

Assembly Instructions

Downhill Incline



Thank you for purchasing the Downhill Incline.

You will enjoy years of use with this product. 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 at 44 (0)2921 167 949.



! WARNING

- 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.

Safety Instructions

ALWAYS:

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.

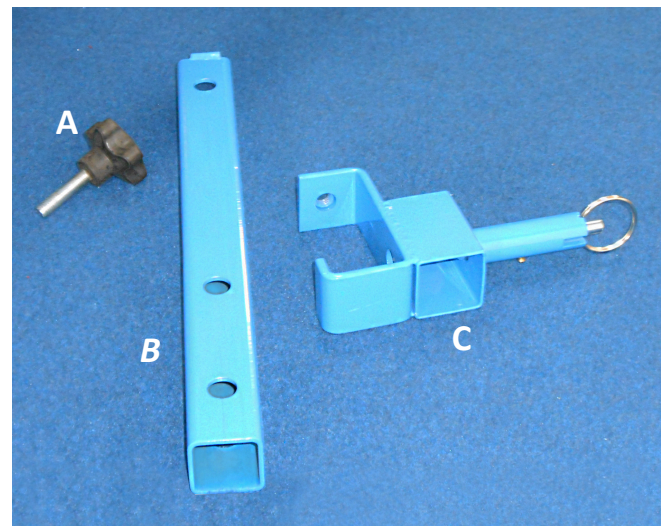
DO NOT use the apparatus with damaged, worn or missing parts.

DO NOT allow more than one person at a time to use the equipment.

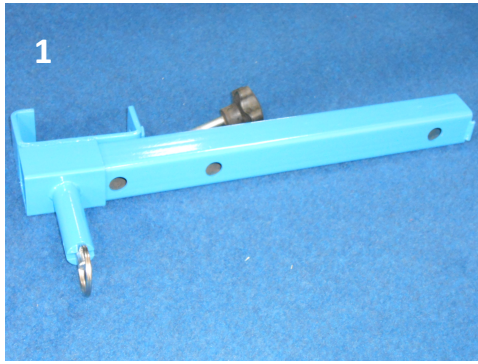
Downhill Incline Parts

Parts:

- A. (4) Knobs
- B. (4) Support Legs
- C. (4) Clamps



Tumbl Trak
Train Smart



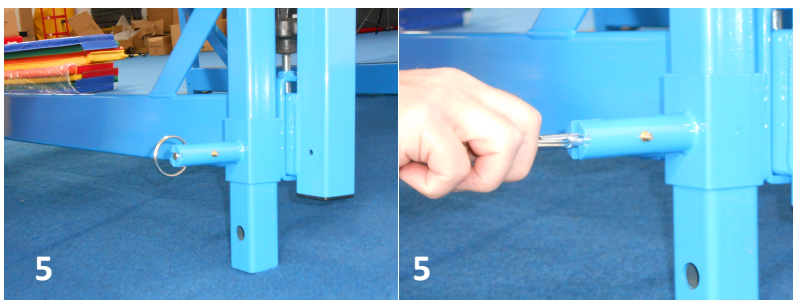
STEP 1 – Slide the metal clamp onto the metal support bar with the hole pointing up and the hook on the bottom. The spring lock should be inline with the two holes at the bottom of the support bar.

STEP 2 – Insert the knob in the hole on the top of the clamp only twisting it a few times to connect them together. Pull the spring lock out to lock it in place on the bottom hole.



STEP 3 – Connect the support leg by hooking it around the outside of the horizontal bottom bar within the triangle joist brace where the angle begins with the knob facing up. It should be positioned under the springs and pad and not Tumbi Trak bed.

STEP 4 – Lock the support leg to the bottom bar tipping it up and forward till the knob is directly over the bottom horizontal bar. Twist the knob till it is tightly secured to the bar.



STEP 5 – Raise and lower the Tumbi Trak by pulling on the spring lock and sliding it to a different hole.

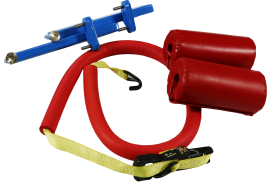
Accessories for the Downhill Incline

The following accessories can be purchased from Tumbl Trak's website at www.tumbltrak.co.uk or by calling 44 (0)2921 167 949.



Frame Bar

- Attach to Tumbl Trak for practicing bar skills and drills
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Quick Flex Bar

- The Quick Flex Bar stores easily in a bag, has soft padding for accidental falls and allows for lots of repetitions
-



Pit Pillow

- This is a great topping mat to place on a landing mat, in a pit or on top of an Air Floor
-



Dismount Mat

- A solid and safe landing mat for use at the end of your Tumbl Trak or Porta Trak
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Table Top Blocks

- Attach to Tumbl Trak to work vaults into the pit or on a dismount mat
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