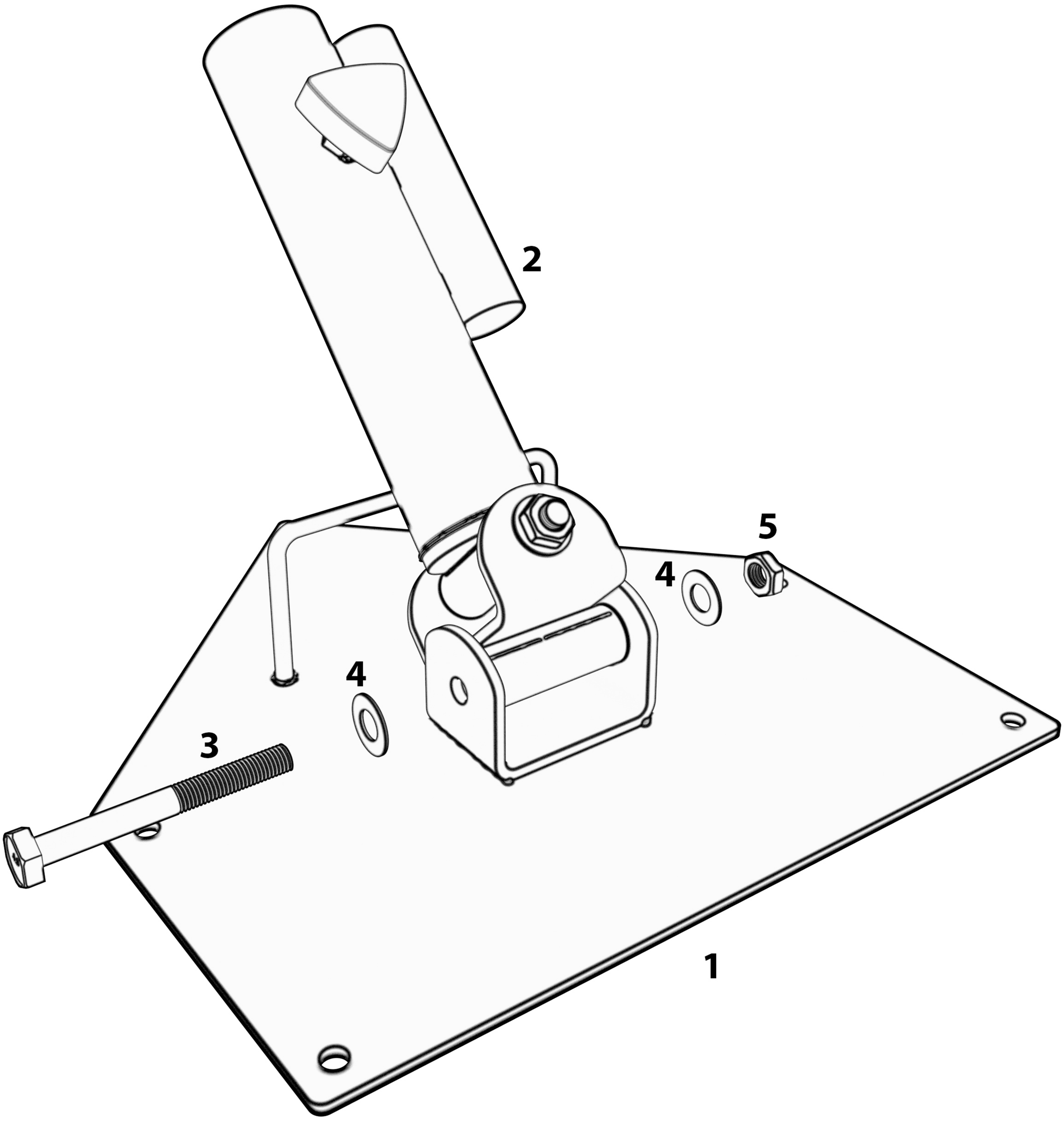
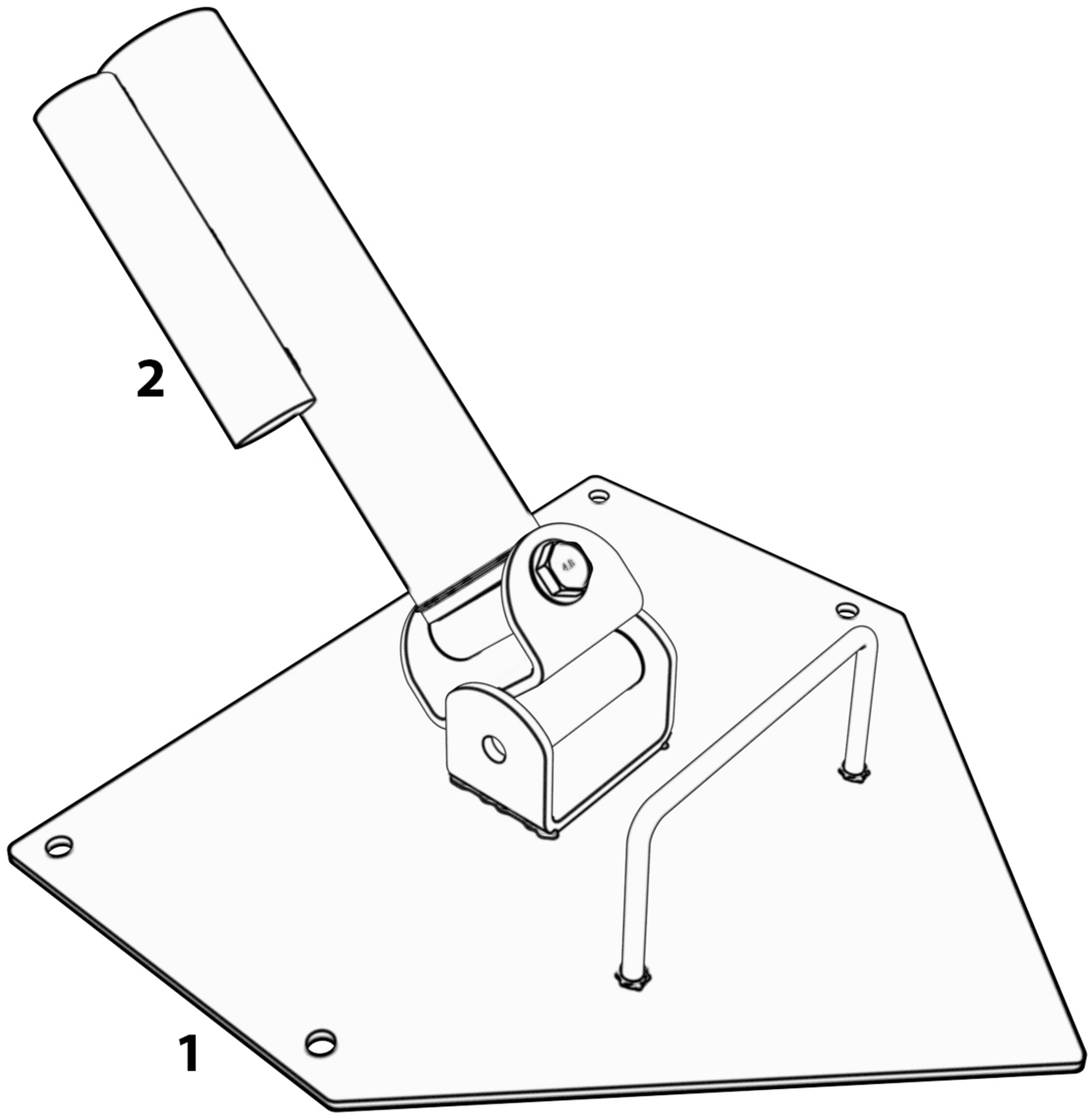
SYNERGEE
LANDMINE PLATFORM



No.	Description	Qty
1	Base	1
2	Swivel Barbell Tube	1
3	M12 X 100	1
4	M12 Washer	2
5	M12 Nut	1

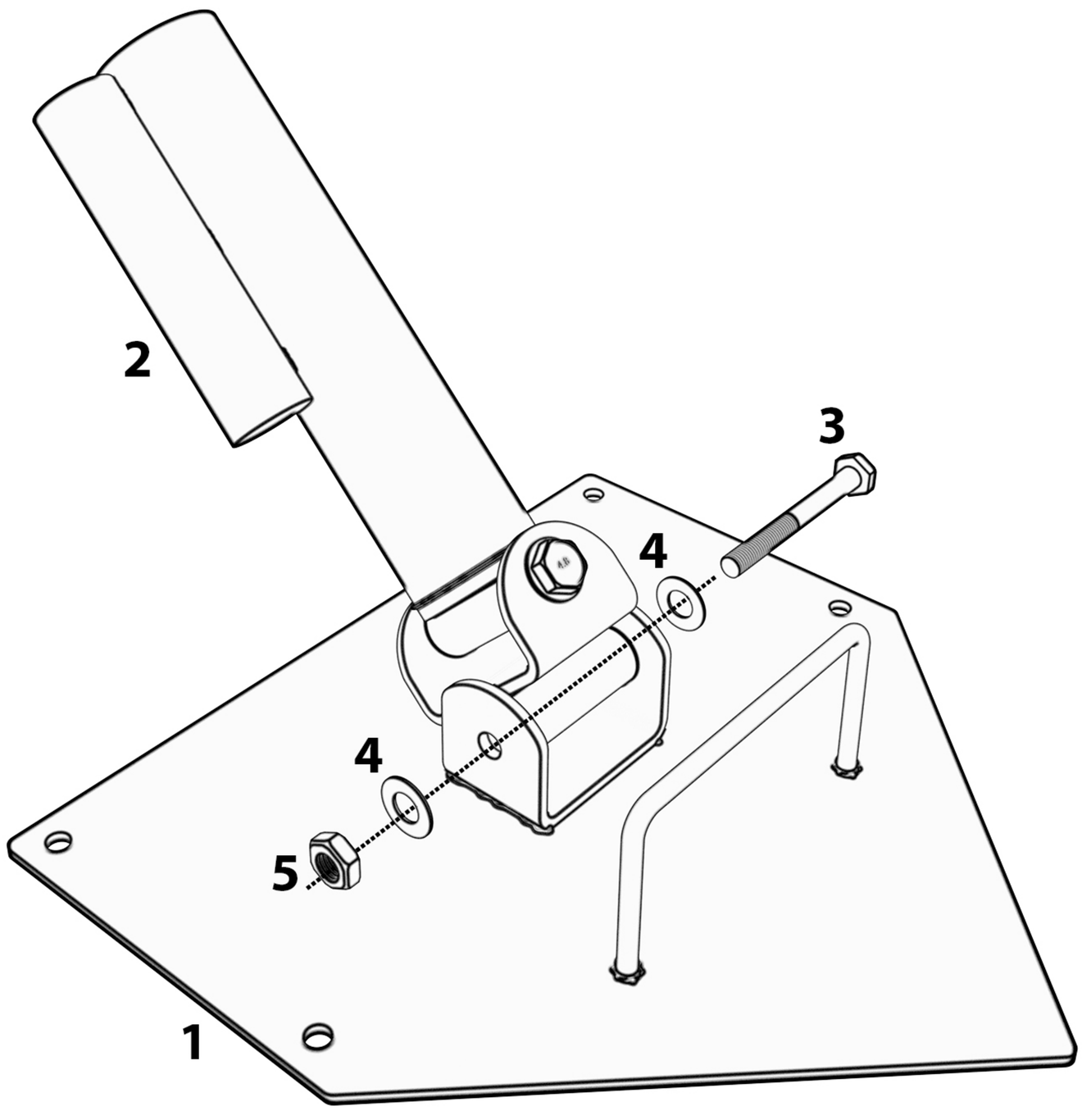
IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:
HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136

1.



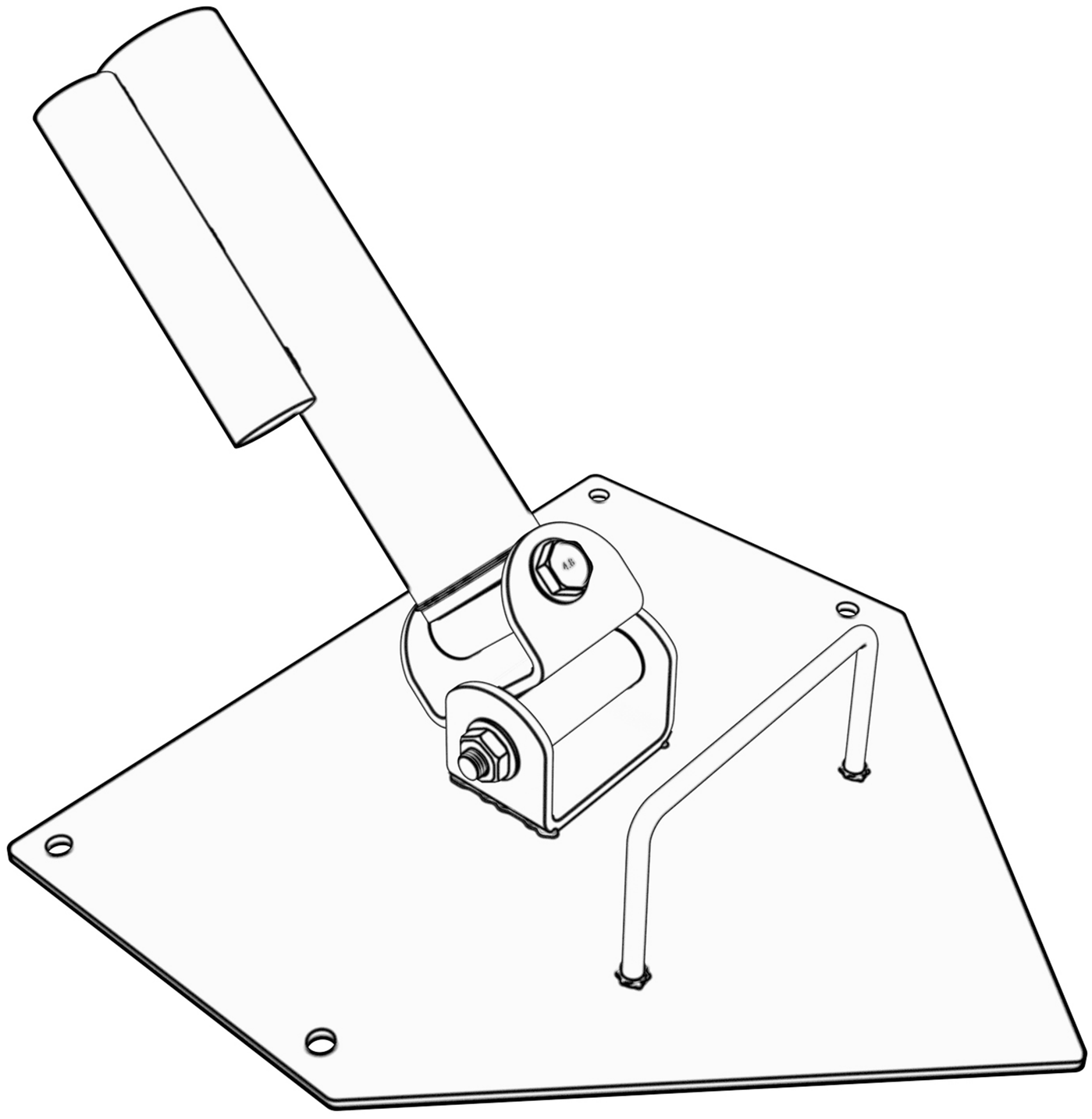
Gently align the holes in the Swivel Barbell Tube (2) to the Base (1) as shown in this step

2.



When aligned, secure with the provided hardware

3.



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WARNING

WARNING: SERIOUS INJURY OR DEATH CAN OCCUR IF CAUTION IS NOT USED PROPERLY.

As with any workout equipment that involves heavy weights, there is a risk of injury when using the Synergee Landmine Platform. The best way to reduce the risk of serious injury is to exercise caution. Follow the instructions in this manual and familiarize yourself with all warnings on your product before using it.

Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health issues.

Follow these precautions to ensure you use your Synergee Landmine Platform safely:

1. Read all instructions in this manual and all warnings on the product before using it. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all the safety precautions.

2. Use this product only as described in this manual and keep this manual handy for future reference.

3. Always keep children and pets away from this product. Keep hands and feet away from moving parts.

4. This product is intended for consumer use only in an indoor environment. Do not use it in a commercial, rental, or institutional setting. Keep this product indoors, away from moisture and dust.

5. Place the product on a level surface, with at least 3 feet of clearance around it. To protect the floor or carpet from damage, place a mat under it.

6. Install the platform properly and according to instructions. Properly tighten all parts and check their tightness regularly. If any worn or damaged parts are found, stop usage immediately. Refrain from use until the machine has been repaired.

7. Wear appropriate clothes while exercising. Do not wear lose clothes that can get caught and always wear athletic shoes while exercising.

8. Do not install any fitness product near a pool, hot tub or other damp locations. Corrosion caused by installation in these locations can lead to premature failure of components, which is not covered under any warranty.

9. Do not use this equipment to exhaustion: stop exercising and step away from the equipment if you feel faint, dizzy, or in pain.

10. Create a safe workout space by always working out with someone else present. Lift with a spotter for your weighted exercises.