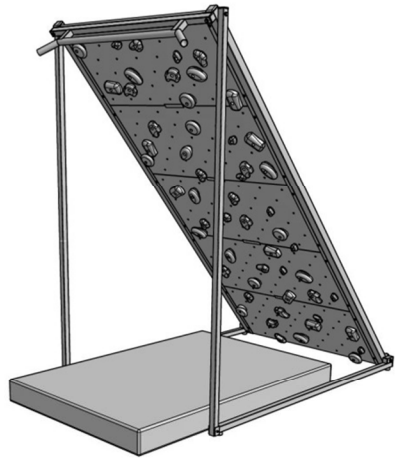


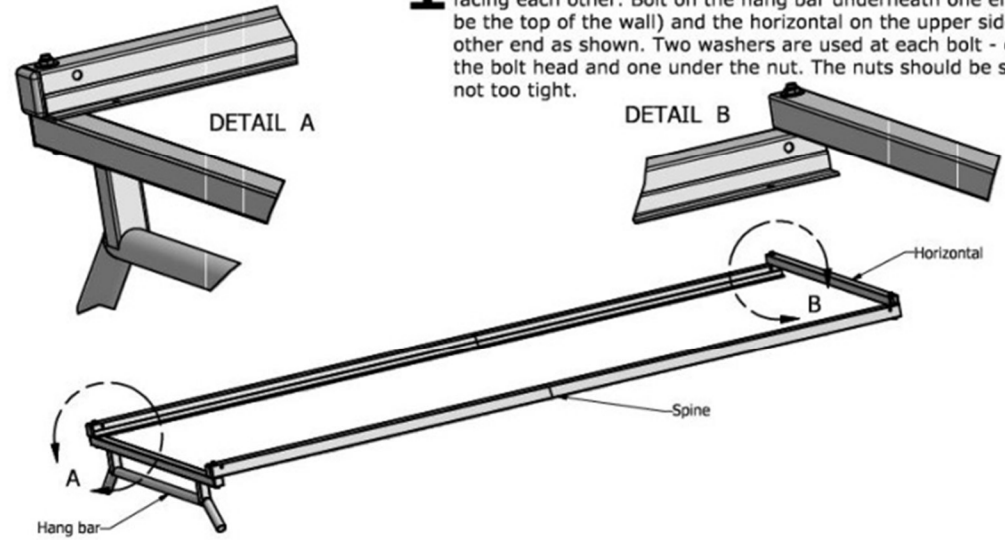


BoulderBoard[™] assembly

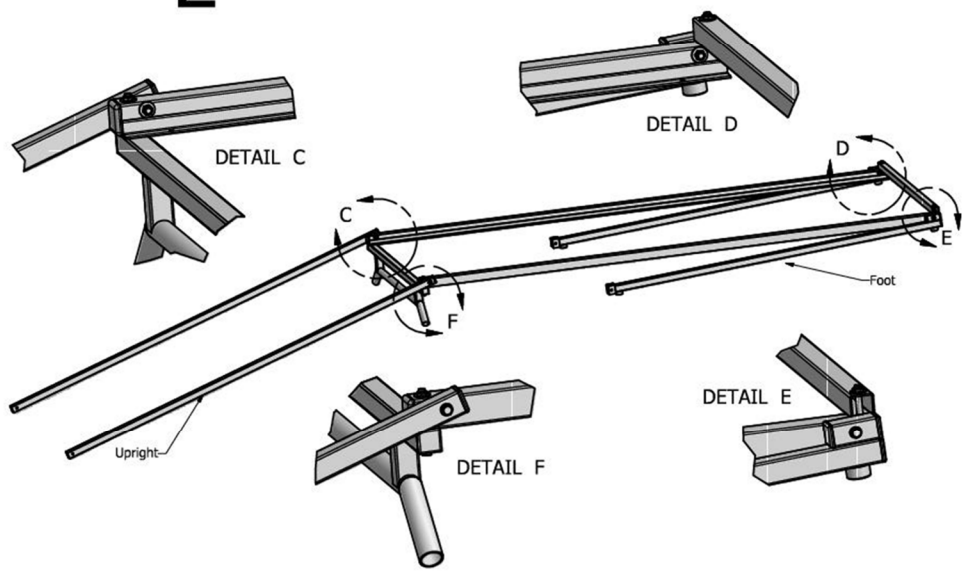


BOULDERBOARD[™]

1 Connect the two halves of the main spines by sliding one short half over the long half with the logo matching the angle pieces together. Lay the two main spines down on the floor about 4 feet apart. The welded-on angle pieces should be at the bottom of each piece and facing each other. Bolt on the hang bar underneath one end (this will be the top of the wall) and the horizontal on the upper side of the other end as shown. Two washers are used at each bolt - one under the bolt head and one under the nut. The nuts should be snug but not too tight.

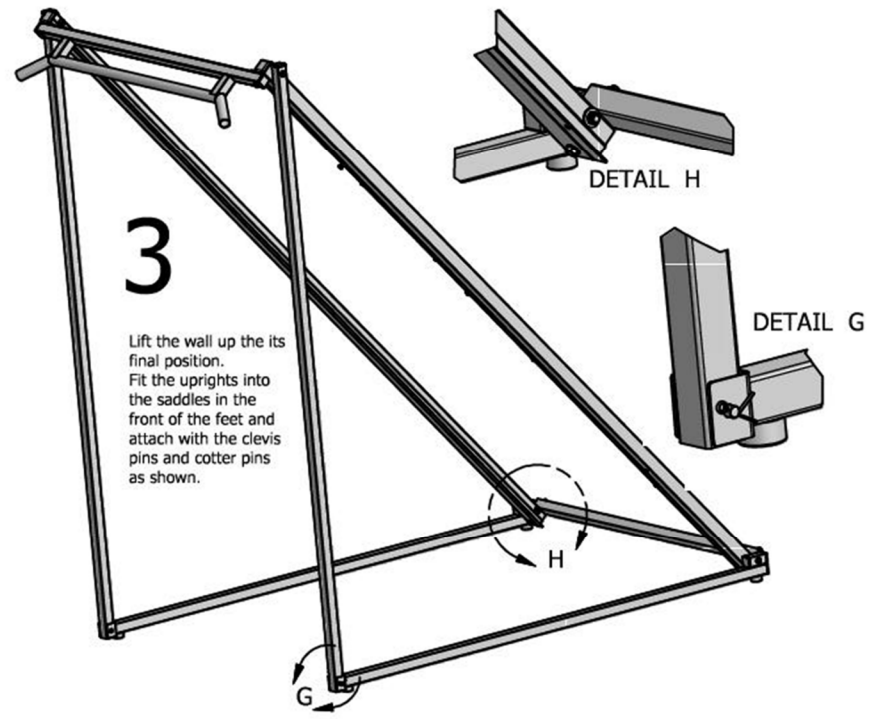


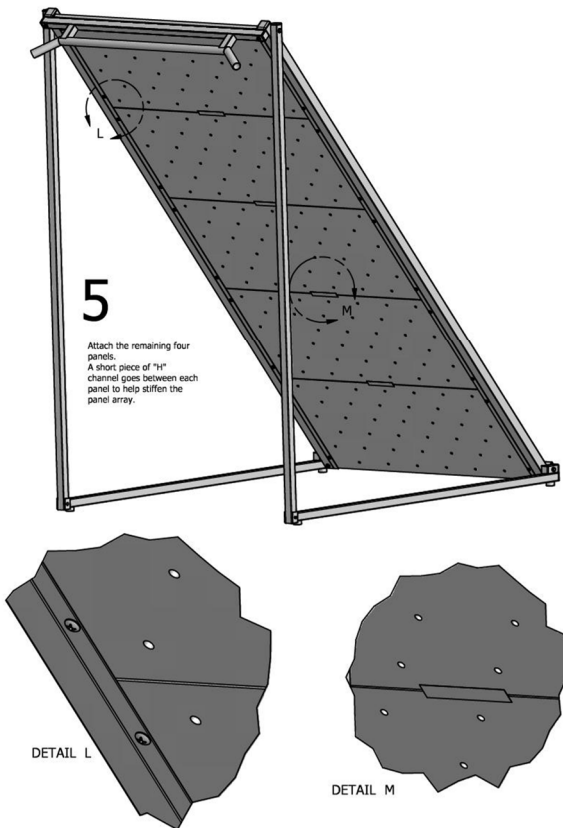
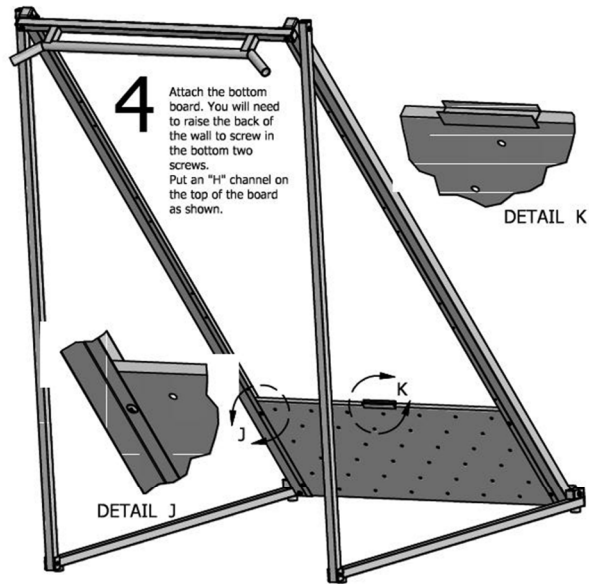
2 Bolt on the feet (at the bottom of the wall) and the uprights (at the top) as shown.



3

Lift the wall up to its final position. Fit the uprights into the saddles in the front of the feet and attach with the clevis pins and cotter pins as shown.





Route Setting Tips

When setting holds on the Boulderboard there are three basic methods.

1. Rainbow – Fill every single hole with a hand hold. This gives you the most flexibility in training but requires a lot of holds and creativity when climbing
2. System board – Set the wall symmetrically with identical holds on the same row and spaced equally from the center of the wall. You can add as many holds as you like. It is best to focus on your weakest hold types. Don't forget some jugs for warmups.
3. Route Setting –With just 10 -20 holds you can create 5-10 boulder problems of various grades. Make sure that there is at least one easy warm up and one problem that you can't quite climb...yet.

It is also very handy to dedicate one or two rows just above head height as your hangboard area. Fill these rows with a variety of holds that will allow you to perform a basic hangboard routine, use holds that mimic your favorite hangboards or use dedicated system tiles that allow multiple grip positions. No matter what the holds should be set symmetrically so that you train both sides equally. You can easily integrate these holds into any of the 3 main setting styles.

BOULDERBOARD™ LIMITED WARRANTY

1. WHO IS COVERED?

The original purchaser ("Original Purchaser") may only enforce this warranty.

2. ORIGINAL PURCHASER OBLIGATIONS

- a. The Original Purchaser assumes full responsibility that this BoulderBoard purchased meets the specifications and other requirements of the Customer.
- b. The Original Purchaser assumes full responsibility for the condition and effectiveness of the operating environment in which the BoulderBoard is to function including spatial considerations.

3. HOW LONG IS THE WARRANTY?

Brewer's Ledge Inc. warrants to the Original Purchaser of its BoulderBoard that under normal maintenance the BoulderBoard will be free from any defect in materials or workmanship for one year. Any such remedy under this warranty shall be limited to parts and shipments only.

4. WHEN DOES THE WARRANTY BEGIN?

Warranty begins from date of delivery to Original Purchaser.

5. WHAT IS NOT COVERED

- a. Normal wear and tear is excluded from this warranty. Damage to t-nuts from negligence by the Original Purchaser is excluded from this warranty.
- b. Damage incurred by negligence during movement, assembly, or breakdown of the BoulderBoard by the Original Purchaser is excluded from this warranty. Brewer's Ledge Inc. reserves the sole right to determine the origin of damage as related to this provision.

6. LIMITATION OF DAMAGES AND IMPLIED WARRANTIES

- a. Except as provided herein, Brewer's Ledge Inc. makes no express warranties, implied warranty of merchantability or fitness for a particular purpose.
- b. In no case shall Brewer's Ledge be liable for any special, incidental, or consequential damages based on breach of warranty, breach of contract, negligence or any other legal theory. Such damages include but are not limited to, loss of use of the equipment or any associated equipment, the claims of third parties, and injury to property.
- c. This limitation does not apply to claims for personal injury where such limitation would be a violation of the applicable law. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

7. TERMS OF WARRANTY

The terms and conditions of this warranty are applicable as between Brewer's Ledge and Original Purchaser to the sale of BoulderBoard to Original Purchaser.

8. STATE LAW RIGHTS

This warranty gives you specific legal rights, and you may also have other rights, which vary, from state to state.

General Training Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Finger – Focus (Hang-board, jug endurance light, single arm hanging, general body strength)	Crosstrain (running, biking, slacklining, leg work out)	Climbing Strength (Dead-point, Move specific technique work, Intentional feet cut and lock offs, general body strength)	Active Rest (swimming, light jogging, bike ride, hiking, Yoga)	Endurance (Double Foot movement technique work, Long intervals, single arm hangs, general body strength)	Crosstrain (Leg day, aerobics plyometric work etc.)	Rest Day (Relax, Recover, Mental Refreshment)

Above you will find an example of a weekly program flow. These training suggestions are here to provide you with ideas for taking full advantage of the Boulderboard. It is set up so you can tweak it to fit your own goals, experience level and weaknesses/strengths. We hope that the information below will get you started and/or assist you on the path towards accomplishing your fitness and climbing goals. Remember to vary your methods of training methods and have fun. Keep in mind that trial and error is a big part of getting to know your own body and becoming a successful self-coach.

Cardio – Minimum 15 minutes

1. Warm up core body temp to increase blood flow

Low Intensity – **Jug climbing up and down** a couple times

2. to get the hands and finger tendons activated and prepared for stress

Finger Focus –

3. **Hang-board** – set-up parallel holds to make own hang-board using boulderboard – dead-hangs ONLY and time and rest will vary based on skill level. Recommended: variable holds, 10 sec hang, 3 sec rest and repeat 5 time per hold type (2 min btwn each type) two rounds. Do not do any other climbing exercises on this day. If anything ONLY general body strength and some easy jug endurance work.
4. **Dead-point** – Pick one or two starting holds, then pick a target hold for your R and L hands. Stick the hold for 2 seconds and return to your starting position. Aim for 3x on each arm (without coming off the wall) 3 sets with 30 sec rest btwn

Technique Drills – pick 1

5. **Double Foot movement** – two feet movements per one hand movement (get creative) up and down one set, 2 sets, rest as needed
6. **Quiet feet climbing** (all the time) or **focus game** - make a noise with foot placement, penalties add 5 push-ups to the end of your workout per noise. Do at the end of climbing training.
7. **Move specific** – Practice strange movements: Rose through, under-cling power generation to dead-point, side pull roll throughs. Etc. GET CREATIVE (don't forget heel hooks toe hooks)

Climbing Strength – pick 2, but choose if strength or endurance is your focus for that day

1. **Lock offs** – Start lower wall and make a move, any path, any hold. Focus on keeping hip into the wall (one foot on and leg flagged) and Hover your hand over the next hold for 2 or 3 sec before grabbing it, set up, pull and REPEAT until you reach the top of the wall. 2x up is one set, do 3 sets, rest

1 min btwn

2. **Campus up down's** – no feet climbing, any hold. Up and down 1 time. Focus on slowly releasing your lock off on the way down, make sure you keep the legs up and get your body angled underneath your arm. 4x Rest 30 sec btwn sets
3. **Intentional Feet Cut Drill** – Make a move, take feet off the wall as if performed a dyno, engage your core and compression to place your feet back on the wall. Repeat, until you reach the top. 6x, rest 20 sec

Endurance – timed intervals : pick 1 based on goals + always do single arm hangs

4. **Long intervals** – used to increase general vascularity and forearm endurance Recommended: Stay on wall for 3 to 5 minutes (consistent movement with resting at the top and bottom, vary hold selection) Rest 1:1 ratio
5. **Shorter intervals** – power endurance for sustained hard climbing. Recommended: 1 to 2 min (bigger moves, more dynamic for power) Rest double the time on the wall 2:1 ratio
6. **Distance** – pick a target goal: for example up and down twice, 6 times. 2:1 rest to work ratio – rest double the time it takes to complete a set
7. **Single Arm horizontal hangs** – Hang on the bar, put feet up high on the wall, so your body is as horizontal as possible. One arm on at a time, hang on 1 for three breathes (concentrate on relaxing, recovering and keeping a slow, consistent heart rate. Perform for 5 min. This exercise seems easy, but it helps increase core strength, lactic acid threshold in the forearms and vascularity. In addition to hand strength and learning efficient recovery form

General Body Strength – should be performed after climbing training

CORE: pick 3 All performed on pullup bar on at the top of the boulderboard. focus on control and the negative portion of movement for maximizing strength

8. **Toes to Bar** – use your core, keep you pelvis forward and lift your legs slightly tapping toes to the thick bar (10 to 15 reps)
 - Mods : Knee raises and L raises
9. **Levers** – Raise your body into a horizontal position. hold for as long as you try to slowly release 3 sets, 1 min rest
 - Mods: One legged lever, and dragonflies (hold onto the metal legs of board you while laying on your back, aim your legs straight to sky keeping your body in one line slowly lower your legs towards the ground
10. **Hanging Foot Taps** – Hanging, use your core to tap different climbing holds on the wall, make sure you pick some crossbody positions as well as same side. Attempt to get as far away from body as possible. (3 sets of 10 reps)
11. **Triplets** – knees bent at a 90 degree angle center knee tuck release than do the two sides that's 1 rep (3 sets of 5)

PULL: pick 1 on pull day

12. **Frenchies** – Pull up, hold for 3 to 5 seconds at the top, lower all the way down pullup to a 90 degree, hold 3 to 5 seconds and lower, lastly pullup to a quarter and hold 3 to 5 seconds (can be performed on holds as well) 15 sec rests btwn 5 sets
13. **Typewriters** – Pull up with a wider grip than shoulder width, hold your highest point of the pull up and slowly bring your body from one arm to the other, try to perform 10 reps (5 a side). 3 sets
14. **One arm Lock Off** – Pullup with two arms and hold a lock off on one arm for 3 sec, or fight the release. Alternate arms and perform 3 per arm (3 sets)
 - Mods: Negative Pullups, jump to top of pullup position and lower as slow as you can (3sets of t10)

PUSH: pick 2 exercises on push day (Variations of push-ups and dips)

** These exercises are from personal experience and various sources, use as you please

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