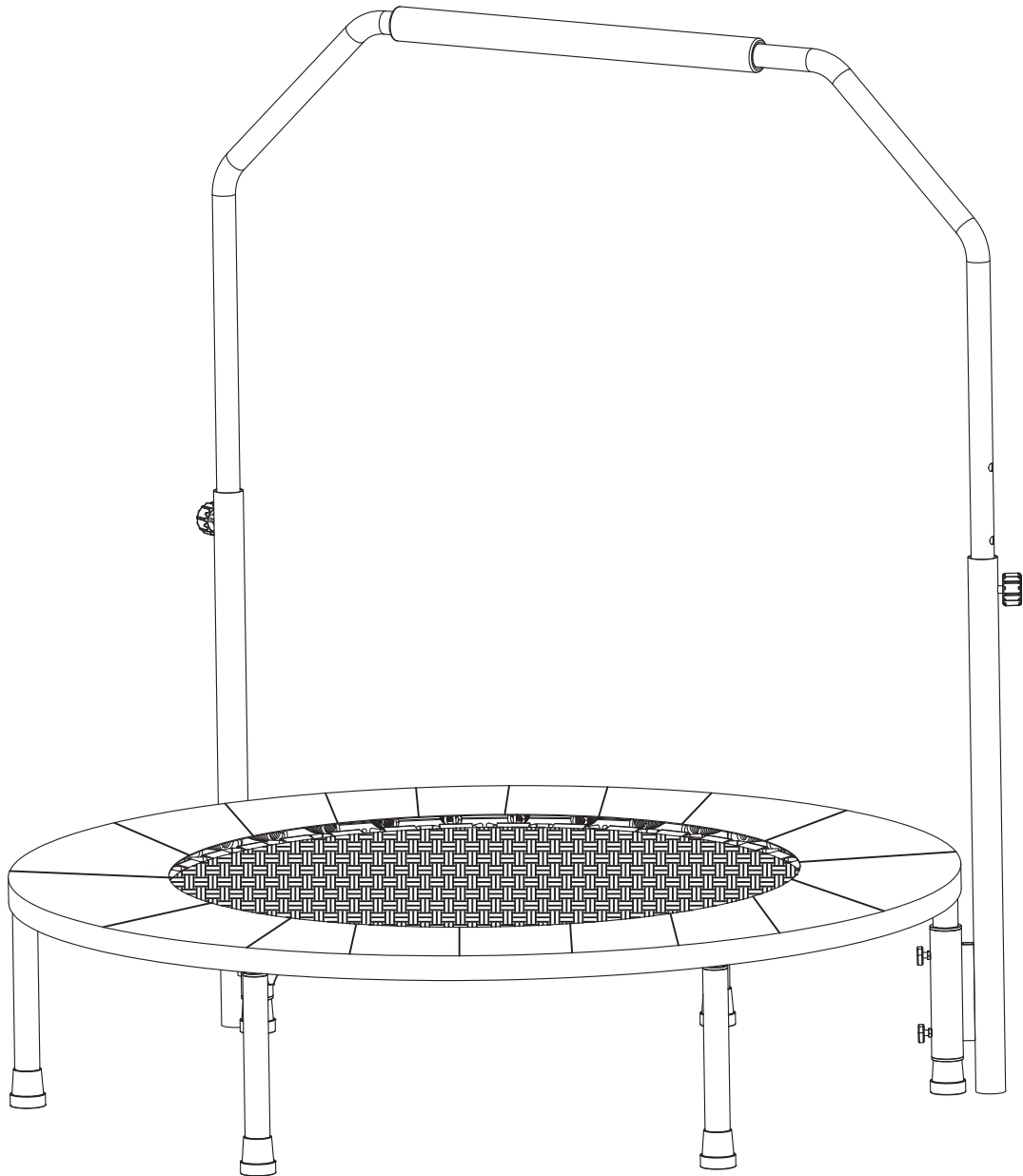


BODYWORX®

40" REBOUNDER WITH HANDLE

Model No: 4BWMT40HDL



Retain this owner's manual for future reference. Read and follow all instructions in this owner's manual.
Specs subject to change without notice.

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Warranty Registration Form

Congratulations on purchasing your product, we at GPI believe that our product range is of the highest quality and represents great value for money. We back our product range up with our industry leading warranty.

Please see below for the step by step instructions on how to register your product warranty online.



Step 1 **Visit our Website**

Go to the GPI Sports website:

<https://service.gpi.com.au/registerwarranty.php>



Step 2 **Enter Purchase Information**

Enter all purchase information including the model number, serial number and proof of purchase which can be uploaded from this page



Step 3 **Contact Our Service Department**

If a warranty service request is required on your product please email service@gpigroup.com.au or call the toll free number - **1800 005 770**

IMPORTANT SAFETY INSTRUCTIONS

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

This exercise equipment is designed and built for optimum safety for home use. However, certain precautions always apply whenever you operate any exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions.

WHEN USING EXERCISE EQUIPMENT, YOU SHOULD ALWAYS TAKE BASIC PRECAUTIONS INCLUDING THE FOLLOWING:

- Read all instructions before using the machine. These instructions are written to ensure your safety and to protect the unit.
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide.
- Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries.
- Wear appropriate exercise clothing and shoes for your workout, no loose clothing. Do not wear shoes with heels or leather soles. Ensure shoes are clean of dirt and embedded stones.
- Use care when getting on or off the unit.
- Do not over exert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate the unit after it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit before each use. Make sure that all fasteners are secure and in good working condition.
- Do not use the equipment outdoors or near water.
- Only one person may use the machine at a time.

CHILDREN AND PETS

- Most exercise equipment is not recommended for small children. Children should not use the equipment unless they are under strict adult supervision. To ensure safety, keep young children off the machine at all times.
- Exercise equipment has many moving parts. In the interest of safety, keep others (especially children and pets) at a safe distance while you exercise.

PERSONAL SAFETY DURING ASSEMBLY

- It is strongly recommended that a qualified dealer assemble the equipment. Assistance is required.
- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the machine on a solid, level surface. Locate the unit at least 1 meter from the walls or furniture to provide easy access.

The machine is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthy exercise.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly.

Maximum User Weight: 120KG

SAFETY GUIDELINES

Successful fitness training programs have one prominent feature in common...safety. Fitness training has some inherent dangers, as do all physical activities. The chance of injury can be greatly reduced or completely removed by using correct techniques, proper breathing, maintaining equipment in good working condition, and by wearing the appropriate clothing.

- It is highly recommended that you consult your physician before beginning any exercise program. This is especially important for individuals over the age of 35, or persons with pre-existing health problems.
- Always warm up before starting a workout. Try to do a total body warm up before you start.
- Maintaining equipment in proper operating condition is of utmost importance for a safe training program.
- Keep hands, limbs, loose clothing and long hair well out of the way of all moving parts.
- Inspect the machine before each use for loose or worn parts. Ensure all nuts and bolts are fully tightened. If a problem is found do not allow the machine to be used until all parts are tightened or worn or defective parts are repaired or replaced.

WARNING

- Use it only indoors.
- You can jump both in shoes and without them.
- Only one person is to jump at a time.
- Jump in the middle.
- No somersaulting.
- Glasses, jewellery and watches are to be removed and pockets emptied.
- The cover and jumping fabric must be completely dry.
- Do not jump on the trampoline if you are injured or suffer from medical condition incompatible with trampoline exercises (e.g. ankle injury).
- No jumping under the influence of alcohol or with cigarettes. Don't eat while exercising.
- No jumping in the dark. Don't jump in a strong wind. Secure or disassemble the trampoline in windy conditions.
- It is forbidden to linger under the trampoline.
- No objects to be placed on the trampoline.
- The product is not to be used as a take-off trampoline.
- No jumping onto the trampoline from other objects. Do not jump from the trampoline directly onto the ground.
- The trampoline must put on level floor to use. Keep clearance min. 2 m from other objects. Don't put it on concrete, tarmac or other hard ground. Don't place the trampoline on concrete, tarmac or other hard ground. Do not place it in the vicinity of playgrounds, swings, slides, etc.

- Over time, the durability of the trampoline parts is compromised by sunlight, rain, snow and extreme temperatures. During winter, the trampoline can be damaged by the fallen snow or freezing temperatures. It is recommended to store the mat inside.
- Take breaks during exercising. Don't exercise continually.
- Any modifications made by the user (e.g. installing accessories) must be according to the instructions of the manufacturer.
- Make sure all the spring connections (securing pins) are intact and cannot get loose during jumping.
- Make sure the strap fasteners are secured tightly.
- Check all parts (screws and nuts) for wear and damage. Make sure no parts are missing. Replace all those parts immediately. If sharp edges appear anywhere on the trampoline, don't use it.
- If you need to move the trampoline, two people should do it. All the connection points should be wrapped secured with weather resistant tape, such as duct tape. This will keep the frame intact during the move and prevent the connection points from separating. When moving, lift the trampoline slightly off the ground and keep it horizontal. For any other type of moving, you should disassemble the trampoline. **EVERY TIME YOU MOVE THE TRAMPOLINE, CHECK IT FOR DAMAGE AFTERWARDS.**

ASSEMBLY INSTRUCTIONS

ATTENTION

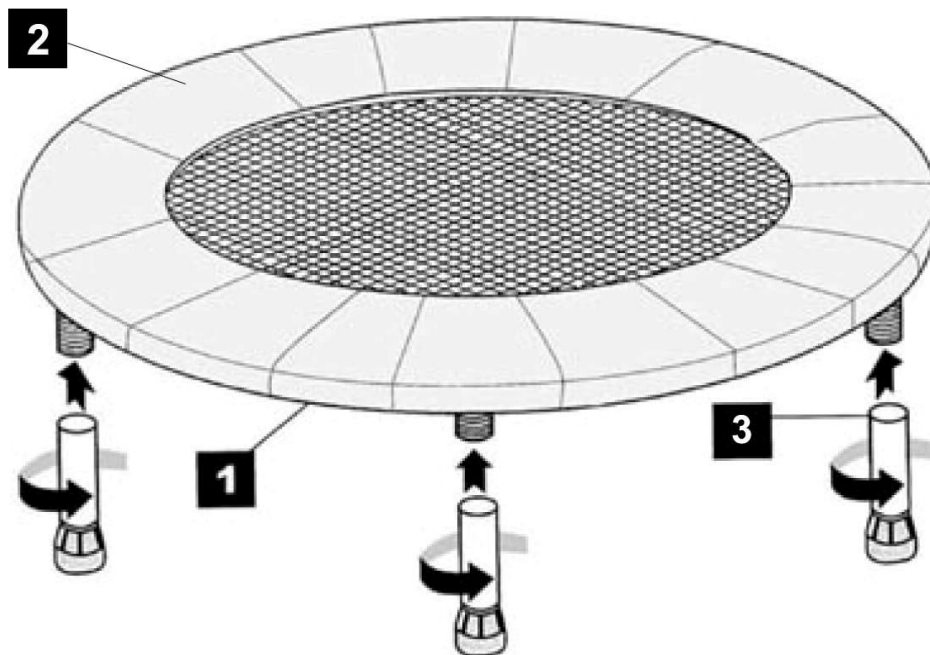
Thank you for selecting one of our exercise products. We make every effort to ensure that all our products meet all the highest quality standards. We are proud of the fine exercise equipment we create and wish you many years of goods health and fitness.

The assembly should be performed by adults only.

ASSEMBLY

(No tools required)

1. Turn the Trampoline Unit (1) over so that the jumping surface is up-side-down. You will notice that there are plastic caps covering the stems where the legs will go. Remove these caps and discard.
2. Assemble the Cover (2) around the steel frame and cover the springs.
3. Screw Legs (3) on stems.
4. Turn Trampoline back over and you're ready to jump!

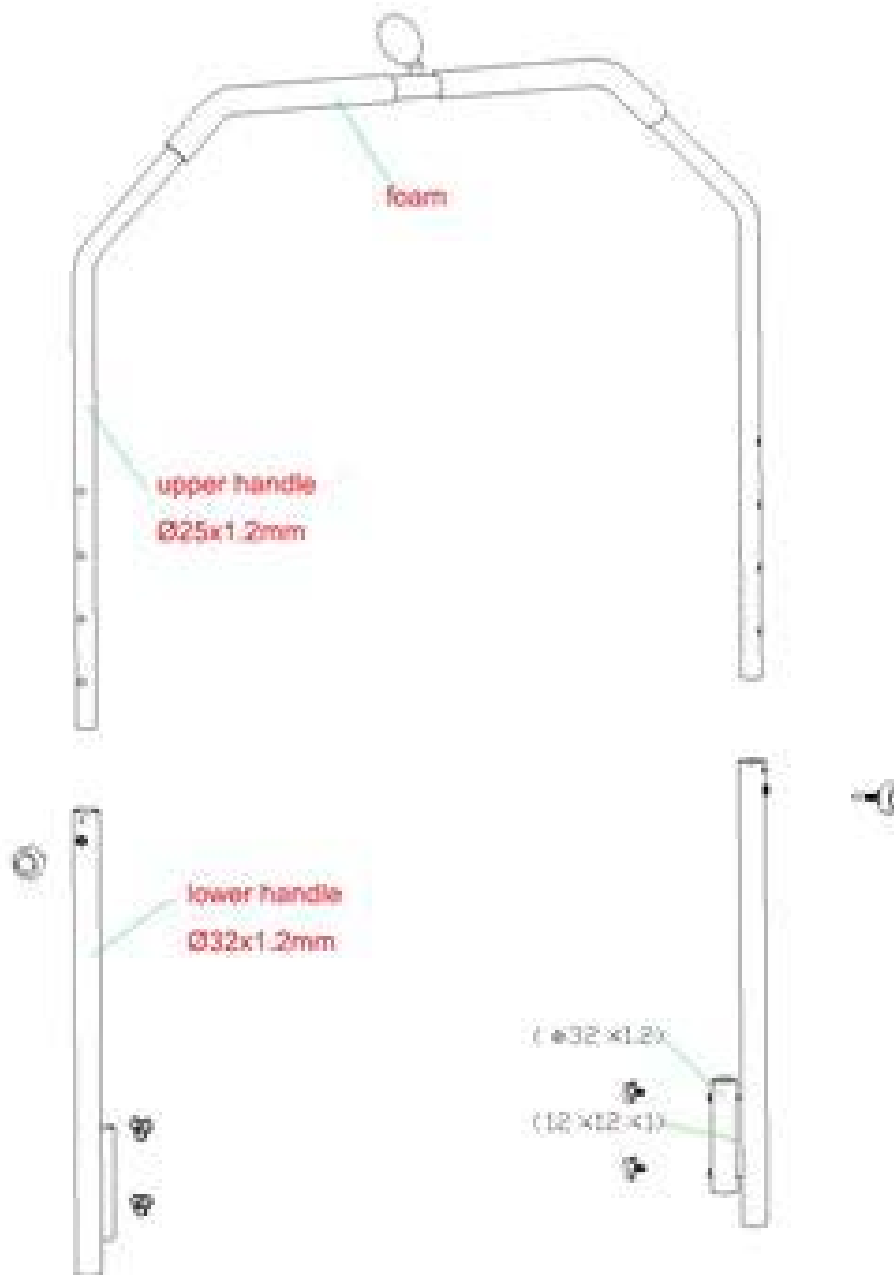


These BodyworX Rebounders, or mini trampolines are designed to be used exclusively for fitness exercisers with the main benefit being less impact on the body.

ATTENTION! The assembly should be performed by adults only.

HANDRAIL ASSEMBLY INSTRUCTIONS

1. Handrail consists of 4 parts, which enable you to set height of the handrail.





2. Slip in the trampoline's legs to the lower parts of the handle.



3. Screw the trampoline's leg to the lower part of the handle as it is shown in the picture and tighten them using 2 triangle screws



4. Connect together lower and upper parts of the handle and use the spherical screw to tighten them.



Important

Please check the inner thread of the leg tubes before you install the leg studs. If you find the inner thread is missing pull out the rubber foot cap, it may be on the other end.

Be sure the legs are securely screwed into place before using.

Have a physical examination or consult your physician before participation 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.

HOW TO START

Always warm us 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 by the minimum number of minutes and gradually increase to the maximum recommended.

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!

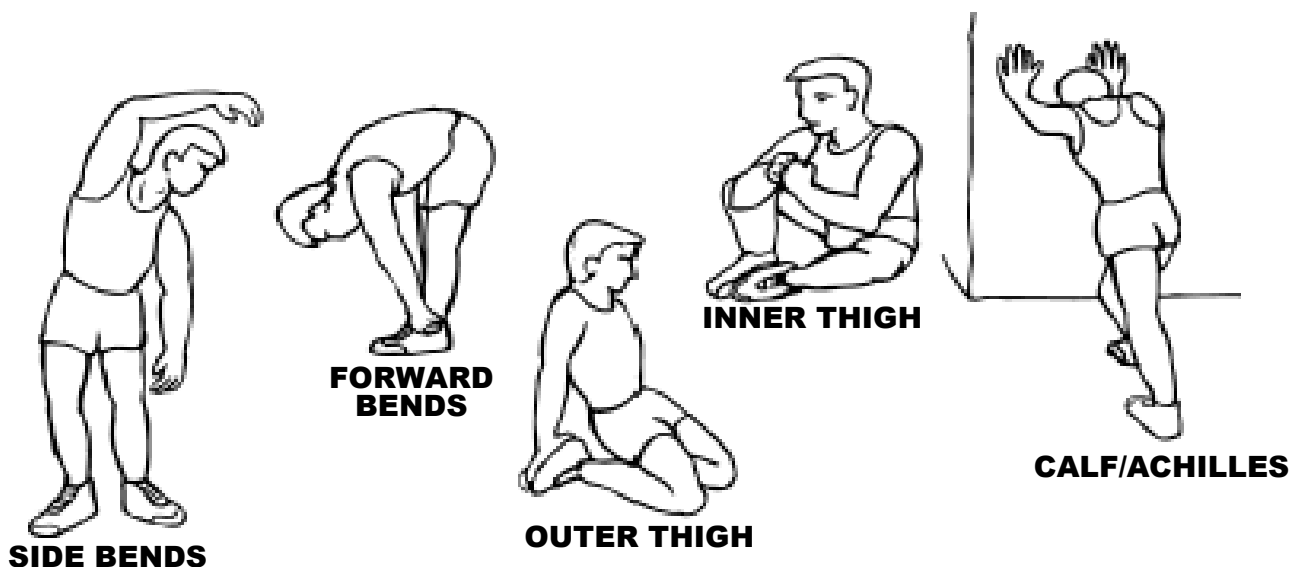
- Use it only indoors.
- Reduce shock on your joints.
- Improve your coordination, balance and agility.
- Trim and shape your legs.
- Burn calories while improving your cardiovascular and aerobic fitness.
- Get a good workout in 15 minutes.

EXERCISE INSTRUCTIONS

Using your exerciser will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet help you lose weight.

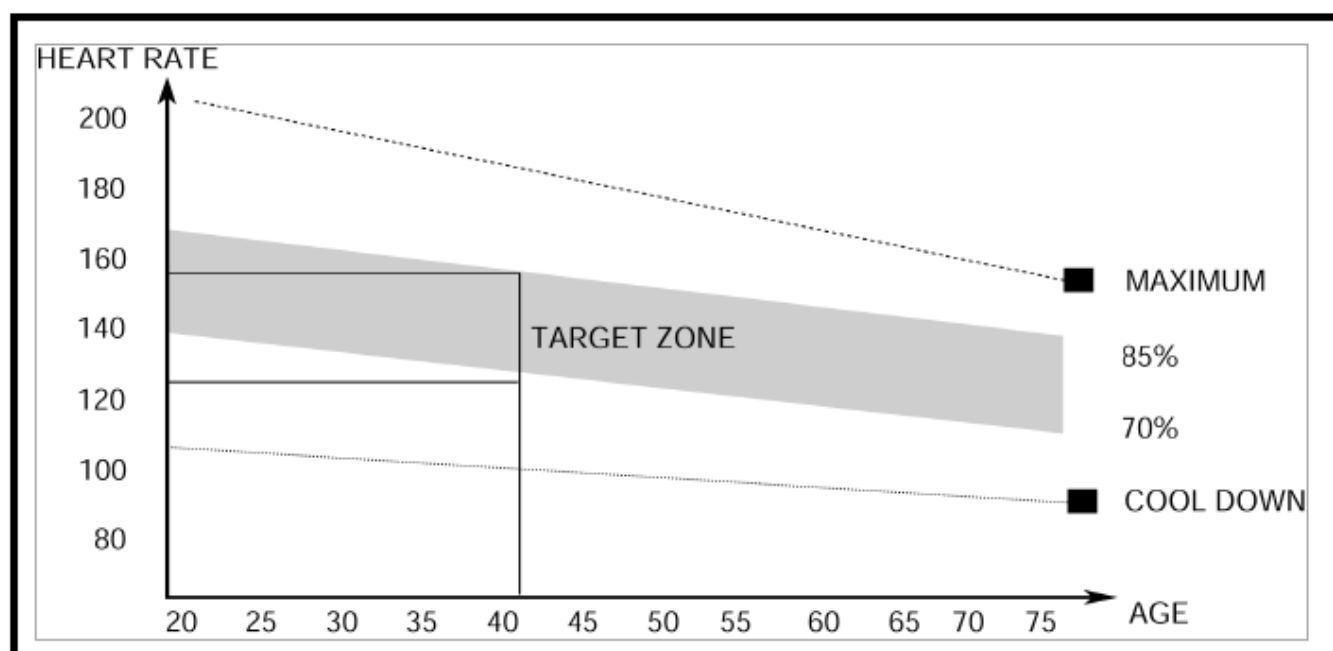
1. THE WARM UP PHASE

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP**.



2. THE EXERCISE PHASE

This is the stage where you put the effort in. After regular use, your muscles will become more flexible. Work to your own level but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

EXERCISE INSTRUCTIONS

3. THE COOL DOWN PHASE

This stage is to let your Cardio Vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE TONING

To tone muscle while on your exerciser you will need to have the resistance set quite high. This will put more strain on your muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making you work harder. You may have to reduce your tempo to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal. The calorie function, where applicable, is an estimate only and to be used for comparison between workouts.

CARE AND MAINTENANCE

Proper maintenance is very important to ensure your equipment is always in top working condition. Improper maintenance could cause damage or shorten the life of your equipment and void the WARRANTY coverage

Important: Never use abrasives or solvents to clean the equipment. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

After each workout: Wipe off the console, where applicable, and other frame surfaces with a clean, water dampened soft cloth to remove excess perspiration. Inspect and tighten all parts of the equipment regularly. Replace any worn parts immediately.

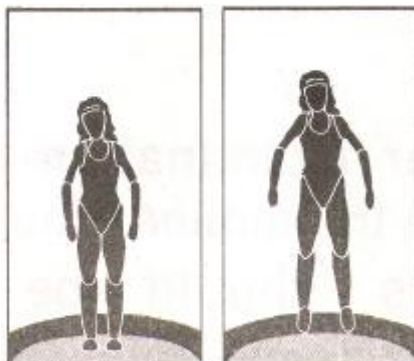
Don't use the equipment before the worn parts were replaced by new ones. When you feel the exerciser is not smooth, please check the status of the parts and if need be call the service hot line.

EXERCISE INSTRUCTIONS

Low Bounce

Bounce upwards only a few inches. Keep the feet 12 to 18 inches apart and bend the knees slightly on take-off and landing.

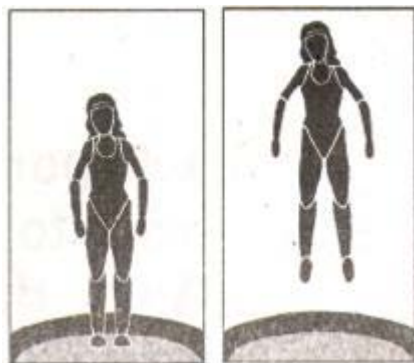
Perform: 1 to 3 minutes.



High Bounce

Bounce upward 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.



Jogging

Jog in place. Lift the knees high and swing the arms vigorously. The higher you lift your knees, the better the exercise is for the abdomen.

Perform: 1 to 10 minutes.

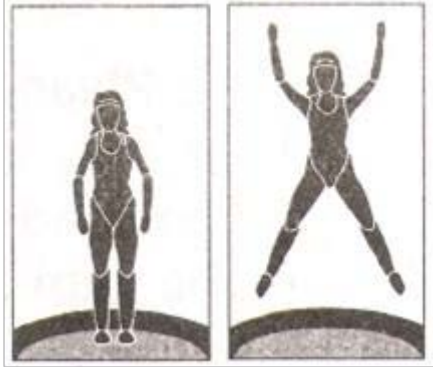


EXERCISE INSTRUCTIONS

Straddle Hops

Start with feet together and arms at the sides. Leap upwards, bringing both arms overhead and spread the feet sideward about 24 inches. On the return bounce, bring the arms to the side and feet together.

Perform: 10 to 50 repetitions.



Twister

Leap upward while twisting the arms, hips and upper body turning right and the knees twisting left. On the rebound, twist the opposite way.

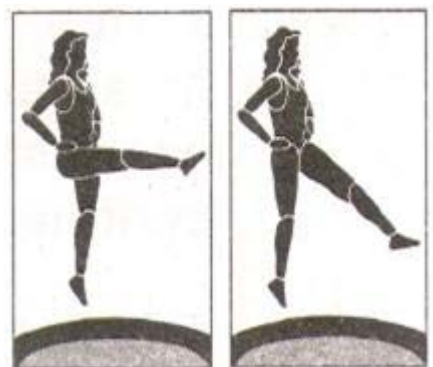
Perform: 10 - 50 repetitions.



High Kick/Low Kick

Leap 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.



EXERCISE INSTRUCTIONS

Jogging with Dumbbells

Hold a light pair of dumbbells (1.5 kg to 2.5 kg) in your hands. Jog in place lifting the knees high and moving the arms in rhythm as you jog.

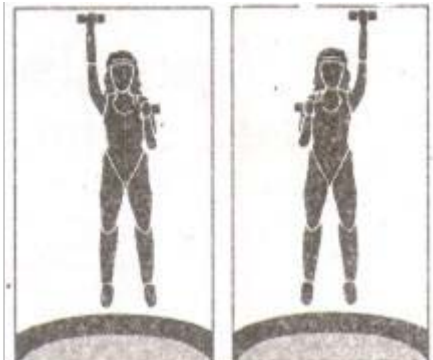
Perform: 30 seconds to 3 minutes.



Alternate Dumbbell Raises

Hold the dumbbell shoulder high. Extend one dumbbell to arm's length overhead. Bounce on the feet while alternating the dumbbells to arm's length overhead.

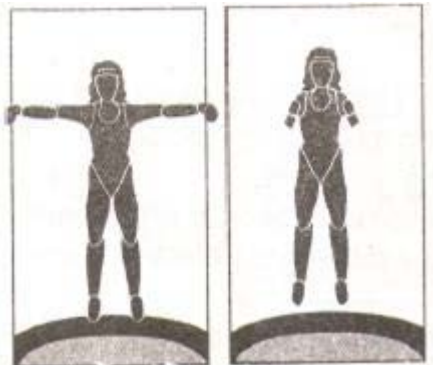
Perform: 10 to 50 repetitions.



Side and Forward Laterals

Hold the dumbbells with both arms straight down by the side. Bounce on both feet and raise the dumbbells sideward. On the next bounce, raise the dumbbells forward.

Perform: 10 - 25 repetitions.



EXERCISE INSTRUCTIONS

Rope Skipping

Rope skipping is a great cardiovascular exercise. It is even more active when performed on a trampoline.

Perform: 30 seconds to 5 minutes.



Ankle and Wrist Weights

For a more strenuous workout, try suing ankle and wrist weights on the exercises shown here.



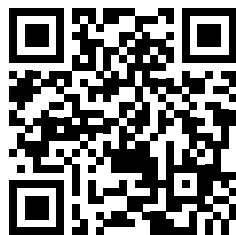
1. Important - Inspect the trampoline regularly to ensure that the trampoline is not damaged. Any damaged parts should be replaced immediately.
2. Please Note - This item of fitness equipment is only intended for domestic use and should not be used as a toy. Unsupervised children should be kept away from exercise equipment.
3. This piece of equipment should only be used in areas with enough space to conduct the exercises shown correctly. Do not use in confined spaces or rooms with low ceilings.
4. Important - Consultation with a doctor should be conducted prior to starting an exercise program. Excessive or incorrect training may result in damage to your health.

BODYWORX®

40" REBOUNDER WITH HANDLE

Model No: 4BWMT40HDL

www.gpisports.com.au



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