

Assembly Instructions

3-in-1 Handstand Canes



Thank you for purchasing the 3-in-1 Handstand Canes.

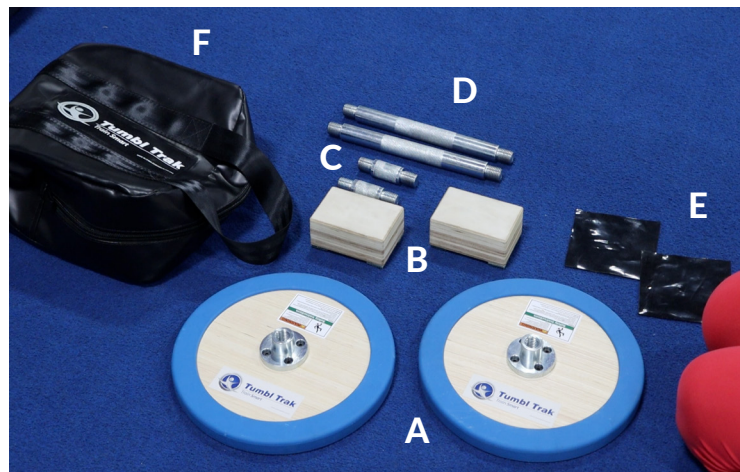
After opening the box, please check the parts list to make sure all pieces have arrived in good condition. If you have any questions during this assembly process, please call customer service.

Care Instructions:

- Hand tighten canes - do not use tools to tighten which could cause damage.
 - Place on a flat surface for use.
- Keep away from moisture as this could damage wood surface.

Parts List

- A) (2) Round bases
- B) (2) Wooden blocks
- C) (2) 2-inch posts
- D) (2) 10-inch posts
- E) (2) Silicone grips (for loosening posts)
- F) Carrying bag





WARNING

- Serious injury (including permanent paralysis or death) could result from any activity involving motion, rotation or height.
- All users of this equipment assume this risk of serious injury.
- Mats and pits cannot and do not eliminate hazards.

Safety Instructions

ALWAYS:

1. Consult an instructor prior to use.
2. Use equipment **ONLY** under the supervision of trained and qualified instructors.
3. Use equipment with trained spotters and the proper spotting equipment.
4. Check equipment before use for proper positioning; equipment can move during use.
5. Follow a progressive learning pattern. Assure basic skills are achieved before attempting more advanced skills.
6. Use equipment **ONLY** when all hard exposed surfaces are protected with proper mats.
7. Assure that all inflatable equipment has sufficient air pressure to avoid injury.

DO NOT use the apparatus with damaged, worn or missing parts.

DO NOT allow more than one person at a time to use the equipment.



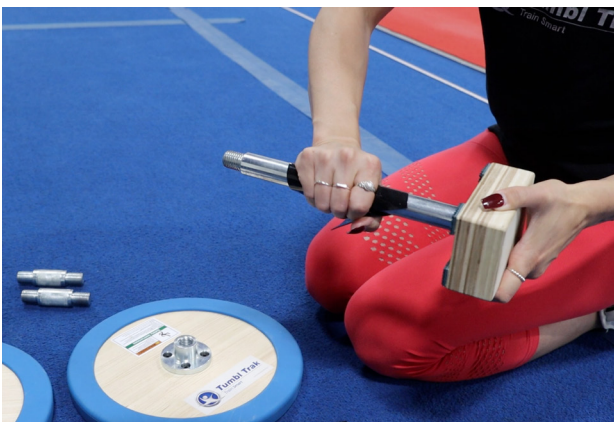


Blocks only: Be sure to place the blocks on the floor with the grippy feature toward the floor.

Using with posts: Attach the desired post to the wooden block and base until hand tight.



Removing blocks and base: Use the silicone grip provided to unscrew the posts from either the block or base. Sometimes the posts can be screwed on pretty tight - it can be helpful to have one person hold the post with two hands and another unscrew the block or base.



To watch the 3-in-1 Handstand Canes in action, visit our website: www.tumbitrak.com

