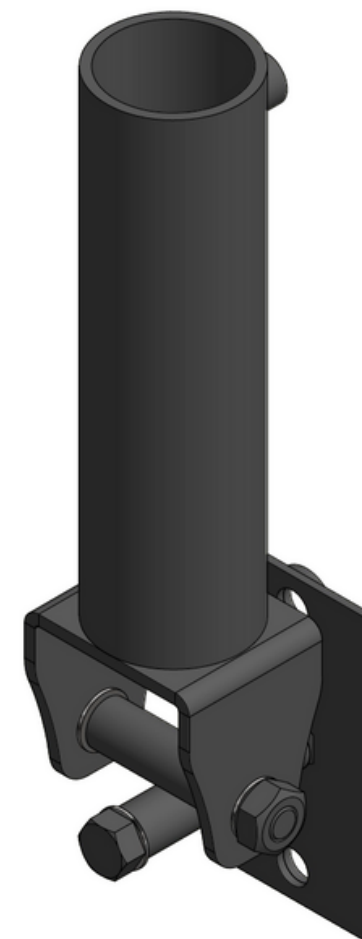




## CONGRATULATIONS ON YOUR NEW PURCHASE

---

**WELCOME TO THE SYNERGY FAMILY!**  
**We know you need support, so we're here for you**



We are here to support you in any way we can. Scan the QR code for options on how to best contact us or visit us at



<https://www.synergycustomfitness.com>

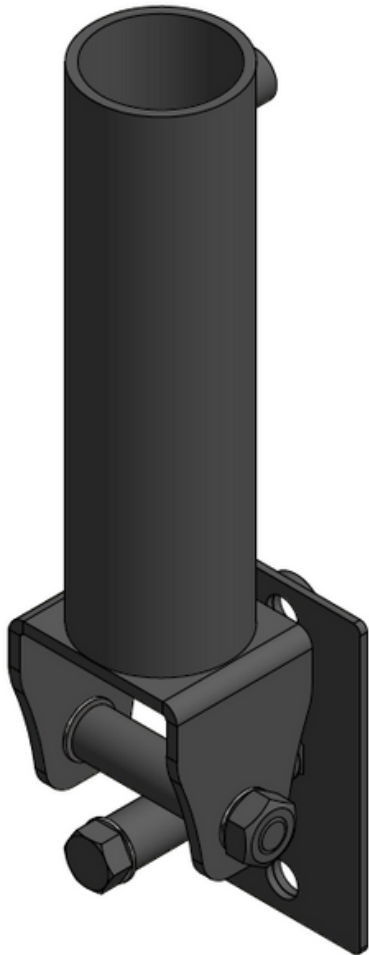


You can also email us [support@synergycustomfitness.com](mailto:support@synergycustomfitness.com) or call us at 1-877-305-4057

*scan QR code for options  
on how to contact us*



**A** (1) Landmine Tube



**B** (2) Adapter Washers



**C** (2) 4" 3/4 bolt



**D** (2) 1/2" hex nut

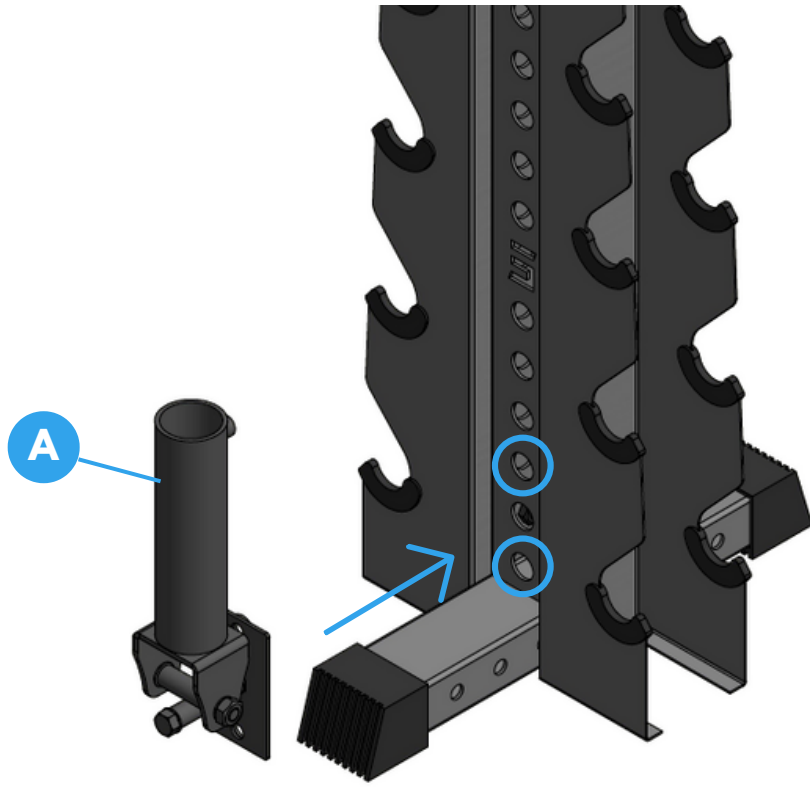


# STEP 1-2

Model #  
LMPL1

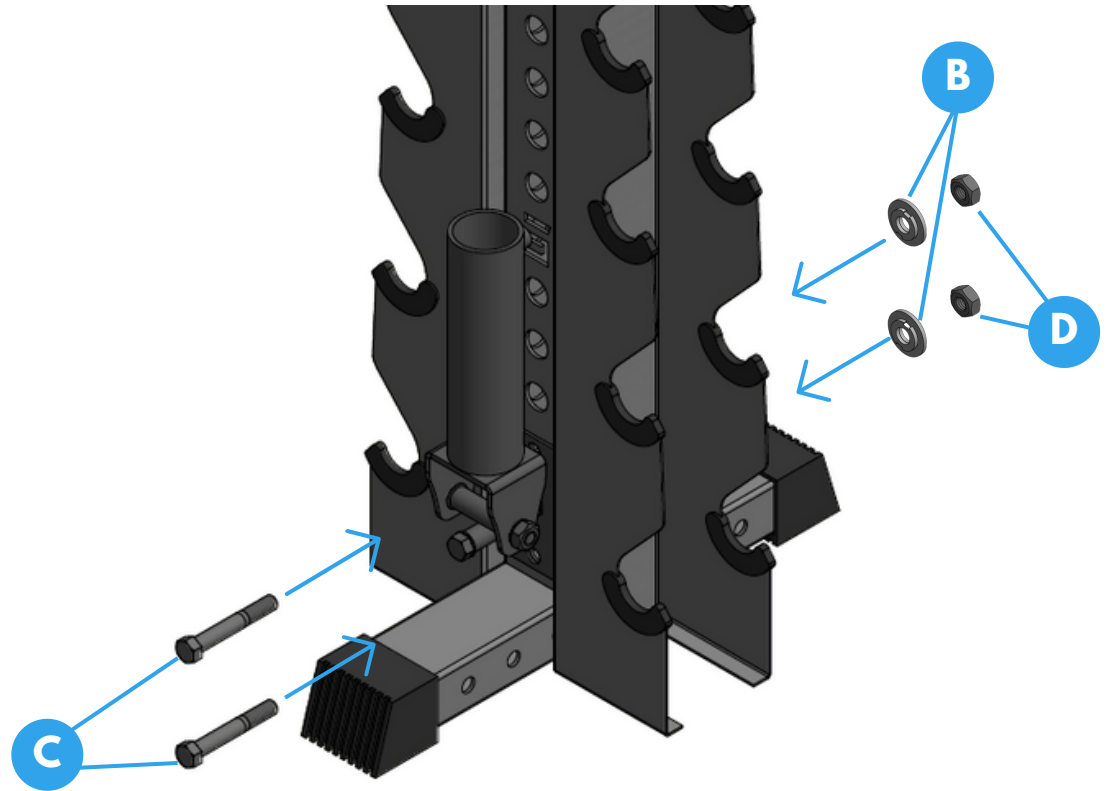
1

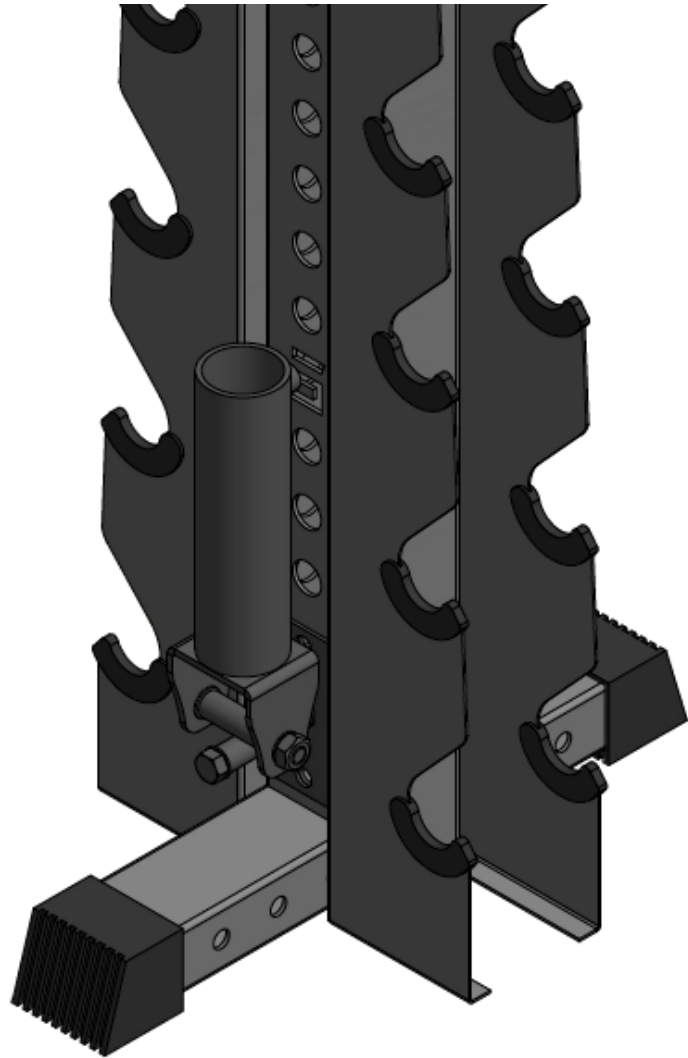
Place [A] Landmine tube's plate to surface as shown below.



2

Use [C] Bolts, [B] washers and [D] nuts to secure landmine. Tighten securely.





## Wasn't that easy?

**You have mounted your new  
landmine and didn't  
even break a sweat.**

Now go brag about it in social media  
and get your workout done!



## NEED SUPPORT?

## VISIT US ONLINE!

### Contact us.



We are here to support you in any way we can. Scan the QR code for options on how to best contact us or visit us at



<https://www.synergycustomfitness.com/contact-us>



You can also email us [support@synergycustomfitness.com](mailto:support@synergycustomfitness.com) or call us at 1-877-305-4057

scan QR code to  
visit us online



## WARNINGS



### Heavy Object.

Use lifting aids and proper lifting techniques when moving to avoid injury.



### Sharp Objects.

Sharp objects may be included. Always use precaution and protection to avoid injury.



### Choking Hazard.

Small parts – Please exercise caution if small children or pets are present.



### Suffocation Hazard.

Plastic bags may be involved. Please exercise caution by keeping bags away from babies, small children and pets.