

Black Mountain Products Adjustable Plyo Box – Instructions



Important: Read all warnings and cautionary statements to reduce risk of injury before using your Plyo Box.

1. Consult your physician before beginning any regular exercise program.
2. Always examine your B.M.P.® Plyo Box for any defects or imperfections before each use. If there are any imperfections, stop using and contact B.M.P.® support.
3. DO NOT try and fix the Plyo Box in any way if damaged.
4. Do not use B.M.P. ® Plyo Box for any use than exercise.
5. Do not put over 500lbs of weight on Plyo Box.
6. Use only on a solid flat surface to control unit for safety. Do not place Ply Box on loose rugs or uneven surfaces.
7. Make sure there is significant space around Plyo Box when using for safety.
8. Warm up before starting any exercise routine.
9. If you feel any pain or experience any dizziness while exercising you should stop immediately.
10. When starting exercise, start slowly. Jumps on the Plyo Box should be slow and controlled for safety.
11. Use B.M.P.® Plyo Box only as directed.
12. This Plyo Box is not a toy. Children below the age of 18, use only under adult supervision.
13. Make sure user is wearing appropriate clothing and footwear while exercising for safety precautions.

Instructions:

1. To adjust Plyo Box place unit on its side with safety bar facing up. Pull out safety pin and slide silver bar over. Adjust the height by sliding both legs into desired position. Slide safety bar back up and lock pin in place.
2. Before using, always make sure both legs on Plyo Box are in locked in position and safety spring is locked in place
3. Turn unit back over and make sure unit is stable before using.
4. It is the sole responsibility of the user/owner to ensure regular maintenance.
5. Always verify all nuts and bolts are in place and tight before use.
6. Keep unit clean after each use.

Warranty:

1. All Black Mountain Products Plyo Boxes are fully warrantied for life.
2. Inform Black Mountain Products® by telephone or e-mail if there is any missing, damaged, or defective products.
3. Warranty does not cover any incidental damage.
4. Void, where limited or prohibited by law.
5. B.M.P. reserves the right to alter the warranty at any time.

Warranty Support:

Warranty@blackmountainproducts.com

Telephone: 815-322-2028

Office hours: 8-4 CST M-F