

# Pit Pillow Assembly Instructions



! **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.

**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.

Thank you for purchasing the Pit Pillow. You will enjoy years of use with this product.

After opening the boxes, 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 at 1-800-331-4362.

### Sizes, Parts and Expansion Time:

3'x4'x8" .....	2 hr
4' Velcro strap	
4'x6'x8" .....	4 hr
6' Velcro strap	
5'x6'x6" .....	4 hr
6' Velcro strap	
6'x8'x12" .....	1 day
8' Velcro strap	



4' Velcro strap



**Tumbl Trak**  
Train Smart

**STEP 1** — Carefully open box and remove the Pit Pillow.



**STEP 2** — Open one end of the sealed Pit Pillow and make a slit at the top. Pull the plastic from each side, tearing the plastic off.



**STEP 3** — (3A) After removing the plastic seal from the Pit Pillow. (3B) Unroll the Pit Pillow and lay flat on the ground.



**STEP 4** — Allow Pit Pillow to fully expand before use. (Refer to Pg. 1 based on size of Pit Pillow)

\*Note: The cover and foam for the 6'x8'x12" Pit Pillow will come unassembled. To assemble unfold and lay the Pit Pillow cover with the Pit Pillow logo and Velcro facing the floor. Follow the instructions above when unpacking the foam. Immediately insert the foam in the bottom part of the cover so the Pit Pillow logo will be facing up when folding the cover over. Fold the top of the Pit Pillow cover over and begin to Velcro one side and work your way around the Pit Pillow. Allow the foam to fully expand in the cover and adjust foam if needed.