



Plant Fitness®

CROSSTRAINER™

REHYDRATE & REFUEL



NUTRITION



BIOLOGY



HYDRATION



APPLICATIONS	RATES & COMMENTS
Cool and Warm-season Turf	Apply 2 - 8 fluid ounces in 1 - 2 gallons of water per 1,000 ft ² every 7 - 28 days.

Apply CrossTrainer at a rate of 2 fl. oz. per 1,000 ft² weekly, or 4 - 8 fl. oz. per 1,000 ft² for longer intervals. For optimal results, allow CrossTrainer to dry on the leaf blade. Water in after application when turf is under stress. While CrossTrainer is highly compatible with most products, it's always advisable to conduct a standard quart jar test before tank mixing with other solutions. Do not apply if a heavy rain is expected. Do not apply near water, storm drains, or drainage ditches. Sweep any product that lands on an impervious surface back onto the application area. Only apply to the intended application area.

PRINCIPLE FUNCTIONING AGENTS NON-PLANT FOOD INGREDIENTS

ACTIVE INGREDIENTS:

Blend of polyhydroxyethyl alkoxy Alkylene oxide.....50%

OTHER INERT INGREDIENTS

Inert.....50%

F003667



www.plantfitness.com | (833) 833-4239

Epoch Science, LLC. 9860 S. Dorchester Avenue Chicago, IL 60628 USA

Plant Fitness is a registered trademark and CrossTrainer, Turf Fit, and Soil Fit are trademarks of Epoch Science, LLC.

Made in the USA

SAFETY PRECAUTIONS:



WARNING

May cause an allergic skin reaction. Harmful to aquatic life. Avoid breathing fumes/vapours/spray. Contaminated work clothing must not be allowed out of the workplace. Avoid release to the environment. Wear protective gloves/protective clothing/eye protection. If on skin: Wash with plenty of soap and water. If skin irritation or rash occurs: Get medical advice/attention. Wash contaminated clothing before reuse. Dispose of contents/container to hazardous or special waste collection point, in accordance with local regulations.

Net Contents: 2.5 U.S. GAL (9.46 L)

Density: 9.81 LBS/GAL at 68°F (1.18 KG/L at 20°C)

Net Weight: 24.53 LBS (11.16 KG)

CROSSTRAINER™

Guaranteed by Epoch Science, LLC.