



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. Total Gym's PlyoRebounder® 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 800-541-4900 or email support@totalgym.com.

Yours in health,
Tom Campanaro
President/CEO

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 use 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.

▲ 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.

SPECIFICATIONS AND LIMITATIONS



WEIGHT AND ADJUSTMENT SPECS

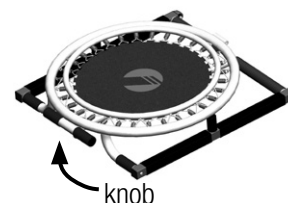
- Max User Weight: 220 lbs | 100 kg bodyweight for light jumping or jogging
- Class H
- Eleven positions, 5° apart —from flat to 50° tilt
- Folds and rolls for transport
- Anchor posts allow 90 lb of Olympic weight* on each side
*not included

SIZE SPECIFICATIONS

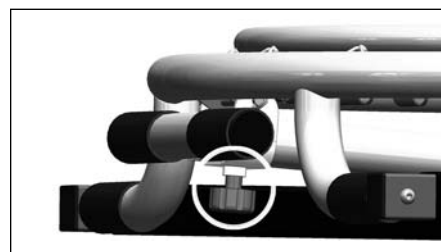
- Mat Diameter: 27"; 69 cm
- Maximum size in use:
40" W x 48" L x 43" H,
102 cm W x 122 cm L x 109 cm H
- Folded size:
40" W x 45" L x 9" H,
101 cm W x 115 cm L x 23 cm H
- Shipping size-boxed:
42.5" W x 47.25" L x 10.5" H;
108 cm W x 120 cm L x 27 cm H
- Net Weight: 75 lbs; 34 kg
- Gross Shipping Weight:
95 lbs; 43 kg

ASSEMBLY INSTRUCTIONS

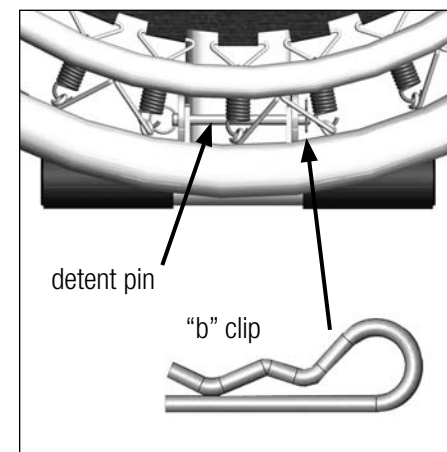
The PlyoRebounder is shipped fully assembled and configured for storage. When it is removed from the box it looks like the picture below.



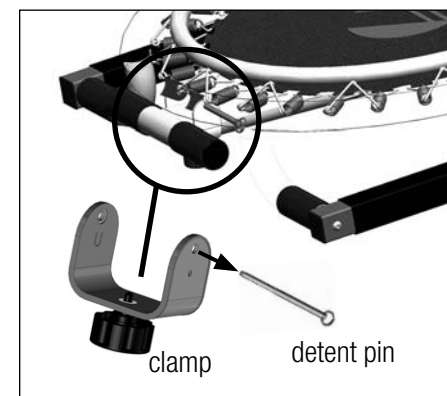
STEP 1. Note location of knob above. Reach under ring and loosen the knob three or more turns.



STEP 2. Next, remove the "b" clip from the hole in the detent pin and set aside for later use. **NOTE:** The detent pin and "b" clip are located above the knob you turned in the previous step. Top view shown below.

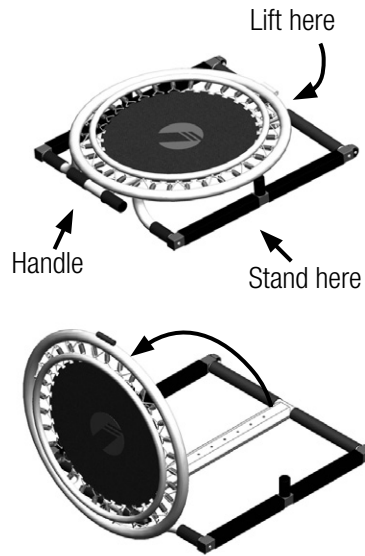


STEP 3. Pull the detent pin out and set aside for later use. Remove clamp from under PlyoRebounder and set aside for later use.



OWNER'S GUIDE | PLYOREBOUNDER®

STEP 4. To unfold the PlyoRebounder, stand in position shown below. Lift the ring with one hand and hold.



Hold components securely to prevent them from falling during this process. Keep yourself and others out of the PlyoRebounder frame to ensure safety.

STEP 5. Lift the handle column until it is vertical.



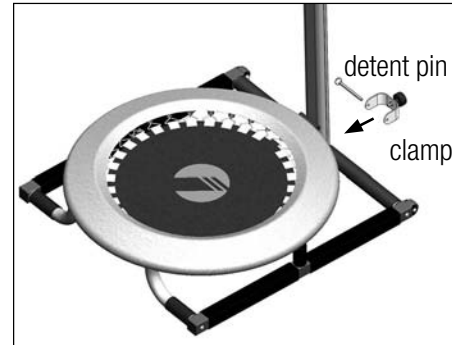
STEP 6. Lower the ring.



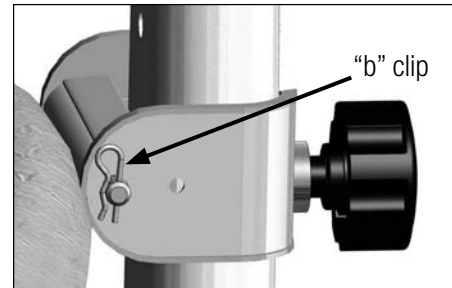
STEP 7. Install skirt.



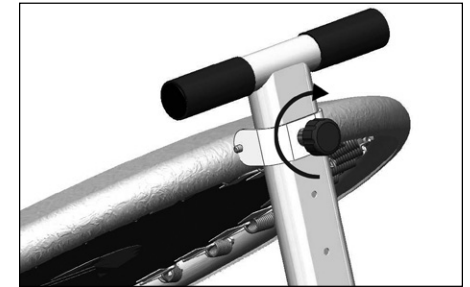
STEP 8. With PlyoRebounder mat in lowest position, attach clamp to ring by threading detent pin through clamp and cylinder on ring. Pay attention to "This Side Up" label on clamp. Unscrew knob as needed if alignment of detent pin is difficult.



STEP 9. Install "b" clip on detent pin by inserting straight part of "b" clip into hole until it snaps into place.



STEP 10. Grasp ring with one hand and knob with other hand. Pull knob out and continuing holding while raising ring to desired hole, then release knob. Ensure pin is engaged in hole by pulling up on ring. Knob should now be all the way in. Tighten knob until you cannot turn anymore.



STEP 11. Your PlyoRebounder is ready for use.

TO STORE

Start at Step 11 and reverse assembly instructions back through Step 1.

When ready to attach clamp, lift handle up against ring and hold. Grasp knob on clamp and hold so "this side up" sticker is facing down and facing away from you. Slide clamp under handle and align with holes. Insert detent pin all the way through the other side of the clamp. Install "b" clip on detent pin by inserting straight part of "b" clip into hole until it snaps into place.

ADDITIONAL USAGE INFORMATION

Changing the Incline. Grasp the ring with one hand and the knob with other hand. Raise and/or lower the ring until you feel the pin slide into the hole for the desired incline. Then turn the knob clockwise several times until it is tight. Pull up and push down on the ring aggressively to ensure stability. If the ring moves or if it rattles when rebounding, push the ring down and tighten the knob more.

WARNING! If the knob gets tight with only a few turns, the pin is not securely in the hole and the ring may fall when a ball hits the mat. Loosen the knob, adjust the clamp, and ensure the pin is fully engaged before retightening.

Weighting the PlyoRebounder. You may add your own plate weights to the posts on either side of the PlyoRebounder when in use. 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.

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.

OWNERSHIP REGISTRATION INFORMATION

Complete this form and reference it for any warranty or product inquiries. [Customer Service: 858.586.6080](tel:858.586.6080)

Product Name: PlyoRebounder Purchase Date ____/____/____ Serial Number _____

Purchaser's Name / Title _____

Name of Facility (if applicable) _____

Phone: Day _____ Evening _____

Address _____

City _____ State _____ Zip _____

TotalGym.com

Customer Service: 858.586.6080

Part # 91631-01

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PLYOREBOUNDER: U.S. Patent Pending; Australia Des. Patent Pending; European Des. Pat. No. 001679945-0001