Jump Box User Manual

Material: PVC Cover + EPE Pearl Foam

WARNING

Failure to follow instructions may result in serious injury.Use at your own risk.

Intended Use

For plyometric training, box jumps, step-ups, and fitness exercises in gyms, schools, and training facilities.

How to Use

1.Place the jump box on a flat, stable, non-slip surface.
2.Keep the surrounding area clear of obstacles.
3.Step or jump onto the box with control; keep balance.
4.Land softly with knees slightly bent to absorb shock.
5.Step down carefully; do not jump from excessive height.
6.Do not stand on edges or corners.

Safety Rules

- Adult supervision required for minors.
- Do not use if torn, broken, or deformed.
- Warm up before use; wear non-slip athletic shoes.
- Max weight capacity:550 lbs.
- Not for stunts, flips, or improper jumping.

Care & Maintenance

- Keep away from fire, sharp objects, and chemicals.
- Clean PVC surface with a damp cloth.
- Do not drag, drop, or crush violently.
- Store in a dry, cool place.