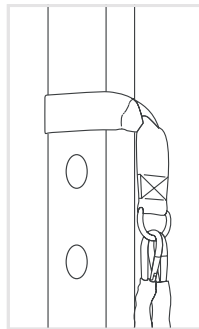
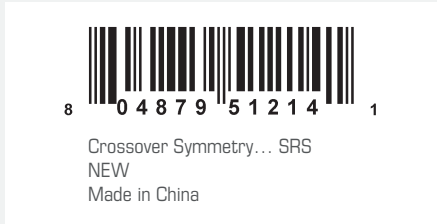


SQUAT RACK STRAPS (SRS)

Crossover SRS transforms most any squat rack into a complete workout station.



READ ALL INSTRUCTIONS & DISCLAIMERS BEFORE USE.

Do not use for purposes other than those described below.

1. Minors should only use this product under direct adult supervision.
2. The Crossover SRS is only designed for use with Crossover Cords.
3. Prior to use, test the D-ring attachment points to ensure they are strong and secure.
4. Replace immediately if fabric becomes damaged, cut through, or detached.
5. Yearly replacement is recommended. Replace sooner if worn.
6. Do not continue to pull cords once they have reached their max stretch.
7. Never pull the cord directly towards the face or head.
8. Before use, make sure that the SRS is securely fastened to the squat rack.

DISCLAIMER: THE FOLLOWING GUIDELINES SHOULD BE OBSERVED WHILE USING THIS PRODUCT: ALWAYS CONSULT YOUR PHYSICIAN BEFORE PARTICIPATING IN ANY PHYSICAL ACTIVITY. READ ALL INSTRUCTIONS CAREFULLY BEFORE USE. INSPECT THE FABRIC AND ATTACHMENTS FOR TEARS AND OTHER DAMAGE PRIOR TO EACH USE. DO NOT USE IF DAMAGED, REPLACE IMMEDIATELY. INSPECT AND TEST THE STRENGTH OF EACH ANCHOR POINT BEFORE CONNECTING CORDS. THIS PRODUCT CAN BE EXTREMELY DANGEROUS IF USED INCORRECTLY. NEITHER MANUFACTURER NOR DISTRIBUTOR ASSUMES ANY LIABILITY FOR ACCIDENTS OR DAMAGE THAT MAY OCCUR WITH THE USE OF THIS PRODUCT, INCLUDING BUT NOT LIMITED TO FAILURE OF A STRUCTURE OR CHAIN LINK FENCE THAT IS USED AS AN ANCHOR FOR THE CORDS. THIS EQUIPMENT IS SPECIFICALLY DESIGNED FOR USE WITH CROSSOVER CORDS. PLEASE DIRECT ADDITIONAL QUESTIONS TO SUPPORT@CROSSOVERSYMMETRY.COM



SQUAT RACK STRAP INSTALLATION

READ ALL INSTRUCTIONS BEFORE BEGINNING

1



Hold squat rack strap with one hand on the D-ring, & the other hand on the webbing near the D-ring stitching.

2



Turn the D-ring sideways to allow it to fit through the stitched loop on the opposite end.

3



Wrap the SRS around the structure of the squat rack. If holes are available, thread the strap through the hole.

4



Insert the D-ring through the stitched loop on the opposite end of the strap.

5



Pull any excess webbing through the stitched loop, & turn the D-ring back to its original position.

6



Straighten the strap into position & pull the D-ring until it is tightened. Test the attachment before connecting cords.

CONNECTING SQUAT RACK STRAPS TO INSTALL ON A TREE OR LARGE POLE

1



To attach an anchor point to a larger structure (i.e. tree, pole, etc.) You will need to attach two straps together.

2



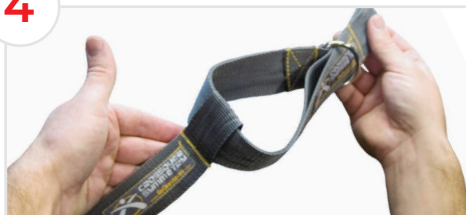
Turn the D-ring of the first strap sideways, & thread it through the stitched loop (not D-ring) of the second strap.

3



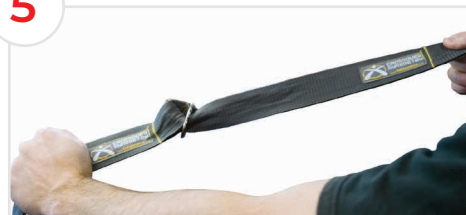
The two straps will make a "T" when connected properly.

4



Thread the stitched loop side of the first strap through its own D-ring.

5



Pull the excess webbing through the D-ring and cinch tight.

6



Wrap the extended strap around the structure, thread it through the stitched loop, and pull tight.

WARNING: TO AVOID DANGER OF SUFFOCATION, KEEP THIS PLASTIC BAG AWAY FROM BABIES AND CHILDREN. DO NOT USE THIS BAG IN CRIBS, BEDS, CARRIAGES OR PLAY PENS. THIS BAG IS NOT A TOY.