

PlyoRebounder®



PRODUCT SPECIFICATIONS

Weight Limit	220 lbs /100 kg Light jumping or jogging*
In-use Size (max)	48" x 40" x 42" [L/W/H] 122 x 102 x 107 (cm)
Folded Size	45" x 40" x 9" [L/W/H] 115 x 101 x 23 (cm)
Unit Weight	74 lbs; 34 kg

The Total Gym PlyoRebounder® allows for controlled, consistent Plyo Ball training, promoting explosive power, balance and coordination, and the ability to work progressively from rehab to high-intensity athleticism. A tough, versatile, multi-faceted tool, PlyoRebounder develops slow or quick twitch proprioceptive response in upper and lower body agility training, encourages core stabilization in safe positions for the spine, trunk and extremities and improves dynamic rhythmic stabilization of the involved joint(s).

1. Features eleven positions, 5° apart, from flat* to 55° tilt.
2. Second welded ring protects springs from direct hits during heavy Plyo Ball** usage, expanding the range of reaction training exercises.
3. Folds and rolls for easy transport
4. Loaded Olympic plate weight** receptacles keep the PlyoRebounder stationary during use.

* Not recommended for unassisted, high-intensity running/jogging workouts

** Plyo Balls available for purchase separately or as part of a total package. Olympic weights not included.