

Assembly Instructions

Handstand Homework Mat

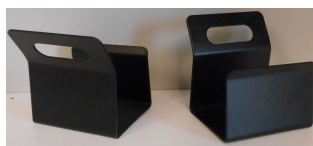
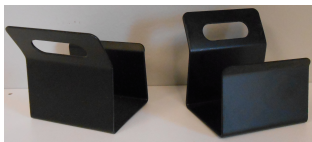


Thank you for purchasing the Handstand Homework Mat. We hope you will enjoy years of use of this product.

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.

Parts List

Door Clips



Handstand Homework Workbook



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

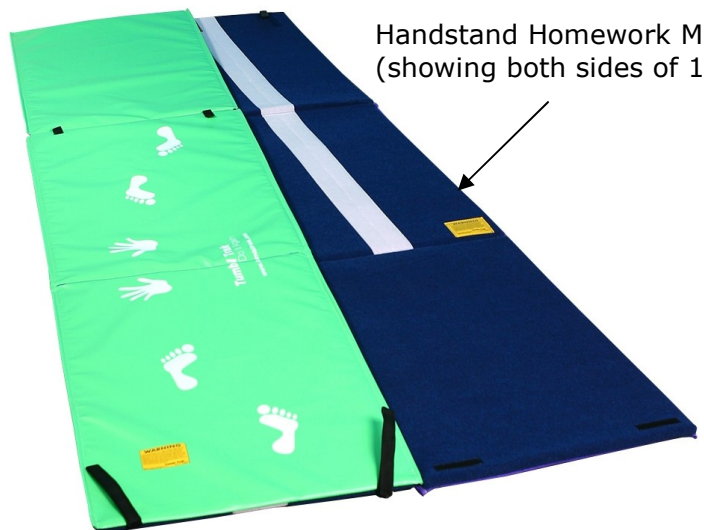
ALWAYS:

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.
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.

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.

Handstand Homework Mat (showing both sides of 1 mat)



Parts List:

- Door Clips (qty 4)
- Handstand Homework Mat (qty 1)
- Handstand Homework Workbook (qty 1)



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①

Slide two of the Door Clips onto the top of the door you plan to affix the Handstand Homework Mat.

NOTE: The Door Clips are designed to fit a standard 3.5 cm Door

Slide the remaining two Door Clips onto the bottom of the door you plan to affix the Handstand Homework Mat.

②



③

Feed the Velcro Strap through the eye-hole on the Door Clip. Fold it back and secure it to the other end of the Velcro Strap. Repeat for second Velcro Strap & Door Clip.



④

Lift the remaining section of the Handstand Mat up along the door and unfasten the Velcro Straps from the carpet on the mat.



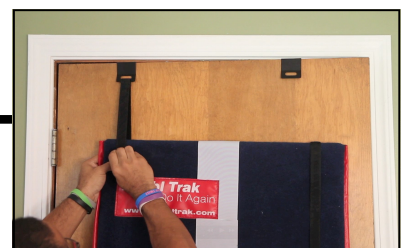
⑤

Feed the Velcro Strap through the eye-hole on the Door Clip, as you did on the bottom of the mat.



Fold the Velcro Strap back and secure it to the other part of the strap and onto the mat. Repeat for the second Velcro Strap & Door Clip.

⑥



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NOTE: Tumbl Trak equipment is not recommended for the use in **Parkour/Free Running** related activities.

Add-ons for the Handstand Homework Mat



When the Handstand Homework Mat is not in use it can be left on the door and be out of the way!

Fold up the section of the mat that is on the floor and secure it to the carpet with the Velcro tabs.

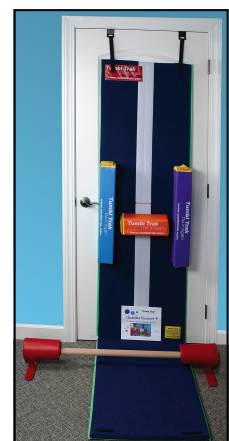


(2) 1' Fun Sticks

These add-ons can be purchased from Tumbl Trak's website at www.tumbltrak.co.uk or by calling 44 (0)2921 167 949.



(1) 1' Fun Sticks
(2) 2' Fun Sticks



(1) 1' Fun Sticks
(2) 2' Fun Sticks
(1) Floor Bar*
*Affixes to floor with Velcro



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