


## Important Safety Instructions

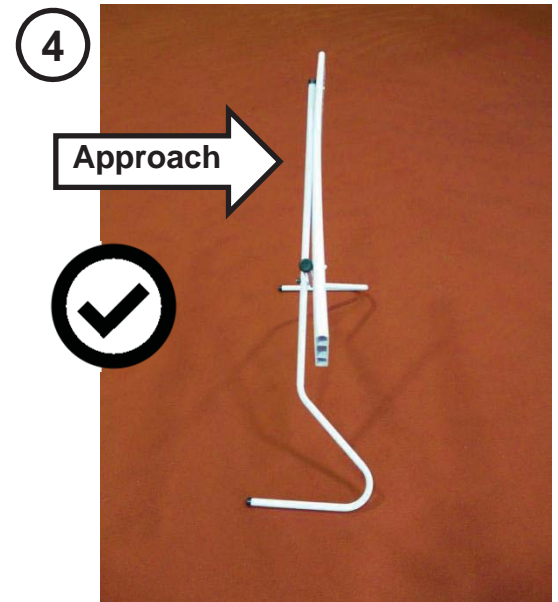
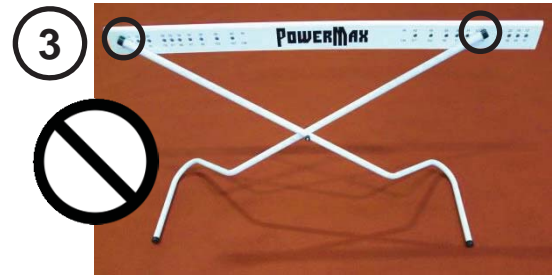
It is the owner's/manager's responsibility to ensure that all users of this exercise equipment become familiar with the contents of this manual, to instruct users on the proper operation of the equipment, and to warn them of the potential hazards.

### Prior to Exercising:

- Before beginning any fitness program you should obtain a complete physical examination and the recommendation of your physician.
- Read all instructions before using the exercise equipment.
- Do not allow children on or near the exercise equipment.
- Inspect the unit carefully for any worn, loose, or missing parts. Pay close attention to belts, cables, and their connections. If any defect is suspected, do not use! Report suspected problems to authorized personnel immediately!
- Use the equipment only for its intended purpose. Do not use accessory attachments that are not recommended by the manufacturer--such attachments might cause injuries.
- Do not wear loose or dangling clothing or jewelry while using the equipment.
- Always warm up adequately prior to engaging in any exercise.
- Know how to properly perform the desired exercise. Be sure that you are familiar with safe exercise technique. When in doubt, consult a Certified Trainer.
- Do not overexert yourself or work to exhaustion. When in doubt, consult a Certified Trainer.
- If you feel faint, dizzy, or experience pain, then stop your workout immediately and consult your physician.

**!WARNING: FAILURE TO COMPLY WITH THESE GUIDELINES COULD RESULT IN SERIOUS INJURY OR EVEN DEATH!**

 **WARNING:** This product can expose you to Titanium Dioxide, which is known to the State of California to cause cancer. For more information go to [www.p65warnings.ca.gov](http://www.p65warnings.ca.gov).



**Tools Needed:**

- none

**Assembly/Use Instructions:**

1. Remove from packaging
2. Insert the pegs at the top of the legs into the gate board holes at the desired height.
3. Ensure each side is set to the same height so that it is level.
4. Ensure the board is facing the correct direction for proper use.
  - a) The curve of the legs should face away from the user.
  - b) The board should be on the far side of the legs so that if contacted it will collapse.