# **CFF 3-N-1 PLYO BOX**

Assembly & Care Instructions



# THANK YOU!

Thank you for purchasing the CFF 3-IN-1 Plyo Box. This box offers three sizes in one - 20", 24" & 30". Please review these instructions to ensure your 3-IN-1 is correctly assembled and lasts.

## INCLUDED IN THIS DOCUMENT

- contents
- assembly steps
- caring for your plyo box

# **CONTENTS**

PLEASE MAKE SURE YOU HAVE ALL THE PIECES!

Note: This goes a lot faster with a power tool.

No.	Description	Qty
1	Exterior Box Wall	6
2	Internal Support Brace	3
3	Screw	36

# **ASSEMBLY STEPS**

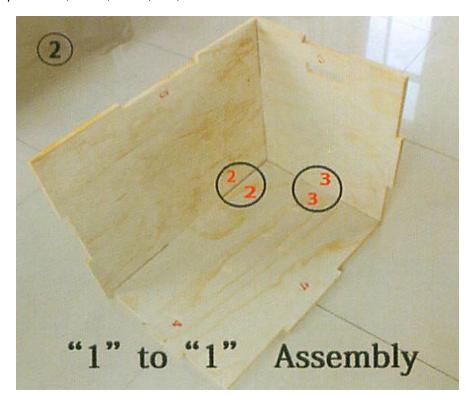
STEP 1

Confirm you have all (6) exterior walls and (3) interior supports.



STEP 2

Begin assembling exterior wall panels. Align numbers between pieces. Example: 1-to-1, 2-to-2, 3-to-3, etc., as shown below.



STEP 3

Assemble the interior support brace. (See Step 4 for additional guidance.)



STEP 4

Set internal support brace inside box. When complete, it will support the center of all six sides.



STEP 5

Install final exterior wall to seal up the box.



STEP 6
Use your cordless screwdriver to screw the panels together.



## **CARING FOR YOUR PLYO BOX**

MAKE YOUR INVESTMENT LAST

## Get tough.

Once you've confirmed the box is assembled correctly, you can take it apart and add wood glue (not included) to lock the interior support brace in place. You can also use a little glue at all the other joints, too. This is NOT required, but some customers prefer the added "peace of mind."

## Cleaning

After each use, give your plyo box a good once-over to check for splinters, cracks, or any signs of fatigue. This box is built to take a beating, but that doesn't mean it's indestructible. Safety first.

## Re-tightening hardware

This box is not designed to be taken apart for storage on a regular basis. If the screws are removed and re-installed more than 2-3 times, they will begin to get loose. If you encounter loose screws, you may relocate them an inch or two either side of the original holes.

# **CONTACT CFF WITH ANY QUESTIONS**

WE WANT YOU HAPPY!

phone: (717) 207-7171 email: sales@cfffit.com

We're here if you need us. (And we appreciate your feedback!)