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GYMAX 38" Fitness Trampoline

GYMAX Rebounder Trampoline User Manual

Model: 38" Fitness Trampoline
Brand: GYMAX

1. Introduction

This manual provides essential information for the safe and effective use of your GYMAX Rebounder Trampoline. Please read all instructions carefully before assembly and use. This trampoline is designed for fitness and exercise for adults, offering a high-bounce performance and a foldable design for convenience.

2. Safety Information

Your safety is paramount. Adhere to the following guidelines to prevent injury and ensure proper use of the trampoline.

- **Maximum Weight Capacity:** Do not exceed the maximum weight recommendation of**330 pounds**.
- **Supervision:** Children should only use the trampoline under direct adult supervision.
- **One User At A Time:** Only one person should use the trampoline at any given time to avoid collisions.
- **Proper Footwear:** Use appropriate athletic footwear or go barefoot. Avoid socks alone as they may cause slipping.
- **Clearance:** Ensure adequate overhead and surrounding clearance from walls, furniture, and other objects.
- **Protective Pad:** Always ensure the protective pad is correctly installed over the springs to prevent contact with moving parts and reduce the risk of injury.
- **Stable Surface:** Place the trampoline on a flat, stable, non-slip surface.
- **Health Considerations:** Consult a physician before starting any new exercise program, especially if you have pre-existing health conditions.



This image shows a child jumping on the trampoline, with an inset focusing on the 2.5cm extra thickened iron tube and its anti-slip and de-noise pad, contributing to a safer and quieter exercise experience.



A detailed view of the heavy-duty, 3.2mm thick springs with safety rounded buckles, designed to prevent dislodging and scratching, ensuring high bounce performance and durability.

3. Components List

Before assembly, ensure all parts are present and undamaged. The package includes:

- Trampoline Frame (pre-assembled with jumping mat and springs)
- Protective Pad (blue PVC cover)
- Support Legs (6 pieces)
- Instruction Manual



This image displays the GYMAX Rebounder Trampoline in its assembled state, alongside its individual components: the blue protective pad, six silver legs with black caps, and the trampoline frame folded in half.

4. Setup and Assembly

The GYMAX Rebounder Trampoline features an easy assembly and collapsible design. Follow these steps for initial setup:

1. Carefully remove all components from the packaging.
2. Unfold the trampoline frame. Ensure it locks securely into its round shape.
3. Attach the six support legs by screwing them into the designated sockets on the trampoline frame. Ensure they are tightened securely.
4. Place the blue protective pad over the springs, ensuring it covers all exposed springs and the frame edge.
5. Verify that all connections are secure before use.

Folding for Storage:

To fold the trampoline for space-saving storage, reverse the assembly steps:

1. Remove the protective pad.

2. Unscrew and remove the six support legs.
3. Carefully unlock the frame and fold it into its compact, elliptical shape.



A series of images demonstrating how to fold the trampoline: removing the legs, then folding the frame into a compact size for storage under a sofa, bed, or in a car trunk.

5. Operating Instructions

The GYMAX Rebounder Trampoline is an excellent tool for various fitness activities. It provides a high bounce performance suitable for both cardio and strength training.

Basic Rebounding Techniques:

- **Gentle Bounce:** Start with small, controlled bounces, keeping your feet close to the mat.
- **Jogging in Place:** Mimic jogging motions on the trampoline for a low-impact cardio workout.
- **Jumping Jacks:** Perform jumping jacks on the trampoline for increased intensity.
- **Deep Squats:** Utilize the trampoline's surface for deep squats, engaging core and leg muscles.

- **Push-Ups:** The stable surface can be used for push-ups, adding an element of instability for core engagement.

Regular use of the rebounder can improve cardiorespiratory fitness, balance, bone development, and muscle contraction.



This graphic illustrates the efficiency of trampoline exercise, comparing 10 minutes of rebounding to 20 minutes of swimming, 30 minutes of running, 20 minutes of riding, or 60 minutes of yoga.



Four panels showing different exercises that can be performed on the trampoline: bouncing, stretching, push-ups, and aerobic steps, demonstrating its versatility for various fitness routines.

6. Maintenance

Proper maintenance ensures the longevity and safety of your GYMAX Rebounder Trampoline.

- **Cleaning:** The jumping mat, made of high-quality PP cloth, is water-resistant and easy to clean. Wipe down the mat and frame with a damp cloth and mild soap as needed. Avoid harsh chemicals.
- **Inspection:** Regularly inspect the trampoline for any signs of wear, tear, or damage to the jumping mat, springs, protective pad, and legs.
- **Storage:** When not in use, especially for extended periods, store the trampoline in a dry, cool place. Its foldable design allows for convenient storage under a sofa, bed, or in a car trunk.
- **Protective Cover:** The PVC edge of the trampoline is designed for anti-aging and wear-resistance. Ensure it remains intact to protect the springs.



This image highlights the quality materials used: the blue wear-resistant PVC protective cover around the springs and the black elastic PP jumping pad with high density, known for its flexibility and toughness.

7. Troubleshooting

If you encounter any issues with your trampoline, refer to the following common solutions:

- **Squeaking Noise:** Ensure all legs are tightly screwed in. A small amount of lubricant can be applied to the leg threads if the noise persists.
- **Unstable Frame:** Check that the trampoline frame is fully unfolded and locked into its round position. Verify all legs are securely attached and the trampoline is on a level surface.
- **Reduced Bounce:** Inspect the springs for any damage or stretching. Ensure the jumping mat is free from tears or excessive wear.
- **Difficulty Folding:** Ensure all legs are removed before attempting to fold the frame. Apply gentle, even pressure when collapsing the frame.

For issues not covered here, please contact customer support.

8. Specifications

Feature	Detail
Brand	GYMAX
Model Name	38" Fitness Trampoline
Color	Blue
Material	Polypropylene (PP), Polyvinyl Chloride (PVC), Alloy Steel
Frame Size	38 Inches
Shape	Round
Product Dimensions (LxWxH)	38"L x 38"W x 7.5"H
Item Weight	15 Pounds
Maximum Weight Recommendation	330 Pounds
Number Of Springs	32
Included Components	Fitness Trampoline, Manual



An image detailing the trampoline's dimensions (38 inches diameter, 7.5 inches height) and its maximum weight capacity of 330 lbs, along with the folded dimensions (27.5 inches length, 14 inches width).

9. Warranty and Support

Your GYMAX Rebounder Trampoline comes with a **90-day warranty** from the date of purchase, covering manufacturing defects. Please retain your proof of purchase for warranty claims.

For technical support, replacement parts, or warranty inquiries, please contact GYMAX customer service through the retailer where the product was purchased or visit the official GYMAX store online.

For more information about GYMAX products, visit the GYMAX Store.

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