

## BungyPump New User Instructions



1. Turn the pole upside-down. **Measure the poles height in level with your chest**, so that it feels comfortable. Lock into position by holding the middle section (B) and turning the lower section (C).

Note! You are not allowed to push the lower section longer than the reflex mark.

2. Adjust the hand strap by pulling on the lower strap. Keep the locking device open while you adjust the loop. Press the locking device and pull gently on the two upper straps to lock into position.

3. **Slip your hand into the loop from below**. Then grasp the handle of the pole. Hold the pole in a comfortable and relaxed way.

4. Place the pole on the ground in line with the back of your foot or immediately behind your heel, **in a 45-degree angle**. "Gently" place the pole on the ground and then press downwards. Start walking. Alternate using your left arm and right leg with your right arm and left leg and so on. Make sure to include your whole arm and shoulder in the movement, not only the lower part of your arm. **Your thumb should pass by your body when walking** – if it doesn't you're not doing it correctly.

Don't forget! Straight posture, lower the shoulders, pull in your stomach and look straight ahead.