



# The Ultimate Exercise

## USER GUIDE

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[Cellercise.com](http://Cellercise.com)

*Dave Hall*

# Professional Patented Tri-Fold CELLERCISER®

Now available to the public.



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## Welcome to CELLERCISE®

Congratulations on the investment in your new CELLERCISER!

CELLERCISE is proud to offer the highest quality and most innovative rebounder in the world. You made a great choice!

Ready to CELLERCISE? Consult the setup instructions in this booklet to get up and bouncing in no time.

When you begin using your CELLERCISER, go easy and let your body adapt to the movements included in this booklet. For more exercise tips and programs, visit [Cellercise.com](http://Cellercise.com).

Most of all, have fun!

The CELLERCISER has become a part of my daily 10-minute-a-day lifestyle and has brought me amazing health and vitality. Truly a fountain of youth! May it do the same for you!



*David Hall*

**DAVID HALL**, Age 60  
Founder and creator  
of the CELLERCISER

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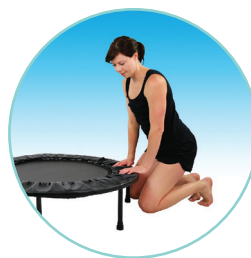
# Assembling Your CELLERCISER

Setting up your CELLERCISER is simple and easy with just a few steps.

## CELLERCISER Bi-Fold Setup

1. Lay the CELLERCISER down in its folded half-moon position.
2. Lift and open the unit until it's laying flat.
3. Pop each leg up and position over posts.
4. Turn your CELLERCISER over. Do not lift from hinged area.

**You're now ready to begin using your CELLERCISER!**



## CELLERCISER Bi-Fold Takedown

1. Turn your CELLERCISER upside down.
2. Grab each leg by post (not rubber foot), lift one inch, and lay it down. Repeat with each leg.
3. Pull the spring cover flaps away from hinge area, and fold underneath spring cover.
4. Place left knee on frame next to the left side of the hinge. Grab frame at three o'clock position. Give a slight tug.

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## CELLERCISER Tri-Fold Setup

1. Lay the CELLERCISER down in its folded position.
2. Open CELLERCISER to half-moon shape and proceed as with the bi-fold CELLERCISER.
3. Push the top side of the frame up to open. Use caution as the frame may snap open.
4. Position each leg over its post.
5. Turn your CELLERCISER right-side up so all six legs are on the floor.

**You're now ready to begin using your CELLERCISER! (see page 11)**



## CELLERCISER Tri-Fold Takedown

1. Turn your CELLERCISER upside down. Do not grab at hinge area.
2. Proceed with the steps outlined in the CELLERCISER Bi-Fold Takedown.
3. Push the two hinges in toward each other to form triangle shape.
4. Return the CELLERCISER to its carrying case for easy travel or storage.

## Balance Bar Assembly

Assemble bar completely before attaching to your CELLERCISER.

### Balance Bar Setup

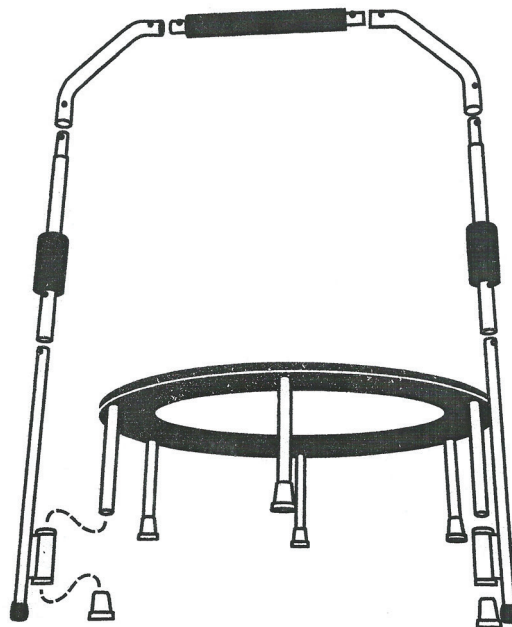
1. Connect metal tubes until push pins lock into place.
2. Remove rubber stoppers from bottom of two CELLERCISER legs, slide legs through connective pieces on balance bar, and reattach rubber stoppers.

### Balance Bar Takedown

1. Remove rubber stoppers and detach CELLERCISER legs from connective pieces on balance bar.
2. Unlock push pins on metal tubes and detach.

### Balance Bar Features

- Adjusts to three different heights.
- Offers increased support and added confidence.
- Attaches and detaches easily.
- Designed to fit loosely on CELLERCISER.



**ASSEMBLE BAR COMPLETELY  
BEFORE ATTACHING TO  
THE CELLERCISER**

# Care Instructions for Your CELLERCISER

See [www.cellercise.com/care-maintenance](http://www.cellercise.com/care-maintenance).

Your CELLERCISER's all-steel frame, weather-resistant Permatron® mat, and triple-tiered, anodized steel springs are **built to last**.

## Reattaching Springs

It is not uncommon for one or more springs to detach from the mat during shipping. This is normal. Simply reposition the spring(s) and open the unit to reattach.

## Spring Care (Avoid Squeaky Noise)

If your unit begins to get squeaky during use, apply a drop of oil at both ends of each spring where metal touches metal. Do not oil the spring itself, just the two ends.

## Mat Care

To protect your mat's surface, avoid jumping with shoes that have sharp edges, steel nails, or heels.

## Cleaning

Clean your CELLERCISER with mild soap and water as needed.

## CELLERCISER Safety Tips

1. Wear athletic socks or bounce barefoot. Shoes with heels, studs or sharp edges may damage your mat. Bouncing in stocking feet may be slippery. Please use caution.
2. Use your CELLERCISER in a room with ceilings high enough to allow two feet of clearance depending on your height. A six-foot person with an eight-foot ceiling is more than adequate for most CELLERCISE movements.
3. Position your CELLERCISER at least four feet away from any tables, desks, or exercise equipment with sharp corners.
4. As with all exercise programs, consult your health care provider prior to use.

# CELLERCISE Exercises

Featured in our new **PATENTED TheVirtualTrainer.com**

The following movements are just a few of the many exercises that can be performed on your CELLERCISER to yield great health benefits—from improved balance and circulation to muscle strength and aerobic fitness.

The balance bar can be used with all exercises. Eight out of ten people will use the balance bar for increased support, added confidence, and faster results.

Visit **Cellercise.com** for more tips and CELLERCISER exercise programs.



## Health Bounce

Gently bounce, lifting heels up and down.



## Side-to-Side Rock

Feet spread apart, knees slightly bent, rock left to right.



## Twist

Twist upper body and arms to one side while turning hips and feet to the opposite side. Alternate with each bounce.

**See Exercise Chart for more movement options or visit [Cellercise.com](http://Cellercise.com) for more tips and exercises.**

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### Forward Kicks

Tilt back and alternate kicking legs forward to leverage weight on abdominals.



### Side Kicks

Hold balance bar and kick side to side to tone waist and hips.



### Back Kick

Alternate your feet side to side.



### High-Knee Sprints

Jog at a brisk pace, lifting your knees high.

**Beginner/Intermediate Users Hold Balance Bar**



### Sitting Bounce

Sit on the mat with your feet on the floor, and use your hands on the edge to gently bounce your body.



### Power Lung

With knees slightly bent, gently begin a pumping/breathing action, moving up and down, breathing in and out.



### Jamba Walk/Run

Keeping feet close to mat, with back straight, alternate feet pushing down into mat.

## Stay in Touch

We would love to hear how the CELLERCISER helps you achieve greater health and fitness. Send your stories and experiences to [info@cellercise.com](mailto:info@cellercise.com).



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## Customer Service Info

Our dedicated customer service team is here to help you! Please contact us with any CELLERCISER questions or concerns at:

### CELLERCISE®

Phone: (800) 856-4863

International: 011-435-562-4456

Email: [info@cellercise.com](mailto:info@cellercise.com)



## Beginner Exercise Program

Exercises	Duration
<b>Week 1: 3-5 times per day</b> 1. Health Bounce	2 minutes
<b>Week 2: 2 times per day</b> 1. Health Bounce 2. Aerobics 3. Calisthenics – Thighs/Knees 4. Health Bounce	2 minutes 1 minute 1 minute 1 minute
<b>Week 3: 2 times per day</b> 1. Health Bounce 2. Aerobics 3. Calisthenics – Thighs/Knees 4. Calisthenics – Core 5. Strength Bounce 6. Health Bounce	2 minutes 1 minute 1 minute 30 seconds 15-30 secs. 1 minute
<b>Week 4: 2 times per day</b> 1. Health Bounce 2. Aerobic Bounce 3. Calisthenics – Thighs/Knees 4. Calisthenics – Core 5. Calisthenics – Your Choice 6. Strength Bounce 7. Health Bounce	2 minutes 1 minute 1 minute 30 seconds 30 seconds 30 seconds 1 minute

The CELLERCISER exercise chart offers examples only. Please consult a physician or other health care professional before beginning this or any exercise program. It is your responsibility to evaluate your own medical and physical condition, to independently determine whether to perform, use, or adapt any of the information or content respecting the CELLERCISER and/or its support materials, and to exercise according to your fitness level and capabilities. Any exercise program may result in injury. By voluntarily undertaking any exercise displayed on the CELLERCISER, you assume the risk of any resulting injury. If you have questions, please seek the guidance of a physician or other health care professional.

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## Intermediate Exercise Program

Exercises	Duration
<b>Week 1: 2 times per day</b> 1. Health Bounce 2. Aerobics 3. Calisthenics – Thighs/Knees 4. Health Bounce	1-2 minutes 1 minute 1 minute 1 minute
<b>Week 2: 2 times per day</b> 1. Health Bounce 2. Aerobics 3. Calisthenics – Thighs/Knees 4. Calisthenics – Core 5. Health Bounce	1-2 minutes 1 minute 1 minute 30 seconds 1 minute
<b>Week 3: 2 times per day</b> 1. Health Bounce 2. Aerobics 3. Calisthenics – Thighs/Knees 4. Calisthenics – Core 5. Calisthenics – Your Choice 6. Strength Bounce 7. Health Bounce	1-2 minutes 1 minute 1 minute 30 seconds 30 seconds 30 seconds 1 minute
<b>Week 4: 1 time per day</b> 1. Health Bounce 2. Aerobics 3. Calisthenics – Thighs/Knees 4. Calisthenics – Core 5. Calisthenics – Your Choice 6. Strength Bounce 7. Health Bounce	1-2 minutes 1 minute 1 minute 1 minute 3 minutes 1 minute 1 minute

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**CELLERCISER® today!**

