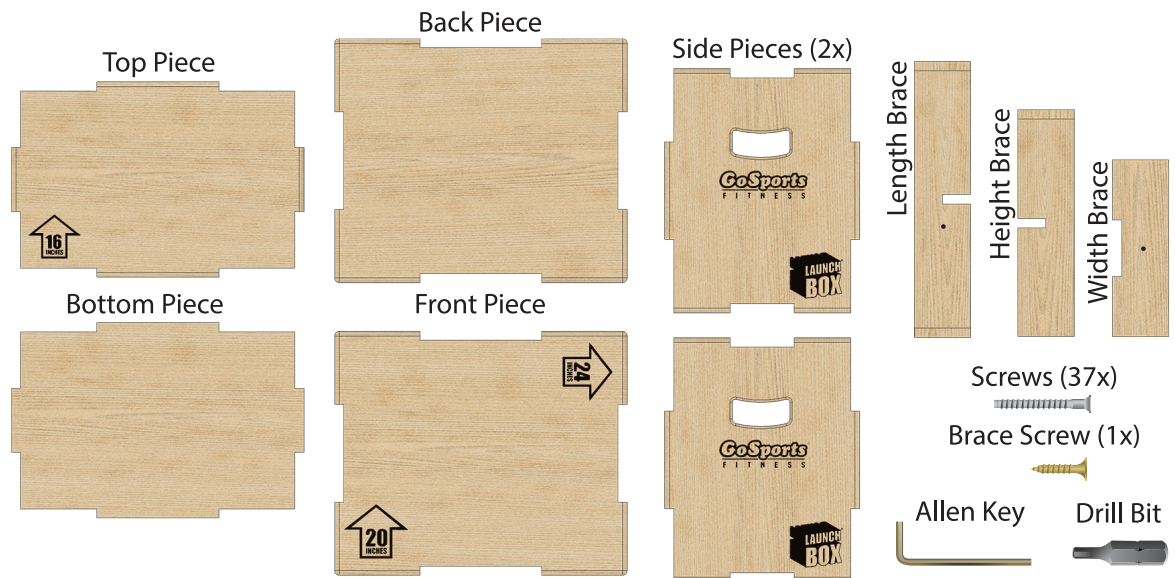


LAUNCH BOX®

Set Includes:

- (1) Top Piece
- (1) Bottom Piece
- (1) Back Piece
- (1) Front Piece
- (2) Side Pieces
- (1) Length Brace
- (1) Height Brace
- (1) Width Brace
- (37) Screws
- (1) Brace Screw
- (1) Allen Key
- (1) Drill Bit



ASSEMBLY INSTRUCTIONS:

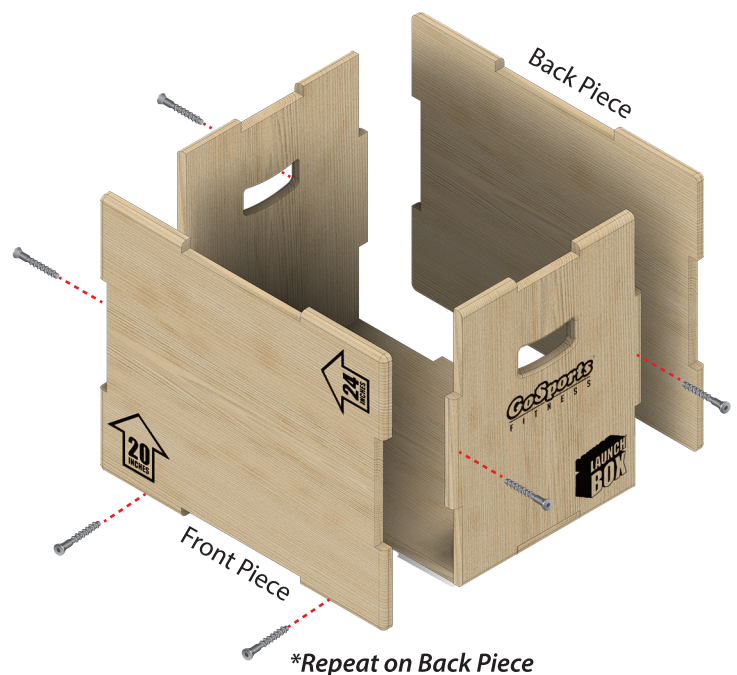
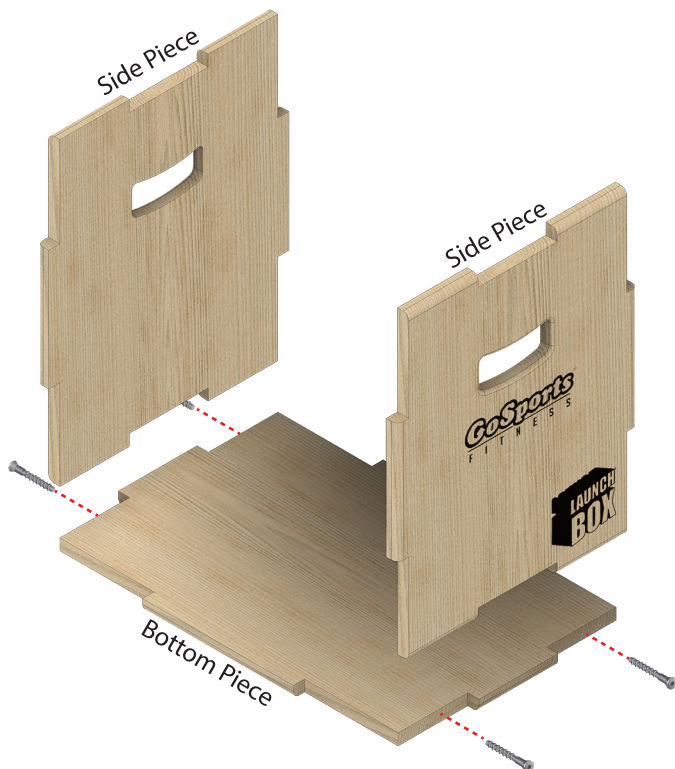
Drill Bit: Always exercise caution and proper safety when using the drill bit and operating power tools.

Be careful not to overtighten or strip the screws.

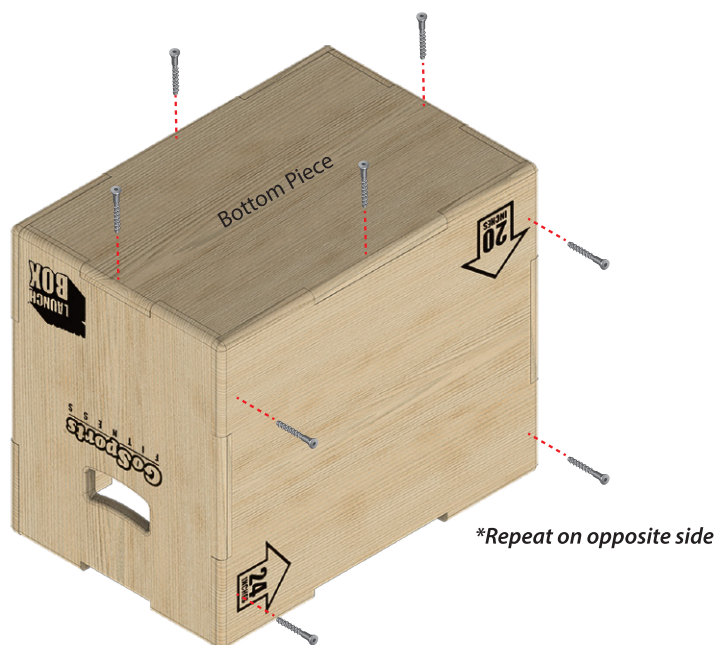
1. Set the Bottom Piece on a flat surface and attach the two Side Pieces one at a time using the included Allen Key or Drill Bit and fully insert the screws as shown.

Note: During assembly ensure the rounded edges on all box pieces face outwards.

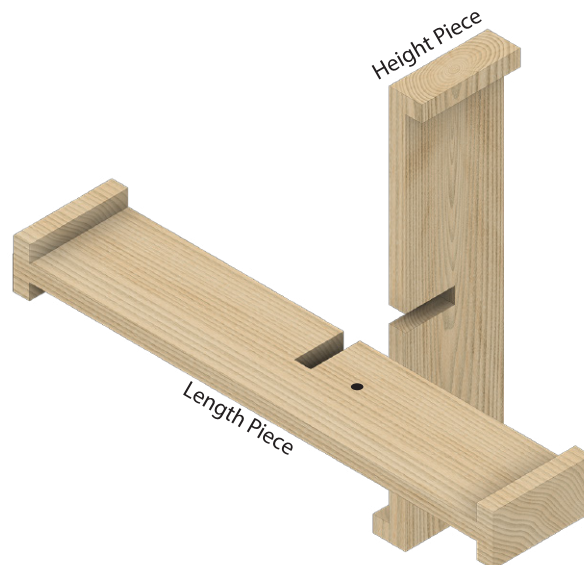
2. Attach the Front Piece (identified by the 20 and 24 inch markings) and Back Piece as shown. The 20 inch arrow on the Front Piece should be pointing up.



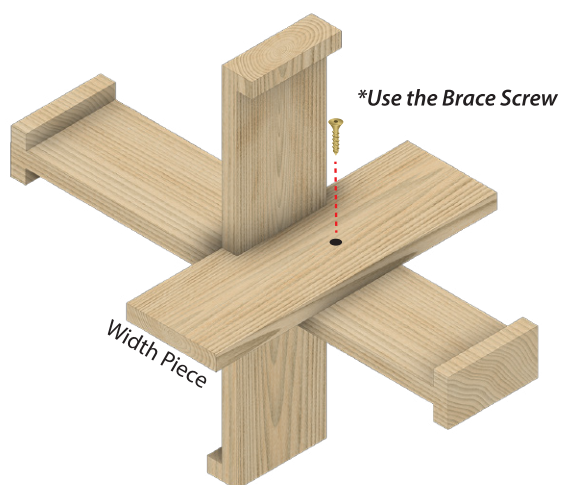
3. Turn the box over and fully insert 4 screws into the Bottom Piece, 4 into the Front Piece, and 4 into the Back Piece to secure all the pieces together



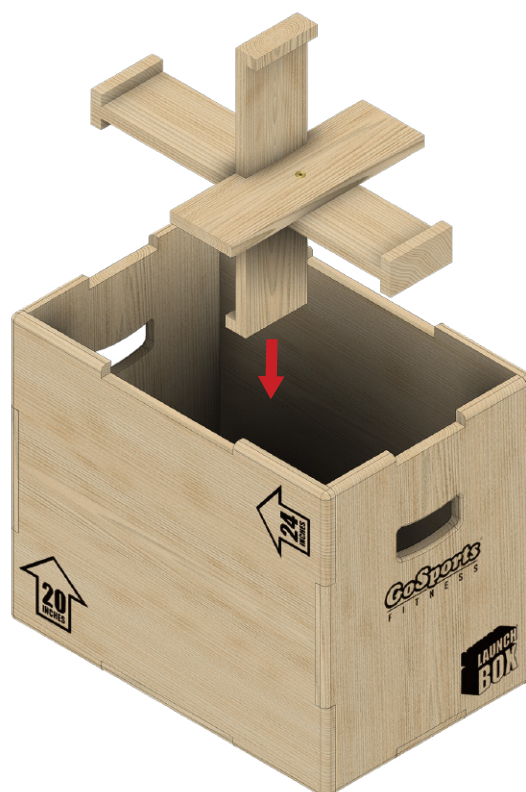
4. Assemble the inner brace by sliding the Length Piece into the Height Piece as shown.



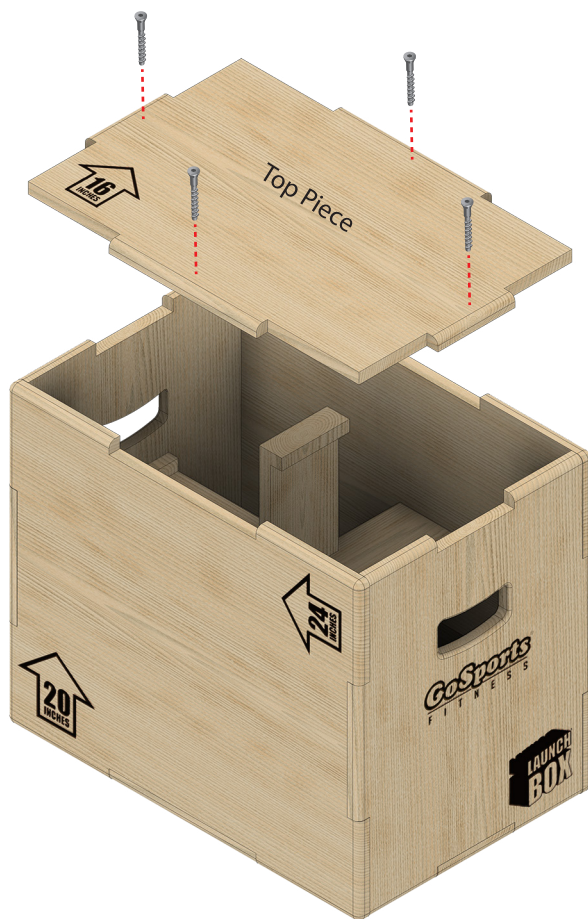
5. Slide the Width Piece on top of the Length Piece so that the pre-drilled holes on each piece align and then use the **Brace Screw** to secure the pieces together.



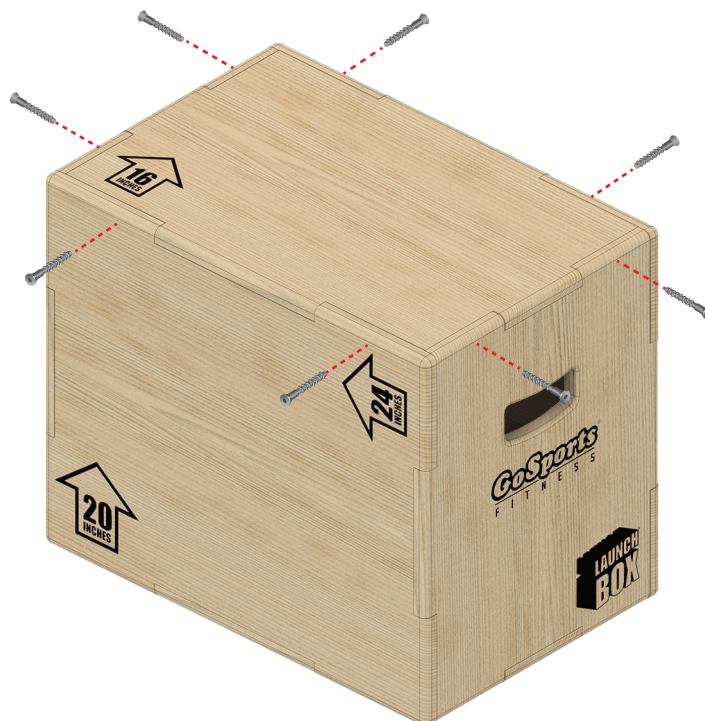
6. Insert the assembled inner brace fully into the box so that it touches the bottom.



7. Attach the Top Piece to the box with the 16 inch arrow oriented as shown and fully insert the screws.



8. Finally use the remaining 8 screws to secure each side to the Top Piece. Perform a final check to ensure all pieces and screws are properly installed and fully secured before use.



SETUP:

Once assembled, setup the Launch Box® on an open and flat padded surface free from any obstructions. Choose from the three available heights: 16", 20" and 24". Exercising proper safety and use is top priority when using the LaunchBox, so we recommend beginning at the lowest height of 16" and working your way up.



16 inches



20 inches



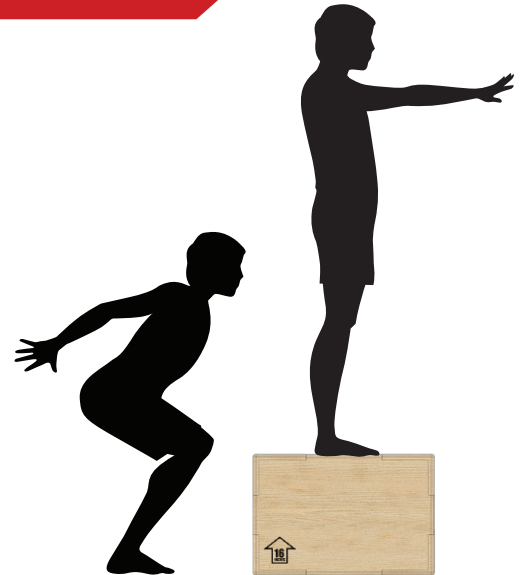
24 inches

Customer Service:

If you have any questions or concerns regarding your GoSports® Launch Box®, please reach out to us at Info@PlayGoSports.com and we will get back to you right away. We stand behind our products 100% and want to make sure you get the full enjoyment that you paid for.

Box Jumps:

Position yourself about 1 foot away from the box so that neither knees or toes are touching the box. Place feet about hip width apart with feet pointing forward towards the box. Focus on the center of the box as your landing spot, not the edge. Gather forward momentum by swinging arms vertically and towards the box as you jump as high as possible. Upon landing feet should be fully on the box with arms out and a slight extension in the hips. To jump down, knees should be bent. Jump down backwards and absorb the landing.



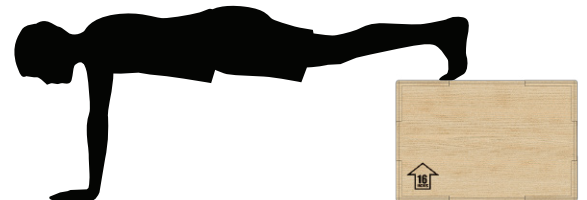
Tricep Dips:

Find the most comfortable box height for you and face away from the box with your hands wrapped over the edge of the box, shoulder width apart. Begin with arms fully extended and legs bent at a 90 degree angle. Keep elbows in and close to your body as you lower towards the ground. Do not let shoulders roll forward. Once elbows reach a 90 degree bend, slowly rise up back into starting position while maintaining proper posture.



Decline Push Up:

The higher the box, the more difficult the exercise will be, so begin at the lowest or most comfortable height for you. Kneel facing away from the box and place hands shoulder width apart. Now lift your feet onto the box and take the starting position. Keep your torso and neck straight as you bend your elbows and lower your chest to the floor. To return to starting position, push into the ground and fully extend elbows.



WARNINGS:

- The Launch Box should only be assembled and used by adults
- Performing physical exercise and using the Launch Box should only be done by users who are in good health, consult a certified medical professional before using
- If you feel pain during any exercise stop use immediately
- Only use on soft padded surfaces
- Always wear proper footwear and make sure you have proper traction
- Begin use at the shortest height (16") and then work your way up
- Pregnant women should not use the LaunchBox
- Use only for intended purpose
- Inspect the Launch Box before each use, if box seems loose, damaged, or is missing pieces stop using immediately and contact GoSports at Info@PlayGoSports.com for assistance