

Battle Rope Anchor Instructions

Contents: 2 Anchor Straps with Looped Ends | 1 Carabiner Clip

Begin by identifying a sturdy stationary object that you would like to anchor your Battle Rope to. Ensure the anchor point is going to be strong enough to withstand repeated use of the battle rope. Once you have identified the anchor point, wrap one of the two looped straps around the anchor point and thread one of the looped ends through the other and pull tight. Using the other looped strap, wrap it around the mid-point of the Battle Rope and thread one of the looped ends through the other and pull tight. Once you have the two straps attached, use the Carabiner Clip to attach the looped ends of the two Anchor Straps together.

Read all warnings and precautionary statements to reduce risk of injury.

- Always consult a physician before beginning any exercise program.
- Never wrap the Anchor Straps around any part of your body.
- Black Mountain Products assumes no liability for misuse of product.
- Use only as intended.
- All Battle Rope Anchors are warrantied for life (shipping and handling charges may apply).
- Contact Black Mountain Products ® online, by telephone or e-mail if there are any missing, damaged or defective products.
- Warranty does not cover any incidental damage.
- Void, where limited or prohibited by law.
- B.M.P. ® reserves the right to alter the warranty at any time.



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