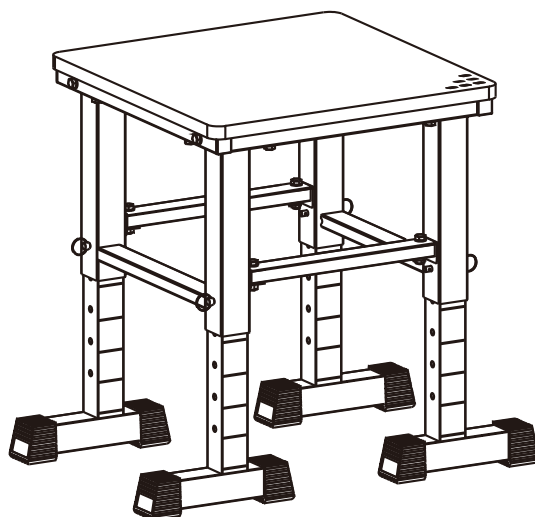




Assembly Instructions

Adjustable Plyometric Box

STYLE #SLBCFA6014



Please keep this instruction manual for future reference

Customer Service: (888) 922-2336

7:00 am to 12:00 am CST (daily)

Live Chat at: www.academy.com

Email: customerservice@academy.com

(Made in China)

Table of Contents

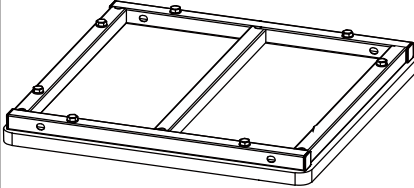
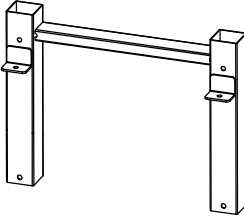

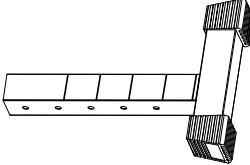
Warnings.....	2
Tools and Parts.....	3
Assembly Instructions.....	4
Care and Maintenance.....	8
Warranty Information.....	8

Note: Before beginning assembly of product, make sure all parts are present. Compare parts with package content list and hardware contents. If any part is missing or damaged do not attempt to assemble the unit. Contact customer service for replacement parts.






Warnings

- **Read this manual before assembling or using this product.**
- **Check product for loose or broken parts before each use.**
- **Discontinue use when any missing, broken, and loose parts are found.**
- **Before beginning any exercise program, consult your physician.**
- **Place this product on a level, non-slip surface.**
- **Make sure that there is adequate clearance around and above this product for the exercises that you will perform.**
- **Each time you use this product, make sure that all parts are properly tightened.**
- **Do not use this product if any parts are damaged.**
- **Only one person at a time should use this product.**
- **Maximum recommended weight is 350lbs/ 159kgs.**
- **This product is intended for home use only.**
- **Each time you use this product, make sure that the top surface is clean and dry.**
- **Keep children and pets away from this product at all times.**
- **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and consult physician.**
- **To ensure greatest stability, be sure to jump on the box from the same direction in which the longer ends of the legs are facing.**


Parts List

NO	DESCRIPTION	DIAGRAM	QTY
1	Platform		1
2	Main frame component		2
3	Support tubes		2
4	Adjustable leg		4

Hardware

5	Bolts (M8x35mm)		4
6	Long bolts (M8x90mm)		4
7	Washer		16
8	Nut (M8)		8
9	Quick release pin		4

Tools (included)

10	Wrench		2
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Assembly Instructions

Step 1:

Attach main frame component (2) to platform (1) using long bolts (6), washers (7) and nuts (8) as shown in Figure 1.

NOTE: Place platform (1) with rough side down on a soft surface to avoid damage to flooring or other objects as shown in Figure 1.

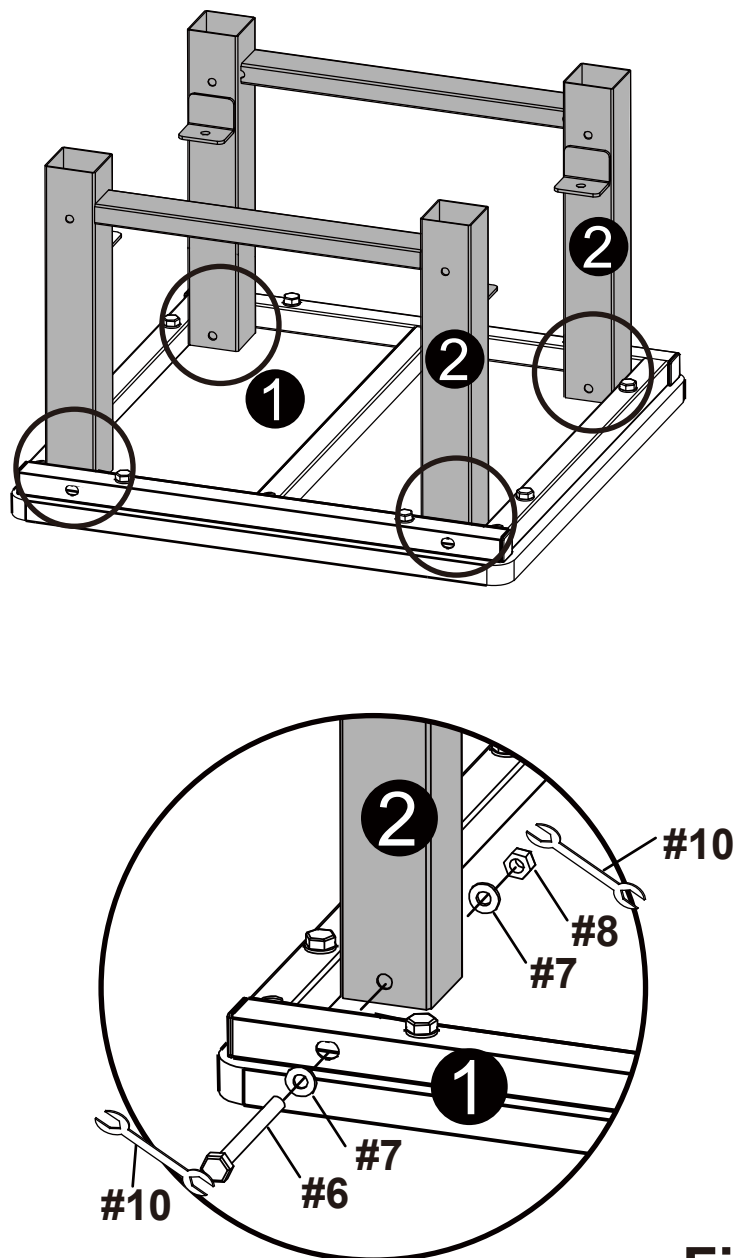


Figure 1

Assembly Instructions

Step 2:

Attach the support tubes (3) to main frame component (2) using bolts (5), washer (7) and nut (8) as shown in Figure 2.

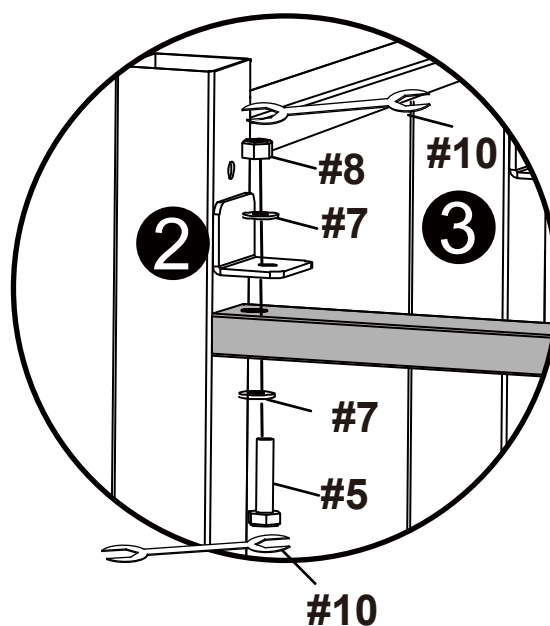
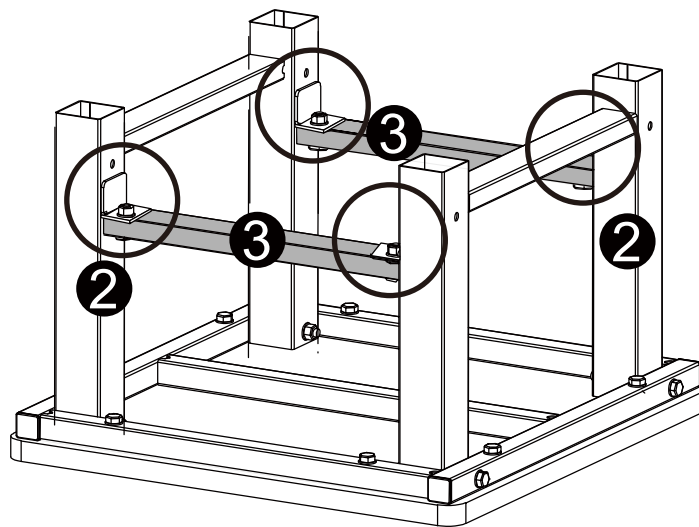


Figure 2

Assembly Instructions

Step 3:

Attached adjustable leg (4) to main frame component (2) using quick release pin (9) as show in Figure 3.

TIP: AFTER FINISHING ALL STEPS ABOVE, GO OVER THE ENTIRE UNIT AND TIGHTEN ALL BOLTS.

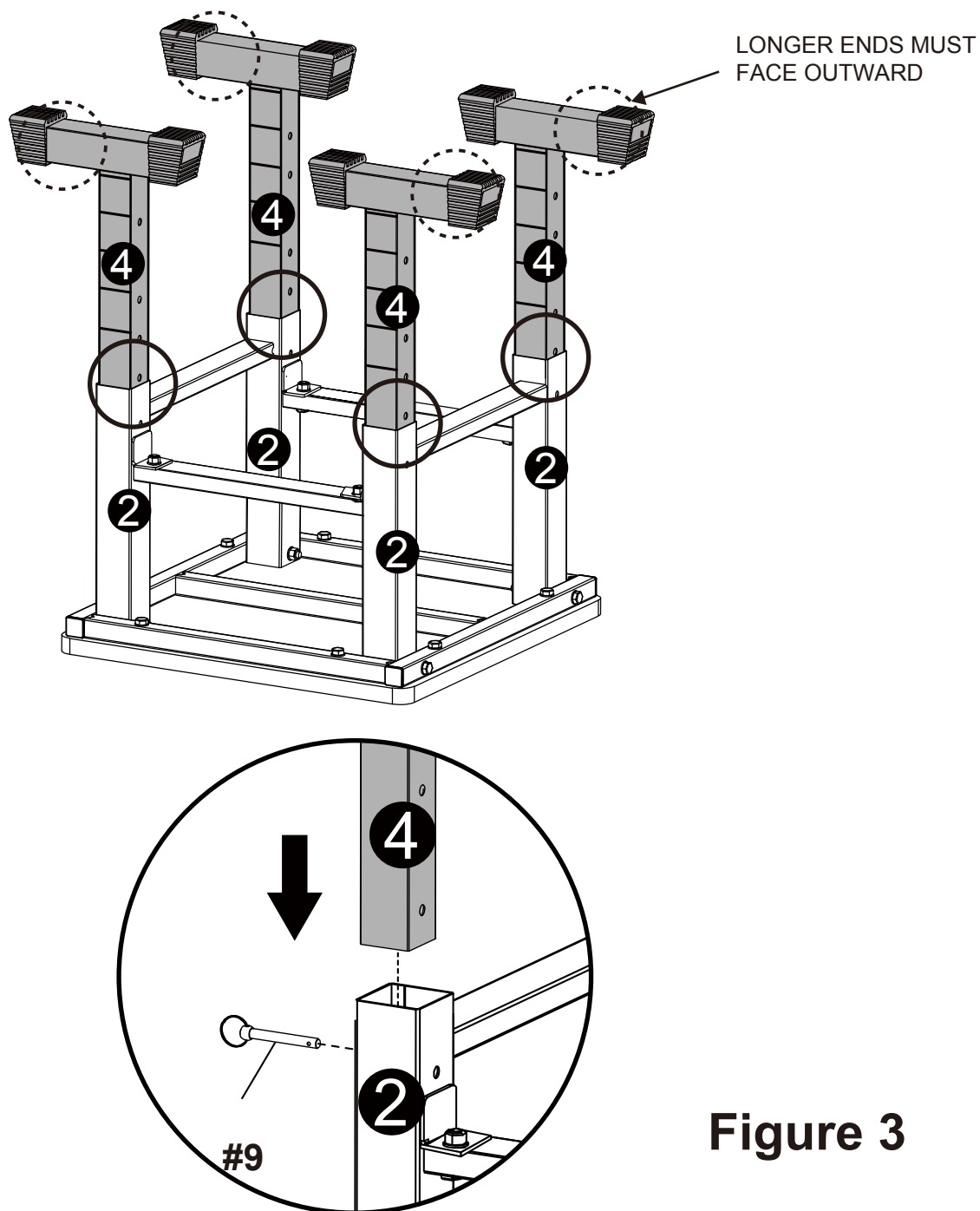


Figure 3

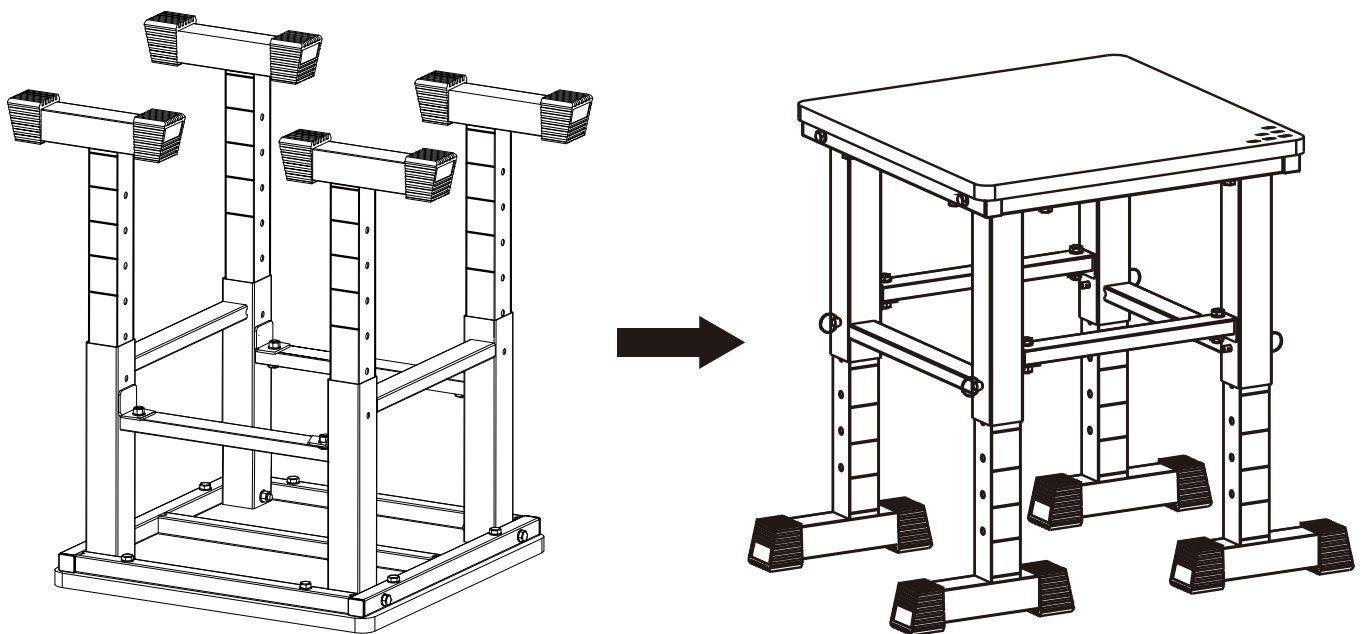
Assembly Instructions

Step 4:

Assembly completed.

The height of product can be adjusted to 5 different heights. To adjust each adjustable leg (4), remove the quick release pin (9) and slide the leg upward or downward to the desired height and insert the quick release pin (9) through frame and legs. Make sure that all of the legs are at the same height.

TIP: Adjusting the height of the plyo box is easier with the platform facing down or if the plyo box is on its side.



Care And Maintenance

- **Avoid dropping the product.**
- **Do not use or store in wet or humid conditions.**
- **Wipe clean with a soft dry cloth.**

Warranty Information

This product has been manufactured under the highest standards of quality and workmanship. We warrant to the original consumer purchaser that all aspects of this product will be free of defects in material and workmanship for one year from the date of purchase. A replacement for any defective part will be supplied free of charge for installation by the consumer. Defects or damage caused by the use of other than genuine parts are not covered by this warranty. This warranty shall be effective from the date of purchase as shown in the purchaser receipt.

This warranty is valid for the original consumer purchaser only and excludes industrial, commercial or business use of the product, product damage due to shipment or failure which results from alteration, product abuse, or product misuse, whether performed by a contractor , service company , or consumer. We will not be responsible for labor charges and/or damage incurred in installation, repair or replacement nor for incidental or consequential damage.