


## MY SLIDEBOARD PRO


My Slideboard PRO is made to strengthen your skating(hip) muscles on the highest levels when You are off the ice (this way, you can prevent injury while playing on the ice). It is designed to mimic real ice, so you can glide smoothly and effortlessly. Its stoppers are durable but comfortable enough for you to slam your feet against them repeatedly.

Before using the sports training aid carefully read this usage instruction, it contains important information. Non-compliance with the provisions prescribed in this instruction can be dangerous! For additional information, please contact us or visit our web page.

### Attention

The followings are fatal information for your safety, please observe strictly.


“  ” Warning signal - The next item of the manual with a warning signal should be abided strictly, otherwise there will be anger the personal safety or could lead to a significant accident.


“  ” Forbidding signal - The next items of the manual with forbidden signal be abided strictly, otherwise there will be a danger to the persona; safety or could lead to damage to the machine.

### Before use


1. Check the condition of the plastic surface.
2. Do not use it in the following cases:
  - If the plastic surface is cracked
  - if the plastic surface is sandy/dirty
  - if some part of sports training aids hasn't been correctly attached
  - If sports training aid hasn't been properly tightened
3. The training equipment shall be installed and used only on areas with a smooth surface.
4. Use only the included original parts to install the sports training aid. Use only the tool intended for this purpose.
5. Children till 16 years may use the training equipment only under the supervision of adult persons.

 Before using the exercise equipment, always stretch properly to warm up.

 DO NOT leave pets unattended in the same room with the sports training aids

 DO NOT use attachments not recommended by the manufacturer.

 DO NOT place any sharp objects around the exercise equipment.

 Never operate the exercise equipment if the exercise equipment is not functioning properly.

## Instructions

The sports training aid is intended to be used outdoors, in home circumstances, and in sports centers.

1. Only one person at a time should use the exercise equipment, so you wouldn't harm yourself.
2. Spread out all the tiles from the box so you would see which tiles are with and without holes (place tiles with a smooth surface looking up).
3. The clipping system at the sides of the tile will allow you to clip tiles together. Connect one tile loop with other tile hooks and connect them by pressing on connections when tiles have been attached.
  1. Tiles with attached bumpers need to be placed at the ends of the Slideboard PRO.
4. Slideboard PRO has multiple choices on how to connect the tiles and make your training ground:

6.1. Make 90 - a degree Slideboard with 4 bumpers. To make a 90-degree angle, you need to find 3 tiles with holes:

- One tile with one hole at tiles right;
- Second tile with two holes (in diagonal position);
- The third tile with a hole at the tiles left.

Tile holes will make a perfect match for included unattached bumpers. To attach bumpers to Slideboard Pro:

1. Put bumper on the tile's smooth surface so it would be on top of the holes.
2. Take one screw and put it into one washer.
3. Connected screw with washer put into tiles holes and screw them into the attached bumper using the attached instrument.

6.2. Make a split training ground, by unattaching the second (short) Slideboard part and adding it at the end of the Slideboard.

6.3. Make a long Slideboard by unattaching 90 - degree angle tiles with bumpers and the second (short) part of the Slideboard. Put a 90-degree angle at the end of the Slideboard, tiles with attached one bumper from second Slideboard unattached and put it away. The rest of the Slideboard tiles connect together.

7. Place suitable mats beneath the exercise area and make sure that the sports training aids don't slide away.

⊘ Do not step on the sports training aid with improper sports shoes (no outdoor shoes). You may use MY SLIPPERS.

⊘ If any parts are damaged, DO NOT use the sports training aid.

### **Care and maintenance**

- ⚠ The training equipment shall be stored in clean and dry rooms at temperatures from 15°C to 25°C (59°F to 77°F).
- ⚠ The equipment shall not be stored wrapped, except during transportation.
- ⚠ Stay away from heat sources.
- ⚠ Exposure to rain and snow will shorten the sports training aids life.
- ⚠ Never store the sports training aids outside.
- ⚠ The training equipment can be carried with a smooth surface against the body.
- ⊘ Don't store sports training aid in a place with direct sunlight for a long time it will prevent plastic from aging.
- ⊘ Do not dry sport training aids on the heating elements or with a hairdryer.
- ⊘ Do not clean sport training aids with strong influence cleaning agents, except for the intended ones. DO NOT use solvents or bleach.
- ⚠ After use, wipe off the dirt and store the sports training aids in the room.
- ⚠ The exercise equipment can be cleaned using a damp cloth and mild non-abrasive detergent.
- ⚠ INSPECT FOR DAMAGE BEFORE EACH USE.

**SAVE THESE INSTRUCTIONS.**