

XTENSi[®] Bungee Swing

Thank you very much for choosing a Sport-Thieme product!

Please read the instructions fully before you use the product so that you can enjoy the product and safety is guaranteed. We are happy to respond to your questions and requests.



Items included

- Safety harness with three click fasteners
- 1 pair of elastic ropes – 5 kg
- 1 pair of elastic ropes – 10 kg
- 1 pair of elastic ropes – 20 kg
- 1 pair of elastic ropes – 40 kg
- 4 safety snap hooks for attaching the ceiling ropes to the elastic ropes and the swivels to the harness
- 2 mountaineering snap hooks for attaching the elastic ropes to the swivels
- 1 pair of swivels – max. load 250 kg
- 1 pair of extension ropes for ceiling heights over approx. 255 cm

Assembly

The swing must be assembled by adults.

Suspension sequence from top to bottom (see page 5):

1. Ceiling mounts
2. Extension ropes* for ceiling heights from 260 cm (optional)
3. Steel snap hooks
4. Combination of elastic ropes according to body weight (see instructions for use)
5. Large aluminium snap hook (also for holding on to)
6. Swivel and steel snap hook (only for advanced users or when using the bungee swing for sports) (optional)
7. Safety harness

Assembly instructions

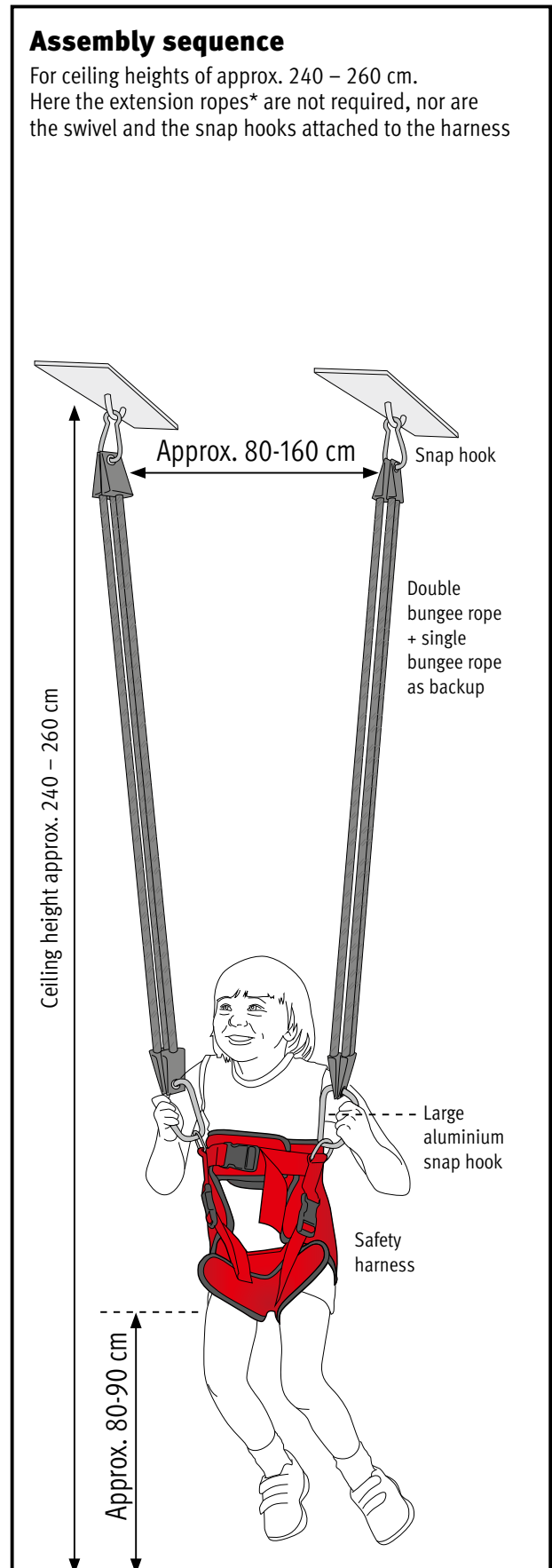
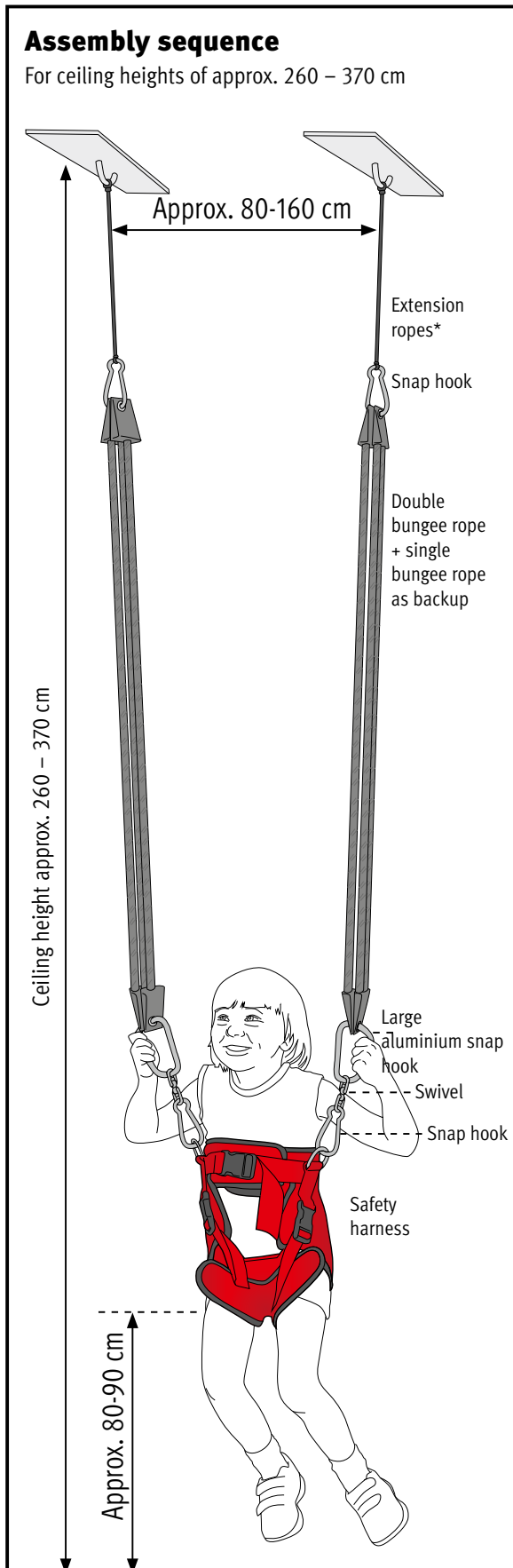
Maximum distance between the seat of the harness and the floor: 90 cm. Minimum clearance between the swing and the next object/wall: 1.5 m on both sides; at least 2 m to the front and rear. Prior to use, a gymnastics mat at least 2-5 cm thick and measuring at least 2x1 m must be positioned centrally on the floor underneath the bungee swing (Note: a thicker mat can be used to create a harness height suitable for smaller children).

Suspension

The standard version of the swing is designed for a ceiling height of around 2.5 m. For higher ceilings, extend the bungee ropes by adding the extension ropes supplied.

To fix the XTENSi Bungee Swing to the ceiling, you need two suspension points. Only use approved, safe ceiling suspension fixtures (see suspension accessories) (e.g. ceiling mount, product code 177 3806).

In accordance with the manufacturer's instructions, the ceiling fixtures are either to be mounted on a sturdy ceiling beam or in a concrete ceiling. The distance between the two ceiling mounts can vary from around 80 cm to around 160 cm (greater distance means more jump strength). The ceiling mounts are positioned at a right angle to the direction of swinging (if you stand in front of or behind the swing, you can see straight through the eyes of the swing hooks). This prevents excessive wear to the snap hooks used. The XTENSi Bungee Swing is suspended on the ends of the ropes using the two free snap hooks. When a child sits in the bungee swing, the distance between the underside of the bungee harness and the floor in a room 2.5 m high is around 80 to 90 cm depending on the distance between the swing mounts and the weight of the child.



*** Formula for roughly calculating the length of the extension rope:**

Approx. length of the extension rope = Ceiling height - 260 cm

Note: The length of the extension rope also depends on the size of the user, the mat placed underneath the apparatus and the type of exercises that are to be carried out with the bungee swing.

XTENSi® Bungee Swing

Developed by the sensory integration therapist and trainer Elisabeth Wankel and proven through many years of therapeutic use, the original XTENSi Bungee Swing is attractive and multifunctional. Children can gently swing up and down, back and forth. The XTENSi allows children to gain vestibular and proprioceptive experiences of movement with pressure and resistance, thereby controlling the stimuli. Children with disabilities also delight in the new movement variations. With its versatile nature, the swing can be used in psychomotricity, sensory integration, occupational therapy, physiotherapy, preschools, schools and many other areas.

Use

Suitable for children and adults who weigh between 10 and 80 kg. Under the supervision of a therapist, the XTENSi is also suitable for use by children from the age of 2.

Use in therapy

In all activities, using the XTENSi promotes:

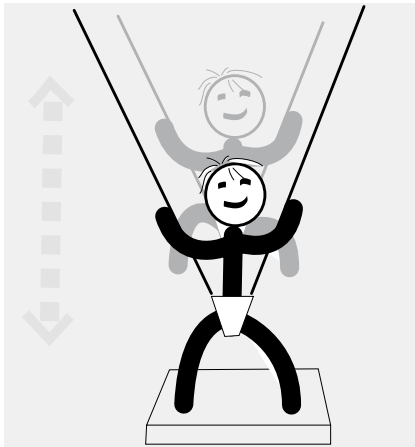
- the development of tone,
- adapting balance reactions,
- bilateral integration,
- sequencing,
- the development of motor skills at all levels and motor planning.

The XTENSi Bungee Swing provides intense experiences with gravity from practically any spatial direction. Thanks to the safety harness, it is even possible for children unnerved by gravity to experience intensive movements from an upright position. Furthermore, XTENSi has a substantial selfregulating effect. Overcoming the bungee ropes' resistance to stretching and pushing off from the floor provide the user with very strong proprioceptive information which in turn has a regulatory effect on vestibular input. Overall, this contributes to a significantly improved modulation of all sensory systems.

The momentum generated by the apparatus requires constant reaction and adjustment, and thereby promotes the ability to interact. At the same time, it also assists the smallest of movement impulses, providing a variety of movement experiences and a sense of achievement as a result. The swing affords children with physical disabilities the opportunity to experience easy and fast movements which they initiate themselves as well as allowing them to gain spatial experiences which they otherwise would not experience in the same way. Last but not least, the swing is a lot of fun for both the children and the therapists, and fills them with a sense of ease.

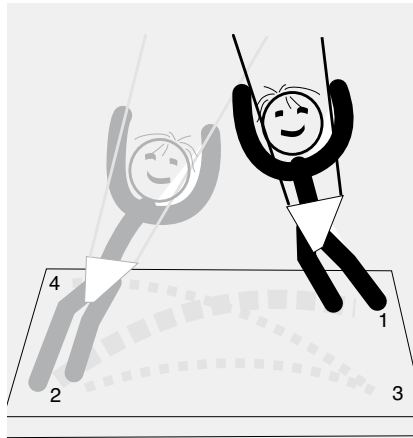
Correct set-up helps to provide children with the best possible bungee experience:

- Cover the floor – preferably all of it – with mats
- Mats of different depths enable you to compensate for users of different sizes, and enable the user to jump up and down, back and forth, and push off from the floor.



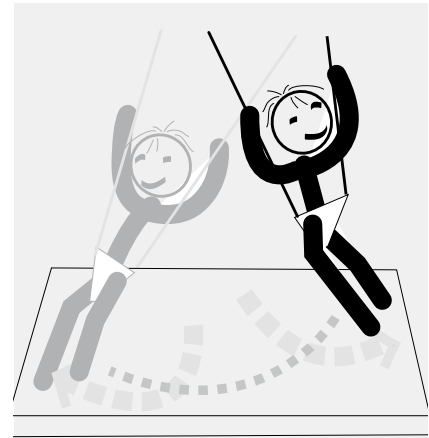
1. Bouncing

Vertical, linear acceleration:
Developing tone in an upright position,
jumping up and down.



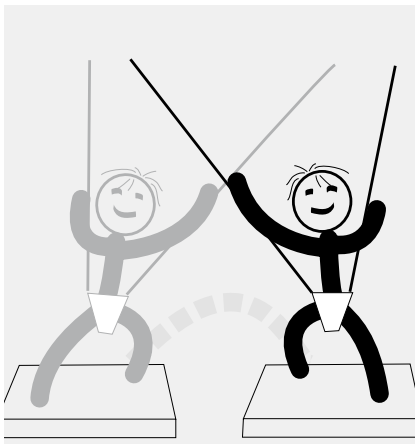
2. Angled jumps

Antics on an angle! Spatial perception
(front-rear, corner to corner, side to side),
motor planning, sequencing.



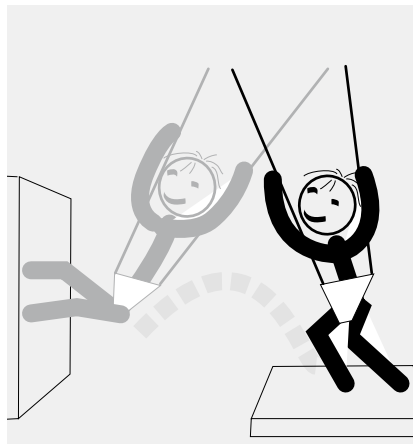
3. Twisting and turning

'Turn, turn ...': Promoting rotation,
crossing the centre line, motor
planning, integration.



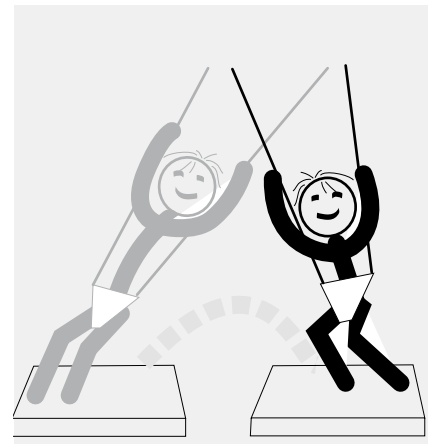
4. Jumping to the side

Development of lateral flexion
and stretching.



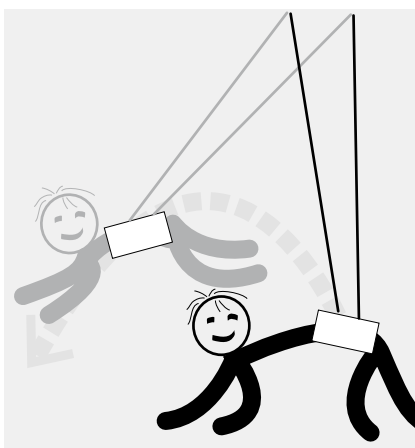
5. Jumping up the wall

Swinging against the mat: Pushing
off, development of co-contraction,
high/low, front to back, top to bottom..



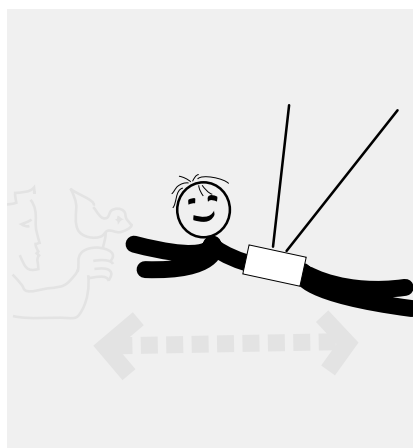
6. Swinging over an obstacle

The Tarzan swing: Development of
flexion and stretching. Promoting
bilateral coordination, temporal and
spatial organisation.



7. Frog

'Leapfrog': Development of tonic
stretching.



8. Superman

'Flying and catching': Linear
acceleration, stretching against
gravity, motor planning.

Suspension accessories

For the suspension of your XTENSi Bungee Swing, please only use suspension elements intended for this purpose:

Product code.	Description	Comments
177 3806	Wall/ceiling mount	Sturdy ceiling/wall attachment for universal use
207 4809	Ceiling cross	Universal suspension fixture for concrete ceilings
207 4812	Celing cross	Universal suspension fixture for suspended ceilings Available for suspension distances of up to 20 cm, 40 cm, 60 cm
174 8811	Suspension rails	Available in lengths of 1 m, 2 m, 3 m
2088525	Replacement bungee ropes	Complete replacement rope set for the XTENSi Bungee Swing

Instructions for use and safety advice

The swing can be used by people with a body weight of approx. 10 to 80 kg and can be made to behave differently by changing the type of ropes attached.

For safety reasons, at least 2 ropes must always be attached to each of the two harness suspension fixtures when the user's body weight exceeds 20 kg.

For the rope combinations, please refer to the following table:

Body weight	Rope combination
Approx. 10 to 20 kg	5 kg-rope on both sides
Approx. 20 to 30 kg	Combination of 10 kg- and 5 kg-rope on both sides
Approx. 30 to 40 kg	Combination of 20 kg- and 5 kg-rope on both sides
Approx. 40 to 60 kg	Combination of 20 kg- and 10 kg-rope on both sides
Approx. 60 to 80 kg	Combination of 40 kg- and 10 kg-rope on both sides

The optimum number of ropes is that which allows the child to both push off from the floor effectively and move fluidly when jumping. Depending on the jumping behaviour and power of the child, especially in small children, the distance from the floor can be reduced by inserting an additional thick mat.

The snap hooks must be closed and screwed together at all times.

Getting in: the swing harness is detached and put on the child on the floor. The child then positions his or herself between the suspended ropes, possibly on a stool, and the supervisor helps with pulling down, holding onto and attaching the ropes as well as removing the stool (if applicable). The harness safety belts must be adjusted to the size of the child, fit snugly and be closed using the click fasteners.

The bungee swing must only be used under supervision.

Please keep these instructions for future reference.

Maintenance and care

The product is carefully made using high-quality components. The ropes are made from coated natural latex. The rate at which these age and wear depends on temperature, humidity, exposure to sunlight etc. The ropes must be stored in a dry place, protected from light.

Fundamentally, the ropes are consumables which must be replaced after 4 years. If the ropes become slack due to intensive use, they must be replaced. The ropes must not be stretched to more than 300%.

Ceiling fixtures and snap hooks must be checked at regular intervals to ensure that they are secured firmly in place and replaced if necessary. The swing harness must be checked to ensure that the seams and suspension loops are in perfect condition.

Only replace worn parts with original replacement parts.

Only use mild cleaning agents to clean the apparatus.

Guarantee

Sport-Thieme offers a 3-year guarantee on the XTENSi Bungee Swing. As wearing parts, the ropes are excluded from this; here, only delivery in a technically perfect condition is guaranteed.

Guarantee claims due to wear or incorrect use will not be accepted.

