# Ninja Slackline



## CHILDREN NINJA SLACKLINE

Item: HD-10965



Item No.: HD-10965 Description: CHILDREN NINJA SLACKLINE Material: Polyester, Iron, Wood Size: total length 13m Bearing capacity: 180 kg



# WARNING

1.Weight limit: 400LBS(180kg)

2.ADULT: supervision required or serious injury and death may result--

Always need extreme caution when using the Ninja line kit. Be sure to perform MANDATORY load stress test with further damage check of the line before using the line.

3. ADULT: assembly required.

This product should be unpacked and assembled by an adult, including site and tree selection as well as the secure and proper installation.

4.Un-healthy tree hazard--

Do not attach or use a tree that is not healthy, diseased or damaged. It may cause serious injury or death.

5.Do not attach your obstacles anywhere else on the line.

6.Do not install the set over concrete, asphalt, packed earth, grass, carpet or any other hard surface. A fall on to a hard surface can result in serious injury or death to the equipment user.

# Installation Guide

Step 1: Determine your course height.

1.Line height should be set to where your lowest (height) ninja line kit user's feet are only 12 inches(31cm)maximum the ground as they hang from the lowest ninja line obstacle.

As a starting height to set your line at, have the lowest (height) user reach out above their head as high as they can. Measure that height (from the ground to the tips of their outstretched hands) and then add an additional 24 inches(62cm) which is12 inches for clearance plus 12 inches for the ninja line sagging towards the ground with the user's weight. For example, your lowest height of ninja is 72 inches (from the ground to their outstretched finger tips), add 24 inches, and your first line height to test should be 86 inches from the ground.

2.This may take one or two adjustments to get the desired 12 inches of clearance for the ninja above the ground.

Step 2:

Wrap the tree protectors around the tree trunk.













1. Install tree protectors

2.Noose the ratchet end and long line around 2 suitable trees or anchor points min 1 circumference.

3.Straighten the ninja rope



4. Install buckle(13 in total)



5.Feed line through the bolt on ratchet. Pull through all the slack, until the line is tight.



6.Pull the handle up and down to tighten up the ninja line.



7. install Triangle Carabiners



8. Install accessories



1. Put the rope through the iron ring and Ground Nails





3.Wind the rope around the spike Ground Nails

### Using your Ninja Line Training Course with obstacles.

The course is a conditioning course: You will only improve over time. Do not expect to be able to complete it the first couple of times you try the course.

1. Use the rope ladder for the users to reach the first obstacle on the line in order to begin their course.

2. For the first couple of times, you may want to set the line height, so the users can be on their "tippy toes" taking some of their weight off their grips on the obstacles. This way they can get some sense of accomplishment, and give their muscles time to develop.

3. Then gradually raise the line's (and obstacle) height over, until the users are actually suspended above the ground.

4. Once the users have mastered a certain order of obstacles, change them up! Try spacing them further apart too. Remember, you can add up to 4 extra obstacles on the course.5. Be patient and enjoy your ninja line course.

### Anchoring the ladder:

Our ladder comes equipped with 12" steel nails to anchor the ladder to the ground. This makes it easier for the child to climb up this way. It is also more challenging if you do not anchor the ladder.

Pay attention to the instructions of the correct ground anchoring of the ladder.



When anchoring the ladder to the ground, consider the density of the soil and the resonating vibrations of the slackline.

Remark: Mandatory load stress test

1. Make sure all your connections are tight.

2.Do a mandatory load test on your line. Using either a 400 LBS (180kg) load or person, have them test the ninja line by suspending the weight 5 feet(152cm) from each end.

3.Keep your course clear

Bystanders should maintain a safe distance from the line 10ft (3.1m) to prevent impacts by person's jumping down from the line. If you are unsure about your health for ninja line. Please consult with your doctor before attempting.

**WARNING:** Possible injury or death - Remember a ninja line can be a potential danger equipment and can cause serious injury or even death. Adult supervision is recommended.

Observație: Test de solicitare a sarcinii obligatorii

1. Asigurați-vă că toate conexiunile dvs. sunt strânse.

2. Faceți un test de încărcare obligatoriu pe linia dvs. Folosind fie o persoană de 400 LBS (180 kg) sau persoană, cereți-le să testeze linia ninja suspendând greutatea de 152 cm de la fiecare capăt.

3. Țineți-vă clar cursul

Participanții ar trebui să mențină o distanță sigură de linia 10ft (3,1 m) pentru a preveni impactul prin saltul în jos de pe linie. Dacă nu sunteți sigur de sănătatea dvs. pentru linia ninja. Vă rugăm să consultați medicul înainte de a încerca. AVERTIZARE: Posibilă rănire sau moarte - Nu uitați că o linie ninja poate fi un echipament potențial pericol și poate provoca vătămări grave sau chiar moarte. Se recomandă supravegherea adulților.



Using your Ninja Line Training Course with obstacles.

The course is a conditioning course: You will only improve over time. Do not expect to be able to complete it the first couple of times you try the course.

1. Have a stable, step ladder for the users to reach the first obstacle on the line in order to begin their course.

2.For the first couple of times, you may want to set the line height, so the users can be on their "tippy toes" taking some of their weight off their grips on the obstacles. This way they can get some sense of accomplishment, and give their muscles time to develop.

3. Then gradually raise the line's (and obstacle) height over time, until the users are actually suspended above the ground.

4.Once the users have mastered a certain order of obstacles, change them up! Try spacing them further apart too. Remember, you can add up to 9 obstacles on the course. 5.Be patient and enjoy your ninja line course.

Folosirea cursului dvs. de formare a liniei Ninja cu obstacole.

Cursul este un curs de condiționare: vă veți perfecționa doar în timp. Nu vă așteptați să-l puteți completa în primul rând de două ori încercați cursul.

1. Aveți o scară stabilă și pasă pentru utilizatori să ajungă la primul obstacol de pe linie pentru a-și începe cursul.

2.Pentru primele două ori, este posibil să doriți să setați înălțimea liniei, astfel încât utilizatorii să poată fi pe "vârful degetelor de la picior", luându-și o parte din greutate din strânsoarea obstacolelor. În acest fel, ei pot avea un sentiment de realizare și le pot oferi mușchilor timp să se dezvolte.

3. Apoi ridicați treptat înălțimea liniei (și a obstacolului) în timp, până când utilizatorii sunt de fapt suspendati deasupra solului.

4.După ce utilizatorii au stăpânit o anumită ordine de obstacole, schimbați-le! Încercați să le distanțați și mai departe. Nu uitați, puteți adăuga până la 9 obstacole pe parcurs.
5. Fii pacient și bucură-te de cursul tău de ninja.



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