

## Thank You for Choosing the IDEAL BAY500 Rebounder

### FOR ASSEMBLY OF THE BALL RACK, YOU'LL NEED:

- a pair of 7/16" wrenches or equivalent,
- a pair of 9/16" wrenches or equivalent, and
- a phillips screwdriver.

### INCLUDED IN THIS PACKAGE, YOU'LL FIND:

- (1) Rebounder Assembly
- (1) Ball Rack Tray,
- (1) Ball Rack Leg,
- (2) 1/4" Extra Long Screws
- (2) 1/4" Long Screws
- (2) 1/4" Short Screws
- (6) 1/4" Locknuts
- (8) 1/4" Flat Washers
- (2) Knob Bolt
- (1) Assist Handle Assembly (3 pcs.)
- (2) 3/8" Bolt
- (4) 3/8" Washers
- (2) 3/8" Locknut
- (2) 1/4" Flat Head Phillips Screws
- (2) Springs, Extra\*



Assemble the Assist Handle first by placing the adjusting legs on a flat surface with the hooks pointing up. Attach the cross bar using the 1/4" extra long screws, flat washers and locknuts. Do not tighten yet.

Finish assembling the Rebounder by attaching the Assist Handle to the lower frame using the 3/8" bolts, flat washers and locknuts. Do not tighten yet. The Assist Handle needs to swivel for angle adjustment. Place trampoline in the highest angle setting and finish tightening the Assist Handle screws.

Assemble the Ball Rack Tray to the Ball Rack Leg using the Short Bolts. Place this assembly in the rear of the frame and attach using the 1/4" bolts, flat washers and locknuts. Tighten all bolts.

Knob bolts are provided to lock the Rebounder in the down position. These keep the trampoline from flipping up in case someone should step down on the front edge.

## **WARNING!**

The weight capacity for the Rebounder in the "down" position is 350 pounds. This device is designed for plyometric exercises. However, exercising too close to the edge or stepping on the springs while in the "down" position may cause the V-bars to deform and lose tension. Extra parts are provided for replacement.