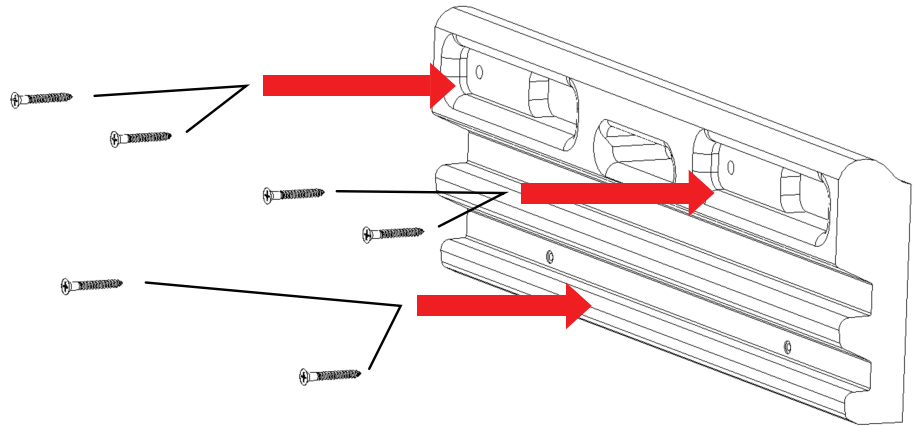


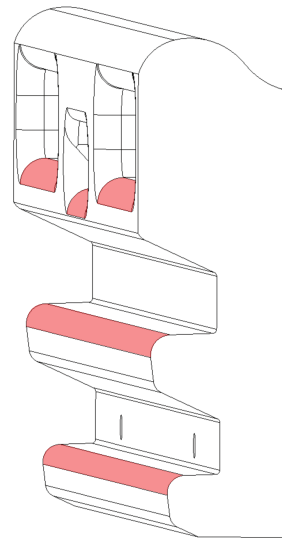
1

The Hangboard 3.0 comes with 6 appropriate length screws for fastening the hangboard to any 3/4 inch plywood mount. Start screwing at the top of the hangboard and work your way down.



2

With custom contours on all our edges, we've eliminated the need for dedicated pockets. You can comfortably train with how ever many fingers on any of our edges.



3

USE CHALK! Our poplar 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.