

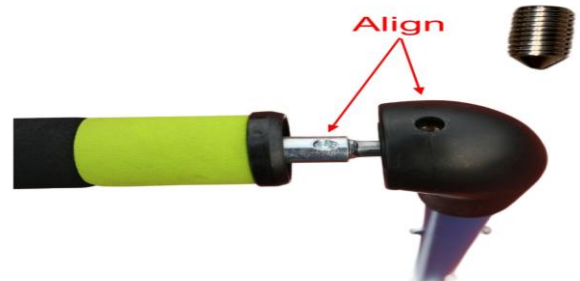
1 Unpack & Identify Parts

Lay out all components: base crossbar, two legs, base bars, foam grips, screws, and hex wrenches.



2 Align Foam Grips

Slide each foam grip onto the leg's elbow end. Align the set screw with the hole on elbow end.



3 Tighten Set Screw

Insert the set screw into the aligned hole. Use appropriate hex wrench to tighten the screw.



4 Align the Base Frame

Align the two base bars with crossbar to form a stable base frame. Do not tighten screws yet.



5 Insert Leg Tubes

Slide each leg tube into the base socket. Align the screw holes on the base bars carefully.



6 Secure with Screws

Fasten each leg with the provided hex bolt and washer, using the appropriate hex wrench



Ensure all screws are fully secure before each use.



Safety Warnings

- Use only on flat, stable surfaces.
- Inspect all screws before each use.
- Do not use if any part is loose or damaged.
- Not designed to support body weight.
- Do not sit, stand, or hang on the hurdle.
- Do not modify or alter the product.
- Adult supervision recommended.



Inspection & Maintenance

Before each training session:

- Check all screws are tight.
- Ensure foam top is securely attached.
- Check base for bending or damage.
- Replace damaged equipment immediately.



Storage

- Store indoors when not in use.
- Avoid prolonged exposure to moisture.



Please leave a review and help
support PRS Athletics!
Thank you!!

Product Information

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Batch/Lot No: _____

WARNING (California Proposition 65)



This product can expose you to chemicals including lead and phthalates, which are known to the State of California to cause cancer and birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov.

For most users, exposure levels are well below established safety thresholds.