

Start running with your Aerower Jumper1

Previous recommendations

- Adapt your Jumper1 by cutting the necessary bands and using the appropriate arcs according to your weight and physical condition. Make sure you get it right with our Strength customization and sizes chart.
- Always maintain the correct posture and activate the core muscles.
- Remember that with each step your weight must always fall on the centre of your Jumper1.
- Breathe properly.
- Coordinate your arms to facilitate movement.

Start running

- On site, begin to perform march movements, barely lifting your feet off the ground. Simply swinging the weight from one foot to the other. Feeling how your Jumper1 absorb the impact.
Your back should be aligned, keep your gaze straight ahead. The arms naturally accompany the movement.
- When you feel more comfortable, elevate your legs a little higher, and start jogging in place. Maintain an upright position and accompanying the movement with your arms.
Make sure the RS system compresses and gives you a feeling of shock absorption and impulse.
- Progressively raise the height of the jog and begin to move.
The running movement should be smooth and easy.

It is normal that the feeling is strange at first, you have added some variants to your race: more height, the weight of the jumpers or the thrust they provide.

Trust, your body will make certain neuromechanical adjustments to adapt. You will notice that your posture and gesture are not the same as when running with conventional sports shoes.

Remember to stretch your legs and ankles after your training.

Frequent mistakes

- To elevate the knee above your hip line during the stride.
- To bend the knee more than 90°.
- To pronate/supinate or to step on the toe of the boot.
- Knees in hyperextension during the shock absorption.
- To work in apnoea.

Dangerous practices

- To bring the heel to the buttock.
- To make turns of more than 180°. You should never do full turns in one jump.
- Acrobatics. It is extremely dangerous to perform movements such as cartwheels, handstand, etc. with the jumpers.



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