

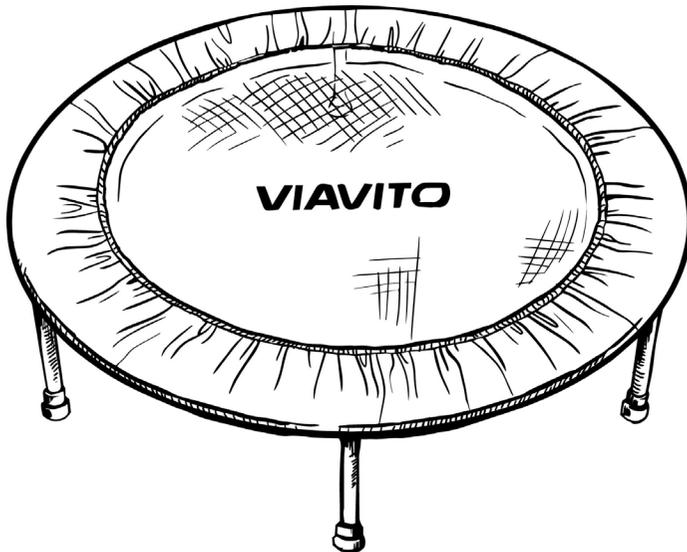


Owner's Manual.

Fitness Trampoline

38" (97 cm)

www.viavito.com



Manual version 1.0



Congratulations on purchasing your very own Viavito Fitness Trampoline.

You have chosen a high-quality, safe and innovative piece of exercise equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new piece of equipment.

For more information, or if you require any assistance please email us at support@viavito.com.

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Safety Information.

- Please read all the instructions carefully before using this product.
- Retain this manual for future reference.
- The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

IMPORTANT SAFETY NOTICE: note the following precautions before using the product.

- 01 Ensure the trampoline has been assembled correctly, as per the instructions in the manual. Be sure the legs are securely screwed into place before every use. Should there be any missing or defective parts, the trampoline must not be used until replacement parts have been fitted.
- 02 Make sure that the intended site for this trampoline is completely flat and level and that you have adequate ceiling height before beginning. Remember, the 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.
- 03 This trampoline must be assembled by an adult.
- 04 No modification should be carried out to the trampoline or any of its components. Any modification could lead to damage to the product or to personal injury.
- 05 Warning! Not suitable for children under thirteen years. Children over thirteen years must always be supervised while they are using the trampoline and must be

instructed not to use it in an inappropriate or hazardous manner.

- 06 Choking hazard! Keep small parts and polybags away from children during and after assembly.
- 07 Maximum user weight is 100kg.
- 08 Collision hazard! DO NOT allow more than one person on the trampoline at a time.
- 09 DO NOT wear glasses or helmets when using the trampoline.
- 10 DO NOT fall or bounce on your knees, this can cause injury.
- 11 This product is intended for indoor use only. Avoid storage in cold or damp places.
- 12 Warning! DO NOT perform somersault (flips) – this can cause serious injury!
- 13 DO NOT allow other persons to go under, sit, stand or lie on the frame pads whilst the trampoline is in use.
- 14 Keep the area around and underneath the trampoline free from any objects. Always ensure that there is at least 1 metre of clear space in all directions around the trampoline.
- 15 DO NOT use the trampoline when under the influence of alcohol, drugs or medication which may impair the jumper's judgement.

- 16 You must not use the trampoline if you have a medical history of neck or back injuries or a mental or physical condition – these could cause injury.
- 17 Wear socks when using the trampoline, don't wear shoes.
- 18 Always wear appropriate clothing when exercising. We recommend that the user does not wear loose-fitting clothing or jewellery that may catch or snag during play.
- 19 **ALWAYS** jump in the middle of the trampoline bed.
- 20 Mount and dismount the trampoline with care as injury may result. Do not exit by a jump.
- 21 Before trampolining, inspect and replace any worn, defective or missing parts.
- 22 Disabled persons should not use the equipment without assistance of a qualified person.
- 23 Please read and refer to other warnings and use information in the trampoline instructions before use.
- 24 If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms STOP the workout at once CONSULT A DOCTOR IMMEDIATELY.

CE SAFETY STANDARDS

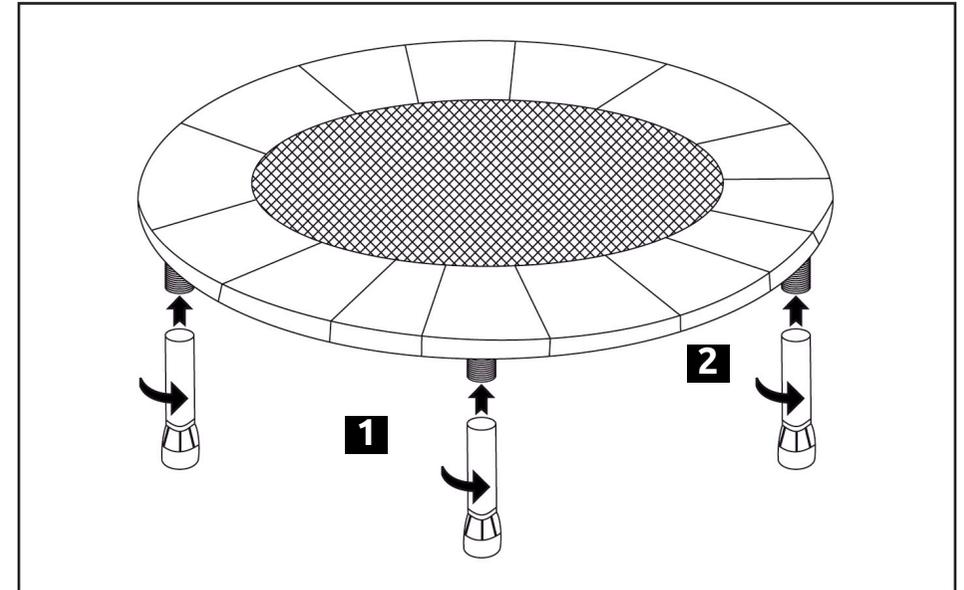
This product meets the requirements of European safety standard EN 71-14.

Assembly. (No tools required)

Before you begin the assembly, make sure that you have all the parts listed and in correct quantities:

- 1x Trampoline Unit
- 6x Trampoline Legs

- 01 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.
- 02 Screw Legs (2) on stems
- 03 Turn Trampoline back over and you're ready to jump!



How to start.

Fit to exercise?

Have a physical examination or consult your physician before participating in this or any other physical training program.

Safe and controlled technique

Before you begin working out on your fitness trampoline learn to land with control. You should be able to land with both feet fully connected and bend both knees as you do so without lifting off again. Practice this with small jumps to begin with and progress to larger ones as your confidence and control build.

Always end each exercise sequence with a controlled land. Not only will this ensure you finish safely and can step off slowly it is also a great way of building core control and leg strength.

Warm up first

Always warm up thoroughly before starting each workout.

Do at least five minutes movement involving the whole body followed by stretching to help prevent injury.

Floor-based exercises like power walking, jogging on the spot, knee lifts and squats all work well.

You can warm up on the trampoline too but don't jump until you're warm. A good warm up is to transfer the weight from foot to foot by bending alternate knees and keep both feet constantly connected to the trampoline throughout.

Establishing and building an effective workout program

Begin training three times a week on the Aerobic Trampoline. Aim to increase the intensity, duration and frequency of your workouts to up to five days a week within a twelve-week period.

Rebounding programs are built best by timing each exercise or combination of exercises. Start with 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 using them. Combine various exercises and perform them to music and you will enjoy your workouts even more.

Exercise Guide.

Cardio Exercises

1. 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.

Add a directional change jumping forward and back and move your arms in the same way

Perform: 1 to 3 minutes.

2. HIGH BOUNCE.

Bounce upward from 12 to 18 inches high. Start with the feet together and point the toes down at the top of each bounce. Land with the feet a hip distance apart, jump them together and repeat.

Perform: 1 to 3 minutes.

3. JOGGING

Keeping your feet hip distance apart throughout jog on the spot. 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.

4. JUMPING JACKS.

Start with feet a hip distance apart and arms at the sides. Leap upwards, bringing both arms overhead and spread the feet sideways. On the return bounce, bring the arms to the side and feet together

Perform: 10-50 repetitions.

5. TWISTER.

Jump, twist the lower body when you're mid air and land with the feet hip distance apart and feet facing right, torso forward. Jump again and repeat to the left. Great for the obliques

Perform: 10-50 repetitions.

6. HIGH KICK / LOW KICK

Leap slightly and kick high with one leg. 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. SQUAT TO STAR

Start in a squat with feet a hip distance apart and arms at the sides and knees bent at right angles. Leap upwards, bringing both arms overhead and spread the feet sideways. Land with control in the squat position.

Perform: 10-50 repetitions.

ADD WEIGHTS FOR AN EXTRA CHALLENGE

If you reach your peak workout times you can continue to make all these exercises more challenging by wearing a weighted vest.



Strength and Stability Exercises

As well as being a fantastic cardio tool the instability your trampoline offers makes it a brilliant platform for improving your stability and strength.

You may find these exercises really challenging at first but do persevere – you’ll be amazed how quickly you progress with practice.

Try all of them without a weight first to familiarize yourself with the moves then add the resistance to up the ante.

1. HAMSTRING CURL WITH BICEP CURLS.

Hold a light pair of dumbbells (3.3 to 5.5 lbs) in your hands. Lift alternate heels to glutes and bicep curl the opposite arm and keep alternating. Move slowly and steadily. Great for core stability, toning hamstrings and glutes and building arm strength and tone.

Perform: 10-25 repetitions.

2. LATERAL LIFTS.

Hold a dumbbell in each hand with both arms straight down by the side. Place one foot on the trampoline and the other on the floor. Start with both knees bent. Lengthen the leg on the trampoline as you lever the floor leg to the side. As you do so raise both arms to shoulder level and repeat on the other side. Minimise how much you lean away from the lifted leg. Great for stability, hip strengthening shoulder stability and strength.

Perform: 10-25 repetitions.

3. SHOULDER PRESSES WITH KNEE LIFTS.

Hold a dumbbell in each hand with both arms bent so the elbows are waist height and the

hands shoulder height. Lift knee to hip level as you raise extend the opposite arm overhead then repeat on the other side. Great for stability, hip strengthening shoulder stability and strength.

Perform: 10-25 repetitions.

4. SQUATS.

Stand on the trampoline with your feet hip distance apart. Squat by bending both knees to right angles then extend your legs and return to standing. Move slowly.

Perform: 10-25 repetitions.

5. LUNGES.

Stand with one foot on the trampoline and one foot on the floor behind you. Have your feet a hip distance apart width ways. Bend both knees to right angles and ensure the front knee is above the ankle, the back knee beneath the hip and the torso centred between the knees and perfectly vertical. Then lengthen your legs and repeat. Move slowly.

Perform: 10-25 repetitions on each side.



Customer Support.

Contact Information

Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue or defect.

The best way to contact us is via the website: **www.viavito.com**

Viavito Ltd

Sabichi House

5 Wadsworth Road

Perivale, Middlesex

UB6 7JD

Email: **support@viavito.com**

IMPORTANT!! - Please retain your sales receipt. Viavito Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.



<https://www.facebook.com/MyViavito>



<https://instagram.com/Viavito>



<https://twitter.com/MyViavito>



Manufacturer's Warranty

Viavito ltd warrants this product to be free of defects of material and workmanship, under normal use and conditions, for a period of 12 months from the date of the original purchase.

Warranty extensions may apply to this product subject to registering this product with Viavito. To qualify for this, please complete the warranty registration form on the Viavito website at **www.viavito.com** Full details of warranty extensions and the Viavito Manufacturer's Warranty are available online at **www.viavito.com**

Terms.

This warranty extends only to the original purchaser and is not transferable. The warranty does not cover:

- 01** Normal wear and tear
- 02** Any changes to upgrade this product from its normal state or use other than as described in the user manual
- 03** Damage resulting from:
 - a) Transport
 - b) Abuse, misuse, failure to follow instructions or improper or abnormal use

- c) Non-home use - including commercial, professional, or rental purposes
- d) Repairs not provided by Viavito ltd
- e) Accidents, lightning, water, fire, or any other causes beyond the control of Viavito
- f) Improper location including, but not limited to, humid, dusty, or outdoor environments.

Viavito is not responsible or liable for direct, indirect, or consequential losses arising out of or in connection with the use of this product or damages with respect to any loss of property, revenue, profits, enjoyment or use, nor for any costs of removal or installation of this product.

This warranty covers products purchased as new inside the United Kingdom.

In the event of the machine requiring a repair, this may need to be performed at a Viavito authorised repair centre.

This warranty is in addition does not in any way affect your statutory rights.