

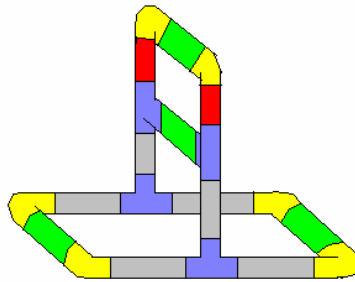
# Contact Trainer

## Materials

1 6'x12"x2" Board  
1 2'x3' piece of plywood  
1 12" 2x4  
2 strong hinges  
Strip of wood for slats  
Wood Screws  
Primer, paint, and No-Skid

1 1/2" PVC cut into the following sizes:  
4 17" pieces  
2 8" pieces  
4 10" pieces  
6 1 1/2" PVC elbows  
4 1 1/2" PVC T connectors

## Step 1: Assemble the base



Yellow = elbows  
Blue = T connectors  
Green = 17" pieces  
Grey = 10" pieces  
Red = 8" pieces

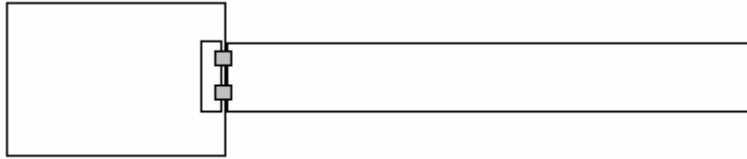
## Step 2: Assemble the boards

If you want to prime and paint the boards first, do it now. 😊

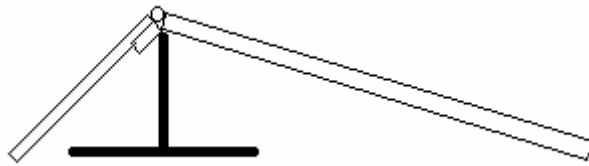
Center the 2x4 on the 2' edge of the plywood. Screw from the plywood top down into the 2x4. This gives a solid base to attach the hinges.



Lay the plywood so the 2x4 is face up. Align the 6' board and attach with hinges.



Lay the board over the base. There is a gap between the two boards. A piece of  $\frac{3}{4}$ " PVC fills in the space well.



The apex should be 24" high. This simulates the angles of the A-Frame (on the left) and the Dogwalk (on the right).

Cut wood strips for slats every 12". Pre-drill holes and hand screw the screws to prevent cracking.

If you haven't done it yet, prime and paint, using No-Skid or sand on the surface.

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