



Medicine Ball Rebounder

Assembly Guide

Medicine Ball Assemb

Assembly Instructions:

Required Tools:

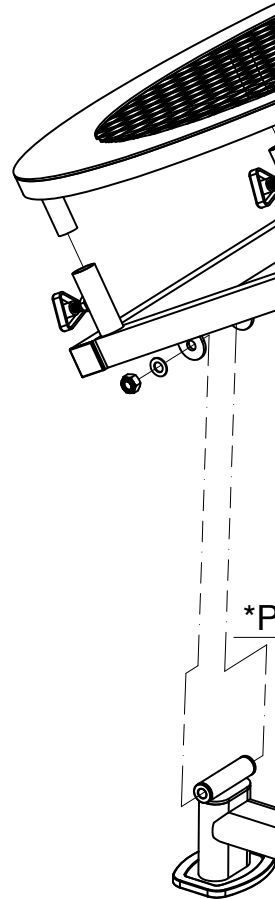
- Flat Wrench (included)

Optional Tools:

- 17mm socket/wrench
- 19mm socket/wrench

1. Begin to assemble the base of the rebounder first. Using the tools mentioned above, fasten the plate holder with the M10*65 bolt and Ø10 washer to the center of base facing away from the floor.
2. Next take the arm and insert it into the sleeve with the lock pin. Connect the sleeve end to the base with one of the M12*90 bolts, Ø12 washer, and M12 nut.
3. Place the upper frame on the ground upside down next to the base on the arm lever side. Take the open end of the connected arm and fasten it to the appropriate joint of the upper frame with the other M12*90 bolt, Ø12 washer, and M12 nut.
4. Flip the connected upper frame over onto the base, aligning the joint from the base and upper frame, and fasten with the M12*120 bolt, Ø12 washer, and M12 nut.
5. Lastly take the trampoline and place the legs into the 4 inserts of the upper frame. Fasten with the 4 plastic knob bolts.

Description	Quantity
Bolt M12*120	1
Washer φ12	4
Nut M12	2
Plastic Bolt	4
Bolt M12*90	2
Lock Pin	1
Bolt M10*65	1
Washer φ10	1

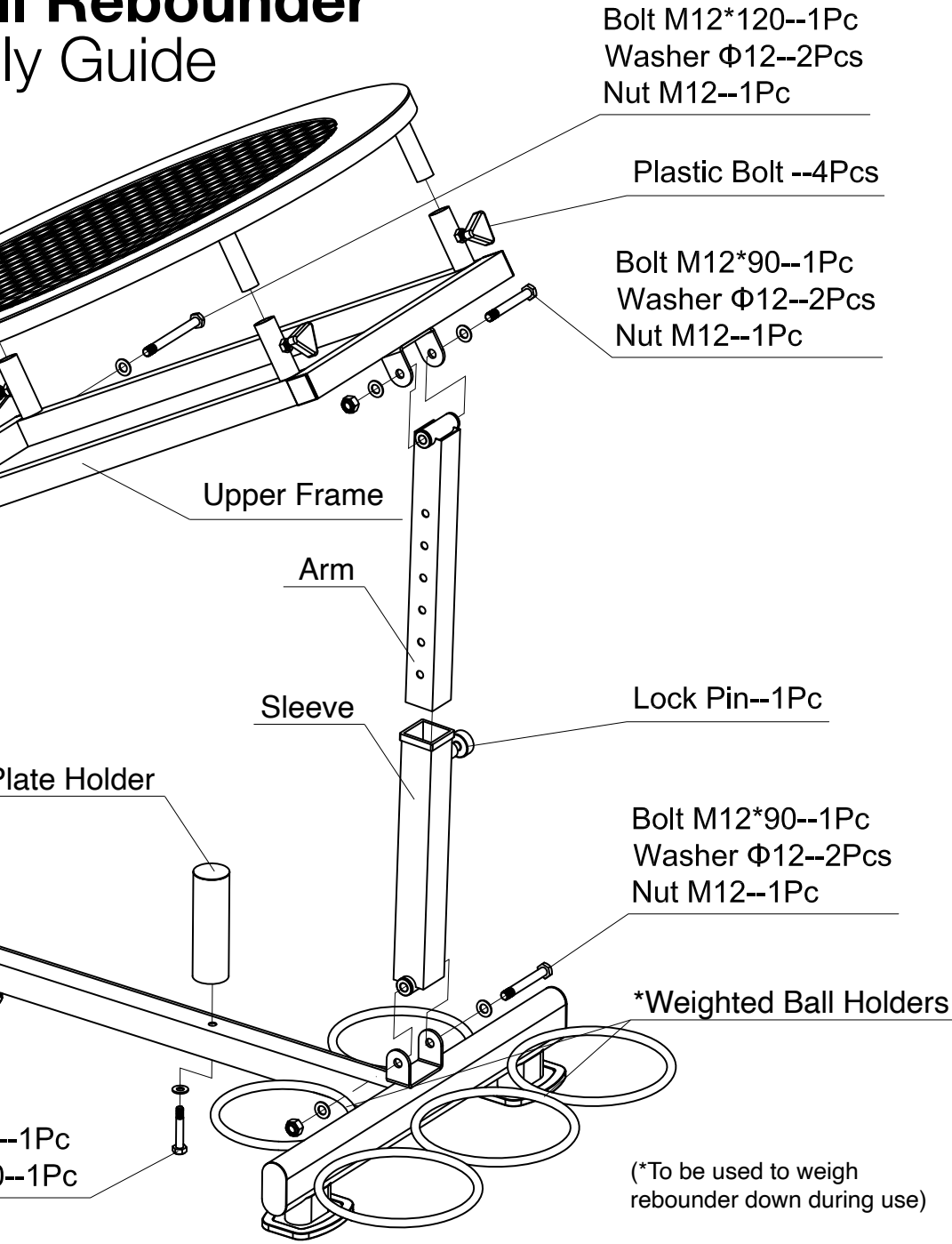


Bolt M10*65-
Washer φ10

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Bolt M12*120--1Pc
Washer Φ12--2Pcs
Nut M12--1Pc

Plastic Bolt --4Pcs

Bolt M12*90--1Pc
Washer Φ12--2Pcs
Nut M12--1Pc

Upper Frame

Arm

Sleeve

Lock Pin--1Pc

Plate Holder

Bolt M12*90--1Pc
Washer Φ12--2Pcs
Nut M12--1Pc

*Weighted Ball Holders

--1Pc
0--1Pc

(*To be used to weigh rebounder down during use)

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