

**1**

Fig. 1

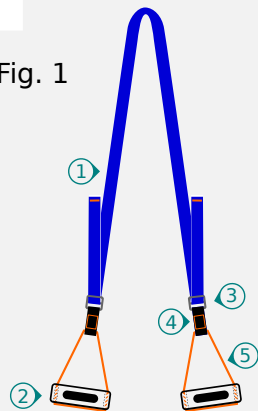
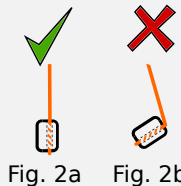
**2**

Fig. 2a

Fig. 2b

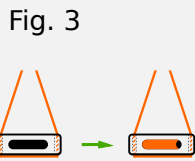
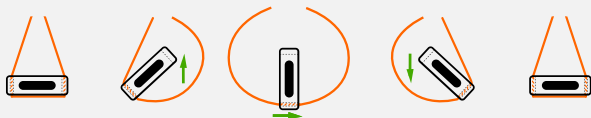
**3**

Fig. 3

**4**

Fig. 4

**GB Read the manual carefully before use**

- 1) Use Warm Up DUO only for its designated purpose and in accordance with the assembly and use instructions included in this Manual!
- 2) Maximum load on Warm Up DUO is 100kg!
- 3) Always remember to warm up before climbing! :)

**Comments on Fig 1:**

- 1 Sling
- 2 Training boards
- 3 Buckle
- 4 Connector
- 5 Cord

1. Assemble and use Warm Up DUO according to the instructions. [Fig. 1]
2. The cord must pass underneath the board, then through the opening and the slot parallel to the edge and with no bends. [Fig. 2a]  
Don't grab or tilt Warm Up DUO in a way that causes significant bend of the cord or a rotation of the boards at a large angle. It can cause damage to Warm Up DUO!
3. If you want to raise the grip difficulty, use the spacers included in the set to reduce the depth of the crimps. [Fig. 3]
4. Warm Up DUO has a system of quick crimp switch - you just spin the board. All you need to do is unhook the cord from one end of the board, spin it 180° and hook it up again. [Fig. 4]

5. The sling must be mounted in the buckles as in [Fig.5a, 5b]. To adjust the sling length, just pull or loosen the sling in the buckle. [Fig. 5b] Make sure that you don't bend or fold the sling in the buckle.

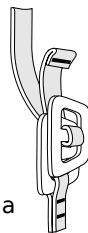


Fig. 5a



Fig. 5b

6. Sling mounting.

Sling freely mounted.

Sling in a fixed position.

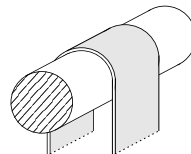


Fig. 6a

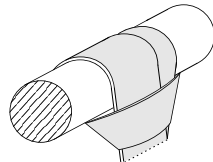


Fig. 6b

**COMMENTS**

- Never use Warm Up DUO for purposes other than recommended and do not mount it in ways other than recommended in this manual. Don't wrap the cord around the boards.
- Check the sling and seams on a regular basis.
- Do not use the sling for climbing.
- Using Warm Up DUO in ways not allowed by the manual may lead to damage of the equipment and to an injury of your body.
- You can find more information about the product and some workout tips on our website: [www.iura.pl](http://www.iura.pl)