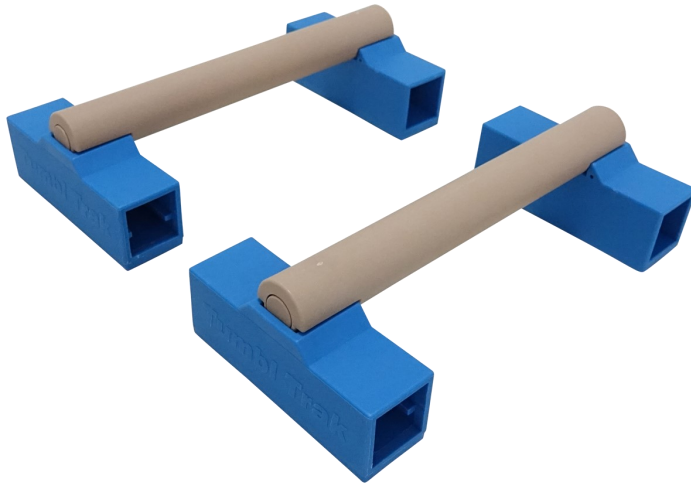


# Assembly Instructions

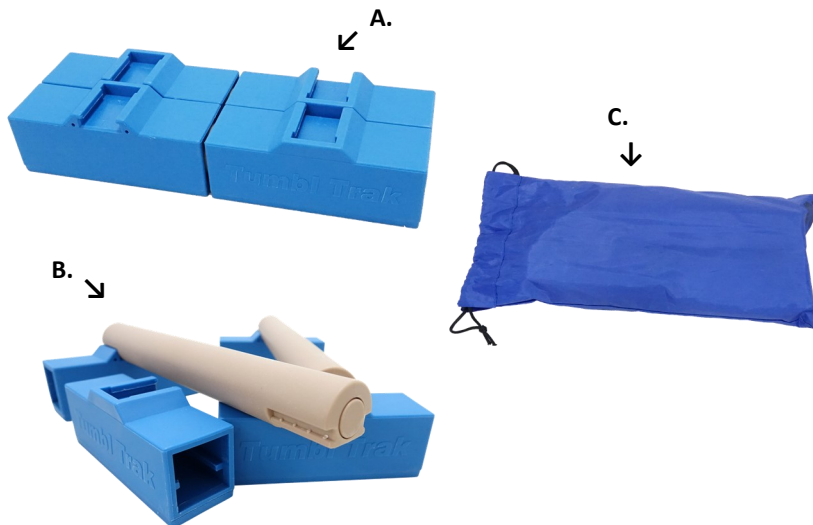
## Portable Parallettes




### Parts List

#### Parts:

- A. 4 base blocks
- B. 2 rails
- C. Nylon drawstring travel bag



	<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>	
<b>ALWAYS:</b> <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. Assume 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><li>7. Assume that all inflatable equipment has sufficient air pressure to avoid injury.</li></ol> <p><b>DO NOT</b> use the apparatus with damaged, worn or missing parts.</p> <p><b>DO NOT</b> allow more than one person at a time to use the equipment.</p>	

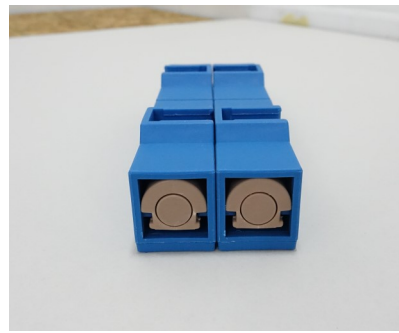
Thank you for investing in the  
Tumbl Trak Portable Parallettes.

After opening the box, 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 167949.

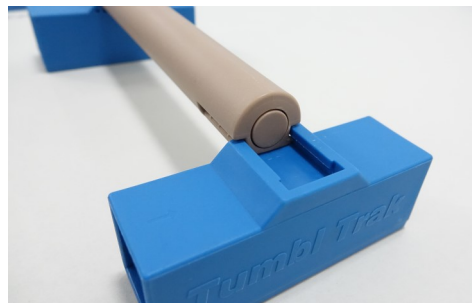
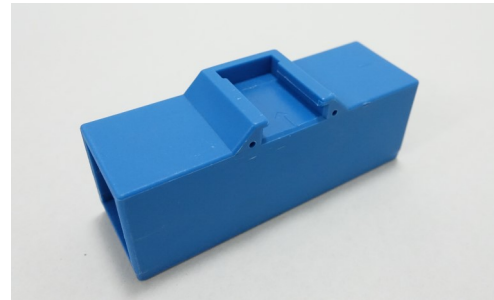


Any questions or problems, please call Tumbl Trak at +44(0)2921 167949.

Step 1– Remove rails from base blocks



Step 2– Slide first rail into base block



Step 3– Repeat process with second rail

