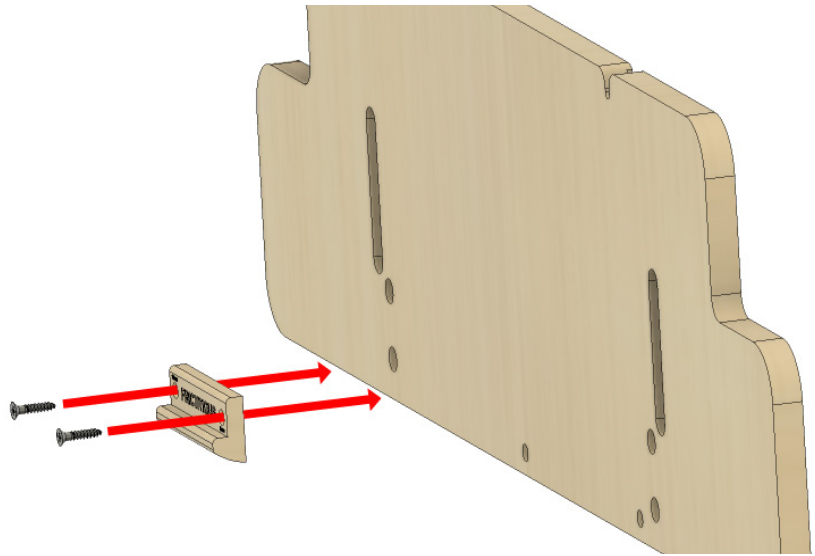


1

The Micros set comes with four appropriate length screws for fastening them to any 3/4 inch plywood mount.

Tighten until screws are flush, do not overtighten.



2

Whether mounting on the doorway mount, or elsewhere, we recommend the following layout to ensure even spacing for each set of micros.



3

USE CHALK! Cherry wood has a smooth grain that does not put unnecessary wear on your skin. However, the material's organic texture acts a great hold, especially when used with a little bit of chalk.

4

Get into the habit of brushing off the holds after every use to avoid excess chalk buildup. However, if buildup does occur, lightly sand the edges of the holds. This will return the wood to its natural state and revitalize its grippy feel.

NOTE: Make sure to warm up thoroughly before training and keep the volume low, a little goes a long way to get used to Micros.