

# FOAM PLYOMETRIC BOXES

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SHFMPLYO\_NX, MHFMPLYO\_NX, HFMPLOYO\_NX, FMPLYO\_NX  
412241, 412242, 412243, 412244



## Operator's Manual



Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!

## **PARTS DIAGRAM / EXPLODED VIEW**

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### **FMPLYO\_NX**

3-in-1 Soft Foam Plyometric Box – 20" x 24" x 30"

### **HFMPLYO\_NX**

3-In-1 Heavy Foam Plyometric Box – 20" x 24" x 30"

### **MHFMPLYO\_NX**

3-In-1 Heavy Foam Plyometric Box – 16" x 18" x 20"

### **SHFMPLYO\_NX**

Youth 3-In-1 Heavy Foam Plyo Box – 12" x 14" x 16"

- Geared for youth under 120 LB

## **ASSEMBLY INSTRUCTIONS**

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- No Assembly Required

## **SAFETY TIPS**

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The Foam Plyometric Boxes are perfect for doing box jumps, box pushups, dips, step-ups, and other creative exercises. Still, keeping safety at the forefront of your mind when exercising with plyometric boxes is essential.

### **HERE ARE A FEW SAFETY TIPS:**

- Stretch before exercising.
- Limit your total reps.
- Use proper technique.
- Rest between sets.
- Do not perform plyometrics every day.

## ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

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The use of any equipment, including this one, involves the potential risk of injury. Apart from any warranty claim that might be presented for a claimed defect in material or workmanship of the product, you accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type, which may occur, and you fully and forever release and discharge Titan, its insurers, employees, officers, directors, associates, and agents from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out of the use of said equipment.

This equipment must be used with care by capable and competent individuals under supervision,

## WARNING

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Heavy object. Use lifting aids and proper lifting techniques when moving.



Choking hazard. Small parts – Please exercise caution if small children or pets are present.



Sharp objects may be involved. Use precaution and protection.

## TITAN LIMITED WARRANTY: TERMS, EXCLUSIONS AND LIMITATIONS OF REMEDIES

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