

# Iron Edge Plyometric Box

**IMPORTANT!**

Read this before using your Plyometric Box

## About the Iron Edge Plyometric Box

Plyometric training can be dangerous. Iron Edge is not responsible for users' treatment of the boxes or themselves during training. Take care of yourself and your box to avoid injury and make sure you can train again tomorrow.

- » The Iron Edge box is delivered 'flat-packed'. Assembly instructions are provided and must be followed precisely. Be sure to fasten all screws securely before use. Iron Edge is not responsible for the integrity of the assembly.
- » Use on a completely flat surface free from debris. Using on an uneven surface may cause damage to the box and or instability.
- » Check the box before each use to ensure it is free from any damage
- » Check all screws are tightly fastened before each use
- » Avoid any contact with moisture/water

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## Assembly Directions



**1** Six boards & 36 screws



**2** Easy numeral assembly



**3**



**4**



**5**



**6**



**7**



**8** Use screwdriver or drill



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**SERIOUS TRAINING**