

INSTALLATION and CARE

INSTALLATION OF THE OVERHEAD RESISTANCE SYSTEM:

1. Choose a strong wood doorway with a smooth surface of at least 2" wide. The distance between the two vertical sides of the door frame should be no wider than 40".
2. Avoid any doorway located near a window.
3. Select the door frame and height to mount the cradles to hold the stationary bar.
4. Measure for both cradles the same distance from the top of the doorway. Recommended distance: 2 1/2" (**See Figure 1**)
5. Remove the adhesive and place the cradles on the door jam.
6. For doorways made of steel, you will have to use metal screws to fasten the cradles and drill finer starter holes. (**See Figure 2**)
7. Secure both cradles using the screws provided. (**Figure 3**)
8. Before inserting the stationary bar into the cradles, slide three plastic-coated rings onto the bar. Then slide the metal ring, making sure the plain metal ring is not between any of the plastic-coated rings. On this ring, you will hang the Instruction card.
9. Insert one end of the stationary bar into a cradle. Turn the center piece of the stationary bar until the other end is sitting securely into the cradle. Continue tightly turning the center piece of the stationary bar until a snug fit is achieved. (**Figure 4**)
10. Using the clamps, attach a Freedom Bar strap to the outer rubber-coated rings. Attach the Freedom Bar to the bottom clamps of the straps.
11. Check the nylon straps for adjustment and proper buckle assembly.
12. Check the Overhead System for overall strength.



Figure 1



Figure 2



Figure 3

Figure 4



REBOUNDER ASSEMBLY AND INSTALLATION:

NONFOLDING:

1. Gently pull the leg away from the stud far enough to engage the leg over the stud. Slide the leg over the stud until the leg is completely fitted onto the stud. Be sure to keep your fingers away from the stud - leg connection. Repeat this step for each leg. **(Figure 5)**
2. Place the spring cover on top of the rebounder and secure in place with the velcro tabs.

FOLDING:

1. Follow Steps 1 and 2 above for non-folding rebounder.
2. After placing the top two outer legs, as shown in the photo, position yourself between the legs with your hand and backside against one leg and place the other hand on the opposite leg and lean against the legs pushing the rebounder until it snaps into position. **(Figure 6)**
3. In folding the rebounder, collapse all but the top two legs as shown in the photo. **(Figure 7)** Place your knee in the middle of the mat and grasp the two legs bringing the legs together until the rebounder folds. **(Figure 8)**



Figure 5



Figure 6



Figure 7



Figure 8

REBOUNDER PLACEMENT:

IMPORTANT: Once the legs are securely in place and the spring cover has been attached, place the rebounder on the floor with legs down. The rebounder should be positioned in front of the installed overhead system with the narrow side closest to the doorway. The distance from the overhead system is determined by individual needs, such as height of the user and amount of resistance desired while using the resistance cords. **DO NOT JUMP TOWARD THE TOP OF THE DOORWAY.** When the rebounder is used properly, your body should always be bouncing away from the doorway.

CARING FOR YOUR FREEDOM SPRING SYSTEM:

TRAPEZOIDAL REBOUNDER

Your rebounder is made out of the highest quality steel and springs yielding the softest bounce. However, certain precautions and care should be given to the rebounder along with the other metal parts of your Freedom Spring System. In time, under certain conditions, certain parts may oxidize. Attention should be given to the metal studs that retain the spring-loaded legs - a small amount of household oil can be used to protect these vulnerable parts of your Freedom Spring. On the folding model, we recommend an occasional lubrication of the hinge.

SQUEAKY SPRING

In time, you will notice that the springs may create some noise, which is common. To quiet the springs, apply a lubricating substance, such as a commercial non-stick food spray or other lubricating agents. Only apply small amounts of lubricant to avoid dripping onto the floor.

SPRING COVER

The spring cover may be wiped with a damp cloth. Do not machine wash the spring cover. Check the velcro tab connections to ensure that the cover will not move during use.

RESISTANCE CORDS

Depending on the amount of use and the age, the resistance cords should be checked before any use. Immediately replace any resistance cords with tears, bubbles, abrasions, or broken clamps. We suggest the resistance cords be replaced every six to nine months.

IMPORTANT SAFETY TIPS AND WARNINGS

IMPORTANT: The Freedom Spring System has been designed with your safety in mind. We believe the integration of the overhead system makes rebounding safer than it ever has been before. However, as with any exercise equipment, carefully read and follow the Safety Tips and Warnings below to ensure proper and safe use of the Freedom Spring System.

1. When installing the stationary bar of the overhead system, secure the holding cradles with a minimum of two mounting screws.
2. Make sure the floor is level and that you have adequate ceiling height before beginning.
3. Before each use, check to see that the stationary bar is turned tightly to ensure a secure hold in the cradles. Also, check the overhead system and rebounder for holes, tears, abrasions, bubbles or worn appearances in its parts and equipment.
4. Consult with your physician before engaging in any vigorous exercise. The exercises in this booklet may be inappropriate for some people. Proper medical clearance is recommended for anyone beginning an exercise program especially if you are over 35 years of age or suffer from heart or respiratory problems.
5. Wear comfortable clothing that allows for freedom of movement and that are not tight or restricting. It is strongly recommended for women to wear a bra for support. Comfortable footwear is suggested for good support. Shoes should be made of breathable material with soles made of non-slip material. We suggest that you use caution when rebounding while wearing only socks, other hosiery, or bare feet. The material of some socks/hosiery tend to be slippery against the mat material; bare feet may or may not grip solidly either. You will need to experiment for your individual situation.
6. Your first workouts with the Freedom Spring should be short in duration. Five minutes is recommended to start with, then slowly add time to your sessions. Because of the detoxifying nature of the rebound exercise, it is best to not flood your system at the beginning.
7. Vertical bouncing may expose some pre-existing condition in your body that you were unaware existed. For example, a prolapsed organ or similar weakness may manifest. Use the Freedom Spring System

IMPORTANT SAFETY TIPS AND WARNINGS

gently until your body has gained enough strength to perform longer and more vigorously.

8. Avoid over training. You should be able to carry on a conversation while exercising.
9. Never swing on the stationary bar or perform inverted exercises or gymnastic or acrobatic moves on the Freedom Spring. It is not to be used for aerial flips, vaulting or any other gymnastic feat. Do not jump from the floor to the mat surface. Also, do not jump from the mat surface to the floor.
10. Do not use the resistance cords to fully support you when leaning during various exercises. Always maintain balance and control.
11. Follow the 10 percent rule. Never increase your routine more than 10 percent a week.
12. Try not to do the exact same routine two days in a row. This works different muscles and keeps exercise more interesting.
13. Stop exercising if you experience severe pain or swelling. Discomfort that persists should always be evaluated.
14. The spring cover is designed to protect your toes from becoming entangled in the springs. It is not a jumping surface. Avoid bouncing directly on the spring cover.
15. Should a mat spring break, it should be replaced as quickly as practical. Use of a rebounder that has more than 1 broken spring puts uneven pressure on the remaining springs and they may be damaged.
16. Weight Limit: 250 pound maximum is the recommended weight on the Freedom Spring System.
17. American Bio-Compatible Health Systems, Inc. is not responsible for the misuse of the Freedom Spring System, nor for any injury sustained while using the Freedom Spring System. The consumer, the buyer uses this product at their own risk. American Bio-Compatible Health Systems, Inc. is not responsible for any consequential damage to doors or wall structures.