



HEALTH BOUNCE POD™/ BPOD™

User Manual



IMPORTANT: SAFETY INFORMATION IS CONTAINED IN THIS MANUAL. PLEASE READ CAREFULLY TO AVOID INJURY.

REBOUND THERAPY
USE ONLY UNDER ADULT SUPERVISION.



WARNING

- Adult assembly required - small parts in the unassembled state.
- Choking hazard - small parts
THIS IS NOT A TOY. Keep away from children.
- Read these materials prior to assembling and using the Health Bounce Pod™ / BPod™. Retain for future reference.

ALSO AVAILABLE FROM ACTIVE CARE™ RANGE



Suitable for wheelchair users.



Special construction for paraplegic users

HEALTH BOUNCE POD™ XL / BPOD™ XL: 5 feet diameter / maximum capacity 150 kg



Stepper

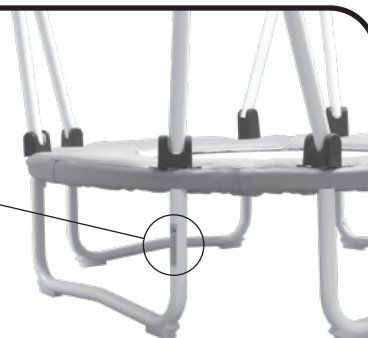
Removable surface snap-disc

ACCESSORIES FOR HEALTH BOUNCE POD™ / BPOD™

Your HEALTH BOUNCE POD™ / BPOD™ has been manufactured following very strict requirements, using high grade material. A UNIQUE authentication number is engraved on a plate, placed along one of the U-shaped leg. Do mention this code in case of any question concerning your HEALTH BOUNCE POD™ / BPOD™.

PROOF OF AUTHENTICITY

CERTIFICATE OF AUTHENTICITY
ACTIVE FUN TRAMPOLINE
GEORGE NISSEN'S ORIGINAL
010007



CONTENTS

SAFETY INFORMATION	1
<hr/>	
CARE & MAINTENANCE	
USE	2
TOOLS	2
PARTS	2
<hr/>	
ASSEMBLY	3-9
<hr/>	
MAINTENANCE ADVICE	
CHECKS BEFORE USE	10
VISUAL INSPECTION	10
TIGHTENING OF SCREWS & BOLTS	11
PLACING & ADJUSTING THE C-HOOP	13
<hr/>	
EXERCISES & ROUTINES	
POSITION YOURSELF ON THE HEALTH BOUNCE POD™ / BPOD™	14
USEFUL TIPS and FAQ	16
EXERCISE DESCRIPTIONS	17
<hr/>	
GETTING FAMILIAR WITH YOUR HEALTH BOUNCE POD™ / BPOD™	
Starting position	18
1. C-Hoop Side Slide	18
2. C-Hoop Back Reach	18
3. Back Rest	18
4. Blind Rest	19
5. First Balance Exercise	19
6. Moving Around	19
<hr/>	
BASIC EXERCISES	
1. 2-Foot Bounce	20
2. Alternate Heel Lifts	21
3. Wide Leg Bounce	21
4. Side-to-Side Rocking	22
5. Low Jogging	22
6. Jumping Jacks	23
7. Low Kicks	23
<hr/>	
SPECIAL EXERCISES	
1. Standing	24
2. Sitting exercises	25
3. Standing Bouncing	26
<hr/>	
COMBINED EXERCISES & ROUTINE EXAMPLES	
1. Zen Jogging	27
2. Jog & Stretch	27
<hr/>	
THE BENEFITS OF REBOUNding: A SUMMARY	28

SAFETY INFORMATION

Consult with your physician prior to beginning this or any other exercise routine. Limit the time and intensity of bouncing when first starting. Slowly increase the amount of exercise over time. As with any new form of exercise, muscles, joints, ligaments and tendons will adapt to new stresses slowly. Hastening this process will result in injury.

1. Health Bounce Pod™ / BPod™ units are designed for exercise.
2. Health Bounce Pod™ / BPod™ is for use only under the supervision of a knowledgeable adult.
3. DO NOT attempt somersaults or other gymnastic/acrobatic type movements.
4. Permit only one individual at a time on the Health Bounce Pod™ / BPod™ unit.
5. DO NOT use the Health Bounce Pod™ / BPod™ unit under the influence of drugs or alcohol.
6. In order to stop your bounce, flex your knees as your feet encounter the Health Bounce Pod™ / BPod™ jumping surface.
7. DO NOT use the Health Bounce Pod™ / BPod™ unit as a springboard to or from other objects.
8. Secure the Health Bounce Pod™ / BPod™ unit against unauthorized and unsupervised use.
9. Carefully enter the Health Bounce Pod™ / BPod™ unit. DO NOT JUMP ONTO OR OFF OF THE HEALTH BOUNCE POD™ / BPOD™ UNIT.
10. DO NOT bounce too high or for too long. Always control your bounce.
11. THE PADDED C-HOOP HANDGRIP MUST ALWAYS BE ATTACHED WHEN USING THE HEALTH BOUNCE POD™ / BPOD™ UNIT. Check to insure that all springs and eye bolts are in place and tightened securely.
12. ALWAYS hold on to the padded C-hoop handgrip when bouncing.
13. Caution! The C-hoop handgrip can help relieve some of the weight of the exerciser but is not designed or tested to support full body weight in suspension.
14. Keep objects away that could interfere with user. **Maintain adequate overhead clearance to avoid injury.** There must be no obstruction beneath the Health Bounce Pod™ / BPod™ unit.
15. Use only when the jumping surface is clean and dry. A wet surface is extremely slick and impedes the controlled use of the unit. A worn jumping surface should be replaced immediately.
16. Wear footwear that will not slip on the jumping surface. Socks are not recommended since they may slip on the jumping surface.
17. Take care to lift your feet when exiting the Health Bounce Pod™ / BPod™ to avoid catching feet on the black surround padding.
18. Inspect the unit before each use and replace any worn, defective, or missing parts.
19. Springs on your Health Bounce Pod™ / BPod™ are high quality but they are subject to wear and tear. This is dependent on the frequency of use and the weight of the person(s) using the Health Bounce Pod™ / BPod™. You should monitor the performance of the mat and the C-hoop frame when exercising and if you notice a drop in the spring tension, they should be replaced to keep your product safe and peak performance.
20. It is the responsibility of the owner of the Health Bounce Pod™ / BPod™ unit to ensure that all supervisors and users of the Health Bounce Pod™ / BPod™ unit are adequately informed of all warnings and safety instructions.
21. Maximum weight permitted 120 kg.
22. Keep the Health Bounce Pod™ / BPod™ unit away from fire and flames.

WARNING: Misuse and abuse of the Health Bounce Pod™ / BPod™ unit is dangerous and can cause serious injuries. Using the Health Bounce Pod™ / BPod™ unit may expose you to the risk of serious injury.

CARE & MAINTENANCE

1. Always verify that the Health Bounce Pod™ / BPod™ jumping surface is clean and clear of any foreign objects. The jumping surface may be cleaned using a damp towel. Dry the unit after cleaning.
2. Always replace any spring that has become stretched out of shape.
3. Springs on your Health Bounce Pod™ / BPod™ are high quality but they are subject to wear and tear. This is dependent on the frequency of use and the weight of the person(s) using the Health Bounce Pod™ / BPod™. You should monitor the performance of the mat and the C-hoop frame when exercising and if you notice a drop in the spring tension, they should be replaced to keep your product safe and peak performance.
4. Always make sure that the circular spring cover is attached securely to the frame. The spring cover may be cleaned with soap and water. Dry the unit after cleaning.
5. Health Bounce Pod™ / BPod™ unit is for indoor use only. **DO NOT USE OUTDOORS.**
6. Make sure that spring covers are in place to avoid the possibility of pinching fingers.

USE

1. **DO NOT** over-exercise. Slowly increase the amount of exercise over time.
2. Use the Health Bounce Pod™ / BPod™ as depicted in Figure 1 when exercising.
3. Always hold on to the padded C- hoop handgrip when bouncing.
4. **DO NOT** attempt somersaults, or any other gymnastic/acrobatic type movements.
5. **DO NOT** jump too high or allow unit to tip.

Caution! The C-hoop handgrip can help relieve some of the weight of the exerciser but is not designed or tested to support full body weight in suspension.



Fig. 1

TOOLS

(NOTE: After their use, remove the tools from any environment where children are likely to be present)



Spring tool



Wrench



Allen key

PARTS



U-shaped leg
x 3



U-shaped leg with holes
x 1



Short leg
x 8



Allen screw
x 4



Eye bolt
x 4



Knob
x 4



Plastic washer
x 12



Middle level springs
and spring covers
x 4



Upper level springs
and spring covers
x 4

ASSEMBLY

PRIOR TO ASSEMBLY:

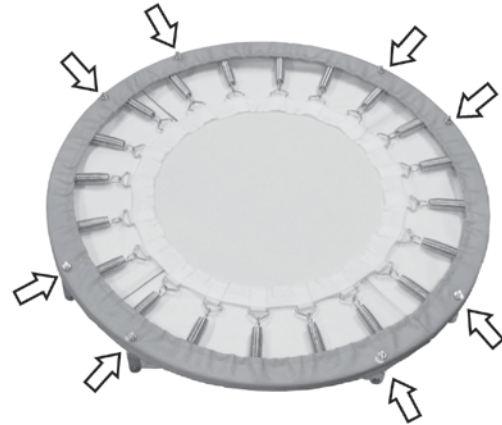
1. The Health Bounce Pod™ / BPod™ must be placed on a level surface.
2. Adequate overhead and horizontal clearance of objects and any possible hazards must be maintained.
3. Verify that there is absolutely no obstruction underneath the Health Bounce Pod™ / BPod™ unit.
4. It is recommended to use gloves to protect your hands during assembly.

Step 1



Remove unit from box. Do not cut any of the plastic ties that hold the arches and support arms in place.

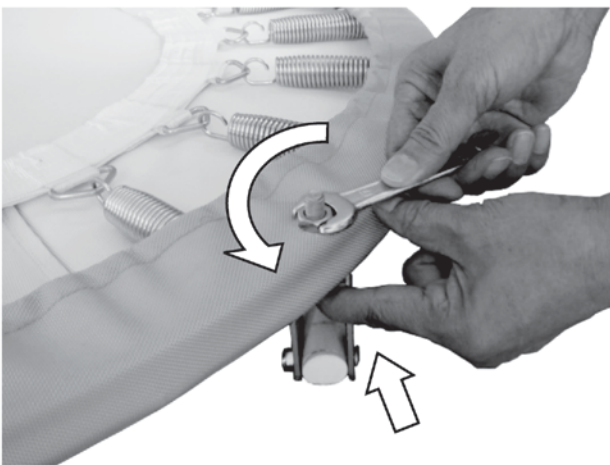
Place unit on floor so that springs face up. Cut the plastic ties that hold the C-hoop and Styrofoam packaging material in place and remove the C-hoop.



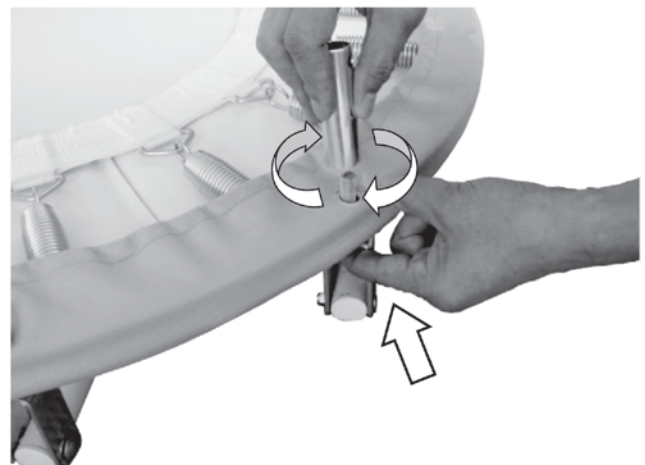
Note that there are eight (8) nuts that hold the arches & support arms in place.

These will be removed and discarded one at a time in Step 2.

Step 2



While holding the anchor bolt in place with your index finger, remove one corresponding nut with the wrench. Continue to hold the bolt in place. Keep the nuts for future transport.



Screw one short leg onto the anchor bolt while holding the bolt in place.

Do not fully tighten short legs until Step 12. Attach remaining 7 short legs.

Step 3

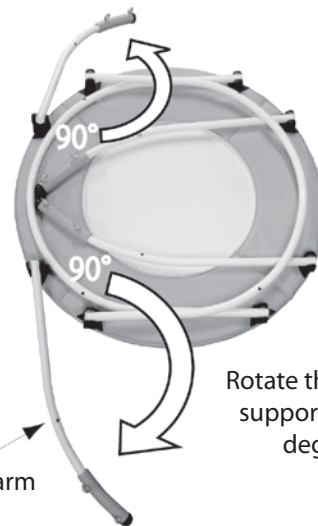


With 8 short legs attached, turn the unit over.

Step 4



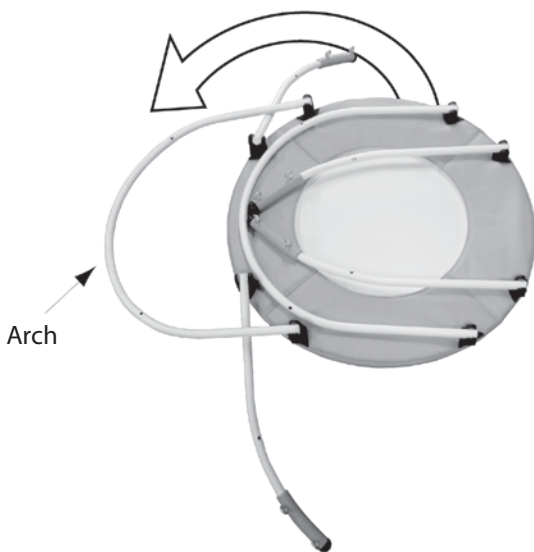
Remove the plastic ties that hold the arches and support arms in place.



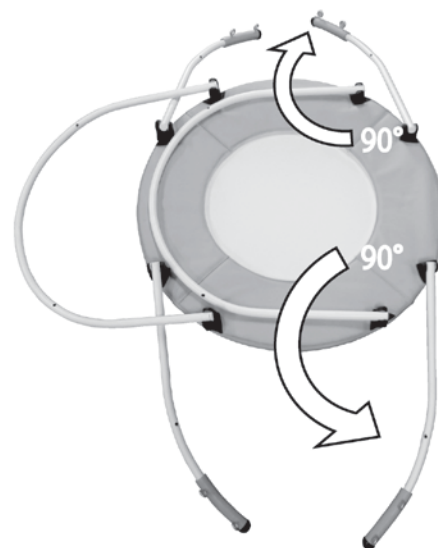
Rotate the two top support arms 90 degrees.

Support arm

Step 5



Lift topmost arch up and over.
Allow it to rest on top of the support arms.

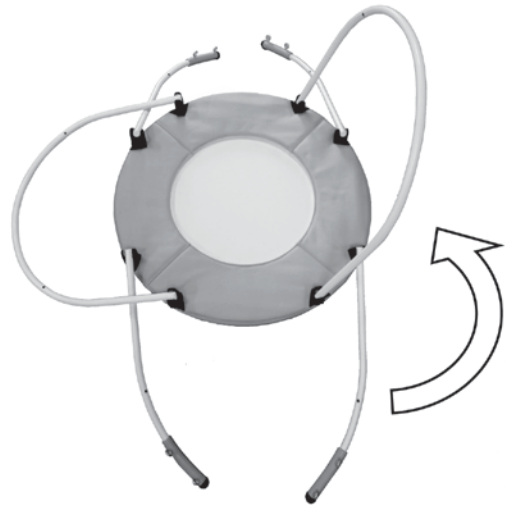


Rotate the two remaining support arms 90 degrees.

Step 6

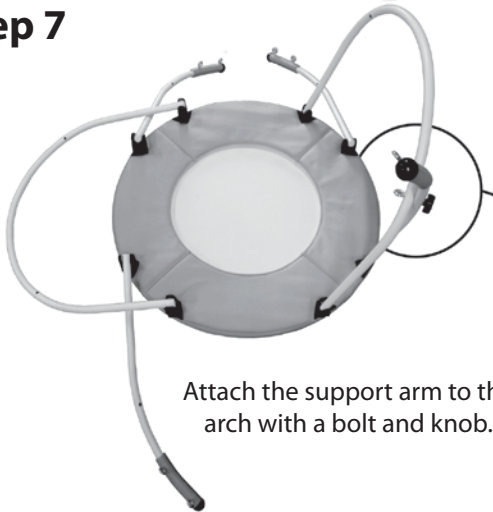


Raise bottom arch to upright position.

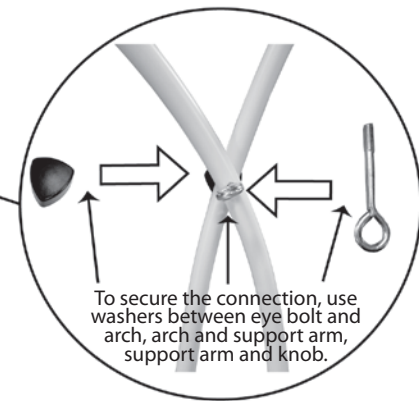


Raise one support arm and align its hole with the corresponding hole in the upright arch.

Step 7



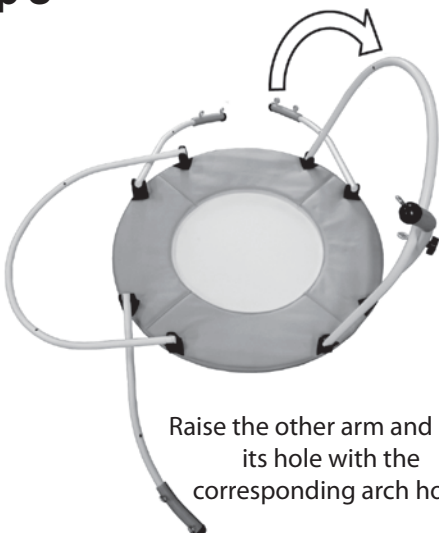
Attach the support arm to the arch with a bolt and knob.



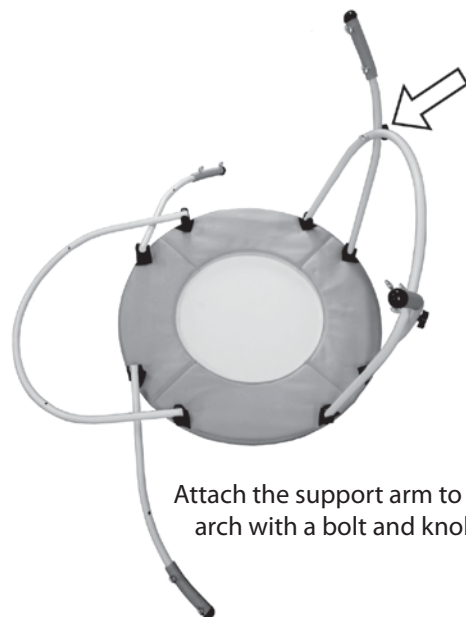
To secure the connection, use washers between eye bolt and arch, arch and support arm, support arm and knob.

Knob is facing outward.

Step 8

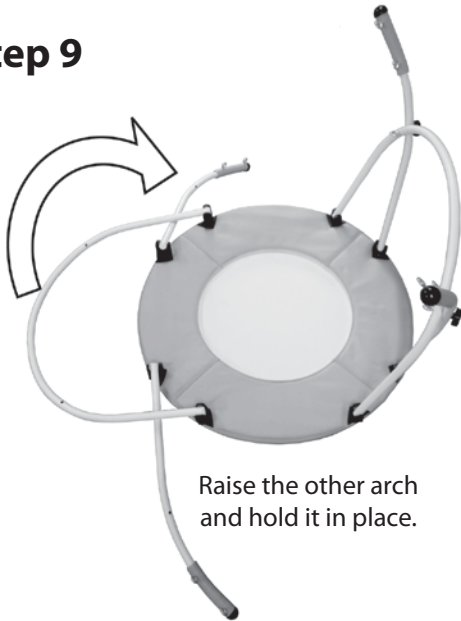


Raise the other arm and align its hole with the corresponding arch hole.

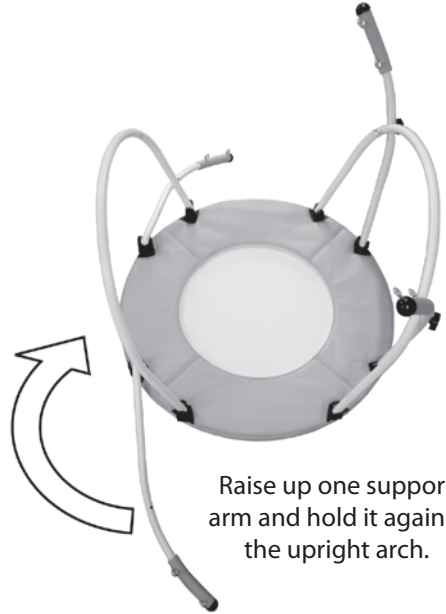


Attach the support arm to the arch with a bolt and knob.

Step 9



Raise the other arch and hold it in place.



Raise up one support arm and hold it against the upright arch.

Step 10



Align the hole in the arm with the corresponding hole in the arch.

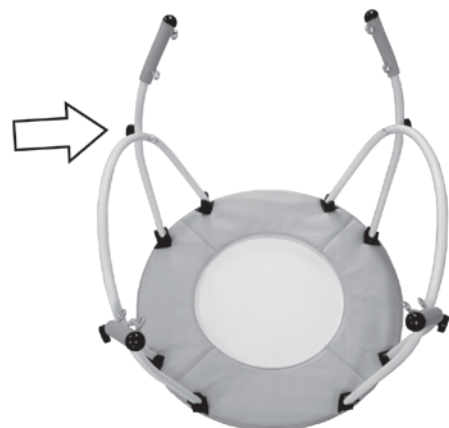


Attach the support arm to the arch with a bolt and knob.

Step 11



Raise the remaining support arm and align its hole with the corresponding hole in the arch.

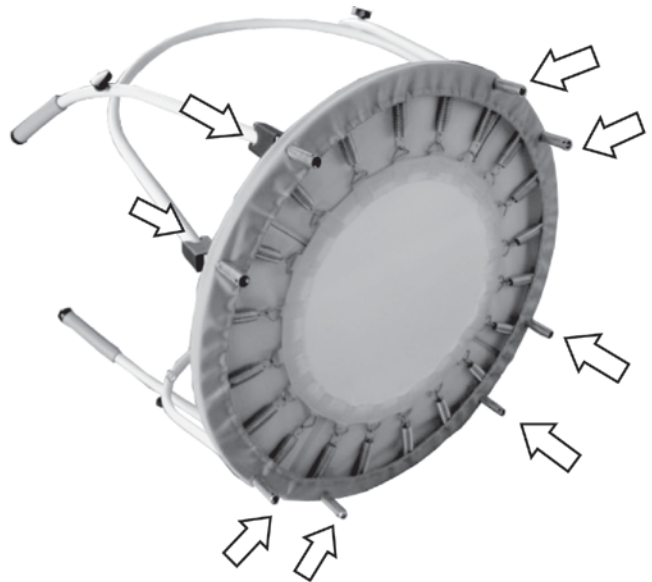


Attach the support arm to the arch with a bolt and knob.

Step 12



Tighten each short leg.
Insert the Allen key through the hole at the bottom of the leg for added leverage.

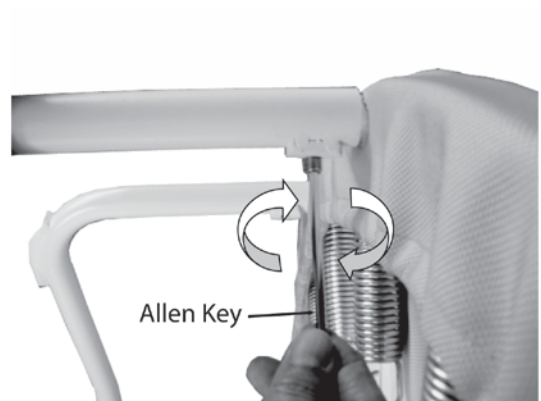


Tighten the remaining 7 short legs.

Step 13



Insert U-shaped legs into short legs.
The U-shaped leg with holes, must be placed at the opening.



With holes of Allen nuts facing inward, secure the U-shaped legs to the short legs with Allen screws.

Step 14

Use the wrench to tighten the nuts on all hinges.



Step 15

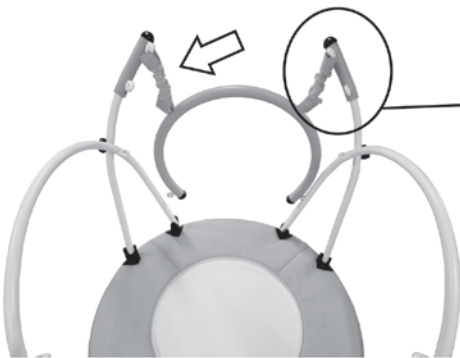


Slide a hinge cover down to cover a metal hinge.



Repeat for the remaining hinge covers.

Step 16



Use two springs to attach the padded C-hoop handgrip to the support arm rings.



Pic 1



Step 17



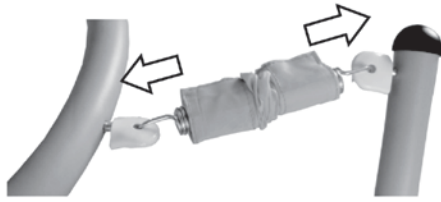
Attach two springs to the ends of the C-hoop handgrip and to the two other support arm rings.

Pic 2

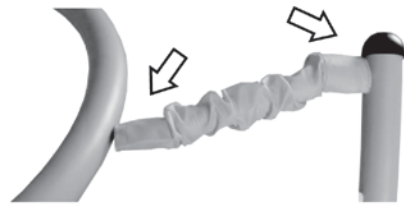


Firmly grasp the spring (Pic 1)
OR
Use the spring tool (Pic 2) to attach the springs

Step 18



Slide the spring cover over the entire spring.



Cover the rings on both the C-hoop handgrip and the support arms. Repeat for all springs.

After assembly, ensure all nuts, bolts, knobs and legs are fully tightened.

Diameter: 96 cm

Overall height: 111cm

Mat height: 27 cm

MAINTENANCE ADVICE

CHECKS BEFORE USE

Please perform the following checks before using your Health Bounce Pod™ / BPod™.

Checks should be routinely performed. We suggest performing these checks thoroughly, especially if you have not used your Health Bounce Pod™ / BPod™ for a while.

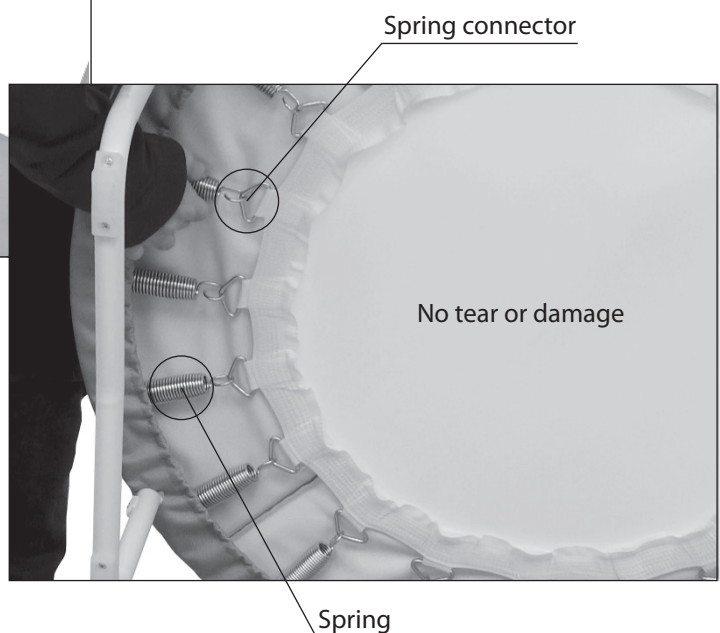
- Verify that your Health Bounce Pod™ / BPod™ is always set up in a flat and stable area.
- Do your utmost to use suitable tools in order to prevent damage to any parts.

VISUAL INSPECTION

- Check that the bouncing mat is not damaged: in particular, check for cuts, and damaged sewing thread.
Inspect both the top and bottom surfaces of the mat.
- Verify that no spring connectors are missing, broken or damaged.
- Check under the bouncing mat to ensure that no springs are broken or un-hooked.



Visual inspection



TIGHTENING OF SCREWS & BOLTS

- For your safety, as well as to ensure optimal comfort while using the Health Bounce Pod™ / BPod™, please check that all screws and bolts are properly tightened. Proceed in the order described below.

These checks are performed with the arches up and in place.

- Place the Health Bounce Pod™ / BPod™ on its side and undo the U-shaped legs by removing the Allen screws (one screw per leg).



Turn the bottom of unit to the side for inspection



Remove Allen screws from U-shaped legs

- Slide the U-shaped legs out.

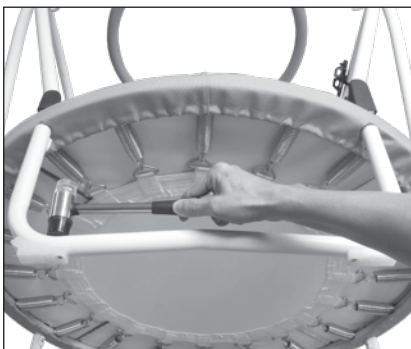
Note: If you have not removed the legs for a while, the legs may be hard to remove: it is OK to use a rubber mallet to assist in sliding the legs out of the short legs.

If you do not have a rubber mallet, you may use a regular hammer, but you must also place a cloth on the surface of the tube at the point of impact to protect the tube and for a more effective result.

Alternate blows from one side to the other, working progressively.

The legs will move slowly but steadily.

It is normal to experience resistance: it may be the result of a slight bend, leading to misalignment that hinders sliding.



Use rubber mallet to dislodge the U-shaped legs



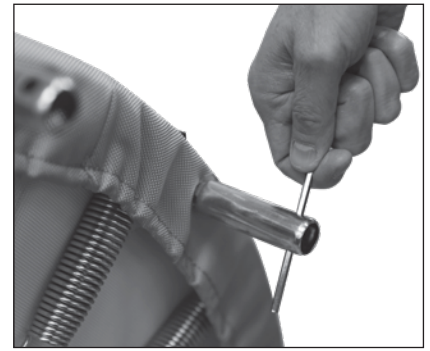
Alternate blows from one side of the U-shaped legs to the other.



It is recommend to use a cloth to protect the tube when dislodging

- Once the legs are out, tighten the short legs using the Allen key. Do not hesitate to firmly tighten the short legs.

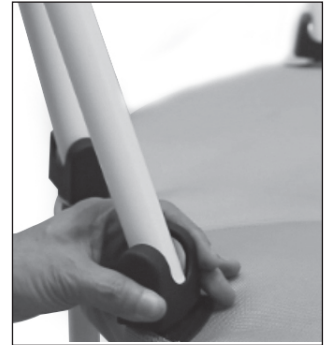
Use Allen key to tighten the 8 short legs



- Once all the 8 short legs have been tightened, put the U-shaped legs back in place. Remember to secure with Allen screws, using the Allen key.
- Next, using the wrench, tighten the hinges placed at the base of the arches.

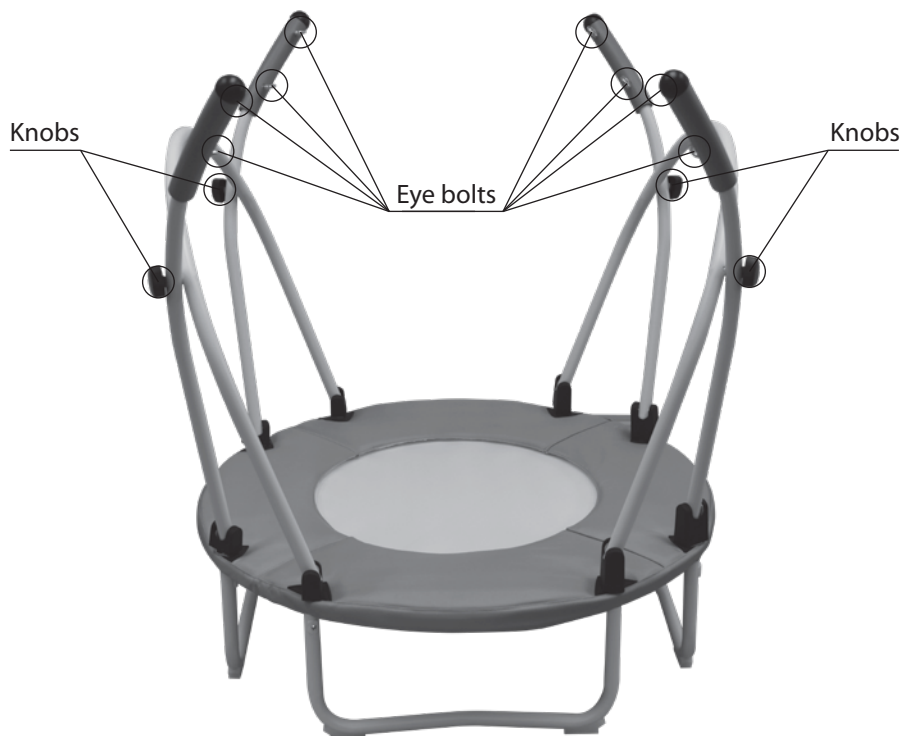


Tighten the hinges at the base of the arch.



Remember to put the plastic covers in place.

- The next step is to tighten the 4 knobs and 8 eye bolts holding the C-hoop springs.



Hand tighten the 4 knobs and 8 eye bolts

At this stage, the legs and arches should be tight. The structure **should not feel at all wobbly.**

PLACING & ADJUSTING THE C-HOOP

The C-hoop is a very important part of the Health Bounce Pod™ / BPod™, as it provides flexible yet **firm support**.

It helps the user **maintain his or her balance**, while providing excellent resting support. It is also a **solid anchor** for more advanced bounces & stretches.

User may choose from 2 height levels, as well as 2 spring lengths.

There is no hard and fast rule for choosing height and spring length: the process is rather trial-and-error and calls for some common sense to be applied.

Generally speaking, once in place, the hoop should either be below or level with the user's elbow.



C-hoop below elbow



C-hoop at elbow level

While tension is also a personal choice, it is generally advised to adjust the hoop to feel slightly springy rather than loose.

When initially adjusting the C-hoop, first use the shorter set of springs on the lower position and/or the longer set of springs on the upper position.



A good, firm tension is recommended



EXERCISES & ROUTINES

Your Health Bounce Pod™ / BPod™ is primarily a **rebounder**, designed to help you rebound in the **safest possible manner**.

However, thanks to the resilient mat's nature and properties, the Health Bounce Pod™ / BPod™ may be used as an exercise station to perform basic stretching movements.

Some of the exercises and suggestions described below may not apply to users in peak physical condition, for whom they may be too basic.

However, they are likely to be very suitable for users suffering from pains in the joints and articulation, or recovering from surgery.

In all cases, ONLY PERFORM PHYSICAL ACTIVITY IN ACCORDANCE WITH YOUR LEVEL OF COMFORT AND CURRENT ABILITIES.

POSITIONING YOURSELF ON THE HEALTH BOUNCE POD™ / BPOD™

IMPORTANT: If your current physical condition requires supervision, ensure that someone will assist you in getting ON and OFF the Health Bounce Pod™ / BPod™, as well as while you exercise.

Always use caution and common sense when exercising.

Entering the Health Bounce Pod™ / BPod™.

- Face the opening and place one hand on the end of each arch.
- Step up and move forward until you reach the center of the mat.
- If you find it easier, you can step onto the protective padding.



Place your hands on the opening arches.



You can step on the protective padding to enter.



Users who experience difficulties stepping forward may use a Health Bounce Pod™ / BPod™ stepper for assistance. The Health Bounce Pod™ / BPod™ stepper can be ordered from your distributor.

Any medical stepper may also be used.



Positioning yourself on the Health Bounce Pod™ / BPod™

- Once you are in the center of the mat, perform a 180-degree rotation in order to face the opening.
- This is the recommended basic position, as it allows the user to exit quickly or to be helped more easily.
- Of course, according to the exercises performed, the user may choose the orientation that is most suitable for his/her activity.
- Remaining in the center of the mat will provide the best and safest operations.

- User facing the opening
- Position in the center of the mat
- Hands holding the C-hoop evenly.



Exiting the Health Bounce Pod™ / BPod™

- Just as you entered, you exit by placing your hand on the end of each arch.
- Next, approach the edge of the Health Bounce Pod™ / BPod™. The unit is very stable and will remain balanced. Take care to lift your feet to avoid catching feet on the black surround padding.
- Step down from the Health Bounce Pod™ / BPod™.

- Hold the arches, and then step down.

USEFUL TIPS and FAQ

What are the best clothes to wear to exercise on a rebounder?

When exercising, it is always best to wear comfortable clothes, such as sportswear. However, rebounding on a Health Bounce Pod™ / BPod™ is a low impact activity that can be performed in your normal clothes.

What kind of footwear is recommended?

The best footwear would be non-slip socks, as they are safe and do not restrict movement. However, depending on the intensity of your exercise, sport shoes (especially those with a soft rubber sole, such as gymnastics footwear) are perfectly fine.

Those who prefer to go barefoot may also do so.

As a general rule, hard sole shoes are not recommended, as they may damage the mat.

However, some users may require footwear support to walk and/or stand: the Health Bounce Pod™ / BPod™ mat is of high quality and durability, perfectly able to handle such footwear.

Wearing high heels during use would constitute a hazard and is absolutely not recommended.

Is it dangerous to wear jewelry?

Again, as a general rule, wearing jewelry is discouraged when engaging in any kind of physical activity. This caution especially applies to activities that involve bouncing, as jewelry can dangle or become snagged.

The same applies to all kinds of accessories, such as watches, glasses, hats and even loose items contained in pockets, such as coins, keys or mobile phones.

Always use common sense when deciding on what to wear when exercising. However, bear in mind that rebounding is a **low impact exercise** that may be practiced safely and easily over the course of a day.

As you will note in the following pages, rebounding is as comfortable as taking a walk, but its much lower impact on your joints and articulations makes it a safer activity.

Your Health Bounce Pod™ / BPod™ will allow you to engage in regular physical activity with minimum inconvenience to your daily life.

The key factors here are the unit's low impact and gentle action on your body: it enables you to exercise stress-free with no damaging impact on your body.

EXERCISE DESCRIPTIONS

Apart from the general benefits of rebounding (see the list of benefits at the end of this manual), rebounding on a Health Bounce Pod™ / BPod™ is particularly beneficial for people who may think that they can no longer exercise.

THE LACK OF EXERCISE, GENERALLY TRIGGERED BY A SPECIFIC PROBLEM, IS THE MAIN FACTOR IN TRIGGERING MULTIPLE PROBLEMS AND COMPLICATIONS.

THE HEALTH BOUNCE POD™ / BPOD™ ALLOWS YOU TO CONTINUE EXERCISING.

IN TERMS OF EFFECT ON THE BODY, THERE IS A HUGE DIFFERENCE BETWEEN ZERO PHYSICAL ACTIVITY, AND **SOME** LEVEL OF PHYSICAL EXERCISE, REGARDLESS OF THE AMOUNT.

Whenever you stand, walk or bounce on a rebounder, **up to 85% of the impact** on your body is absorbed by the mat and the springs.

Rebounding is an activity with a low impact on the joints and articulations.

The slightly uneven surface of the Health Bounce Pod™ / BPod™ not only pushes the brain to exert itself as it analyzes the situation and instructs the body's reaction, but also forces the core muscles to contract and stabilize, giving the body a full work-out.

For a person in peak physical condition, rebounding may appear to be a non-physically demanding activity, since it is mild and has a low impact on the body.

However, everyone, regardless of his or her physical conditioning level, can benefit from exercising on a rebounder, especially from regular practice.

Several exercise routines are described below. Some of them target specific situations.

WARNING:

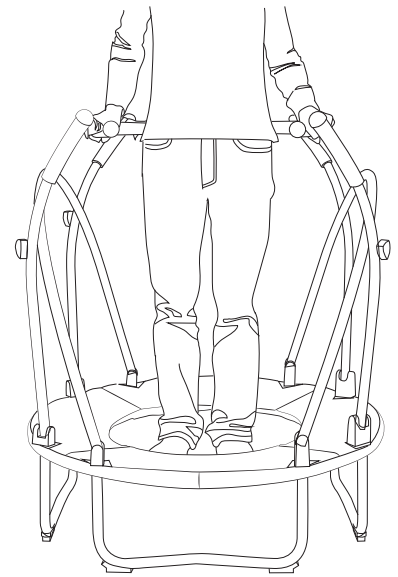
While some users may consider preparation and pre-exercise routines to be overly cautious, and while the physical condition of a user may be such that they will not be particularly relevant, nonetheless we suggest that users perform them, at least once, prior to proceeding with their more suitably challenging exercise routines.

GETTING FAMILIAR WITH YOUR HEALTH BOUNCE POD™ / BPOD™

The following exercises are a good way to get your bearings and achieve a level of comfort while exercising on your Health Bounce Pod™ / BPod™.

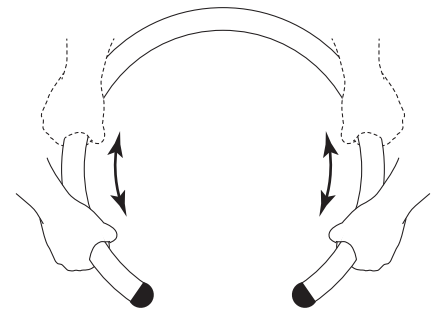
Starting position:

- Feet centered on the mat – slightly apart (5-10 cm)
- Facing the open arch.
- Both hands on the C-hoop



1. C-Hoop Side Slide

Slide your hand along the C-hoop – between the two side springs



2. C-Hoop Back Reach

Keep one hand on the side of the C-hoop (starting position) and use the other one to touch the C-hoop on your back (without moving your feet).

Feel the distance between your back and the C-hoop.

3. Back Rest

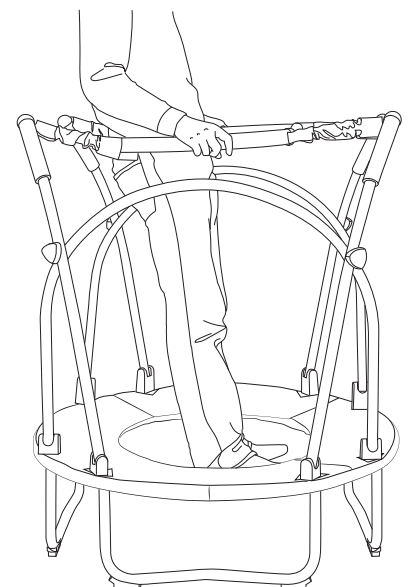
From the starting position: with both hands on either side of the C-Hoop, rest your back against the C-hoop.

When you are comfortable, release your hand. Repeat this step several times.

Achieving this resting position is very important, and it should become automatic for you as a rebounder user find it, should you need to rest.

Your feet are placed firmly on the mat, and your hand may or may not be on the C-hoop.

This resting position is the optimal one to adopt in order to relax and recover your strength.



4. Blind Rest

Return to the starting position: with your feet centered on the mat and hands on either side of the C-hoop, close your eyes and once again let your back find the back part of the C-hoop.

Repeat this exercise several times.

It is important that you become familiarized with space so that you can automatically find support during all exercises.

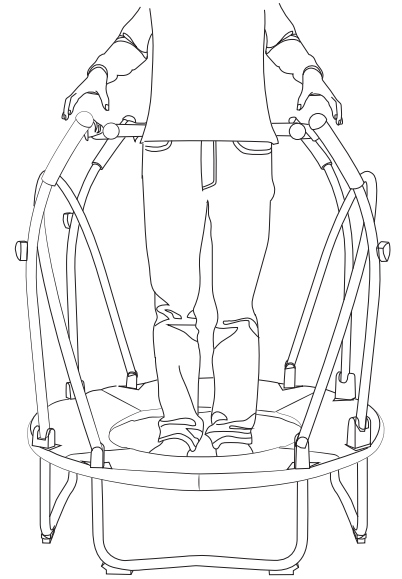
5. First Balance Exercise

Once on the mat, without trying to do a specific voluntary movement, your body (and brain) are at work without you even being consciously aware of it, simply to maintain your balance.

All of your muscles are engaged, in order to deliver the micro movements required by your brain to maintain your balance.

To experience this feeling, assume the starting position and lift your hands very slightly away from the C-hoop (just few millimeters in order to break the contact), then remaining as still as possible, close your eyes.

The loss of visual references will increase your lack of balance, and you will note an increase in the amplitude of your corrective movements.



IMPORTANT:

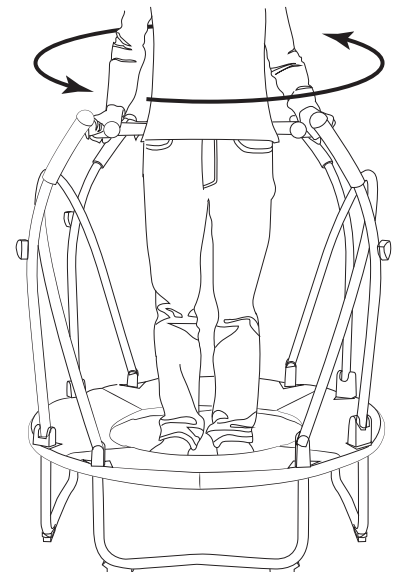
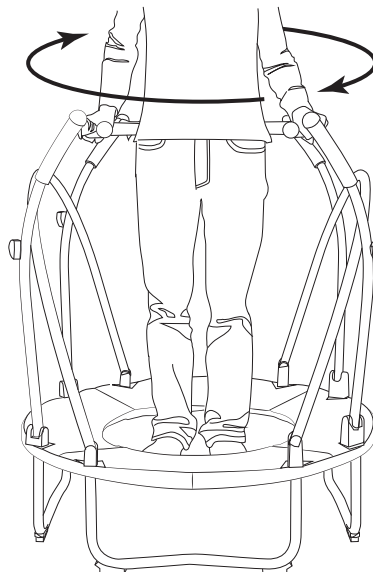
As soon as you feel that you are losing control of your balance, open your eyes. You must remain in control of your balance at all times.

6. Moving Around

From the starting position, complete a 360-degree turn by making small standing steps, until you return to your initial position.

Your hands stay in contact with the C-hoop during the rotation.

Proceed with one clockwise turn, and then complete an anti-clockwise turn.



BASIC EXERCISES

The intensity and duration of each exercise depends on the individual user's fitness level. Some routines and exercise combos are described at the end of this chapter.

Remember these Golden Rules:

- Never lose control.
- Choose exercises that correspond to your level of fitness.
- Regular daily exercise is the key to good health and mobility.
- Any physical activity, regardless of the amount, will help slow the pace of any illness.
- The Health Bounce Pod™ / BPod™ absorbs approximately 85% of the body impact mass on joints and articulations.

1. 2-Foot Bounce

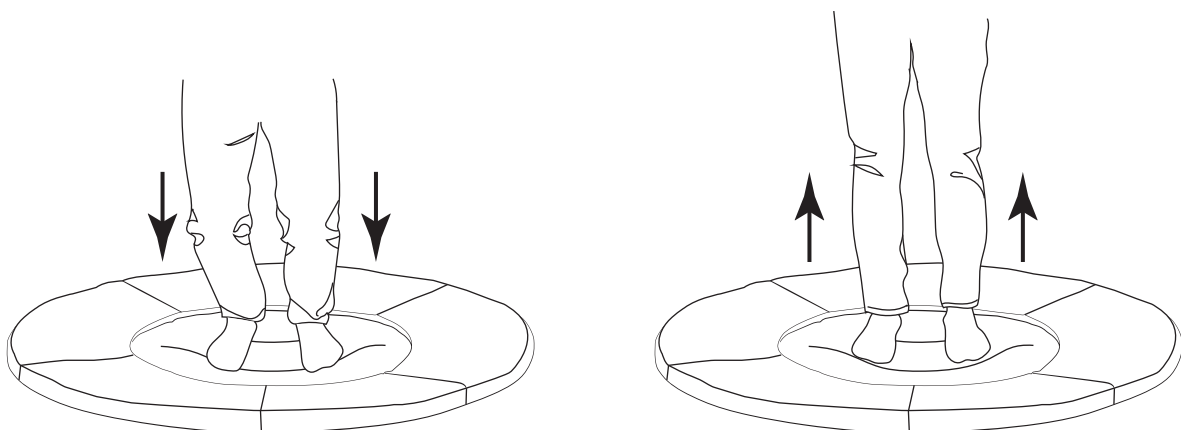
This is the most simple and efficient exercise to perform.

If you must choose a single 10-minute daily exercise, this is the one for you!

You may decide to push yourself and JUMP, but a regular gentle BOUNCE is just as beneficial.

This exercise is appropriate for most people and conditions.

Both feet stay in contact with the surface. Gently bend the knees to impart a low bouncing motion. Always hold onto the C-hoop for stability and balance.



Tip 1: The optimal balance to strive to achieve is a rhythm of 100 bounces per minute, matched by a 100 heartbeats per minute.

Tip 2: Listening to music while you bounce is the best way to follow a rhythm. It is also a very satisfactory experience: try it!

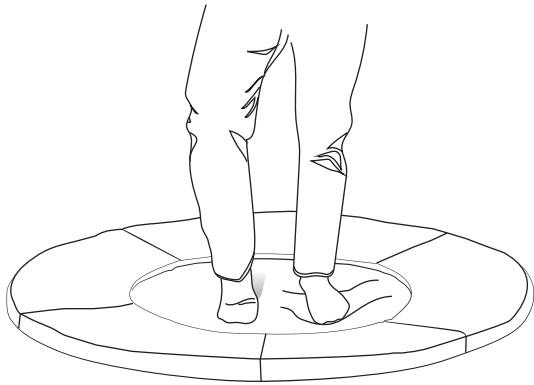
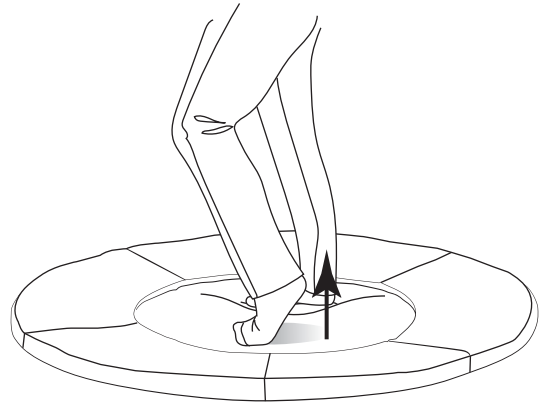
2. Alternate Heel Lifts

Also called Low-Impact Stand-Still Jogging. This activity is the close second best exercise after the 2-foot bounce.

This exercise provides the benefits of jogging without the impact of striking the hard ground.

Doing Alternative Heel Lifts for a half hour can burn up to 300 calories.

Alternate lifting your heels, one at a time. Continue the easy knee bends as you keep your toes pressed to the surface to perform the alternate heel lifts.

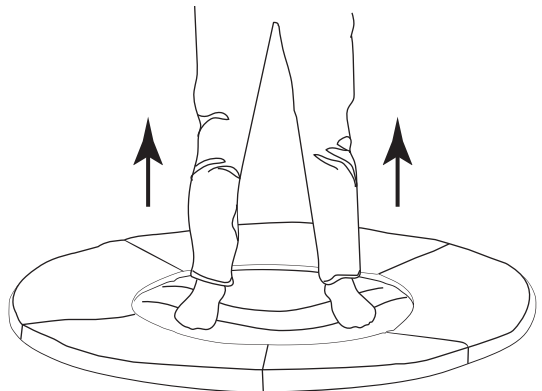
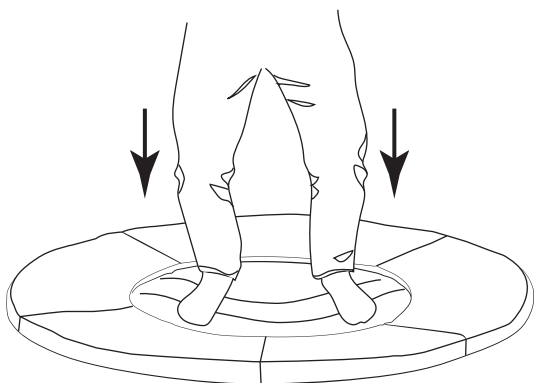


3. Wide Leg Bounce

This variation of the 2-foot bounce will work the outside muscles of your thighs, as well as stretch the inner thighs.

We recommend that you start with a limited gap between your feet, such as 20 cm, and work your way up to 40 cm.

Widen your stance slightly and repeat the "2 Foot Bounce" motion. Your feet stay in contact with the surface and you must always hold onto the C-hoop for stability and balance.

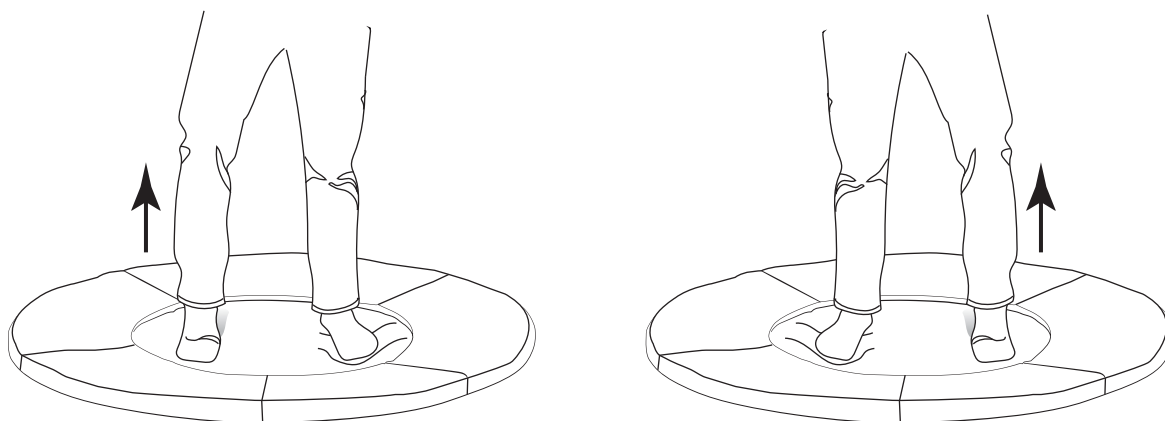


4. Side-to-Side Rocking

In this variation of the wide leg bounce, the user will work on controlling lateral movements. Since this exercise does alternatively put stress on each side/leg, it is not advised for people with a weak hip or knee or a hip or knee injury.

Keep your body upright and tall. Hold onto the C-hoop for balance as you shift your body weight from one side to the other.

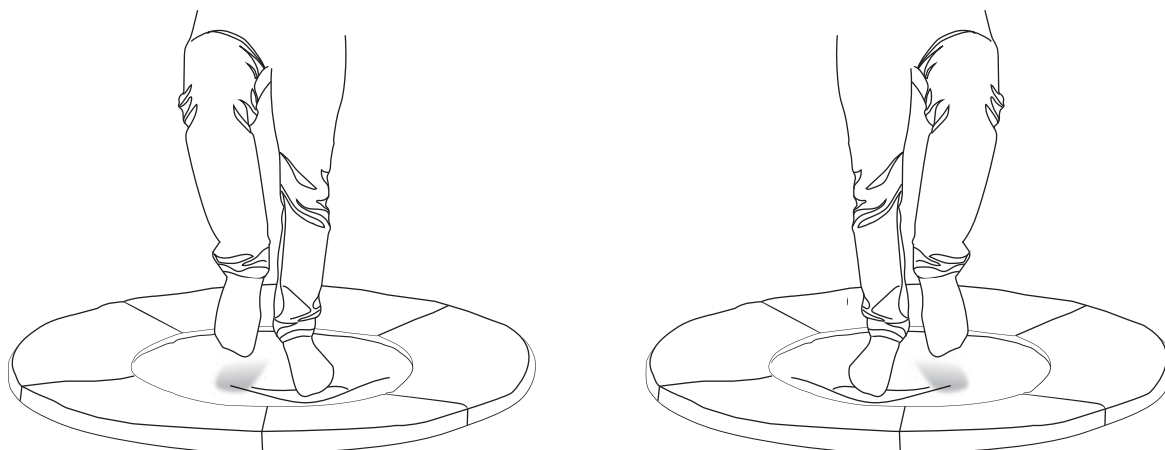
Note: In this exercise, the user does not jump from side to side, but instead shifts his/her body weight from one hip/leg to another.



5. Low Jogging

In this exercise, the body weight will be concentrated on one hip/leg at a time, so it is not advised for people with a weak hip or knee or a hip or knee injury.

Begin with your feet close together, and alternate lifting your feet above the mat, as if you are jogging in place. This is a more vigorous version of the Alternative Heel Lift, where the entire feet get off the mat and the knees bend at a much sharper angle.



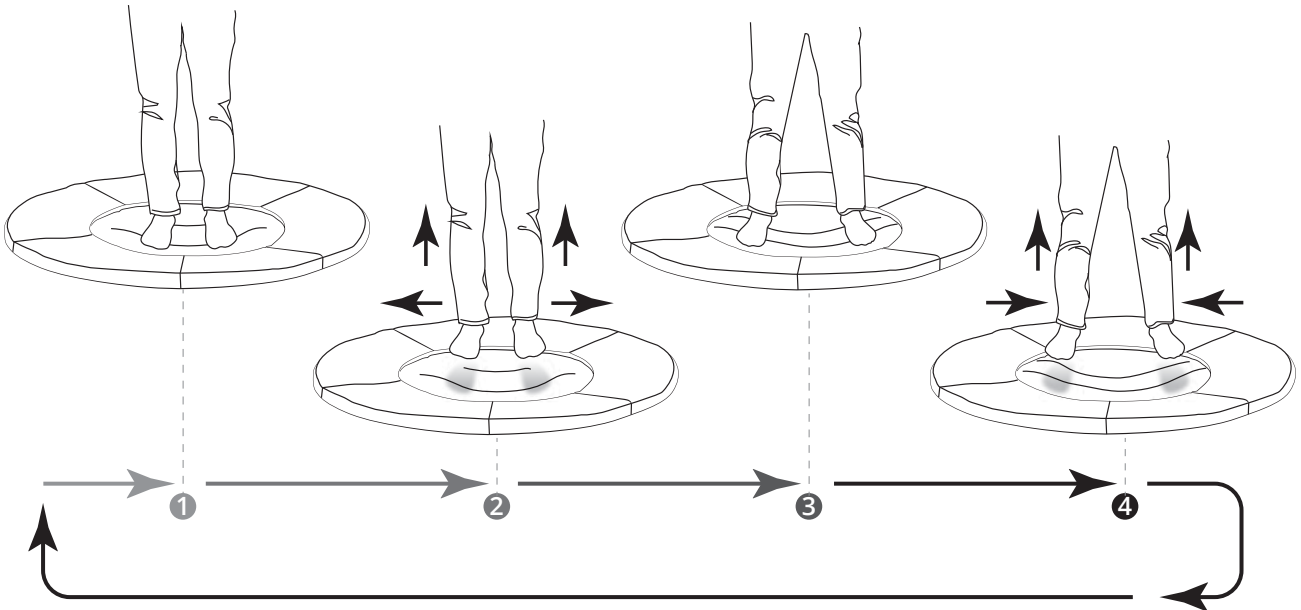
6. Jumping Jacks

This exercise requires lifting both feet off the mat, and both feet to land at the same time, and so should be attempted with caution.

Again, pacing yourself and adapting the exercise to your level of fitness is important: as such, you may observe a pause between each jump and do not have to bounce in and out without a pause.

Jumping Jacks consist of alternating 2 Foot Bounces and Wide Leg Bounces.

Note: You can limit the impact on legs and knees by supporting part of your body weight with your arms on the C-hoop.



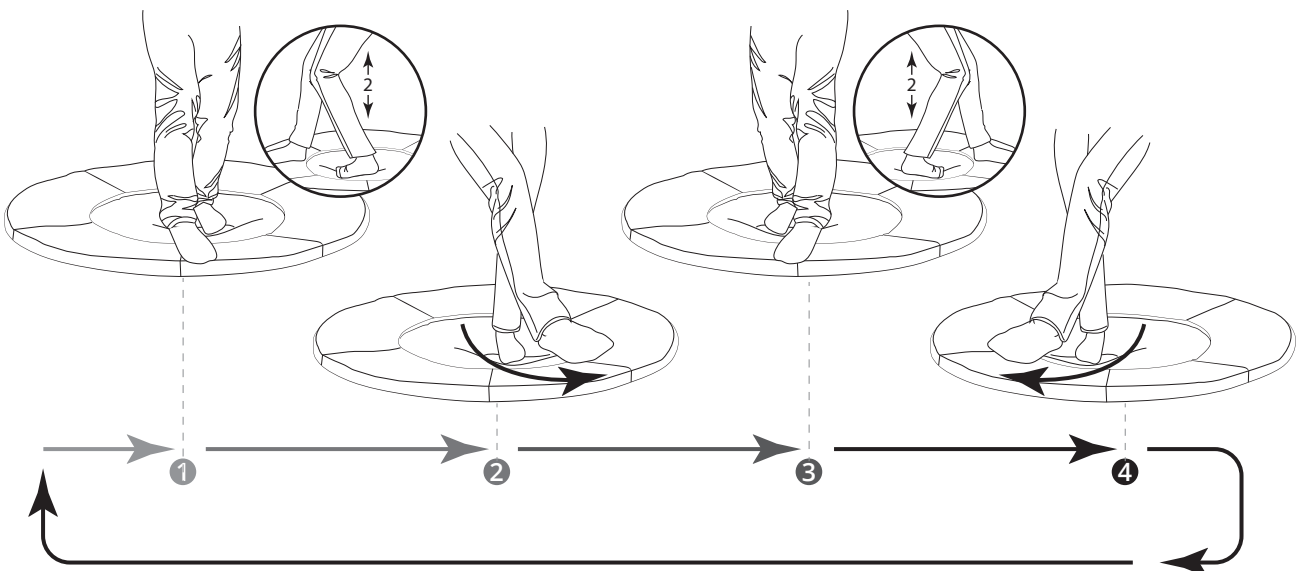
7. Low Kicks

This fun exercise requires good balance control. It is not advised for people with hip problems.

This exercise consists in alternating low kicks to the front and to the side with each leg.

Rhythm is important, with each kick requiring an in-between bounce.

Alternate bouncing on one leg twice and kicking another leg to the side.



SPECIAL EXERCISES

These exercises are specially designed for people with strong physical limitations.

Remember the following important points:

- When you stand on the Health Bounce Pod™ / BPod™, about 85% of your body weight is being supported by the mat and springs. This means that only part of your weight is applying pressure on your joints and articulation.
- The simple act of standing on the mat on your own will already stimulate all your muscles: they will have to contract ever so slightly to maintain your balance, providing your body will a full workout.

These exercises should be attempted under the supervision of someone who is able to assist. Please work progressively: do not stay more than 5 minutes the first time, and then gradually increase.

Seek to exit the Health Bounce Pod™ / BPod™ in full control, rather than having reached a point of exhaustion.

**Always assume the exercise position that best suits you in terms of comfort.
The important thing is to move and exercise.**

Exercising should not feel like a struggle: do not hesitate to adjust yourself.

For example:

- If you feel more comfortable with your feet apart, it is better to assume this position to do exercise rather than have both feet together.
- If you cannot stand upright for a long period, you may put the opening side on your back, and rest your elbow on the C-Hoop, with your hands in front of you, also on the C-Hoop.

1. Standing:

From starting position, with feet in the center of the mat, facing the opening, hand on the C-hoop.

- a) Move your head up, very slowly, then down, then back to looking forward.
Proceed very slowly, and repeat up to 5 times.
Stop as soon as you feel tired. Stop immediately if you feel dizzy.
- b) Repeat this exercise with closed eyes. Open your eyes and look straight ahead as soon as you feel tired or dizzy.
- c) Move your head to the right, as far as you can without straining yourself.
Return to the center, and then move your head to the left. Repeat up to 5 times.
- d) Repeat this exercise with closed eyes. Open your eyes and look straight ahead as soon as you feel tired or dizzy.

- e) Without moving your feet, twist your body and grab the left side of the C-hoop with both hands. Proceed very slowly, and stretch your waist as far as you can without overly straining yourself. Return to the original position. Proceed slowly. Avoid fast movements. Repeat this sequence on the right side of the C-Hoop.

2. Sitting exercises:

The benefits of rebounding can be felt even when movement is minimal. The absorbing nature of the mat will also make it easier to sit on.

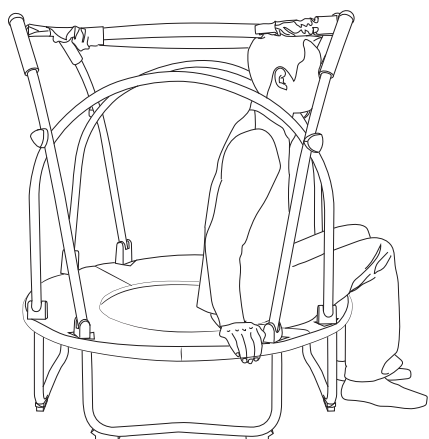
Your position will depend on several factors, in particular your height, as well as your level of flexibility.

Once again, any position is fine, as long as you feel comfortable.

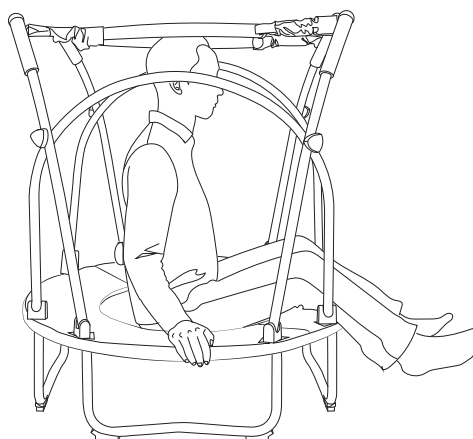
Getting into position: start by sitting on the edge of the Health Bounce Pod™ / BPod™ (on the pad area), then slide back towards the center as far as you feel comfortable.

It is fine if you do not reach the center, and it is also fine if you go past it.

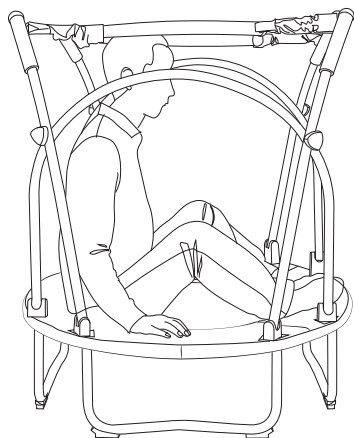
You may end up in one of these positions:



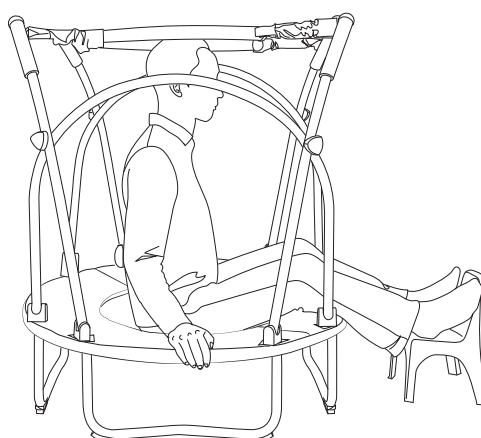
1. Sitting on the outside of the mat. Legs folded.



2. Sitting in the area of the center of the mat. Legs resting partially outside the frame.



3. Sitting past the center of the mat: legs fully resting on the mat.



4. When assuming position #2, you may use a prop to keep your legs straight and to be more comfortable.



5. You can cross your legs if you are able to do so.



a) Holding the frame of the Health Bounce Pod™ / BPod™, start bouncing. There is no need for a particularly strong bounce, since any movement constitutes exercise.



b) Holding the C-hoop, start bouncing.

3. Standing Bouncing:

The key is to find a rhythm that enables you to bounce rhythmically for several minutes. Let your body weight in combination with the mat and springs do the work: there is no need to try to achieve a powerful bounce.

Bouncing should be a very enjoyable feeling.

An intermediate exercise version is to use the entire C-hoop, as described briefly above.

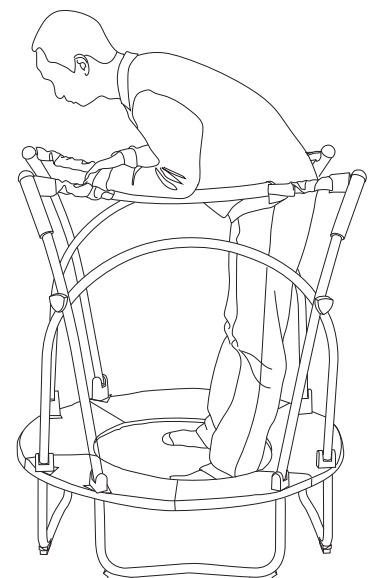
If you do not yet feel confident enough to stand upright, use the C-hoop as a support:

- Rotate your position 180 degrees, such that you have the opening at your back.
- Lean over the C-hoop and rest your elbow on it.
- Your hand will also rest on the C-hoop in front of you.
- The combined support of the mat and the C-hoop should distribute a significant amount of the weight mass from your body and allow you to experience bouncing.

Again, bounce softly, trying your best to achieve an appropriate rhythm.

Do not exercise until you feel exhausted: first try a few minutes, and then increase gradually from one day to the next.

A program of 10-15 minutes per day is sufficient to keep your body active. Do not try to exercise for long periods, especially at the beginning.



COMBINED EXERCISES & ROUTINE EXAMPLES

Here are some examples of basic exercise routines.

1. Zen Jogging:

- Perform the Alternate Heel Lift bounce over a given period (e.g. 5 minutes).
- Next, shift exercises and perform 60 2-Foot Bounces.
- Rest for 1 or 2 minutes with your back against the C-hoop.

Repeat this sequence once or twice, according to your level of fitness.

This simple daily exercise sequence lasting 15-20 minutes will keep you mobile and alert.

TIP: Try listening to music while you bounce.

Try to find a piece of music with a rhythmic beat that is suitable for you.

It will be easier for you to get into a rhythm if you follow a beat.

Start by first choosing a slower beat (e.g. 60 beats per minute), then work up to a faster beat. 100 beats per minute is a good tempo to follow.

2. Jog & Stretch:

Start by doing 60 soft 2-Foot Bounces as a warm-up.

- Next, switch to the Alternate Heel Lift bounce for 3 to 5 minutes.
- Return to doing a sequence of 60 2-Foot Bounce, then rest.

During the resting period (2-3 minutes), with your back against the C-Hoop, lift your head up, and then down, always taking care to move slowly.

Then, turn your head to the left, then to the right.

Repeat a few times.

- Then repeat the first pattern again: 2-Foot Bounce and Alternate Heel Lift bounce, after which you will stop and stand in the center of the mat.
- Twist your body, by first rotating your shoulder to the right (using the C-hoop as support), then to the left.
- Repeat a few times.

Finish with 5 to 10 minutes of Alternate Heel Lift Bounces.

TIP: Always take deep breath during the pause period. Never start an active routine when you are out of breath.



THE BENEFITS OF REBOUNDING: A SUMMARY



REBOUNDING INCREASES BONE DENSITY

Rebounding helps fight osteoporosis!

NASA astronauts returning from space use rebounding to regain bone density.



REBOUNDING DEVELOPS BALANCE, REFLEXES AND COORDINATION

Rebounding stimulates your entire body:

Muscles and nerves are fully stimulated in an active relationship with the mind via the ocular nerves and inner ear canal.



REBOUNDING STIMULATES 100% OF YOUR BODY'S CELLS

When you bounce, all 600+ muscles of your body are working. A simple "Health Bounce" (feet don't leave the mat when you jump) generates a 2G-force, and a 3G-force if you jump 15 cm over the mat.



REBOUNDING DETOXIFIES THE LYMPHATIC SYSTEM

Rebounding is the best exercise to help detoxifying your body: Lymph nodes rely on gravity and movement to evacuate their toxins.



REBOUNDING MAKES YOU HAPPY

Bouncing is a fun thing to do: Exercising makes you feel happy. Enjoy the double release of endorphins!

For more details and information about the health benefits of rebounding, we invite you to read one of the many books on the subject.

Check our website for more details: www.activefun.com.hk

