

# Assembly Instructions

## Mountain Bar Extension Block



Thank you for purchasing the Mountain Bar Extension Block.

After opening the boxes, please check to make sure all pieces have arrived in good condition. If you have any questions during this assembly process, please call Customer Service.

To see the Mountain Bar Extension Block in action, visit our website: [www.tumbltrak.com](http://www.tumbltrak.com)

## Care Instructions:

Use a damp cloth and warm soapy solution to clean the vinyl surfaces of the Mountain Bar Extension Block. Dry thoroughly before use.

	<p><b>⚠ WARNING</b></p> <ul style="list-style-type: none"><li>• Serious injury (including permanent paralysis or death) could result from any activity involving motion, rotation or height.</li><li>• All users of this equipment assume this risk of serious injury.</li><li>• Mats and pits cannot and do not eliminate hazards.</li></ul>
<h3>Safety Instructions</h3>	
<p><b>ALWAYS:</b></p> <ol style="list-style-type: none"><li>1. Consult an instructor prior to use.</li><li>2. Use equipment <b>ONLY</b> under the supervision of trained and qualified instructors.</li><li>3. Use equipment with trained spotters and the proper spotting equipment.</li><li>4. Check equipment before use for proper positioning; equipment can move during use.</li><li>5. Follow a progressive learning pattern. Assure basic skills are achieved before attempting more advanced skills.</li><li>6. Use equipment <b>ONLY</b> when all hard exposed surfaces are protected with proper mats.</li><li>7. Assure that all inflatable equipment has sufficient air pressure to avoid injury.</li></ol> <p><b>DO NOT</b> use the apparatus with damaged, worn or missing parts.</p> <p><b>DO NOT</b> allow more than one person at a time to use the equipment.</p>	

**Step 1:** Place the Mountain Bar Extension Block on the back side of the base of the Mountain Bar System Base with the straps toward the base of the Mountain Bar System, red non-slip surface facing down.



**Step 2:** Use the Velcro Straps to secure the extension to the Mountain Bar Base along the side.

**Step 3:** Make sure the surface you're using these pieces is level, allowing both Extension Block and Base to create a flat surface to place the **T Trainer** on.

