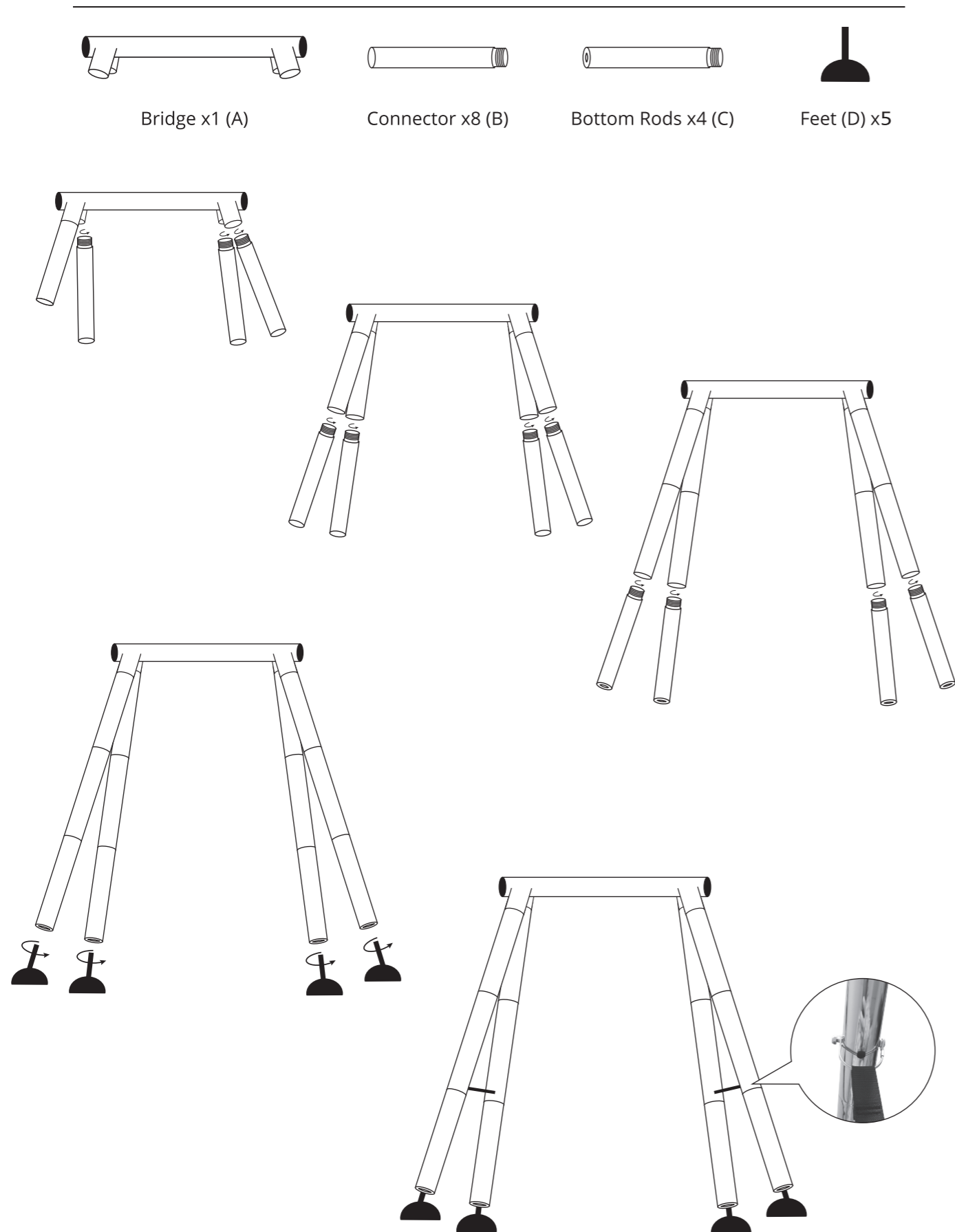


Setup Instructions



The Yoga Hammock stand is approximately 6.2 feet x 8.8 feet at the base, and it stands about 9.6 feet tall.

To get set up, find a large space, preferably outdoors. One person can assemble the stand alone, but it's much easier if you do it with a friend.

STEP1. Remove all parts and organize them by type (see above).

STEP2. Take the bridge (A) and insert four connectors (B), screw together joints tight.

STEP3. Repeat the process to add four more connectors.

STEP4. Add the four bottom rods(C), screw together joints.

STEP5. Add the four feet (D). (one more feet is spare part)

STEP6. Clip the safety belt to the holes; make sure the belt fasten tight.

This allows for use on uneven surfaces. You're done! Hanging your Yoga hammock, aerial silk or gymnastic rings, and get practicing.