



MANUAL

Blank Slate Vertical, Overhang and Slim Climbing Trainer Units



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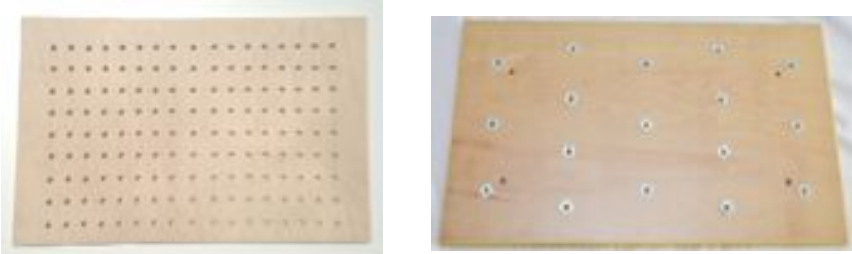


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Tools Needed

1. 7/32" + 5/16" Hex Wrench (provided)
2. 9/16" wrench or adjustable wrench (not provided)
3. Phillips Screwdriver (not provided)

Parts Included

	<p>Blank Slate Regular with pre-installed t-nuts.</p>
	<p>Blank Slate Panels with pre-installed t-nuts.</p>
	<p>Crossbar with Foam Grips</p>



Vertical J-bar



Overhang J-bar



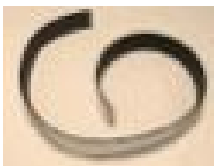
Slim J-bar



J-Bar Plugs



Back Support



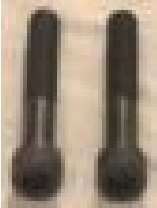




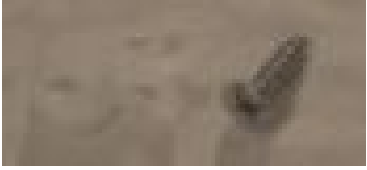
Back Support Felt Strip



Countersunk Bolts
Regular Units - 6 x 2 1/4"



Countersunk Bolts
Slim Units - 4 x 2 1/4"

	<p>2 x 2 1/2" Socket Bolts</p>
	<p>Regular - 8 nuts</p>
	<p>Slim - 6 nuts</p>
	<p>Regular - 8 washers</p>
	<p>Hex Tool - future models will not come welded. If you receive one that's welded, there should be a hex tool holder included. Otherwise store your hex keys in the plastic bag that it comes in.</p>
	<p>Hex Tool Holder. Future models may not include the hex tool holder, use the bag the tools come in for storage.</p>

STEP 1) Attach Back Support to J-Bars

Using the Hex Tool, your 9/16" wrench, two 2 1/4" Hex Countersunk bolts, two nuts, and two washers, loosely attach the Back Support to the short side of the J-Bars as shown below. The washers and nut go on the opposite side of the J-bar than the side where the wood is. See photo below. Do not fully tighten the bolts.



STEP 2) Attach Crossbar to J-Bars

Before attaching the Crossbar, determine where in the slots the bolt should go by placing the J-Bar assembly in the doorway.

Once the appropriate location in the slots is determined,

- 1) If you have silicone bands (not included), slip two silicone bands on the Crossbar so they're between the two J-bars (see completed Trainer below). These can be used to hold a cell phone or tablet if you so desire.
- 2) Attach the Crossbar with two 2 1/2" Socket bolts, two washers, and two nuts. Do not tighten the Crossbar fully. One washer goes with each nut.

NOTE: The Crossbar can be installed in two ways:

- 1) On top of the j-bars – provides slightly more head clearance when walking through the doorway.
- 2) Under the j-bars – there will be less headroom, but the Blank Slate will have a little less flex.



STEP 3) Attach Blank Slate panel to J-Bars

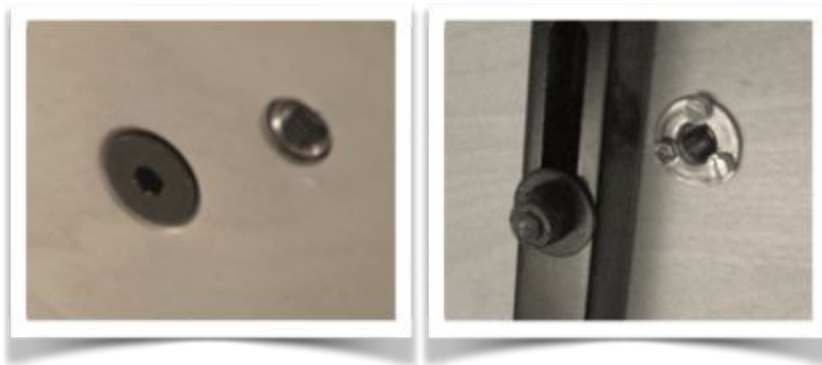
Regular Unit

Using four 2 1/4" Countersunk bolts, four nuts and four washers, attach the Blank Slate regular panel to the J-Bars. Continue to tighten the bolts in until they are flush with the panel (see picture below).

Note: Vertical and overhang units have regular sized panels and are considered regular units.

Slim Unit

Using two 2 1/4" Countersunk bolts, two nuts and two washers, attach the Blank Slate slim panel to the J-Bars. **Note:** Slim units have slim panels.



STEP 4) Adjust Blank Slate Climbing Trainer to your preference



Temporarily place the Blank Slate in the doorway and make any adjustments necessary:

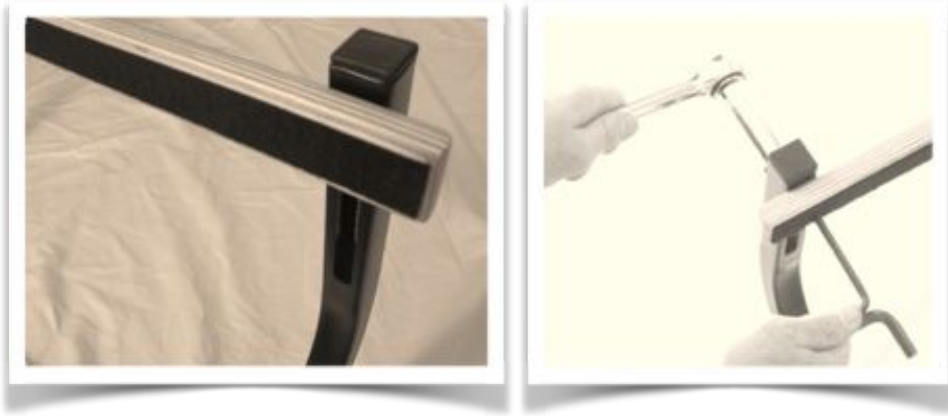
- 1) To ensure the Blank Slate is perpendicular to the floor, adjust the slot position of the bolts attaching to the Crossbar
- 2) To adjust the height of the board, adjust the bolts attaching to either the Back Support and/or the bolts that attach to the Blank Slate panel. Once all adjustments are made, firmly tighten all bolts.

NOTE: The Crossbar can be installed in two ways:

- 1) On top of the j-bars – provides slightly more head clearance when walking through the doorway.
- 2) Under the j-bars – there will be less headroom, but the Blank Slate will have a little less flex.

STEP 5) Attach and Adjust Back Support

Remove the Blank Slate from the doorway and apply the protective felt to the Back Support.



STEP 6) Attach the Hex Tool Holder

Firmly attach the Hex Tool Holder to the back of the board using a Phillips screw driver.

NOTE: Once the felt is attached, the back bracket is still adjustable. Use the provided hex-tool to punch through the felt and loosen/re-tighten the nuts, holding the bolt in a fixed position so the felt does not move.



Note: Future models may not have the hex tools welded and may not come with a tool holder.

STEP 7) Install Holds, Training Boards, and Rings

Install holds, hangboards, and accessories with a 3/8-16 bolt.



STEP 8) Attach a Tablet or Smartphone to Crossbar with silicone bands

Once the Climbing Trainer is installed in the doorway, attach your Tablet or Smartphone with the two silicone bands. This allows you to watch flicks while you hang out!



3. Intended Use

3.1 Safe Use

The Blank Slate Climbing Trainer is intended for controlled pull-ups and hanging to increase forearm and finger strength. Children and teenagers must be supervised. Not intended for more than one person at a time.

Product is designed to flex slightly during climbing workout, leaping or jumping at board is not recommended. Responsible climbing suggested.

3.2 Training Guide

Blank Slate Climbing Trainer workouts should complement training done at indoor rock gyms and, of course, outside climbing.

Beginners (5.6-5.8)

Climb at the rock gym or outside once or twice a week.

Perform a freestyle workout on the Blank Slate two to three times a week. Workouts should include some pull-ups but mostly static hangs targeting the fingers and forearms.

Intermediates (5.9-5.10)

Climb at the rock gym or outside two to three times a week, varying the intensity.

Perform a freestyle workout on the Blank Slate two to three times a week, varying the intensity. Blank Slate workouts should include some pull-ups but mostly static hangs targeting the fingers and forearms.

Work opposing muscles with [rings](#).

Advanced (5.11-5.12)

Climb at the Rock gym or outside three to four times a week, varying the intensity. Perform a freestyle workout on the Blank Slate three to four times a week, varying the intensity. Blank Slate workouts should include some pull-ups but mostly static hangs targeting the forearms and fingers.

On off days, use [Theraputty](#) to prevent injury and increase recovery time for your fingers and forearms

3.3 Maintenance

Check all bolts for tightness prior to every use.

If T-nut slides out the back when trying to put the bolt in, putting a dab of glue between the T-nut and board should help.

4. Customer Service

4.1 Contact Blank Slate Climbing

Please contact us for any reason at info@blankslateclimbing.com

4.2 Damaged, Defective, or Replacement Parts

If you have issues, please contact us before you decide to return the item. Contact us at info@blankslateclimbing.com

1.0 SAFETY

WARNING! CLIMBING AND TRAINING FOR CLIMBING ARE HAZARDOUS AND DANGEROUS ACTIVITIES THAT MAY RESULT IN SERIOUS INJURY AND/OR DEATH EVEN WHEN DONE PROPERLY. USE OF THESE BLANK SLATE CLIMBING PRODUCTS ARE DONE AT YOUR OWN RISK. ALWAYS USE COMMON SENSE AND GOOD JUDGMENT. CAREFULLY FOLLOW ALL ASSEMBLY, SETUP, AND INTENDED USE INSTRUCTIONS IN THIS MANUAL. READ AND UNDERSTAND THE SAFETY PRECAUTIONS LISTED BELOW.

BSC EXPLICITLY DISCLAIMS ANY AND ALL RESPONSIBILITY AND LIABILITY FOR ANY DEATH, INJURY, AND/OR DAMAGE TO ANY PERSON OR PROPERTY THAT MAY OCCUR, THAT ARISES OUT OF, OR IS IN ANY WAY RELATED TO THE USE OF BSC PRODUCTS. BY YOUR PURCHASE AND USE OF BSC PRODUCTS, YOU AGREE THAT YOU ARE SOLELY RESPONSIBLE FOR YOUR SAFETY AND YOU ASSUME ALL RISKS AND ACCEPT FULL AND COMPLETE RESPONSIBILITY FOR ALL DAMAGES OF ANY KIND, INCLUDING ANY DEATH, INJURY, AND/OR DAMAGE TO ANY PERSON OR PROPERTY, THAT ARISE OUT OF, OR ARE IN ANY WAY RELATED TO YOUR USE OF BSC PRODUCTS.

1.1 PRECAUTIONS

- 1) DO NOT USE THE CROSSBAR AS A PULLUP BAR OR ANCHOR FOR RINGS. THIS WOULD APPLY MAXIMUM PRESSURE ON THE TRIM INSTEAD OF THE CANTILEVER EFFECT AGAINST THE WALL.
- 2) KEEP CHILDREN AWAY FROM THIS DEVICE. ALL YOUTH MUST BE SUPERVISED.
- 3) ENSURE THE BLANK SLATE CLIMBING TRAINER IS PROPERLY ASSEMBLED AND SETUP IN THE DOORWAY.
- 4) DO NOT BOUNCE OR SWING ABRUPTLY, PULL UP IN A CONTROLLED MANNER.
- 5) DO NOT USE IF USER WEIGHT IS IN EXCESS OF 300 lbs.
- 6) Follow all Assembly, Setup, and Intended Use Instructions in this manual.
- 7) Ensure all screws are securely fastened before use.
- 8) Only use the supplied Wood Panel with the Blank Slate assembly.
- 9) Report any malfunction of the device to Outdoor Soul Designs LLC at info@blankslateclimbing.com
- 10) We accept **no** responsibility for any malfunction if other products are added to those from Blank Slate Climbing.

1.2 Consumer Product Safety Commission Compliance



The Outdoor Soul Designs LLC's Blank Slate Climbing Trainer is in compliance with the United States Consumer Product Safety Commission (CPSC).2. ASSEMBLY

OUR LAWYERS MADE US SAY THIS:

The Blank Slate Climbing Trainer is Patent Pending. Blank Slate and the Blank Slate logo are registered trademarks of Outdoor Soul Designs LLC. Outdoor Soul Designs LLC makes no representations of warranties regarding these assembly instructions. We reserve the right to update this manual at any time without obligation.

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