



SAFETY INSTRUCTIONS

YOU ARE NOW ONLY A FEW STEPS AWAY FROM TRAINING ON YOUR
BELLICON®. THE ONLY THING YOU STILL HAVE TO DO IS READ OUR USEFUL
SAFETY INSTRUCTIONS! HAVE FUN WITH YOUR BELLICON®!

YOUR BELLICON®

THE SAFETY INSTRUCTIONS BELOW WILL HELP YOU TO HAVE EVEN MORE FUN WITH YOUR BELLICON®. PLEASE READ OUR SUGGESTIONS CAREFULLY, HEED THE ADVICE AND ENJOY YOUR TRAINING!

BALANCE

Using your bellicon® trampoline is generally harmless. If there are difficulties with balance, we recommend the optional support grips. If you feel unsure in the beginning, you can also hold on to a wall, and then later find your balance by standing with your feet apart on the mat.

TEMPO/PULSE

The first few times you train on the bellicon®, you shouldn't exercise for too long. After a week, you can slowly start increasing the time. The intensity of the workout should also only be built up slowly, 10 minutes a day being enough to get condition. Whilst exercising, pay attention to your pulse rate and to deep, even, breathing. Your level of training is correct when you are simultaneously able to have a conversation. Please start every workout with warm-up exercises!

SIDE EFFECTS

Occasionally, it is possible to feel dizzy in the beginning (orthostatic problems), but this normally disappears within a week.

STAND

Always ensure that the bellicon® is standing securely. Check before you exercise that all the legs are firmly placed on the floor.

CLOTHING/MAT

Your footwear should be non-slip. Tights or shoes with leather soles are not really suitable as they could slip on the mat, which should also be dry when exercising.

DON'TS

Don't jump from the floor onto the bellicon® or from the bellicon® onto the floor, but always get on or off carefully. These highly flexible mini trampolines are not suited for somersaults or similar exercises (high risk of injury).

HEADROOM

For your own safety, always pay attention when exercising to the necessary headroom, and especially take care with hanging objects like lamps etc.

CHILDREN

Never allow children to jump on the bellicon® without supervision!

IMPORTANT FOR BEGINNERS

In the beginning, maintain an intensity level whereby one foot always remains on the mat. The higher you jump, the more pressure you put on your joints and the faster the rope rings will wear out! For inexperienced beginners, it is enough at first just to swing.

If you notice that the mat is almost touching the floor whilst swinging, you will need stronger rope rings.

STORAGE/GUARANTEE

Don't leave your bellicon® standing outside all the time; although it's splash proof, it could start rusting after some time. The rope rings, which are used for the bellicon's suspension, are subject to wear and tear. Depending on the intensity of usage, they will sooner or later wear out and become weak and inelastic. Therefore it is important that you regularly check whether the rope rings are still in good condition. If there are places where the rope rings have frayed or narrowed, please replace the rope ring.

For end customers there exists a quality guarantee on the rope rings of 6 months, providing there has been correct usage (no high jumps). We recommend however that you replace the rope rings anyway after one or two years.

WE WISH YOU A LOT OF FUN
WITH YOUR DAILY EXERCISES ON
THE BELLICON®!