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ANCHEER 48IN

ANCHEER 48-inch Foldable Fitness Bungee Rebounder Trampoline User Manual

Model: 48IN

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your ANCHEER 48-inch Foldable Fitness Bungee Rebounder Trampoline. Please read all instructions carefully before assembly and operation. The ANCHEER Bungee Rebounder Trampoline is designed to provide a low-impact cardio workout. Regular use can assist in calorie burning, metabolism boosting, lymphatic system stimulation for natural detoxification, improved coordination, and stress reduction.



Figure 1: ANCHEER 48-inch Foldable Fitness Bungee Rebounder Trampoline.

2. SAFETY INFORMATION

- Ensure the trampoline is assembled and used on a flat, clear surface free from obstructions.
- Keep children and pets away from the assembly area to prevent injury.
- The trampoline requires two adults for safe unfolding and assembly due to potential pinch points. Exercise caution and watch your hands during these steps.
- The maximum weight capacity for this trampoline is 450 lbs. Do not exceed this limit.
- Ensure all components, especially the safety pin, bolts, and knobs, are securely fastened before each use.
- When installing the resistance ropes, ensure they are correctly positioned on the top of the leg near the frame. Incorrect installation may cause the leg to bend and result in damage or injury.

3. PACKAGE CONTENTS

Verify that all components are present before beginning assembly:

- Trampoline Frame with Jumping Mat and Bungees (pre-assembled)
- Legs (6 pieces)
- Lower Handrail Tubes (2 pieces)
- Middle Handrail Tube (1 piece)
- Knobs for Handrail (2 pieces)
- M6x13mm Bolts (4 pieces)
- M6x42mm Bolts (4 pieces)
- M6 Washers (8 pieces)
- M6 Nuts (4 pieces)
- Resistance Ropes (2 pieces)
- User Manual

4. SETUP INSTRUCTIONS

The trampoline arrives 80% pre-assembled. Follow these steps to complete the setup:

Step 1: Unfolding the Trampoline

With two adults, carefully open the folded trampoline frame. Be aware of pinch points and keep hands clear. The frame will expand to its full circular shape.

Your browser does not support the video tag. This video demonstrates the unfolding process of the trampoline, highlighting the need for two adults and caution for pinch points.

Step 2: Securing the Frame

Attach the Safety Pin (12) to the frame as shown in the video. This pin ensures the trampoline remains securely open and prevents accidental folding during use.

Your browser does not support the video tag. This video illustrates how to attach the safety pin to the trampoline frame.

Step 3: Installing the Protective Pad

Remove the cap (11) from the frame. Stand the frame upright. Locate the holes in the frame. Open the Protective Pad (2), find the two large holes on the pad, and align them with the corresponding holes in the frame. Then, carefully place the pad over the entire frame, ensuring it covers the bungee cords.

Your browser does not support the video tag. This video demonstrates the installation of the protective pad over the trampoline frame.

Step 4: Attaching the Legs

Attach each Leg (3) to the designated points on the trampoline frame. Ensure they are firmly inserted.

Your browser does not support the video tag. This video shows the process of attaching the trampoline legs.

Step 5: Attaching Resistance Ropes and End Caps

Place the rope of the handles over two legs, ensuring one leg is positioned between the two ropes. Do not attach the ropes to legs directly opposite the holes. Then, place the End Cap (8) onto each leg. **Caution:** Make sure that the rope of the handles are installed on the top of the leg near the frame; otherwise, the tension will bend the leg and cause damage when in use.

Your browser does not support the video tag. This video demonstrates how to attach the resistance ropes and end caps, with a caution regarding proper installation.

Step 6: Attaching Lower Handrail Tubes

Attach the Lower Handrail Tubes (7) to the frame using the M6x13mm bolts (13) and M6 Washers (15). Then, secure the lower square holes with M6x42mm Bolts (14), M6 Washers (15), and M6 Nuts (16).

Your browser does not support the video tag. This video shows the installation of the lower handrail tubes using bolts, washers, and nuts.

Step 7: Installing Handrail Tubes

Install the Right Handrail Tube (4) and Left Handrail Tube (6) into the lower handrail tubes. Secure them in place with the Knobs (9).

Your browser does not support the video tag. This video demonstrates the installation of the right and left handrail tubes.

Step 8: Attaching Middle Handrail Tube

Connect the Middle Handrail Tube (5) to the top ends of the installed handrail tubes. Ensure it clicks securely into place.

Your browser does not support the video tag. This video shows how to attach the middle handrail tube to complete the handlebar assembly.

Step 9: Adjusting Handlebar Height

You can adjust the height of the handlebar to suit your comfort and exercise needs. Loosen the knobs, slide the tubes to the desired height, and re-tighten the knobs. If your floor is not perfectly level, and one leg does not touch the ground, you may add 1 or 2 Big Washers (20) for stabilization. Use these at your discretion.

Your browser does not support the video tag. This video demonstrates how to adjust the handlebar height and provides a tip for leveling the trampoline on uneven surfaces.

5. OPERATING INSTRUCTIONS

The ANCHEER Bungee Rebounder Trampoline offers a versatile workout experience. Always ensure the trampoline is stable and the handlebar is at a comfortable height before beginning your exercise.

Using the Trampoline

Stand on the jumping mat, holding the handlebar for stability. Begin with gentle bounces and gradually increase intensity as you become comfortable. The adjustable handlebar provides essential balance support, making it suitable for beginners, seniors, and high-intensity workouts.



Figure 2: Various exercises on the trampoline.

Using Resistance Ropes

The included resistance ropes can be attached to the designated points on the trampoline frame. Use them for upper body strength training exercises while rebounding, adding another dimension to your workout.



Figure 3: Woman using resistance ropes with the trampoline.

Benefits of Rebounding

- **Effective Low-Impact Cardio:** A 10-minute session can be equivalent to 30 minutes of running, providing a joint-friendly workout.
- **Calorie & Fat Burning:** Boosts metabolism and aids in weight management.
- **Lymphatic System Stimulation:** Helps in natural detoxification and enhances immunity.
- **Improved Coordination:** Enhances balance and motor skills.
- **Stress Reduction:** An enjoyable activity that can help alleviate stress.

Your browser does not support the video tag. This video showcases various exercises and the benefits of the ANCHEER Bungee Rebounder Trampoline.

Your browser does not support the video tag. This video demonstrates additional exercises and features of the ANCHEER Upgraded Rebounder Trampoline.

6. MAINTENANCE

- **Cleaning:** Wipe down the trampoline frame and jumping mat with a damp cloth after each use. Avoid harsh chemicals that may damage the materials.
- **Inspection:** Regularly check all bolts, nuts, and bungee cords to ensure they are tight and free from wear or damage. Replace any worn or damaged parts immediately.
- **Storage:** The trampoline is designed to be foldable for convenient storage. Before folding, remove the legs and handrail. This helps save space when not in use.

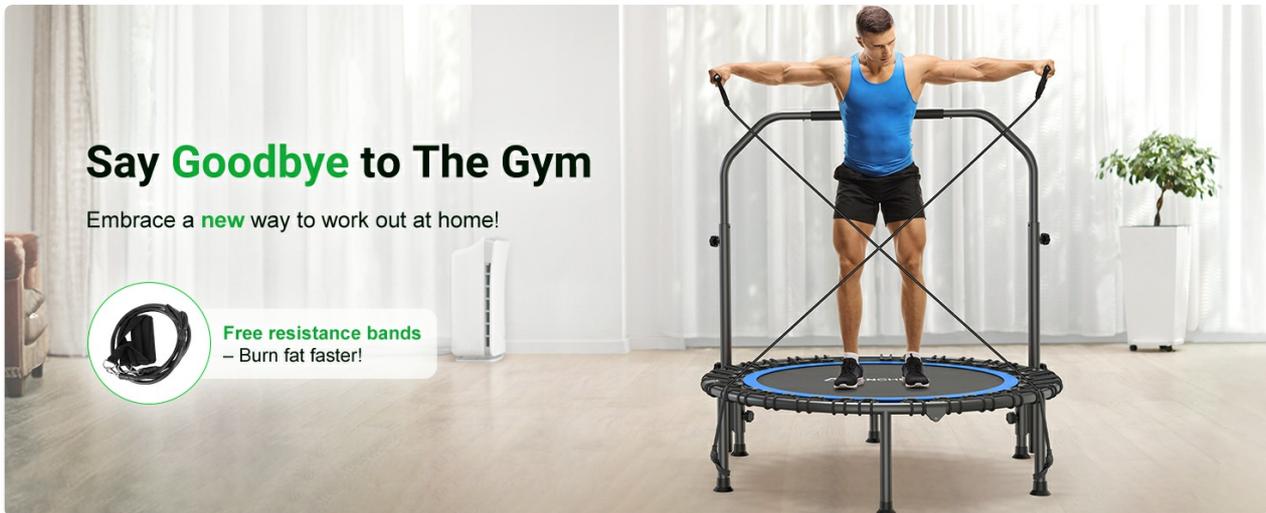


Figure 4: Folding the trampoline for storage.

7. TROUBLESHOOTING

- **Uneven Trampoline:** If the trampoline wobbles or one leg does not touch the ground, check the floor for levelness. If the floor is uneven, use the provided Big Washers (20) under the affected leg(s) to stabilize the trampoline.
- **Handlebar Instability:** Ensure all knobs securing the handrail tubes are fully tightened. If the handlebar still feels loose, re-check the assembly of the lower and middle handrail tubes.
- **Unhooked Bungee Cord:** If a bungee cord becomes unhooked, carefully reattach it. This is easiest to do when the trampoline is in its collapsed (folded) position, as tension is reduced.

8. SPECIFICATIONS

Feature	Specification
Brand	ANCHEER
Model	48IN
Color	Pine-new
Material	Nylon (Mat), Metal (Frame)
Frame Size	48 Inches
Shape	Round

Item Weight	12.09 Kilograms
Number of Bungees	32
Maximum Capacity	450 LBS

9. WARRANTY AND SUPPORT

ANCHEER is committed to customer satisfaction. For any product-related issues, please contact our support team.

- **Returns:** Enjoy 30-Day Complimentary Returns.
- **Parts Replacement:** A 12-Month Unconditional Parts Replacement policy is provided.
- **Customer Service:** Our 24/7 online service is available to assist you.

Contact Email: [supphappy@gmail.com](mailto:suppphappy@gmail.com)