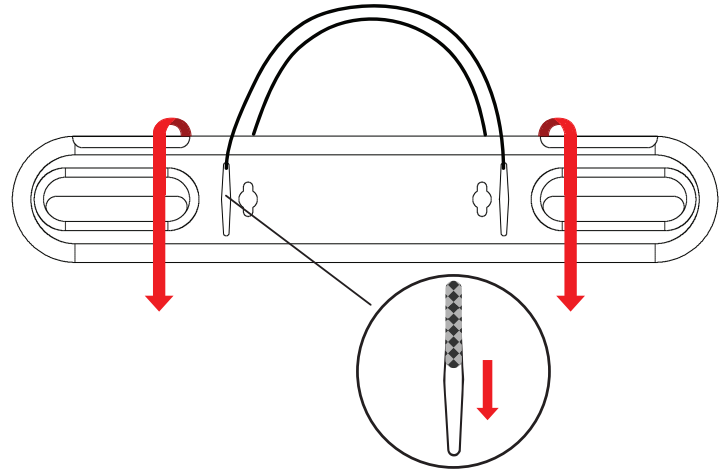


1

The diamond slots in the EZ Board allow you to quickly adjust the angle of the board. Simply move the cord to the center of the diamond slot, effectively loosening it.

Then grab the jug and twist the board to your desired angle and give it a firm pull down, the board is now locked in place at your set angle.



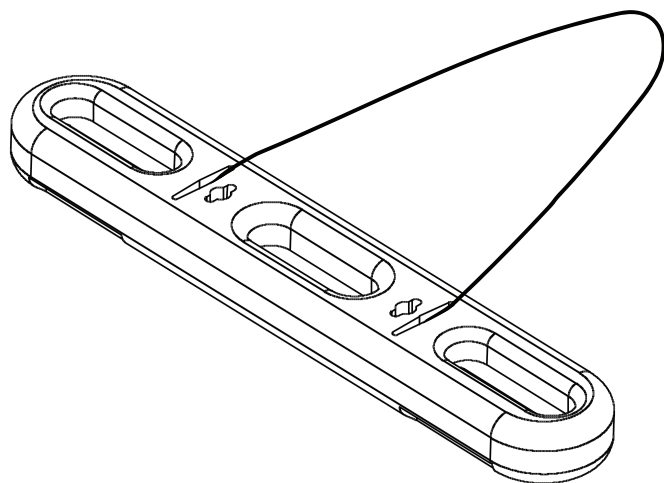
2

To hang the EZ Board one will typically need a sling and a carabiner. To hang on a tree throw the sling around the sturdiest branch close to the center of the tree, hook your carabiner to both ends of your sling and the cord on the EZ Board. If you are at the crag or gym and have access to a climbing bolt, we recommend hanging from the first bolt by using 2 carabiners or quickdraws linked together, so the board hangs in the correct orientation.

3

To train without hanging the EZ Board simply pull all the slack of the cord to the side you plan on using and loop the cord around the ball of your foot. From here you can do sitpulls which are a quick and easy way to warm up at the crag.

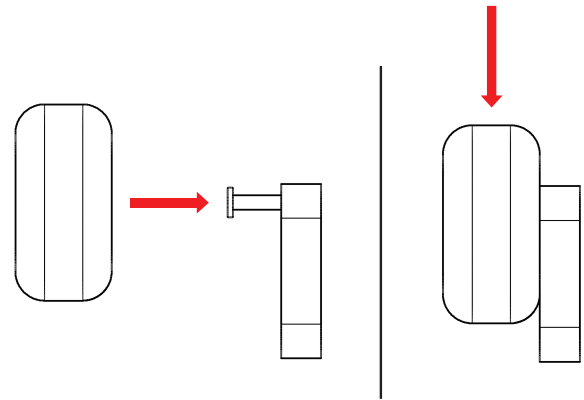
With or without the cord extended, the EZ Board is also great for another training implement called "no-hangs".





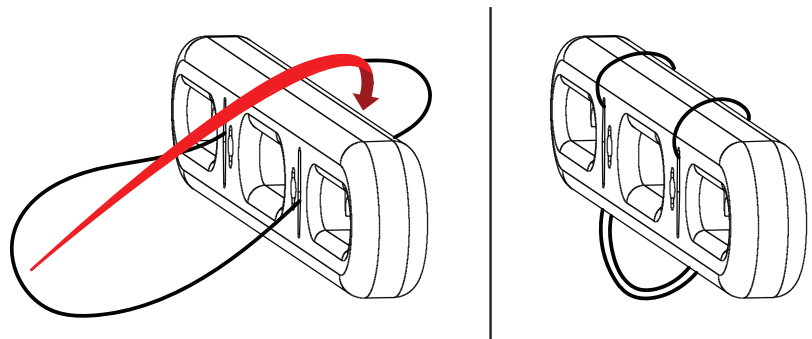
1

Install the mount so the steel pins are positioned at the top. Position the EZ Board with your desired edge facing up, keeping the cords out of the way, slip it over the pins until flush with the mount, pull down on the EZ Board ensuring the pins fully interlock with the slots, and the board is fully secure. Test weight the board before training everytime.



2

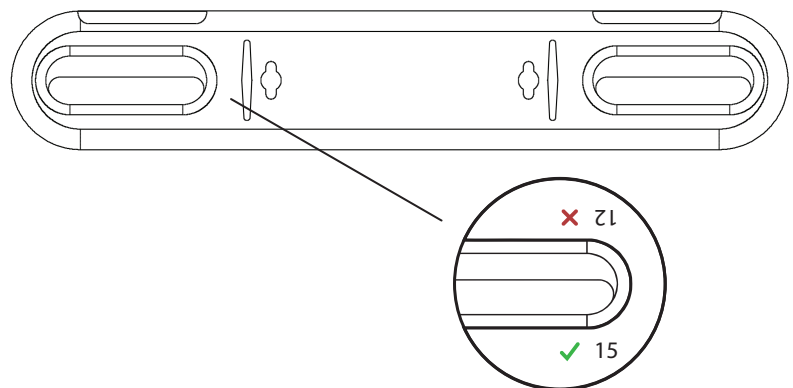
To tuck the cords, pick the face with your desired edge, pull the cord out of that face and wrap it over the top until it's even with the loop on the opposing side. When mounting, keep the cords in the back to the outside of the mounting pins, place the board onto the pins, tuck the cords into the mount slots.



3

The EZ Board can be mounted in four different positions. Edge sizes are labeled with an upright number located below the hold. Two-hand training edges are only labeled on one hold yet correspond to both.

The 10mm crimps and 35mm jug are not labeled with a number.



4

To use the cord for assistance with one arm training, pull the cord so all the slack is on the side with your desired edge. Then leave a little bit of slack on the backside so the cord can rest ontop of the mount, allowing the Easy Board to sit completely flush.