

# Assembly Instructions

## T-Trainer



Thank you for purchasing the T-Trainer.

Enjoy years of use with this product.

After opening the boxes, please check the parts list to make sure all pieces have arrived in good condition. If you have any questions during this

assembly process, please call customer service at 44 (0)2921 167 949.



### **WARNING**

- Serious injury (including permanent paralysis or death) could result from any activity involving motion, rotation or height.
- All users of this equipment assume this risk of serious injury.
- Mats and pits cannot and do not eliminate hazards.

### Safety Instructions

#### **ALWAYS:**

1. Consult an instructor prior to use.
2. Use equipment **ONLY** under the supervision of trained and qualified instructors.
3. Use equipment with trained spotters and the proper spotting equipment.
4. Check equipment before use for proper positioning; equipment can move during use.
5. Follow a progressive learning pattern. Assure basic skills are achieved before attempting more advanced skills.

**DO NOT** use the apparatus with damaged, worn or missing parts.

**DO NOT** allow more than one person at a time to use the equipment.

### T-Trainer Parts

[A] T-Trainer

[B] Red mat cover

[C] Suede cover (optional)



**Tumbi Trak**  
Train Smart

**STEP 1** – Use care when opening with sharp objects.



**STEP 2** — **(2a)** After removing the T-Trainer's plastic wrapping **(2b)** check to make sure the red pad is neatly tucked under the T-Trainer. **(2c)** Carefully remove the plastic wrapping from the red pad.



**STEP 3** – **(3a)** Lay the red pad upside down with the Velcro facing up. The front Velcro flap will go under the back of the T-Trainer **(3b)** wrapping around the bottom bar at the base of the T-Trainer.



**STEP 4** – **(4a)** Lift the red pad up, while aligning the pad with the T-Trainer. **(4b)** Securely Velcro the red pad's flaps to the T-Trainer.





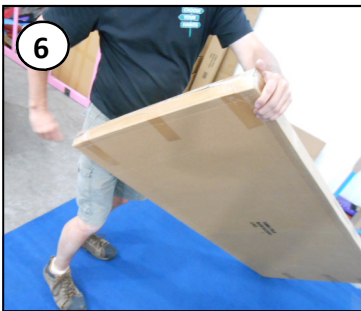
**STEP 5** – In the front, Velcro the small straps at the end of the red pad to the bars at the base of the T-Trainer.



**Optional:**

## Suede Cover

**STEP 6** – Use care when opening with sharp objects.



**STEP 7** – **(7a)** Align the suede cover with the T-trainer. Securely Velcro to the T-Trainer's red pad starting in the front. **(7b)** The Tumbl Trak logo should be at the front of the T-Trainer.

