

Fast Fluff™ Vault Trainer Operation & Set Up



Uphill vault training is important. Athletes should do it every day. But many times coaches can't do as many uphill drills as they would like for a variety of reasons. Not enough mats, not enough vault stations, not enough kids to move all the mats. There may even be too many mats and no place to drag them out of the way. The NEW *Fast Fluff™ Vault Trainer* Saves Time, Saves Energy.

SAVE TIME

You have a limited time to get all your work done during the vault rotation. Hunting down all mats to use and moving them takes up precious time that could be spent practicing. You don't want to waste 5-10 minutes every time you practice. Wasted minutes wastes turns. With a push of a button the NEW *Fast Fluff™ Vault Trainer* inflates. Now its time to train! **Inflate to DRILL.**

SAVE ENERGY

Dragging mats around the gym is hard. It's hard on your body, hard on the equipment you drag it across, and it's hard on the mat handles and covers. Then, it's hard to move them out of the way to get to the fun part. Landing great vaults! Now, simply turn off the blower and in less time it takes to walk back to start again, your area is ready to go onto the next part of training, the landing. **Deflate to SKILL.**

Inflate to DRILL, Deflate to SKILL.

Tim Darling
Business Development

web www.pitfluffer.com
email tim@pitfluffer.com
voice 215.990.1462



GymCare is an Authorized AAI Dealer and exclusive distributor of the Patented *Fast Fluff™ Pit Fluffing System* and the *Fast Fluff™ Vault Trainer*

Your *Fast Fluff™* Vault Trainer will come shipped in a tight ball. When it arrives, *use extreme care* when unpacking and if using sharp objects to unwrap it. You could cut your bladder and render the vault trainer useless.

The Fast Fluff™
Vault Trainer was
designed specifically
to help with vault
drills.

It is not a landing
mat, a rebound
device or a bounce
house.

It was designed for
one user at a time,
with proper matting,
under the specific
instruction of an
experienced trainer.



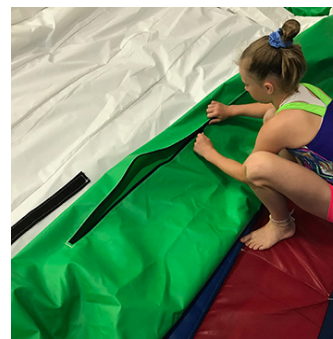
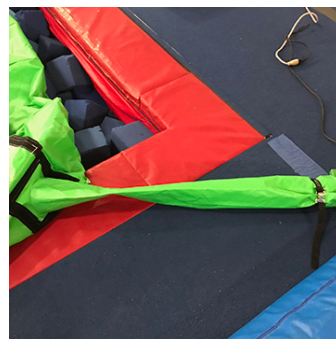
Unroll the ball on a solid matted surface in the area you want to train vault. Typically behind the vault horse. Position the front of the bladder adjacent to the vault. The front of your Vault Trainer has the straps and the warning sign that indicates use only with proper matting.



Determine where your blower will be located and open the nearest flap to expose the air feed tube that you will connect directly to the blower.



Secure the air feed tube to the blower using the strap. Make a tight connection between the air feed tube and the blower tube. Make sure your exhaust zippers are all zipped shut and the air feed tube is not twisted.



You are ready to go. Turn on your blower. It takes about one minute to inflate. *If it does not inflate in 60 to 90 seconds recheck the one Air feed tube and exhaust zippers to make sure both are shut tightly.*



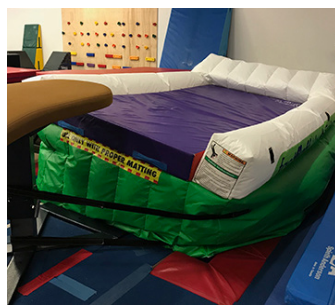
Once inflated, the bladder is easy to position where you like it. Secure the front section around the vault uprights using the velcro straps.



Find yourself a 5' x 10' x 8" skill cushion and place it in the space provided. **Do not use this equipment without a skill cushion in place.** It is not a rebound device.




Begin your vault drills. We strongly recommend exiting the vault trainer in the same direction as you entered, over the horse.



Once you have completed your vault drills you may be ready to complete the real skill you have been training. **This is strictly up to the determination of your coach.** Simply turn off the blower and un-zip the nearest zipper, or zippers, and let the bladder fully deflate. Make sure the skill cushion is in the proper position behind the vault and you're ready to follow the instructions and directions of a coach. **Inflate to DRILL, Deflat to SKILL.**





WARNING

- *) Serious injury (including permanent paralysis or death) could result from any activity involving motion, rotation or height.
- *) All users of this equipment assume the risk of serious injury.
- *) Mats and pits cannot and do not eliminate the risk of serious injury.

Safety Instructions

ALWAYS:

1. Consult an instructor prior to use.
2. Use equipment **ONLY** under the supervision of trained and qualified instructors.
3. Use equipment with trained spotters and the proper spotting equipment.
4. Check equipment before use for proper positioning: equipment can move during use.
5. Follow a progressive learning pattern. Assure basic skills are achieved before attempting more advanced skills.
6. Use only when all hard exposed surfaces are protected with proper mats.
7. Assure that inflated equipment has sufficient air pressure to avoid injury.

DO NOT use the apparatus with damaged, worn or missing parts.
DO NOT allow more than one person at a time to use the equipment.

This material meets standard methods of test for fire resistant NFPA 701
This material is lead free and meets all standard methods of CIPSA tests

NOTICE

Important Consumer Hazzard

- *) Read this document and all other accompanying product documentation thoroughly before installing, using or permitting use of this equipment.
- *) Require all persons intending to use this equipment, as well as those instructing or coaching users, assisting users and/or spotting users to read this document thoroughly before you authorize equipment to be utilized for any purpose.

WARNING

- *) Risk of serious injury, paralysis and/or death is inherent in all activities involving motion or height.
- *) This equipment is to be used only by properly trained, qualified persons under supervised conditions.
- *) Use without proper supervision is dangerous and should never be undertaken nor permitted.
- *) **Manufacturer shall not be liable nor responsible for personal injury or property damage incurred through use or misuse of this equipment.**

USE ONLY WITH PROPER MATTING

Proper matting must be in place before a user is permitted to perform drills.

- ⚠ The possibility of serious injury, including paralysis or death, is inherent in any activity involving motion or height. The equipment with which this notice has been included is intended for use only by properly trained, qualified persons under supervised conditions. Use without proper supervision is dangerous and should not be undertaken nor permitted.
- ⚠ Know Your limitations as well as the limitations of your equipment. Consult a qualified instructor before attempting any new activity or skill.
- ⚠ This equipment must be used with proper mats, spotting equipment, and qualified spotters for each activity or skill. Mats and pits cannot and do not eliminate hazards.
- ⚠ Inspect each component for damage, loose fittings or signs of wear before each use. Do not use if you have any concern as to the condition of this equipment.
- ⚠ Test unit for stability prior to each use. Do not use if you have any concern about the stability, condition or suitability of this equipment.
- ⚠ Do not attempt to repair damaged or worn equipment or components yourself. Contact the manufacturer to arrange for proper repair or replacement by a qualified professional.
- ⚠ Use this equipment only for its intended purpose. Do not modify equipment in any way.
- ⚠ Before each subsequent use, re-check stability and settings of this equipment.
- ⚠ Remember, no equipment can eliminate the possibility of injuries.

If you have questions regarding this notification or do not completely understand any part of it, contact supplier at 610-990-1462 immediately. Do not use or permit use of this equipment until all such issues are resolved.

THE *Fast Fluff*™ VAULT TRAINER IS NOT A BOUNCER RIDE ... nor intended to be used as a bouncer ride by anyone. It is not a landing mat, a rebound device or a bounce house. It was designed for one user at a time, with proper matting, under the specific instruction of an experienced trainer.