

Read the manual carefully before use

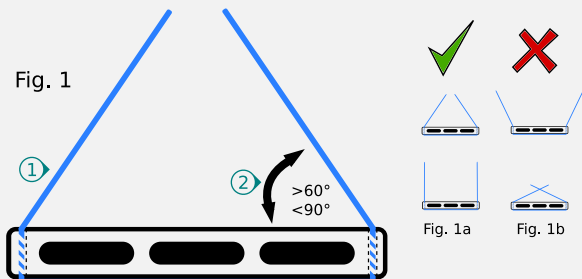
INITIAL REMARKS!

- 1) Use the Hangboard only for its designated purpose and in accordance with the assembly and use instructions included in this Manual!
- 2) Maximum load on the Hangboard is 100kg!
- 3) Possible increase of finger strength! ;)

1

Assemble, hand and use the Hangboard according to the instructions. [Fig. 1]

Fig. 1



- ① The cord marked in blue must pass underneath the Hangboard, then through the opening and the slot. [Fig. 1]
- ② The angle between the arms of the cord and the Hangboard should be between 60° and 90°. [Fig. 1 and Fig. 1a]

2

Make sure the weight is equally balanced on the Hangboard (see the illustration). [Fig. 2a]

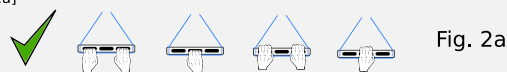


Fig. 2a

Fig. 2b

3

The cord should pass through the opening and the slot as evenly as possible and with no bends. [fig. 3a]

Don't grab or tilt the Hangboard in a way that causes a significant bend of the cord or a rotation of the Hangboard at a large angle. It can cause damage to the Hangboard! [Fig. 3b]

Hangboard in side view

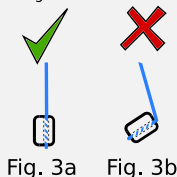


Fig. 3a

Fig. 3b

4

Hangboard has a system of quick crimp switch - you just spin the board. All you need to do is unhook the rope from one end of the Hangboard, spin it 180° and hook it up again. [Fig. 4]



Fig. 4

5

If you want to raise the grip difficulty, use the spacers included in the set to reduce the depth of the crimps. [Fig. 5]

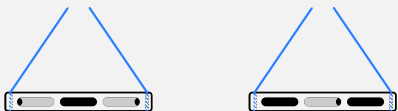


Fig. 5

COMMENTS

- Never use the Hangboard for purposes other than recommended. Don't wrap the cord around the Hangboard.
- Use the Hangboard only on the workout side (the one with crimps).
- Using the Hangboard in ways not allowed by the manual may lead to a damage of the equipment and to an injury of your body.
- You can find more information about the product and some workout tips on our website: www.iura.pl