

# User manual

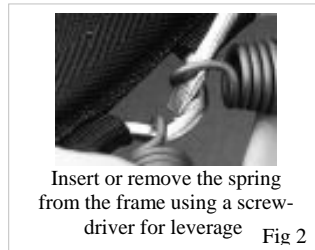
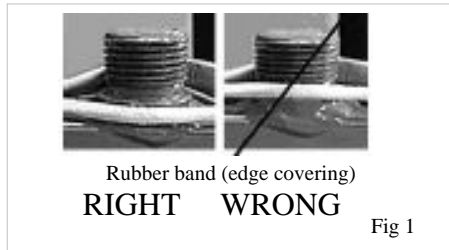
## Please read prior to first use

Congratulations! The Trimilin is a high-quality training device. It is delivered readily mounted; all you have to do is attach the support feet in just a few steps.

There are screw threads on the underside of the device. Remove the black caps, put on the enclosed red washers and screw the support legs on. Observe the correct fit of the rubber band (edge covering, see fig. 1). Check the firm fit of the support legs from time to time.

With the **Trimilin sport** you should check the eyelets at regular intervals. If these are twisted too much, you can turn them (fig. 3). Broken eyelets must be replaced.

**Do not jump or step on the edge covering.**



With the model "plus" with folding legs, all you have to do is to stick the support legs onto the provided connecting piece. To fold up the feet, just pull them out a bit. The feet reconnect automatically with the connecting piece through the spring action. Should the leg become tangled and not move easily, do not press it onto the connecting piece with force. Instead, pull the leg out a bit until the grey rod becomes visible that runs on the inside of the leg. The reason the leg becomes tangled is that it was bent slightly to the left or the right, e.g. during transport or unpacking. If you grab the leg on the bottom, you can bend it back until it slides absolutely straight and without any effort onto the connecting piece.

With the Trimilin swing, make sure that the rubber cable does not lie directly on one of the support feet (observe a distance of approx. 1 cm). Check the fit regularly because the cable may shift when you use the trampoline.

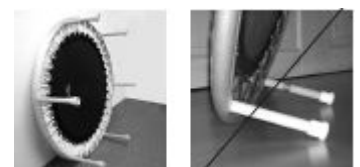
**In case of a defect, please contact us by phone or letter first. Our service department will tell you which parts you have to send in. This saves expensive postal charges you would have to pay when sending in the entire device.**

Should it still be necessary to return the entire device to us, please use the original box in which the Trimilin was delivered.

The springs of the Trimilin are suspended on metal brackets. Due to friction, fine metal dust may accumulate on the bottom of the device. This is why you should protect sensitive floors, e.g. by placing a mat beneath the Trimilin.

Should one of the springs break, do not use the device any longer until you have replaced the defect spring (see fig. 2)! Otherwise other springs may break as well. You can always obtain replacement springs from us at cost price. Once the warranty period has expired, you can also obtain other replacement parts for your Trimilin from us at economic prices.

Store the Trimilin upright to save space. However, never tilt it (resting on the bottom legs). Instead, lean it against a wall or similar to take all weight off the legs. Otherwise the legs may bend inwards and break when you use the trampoline.



**RIGHT**

**WRONG**

Start your training on the Trimilin gradually (best barefoot) and step it up bit by bit. If you are out of shape or severely overweight, you should not train for more than 1 minute at a time at first. Fit persons may start with 2 to 3 minutes and persons accustomed to daily exercise 4 to 5 minutes. If you would like to do more, train 3 to 5 times a day or even once an hour instead of long periods of time. Increase your rate every 2 days by 30 seconds until you can train 15 or more minutes in one go without experiencing any discomfort.

### **The first exercises:**

- 1) Start by swinging gently up and down. Keep both feet in permanent contact with the mat (ball and heel). Keep your shoulders and arms loose. Your body with all its organs swing along. Concentrate on yourself and feel how your facial muscles, neck and shoulder muscles, your belly and inner organs swing along. This exercise alone will relax you completely while activating and stabilising your circulation at the same time.
- 2) Slightly twist your upper body while still swinging up and down and keeping your feet on the mat. By moving your hips and legs in the opposite direction, you can perform a twisting motion. (Attention! Do not perform any twists in case you suffer from intervertebral disk degeneration!).
- 3) Slightly shift your weight from one to the other leg while swinging. Slightly lift the leg that is not supporting any weight to simulate a jogging motion. The more you lift the leg that is not bearing any weight, the stronger the swing gets and the heavier the weight on your body when you come down on the mat.

Don't be fooled by the easiness and simplicity of the motions! The Trimilin will trigger a lot of processes in your body. Many organs, muscles and cells will be trained for the first time in a long time and this with an intensity which you can hardly experience with any other sport.

This activates your metabolism immediately, resulting in purification of your body. You may experience perceivable and visible reactions, e.g. of your skin, lymph nodes or mucus membranes. Such symptoms may indicate possible weak spots in your body. If you continue with a moderate or slightly reduced training, these complaints usually subside on their own. However, if you experience strong pain or if the symptoms of bodily changes become too strong, stop and start again once the pain has subsided. Then reduce the training time and don't jump so high.

Please bear in mind: The point is not to deliver an outstanding performance on the Trimilin but instead enabling your body to renew and rejuvenate itself through measured but regular training. 10 minutes of slightly swinging up and down on the Trimilin is more beneficial than 2 minutes of heavy jumping which may even cause damage to your body because it is not strong enough yet!

Training with the Trimilin is even more fun with music. When you compile the right music for your training, please make sure that the rhythm corresponds to the motions on the Trimilin. Melodies that are too slow may entice you to jump higher.

Regular training may have a positive effect on improving your metabolism, purification and boosting fat burning, tautening and strengthening muscles and connective tissue, increase your fitness perceivably together with boosting your vitality and your physical well-being!

I wish you lots of fun with your daily training!

Yours, Joachim Heymans

In case of any questions and/or problems, please contact your dealer: