

# ALPHA CHAMP<sup>®</sup>

LATERAL REBOUND TRAINING

## Assembly and Operating Instructions



## DEAR CUSTOMER,

Thank you for purchasing this innovative high quality product by Alpha Champ. Alpha Champ allows to combine motion sequences known from different exercise devices. Therefore, this device offers a wide variety of training opportunities in various fields of sport suitable for everyone, from beginners to ambitious recreational sportspersons or elite athletes aiming to optimize or maximize their exercise performance. Irrespective of whether performed as individual work-, or within a group fitness program Alpha Champ simply means more variety, more fun, and more excitement for your work-out and more motivation for everyday life.

### Safety Instructions



Please read these instructions carefully before starting the mounting procedure and before using the training device for the first time. This manual gives step-by-step instructions for safe, correct and fast assembly and handling. Ensure that all users are informed about the content of these safety instructions before starting to exercise. In cases of doubt the use of equipment has to be supervised by trained staff.

In terms of safety the device has been constructed according most recent generally accepted standards of technology. Potential sources of danger which could result in injuries had been excluded at the best way possible. Please make sure that assembly instructions have been followed correctly and all parts are firmly fixed. If necessary, instructions have to be followed again to determine the cause of the fault and correct it. Please adhere precisely to the safety and maintenance instructions prescribed here. Any form of utilization diverging from the prescribed usage can result in accidents, bodily injury and damage to health, for which the manufacturer or distributor cannot accept any responsibility.



Incautious folding out, or swinging in of the lateral trampoline parts can result in squeezing fingers in the joint mechanisms of the device, especially in those connecting the inclined surfaces.



The product is not suitable for people under 14 years of age!



Improper use can tip the device. Always step on the device using the middle part to start exercises.



Read the operating instructions carefully



Maximum weight allowed = user weight + additional weight (e.g. kettlebell).

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## GENERAL INFORMATION

### TECHNICAL SPECIFICATIONS

Item weight	90 lbs
Dimensions (exercise mode)	94.5 x 48.8 x 49.2 in
Space required for storage	39.4 x 43.3 in
Maximum weight allowed	265 lbs

### MEDICAL CLEARANCE

- Before you start using the device, consider to consult a doctor to clarify that there are no contraindications for training. This includes persons older than 45 years who have not been exercising regularly in previous years and have symptoms and risks such as (heart disease, high blood pressure, high cholesterol values, are smoking, or are obese).
- Please note that excessive training may cause damage to your health
- Please note that the device is not suitable for people under 14 years of age
- The device may only be operated in accordance with its intended purpose.
- Any form of utilization diverging from the prescribed usage can result in accidents, bodily injury and damage to health, for which the manufacturer or distributor cannot accept any responsibility.
- It is not permitted to use the device by more than one person at the same time
- Unsupervised children are to be kept away from the device
- Acquaint yourself with all functions and setting possibilities before starting to use the device. Its proper use should be explained by a qualified person.
- Ensure that nobody is within the movement range during exercise
- It is prohibited to use the device when the trampoline bed is wet.
- During exercising on the device it is prohibited to eat or to drink.
- It is prohibited to perform somersaults on this device
- Avoid that extremities and other body parts, hairs, clothes or jewelry get into the moving parts of the device.
- Wear appropriate sportswear. Sports shoes have to have appropriate anti-slip soles. Inappropriate are shoes with heels, leather soles, shoes with studs or spikes, respectively.
- Immediately stop exercising if you feel any pain, nausea, dizziness, shortness of breath, weakness or other symptoms and see a doctor in case of emergency.

### Installation Site

- The device should only be used indoor with ambient temperatures between 10°C and 35°C [50°F - 95°F]. The device should not be used outdoor or indoor if humidity is higher

than 70%. Ensure dry storage conditions with temperatures between 5°C - 45°C (41°F – 113°F).

- The training room or gym should be well-ventilated (draught during exercising should be avoided).
- Please ensure that the installation site has a free safety space in all directions (at least 1 meter [3.28 feet]), and the ceiling height is at least 2,70m (8.86 feet). Make sure that the device is not blocking possible escape routes or main thoroughfares, respectively.
- The installation surface has to be flat and solid (any unevenness of the surface has to be compensated)
- A protection mat helps to protect high-quality floor coverings from pressure marks and sweat strains and compensate for uneven surfaces.
- It is not permitted to put any objects into openings of the device.
- **MAKE SURE THAT ALL RUBBER FEET ARE SOLID CONNECTED TO THE FLOOR. ESPECIALY LEFT AND RIGHT LATERAL PARTS HAVE TO HAVE A FIRM CONNECTION TO THE FLOOR.**

## **ASSEMBLY INSTRUCTIONS AND MAINTENANCE**

- After unpacking, check the delivery note and accompanying documentation to ensure that all parts have been supplied and are undamaged. In case of complaints please contact the manufacturer immediately.
- Some parts can be pre-assembled to facilitate assembly.
- Assembly of the device has to be performed by adults. In case of doubt use the assistance of a technically skilled person.
- Keep children away during assembly as the equipment contains small parts that could be swallowed.
- Do not leave any tools, packing material and other refuse lying around as this can constitute an injury risk and suffocation hazard for children.
- Perform assembly on a protection mat to avoid damage to the device and scratches to the floor respectively.
- Before starting assembly check all parts for completeness having them lying on the floor.
- Please read these instructions carefully before starting the mounting procedure and follow the step-by-step instructions provided in the figures carefully and diligently.
- Do not perform any modifications or improper repairs as this can cause hazards for the users and no warranty can be claimed
- Service and repair is only allowed to be performed by authorized service technicians. Maintenance can be performed by user.
- Damaged or worn-out components may reduce safety and product lifetime. Therefore ensure to replace damaged or worn-out components immediately using original spare parts. In this case contact your contractor and do not use the device until the repair has been performed.
- Control that all screws are firmly tightened once a month.
- To ensure long-term safety of the device we recommend to perform preventive maintenance by specialists once a year.

- Cleaning the device from dust, dirt and sweat can be performed with a damp cloth. Do by all means refrain from using solvents and take care that no fluids (including sweat) get into openings of the device.
- In case of obligation for disinfection of points of contact use common disinfectants but avoid spirit cleaners!







**MAINTAINANCE AND INSPECTION INTERVALS**

PART	MONTHLY CONTROL
Trampoline bed and rubber spring	X
Frame pads	X
Screw connections	X
Safety bolts and pivot bolts	X
Cotter pins	X
Rubber feet	X

**ASSEMBLY**

Packaging content

The packaging content consists of those parts and tools shown in the figure. Inspect the delivery for completeness and quantity according to the delivery papers. Should any parts be missing or show damages contact your contractor immediately.

Part Number	Figure	Description	Quantity
1		Left Lateral Part	1
2		Right Lateral Part	1
3		Middle Section incl. Transport Roller	1
4		Pivot Polts	4
5		Cotter Pins	4
6		Safety Polts	8

7



Rubber Springs 108

8



Handrail 1

9



17 Ring Spanner 2

10



M10x30 Screws 3

11



Washer 3

12



Spring washer 3

13

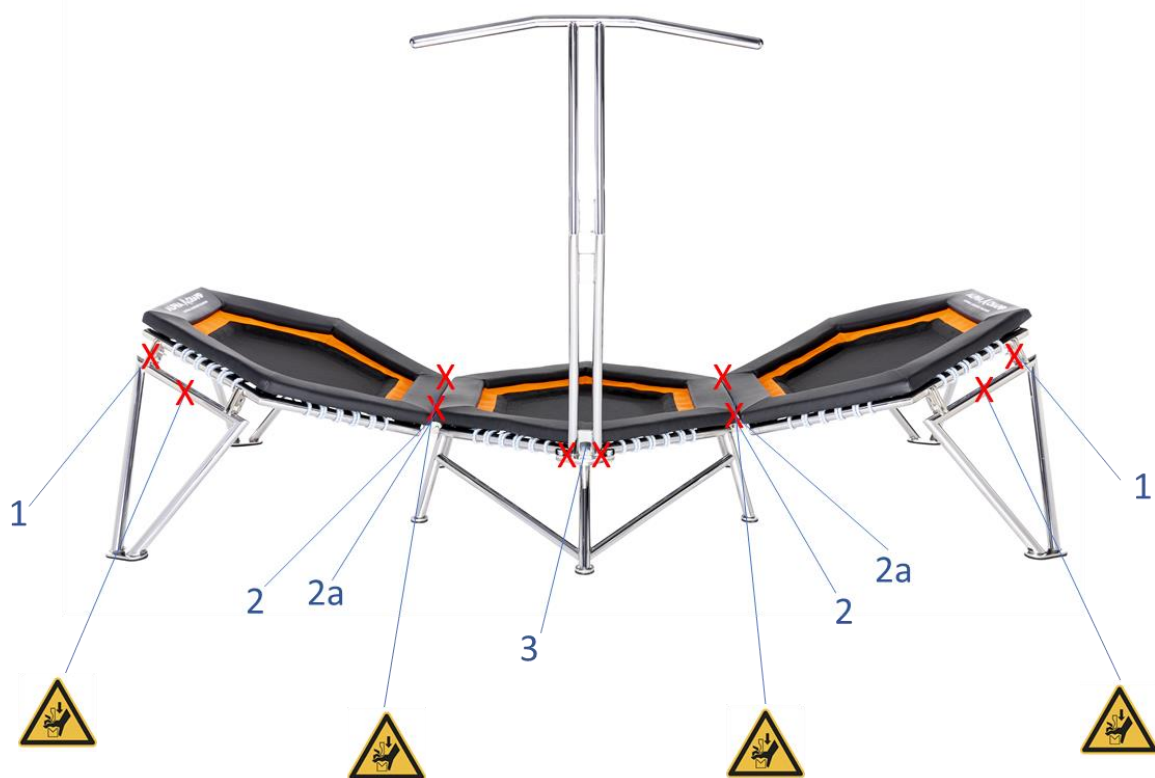


Screw nut 3



## ASSEMBLY INSTRUCTION

Study the different assembly steps as shown and perform assembly in the shown order. Place the individual parts (base parts = handrail - left tilted lateral part, right tilted lateral part – middle section including transport roller) in correct order on the floor and start with assembly of the lateral parts.

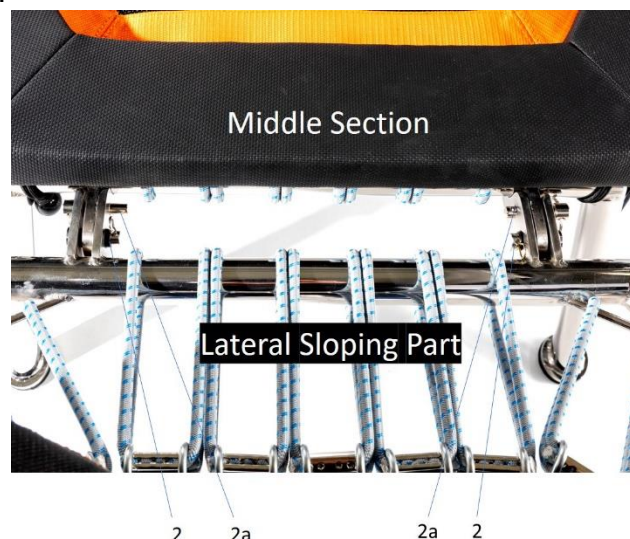


### **STEP 1** (*Assembly of the lateral parts*)

Insert safety polts (1) Locking pin with ring starting from top (highest position) completely (ensure that ring is on highest position). Perform this on left and right lateral part.

### **STEP 2** (*Connect lateral part(s) with middle section*)

Insert pivot polts with Cotter Pins (2) and safety polts with ring (2a) from the outside to the inner side completely.



### **STEP 3** (Assembly of the handrail)

M10x30 Screw (1) with washer (2) spring washer (3) M10 screw nut (4)



The handrail has to be fixed tightly and should not wobble!

### **Basic Exercise Positions**



**Basic Position**

Before starting to exercise it is important to have the correct starting position on the middle section of the trampoline. The standing position should be hip width, with the weight regularly distributed on both feet, knees slightly bent and stomach and other core muscles slightly contracted. For beginners it is recommended to use the handrail for orientation and safety purposes.

To adapt to rebound exercise perform bouncing and small jumps with both legs first, add hip rotation and small single leg jumps and shift weight between supporting leg and free weight.



**BURPEES**

A burpee is essentially a two-part exercise: a pushup followed by a leap into the trampoline. Have a starting position on the middle section of the trampoline (with your face looking to the lateral trampoline) and then adopt the pushup position with your hands on the lateral frame of the inclined trampoline. Extend your legs forcefully into the other inclined lateral trampoline and build up body tension for some seconds. Jump into a squat position on the center trampoline and perform a squat jump. Following landing you are in the starting position again and the exercise can be repeated.



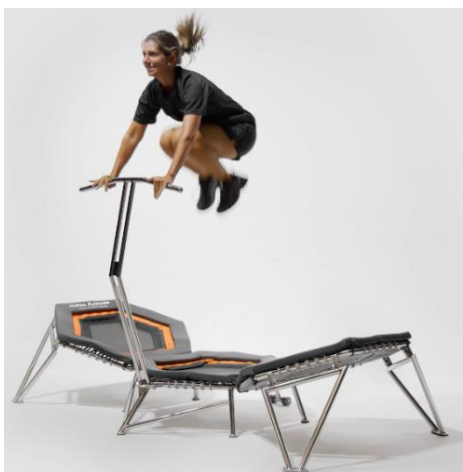
**SQUAT**

Squatting is a core exercise for many purposes and squatting on the instable middle section of the trampoline can be an additional challenge. Common techniques to vary the squat exercise include changes in stance width, foot placement angle, hip depth, and extra load. These different techniques lead to different loading conditions which can be used by therapists and coaches. For beginners and health related purposes have the foot stance of shoulder width or wider, maintaining the feet flat on the surface of the trampoline and toes pointing forward or slightly outward by no more than 10°. In addition, the knees should track over the toes throughout the squat motion without knee displacement either medially or laterally.



**LUNGES**

Forward lunges are very effective lower body workout routines, employing and sculpting your quads, glutes, hamstrings and calf muscles; while your abs and lower back are called into action for stability. Starting position on the middle section feet hip wide apart facing the lateral inclined trampoline. Take a large step forward with one leg. Keep the majority of your weight on your front foot as you lower your hips, keeping the front foot flat and back heel lifted. Descend until your rear knee almost touches the trampoline and the front knee is stacked directly above the ankle, creating 90° bend in both knees. Drive through the heel of your front foot and push yourself back up to your starting position and repeat this exercise with the other leg stepping forward.



**VERTICAL JUMP**

Vertical jumping: Use the handrail performing controlled vertical jumps. Starting position is a shoulder-wide stance facing the handrail on the middle section of the trampoline and knees slightly bent. Start with easy jumps performed with both legs simultaneously and slowly increase jumping height. Advanced jumpers can bring both knees up toward the chest while jumping.



LATERAL JUMP

Lateral Jumping: Use the handrail performing controlled lateral jumps. Starting position is a shoulder-wide stance facing the handrail on the middle section of the trampoline and knees slightly bent. Jump with both legs from the middle section of the trampoline to the lateral inclined trampoline landing with both feet simultaneously and back to the middle section of the trampoline before you jump to the other lateral inclined trampoline using the rebound effect. Start with easy jumps performed with both legs simultaneously and slowly increase jumping height. Advanced jumpers can bring both knees up toward the chest while jumping and later perform unilateral jumps and other jumping exercises as well.

### Attention

We would like to point out that incorrect or excessive training might result in damage to health such as overuse injuries!

Visit [www.alphachamp.com](http://www.alphachamp.com) to access a variety of tutorial videos.

### Warranty information

Stainless steel frames	5 years
Trampoline bed and frame pads	2 years
Rubber springs	2 years

### Warranty claim

For purpose of warranty please keep the invoice (the date of invoice indicates the beginning of warranty time). Repair or replacement under the terms of this warranty does not give right to any extension or a new beginning of the period of warranty.

Production and installation of our trampolines according to the highest quality standards. However, possible errors cannot be completely excluded. Should there be a problem within warranty period with your Alpha Champ LRT-3 device please contact us immediately. We will make every effort to correct the problem as soon and as un-bureaucratically as possible.

Please do not send us any goods without consultation with us to avoid unnecessary expenses.

### INFORMATION

Parts of the device which are most likely subject to wear are rubber springs, trampoline bed and frame pads in black with logo.

### DISPOSAL

When disposing observe current local regulations governing disposal.

### Ordering original spare parts

Spare parts can be ordered directly from the contractor.

**FIELD OF APPLICATION**

Usage class studio application (S)

**Exercise Examples**

Exercise examples can be found at [www.alphachamp.com](http://www.alphachamp.com)

**MANUFACTURER**

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