

DANGER BUDDIES®

Your Partners 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

Install the anchors to the board using the included 3/8" lag screws and washers. The anchor should go against the board with the lock-washer on top of it. Use a 9/16" ratchet wrench or other hand tool for installation, as a power tool can lead to over-torquing and damaging your BuddyBoard™. When the anchors are difficult to spin by hand, they are tight enough. These anchors are designed to carry static weight only; they should never be shock-loaded or dynamically loaded. The maximum load rating for the anchor pair is 250 pounds. For examples of how to use your anchors in your workouts, go to dangerbuddies.com/manuals.

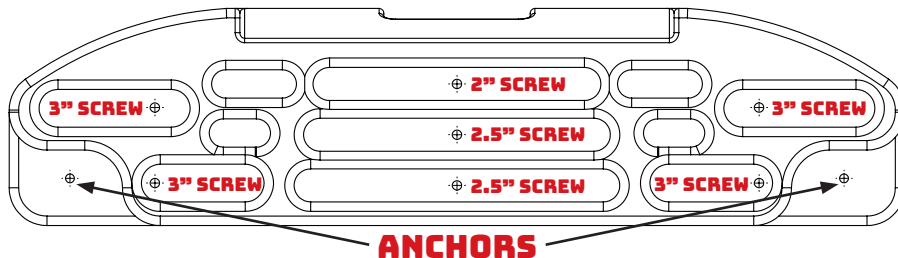
The BuddyBoard™ can direct mount to 16" spaced wood studs or can be mounted to a 3/4" plywood or thicker backer board (not included) that is mounted to studs. Above a doorway is an ideal location for your BuddyBoard™, as it provides you room to hang underneath the board while you exercise.

If in doubt, 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" Screws – The longest screws go on the outermost 4 mounting holes.
- 2-1/2" Screws – These mid-size screws go in the bottom and middle crimp rail.
- 2" Screw – The shortest screw goes in the top (deepest) crimp rail.

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.



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 the BuddyBoard™. All training content for the BuddyBoard™ 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, yoga & fitness classes, all led by its expert staff of route setters, coaches, and collaborative partners. Now, Adventure Rock is expanding right into your own home with the BuddyBoard™.

Download your workout guide here:

WWW.DANGERBUDDIES.COM/MANUALS

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



ADVENTUREROCK
where your adventures begin

