

These safety instructions are intended to promote a safe and enjoyable use of the Rebounder. Misuse and abuse of this Rebounder is dangerous and can cause serious injuries. Use the Rebounder only as described in these Safety Instructions.

- Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the Rebounder.
- People who are 50 years or older and people who have problems with their back, their joints or their feet and people who suffer from bad circulation, have heart problems or problems from injuries or accidents, should consult their doctor before using the Rebounder. Also – if after using the Rebounder – a deterioration of health is observed, a doctor should be consulted prior to continuing the use of the Rebounder.
- Adapt your training in intensity and difficulty to your own individual ability. Do not overwork yourself.
- It may occur that when starting to use the Rebounder you experience muscle ache. This is due to using muscles, which have not been trained before. Be gentle with yourself and reduce your bouncing time and the intensity of the bounce. We recommend stretching the leg muscles after each rebound session – as you would do after jogging.
- Start with slow bouncing and slowly increase the intensity of the training. If you have problems keeping balanced, start rebounding while holding onto the support bar. Later, if you have gained a good sense of balance you can bounce stronger. For a good workout you do not need to leave the mat more than two or three inches. A Rebounder is not a trampoline! And rebounding focuses on letting the weight of your body drop DOWN into the mat rather than jumping high out of the mat. So practice to bounce deep rather than high – pushing your heels slightly into the mat.
- During the first times of rebounding it can happen that you become dizzy as the body is not yet used to this movement. If you feel faint or dizzy, just make a break and continue later. If the feeling dizzy does not stop after three days, see a doctor.

- Rebounders, being rebounding devices, could propel the performer to unaccustomed height. Therefore: do not use your Rebounder for jumping on it and bounce not higher than four inches above the mat! The Rebounders are designed to give you a high elastic bounce. It is absolutely sufficient if you bounce in a way that your toes always stay in contact with the mat or leave the mat just a bit.
- Never attempt or do high jumping, somersaults or acrobatic maneuvers. Such activities can result in severe injuries or even in death.
- Before attempting to dismount the Rebounder, come to a standstill. To avoid sprains and broken bones, never jump down to the floor when dismounting the Rebounder, but step down with a soft step. Be careful to maintain your balance when mounting and dismounting the Rebounder.