

# 1

## BAGJUMP® SET-UP

BAGJUMP  
**AIR-PIT**



- Position bag and roll out



- Connect the blower to the bag and plug
- Lay out the blower tube ensuring there are no kinks



- Inflate the airbag



### STEPS FOR SETTING UP

- Position bag. Pay attention to the connection direction of the blower.
- Roll out the bag.
- Connect the blower.
- Switch on the blower (Stage 1 initially).
- Align the bag and ensure it will not slip.

### SAFETY INFORMATION

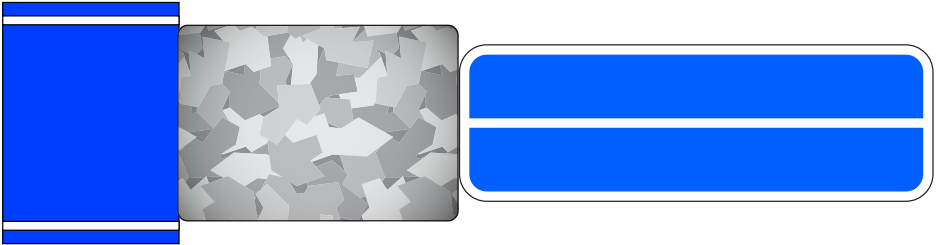
- Do not kink the blower tube.
- Secure the cable for the blower (possibly tape to the floor).

# 2

## AIR TRACK RUN

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### TOP VIEW



### SIDE VIEW



### COMPLETE SET-UP

- Airtrack run and Airbag
- Soft pad behind jumper doing the run

### EXERCISE

- The child performs various jumps into the bag (including somersaults).
- Helper supports the child at the rear.
- Landing in low position (legs clearly bent, arms forward for balance) or onto back.

### EDUCATIONAL ADVICE

- This exercise is only suitable for children who have previous gymnastic experience
- Highly challenging.

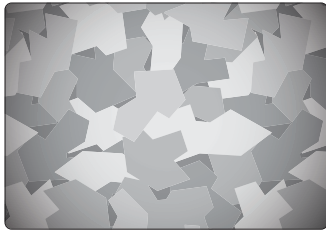
### SAFETY INFORMATION

- When landing on feet, a low landing position must be assumed (knees clearly bent; arms forward for balance).
- There must be at least one soft pad behind the bag.
- The bag must be secured to avoid slippage (ensure there are no gaps).
- An experienced helper if necessary to provide support at the rear.

# 3

## TIMBER!

**BAGJUMP**  
**AIR-PIT**



TOP VIEW

SIDE VIEW



### EXERCISE

- The child positions themselves on a large box with their back to or facing the bag.
- The child jumps from the box into the airbag landing on their back.
- The height may be varied – depending on courage level.

### EDUCATIONAL INFORMATION

- This exercise is only suitable for children aged 6 and over.
- Challenging.
- From an educational perspective, this challenge is about 'having the courage to do something and taking responsibility'.

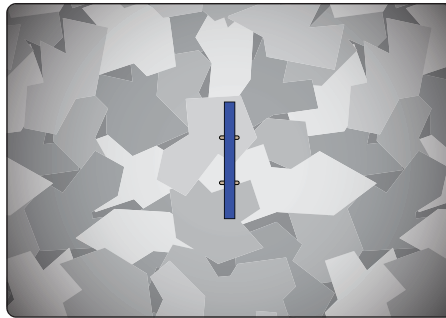
### SAFETY INFORMATION

- Upon landing the child should not support themselves with their arms positioned behind them.
- They have to land on their back. Landing on the stomach with line of sight directed towards the bag may cause injury to the spinal column.

# 4

## ELEVATOR

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TOP VIEW



SIDE VIEW



### EXERCISE

- The child is lifted up by helpers that s/he trusts to drop them.
- The child lands in the correct seated position.

### EDUCATIONAL INFORMATION

- This exercise is suitable for children aged 6 and over.
- Challenging.
- From an educational perspective, this challenge is about 'having the courage to do something and taking responsibility'.

### SAFETY INFORMATION

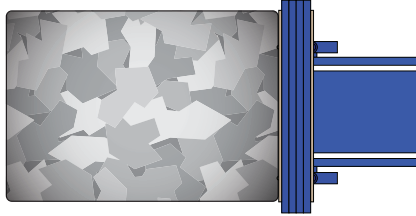
- Due to the relative height, only a seated landing position or back landing position should be performed.
- Swinging is to be avoided.

# 5

## MAT WALL

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TOP VIEW



SIDE VIEW



### EXERCISE

- The child takes a run-up and negotiates the mat wall (possibly with a box to help).
- Can perform a variety of jumps from the top of the mat wall.

### EDUCATIONAL INFORMATION

- This exercise is suitable for children aged 6 and over.
- Challenging.

### SAFETY INFORMATION

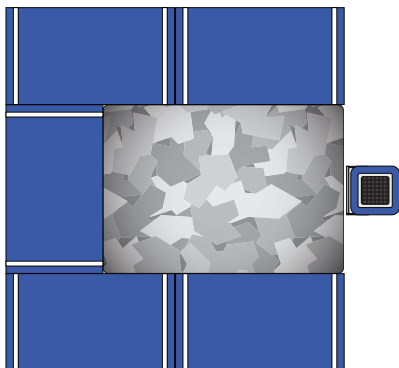
- Foot landings are not permissible due to the relative height.
- Avoid gaps between the mat wall and the bag.

# 6

## MINI-TRAMP FREE JUMPS

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**AIR-PIT**

TOP VIEW



SIDE VIEW



### EXERCISE

- The child takes a run-up and performs various jumps into the airbag such as a straddle, tuck or freestyle jump.
- Child must always land the jump onto their backs.

### EDUCATIONAL INFORMATION

- Exercise suitable for children aged 6 and over.
- Moderate to highly challenging – varies frequently!

### SAFETY INFORMATION

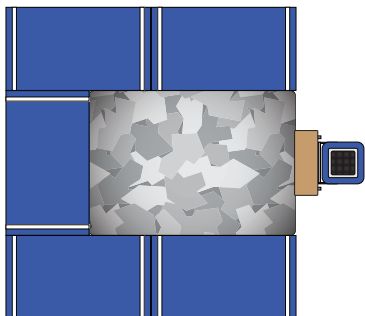
- Twists are to be avoided when landing on feet.
- There must be at least one soft floor behind the bag.
- The bag must be secured against slippage.

## 7

## MINI-TRAMP JUMPS WITH BOX

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AIR-PIT

TOP VIEW



SIDE VIEW



COMPLETE SET-UP • Mini trampoline • Large box crosswise • Bag • Soft floor behind

**EXERCISE**

- Child approaches the trampoline and performs a jump over the box. Helper supports child in upper back or thighs.
- Child must always land the jump onto their backs.

**EDUCATIONAL INFORMATION**

- This exercise is only suitable for children who have gymnastic experience.
- Challenging.

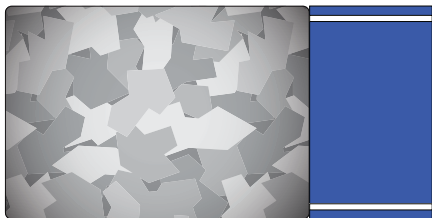
**SAFETY INFORMATION**

- For foot landings a deep landing position is to be assumed (knees clearly bent. Arms out for balance).
- There must be at least one soft mat behind the bag.
- The bag must be secured against slippage (avoid gaps!).
- An experienced helper secures legs or back.

## 8

## RINGS

TOP VIEW



SIDE VIEW



- A box can be positioned in front of the rings allowing the child to launch and swing into the bag.



## ASSISTANCE

- Helper secures the child at hip level



## LANDING

- Child lands in correct back or seated position.

## EDUCATIONAL INFORMATION

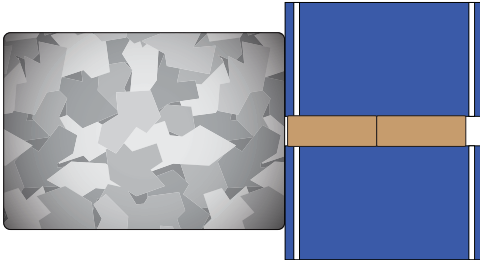
- This exercise is suitable for children with a strong hold and body tension.
- Very challenging.

## SAFETY INFORMATION

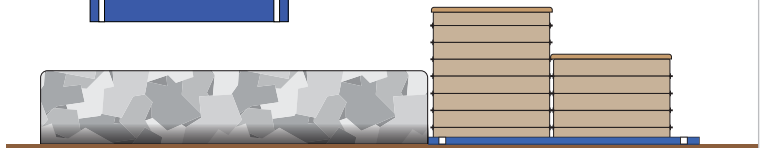
- The floor of the swing area is to be covered with safety mats.



TOP VIEW



SIDE VIEW

**SEATED LANDING**

- When falling, the upper body has to be slightly stretched.
- When landing the hands are to be positioned diagonally behind the buttocks; finger tips pointing up.

**BACK LANDING 1**

- The child stands facing the bag. During the jump, they push their legs forward.
- While falling the body must be horizontal.
- When landing the arms are to be crossed over the chest.

**BACK LANDING 2**

- The child stands with their back to the bag. They let themselves fall.
- While falling the body must be stretched. Do not over-rotate!
- When landing the arms are to be crossed over the chest.

**BACK LANDING 3**

- The child stands facing the bag. They let themselves tip forward.
- The child completes a 180° rotation.
- When landing the arms are to be crossed over the chest.

**EDUCATIONAL INFORMATION**

- This exercise is suitable for children who are courageous and who have body tension.
- Very challenging.
- From an educational perspective, this challenge is about 'having the courage to do something and taking responsibility'.

**SAFETY INFORMATION**

- All exercises are to be started at a lower height and gradually increased!