

# PRE-FLIGHT CHECKLIST

Stand the pogo stick up for about 5 minutes to allow the lubricant to cover the cylinder walls and ensure a smooth ride.

Remove the SofTop by rolling the o-ring down onto the tube and then peel the SofTop up over the handlebars.

Use a tire pump or air compressor with a gauge, if possible. Fill to about 10 psi and work the pogo stick up and down a few times to distribute lubricant in the cylinder.

Inflate to approximately 60 psi.

Hold your pogo stick at a 45° angle to the ground. Tap the bounce pad on the ground. Rotate the stick 90° and tap it again. You might hear some air escape. Don't worry about bending the slide shaft — you won't!

Continue rotating and tapping until no air exits the breather holes. Add more pressure if necessary to finish the tapping out process. Use a rag to wipe away any excess oil from around the breather holes.

Adjust the air pressure to your desired psi level. The best starting psi for a beginning rider is typically 1/4 of their body weight.

Once you can comfortably maintain control at a lower pressure, you can add pressure to create a stiffer spring and a higher bounce.

**Always** replace the SofTop before bouncing.

A helmet and shoes are always required. You never know when you might slip and smack your noggin. Elbow pads and gloves are also recommended.

Avoid dirt, sand, grass, dusty spots, and areas that can cause the inside of your pogo stick to get dirty. Always avoid wet or slippery surfaces!

Keep your shaft free from dings and scratches. If you do scratch it, make sure to sand it down for best performance. Store your pogo stick in a vertical position.

# SAFETY

Never, ever get onto a Vurtego pogo stick (or any pogo stick, for that matter) without your helmet. This is rule numero uno! While injuries tend to be pretty rare, hitting your head is always a possibility – and it only takes one fall to crack your noggin open.

Before gearing up for a bounce session, go through a quick checklist to make sure that your stick is completely tightened up and ready to perform. Make sure the bolts are completely screwed into the cylinder, check to make sure the handlebar is secure, and see if the bounce pad is securely fastened.

Your Vurtego was designed to take abuse, and lots of it. Your body...not so much. If you lose your balance in the air, ditch the stick and land safely on your feet; walk over to the pogo stick, talk to it like a baby and tell it you're sorry, then get back on it.

Only bounce on flat, even surfaces. If you find yourself bouncing on a steep incline or decline, you may very well find yourself on your back. And make sure that the surface you're bouncing on is sturdy. If the ground isn't solid enough, you'll punch a hole right through it.

We shouldn't even have to state this one. It's common sense, people. Don't bounce on slick surfaces. Ever tried ice skating with tennis shoes on? That's what bouncing on slippery surfaces feels like. On the other hand, if you want to end up on your butt, go right ahead.

Be wary of any overhead objects. You can pretty easily get your head 10 feet or higher on a Vurtego. It's no fun smacking your head on the ground and even less fun smacking your head on the sky... especially when you fall and smack your head on the ground right after.

It's possible to cover a significant amount of ground between bounces on a Vurtego. Don't bounce next to people, cars or other objects that you might accidentally land on. You can pretty seriously hurt someone else by landing on them. And replacing a hood on a 2010 Mercedes C class is not cheap...

Trust us, we know.

**Don't ever take your stick apart with pressure in it.** Seriously, don't do it. Always let the air pressure out of it and collapse the slide shaft completely before doing any work on it!

## TAKEOFF

Shoes play an important role when bouncing around on your pogo stick – especially if you are going to be reaching high altitudes. We highly recommend a pair of tennis shoes or skate shoes, which are meant for absorbing impact.

Helmets are crazy important. Go get one. Period. You should never bounce around on our pogo stick without a helmet. Same goes for any potentially dangerous sport. You never know when you might hit a patch of oil or slippery gravel and smack your head.

The first thing you'll notice when you unpack your Vurtego is that the slide shaft is not extended out of the pogo stick shell. That's because it's in travel mode and needs to be pumped up before you bounce. You will need a good tire pump or a small air compressor to do the job. The fill valve is exactly the same as a car tire fill valve, so the attachments will be the same.

As soon as you start putting air into your pogo stick you will notice that the slide shaft begins to extend. Sometimes, after storage or shipment, it may take a few psi to get the shaft to move, and as a result, the shaft may jump out a few inches. Once the slide shaft fully extends, it's a good idea to stop inflating your pogo stick. At this point you can step on one of the pegs and work the pogo stick up and down. This will help to distribute the lubricant inside of the cylinder shell. The more air pressure you put in, the stiffer the air spring becomes.

Here are some rules of thumb for pumping your stick up:

First of all, you will need to find the fill valve. It's on top of the stick underneath the SofTop. Remove the SofTop by rolling the o-ring down onto the cylinder and then pulling the SofTop off of the pogo stick.

Proper air pressure is dependent upon the weight and skill level of the rider. A good place to start is to inflate your pogo stick to a pressure that is equal to your body weight divided by four. In other words, if you weigh 160 pounds, try 40 psi to start. If you measure your weight in kilograms, try starting with around half of your bodyweight in psi.

Believe it or not, the slide shaft should not move at all when your entire body weight is on the pegs. However, it should move once you start to apply a jumping load on the pegs. Inflating the pogo to a pressure somewhat above the point where it doesn't move when stepped on is a good place for beginners to start.

Experienced riders and those craving more altitude will find that a pressure a little less than one-third body weight works well. So if you weigh 160 pounds, try using 50 psi.

Experiment with different air pressures. You'll figure out your preferred psi pretty quickly.

Make sure that you replace the SofTop once you have determined the proper psi.

Once your pogo stick is pumped up, it's time to start bouncing:

Place the middle (not ball) of your foot on one the pegs.

Step up onto the pegs, keeping the pogo stick close to your body. Make sure you keep your hands and handlebars as close to your thighs as you can when bouncing. Most people tend to push the handlebars away from their body at first, which makes bouncing impossible. Keep those hands close to your thighs so that you and the pogo stick are one unit that moves together!

Bend your upper body over the top of the pogo stick so that your weight is centered on top of it. You want your shoulders and knees to be in line.

Start jumping. It helps to look about 10' ahead while jumping. If you look straight down, you'll lose your sense of balance. If you look straight forward, it will be difficult to time your jumps properly.

Timing with the ground is crucial. You don't want to jump when you hit the ground. Instead, try to push your weight into the ground as the pogo stick makes contact. This will help to compress the air. Don't use your hands to push down at all – the pressure should come only from your legs. As the slide shaft starts to bottom out, jump up a bit and help it back up into the air.

Make sure your practice area is level, dry and has no loose sand or gravel on it. Indoors is fine as long as you have plenty of headroom and a very solid surface to bounce on.

When you first begin bouncing, you only want to use about 6" of the slide shaft stroke. If you are only bouncing 1'-2' off the ground but are using the whole stroke, you're spending too much time on the ground. The more time you spend on the ground, the harder it will be to maintain your balance.

If you haven't pogoed before, you may find your Vurtego a bit difficult to use. Even experienced pogoers will take a little time to get used to the extra stroke length. Don't get discouraged! Even the pros had to start with the first bounce. If you only get one or two bounces on the first try, go for three on the next.

Some beginners find it a little easier to step onto the pogo stick from a curb or step. This is okay as long as you bounce away from the curb when you start. Try changing the pressure up or down a bit to see how it feels. Before long you will have the right pressure dialed in and you will be putting together consistent strings of bounces.

Start with low jumps until you build your confidence. Stay away from "big air" and tricks until you start feeling more confident in your skills. Make sure you have a large, clear area for practicing. Keep obstacles, people and pets out of the way. As you get better and establish more control over your bouncing, you won't need as much space around you. By that point, you'll probably start looking for obstacles to play around on.

You are not attached to your pogo stick and can let go at any time!  
If you feel that you are not going to land a jump, throw the stick aside and land on your feet.  
Your stick is made to withstand lots of crazy impacts – your body... not so much.

## ADDING LUBRICANT

A properly lubricated pogo stick is essential for maximum performance. As you use bounce on your pogo stick and the piston goes up into the cylinder, air is pulled in through the breather holes to reduce friction. When this happens sand, dirt, or other debris can be sucked into your pogo stick, eventually gumming up the seal and slowing down the bounce. Additionally, dirt and sand can scratch your seal, causing your pogo stick to leak air. For this reason, we recommend staying away from dusty and dirty environments. Over time lubricant will also make it's way past the seal, draining out of the pogo stick. You may not notice the change as your pogo stick begins to slow down and require more effort to bounce. It might take weeks, or it might take months, but it will happen. You'll be shocked by how much better you can bounce after adding lubricant or doing a full oil change!

If you bounce on your pogo stick 3x a week or more, we recommend adding lubricant to your pogo stick about once per month. If you only jump on the weekends, you can probably add lube every 2-3 months. There's no such thing as adding too much lube, so you can repeat this process more often if you want your pogo stick to stay at peak performance. It takes us about 45 seconds to add lube, and it won't take you much longer. Here's how to add lubricant to the pogo stick without taking it apart:

A [valve core tool](#)

[Silicone Oil](#) – for beginner to intermediate riders

[Baby Oil Gel](#) – for advanced riders

[White Lithium Grease](#) – for people in warmer climates

Condiment bottle with a nozzle

Release the air pressure from the cylinder. Use the valve core tool to unscrew the core from the valve. While holding the pogo stick at an angle, use a condiment bottle and stick the nozzle inside of the fill valve hole. Pour in 20ml of lube. If unsure, err on the side of too much lube. Screw the valve core back in place nice and tight to ensure there are no air leaks. If you pour lubricant into the V4 without holding it at an angle, the lube will end up inside of the piston and won't do you any good. If you make this mistake, just store the pogo stick upside down for a little bit so the lube can drain back into the cylinder.

# OIL CHANGES

We recommend doing an oil change every 4 times you add lube, or every 2 months if you use it frequently. A newly cleaned and lubricated pogo stick leaps and bounds ahead of a neglected one! If you fail to perform an oil change, the lubricant inside of your pogo stick will turn into a thick, nasty grease. Eventually it will be difficult to power it. A newly cleaned pogo stick will actually bounce better than the day you got it because it will be both clean AND broken in! The process is simple and only takes about 10-15 minutes.

1/4" and 3/16" Allen Wrenches (Hex Keys)

Lubricant (Baby Oil Gel, Vaseline, Silicone Oil, or Baby Oil are all recommended)

Paper towels

Broom handle or wood dowel wrapped with paper towels and held on by duct tape

Release ALL the air from the cylinder

Seriously, let all of the air out of the cylinder! We can't repeat this enough times. Your pogo should never be taken apart when pressurized. You don't want a peg bracket launching itself out of a pressurized pogo stick

Push the bounce pad into the cylinder to make sure air pressure is released

Unscrew the 8 cylinder bolts and pull the entire peg assembly out of the pogo stick

Clean the piston and seal thoroughly

Inspect the o-ring on the piston to make sure there are no scratches. If there are scratches, we can send you a replacement

Wipe down the inside of the cylinder. We use an old sock or some rags duct taped to a broom handle to clean cylinders out. It's pretty high tech, but you should be able to replicate it with some trial and error

Re-lubricate it by putting lubricant inside the cylinder (above the bolt holes) – Baby Oil Gel, Vaseline, and Baby Oil are typical at home favorites

Push the peg assembly back into the cylinder, align the pegs with the handlebars, and screw the bolts into place.

Inflate to approximately 60 psi

Set the seal by holding the pogo stick at a 45° angle to the ground and bouncing the pogo stick down onto the bounce pad. You may hear a burst pogo stick 90° and repeat until no more air escapes

Set to your desired pressure, and bounce away!

## POST FLIGHT & MAINTENANCE

When a pogo stick is stored lying down the lubricant will flow to the bottom of the cylinder, leaving the top of it – and the seal – dry. If you do need to store it on its side, make sure to stand it up for a few minutes before using it again.

The piston inside of the V4 is shaped like a cup. Once lubricant gets down into it, it has a difficult time getting back out. Turn your V4 upside down every now and then to get the lube out of the piston.

Do it before every use. If they aren't threaded all the way in, snug them up. Make sure that the bounce pad bolt is very tight. A loose bounce pad bolt can easily damage the slide shaft.

It's crucial to keep your stick lubricated.

Most people like to use Baby Oil Gel, Vaseline, or Baby Oil at home.

The cylinder body is an extruded aerospace aluminum alloy that is not easily damaged. Scratches and small dings are cosmetic and won't affect the performance of your pogo stick. However, deep dents can cause the piston to stick or not seal properly and may require replacement.

Lubrication of the shaft is not necessary.

The shaft will naturally become oily as your pogo stick is used and oil gets past the piston seal.

Nicks and scratches in the shaft will cause premature wear of the bushing. If the shaft gets damaged, use a file and sandpaper to smooth it up as soon as possible.

Every part on your Vurtego pogo stick is easily replaced.

Bounce pads and handlebars are most likely to require replacement.