

DANGER BUDDIES®

Your Partner in Adventure™

NOTE: Read these instructions in their entirety before using your new hangboard. Like any exercise program, consult your physician prior to use and always work within your limits. The related training material provided by Adventure Rock is only a guide. Listen to your body and do not overdo your workouts; this may lead to injury.

INSTALLATION INSTRUCTIONS

The BuddyBoard Plus can directly mount to 16" spaced wood studs or can be mounted to a 3/4" or thicker plywood backer board (not included) that is mounted to studs. Above a doorway is an ideal location for your BuddyBoard Plus, as it provides you room to hang underneath the board while you exercise.

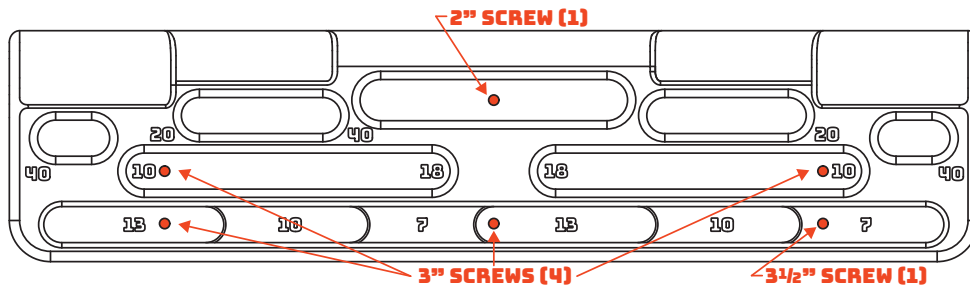
If in doubt about your installation location, consult a professional engineer or licensed contractor. The forces applied to a hangboard are large, and it's important to install it correctly.

Screw positions are as follows (and as indicated on the drawing below):

- 3-1/2" Screw – The longest screw goes in the bottom right hole.
- 2" Screw – The shortest screw goes in the top center hole.
- 3" Screws – The remaining screws fill the remaining holes.

Screws should be tightened until they are flush with the top surface of the wood. They will countersink as you tighten them. **Do not over-tighten.** Mounting screws and anchors can settle in over time; periodically check all fasteners for tightness, and re-tighten as necessary. Inspect your board for loose fasteners, wear and tear, or damage before each use, and never use a hangboard that's showing signs of damage. To prolong your hangboard's life, don't mount or store your hangboard outdoors. The wood is purposely unfinished to give the best performance against your fingers but can experience environmental damage if used outdoors for extended periods.

Wood is naturally absorbent of sweat. You should not need to use chalk when using your BuddyBoard Plus, but you may use it if you choose. It will not harm your new hangboard.



BUDDYBOARD+ HANGBOARD

DOWNLOAD YOUR TRAINING MATERIAL – PROVIDED BY ADVENTURE ROCK



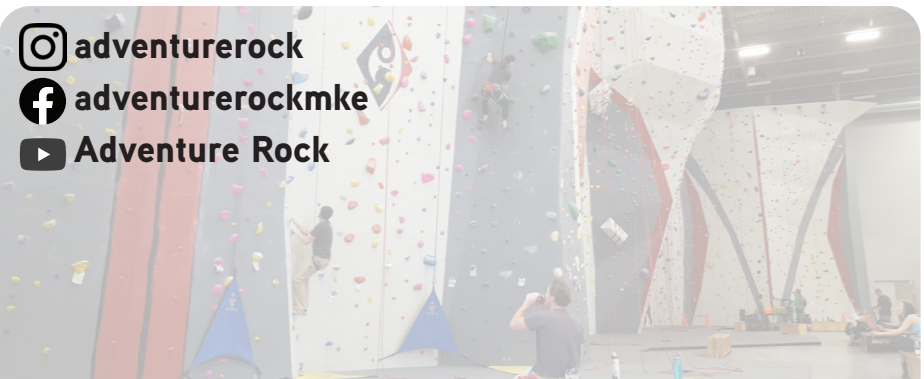
Great training tools are only as great as the training content that comes with them. That's why we partnered with Adventure Rock, Wisconsin's premier climbing gym, when developing our hangboard training manual. All training content was developed by the coaching staff of Adventure Rock and is designed to take your training to the next level!

For over 20 years, Adventure Rock has served Wisconsin and the surrounding communities with indoor and outdoor climbing & training. Now, Adventure Rock is expanding right into your own home with this training manual designed to maximize your BuddyBoard Plus workout!

Download your workout guide here:

WWW.DANGEROBUDDIES.COM/MANUALS

For more content, including video workouts, be sure to follow Adventure Rock on Instagram, Facebook & YouTube:



ADVENTUREROCK

where your adventures begin

