



Unfolding and Assembly

Remove the Energise Rebounder from its packaging onto a clear area of floor space. Before you start to unfold the two halves, make sure that the two hinge cover flaps are folded away from the hinges towards the centre of the mat so that the material cannot get trapped in the hinges as you proceed. Hold the lower half of the Energise Rebounder firmly to the floor and start to lift the top half away from the bottom half, keeping your hands well clear of the hinges.

When the top half is roughly vertical, position one knee on the lower half of the Energise Rebounder, to firmly hold it in place. At this point make a visual check of the springs to make sure they are all still attached. Be careful when completing the last stage of unfolding as the springs may cause the Energise Rebounder to spring flat. Push the top half away from the bottom half with your hand on the inside of the top half so that your fingers cannot get trapped between the edge of the Energise Rebounder and the floor as it springs flat.

With the Energise Rebounder flat on the floor and upside down, unfold the spring-loaded legs and locate each of them securely on their locating pegs.

Turn the Energise Rebounder over and secure the hinge flaps over the hinges and around the edge of the frame with the Velcro strip attached. The Energise Rebounder is now ready to use.

Packing the Energise Rebounder Away After Use

Detach the Velcro fasteners of the hinge cover flaps and turn the Energise Rebounder upside down, making sure the flaps remain unsagged. Pull the spring loaded legs upwards just enough to enable them to be folded flat again. When all the legs are folded towards the centre of the mat, kneel on one half of the Energise Rebounder to hold it down. Grip the frame of the other half centrally, placing your other hand to one side of the hinge (mind your fingers) and carefully begin to fold it towards you.

Keep a firm grasp of the half you are folding and when it is almost folded, transfer your grip to the outside edge of the frame so that there is no risk of trapping your hands anywhere. With the two halves folded together, fold the hinge covers towards the middle of the mat and slot it back into the bag taking care not to snag the zipper.