

Features:

- Adjustable training hurdle in thirteen increments
- High impact plastic gate board
- Powder coated 1" steel legs

Parts:

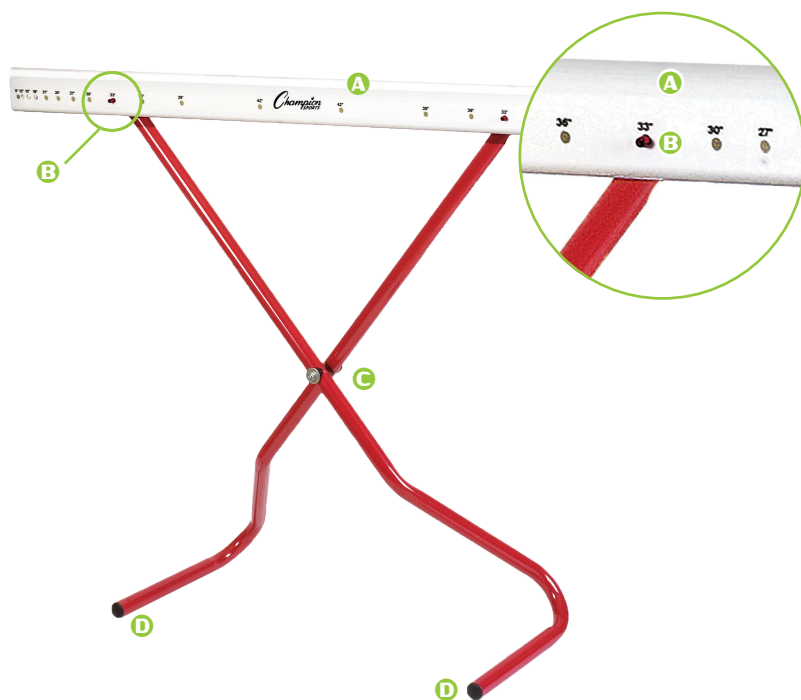
- A** Gate board
- B** Legs with welded pins
- C** Secured nuts and bolts
- D** End caps

Set up a course and improve timing and speed with the Champion Sports Adjustable Training Hurdle. This light-weight durable hurdle has an adjustable height range of 6"H to 42"H, in thirteen increments so it can continue to grow with you as you advance to the next difficulty level. Great for athletes from beginner to advanced skill levels, this hurdle will collapse/tip over when hit as a safety precaution.

- ONLY USE with adult supervision for athletes under 18 years of age or beginner level.
- ALWAYS inspect before use to ensure nuts and bolts are securely fastened. To ensure product collapses properly, do not over tighten.

Set Up Instructions:

1. Place the hurdle with the base legs and welded pins facing the approaching athlete.
The hurdle collapses/tips over for safety when hit.
2. Place the gate board **A** on the welded pins at the top of the legs **B**, starting at the lowest height.
3. The height of the hurdle may be increased incrementally, based on skill level and as determined by the athlete's ability.
4. Do not use for plyometric training at heights above the **30 inch setting** on the gate board **A**.
5. Discontinue use if hurdle parts are damaged.



⚠ WARNING

CONTUSION / LACERATION /
IMPALEMENT HAZARD



- ONLY USE with adult supervision for athletes under 18 years of age or beginner level.
- DO NOT USE before reading all instructions.
- ALWAYS ensure the nuts and bolts are securely fastened before use. Do not overtighten.
- Inspect for wear and STOP using if hurdle parts are damaged.
- ALWAYS place hurdle correctly with base legs and weld pins facing the approaching athlete.
- NEVER USE for plyometric training above the **30 inch setting** on the gate board.