

# High Jump Stand Telescopic

## Manual Instruction

1. Open the package and put the base on the ground.
2. Let the upright match with the 4 holes on the base, then insert and tighten the bolts. Make the upright and base fixed together.
3. Adjust the anchor underneath the base, and let the base in a horizontal position.
4. Loose the locking device and move the riser up and down, let the height indicator aim at the height you need, and then lock the locking device.
5. How to read the height:  
If the height indicator aim at 69/160cm, thus crossbar rest 1 will locate at 69cm high position, and crossbar rest 2 will locate at 160cm high position.

**Note:**Pole and base were packed separately.

**Manual Instruction** was packed in base carton!

