Rukket Rebounder pro
assembly instructions

Our video instructions provide the best guidance for setting up your rebounder. They can be viewed online at

Please call us if you have any questions or concerns at 1-855-4RUKKET

Please read our product safety warnings on page 2 before setup.

Included Equipment:

- 2 Plunger Bolts connected by a Paracord
- 12 Bolt Pairs
- 38 Bungees
- 1 Hex Key
- 1 Wrench

hardware Net frame

Questions? Give us a call! (1-855)-478-5538
Join both top, side bars to the top crossbar. The fatter, circular receiving nut goes into the round hole and the outside-threaded bolt with the squared neck under the head goes into the square hole. Once you’ve threaded the bolt into the nut correctly, seat the square bolt neck into the square cut-out in order to tighten the nut with the hex key.

NOTE: The circular holes always face to the inside of the frame. The square holes are always on the outside.

NOTE: You may find it easier to join the carriage bolts together inside the bars by hand-tightening them before seating the square neck of the bolt into the bar’s square cut-out and tightening with the hex key.

Attach the middle bars with angle-adjustment plates to the top assembly. The adjustment plates should be near the top of the rebounder and the support bar that moves along the plate should be on the inside of the rebounder.
Screw the plunger bolts into the welded on nut and tighten down. Pull the cord to disengage the plunger and release it to allow the plunger to engage one of the holes. Set both of the rear support middle bars at the same setting so that they are both at the same angle.

Attach the front angled legs with the silicone traction pads to one of the bottom crossbars (both bottom crossbars have silicone traction pads).

Attach the lower front assembly to the middle bars to complete the front of the rebounder.
6. Attach the two straight lower legs with silicone traction pads to the remaining bottom cross-bar to make the rear support assembly.

7. Attach the rear support assembly to the rear support middle bars. When the frame is securely bolted together, stand it up.

8. Attach the bungees to the thick woven edge of the netting by using a girth hitch. Hitch 2 bungees in each of the 4 corners of the netting. These 8 bungees will stretch the netting up-and-down and side-to-side. The bungees should not cross each other.
9. Hang the netting by passing the top crossbar bungees over the upper crossbar and hooking them back onto the thick woven edge of the netting.

10. Hook the two bottom lower crossbar bungees around the lower crossbar to stretch the netting up-and-down.

11. Stretch the netting side-to-side by hooking the 4 remaining corner bungees around the side bars.
Alternate adding the remaining bungees between the top, bottom, left and right to ensure that the netting is stretched evenly. We suggest using all of the bungees, spaced 3 to 4 squares apart, to create maximum rebounding action.