



HANGING YOUR NEW BOARD

Thanks for purchasing a classy So iLL Training Board! We have been birthing and distributing the best climbing holds and training boards on the planet for seven years strong. Our virtually indestructible products are made from environmentally friendly materials, complete with the best texture and colors on the market. We are happy to serve you with something different than the dry industry standard. All of our products are designed and manufactured in the United States. So iLL is ran in Illinois by two brothers, Daniel and David Chancellor. We started in a small shop and have now expanded, bringing something new and fresh to climbers all over the globe. We are happy to meet you, WELCOME.

TRAINING BOARD BACKGROUND

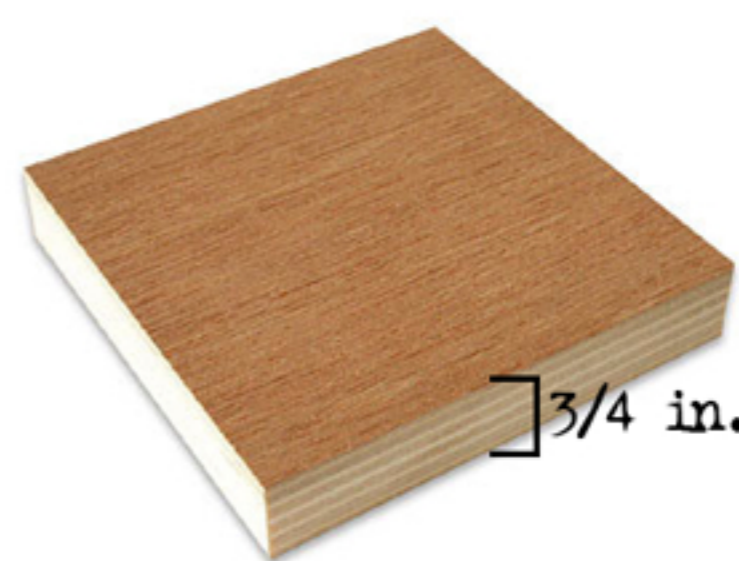
Training boards are one of the easiest and most versatile ways to train for rock climbing. They improve finger strength, contact strength, endurance, and power. Not to mention, they help to impress that special someone with your improved climbing skills at the crag! They are especially convenient and can easily be mounted in your home, bringing climbing directly to your humble abode! With many types of holds on a fingerboard, it is easy to pinpoint options that are harder for you, making it easy to train to your specific needs.

TRAINING BOARD INSTALLATION

First, we recommend installing the training board over a doorway. With this option, you have room for your body to hang comfortably during your workout. If you are using chalk (recommended), try to be in a well-ventilated room with windows. For motivation, we suggest listening to your new favorite pop band or busting out your mom's Richard Simmons work out videos.

To begin, locate the studs underneath your drywall. We suggest using a stud finder for this. They should be spaced approximately every 16". Once you find one stud, just measure 16" right and left, and you should find the others.

Next, you need to create a mounting board to secure to the studs. Use three-quarter inch plywood and cut a mounting board that will span between at least two studs. When cutting the mounting board, first check the height of your training board and add approximately 3 inches to the width of the mounting board for plenty of room on top and bottom (see pic below).



Next, you will attach the mounting board to the studs. Make sure to get large Decking Screws #9 (approximately 3 inches in length) and screw the mounting board to the previously found studs above the doorway.

Once the mounting board is attached securely, it is now time to mount the board to the mounting board. This can be done with the supplied screws. Make sure that when you mount the board (to the mounting board) that you do not drive the screws into the decking screws that are already holding the mounting board in place. Also, make sure that your board is centered in the doorway and is perfectly level. Make sure to use all of the screw holes in the training board.

If your board came with a larger hole (3/8th's inch) towards the top in the middle, please get a 3/8th's inch Hex Head Lag Bolt as well, and make sure to drive this through the mounting board preferably into a stud (please note: still use all of the screws in their appropriate places). This type of board can be more difficult to install (Blurr and Slopeymon). Consult help for safe installation with the Hex Head Lag Bolt.

Lastly, safety first! Make sure your board is completely secure and will not shift or move during your workout. This is especially important in case the neighbor kid (who likes Twinkies) comes over and thinks he is Chris Sharma. Make sure the mounting board is securely attached to structural framing members (studs) with the beefy decking screws, and NOT just the drywall. This is imperative! Also, make sure the training board is mounted securely to the mounting board (the screws go all the way through and out the back, even piercing the drywall behind the mounting board). We like to say that you should "over-install" your training board, making sure it can handle the full force of your workout. If you have any doubts, please have an engineer check your work.

This is the recommended technique for mounting a So iLL Training Board. As we are not professional carpenters and engineers, please make sure a professional takes a look at your installed training board before use. Though our board will not break, it MUST be installed correctly. Train at your own risk. Serious injury or death could occur if improperly mounted.

Please contact us if you have any questions: 618 420 9388 or daniel@soillholds.com

ENJOY!