top)



H400602 1pcs
Handle rail Right (top)



H400603 2pcs
Handle rail (bottom)

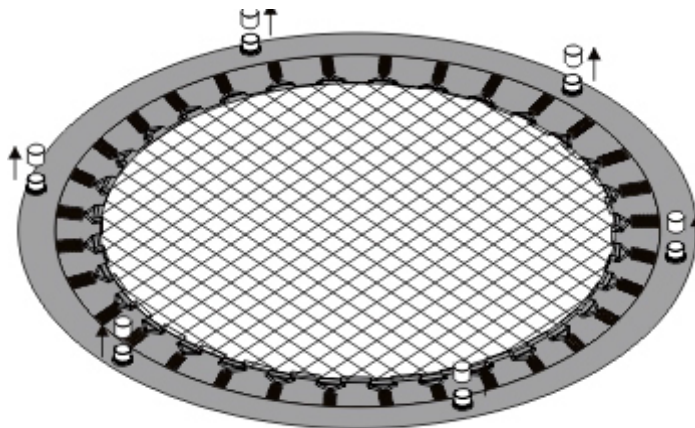


R400601 2pcs
Gym band



Step 1: Assemble the Leg Base.

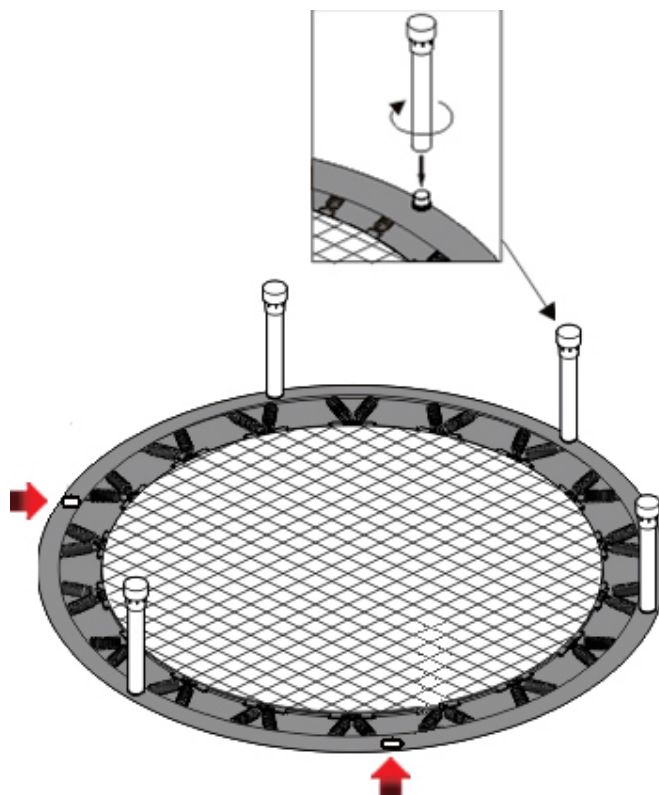
Remove the Rubber Caps from leg base before placing legs onto trampoline.



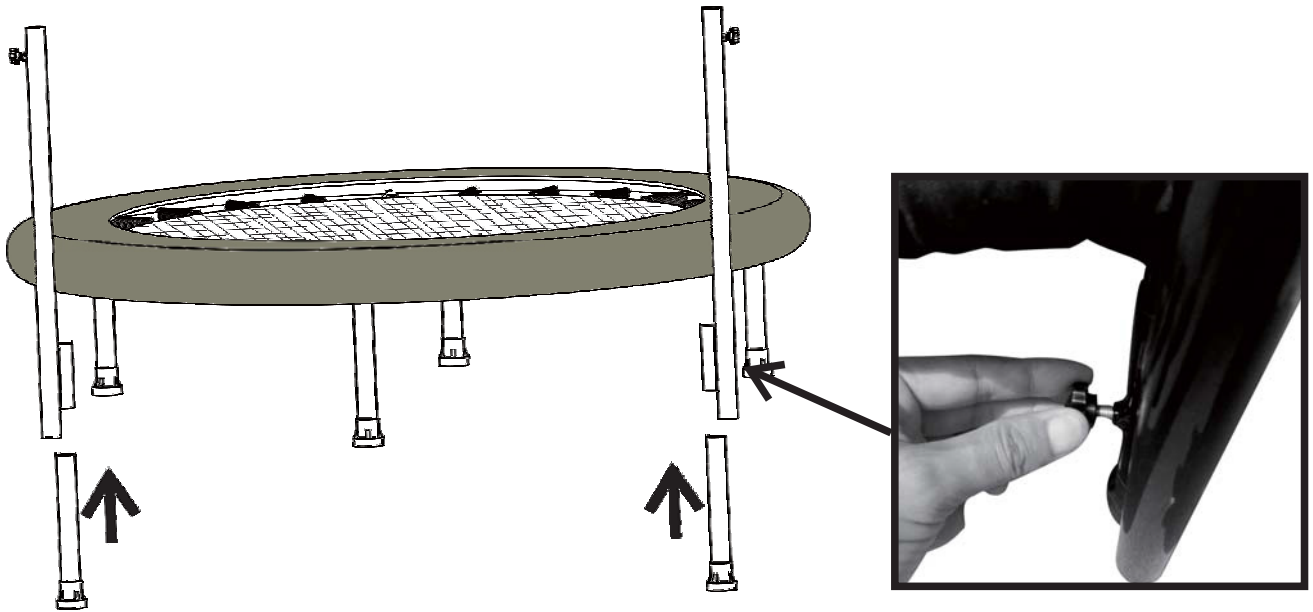
Step 2: Attach Legs to Trampoline.

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

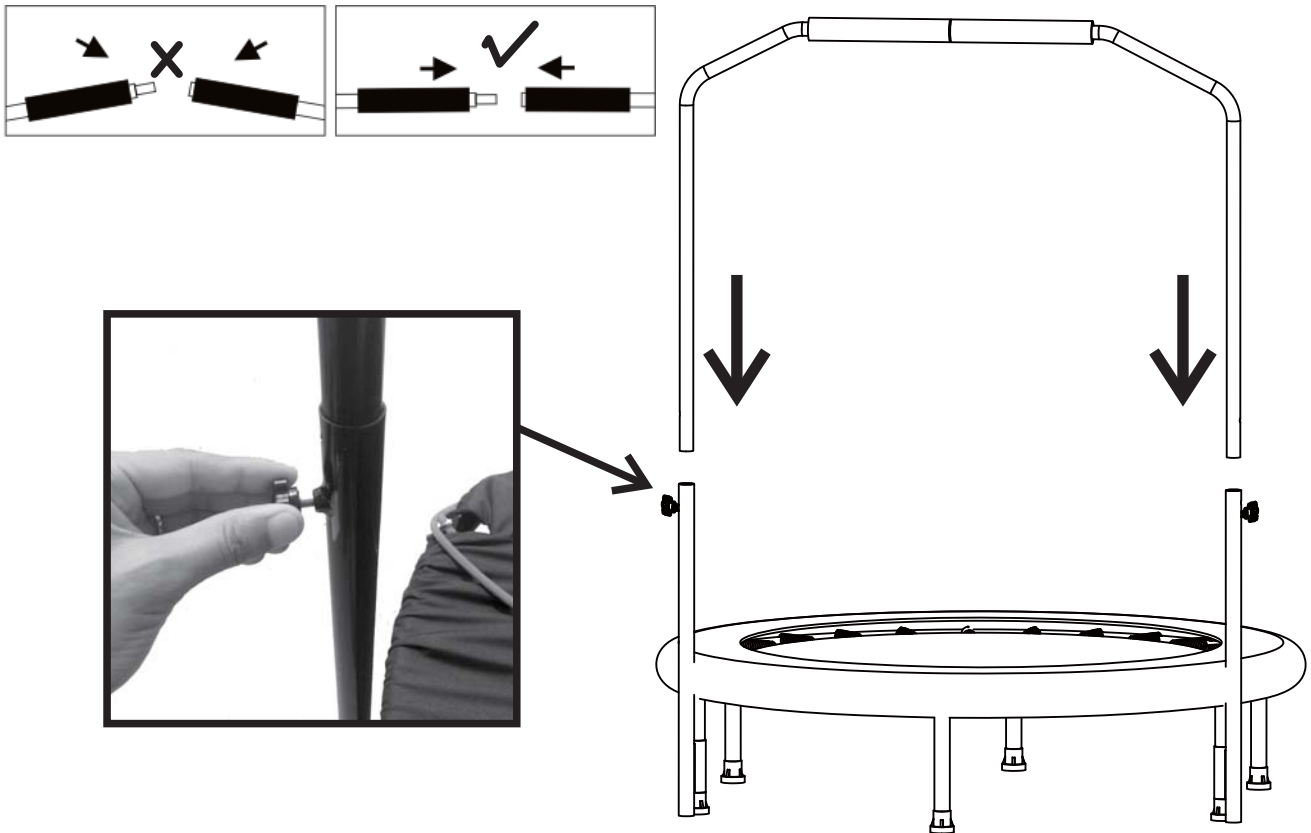
DO NOT overtighten.



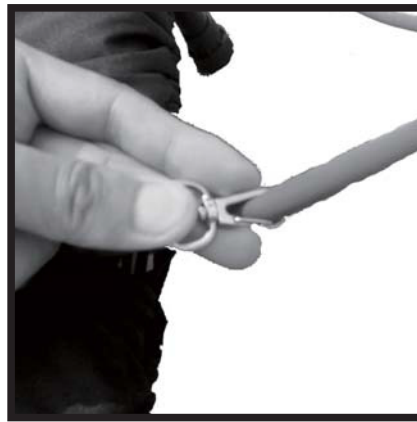
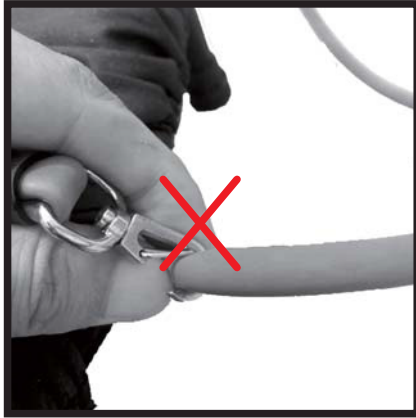
Step 3: Attach Handrail Supports to Trampoline



Step 4: Attach Top Handrail to Handrail Supports.



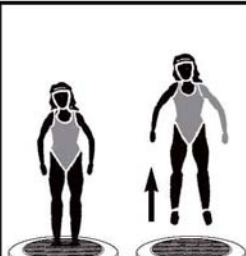
Step 5.



Exercises

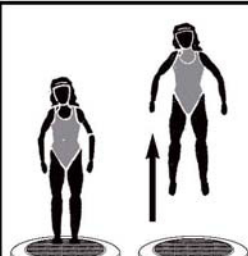
IMPORTANT

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



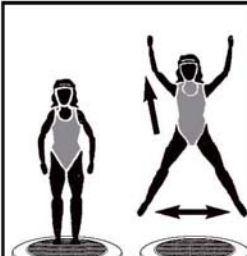
2. High Bounce

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



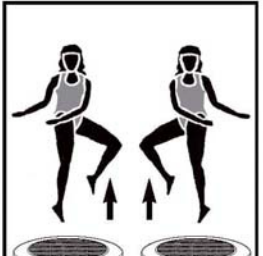
3. Jogging

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



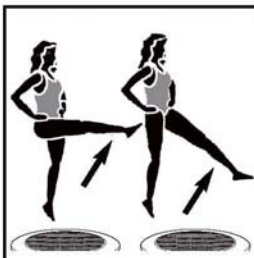
4. Straddle Hops

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



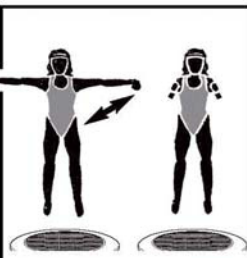
6. High Kick Low Kick

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!