



# PT BOUNCER™

FITNESS REBOUNDER

## USER GUIDE



Adult assembly required

Read User Guide before assembling

Please keep this guide for further reference



Part of the Family - Est 1983

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Tel: +44 (0)1884 675801 | [www.supertramp.co.uk](http://www.supertramp.co.uk) | [sales@jetsports.co.uk](mailto:sales@jetsports.co.uk)

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## Your Warranty

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# 1 Year

Due to structural failure or manufacturing faults

### PLEASE NOTE:

- Using your trampoline on concrete ground without rubber feet or mats will invalidate any guarantee.
- PT Bouncers that are subject to heavy use in commercial environments and/or exercise classes will be covered under guarantee but will first be subject to inspection.
- Jet Sports reserve the right to revoke any form of guarantee in circumstances where we believe there to be evidence of misuse.
- Any decision regarding whether or not a commercial-use PT Bouncer is covered by warranty will be down to Jet Sports; any decision they make will be final.

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### IMPORTANT

Please keep your proof of purchase - it will be needed if you wish to make a claim.

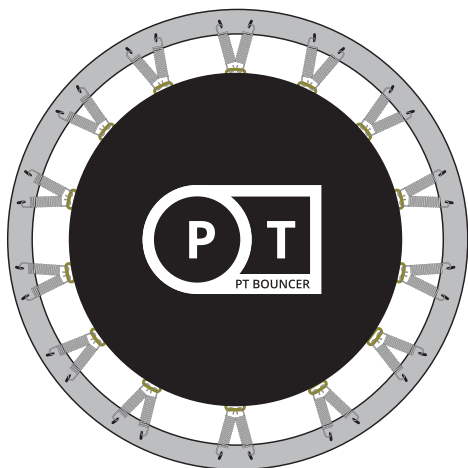
For more information, please call our office on the number provided below.

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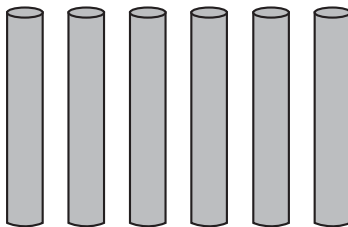
## PT Bouncer Parts List



**Complete PT Bouncer  
Top Ring with Mat**



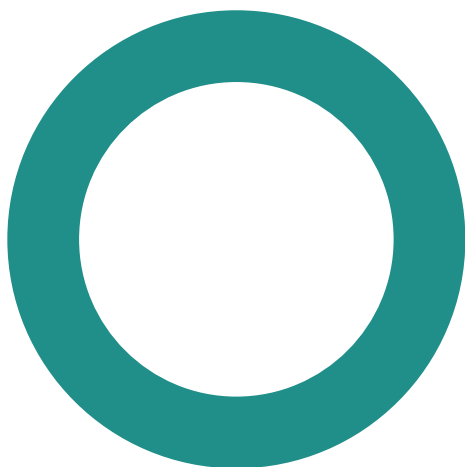
**36 x 3.5" Hi Tensile  
Springs**



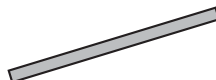
**6 x Legs**



**6 x Rubber Feet**



**Aquamarine coloured  
Spring Cover**



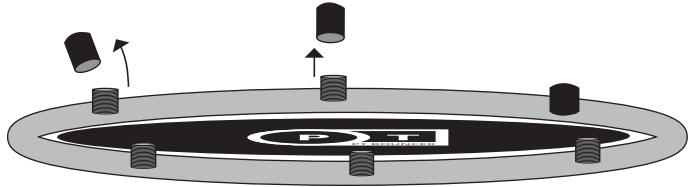
**1 x Leg-tightening  
Tool**

# Assembly Instructions

## STEP

1

Remove the 6 protective caps from the threaded lugs.

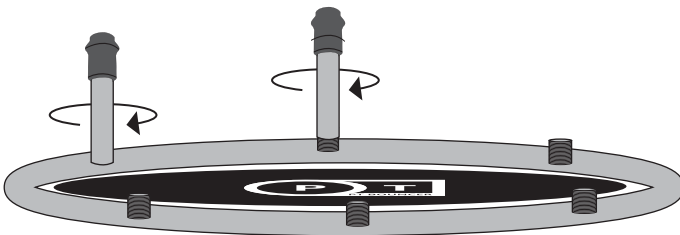


## STEP

2

Carefully screw the legs on to the threaded lugs until tight.

**NB:** Ensure that you do not force the legs against the thread as this may cause damage to the threaded lugs and the legs themselves.



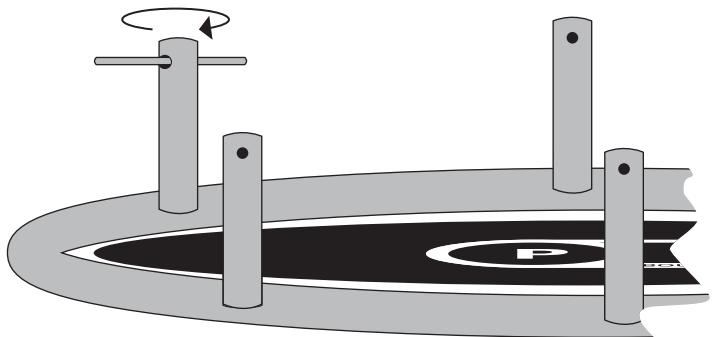
## STEP

3

After all 6 legs are assembled, remove rubber feet and tighten legs (i.e. lock tight) using a strong screw driver or tool provided, utilising the drilled locking holes.

This ensures legs do not loosen during use.

**When all legs are tightened, replace the rubber feet.**



# 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

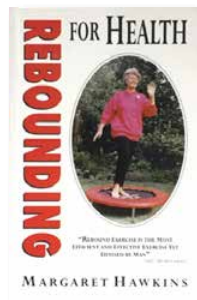
Skip as you would on the ground at your own pace.



## FOR MORE HELP AND ADVICE

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

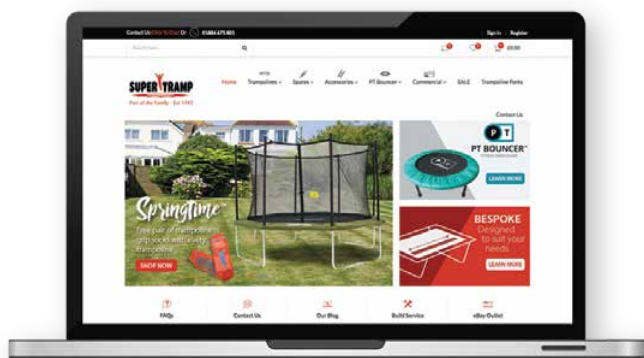
Also available online is the Margaret Hawkins Rebounding for Health and Fitness book .



**Thank you for purchasing a Super Tramp Trampoline**  
**We hope you found this guide helpful.**

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trampolines, spare parts and accessories

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