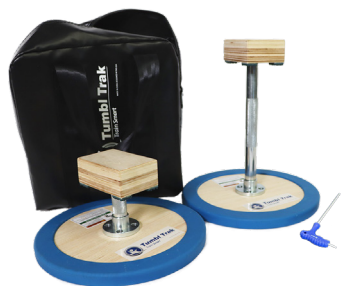


Assembly Instructions

3-in-1 Handstand Canes



Care Instructions:

- Hand tighten canes or use the included wrench.
- 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.

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

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.

	<p>WARNING</p> <ul style="list-style-type: none">• 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.
<h3>Safety Instructions</h3>	
<p>ALWAYS:</p> <ol style="list-style-type: none">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. <p>DO NOT use the apparatus with damaged, worn or missing parts.</p> <p>DO NOT allow more than one person at a time to use the equipment.</p>	

Parts List

- A. (2) Round bases
- B. (2) Wooden blocks
- C. (2) 2-in posts
- D. (2) 10-in posts
- E. Allen wrench tool
- F. Carrying bag



Any questions or problems, please call Tumbl Trak at (800) 331-4362



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 allen wrench tool 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 block or base with two hands and another unscrew with the allen wrench tool through the hole in the post.

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

