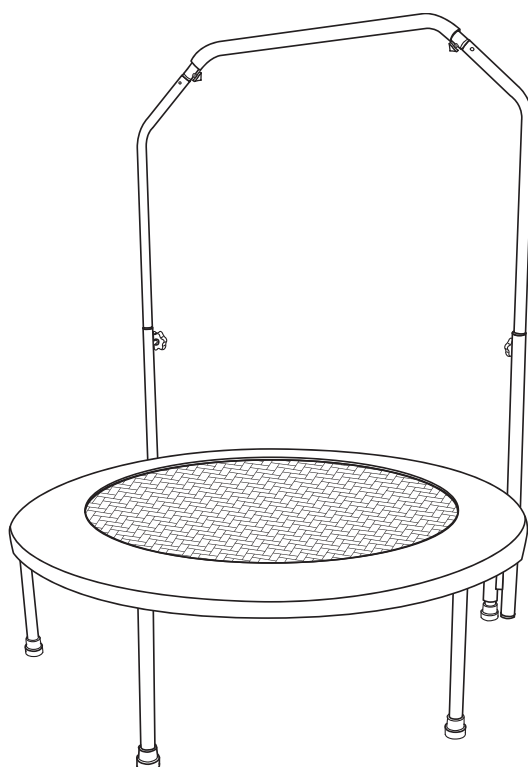




**Assembly Instructions
& User's Manual
38" Aerobic Rebounder
SLBCFA5000 / 155484**



Please keep this instruction manual for future reference

Customer Service: (888) 922-2336
7:00 am to 12:00 am CST (daily)
Live Chat at: www.academy.com
Email: customerservice@academy.com
Made in China

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Note: Before beginning assembly of product, make sure all parts are present. Compare parts with package content list and hardware contents. If any part is missing or damaged do not attempt to assemble the unit. Contact customer service for replacement parts.

Warnings

! DANGER



NO SOMERSAULTS OR FLIPS – PARALYSIS OR DEATH can result if you land on your head or neck!



No more than ONE user at a time (maximum weight : 250 lb / 113 kg).



Do not use if in a cast or have previous leg, arm, head, neck or back injury.

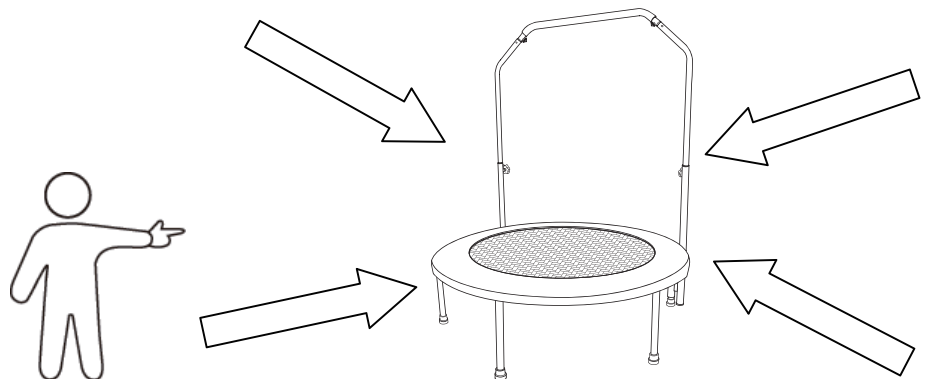


Remove all hard or sharp objects including jewelry, eyeglasses, sunglasses or hairclips before jumping.



Do not use without the consent of your physician, if pregnant.

Daily Pre-Inspection:
>Inspect legs for proper attachment or cracks
>Inspect for loose or damaged springs
>Inspect mat for tears or worn stitching
>Inspect frame for sagging or cracks



Inspect prior to use – check that the legs are properly attached and stable on the ground; no loose springs, mat is in proper place and in good condition with no tears.

Warnings

- Consult your physician before beginning this or any exercise or diet program; if you experience dizziness, nausea, chest pain, back pain or other abnormal symptoms STOP your workout CONSULT A PHYSICIAN IMMEDIATELY before continuing.
- Misuse and abuse of the Aerobic Rebounder is dangerous and can cause serious injuries including death.
- Aerobic Rebounder, being a rebound device, can propel the user to unaccustomed heights and into a variety of body movements.
- All persons assembling and using the Aerobic Rebounder must become familiar with the manufacturer's recommendations for the proper assembly, use, and care of the Aerobic Rebounder. Also, be alert to the user's limitations in the execution of Aerobic Rebounder techniques and progressions. Suggestions for care and maintenance are included to promote safe, enjoyable use of this product.
- It is the responsibility of the owner to ensure that all users of this Aerobic Rebounder are adequately informed of all warnings and safety instructions.
- This product is intended for customer (non-institutional) use only. This product is for adult use only. Please keep children away during use and when equipment is unattended.
- Maximum weight limit is 250 lb / 113 kg.


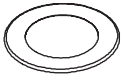
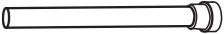
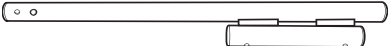


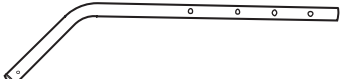
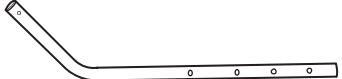


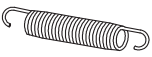
Warnings - User Instructions

- Adequate overhead clearance is essential. A minimum of (10 ft.) from ground level is recommended. Provide clearance for wires, ceiling fans, and other possible hazards.
- Lateral clearance is essential. Place the Aerobic Rebounder away from walls, structures, furniture, and other play areas. Maintain a clear space on all sides of the Aerobic Rebounder. A minimum of 6 ft (1.8 m) from frame edge is recommended.
- Remove any obstructions from beneath the Aerobic Rebounder.
- Use appropriate clothing and shoes. Remove jewelry, necklaces, and earrings. Failure to follow these instructions may lead to bodily injury or damage to the Aerobic Rebounder.
- Use the Aerobic Rebounder in a well-lit area. Artificial illumination may be required.
- The owners and/or supervisors of the Aerobic Rebounder are responsible to make all users aware of safety practices specified, to prevent serious injuries
- Do not allow more than one person on the Aerobic Rebounder. Use by more than one person at the same time may result in serious injuries.
- Indoor and outdoor use.



Warnings - User Instructions

- **Read all instructions before using the Aerobic Rebounder. Warnings and instructions for the care, maintenance, and use of this Aerobic Rebounder are included to promote safe, enjoyable use of this equipment.**
- Do not allow children to use Aerobic Rebounder. It is for exercise use only and should never be used as a Trampoline.
- Maintain a clear area around the Aerobic Rebounder. Do not allow foreign objects or animals on or around the Aerobic Rebounder.
- The Aerobic Rebounder should be assembled in its entirety before each use. The safety pad should be positioned correctly at all times. By doing this you will prolong the life of the springs by shielding them from the elements and at the same time make the Aerobic Rebounder safer.
- Replace any worn, defective, or missing parts.
- The metal frame of the Aerobic Rebounder will conduct electricity. Lights, extension cord, and all such electrical equipment must never be allowed to come in contact with the Aerobic Rebounder.
- Step on and off the Aerobic Rebounder. It is dangerous to jump from the Aerobic Rebounder to the ground or floor when dismounting, or to jump onto the Aerobic Rebounder when mounting. Do not use the Aerobic Rebounder as a springboard to other objects.
- Stop bounce by flexing knees as feet come in contact with the Aerobic Rebounder mat. Learn this skill first.
- Avoid bouncing too high. Stay low until bounce control and repeated landing in the center of the Aerobic Rebounder can be accomplished. Control is more important than height.
- While keeping the head erect, focus eyes on the Aerobic Rebounder toward the perimeter. This will help control bounce.
- Avoid bouncing when tired.
- Do not use the Aerobic Rebounder while under the influence of alcohol or drugs.
- For additional information concerning the Aerobic Rebounder equipment contact the manufacturer. Bounce only when the surface of the mat is dry.

Rebounder and Hardware Parts List

Key Number	Part Picture	Description	Quantity
1		Main Frame with Jump Mat (Pre-assembled with spring and mat)	1
2		Frame Pad	1
3		Leg Post with Cap	6
4A		Handrail Leg Post - Right	1
4B		Handrail Leg Post - Left	1
5		Handle bar with foam	1
6A		Handrail Support - Right	1
6B		Handrail Support - Left	1
7		Leg Socket Cap (Pre-assembled with #1)	6
8		Leg Post Cap (Pre-assembled with #3)	6
9		Spring (Pre-assembled with #1)	32

Hardware

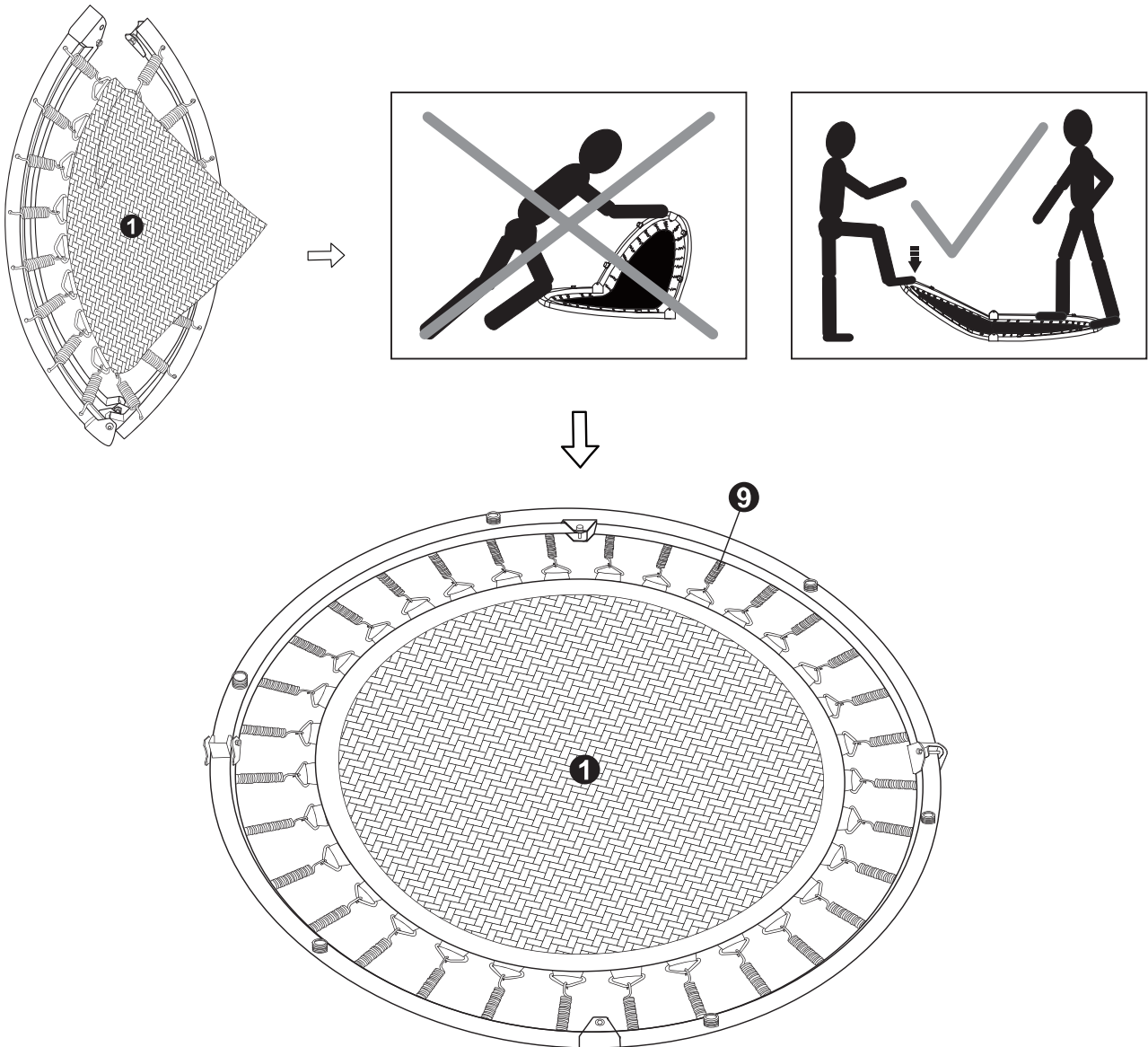
Key Number	Hardware Picture	Description	Quantity
A		Adjustment Knob M8 x 35mm	2
B		Triangle Adjustment Knob M6 x 17mm	6

Assembly Instructions

Step 1

- Place the Aerobic Rebounder face down on flat protected surface. Unfold Main Frame with Jump Mat (#1)

Note: Assembly and disassembly must be carried out by two people to minimize the risk of shearing or crushing injury.



CAUTION! DANGER OF INJURY! When unfolded, the frame ends snap together. Pay attention to your fingers when unfolding the frame! Keep your fingers away from the ends of the frame!



CAUTION! DANGER OF INJURY! If the frame is NOT fully unfolded and locked in place, it may fold together again. This might cause injury. You should therefore always ensure that the frame is unfolded completely and that the frame ends are locked in place before you carry out additional assembly steps.

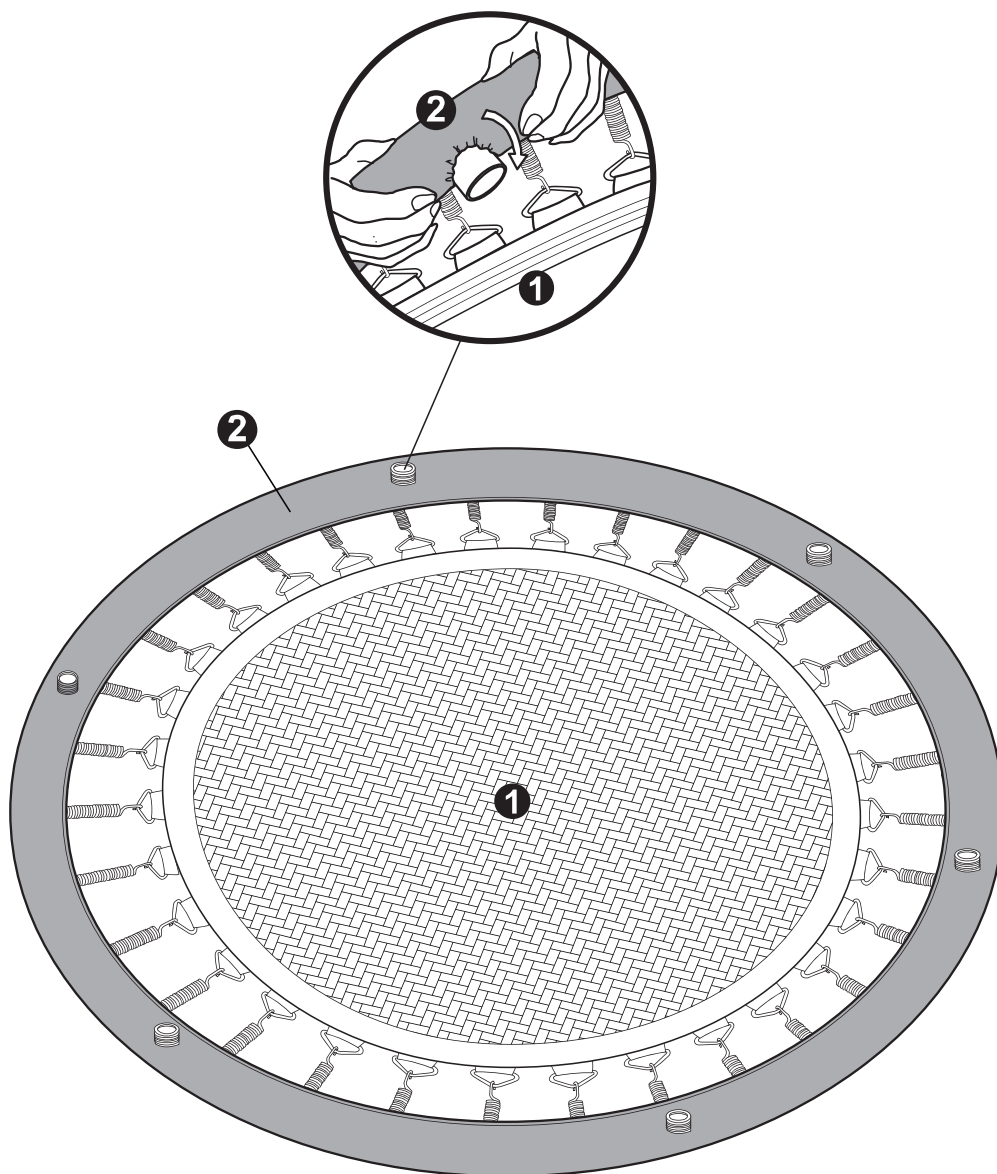
Assembly Instructions

WARNING

Never use the Aerobic Rebounder without the frame pad. The frame pad reduces the risk of getting injured by hitting the metal frame or springs. Inspect before each and every use to ensure all exposed metal parts are fully covered by the frame pad!

Step 2 - Attach Frame Pad to the Aerobic Rebounder

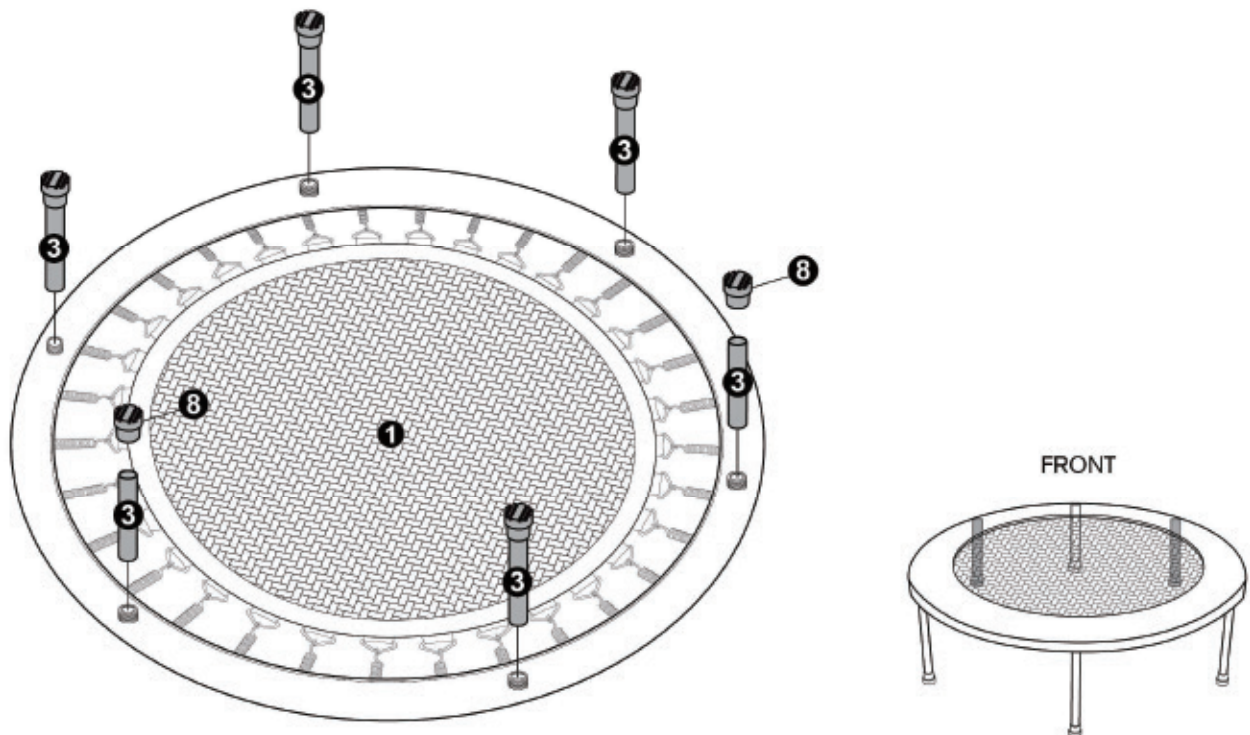
- Remove all rubber caps on the leg sockets and wrap Frame Pad (# 2) around the Aerobic Rebounder frame.



Assembly Instructions

Step 3 – Attach Leg Posts to the Aerobic Rebounder

- Tightly screw Leg Posts with Cap (#3) onto the leg sockets of the rebounder frame.
- Remove Leg Post Caps (#8) from the two legs located at the front of the rebounder. These will be needed to install the handle bar in the next step.

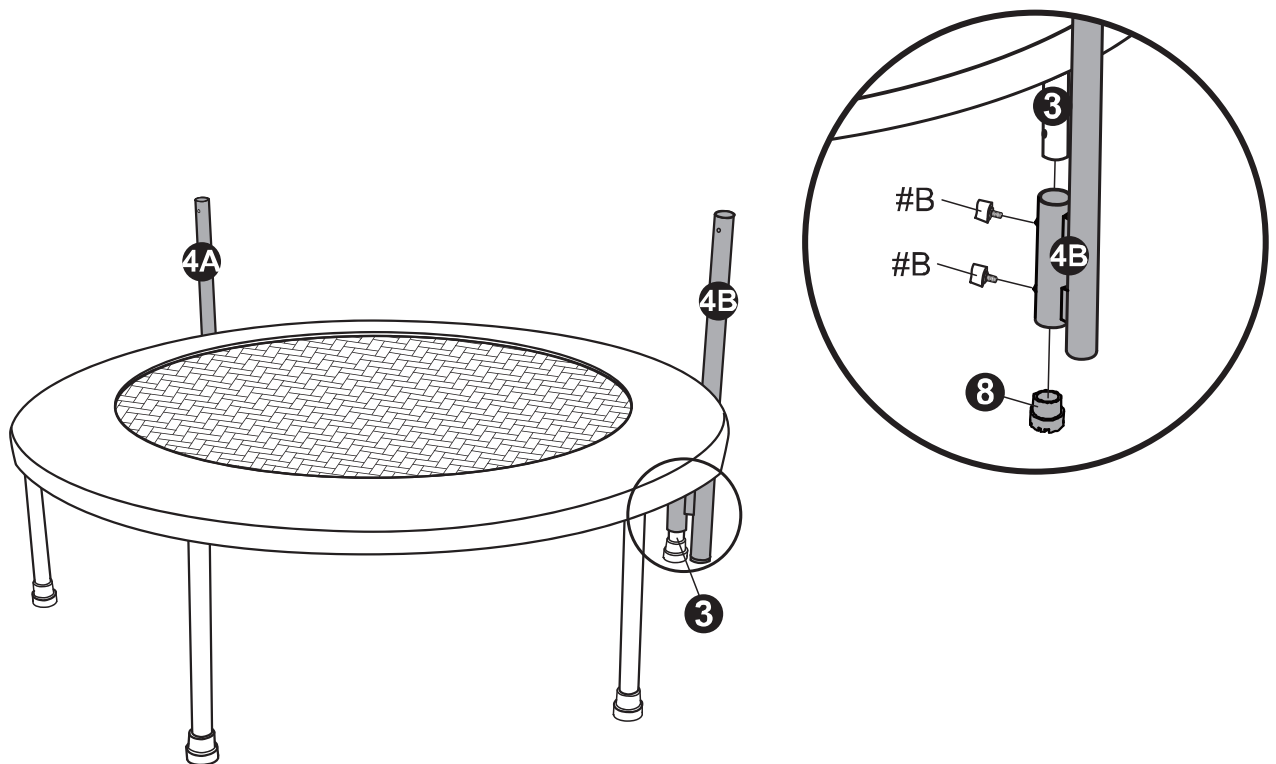


Assembly Instructions

Step 4 - Assemble Handle Bar Support

- Lift the rebounder to a standing position. Attach Handrail Leg Posts (#4A and #4B) to the two front leg posts without the caps and secure tightly with Triangle Adjustment Knob (#B). Place Leg Post Cap (#8) onto the handrail leg posts (#3) when finished as shown below.

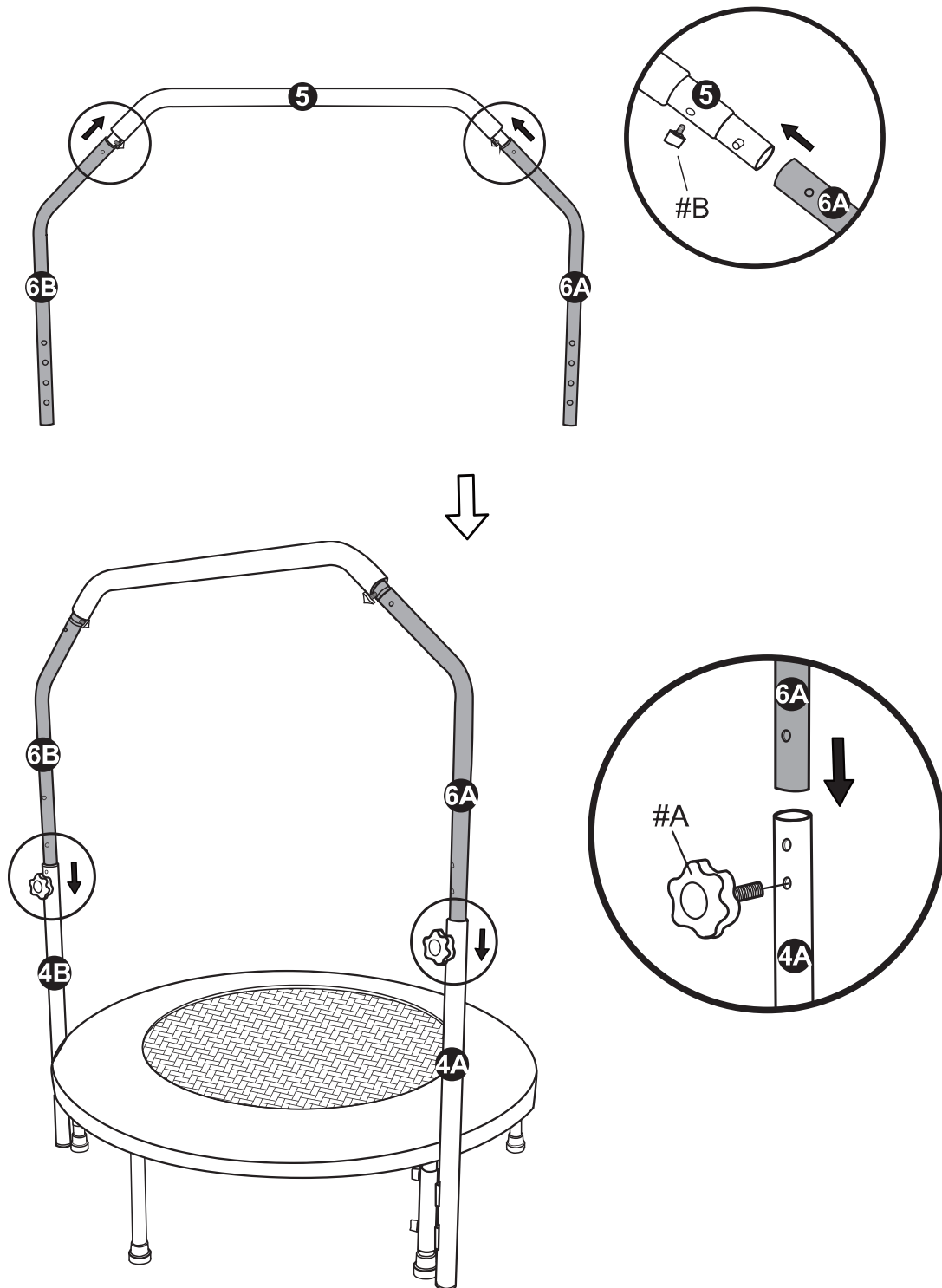
Hint: Be sure Leg Post (#3) and Leg Post Cap (#8) fixed tightly, and Leg Post (#3) is flat on ground to avoid wobbling when use.



Assembly Instructions

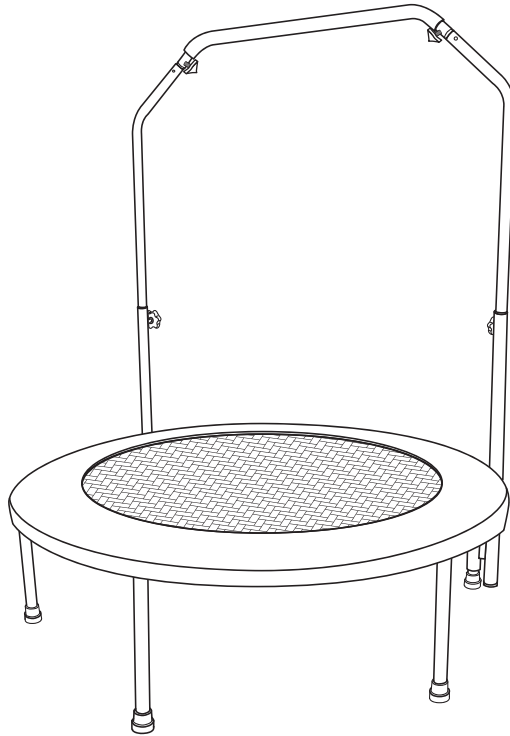
Step 5 - Assemble Handle Bar

- Attach Handrail Support (#6A and #6B) to each side of Handle Bar (#5). Triangle Adjustment Knobs (#B) are secured tightly on each side.
- Connect the assembled handle bar to Handrail Leg Supports (#4A and #4B) and secure tightly with Adjustment Knob (#A) at the appropriate height level.



Assembly Instructions

- The rebounder should look as shown below when completed. Inspect the entire rebounder and make sure all parts are properly secured before use.



Care and Maintenance



Failure to follow these instructions to ensure proper operational condition of your trampoline may lead to serious injury or death.

WARNING

- The rebounder must be inspected prior to every use. The legs should be locked securely into place. If any part becomes damaged or worn, please stop using the rebounder immediately until this part is replaced with authorized parts.
- If you see any signs of stretched or damaged springs, do not use the rebounder until replacement springs are properly installed. Please contact our customer service representatives to order original replacement parts.
- Please do not use unauthorized parts to assemble the rebounder. This may damage the integrity of the product and can cause injuries during use.
- Inspect the rebounder before each use and replace any worn, defective or missing parts. The following conditions could represent potential hazards:
 - Deterioration in the stitching or fabric of the mat or frame padding
 - Bent or broken support system (frame)
 - Sharp protrusions on the support (frame) or suspension system

Warranty Information

This product has been manufactured under the highest standards of quality and workmanship. We warrant to the original consumer purchaser that all aspects of this product will be free of defects in material and workmanship for one year from the date of purchase. A replacement for any defective part will be supplied free of charge for installation by the consumer. Defects or damage caused by the use of other than genuine parts are not covered by this warranty. This warranty shall be effective from the date of purchase as shown in the purchaser receipt.

This warranty is valid for the original consumer purchaser only and excludes industrial, commercial or business use of the product, product damage due to shipment or failure which results from alteration, product abuse, or product misuse, whether performed by a contractor , service company , or consumer. We will not be responsible for labor charges and/or damage incurred in installation, repair or replacement nor for incidental or consequential damage.