



3-IN-1 PLYOMETRIC BOX 16X14X12

ASSEMBLY INSTRUCTIONS



MAIN SUPPORT

2
pcs



SIDE 1

2
pcs



SIDE 2

2
pcs



SCREWS

36
pcs



1

LAY PIECE #1 AND PLACE IT ON THE FLOOR WITH THE NUMBERED SIDE FACING UP.



2

TAKE ONE OF THE PIECES MARKED #2 AND ATTACH IT TO LONGER SIDE, NUMBERED SIDE FACING IN.



3

ATTACH THE OTHER PIECE #2 AND ATTACH IT TO THE OPPOSITE SIDE, NUMBERED SIDE FACING IN.



4

ATTACH ONE OF THE PIECES MARKED #3 AND ATTACH IT TO ONE OF THE SHORT SIDES, NUMBERED SIDE FACING IN.



5

ATTACH THE OTHER PIECE #3 ON THE OTHER SHORT SIDE, NUMBERED SIDE FACING IN.



6

ATTACH FINAL PIECE MARKED #1 ON TOP. INSERT ADDITIONAL PROVIDED SCREWS INTO EACH HOLE ALONG THE EDGES OF THE BOX.

3-IN-1 PLYOMETRIC BOX 24X16X20 & 30X20X24 ASSEMBLY INSTRUCTIONS



MAIN SUPPORT



SIDE 1



SIDE 2



INSIDE SUPPORT



SCREWS



1
LAY PIECE #1 WITH THE LOGO SIDE FACING DOWN.



2
TAKE ONE OF THE PIECES MARKED #2 AND ATTACH IT TO LONGER SIDE, NUMBERED SIDE FACING IN.



3
ATTACH THE OTHER PIECE #2 AND ATTACH IT TO THE OPPOSITE SIDE, NUMBERED SIDE FACING IN.



4
ATTACH ONE OF THE PIECES MARKED #3 AND ATTACH IT TO ONE OF THE SHORT SIDES, NUMBERED SIDE FACING IN.



5
ATTACH THE OTHER PIECE #3 ON THE OTHER SHORT SIDE, NUMBERED SIDE FACING IN.



6
SLIDE THE MIDDLE SUPPORT PIECES (#4 AND #5) TOGETHER.



7
SLIDE PIECE #6 ONTO EITHER SUPPORT PIECE, FLUSH AGAINST WHERE #4 AND #5 INTERSECT. INSERT A SCREW THROUGH THE WHOLE TO ATTACH PIECES TOGETHER.



8
PLACE ASSEMBLED SUPPORT PIECE INSIDE OF THE BOX AS SHOWN.



9
ATTACH THE FINAL PIECE MARKED #1 ON TOP. INSERT ADDITIONAL PROVIDED SCREWS INTO EACH HOLE ALONG THE EDGES OF THE BOX.