



# User Manual and Setup Guide

## Set Contents

- 1 obstacle course line
- 1 anchor line with ratchet
- 2 tree protectors
- 2 gymnast rings
- 1 climbing ladder
- 2 free movement rings
- 1 standard length monkey bar
- 1 long monkey bar
- 1 spinning wheel
- 8 carabiners
- 8 safety rings
- 1 carry bag

## Safety Guidelines

- For ages 6 and up.
- Adult supervision required.
- Weight limit 250 lbs.
- Adult assembly required, including site selection and installation.
- Choose trees of at least 1 foot in diameter. Trees should be between 25-55 feet apart.
- Do not attach to unhealthy trees, this may result in injury.
- Load stress test must be performed before use.
- All watchers should maintain a 10 foot distance to prevent injury.

## Step 1. Determine height for obstacle course

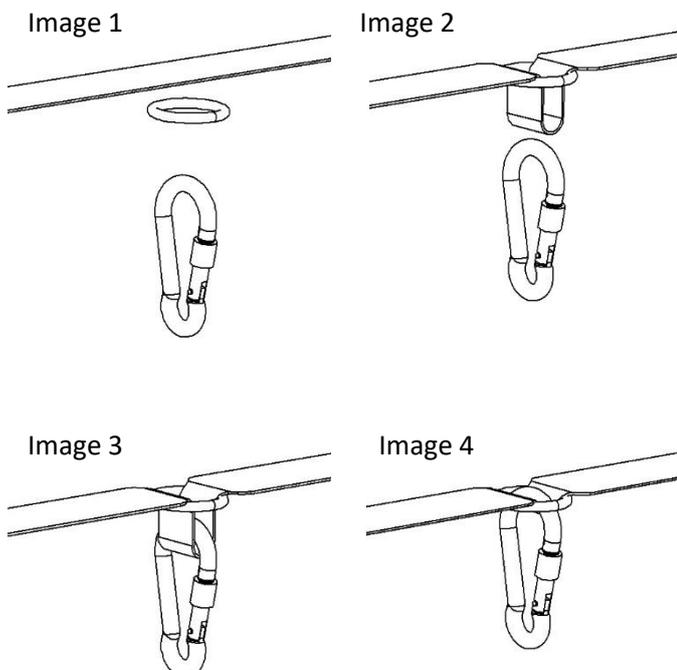
- Line should be set so that the shortest user's feet hang 12 inches from the ground while hanging from the gymnast rings.
- To determine the height of course, measure shortest user from feet to fingertip with hand held high, then add 24 additional inches. This should include the 12 inch gap to ground, plus the length of obstacle. For example, your shortest user is 72 inches from feet to fingertip, add 24 inches, the height of the line should be 86 inches from the ground.
- Special Note: The farther apart the anchor trees are, the more the course line will sag in the middle. This is normal, but should be taken into account when setting line height.
- The line height may need to be adjusted for best user experience.

## Step 2. Setting up the line

- Wrap tree protectors around desired tree trunks at pre-calculated line height. Use of a step ladder may be necessary.
- Secure anchor line with ratchet to tree. Wrap line around tree, then thread ratchet through loop on the end of the line. Pull ratchet until line is snug around tree with no slipping.
- Take course line and wrap around other tree. Pull loose end through loop and tighten to prevent slipping.
- Folding the line in half before threading through loop will help line stay flat when connected.

## Step 3. Attaching Obstacles

- Select desired positions for obstacles. Shorter distances apart are recommended for smaller users (approximately 16 inches apart is a good place to start). First obstacle should be placed 6-10 feet from tree on the course line.
- With safety ring on underside of line, pull line through safety ring to make a loop. See Images 1 and 2.
- Thread carabiner through the line looped through the safety ring. Do not attach carabiner to safety ring. See Images 3 and 4.
- Attach obstacles to carabiners in desired order.
- Use ratchet to fully tighten line before use.



If you have any questions or problems, please contact us, we are glad to help!

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#### Step 4. Connecting and tightening the line

- Make sure both ends of line are secured at the same height.
- With ratchet handle facing down, feed end of course line through ratchet. See Image 5.
- Pull end of line to take up all the slack. Make sure line is not twisted. See Image 6.
- Pull tight through ratchet. Pull on smaller release handle to unlock ratchet. Use ratchet handle to tighten further. See Image 7.
- Keep ratcheting the line tighter until the line is tight. When fully tightened, pull release lever to close and lock handle in place. See Image 8.
- Special note: Make sure course line is threaded straight through ratchet and not at an angle as this could weaken the ratchet and cause breakage or damage to the line.

Image 5

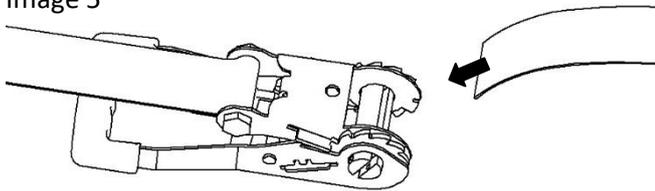


Image 6

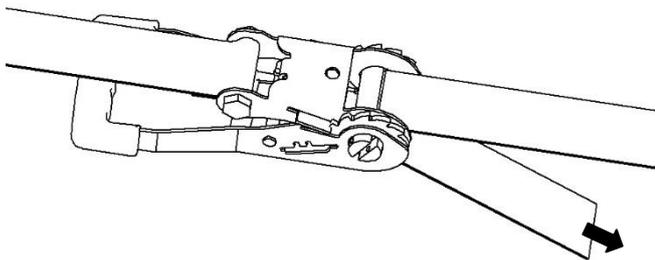


Image 7

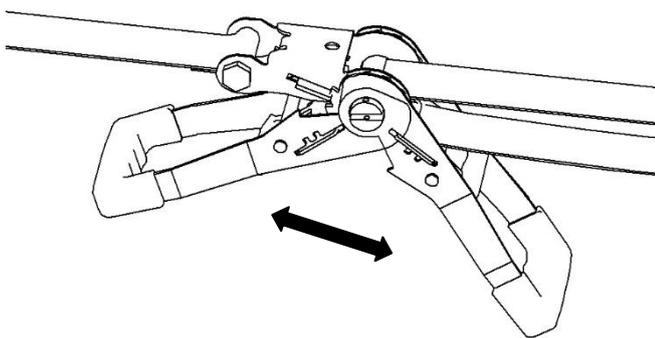
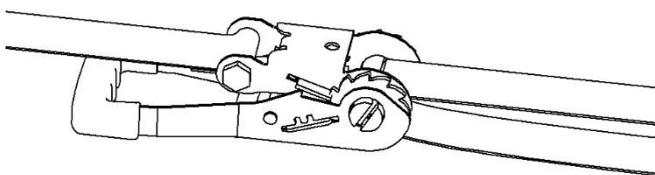


Image 8



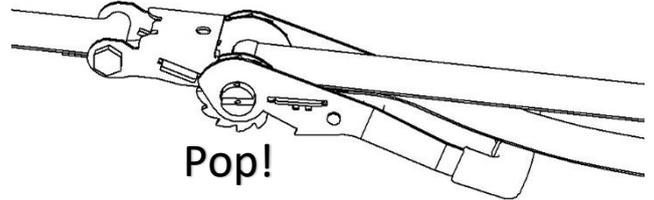
#### Step 5. Mandatory load stress test

- Make sure all connections are tight.
- Bystanders should maintain a safe distance from the line, at least 10 feet.
- Using either a 250 lbs person or weight, test line by suspending weight 5 feet from each end.
- Watch for line dipping, or slipping around anchor trees. Tighten line if necessary.

#### Step 6. Releasing the line

- When you are ready to take down the line or want to adjust the spacing of obstacles, you will need to release the line tension.
- Unlock the ratchet handle by pulling the release lever firmly.
- Fully open the ratchet and firmly press the ratchet handle until the line snaps loose. A popping sound can be heard. See image 9.

Image 9



#### Helpful Tips

- This is a conditioning course, do not expect to be able to complete it the first few times. You will improve over time. If it is too difficult, set course line height lower so that toes reach the ground. Course can be raised to recommended height when ready.
- Distance between obstacles can be customized to user's ability or preference.
- When line is loosened, carabiners may slide position. It is not necessary to completely undo course line to change positions of obstacles. However, never use course unless line is fully tightened.
- A section should be left clear for free movement rings usage. This can be as the first obstacle, last, or in the middle between obstacles.
- If you are unsure about your health, please consult a health professional before use.
- There is possibility for injury or even death. Adult supervision is required.
- Have fun! Try new obstacle combinations. Try timing yourself to check for improvement.

If you have any questions or problems, please contact us, we are glad to help!

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