ANCHEER 40IN Rebounder Trampoline

ANCHEER 40-inch Rebounder Trampoline User Manual

Model: 40IN Rebounder Trampoline

Important Safety Information

Read all instructions carefully before assembling and using the ANCHEER Rebounder Trampoline. Failure to follow these instructions may result in injury or damage to the product. Keep this manual for future reference.

- Consult a physician before starting any exercise program.
- Ensure the trampoline is placed on a flat, stable surface.
- Maintain a clear area around the trampoline, free from obstructions.
- Only one person should use the trampoline at a time.
- Do not attempt somersaults or other dangerous maneuvers.
- Children should only use the trampoline under adult supervision.
- Inspect the trampoline for wear and tear before each use. Do not use if any parts are damaged.
- Wear appropriate athletic footwear.

Package Contents

Verify that all components are present before beginning assembly:

- Trampoline Frame with Jumping Mat and Bungee Cords (partially assembled)
- Adjustable Handle Bar
- Leg Tubes with Non-Slip Rubber Pads
- Resistance Ropes (2x) (Bonus Item)
- Assembly Tool (if applicable)
- User Manual



Image: The ANCHEER Rebounder Trampoline shown with its adjustable handle and two bonus resistance ropes.

Setup and Assembly

The ANCHEER Rebounder Trampoline is designed for easy setup, with most components pre-assembled. Follow these steps:

1. **Unfold the Frame:** Carefully unfold the trampoline frame. It is designed to fold for storage, so ensure it is fully extended and locked into place before proceeding.
2. **Attach the Legs:** Screw each leg tube securely into the designated sockets on the trampoline frame. Ensure the non-slip rubber pads are firmly attached to the bottom of each leg.
3. **Install the Handle Bar:** Insert the adjustable handle bar into the frame. Secure it using the fixed knob.
4. **Adjust Handle Height:** Use the adjustable knob to set the handle bar to a comfortable height (between 32 inches and 42 inches from the jumping surface). Ensure it is securely tightened before use.



Image: Illustration of the 4-level adjustable handle bar, showing minimum and maximum heights.

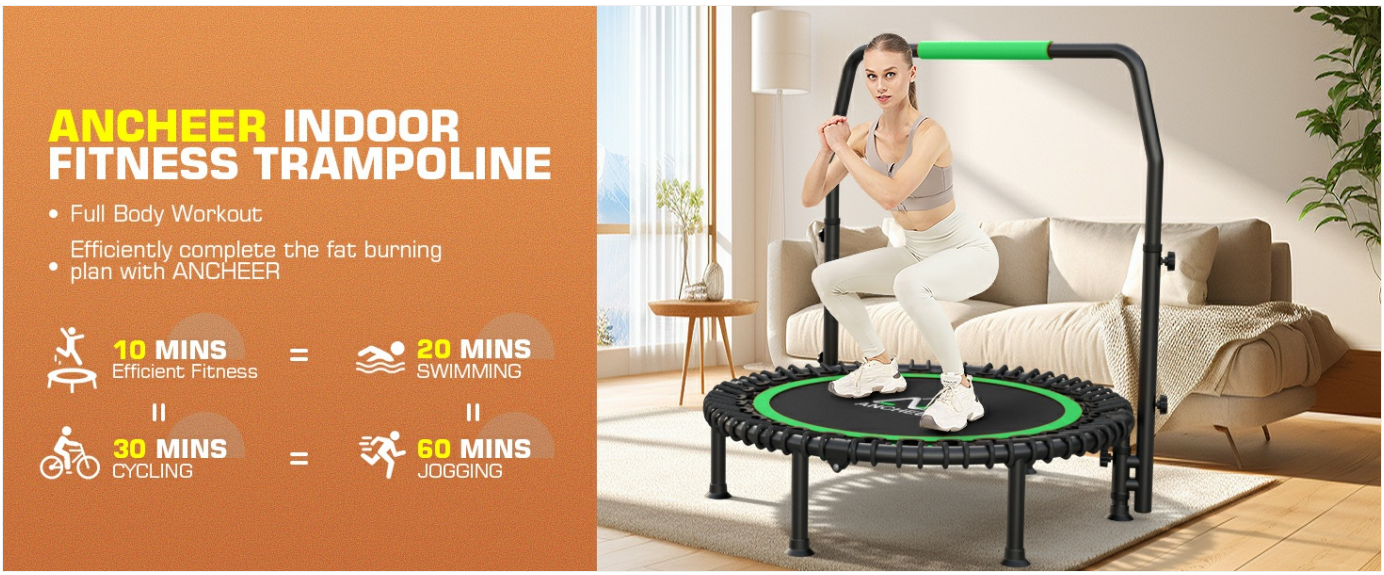


Image: Visual comparison highlighting the pre-assembled, foldable frame and included labor-saving tool for easy assembly.

Operating Instructions

The ANCHEER Rebounder Trampoline is designed for low-impact cardio and fitness exercises. Follow these guidelines for safe and effective use:

- **Starting Position:** Step onto the jumping mat carefully, holding the handle bar for stability.
- **Bouncing Technique:** Begin with gentle bounces, keeping your feet slightly apart. Focus on controlled movements rather than high jumps. The bungee cord system provides a quiet and smooth bounce, reducing joint impact.
- **Handle Bar Use:** The adjustable handle bar provides support and balance, especially for beginners or during more intense workouts. Adjust its height to ensure a comfortable and secure grip.
- **Resistance Ropes:** If using the included resistance ropes, attach them to the designated points on the trampoline frame. These can be used for upper body exercises while bouncing or standing on the mat.
- **Workout Duration:** Start with short sessions (e.g., 5-10 minutes) and gradually increase duration as your fitness improves.



Image: A person exercising on the trampoline, illustrating the quiet operation feature with a sleeping child in the background.

Maintenance

Regular maintenance ensures the longevity and safe operation of your trampoline.

- **Cleaning:** Wipe down the jumping mat and frame with a damp cloth after each use. For deeper cleaning, use mild soap and water. Avoid harsh chemicals.
- **Inspection:** Periodically check all bungee cords, leg attachments, and the handle bar for any signs of wear, damage, or looseness. Tighten any loose connections.
- **Storage:** When not in use, especially for extended periods, the trampoline can be folded for compact storage. Store it in a dry, cool place away from direct sunlight.



Image: The ANCHEER Rebounder Trampoline shown in its folded state, demonstrating its space-saving design.

Troubleshooting

If you encounter any issues with your ANCHEER Rebounder Trampoline, refer to the following common problems and solutions:

Problem	Possible Cause	Solution

Problem	Possible Cause	Solution
Trampoline feels unstable.	Legs not fully tightened or uneven surface.	Ensure all leg tubes are securely screwed in. Move the trampoline to a flat, level surface.
Handle bar is wobbly.	Adjustment knob not tightened.	Tighten the adjustable knob firmly after setting the desired height.
Unusual noise during use.	Loose connections or debris.	Check all connections (legs, handle bar) for tightness. Inspect bungee cords for any foreign objects.

Specifications

Feature	Detail
Brand	ANCHEER
Model Name	ANCHEER 40 inch trampoline
Frame Size	40 inches
Product Dimensions (L x W x H)	40"L x 40"W x 50"H
Material	Nylon (Jumping Mat), Alloy Steel (Frame)
Number of Bungee Cords	32
Adjustable Handle Height	Approx. 32-42 inches (from jumping surface)
Max User Weight	400-450 LBS
Special Features	Foldable design, Ultra-Quiet Bungee Cord System, Waterproof & UV-Resistant Mat, Non-Slip Rubber Pads

Warranty and Support

Warranty: The ANCHEER Rebounder Trampoline comes with a lifetime warranty, as specified by the manufacturer.
Customer Support: For any questions, concerns, or assistance with your product, please contact ANCHEER customer service. Refer to the product packaging or the ANCHEER official website for contact details.
You can also visit the ANCHEER Store on Amazon for more information.

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Ask a question about this manual

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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