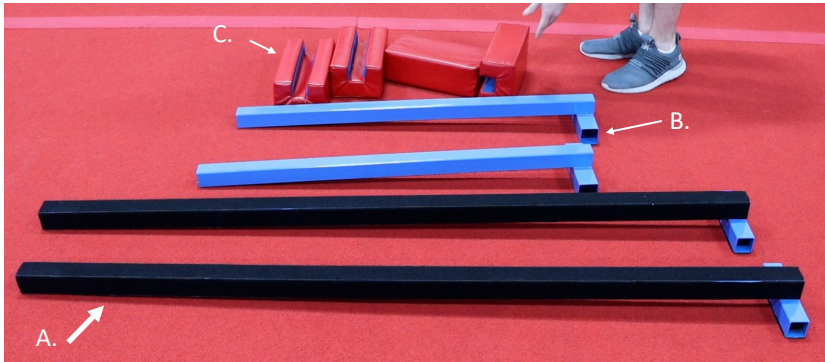


# Assembly Instructions

## Cross Supports

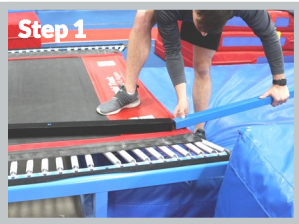


### Parts List

#### Parts:

- A. (2) Long Metal Cross Members
- B. (2) Short Metal Cross Members
- C. (4) Cross Support Pads

Thank you for investing in the Tumbl Trak Cross Supports. Open box carefully and check to make sure all parts have arrived. After opening the boxes, please check the parts list to make sure all pieces have arrived in good condition.



1. STEP 1 – Insert one short cross member into a long cross member. Repeat on second set.

#### Step 2A



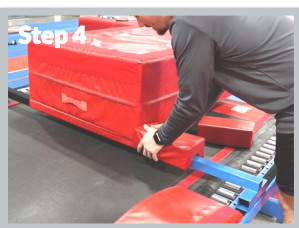
#### Step 2B



STEP 2 – Place both cross supports across your Tumbl Trak.




STEP 3 – If using with block or T-Trainer, Velcro the block to the Cross Support using the Velcro flap. Ensure the Velcro flaps are used from both the front and the back of the block.



STEP 4– Velcro on the Cross Support Pads onto the Cross Supports to fill the gap between the blocks and the Tumbl Trak Pads.

# Cross Supports (cont.)

	<b>WARNING</b> <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>	<b>SAFETY INSTRUCTIONS</b> <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></ol> <p><b>DO NOT</b> use the apparatus with damaged, worn or missing parts. <b>DO NOT</b> allow more than one person at a time to use the equipment.</p>
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## Recommended Accessories

The following accessories can be purchased from Tumbl Trak's website at [www.tumbltrak.co.uk](http://www.tumbltrak.co.uk) or by calling 02921 167949.

### Table Top Vault Blocks



- Allows vault training for all levels, from basic handsprings up to elite-level vaults, such as Tsukahara's and Yurchenko's.
- Each Base Block features heavy-duty web handles and Velcro flaps for a secure connection to each other or to carpet bonded foam.
- Create a Tramp Vault station using your **Tumbl Trak™**
- Purchase individually or as a bundle.



### T-Trainer



- Provides a softer surface for the wrist and shoulders when used as a vaulting table, helping to reduce overuse injuries.
- Exceptional rebound helps alleviate the athlete's fear of learning new skills.
- Lightweight and easy to move from station to station.

