





## Dear Customer,

Thank you for choosing Total Gym® products and services. You have purchased one of the most innovative designs in functional training for plyometric rebounding. The PlyoRebounder® by Total Gym sports a dual-ringed structure which protects the springs from heavy medicine ball damage and helps to focus the user to the right area of the rebounding surface.

With proper cleaning and maintenance, your PlyoRebounder will give you great rebounding experiences for years to come. We value you as a customer and your feedback is important to us. If you have any questions or need further information about your PlyoRebounder, please contact our customer service department at (858) 586-6080 or email [support@totalgym.com](mailto:support@totalgym.com).

Yours in health,

A handwritten signature in black ink, reading "Jesse Campanaro".

Jesse Campanaro  
President

## PARTS IDENTIFIER



## SPECIFICATIONS AND LIMITATIONS

### WEIGHT AND ADJUSTMENT SPECS

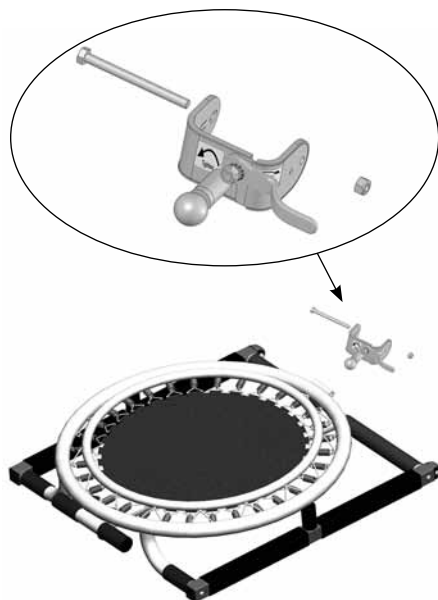
- Max User Weight: 220 lbs | 100 kg bodyweight for light jumping or jogging
- Eleven positions, 5° apart —from flat to 50° tilt
- Rolls for easy transport
- Anchor posts allow 90 lb of Olympic weight\* on each side  
\*not included
- 4 holes to bolt to floor

### SIZE SPECIFICATIONS

- Mat Diameter: 27"; 69 cm
- Maximum size (in use):  
40" W x 48" L x 43" H,  
102 cm W x 122 cm L x 109 cm H
- Shipping size (boxed):  
42.5" W x 47.25" L x 10.5" H;  
108 cm W x 120 cm L x 27 cm H
- Net Weight: 75 lbs; 34 kg
- Gross Shipping Weight:  
95 lbs; 43 kg

## ASSEMBLY INSTRUCTIONS

**STEP 1.** Remove the PlyoRebounder and the clamp from its packaging and check that all the pieces shown below are present. Set the clamp and parts on the floor by the wheels, as shown below.



**STEP 2.** To unfold the PlyoRebounder stand at either side of the frame next to the weight bar post. Lift the ring with one hand and hold it. **CAUTION:** the ring is heavy and may fall. It is a good idea to have someone to hold the ring, while you do the next step.

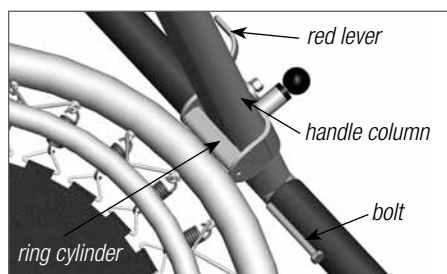


**CAUTION:** Keep yourself and others outside of the PlyoRebounder frame to ensure safety.

**STEP 3.** Lift the handle column until it is vertical. Then lower the ring as shown below.



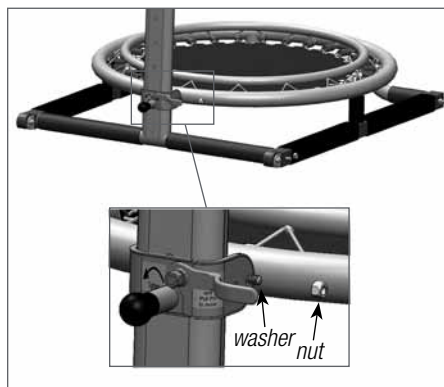
**STEP 4.** Move to the back of the PlyoRebounder facing the handle column. With the PlyoRebounder ring in the lowest level, position the clamp around the handle column and the ring cylinder as shown below.



Turn the red lever to the right in the released position (see the sticker on clamp). Then thread the bolt through the left clamp hole and through the cylinder on the ring to the right side of the clamp but not yet through the right clamp hole.

**STEP 5.** With your left hand, press the bolt through the right side clamp hole while pushing forward on the red lever with your right hand to align the bolt to the hole.

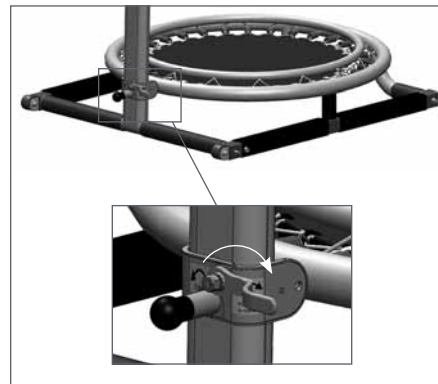
Install the washer and then the nut.



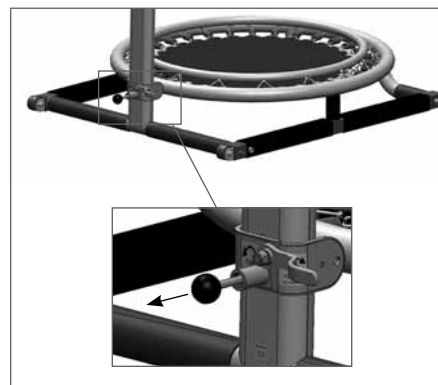
Now tighten the nut and bolt with the two supplied wrenches until they begin to get tight. Then loosen the nut half a turn. Now you can use the PlyoRebounder.

## INCLINE ADJUSTMENT

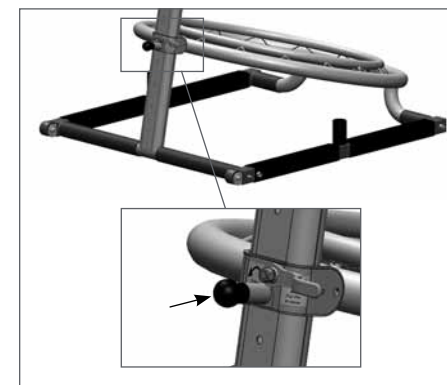
**A.** Rotate the red lever to point toward the right.



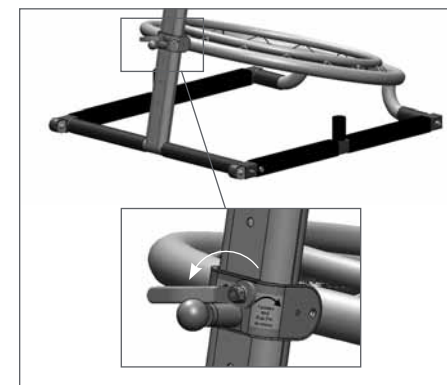
**B.** Grasp the inner ring; pull and hold out the knob.



**C.** Slide the clamp to the desired incline level and release the pin into the hole. If it does not pop all the way into the hole, move the clamp up or down until it does.



**D.** Rotate the red lever all the way to the left and push and pull the ring to ensure it is secure.



**NOTE:** If the clamp rattles or moves when used, make sure the pin is engaged all the way and the lever is pointing to the left as you see it from the back.



## ADDITIONAL USAGE INFORMATION

**Weighting the PlyoRebounder.** You may add your own plate weights to the posts on either side of the PlyoRebounder when in use. (**HINT:** When using heavier balls at a higher incline this may be necessary. The frame can also be permanently bolted to floor.) Do not attempt to move the PlyoRebounder while plate weights are on the posts.

**Jogging in Place.** When flat (adjusted to the lowest pin hole), the PlyoRebounder may be used for jumping or jogging in place.

### ⚠ CAUTION

Inner ring is raised. To avoid tripping, use care when getting on and off trampoline mat.

## IMPORTANT SAFETY INFORMATION

As a facility offering the use of the PlyoRebounder to customers, or as a personal user of the product, you—the owner of the product—assumes the responsibility to become familiar with the guidelines relative to safe use of the product and to convey these guidelines to all users. Read all instructions before using the PlyoRebounder. Warnings and instructions for the care, maintenance and use of this PlyoRebounder are included to promote safe, enjoyable use of this equipment.

## GENERAL GUIDELINES FOR USE AND MAINTENANCE

### ⚠ IN THE FLAT POSITION

- Use caution getting on and off the trampoline mat for jogging or light jumping to avoid tripping over the raised ring frame that protects the springs. Assist all clients on and off the PlyoRebounder.
- Do not jump from the PlyoRebounder to the floor or ground surface when dismounting, or jump onto the PlyoRebounder when mounting.
- Do not use the PlyoRebounder as a springboard to other objects.
- Only perform jogging exercises when the PlyoRebounder is in the flat position parallel to the ground.
- Do not jog on the mat when the PlyoRebounder is set at an angle.
- Hold the handle with both hands to maintain control when jogging or light jumping.
- Do not use the PlyoRebounder to jump high or perform in-the-air tricks, such as somersaults, flips, layouts or other gymnastic movements that are performed on a regular trampoline. Landing from these types of tricks can cause serious injury, paralysis or death even when landing on the mat.
- Only allow one person on the PlyoRebounder at a time.
- PlyoRebounder is not recommended for anyone who cannot functionally walk or run. Children should be supervised at all times.
- To stop jogging or jumping, flex knees as feet come in contact with the PlyoRebounder trampoline mat.

### ⚠ THROWING BALLS

- Throwing to the center of the mat surface provides the best plyometric return for acceleration and deceleration.
- Allow plenty of room to manage stray balls.
- Set up the PlyoRebounder against a wall or add Olympic plate weights to keep it in a stationary position on the floor if it is not bolted to the floor.

### ⚠ GENERAL GUIDELINES

- Only use the PlyoRebounder when the surface of the mat is dry, the product is properly assembled and on a stable level surface.
- Do not stand or jump off of the ring frames.
- Always provide knowledgeable supervision when the PlyoRebounder is in use.
- Inspect the PlyoRebounder before each use. Replace any worn, defective or missing parts.
- Check level adjustment to ensure that the clamp is secure.
- Avoid use of the PlyoRebounder when tired or under the influence of alcohol or drugs.
- Maintain a clear area around the PlyoRebounder.
- Properly secure the PlyoRebounder when not in use.
- Protect the PlyoRebounder against unauthorized and unsupervised use.
- Protect the PlyoRebounder from the elements. Rain, snow and sunlight will accelerate corrosion.

## COMMERCIAL WARRANTY

PlyoRebounder carries a Commercial Use Warranty:

- 24 months on the structural frame, excluding coated surface
- 12 months on fabric and springs
- 6 months on foam parts.

This warranty covers manufacturers defects in materials and workmanship and is valid from the date of purchase for the term of the warranty. Defective parts will be replaced or repaired without charge. This warranty gives you specific legal rights and you may also have other rights, which vary from state to state. This warranty does not cover damage caused by misuse, accidents, or alterations to the product. Unauthorized alteration of the product may invalidate this warranty.

Customer Service: (858) 586-6080



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