

## Jumper (Pro) Instruction Manual

**Congratulations on your purchase of this Jumper (Pro)! You have chosen a TOGU branded product which is “Made in Germany”!**

**This sports tool was produced in compliance with valid EU norms. It is free of forbidden phthalates and heavy metals.**

The Jumper (Pro) ball-shaped trampoline comes with the tried and tested Dynair technology, enabling optimum distribution of pressure and an extremely dynamic rebound effect (trampoline action). This makes the Jumper (Pro) eminently suitable for cardio workouts, core stability training, and for coordination and balance exercises. It is made of special material designed for the effective prevention of slipping.

**Version A) The Jumper (Pro) is delivered ready for use.** If necessary, the air pressure in the Jumper (Pro) can be adjusted with the pump supplied. The Jumper (Pro) is fitted with a needle valve. This is located on the domed top of the Jumper (Pro). The total height of the Jumper (Pro) should not exceed 24 cm. Do not change the internal pressure of the Jumper (Pro) (by inflating or deflating) until the Jumper has reached room temperature. Otherwise the product may be overstretched or insufficiently tensioned.

**Version B) The Jumper (Pro) is delivered in its deflated state.** Use the pump supplied to inflate the Jumper to its optimum height which is approx. 24 cm. The Jumper (Pro) must be at room temperature before being inflated. Otherwise the product may be overstretched or insufficiently tensioned. The needle should be moistened before being inserted in the valve. **Be carefully – do not puncture the material by using the needle. See picture.**

**Both versions:** If the Jumper (Pro) has been overinflated or if less tension is required, insert the needle into the valve without the pump, allow some air to escape, and withdraw the needle when it has reached the required size and tension. See picture.



### Warnings:

- Screws of the stability plate are tightened with the right turning moment. Please do not tighten yourself!
- Avoid direct sunlight and do not store near sources of heat as this may affect the shape of the Jumper (Pro) and alter its rebound action.
- Avoid contact with sharp and pointed objects (e.g. glass splinters / stones in soles of shoes) as these can damage the Jumper (Pro). Do not throw the Jumper!
- When exercising and bouncing on the Jumper (Pro), sufficient clear space should be allowed around the Jumper (Pro) (the length of the user's body) to prevent injury to the user.
- Always wear trainers when using the Jumper (Pro) or train barefoot, but never use the product while wearing socks.
- Check the Jumper (Pro) for signs of damage before use as the product cannot be guaranteed safe for use if damaged.
- The Jumper (Pro) must be placed on a horizontal, stable and dry floor surface to ensure that the Jumper (Pro) cannot skid off to one side during use.
- Children should use the Jumper (Pro) only under supervision of adults.

### Care instructions:

The Jumper (Pro) is designed to be highly durable and hard-wearing. However, from time to time you should clean the Jumper (Pro) with a mild household detergent. Do not use caustic detergents or cleaning agents containing acid! First and foremost, you should always make sure that the soft anti-skid coating (circular rubber surface on base of Jumper (Pro)), which gives the Jumper (Pro) its exceptional stability, is always clean and dry.

### Jumper Storage (integrated easy-store system)

The Jumper can be stacked inside one another thanks to the inner curvature of the glass-fibre reinforced stabiliser plate which gives the product its high recoil resistance. Up to five Jumpers can be stacked on top of one another in an open space without any wall support while 15 - 20 Jumpers can easily be stacked on top of one another in a corner.

**Important: Maximum permissible load: 200 kg**

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