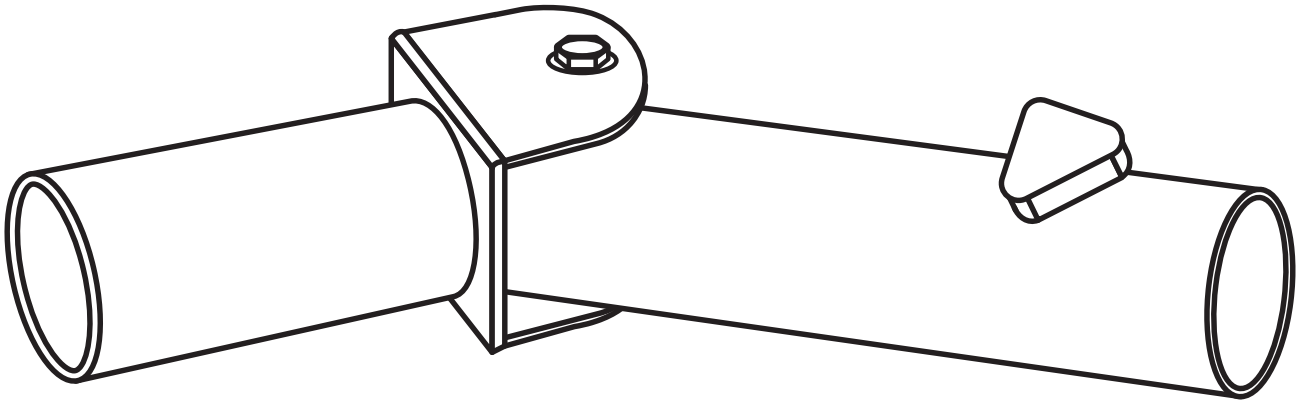


T.O. 7/9/20



Warnings

1. Consult your physician before beginning any exercises.
2. Keep children and pets away from the exercise equipment at all times.
3. Only one person at a time should use the exercise equipment.
4. Position the exercise equipment on an obstruction free, level surface. DO NOT USE the exercise equipment near water.
5. Keep hands away from all moving parts.
6. Do not use attachments not recommended by the manufacturer.
7. Do not place any sharp objects around the exercise equipment.
8. Never operate the exercise equipment if the exercise equipment is not functioning properly.
9. Never swing from landmine components of bars.
10. Never hang upside down or inverted from frame components or bars.
11. This exercise equipment is designed and intended for home use only.
12. Place suitable mats beneath the exercise area.

POST LAND MINE PARTS LIST

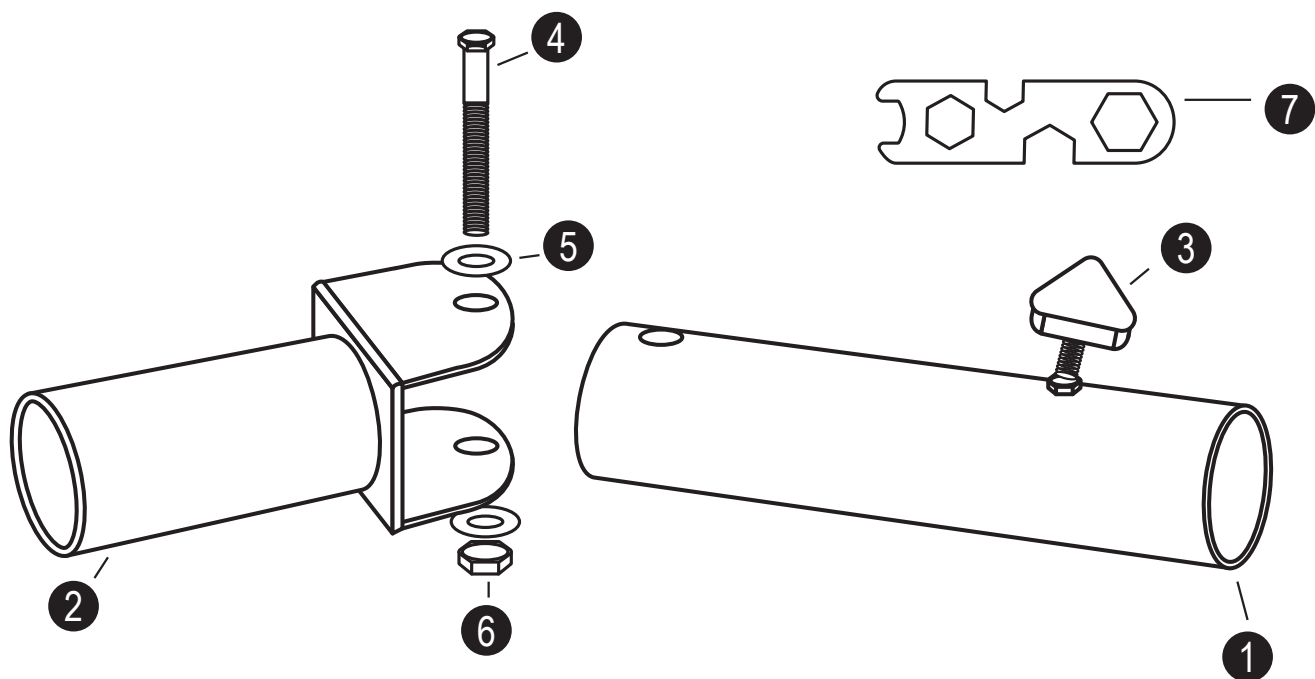
Part	1	2	3	4	5	6	7
Description	Base Post	Pivot Sleeve	Triangle Screw	Hex Head Bolt	Washer	Hex Nut	Wrench
Qty	1	1	1	1	2	1	2

ASSEMBLY DIAGRAM

Attach Base Post (1) to Pivot Sleeve (2) using the Hex Head Bolt (4), two Washers (5) and one Hex Nut (6).

Using the Wrench (7) to tighten it.

Attached the Triangle Screw (3) to Base Post (1) .



CARE AND MAINTENANCE

1. Periodically lubricate moving parts with WD-40 or light oil.
2. Inspect and tighten all parts before using the exercise equipment. DO NOT over tighten.
If parts are worn or dam aged , DO NOT USE.
3. Failure to examine regularly may affect the safety level of the exercise equipment.
4. The exercise equipment can be cleaned using a damp cloth and mild non-abrasive detergent.
DO NOT USE SOLVENTS OR BLEACH.

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