

# BALL REBOUNDER

## D

The rebounder is adjustable in 7 increments from 30 to 60 degrees providing multiple training options.

A unique urethane tightening mechanism eliminates rattles and noise in the adjustment.

At almost 70 lbs, the fully welded weight peg may be overkill, but allows the unit to be weighted down further eliminating movement.

## S

Standard wheels engage with ground when unit is tipped in the front for portability, while brackets and included hardware permit it to be permanently mounted to the X-Lab.

## G

Heavy-Duty 11 gauge fully welded frame makes this unit X-Series certified.

## E

Trampoline fabric is comprised of thermally interlocked fibers in a unique smooth weave pattern that can withstand constant flexing and stress ensuring durability.

## I

Ballistic nylon covering encloses springs to keep them from damaging balls.

## N

Solid stability through non-skid molded rubber footpads at all three floor contact points.



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## Specifications

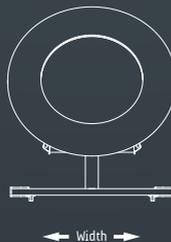
Product Dimensions L x W x H  
48.1" x 40.1" x 42.9"  
(122 cm x 104 cm x 109 cm)

Product Weight  
68.5 lbs (31 kg)

Max. Ball Size 10 lbs (4.5 kg)

Min. Ball Diameter 8 inches (20 cm)

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## Warranty

Frame and Welds 10 years

Parts 1 year

Upholstery 90 days



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# ABOUT THE BR

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Develop explosive power, increase your core strength and improve your balance and coordination with the X-Series Ball Rebounder. The rebounder is adjustable in 7 positions from 30 to 60 degrees for multiple training options. Unlike others on the market, this rebounder is “X-Series tough” meaning it built out of heavy gauge tubing with a fully welded frame and includes a unique urethane locking device that eliminates rattles. The non-skid rubber feet and Olympic weight plate holder keep the rebounder stationary when in use, while wheels that engage with the floor when the unit is tipped up make for easy transport. The ball rebounder can also be mounted to the X-Lab. Maximum medicine ball size: 10 lbs (4.5 kg). Minimum medicine ball diameter: 8 inches (20 cm)

## Solo Medicine Ball Training



**Overhead Toss**



**Rotation Toss**



**Sit-up Toss**