

SYNERGEE®

Plyo Box Assembly Instructions



Your Synergee Wood Plyo Box comes with:

- (6) box panels: (2) blank panels (#1), (2) panels with cut-out handles (#2), (2) panels with the Synergee Logo (#3)
- (3) inner support pieces of different sizes: LARGE (#5), MEDIUM (#4), SMALL (#6)
- (73) flat-headed screws (1.25" inch) (#7)

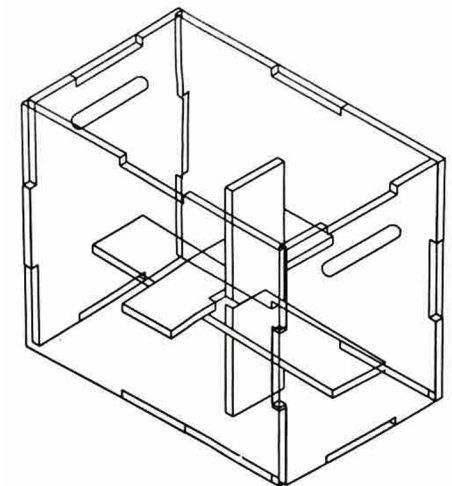
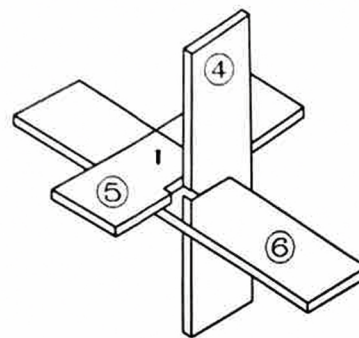
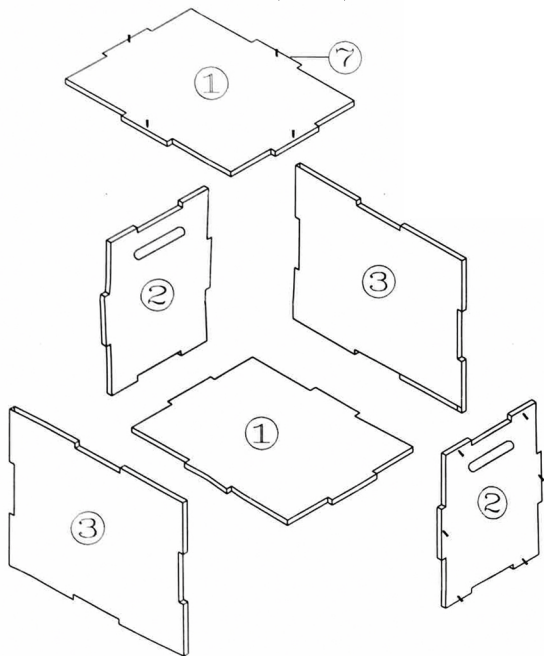
Place one of the blank panels (#1) on the floor. Take the panels with handles (#2) and line up its shorter edge with the width-edge of the (#1) base panel to create a 90-degree angle. Do this on both ends of the base panel. Make sure both handles are at the top, or both are at the bottom. Ensure the male insert on the (#1) base fits into the female insert on the (#2) handle panel. Attach pieces together using the screws (#7) but do not tighten all the way until the entire box is assembled.

Next, take the 2 Synergee-emblazoned panels (#3). Line up the (#3) long edges with the length-edges of the (#1) base panel to make a 90-degree angle with the base, and with the (#2) panels. This will create a 5 sided box. Ensure all the inserts interlock. Screw all these pieces into place (again, do not tighten all the way yet).

Assemble the interior support. Stand the MEDIUM (#4) support vertically and attach the LARGE (#5) support to it at a right angle, allowing the pieces to fit together at the notches. Take the remaining SMALL (#6) support and lay it on top of the LARGE (#5) support and against the MEDIUM (#4), such that the SMALL-notch hugs the MEDIUM piece. Screw the SMALL (#6) piece into place on the LARGE (#5) support, and set the full inner support into the nearly-complete box.

Take the final blank panel (#1) and place it on top of the box, fitting all the inserts on its perimeter into place like a puzzle piece. Attach screws in the remaining pre-drilled holes, then tighten every screw on the box.

Your box is complete and ready for your next workout!



Warnings:

Read, follow, and keep these instructions for future reference.
Failure to assemble the box as instructed can result in serious injury
If any pieces are missing, contact Synergee as soon as possible
Never use a plyo box for any purpose other than fitness exercises
Jump with caution- by accepting & using the box, you accept the risk of injury that comes with it
All plyo boxes can break

Inspect for possible wear and tear before each use and discontinue use if it is broken
Never use plyo boxes on unstable surfaces
This product contains wood and metal
Make sure the plyo box is secure before proceeding with each exercise
Consult your physician before beginning any exercise program
Keep away from children