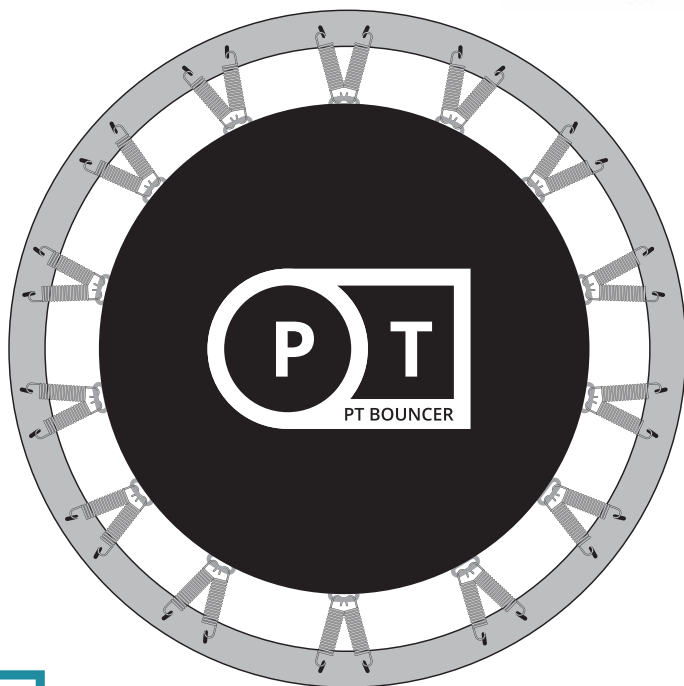


# Replacing a PT Bouncer bed and springs

## USER GUIDE



PT BOUNCER™

Adult assembly required

Read User Guide before assembling

Please keep this guide for further reference



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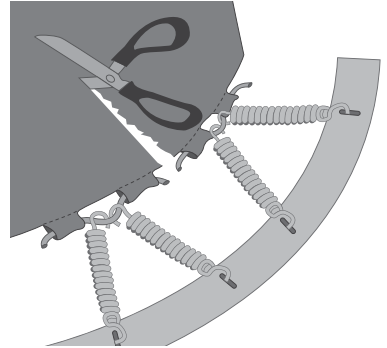
# Replacing the bed and springs

## STEP

1

Before you begin, remove the spring cover from your PT Bouncer.

The easiest way to remove the old bed is to cut it off with some scissors or a sharp knife (e.g. Stanley knife).

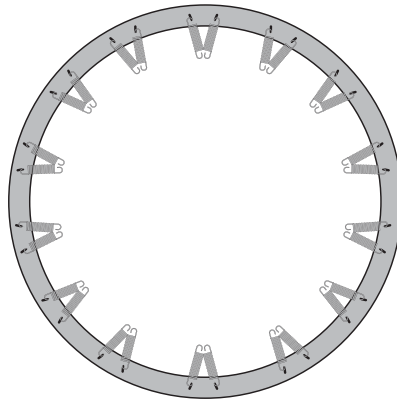


## STEP

2

After you have done this, it is important to make sure that the springs are left in the same position as before in V-shape formation (as demonstrated in the diagram).

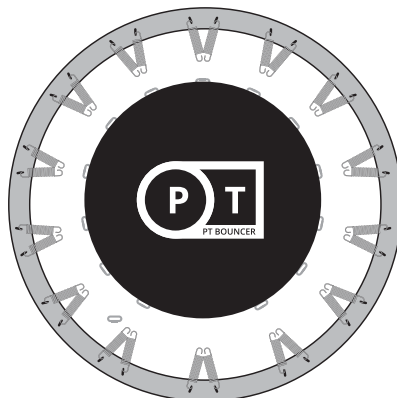
The springs should follow the direction of the punched hole in the frame.



## STEP

3

Unfold the new bed and lay this on the floor inside the circular frame.



## STEP

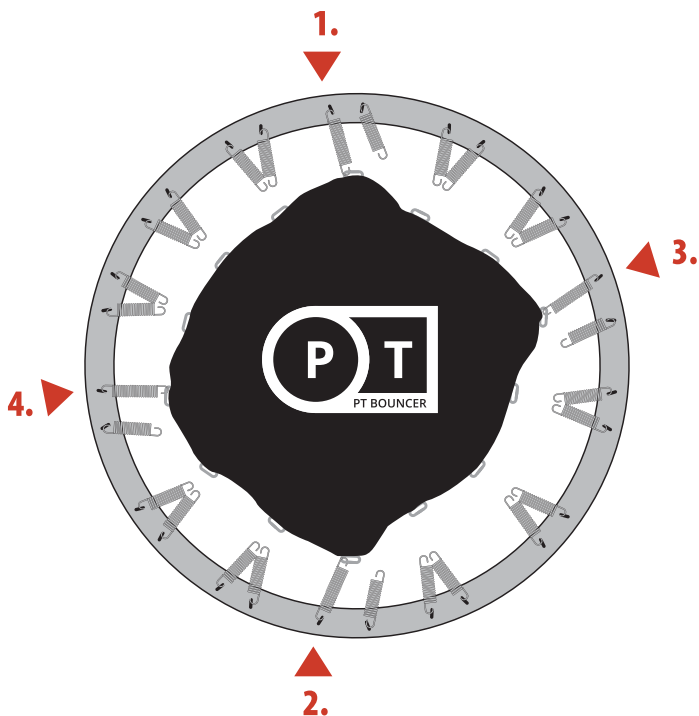
4

### IMPORTANT NOTE:

Ensure that the new mat is the right way up (logo facing up)

Start by hooking one spring onto the mat at four points (**north, south, east and west**) to ensure an even tension from the start.

Remember to ensure that there are enough holes available for each subsequent pair of springs.

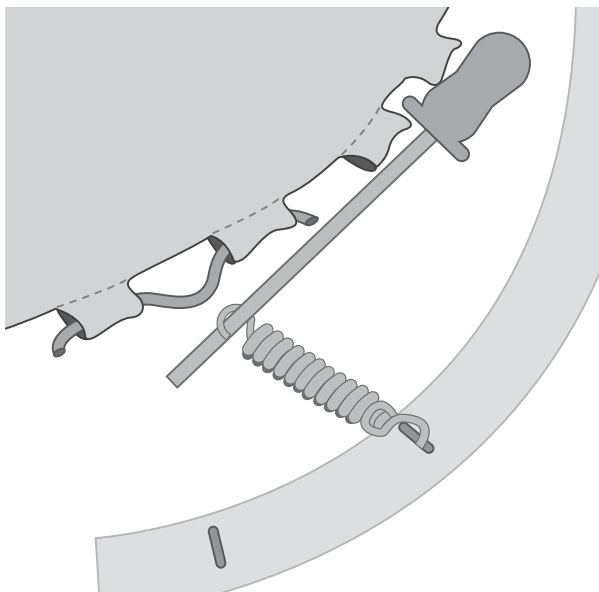


## STEP

5

### HOW TO FIT THE SPRINGS

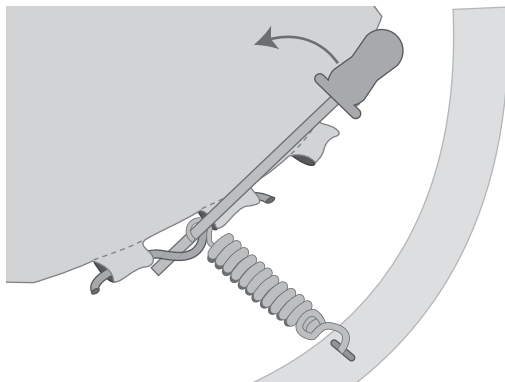
Taking a long, thin metal bar such as a screwdriver (as demonstrated in the diagram), place the end hook of the spring onto the bar/screwdriver and angle towards the anchor bar on the bed.



## STEP

# 5

Place the end of the bar or screwdriver through the anchor bar on the mat and lever each spring into position with one forward movement.



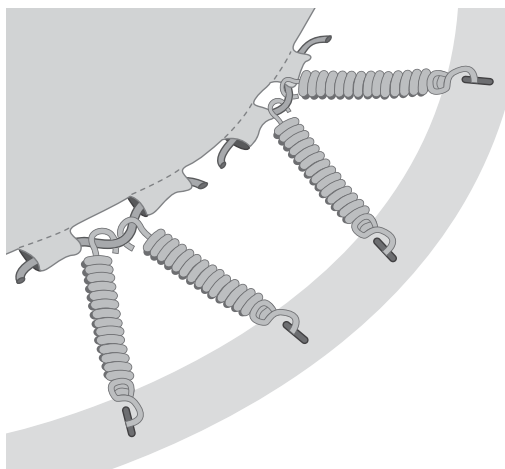
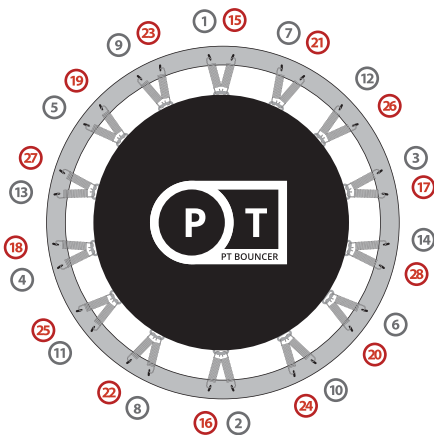
## STEP

# 6

### SPECIAL TIP

We suggest that you work at opposites when attaching each spring.

Follow the sequence below for easiest assembly.



## STEP

# 7

Now that your replacement bed is fitted, it is important that you bounce gently around the outer edge of the bed to ease the new springs gently into position.

## STEP

# 8

We recommend that your first session with the new bed fitted is relatively easy going and not too vigorous so as to avoid any spring damage or breakages.

# Rebounding Exercises

## BEFORE YOU BEGIN

- If you have not been exercising regularly it is essential to start gently - 30 seconds to a minute is enough at any one time.
- Always start and finish your exercise with simple stretching exercises.
- If you are using the PT Bouncer for weight control, choose a good nutritious diet and use your rebounder 15-20 minutes before a meal.
- If you are too tired or are in pain please stop - this is your body's way of telling you that you are over doing it.
- **IF IN ANY DOUBT ABOUT YOUR HEALTH, PLEASE CONSULT A DOCTOR BEFORE COMMENCING.**
- Rest between each exercise is advisable.
- Always start with warm up exercises for a minimum of one minute.
- Exercise regularly; consistency is key.

## WARM UP



### Lifting Heels

Bounce lightly up and down and lift heels with soles still on the mat.



### Gentle jogging

A slow jog raising your feet off the mat but not too high.



### Light jumps

Lightly jump no more than 6 inches from the mat.



### Sitting Bumps

Sit straight on the mat, put the soles of your feet together with your hands grasped at ankles. Tense stomach muscles and start bouncing high.

### DAILY SCHEDULE

1 min warm up | 1 min rest | 1 min warm up  
Total per session: 3 mins maximum

## INTERMEDIATE



### Jogging

Begin with a slow jog, then gradually increase the height of your step.



### Dancing

Raise your knees up and down whilst swinging your arms back and forward.



### Straight Jumps

Jump only with slight bending of the knees.



### Sitting Bumps

With both feet on the ground and arms folded in front of you, Bounce up and down keeping your back straight.

#### DAILY SCHEDULE

1 min warm up | 2 min intermediate | 1 min rest | 2 min intermediate

Total per session: 6 mins maximum

## ADVANCED



### Kicking

In the centre of the mat land on one foot while kicking as high as possible with the other foot.



### Sprinting

From a jog increase your speed to a sprint by lifting the knees as high as possible.



### V-Bounce

With arms folded in front of you and legs straight and together bounce as high as possible.



### High Jumps

Jump as high as possible tucking your legs under with arms outstretched for balance.

#### DAILY SCHEDULE

1 min warm up | 2 min intermediate | 1 min advanced | 1 min rest

2 min intermediate | 3 mins advanced | Total per session: 10 mins maximum

## Benefits of Rebounding

- Helps burn excess fat
- Improves circulation
- Lowers cholesterol levels
- Improves co-ordination
- Improves balance
- Helps relieve tension
- Increases energy and vitality



### Support Bar

We offer the support bar as an extra. Ask us about support bar options when placing your order, or take a look online.

## TRAINING AND SUPPORT



### With support

For those who require or would like a little support gently exercise at your own pace.



### High Jumps

With back straight and arms forward and down, jump and see if you can bring your feet above your hands.



### Skipping

Skip as you would on the ground at your own pace.



## FOR MORE HELP AND ADVICE

For more help and advice on training and support, please seek the help of a personal trainer/professional.

Also available online is the Margaret Hawkins Rebounding for Health and Fitness book .



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