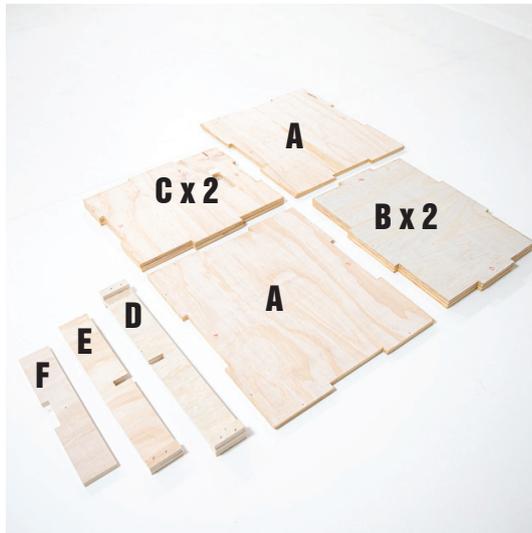




3 in 1 Wooden Plyo Box Instructions



1 Before beginning assembly, lay all parts out as per image ready for assembly.



2 Place 1 x Panel B and 1 x Panel C upright on 1 x Panel A on their respective sides.



3 Create the centre support by connecting Part D and Part E through the centre cut out. Slot Part F into place as per the image and secure in place by screwing into pre-drilled holes.





3 in 1 Wooden Plyo Box Instructions



- 4** Position the second piece of Panel C and Panel D in place with the centre support standing upright internally.



- 5** Place the second Panel A on top.
- 6** Secure all panels together using screws included and the pre-drilled holes as shown.

Warning: Proper and complete assembly is essential for proper use and to reduce the risk of accident or injury. Before each use, check product thoroughly and if any signs of damage or wear and tear are present, do not use and replace immediately. Always consult your health practitioner before undertaking any new exercise activities. We recommend that training is undertaken under the supervision of a qualified exercise professional.