




EXERCISE




**1. Low Bounce**  
Bounces upwards only a few inches. Keep the feet 12 to 16 inches apart and bend the knees slightly on take-off and landing. Perform 1 to 3 minutes.



**2. High Bounce**  
Bounce upwards 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 outward about 24 inches. On the return bounce, bring the arms to the side and feet together. Perform 10 to 50 repetitions.

**IMPORTANT**  
Have a physical examination or consult your physician before participating in this or any other physical training program.  
Make sure the floor is level and that you have adequate ceiling height before beginning.  
Remember, the Aerobic Trampoline is not to be used for gymnastic or acrobatic stunts. It should not be used for aerial flips, vaulting or any other gymnastic feat.

**Retailer: ARGOS**  
**Retailer address: 489-499**  
**Avebury Boulevard**  
**Central Milton Keynes**  
**MK9 2NW**

opti



Trampoline

Assembly & User Manual

Please ensure that you read this manual carefully before attempting to assemble or use your new product and retain for future use

ASSEMBLY INSTRUCTIONS



Photo 1



Photo 2

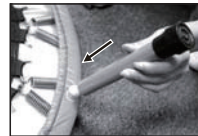


Photo 3

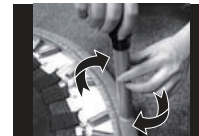


Photo 4



Photo 5




Photo 6


EXERCISE




**6. High Kick Low Kick**  
Lean 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 (3-5lbs) 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 lateral**  
Hold a light pair of dumbbells (3-5lbs) 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.



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

HOW TO START

Always warm up thoroughly before starting your workout. Do at least five minutes of stretching and bending to help prevent muscle pulls and strains. Begin by training every other day on the Aerobic Trampoline. After several weeks, start training five days a week. Rebounding is best performed by timing each exercise or combination of exercises. Start with the minimum number of minutes and gradually increase to the maximum. After becoming familiar with the exercises in this course, be innovative and develop your own routines. Combine various exercises and perform them to music and you will enjoy your workouts even more. Have fun!

Maximum user weight 100kgs.

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