



DANGER BUDDIES®

Your Partner in Adventure™

Thank you for your purchase of Danger Buddies ToughGrip™ trainers, the perfect strength training tool and accessory for your Danger Buddies BuddyBoard™.

Please read these instructions in their entirety before using your new ToughGrip™ trainers. Like any exercise program, consult your physician prior to use and always work within your limits. Listen to your body and do not overdo your workouts; this may lead to injury.



INSTALLATION INSTRUCTIONS

Quick Links (2)

ToughGrip™ trainers are versatile and can attach almost anywhere.

Make sure the structure you're attaching them to is strong enough to hold your weight while you exercise. Use the included quick links to attach them directly to the anchors on your BuddyBoard™ hangboard or attach them to another anchor suitably rated for the dynamic load, such as the practice anchors located at the base of some crags. Always make sure the quick links are tightened securely before weighting your ToughGrip™ trainers.

ToughGrip™ trainers can also be attached to a rope and to a weight plate and used to lift the weight plate. They can also be attached to a stationary machine in a gym, or both ToughGrip™ trainers can be attached to the ends a rope and used over a sturdy tree limb, outdoor climbing anchors or other overhead support, provided it is rated to support the weight.

Workouts using the ToughGrip™ can include pull-ups, hangs, lifts, curls, flies, arm extensions and more. ToughGrip™ trainers are ideal for rock climbers, gymnasts and anyone wanting to improve their shoulder, forearm or grip strength and stay active!

Remember, never use your ToughGrip™ trainers for anything other than their intended purpose. These ToughGrip™ trainers carry a 1-Year limited warranty against manufacturing defects, which covers repair or replacement of the product only.

Questions? Email us at feedback@dangerbuddies.com or reach out via social media:



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