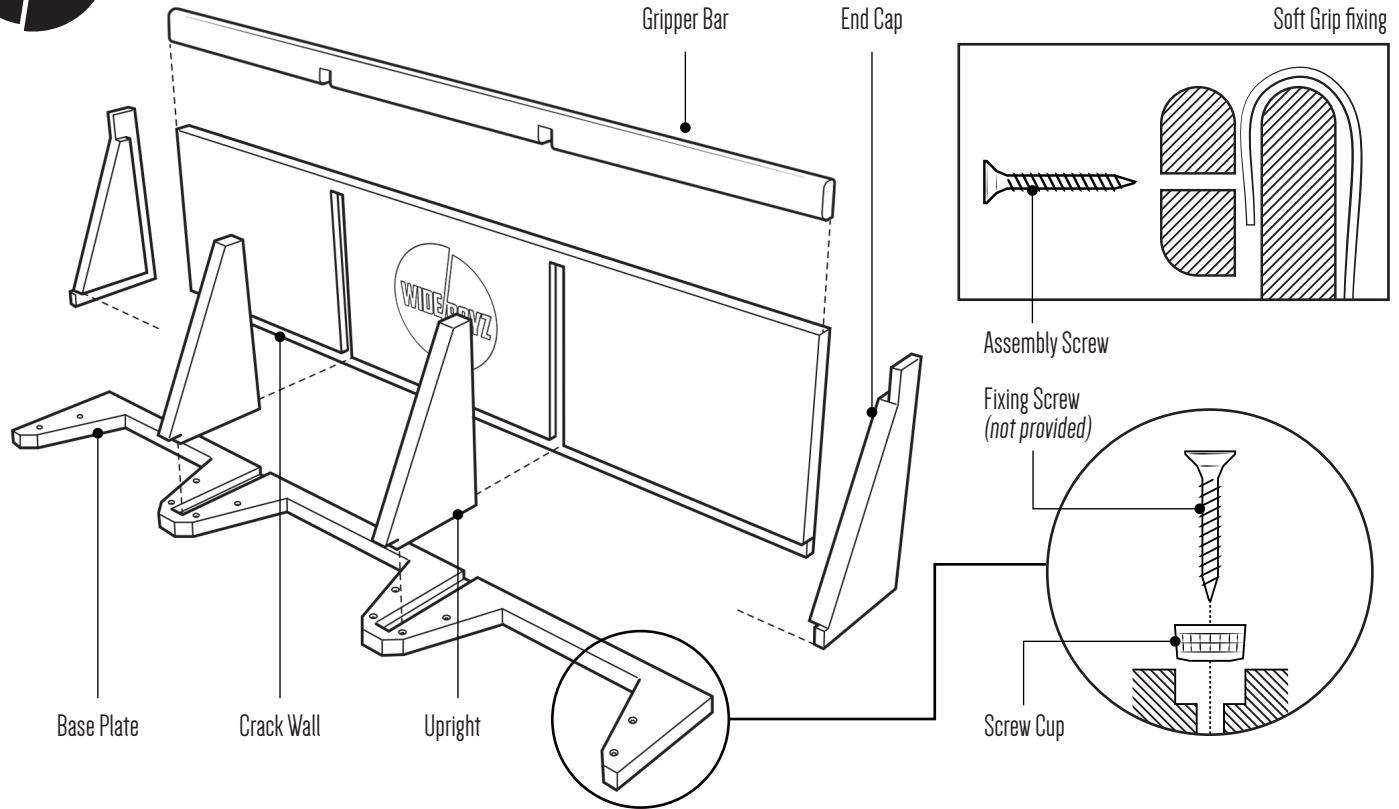




CRACK TRAINER ASSEMBLY INSTRUCTIONS



BUILD PROCESS FOR ONE HALF OF THE CRACK TRAINER:

1. Insert 12 Screw Cups into the Base Plate. This can be done by pressing the Screw Cup into their fitting. You will notice it will insert to around half depth. Leave like this for the remainder of the build. When the Crack Trainer is screwed to the wall for the first time, let the fixing screw push and seat the Screw Cup all the way into the hole to its full depth. The top of the Screw Cup should finish flush with the top of the Base Plate.
2. Glue and screw the 2 Uprights into the Base Plate. Screws are inserted into the underside of the Base Plate. 4 screws used.
3. Glue and screw the Crack Wall into the Uprights and the Base Plate. Screws are inserted into the front face of the Crack Wall. 9 screws used.
4. If using Soft Grip, then apply to the Crack Trainer now. If not, then go straight to step 5. Either apply the Soft Grip from the back of the Crack Trainer (top edge lining up with the top of the Uprights), then wrap it up and over the top edge of the Crack Wall. Or start at the bottom edge of the Crack Wall and apply in the opposite direction as just described. Once applied, trim any excess so the Soft Grip is flush with all edges of the Uprights and Crack Wall.
5. Glue and screw the 2 End Caps to the end of the Base Plate and Crack Wall. Screws are inserted into the face of the End Cap. 6 screws used.
6. Rest the Gripper Bar on top of the Uprights and End Caps and screw it into the back of the Crack Wall. If Soft Grip has been applied this is the only component that does not need to be glued. If Soft Grip is not being used then glue and screw into place. 5 screws used.
7. If replacing Soft Grip at a later date, unscrew the Gripper Bar, remove and replace Soft Grip and then screw the Gripper Bar back in to place.

ASSEMBLY:

Glue all inside joins before screwing each component in place. (The Gripper Bar does not need to be glued if using Soft Grip). All screws are self tapping, so no pilot holes are needed. Finish each screw so the top of the screw head is flush with the surface of the ply. Wipe any excess glue away with a damp cloth, if it spills from the joins when fitting together.

WALL FIXING:

We recommend that all fixing screws used are fully threaded M5 wood screws. When fixing the Crack Trainer, fix to an 18mm flat ply surface and ensure a minimum of 10mm of the fixing screw protrudes from the back of the ply. Avoid using existing holes in the plywood. Use all screw fixings for safety and to avoid crack flex. No additional screw hole fixings or screw holds are to be added to the Crack Trainer. Set to avoid interference with ropes. Set to avoid dangerous moves. Set to avoid injury in case of a fall by the climber.

USAGE:

All features of the Crack Trainer can be climbed on. When cleaning Soft Grip, use a damp cloth.

DISCLAIMER:

The buyer is responsible for the handling, assembly, fixing, setting and good use of the Crack Trainer. They must make sure that the use is the one for which it was made for. The manufacturer will accept no responsibility for however much damage there is in case of an accident during handling, assembly, fixing and use. If unable to safely handle, assemble, fix or use please seek professional advice.
