



The Garden Gym



NB Only install under a high bar as Placing under a low bar could cause injury



Low Trainer / step
Installation guide

General guidance

These instructions are provided as a guide to help you install your equipment. Depending on the type of ground conditions it may be necessary to modify the installation. If you are unsure, please consult a qualified professional or contact the Garden Gym Team. The installation should be carried out by **2 people**. Before digging you must ensure that there is no risk of encountering services such as drains or electricity.

The Garden Gym does not accept any liability in relation to the installation and subsequent use of the gym relating to incorrect or improper installation.

Installation

Your low trainer is inserted into the through hole at the foot of the post, use the supplied nut and bolt to secure in place. If necessary you can wrap a small amount of black electrical tape around the bar for a snug fit.

Train Safe!



1. Always consult your doctor before undertaking any physical exercise.
2. Injuries to health may result from excessive, incorrect training or using the equipment in a way that it is not designed for.
3. Remove jewellery, watches or anything else that may catch or snag before exercising.
4. Always warm up prior to exercising, if you are unsure consult a health professional for advice.
5. Children should not be allowed to use the equipment without the strict supervision of adults who are aware of how to exercise correctly.
6. Our products have been designed to carry out exercise and are not meant as a climbing frame or piece of play equipment. The user is wholly responsible for any accidents or injuries occurring from usage of the equipment regardless of proper or improper usage.
7. The Garden Gym Ltd disclaims all liability from the mis-use or incorrect installation of our products.
8. The user must not adapt, amend or remove any part of the equipment.