

BC STRENGTH

BC BOX

ASSEMBLY INSTRUCTIONS



Thank you for your purchase.

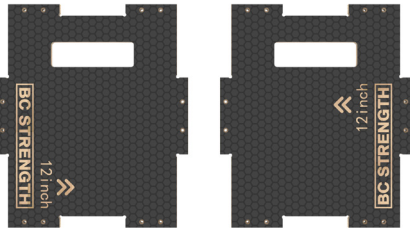
Please read these instructions carefully prior to assembling the BC Box.

PARTS

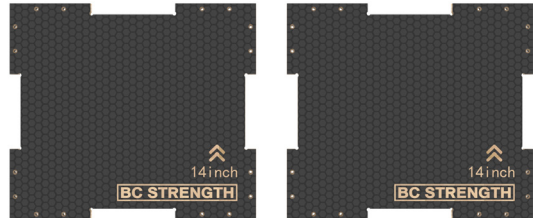
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Tools required (not included): Phillips Screwdriver

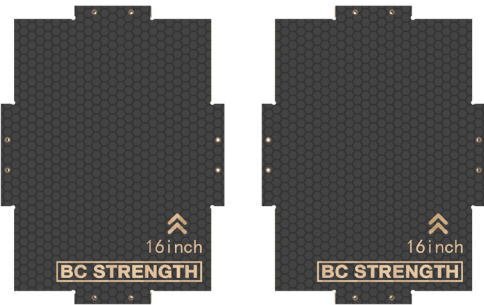
*We recommend using a drill or impact screwdriver to speed up the process when securing the screws.



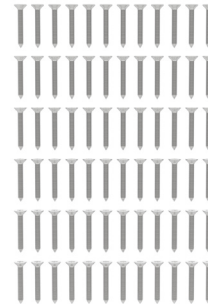
A 12 INCH BOARD (x2)



B 14 INCH BOARD (x2)



C 16 INCH BOARD (x2)

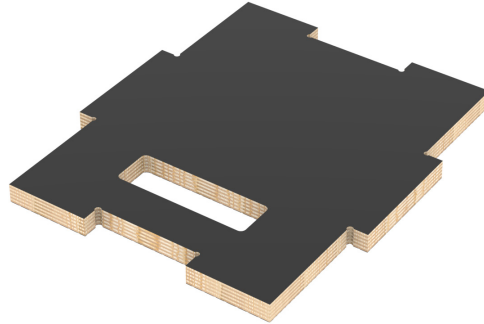


D SCREWS (x72)

ASSEMBLY INSTRUCTIONS

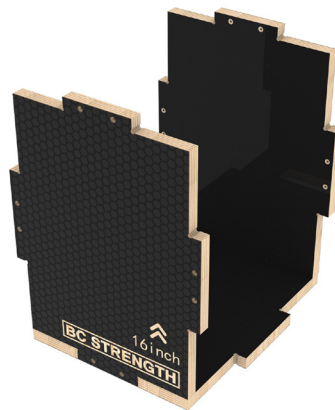
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STEP 1



Lay one of the 12 inch boards (Part A) flat on the ground with logo facing down.

STEP 2



Line up the 16 inch board (Part C) with the logo facing out. Repeat on other side.

STEP 3



Lay the other 12 inch board on top of 16 inch boards (Part C) parallel to other 12 inch board (Part A) with the logo facing up. Ensure that both handles line up.

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STEP 4



Flip unit on the side and push in the 14 inch board (Part B) with the logo facing outwards. Now flip unit to the other side and repeat.

STEP 5



Using the screws (Part D) fasten the box together. Make sure all joints are snug before screwing together and make sure not to over tighten the screws.

Disclaimer

Warning: misuse of this equipment can result in severe injury or even death. Your use of this equipment is done so at your own risk, and you warrant that you are both fit and competent to undertake physical activity and the use of this equipment. Do not overload the equipment. You assume all risks and responsibilities for all damage, injury and death which may occur during or following incorrect use of this equipment in any manner whatsoever. Regularly check that the maintenance of surfaces and stability of the equipment is secure, stable and safe.