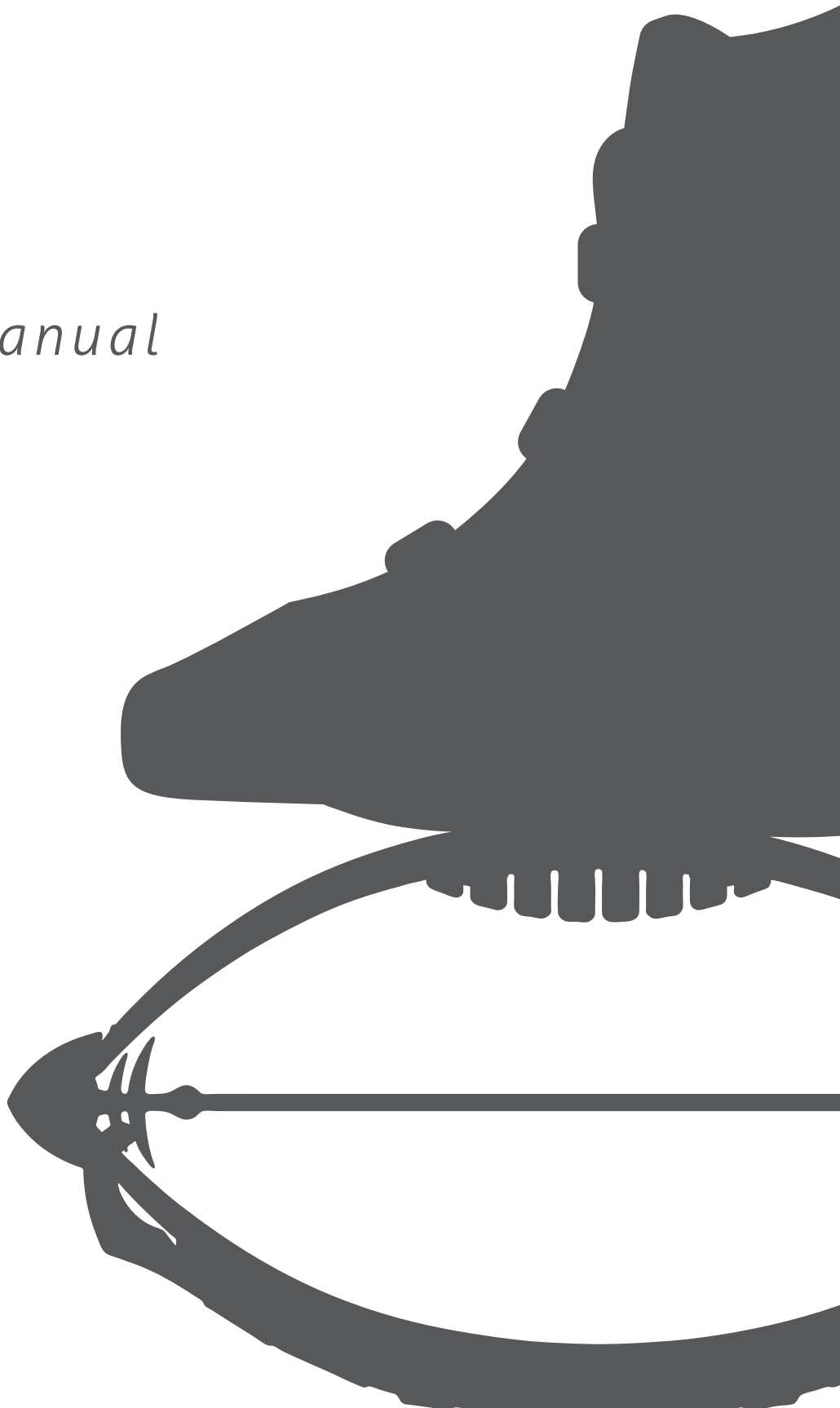


aerower[®] **Jumper1**

user manual



introduction

First and foremost, we would like to thank you for your trust and confidence in our Aerower® products. You have purchased a pair of Aerower Jumper1 boots, which means that you are about to start –or continue– having fun, leading a healthy lifestyle, and enjoying the benefits of exercising with Aerower Jumper1 boots.

Welcome to the wonderful world of Aerower!

You will find all the information you need online at:

aerower.com/jumper1manual

getting started

Before you start, you need to ensure that your boots are the right fit, and are correctly adjusted to your weight. Ask one of our experts for help, or check out the Customization Chart on our website aerower.com/SCSC

Cut the bands as recommended by an expert, or as indicated on the Customization Chart.

Make sure you use good-quality, thick, high socks.

Press the fasteners indicated with the word “press” at the side of the boots to release the 3 straps.

Sit down and put your feet on the liners, making sure that the tongue is positioned correctly inside the liner.

Close the fasteners to tighten the straps and ensure a snug fit. If the boots are fastened too tightly, they will feel uncomfortable and may even cause bruising.

Stand up, and once you have found your balance, start walking around slowly until you are sure that the boots feel right on your feet and are not too tight.

Now, try jumping gently, moving your weight from one foot to the other, or run slowly on the spot, pushing against the floor
2 *with one foot at a time.*

You are now ready to go with your new Aerower Jumper1 boots!

mounting

The innovative design concept of our boots means that you can customize your boots for fast and easy mounting/dismounting.

At Aerower, we don't believe in the principle of "one size fits all" – no two individuals are the same! Our innovative design concept allows you to adjust the Arcs and/or Multibands to customize the force of the Rebound System (RS). You can also make your Aerower Jumper1 boots unique by mixing and matching different colours. The combinations are endless!

If you purchased your Aerower Jumper1 boots ready-mounted, you can skip the next step, but don't forget to read the instructions for dismounting your boots.

What do you get when you purchase a pair of Aerower Jumper1 boots?

A box containing your Aerower Jumper1 boots, and a second box containing the Rebound System (RS), customized to your weight and fitness level, as per order:

- 4 arcs of resistance of choice*
- 2 multibands*
- 2 bottom soles*
- 2 bumpers*
- 1 Allen key*
- 4 screws*

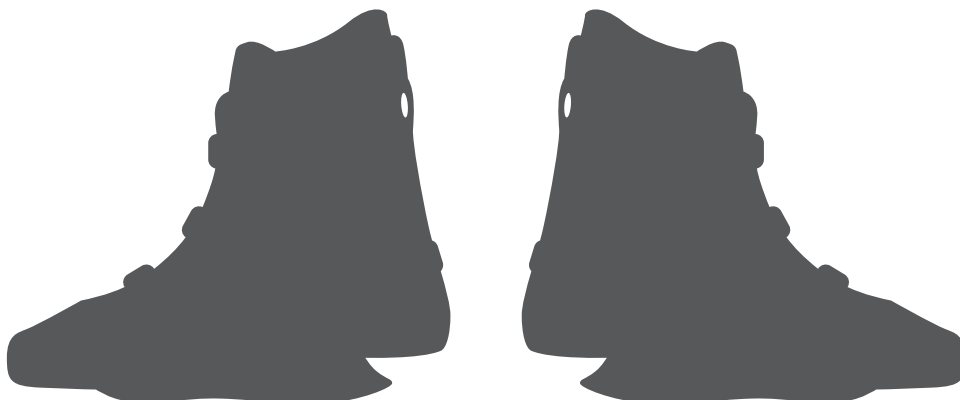
See for yourself how easy it is to mount your Aerower boots, it will only take you 5 minutes to have your boots set up for jumping!

We recommend the use of protective gloves when mounting or dismounting the boots.

You will find it easier to mount/dismount your boots while sitting or kneeling.

JUMPER1 boots

2 Boots Jumper1 (right/left)



JUMPER1 Rebound System

4 Arc Comp (S/L/H/XH)



2 Bumpers Crib



2 Multibands Claws



4 Screws




1 Allen Key



2 Soles Drakkar



Figure 1. Fit one of the Arcs into place on the bottom of the boot. The Aerower logo () should be facing the toe of the boot. Place the Bumper on the Arc, so that you can see the Aerower name. Make sure the screw holes coincide with the screw holes on the Arc. If everything is in the right place, the screw holes on the bottom of the boot will coincide with the holes in the Arc and the Bumper. Place a screw in each hole, and use the hex key to turn the screw clockwise. Screws should be firmly fastened, without overtightening, as this could eventually damage the Bumper.

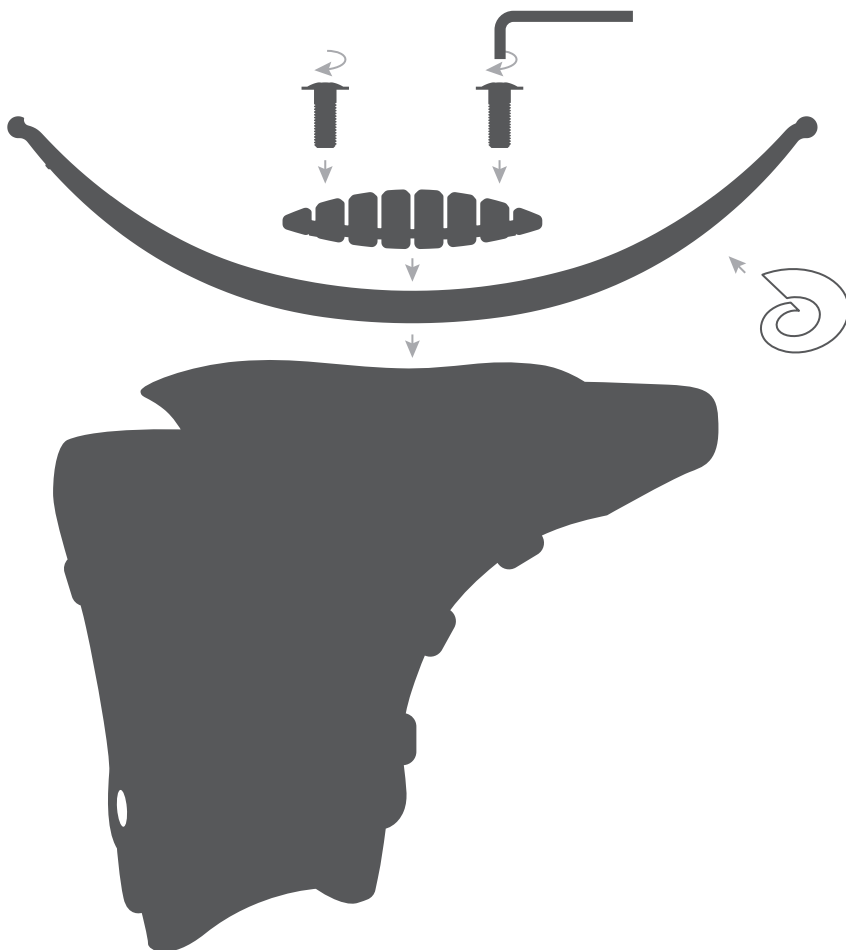


Figure 2. Now, fit the T-shaped tip of one of the bottom soles into place at one end of the second arc, as shown above. Align the two round studs on center of the bottom sole with the Arc holes, and fit the other tip of the sole into place, use your thumbs to push the two studs into place, as shown above.

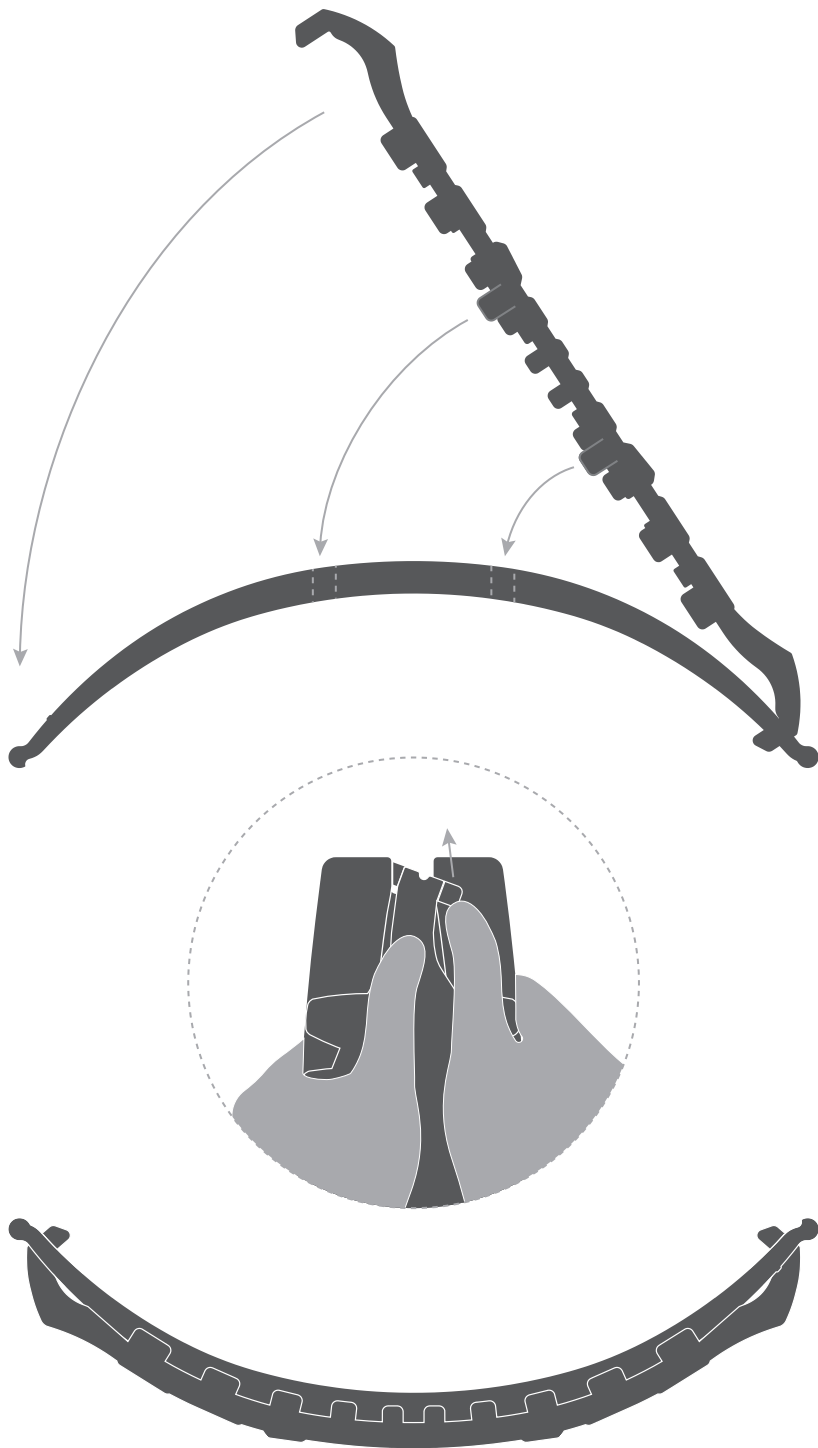


Figure 3. One end of the Arcs and Multibands is marked (with two short lines) to indicate the correct mounting position for the SAF (Secure Arc-Fastening) technology to work and keep the Rebound System securely mounted.

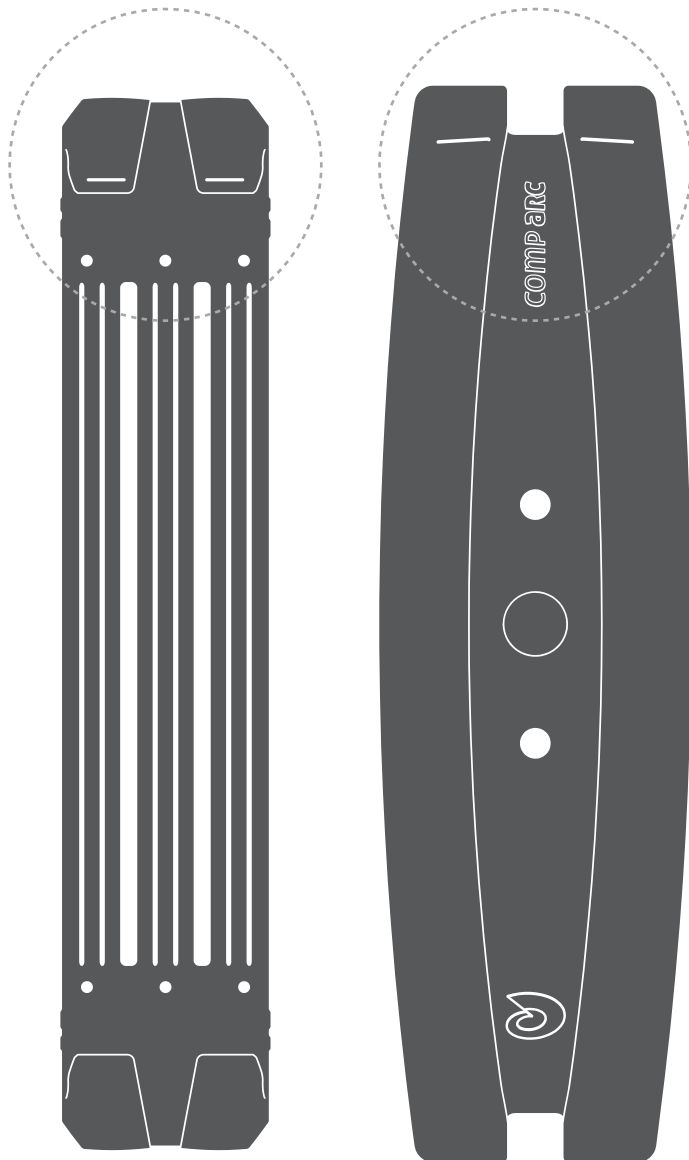


Figure 4. Hold the Arc at the edge with the line marks, as shown, and bend slightly for mounting.

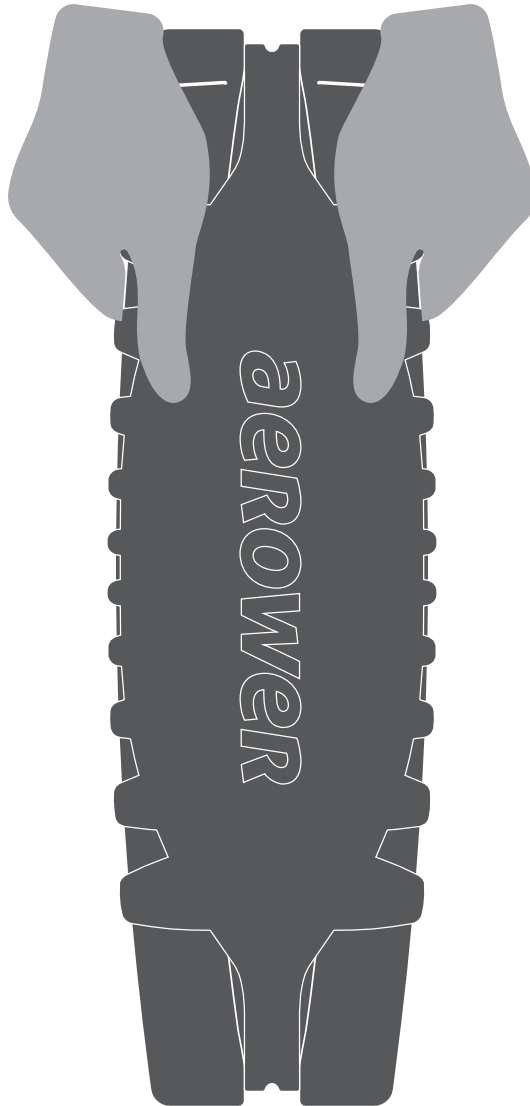


Figure 5. Fit the unmarked end of the Multiband into the unmarked end of the Arc that is attached to the boot. Now, fit the unmarked end of the second Arc (to which the bottom sole is attached) into place at the other end of the Multiband. Push down on the top part of the Arc to get the other end of the Multiband into place.



Figure 6. Turn the boot upside-down, making sure that the Multiband stays in place, and do the same with the other end.

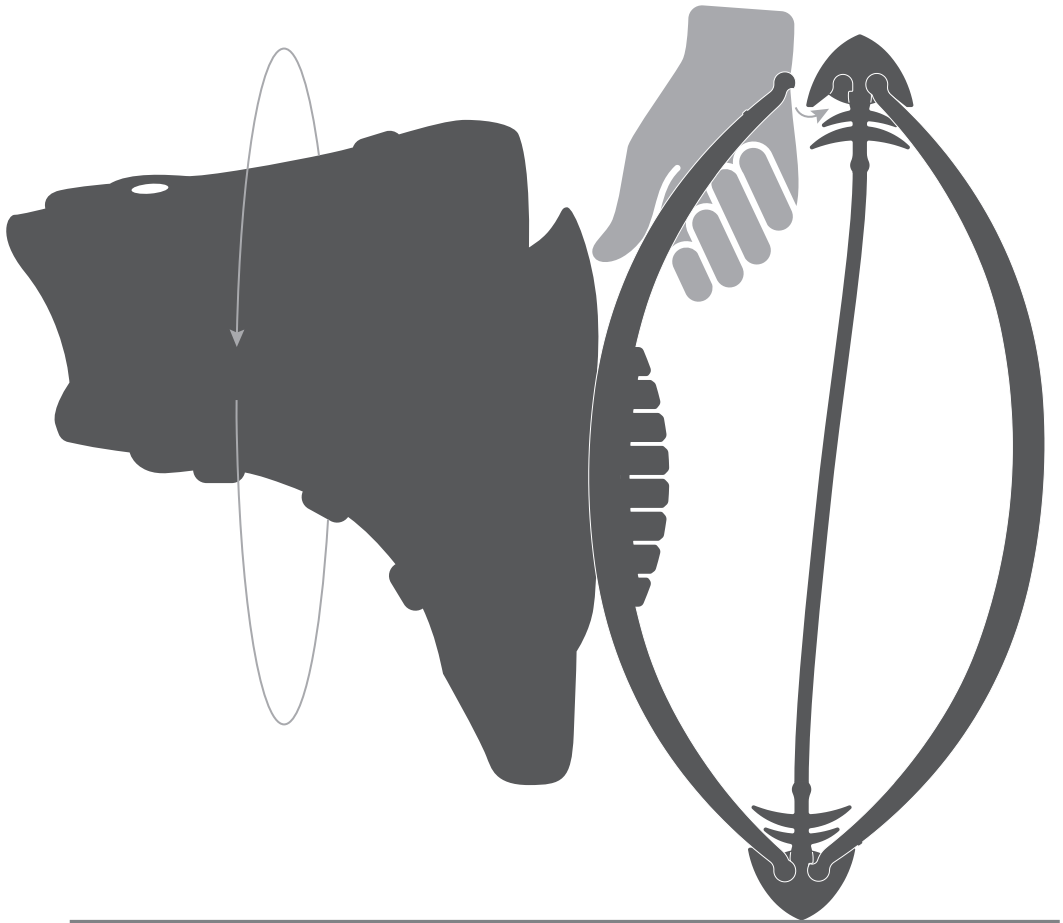
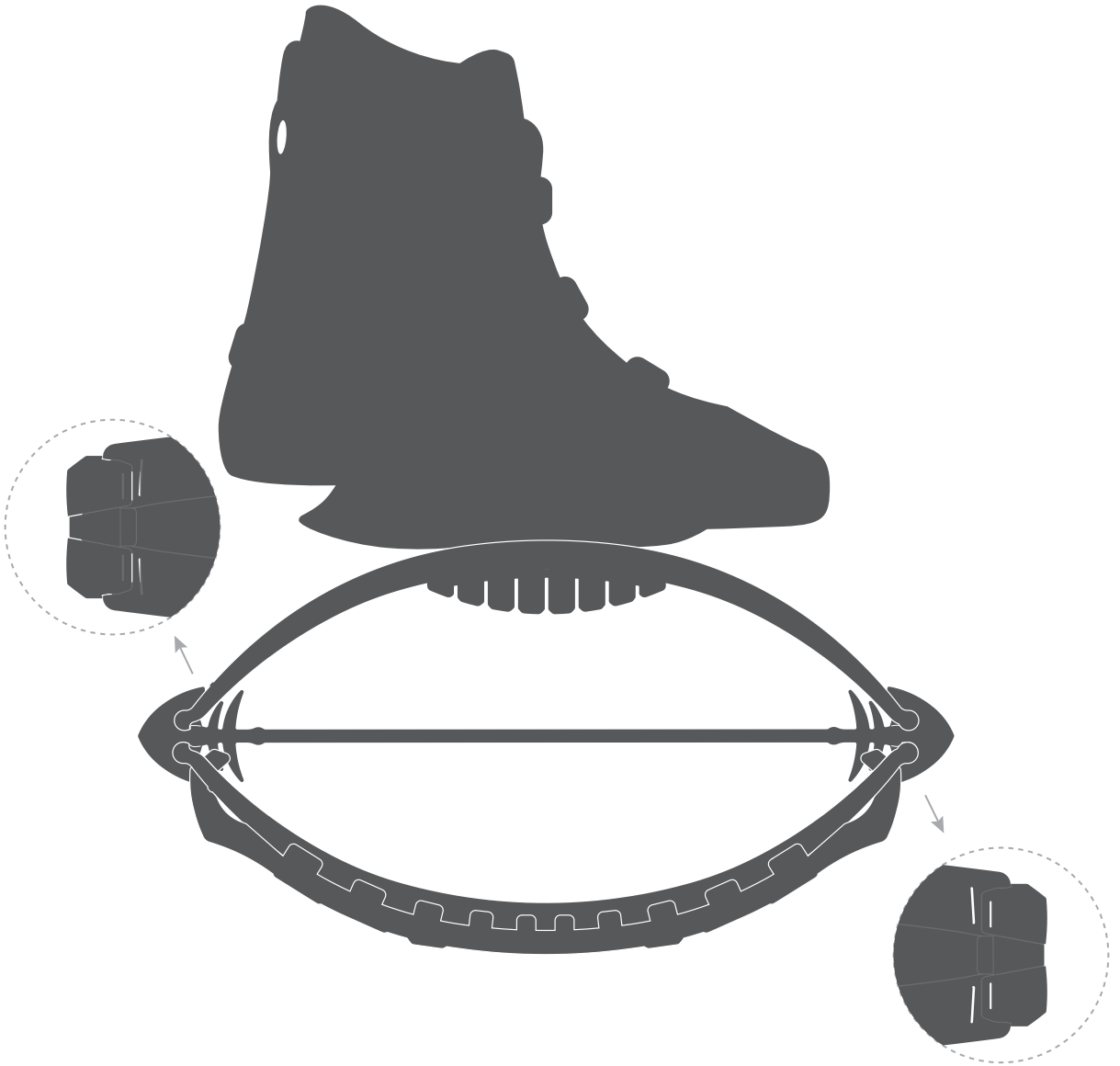


Figure 7. You now have one boot fully mounted. Check that the markings (two lines) on the underside of the Arc and the Multiband are at the front part of the boot, and the markings on the topside of the Arc and Multiband are at the back part of the boot, as shown.



Repeat the process for the other boot.

To make sure all parts are firmly in place, hold the boot and hit the bottom sole of the boot against the floor.

Now you are ready to start having endless fun with your Aerower boots.

dismounting

To dismount your boots, follow the above instructions in reverse order.

customization

*Ask an expert to help you to choose the correct boot for your weight and shoe size, or use the Strength Customization and Sizes Chart shown in our webpage **aerower.com/SCSC** in which we explain how to adjust the strength of your boots depending on your body weight and your athletic condition.*

Thanks to our patented design, you can prove the accuracy high rate and the multiple customization possibilities, because Aerower boots has nine different hardness with the multibands within the four different strength arcs.

For your comfort in cutting the bands, we recommend to use cutting plier's tools (available in any hardware store or superstore). The best way to cut the bands is starting from the middle, and if you need to cut more bands, first chooses the inner ones avoiding damaging the next bands.



recommendations

Always use good quality, thick, high socks.

Don't forget to warm up before you start jumping, and gradually cool down as you finish, never just stop abruptly.

To ensure the long life of boot components, start each session by jumping gently for a few minutes.

Always try to jump with your weight on the centre of the arcs. Avoid jumping on the tip of the arc to ensure better rebounding.

Your Aerower Jumper1 boots can be used indoors or outdoors. However, besides mastering your jumping skills and correct control of your movements and rhythm, it is also important to take a few moments to familiarize yourself with your surroundings before you start exercising.

Avoid doing any further exercise for at least 30 minutes after a jumping session. Exercise responsibly, and don't overexert your body.

Check that the bands, arcs, and bottom soles of your boots remain securely fastened after every use.

security

If you want to exercise comfortably and safely, and enjoy your jumping experience, follow the Golden Safety Rule and consult a doctor or expert trainer to check that you are physically fit to practice this activity.

If you feel pain, dizzy, or sick when exercising, you should stop immediately. Any physical effort that causes pain is inefficient and counterproductive.

Always jump on a flat, dry surface. Avoid wet, slippery, or uneven surfaces.

After every use, check that the bands, arcs, and bottom soles of your boots remain securely fastened, and check for any wear and tear. Rebound boots are not a toy and should only be used by children under adult supervision.

Make sure that you have enough free space around you to jump safely, making sure that there are no objects or persons nearby.

Do not store boots in extremely hot, sunlit, or damp places. Inadequate storage conditions or incorrect use can shorten the lifespan of your boots and cause deterioration, leading to breakage and/or injuries.

For safe and effective exercising, always use correct posture when jumping.

If boots have been stored for some time, check all components before use. Don't use boots with visibly cracked or damaged parts.

warranty

The Aerower warranty covers any product defects that were caused prior to delivery to end customer, and which prevent correct product functioning. Warranty is valid for two years, as from date of delivery to customer.

This guarantee only covers product damages that are attributable to defects occurring prior to product delivery and that are in no way attributable to customer, provided always that the product has been used according to the instruction manual provided by Aerower.

Customer shall notify Aerower immediately of any product defect attributable to Aerower, using the form available on the Aerower website aerower.com/contact, enclosing proof of purchase and delivery date, in which case, Aerower shall repair or replace the damaged or defective product, as appropriate.



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