

Plyometric Box

Assembly Directions

Plyometric training can be dangerous. vulcan strength is not responsible for users' treatment of the boxes or themselves during training. Take care of yourself and your box to avoid injury and make sure you can train again tomorrow.

- » The box is delivered 'flat-packed'. Assembly instructions are provided and must be followed precisely. Be sure to fasten all screws securely before use. vulcan strength is not responsible for the integrity of the assembly.
- » Use on a completely flat surface free from debris. Using on an uneven surface may cause damage to the box and or instability.
- » Check the box before each use to ensure it is free from any damage
- » Check all screws are tightly fastened before each use
- » Avoid any contact with moisture/water

