

# *virtufit*

FOLDABLE FITNESS TRAMPOLINE

## USER MANUAL



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## WARNING:

***Before beginning any exercise program consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this trampoline without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.***

## ATTENTION

- Before use, make sure that the appliance is correctly mounted and all bolts and nuts tightened securely.
- Safe and effective use can only be achieved if the trampoline is properly mounted and to maintain.
- It is your responsibility to ensure that the trampoline becomes regular to maintain.
- Damaged parts must be replaced before further use of the trampoline is going to be.
- Prolonged exposure to weathering and changes in temperature / humidity can cause a seriously affect parts of the trampoline.
- The max user weight is 135 KGS.
- Prolonged exposure to weathering and changes in temperature / humidity can severely impact parts of the trampoline.
- Only use the trampoline if it is completely in accordance with the instructions in the manual mounted.

### **Warranty claim is excluded if the cause of the defect is the result of:**

- Maintenance assembly and repair work not performed by an official dealer.
- In case of improper use, neglect and / or poor maintenance.
- Failure to maintain the fitness equipment in accordance with the factory instructions.
- The product has been incorporated into the soil.
- Defects caused by external influences (e.g. climate and weather influences).

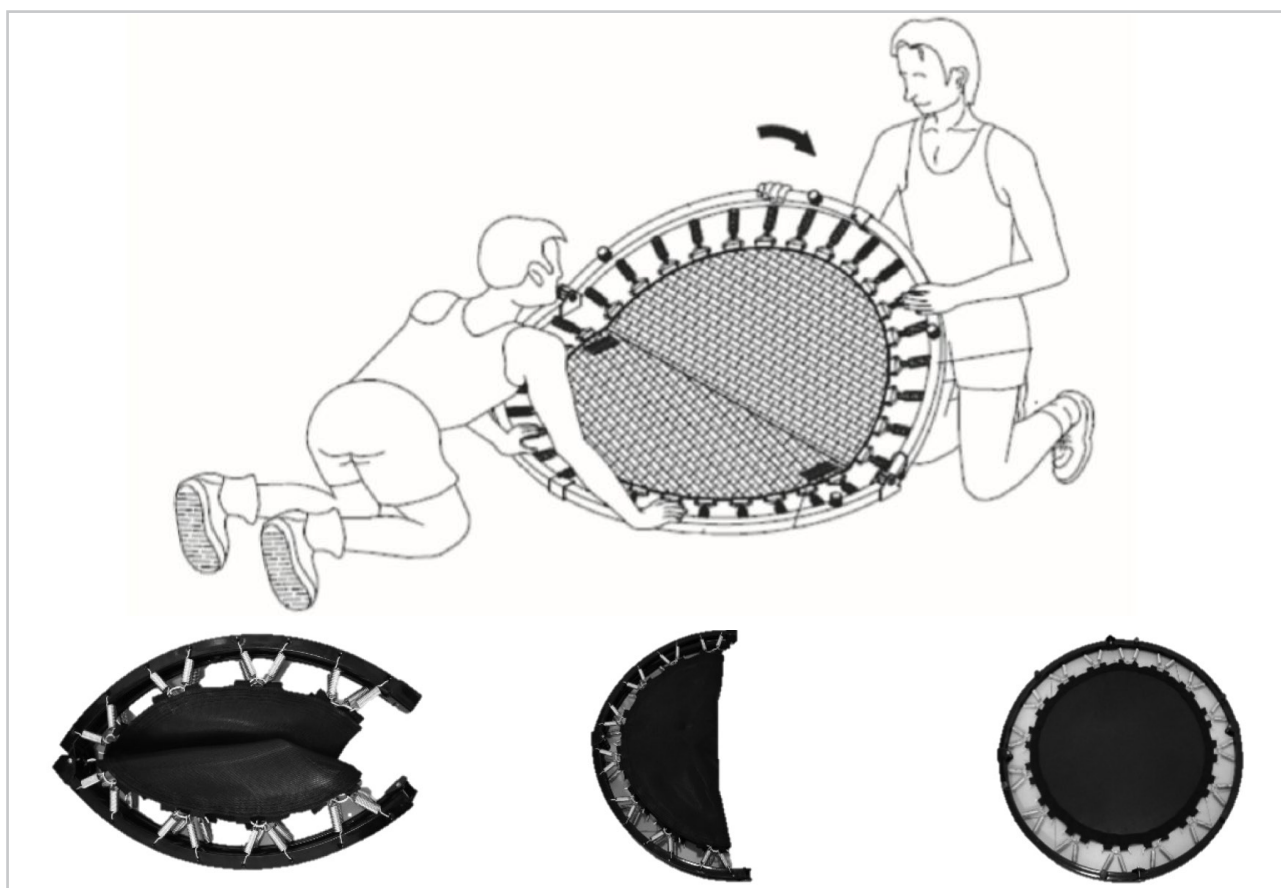
**TOOLKIT**

When you open the carton, and you will find the below parts in the carton.

#	DESCRIPTION	QTY
A	Frame Pad	1
B	Jumping Mat	1
C	Frame Tube	1
D	Leg Base	6
E	Spanner	1
F	Springs	32
G	Screw Set	4
H	Handrail Set	1

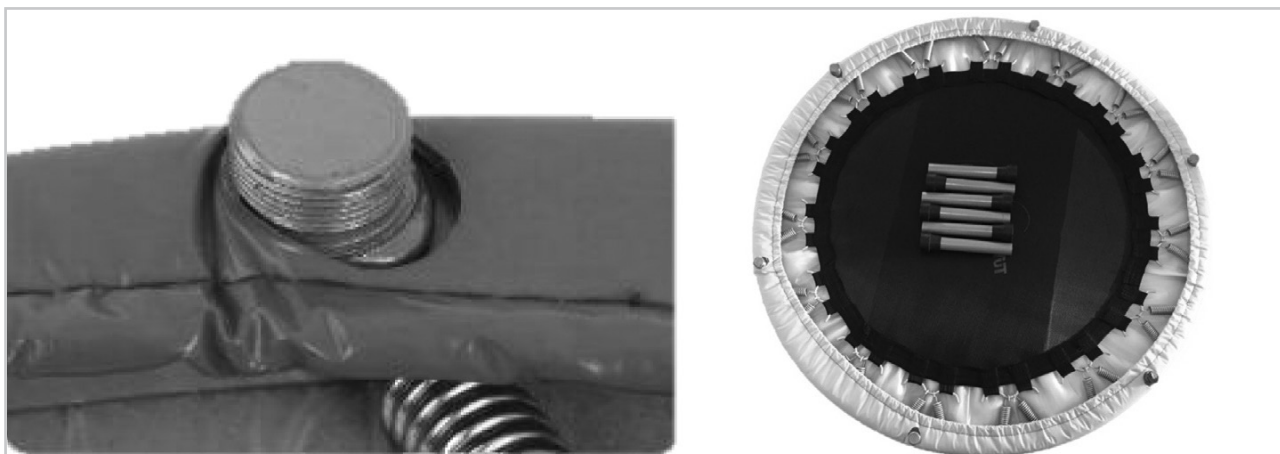
**Missing parts:** If you think you are missing certain parts in your package, carefully check the styrofoam and the trampoline. Some parts (bolts, screws, etc.) are already attached to/in the trampoline.

## STEP 1



- Open the folded frame tube.

Opening the trampoline requires the application of some pressure. It is strongly suggested that you use 2 people for this part of the process, with one individual on one side of the trampoline and the second on the other side of the trampoline.

**STEP 2**

- Install the Frame Pad on the trampoline and align the holes on the pad to the designed position.

**STEP 3**

- Tightly screw the Legs into the designed holes. Then stand on the trampoline to ensure that the legs stand secure and flat on the floor.

## STEP 4



- Join the center of the Handrail by pushing the pin on the top Handrail section, and allowing the two pieces to slide together.



- Insert both ends of the Top Handrail section into the Right and Left Handrail supports. Make sure you hear a “clicking” sound and that the joined sections are secure before continuing.



- Take off the plastic caps under the legs and loaded on two sets of screws, then install the plastic caps back.

**NOTE!** Make sure that the screws are placed on the correct legs, where the handrail should eventually be attached.

## STEP 5



- Attached the handrail to the leg tubes and fasten by the screws. Kindly note that there are 2 sets of screws for each leg tube.

***The VirtuFit Foldable Fitness Trampoline is now complete and ready to use!***



## DAILY MAINTENANCE

- Clean and remove sweat / moisture after each use. Do not use aggressive cleaning agents
- Check that the trampoline is free from dust and dirt.

## SEMI-ANNUAL MAINTENANCE

- Inspect all bolts and nuts related to the trampoline, tighten as required.

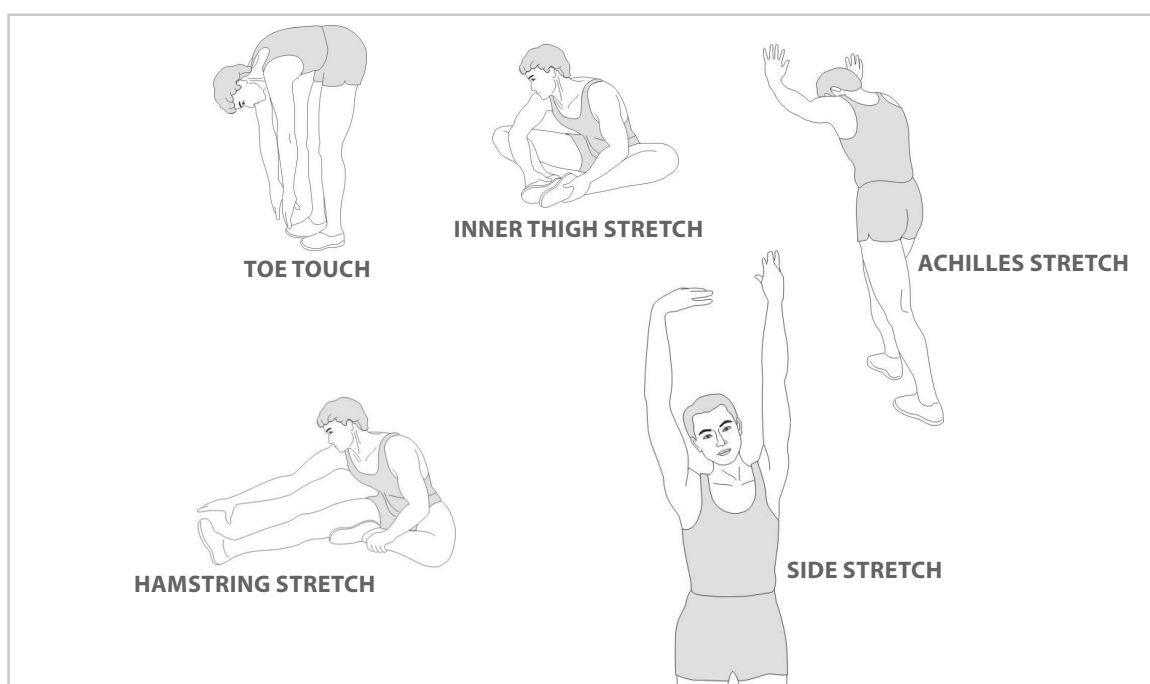
***A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.***

## WARMING UP

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

## STRETCHEN

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds.



## COOLING DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

# *virtufit*

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## **SERVICE**

Do you have a problem with your VirtuFit fitness equipment and would you like to submit a service request? Then scan the QR code on the right and fill in our service form.

