

BungyPump training poles are durable and of good quality, but if any problems occur with the suspension, you can easily recondition or upgrade your BungyPump poles yourself.

Upgrading kits are available with 4 kg, 6 kg, 8 kg and 10 kg of resistance.

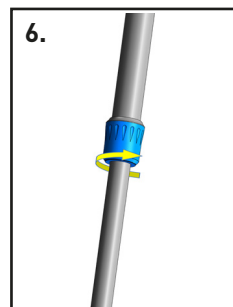
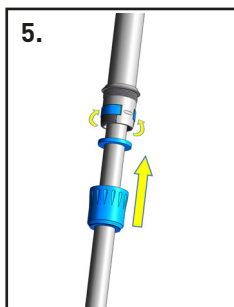
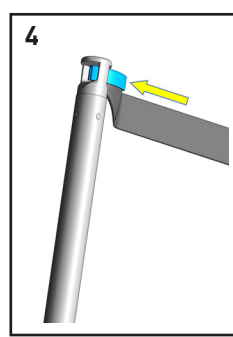
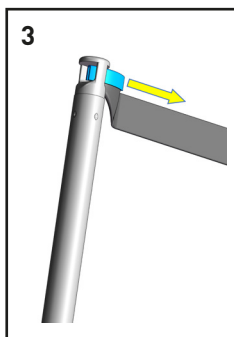
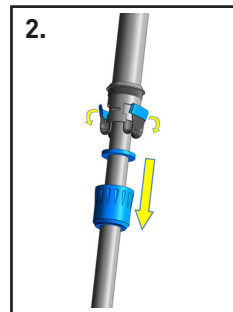
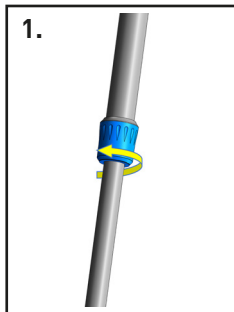
www.bungypump.com

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Repair kit

Instructions and spare parts
for reconditioning BungyPump
training poles

BUNGYPUMP
of Sweden



Replacement of suspension

1. Unscrew the cap.
2. Disassemble the pole.
3. Pull out the elastic and textile washer.
4. Insert first the new textile washer and after elastic.
5. Assemble back the poles.
The securing plates are folded outwards and upwards and fitted into the appropriate place on the top of aluminum tube.
6. Screw and tighten the cap.
Avoid twisting of the lower alu tube.

BUNGYPUMP
of Sweden

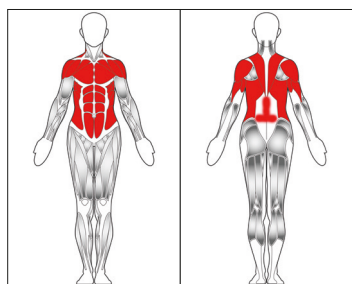
If you do not get it together, we can repair spells in our authorized workshop, more info at www.bungypump.se/contact

Choosing an active lifestyle affects your health positively in many ways. It not only keeps you fit but improves your quality of life and helps you live longer. Physical exercise wards off illness and is the most important contributory factor in keeping fit.

Fitness and strength training using **Bungy Pump training poles**, with built-in suspension, is a demanding form of exercise which promotes the oxygen absorption capacity of the blood, improves the endurance of respiratory muscles and strengthens muscles, tissues and bone structure. Since respiratory muscles are strengthened, the lungs ventilate better and the blood flow increases.

When you subject your body to physical activity with **Bungy Pumps**, it responds by strengthening muscles, tissues and bone structure to cope with the increased load. In addition, ligaments and tendons are strengthened and muscle mass is maintained or increased depending on the tempo and type of exercise. Along with increased strength and stamina comes improved posture and the strain on sensitive parts of your body, such as your back, is reduced. And on top of all that, **Bungy Pumps** are really fun to use!

When you walk with **Bungy Pump poles**, your heart muscle is strengthened, which in turn means that the heart is able to pump a greater amount of oxygenated blood per contraction and therefore does not need to beat as fast as before. Research shows that when you walk with poles you gain an up to 77% greater training effect compared with when you just go for an ordinary walk. At the same time, pressure on joints is reduced, especially foot, knee and hip joints.



Rödmarkerade partier visar de muskler i överkroppen som aktiveras vid BungyPump Walking.

The suspension in **Bungy Pump training poles** means that compared with traditional training poles, the pole hits the ground in a way which is softer and gentler for your shoulders and elbows. In addition, by pressing down firmly and resisting the upward spring of the poles while walking, muscular strength, endurance and stability increase in most groups of muscles. **Bungy Pump training** stimulates in particular the muscles of the upper arm (triceps), shoulder muscles (rotator cuff and deltoid) and the back muscles (latissimus, serratus and rhomboid). Stabilising muscles close to the joints in the lumbar region

are also strengthened. The large muscles in the neck (trapezius) and the chest with its large chest muscle (pectoralis major) are also exercised effectively using **Bungy Pumps**. Moreover, you must work actively with your stomach muscles since you have to fight continuously against the suspension in the poles.

I would particularly like to recommend **Bungy Pump Walking** to those people who have back problems since the poles activate stabilising stomach and back muscles near the joints which are important for good posture and which, in turn, relieve the vertebrae. The effect on the body is also to build more capillaries (small blood vessels) in the muscles and this in turn means that nutrients, waste products and oxygen can be exchanged more efficiently. The body can work longer without getting tired. To put it simply, fitness is the ability of your body to absorb oxygen and turn it into energy. Using **Bungy Pump poles** as an exercise tool, you can effectively improve your fitness, strength and endurance and feel better as a result.

As a registered physiotherapist, I recommend that you neither need to train hard nor for a long period of time with **Bungy Pump poles** in order to improve your state of health considerably. However, you need to do it regularly. It is better to go for a shorter walk on a daily basis than for one long walk once a week.

The very best thing is to go for a **Bungy Pump Walk** for 30-60 minutes a day – either in one go or divided into two or three shorter sessions. Going for a walk is the type of exercise which has the greatest potential to increase the level of physical activity everywhere, so make walking even more effective and do the same as me – exercise using **Bungy Pump training poles!**

Rovena Westberg
Registered physiotherapist
Toppform Sjukgymnastik

