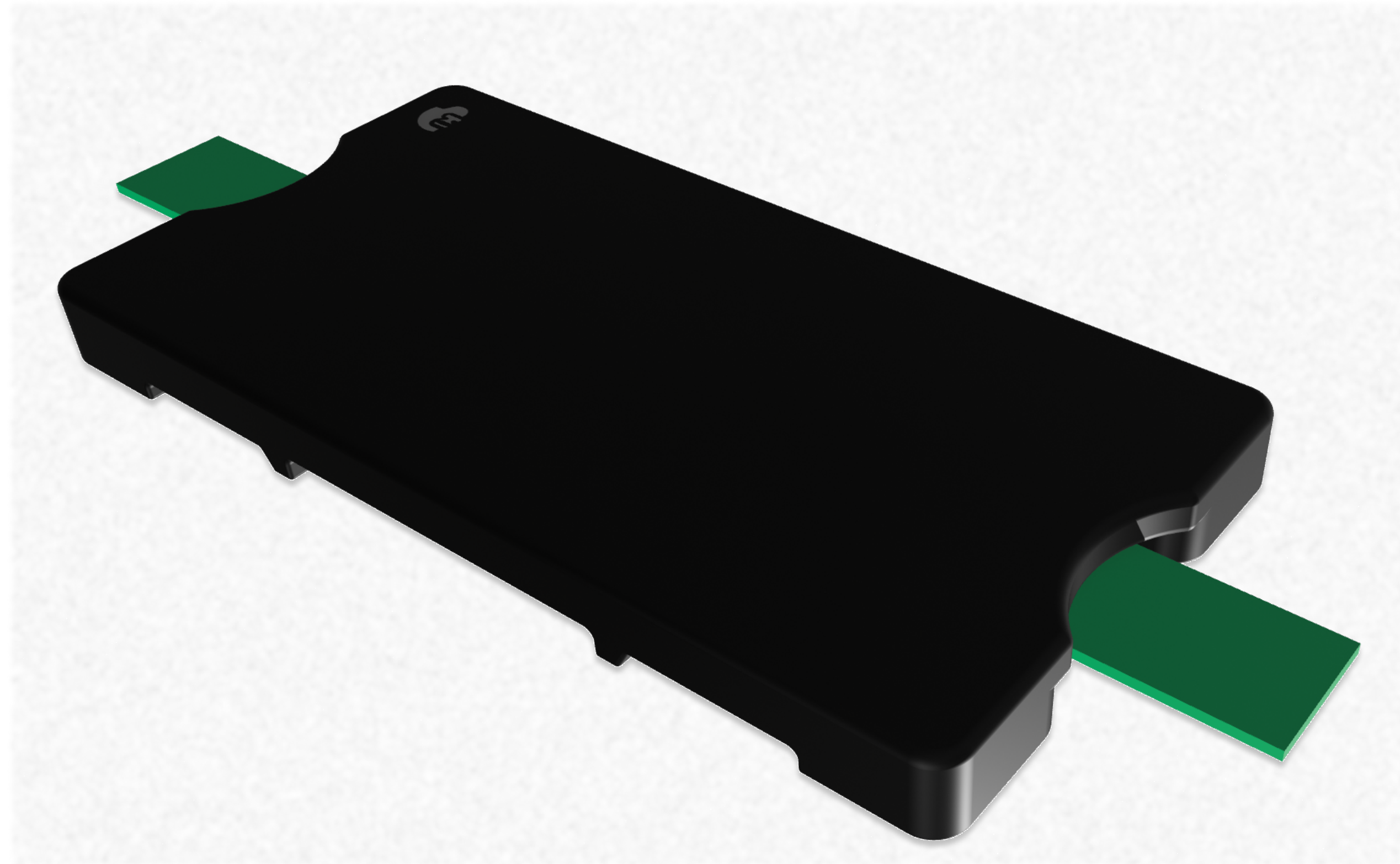# Harambe System

The Plate Manual

Caring for your Plate

- Only use the Plate as instructed in this manual.

- This Plate is meant to be used with bands for sale at HarambeSystem.com

- Check the Plate before every use. Do not use the Plate if it has any visible damage or if you feel any flexing during use.

- Never step off the footplate while the bands have tension.

- Do not exceed 1,000 lbs while lifting with the Harambe System Footplate. Please check with your band manufacturer to make sure you are not exceeding this limit.

- We recommend you use The Cork Block (sold at HarambeSystem.com) so that the bar does not smash into your feet if you accidentally let go of it.

The Plate Usage

To see how-to videos, go to
https://harambesystem.com/pages/gorillagainsworkout

Join the Harambe Family

If you need help putting together an exercise routine, join us on Facebook in the Harambe System group and chat with us! There is no one-size-fits-all workout routine.

facebook.com/groups/HarambeSystem

Get Support

Have a question about your purchase or the Harambe System? Please get in touch with our support team.

support@HarambeSystem.com

Disclaimer

Read the disclaimer at HarambeSystem.com. If you do not agree with the disclaimer, return your Harambe System immediately. Just as with lifting weights, you risk serious injury or even death by using this device. Follow all warnings and instructions with other products (e.g. bands and footplates) while using this device. Consult with your personal physician before using the Harambe System. Never step off a foot plate when bands are in tension. Latex bands can break, so please protect your eyes with glasses while using this device. This device is only to be used with bands for sale at HarambeSystem.com. Do not exceed the listed working load of your device. If you lift above this limit you risk ruining the device and/or hurting yourself. Only use this device to do the recommended exercises.

We hope you love your
Harambe System!