

AKROBAT MEDY

USER MANUAL



Thank you for choosing Akrobat trampolines - our products have been created to bring fun and relaxation. Your trampoline is designed to offer optimum safety - despite that it is necessary to carefully read all safety instructions, warnings and recommendations offered in this manual.

WARNING: It is the responsibility of the owner or trampoline supervisor to insure that all users of this trampoline are adequately informed of all warnings and safety instructions.

**Read these installation manual before assembling or using this product.
Keep this guide in a safe place for future reference.**

WARNINGS!

1. Make sure that the trampoline is always on leveled ground.
2. Akrobat Medy trampoline is designed to be used indoors such as gyms, kindergartens, schools and for domestic use.
3. Ensure there is adequate overhead clearance at any time. Minimum clearance around trampoline is 150cm.
4. The free height of fall is 120cm, therefore the surfacing around the trampoline must be padded with properly prepared surfacing material which is tested according to the EN 1177 (HIC)
5. Keep the area around and underneath the trampoline free from all solid objects at all times.
6. Make sure all bungees are well attached to the trampoline frame before use.
7. Inspect the trampoline before use and always replace worn, defective or missing parts.
8. Keep jumping mat surface clean and dry to prevent falls when jumping.
9. We also recommend that you periodically review the Care and Maintenance instructions and check your trampoline regularly.
10. Always bounce in the middle of the mat and practice bouncing techniques safely with adult supervision and guidance.
11. All trampoline users must be supervised by an adult, regardless of the skill or age of the jumper.
12. It is strongly forbidden to allow more than one jumper on the trampoline.
13. Avoid using glasses, jewelry and other objects.
14. Take your shoes off before jumping.
15. Smaller children need assistance getting on or off the trampoline.
16. Focus your eyes on the trampoline jumping mat while jumping to prevent the loss of balance and control.
17. When used, remember a well controlled jump starts and lands on the same spot. Only well learned, consistent jumps are performed correctly.
18. The first hours of trampoline use should focus on learning fundamental body positions and practicing basic bounces described in this manual.
19. Do not use the trampoline when under the influence of drugs or alcohol.
20. Do not use food or drink on the trampoline
21. Deliberate jumping, climbing or rocking the trampoline while using is strictly forbidden.
22. Do not allow children to climb under the trampoline.
23. Do not allow jumping from the trampoline edge when leaving the trampoline.
24. Do not add other devices unless a device from the Akrobat site is approved.
25. Jumping mat and frame pads can be damaged in extreme heat; protect the trampoline from extreme heat such as radiators, fireplaces, clothing irons, etc.
26. Maximum user weight for the Medy trampoline is 60kg.

TRAMPOLINE AKROBAT MEDY AND ITS BENEFITS

The Akrobat Medy is the ideal aid for rehabilitation, with its 120 cm (47.24 inch) diameter it can take loads up to 60 kg.

This trampoline is designed for indoor domestic use but it can also be used in kindergardens and rehabilitation centres. Exercise on the Medy helps to improve the rehabilitation of the proprioceptive sensibility, speeds up the recovery after trauma of knees and ankles.

Basic Exercises

BALANCE STAND

Stand straight up on the trampoline jumping mat with hands relaxed to the body. Keep your head straight and stand still for 10 seconds. To advance the exercise, try the same with your eyes closed.

MEDY BOUNCE

Stand on the trampoline jumping mat like in the Balance stand and gently swing up and down on the jumping mat. This exercise stimulates the body's immune system.

THE RHYTHM BOUNCE

This exercise involves either running in place or dancing on the rebounder. We strongly recommend a trainer or assistend standing by for beginners. This exercise helps elevate the heart and respiration rate.

STRONG BOUNCE

This involves intensified bouncing movement with both feet off the jumping mat. This exercise helps strengthening the lower body and abdomen.

ADVANCE EXERCISES

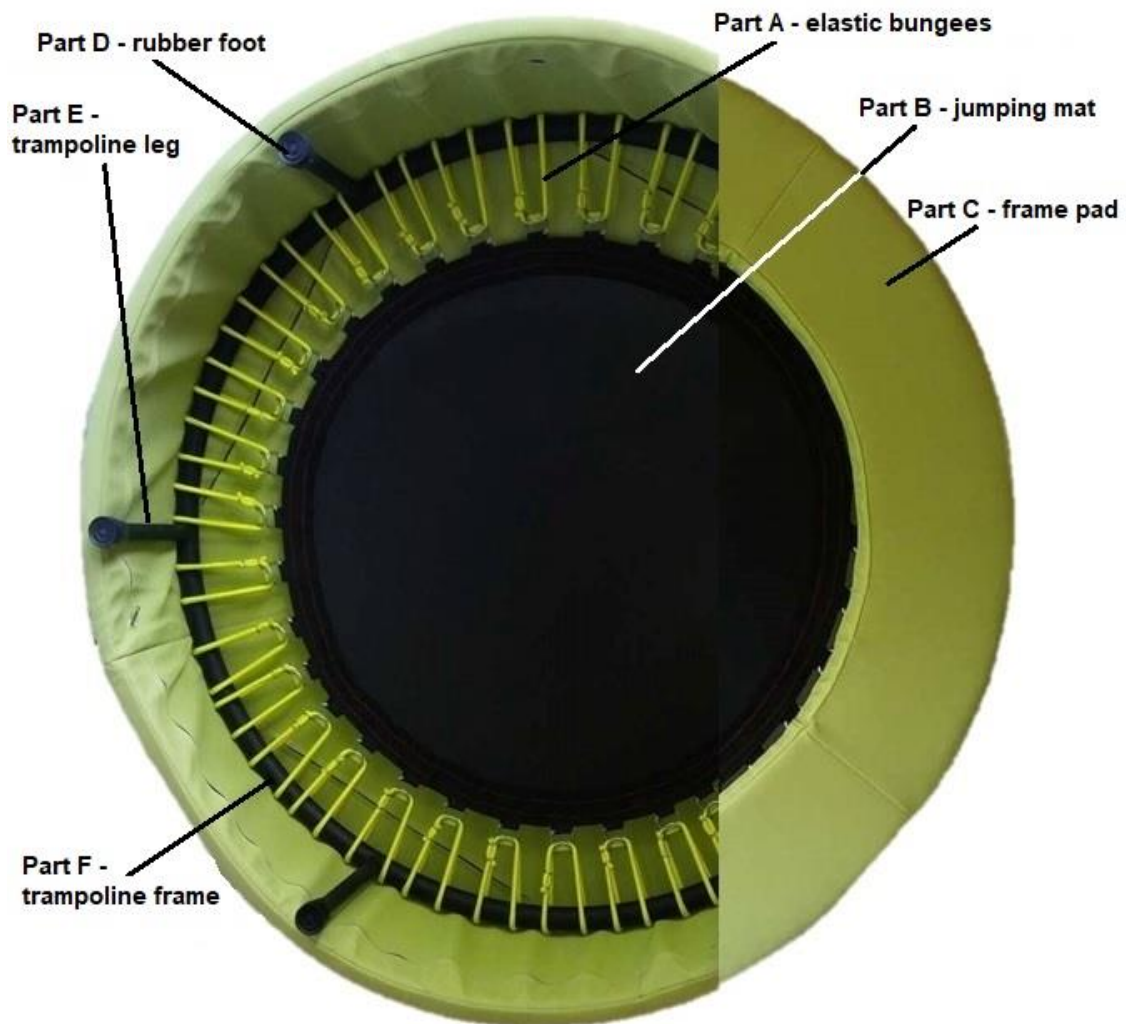
All exercises above can be upgraded by adding elements like side-to-side motions, dance movements, jumping jacks, running in place, and other movements.

SPECIAL TIP: Add music to your exercise to make the workout even more fun!

Discover the benefits and passion of trampoline jumping!

AKROBAT MEDY PARTS OVERVIEW

The Akrobat Medy comes fully assembled but still it is vital to be introduced to all of the assembling parts in order to check and replace them if necessary.



Part A	Elastic bungees	34 pc
Part B	Jumping mat	1 pc
Part C	Frame pad	1 pc
Part D	Trampoline foot	6 pc
Part E	Trampoline leg (already welded to the frame)	6 pcs
Part F	Trampoline frame	1 pc

The trampoline Akrobat Medy comes fully equipped and assembled. All you have to do is unpack it and you're ready to jump!



The trampoline frame pad is attached with velcro straps which ensures no movement but still easy removal.

Child friendly padding materials are used for the frame pads insuring non-slip surface and easy maintenance.



High quality rubber tips (trampoline foot) give high stability and keep the trampoline in place.

The Akrobat no springs system due to elastic bands or bungees gives a soft bounce and silent use – not disturbing neighbours below!

The Akrobat Medy is made of antiseptic and non-toxic materials, with no steel springs for easy maintenance. Elastic cords allow soft and bouncy jumping, and the best quality padding makes this trampoline the number one choice for therapeutic exercises, rehabilitation and physiotherapy.

TRAMPOLINE MAINTENANCE

Akrobat is focused on a high quality and long-term use of trampolines, so we strive to ensure the highest possible quality level with continuous improvements. Therefore, when using our trampoline, we give you some tips on how to take care of it so you can enjoy it as long as possible.

Check the trampoline before each use, and replace any parts that are damaged, destroyed, or missing. If any faults are found, the trampoline MUST NOT BE USED.

Be careful that:

- Any part of the trampoline is not damaged, has no holes or bent frame parts
- The trampoline has no broken or missing parts
- The frame pads are not damaged or improperly installed
- There are no sharp parts on the frame or on other parts of the trampoline.

In case of any of the above signs, the trampoline should be immediately put away and protected from use until the defects are resolved.

- Maximum user weight for the Baby Bouncer is 60kg.
- Children must be barefoot or in gym shoes / socks.
- Before jumping, remove all sharp objects that could cause damage the child or jumping mat.
- Make sure there are no children, animals or obstructions underneath the trampoline.
- Instruct your child to always bounce in the middle of the mat and practice bouncing techniques safely with adult supervision and guidance.

AKROBAT team thanks for your trust and wishes you great pleasure on the Akrobat MEDY trampoline.