

CFF LANDMINE HANDLE

Assembly & Care Instructions



THANK YOU!

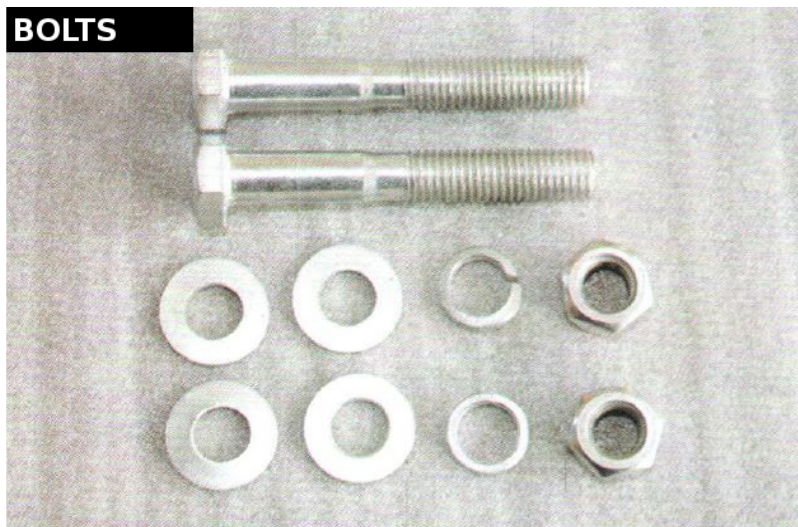
Thanks for buying our landmine handle (CFF-LM). All you have to do is slip a bar into the rotational sleeve and you are ready to go. Well, after you put it together. Please review these instructions to ensure your core trainer is correctly assembled and lasts.

INCLUDED IN THIS DOCUMENT

- parts list
- assembly steps

PARTS LIST

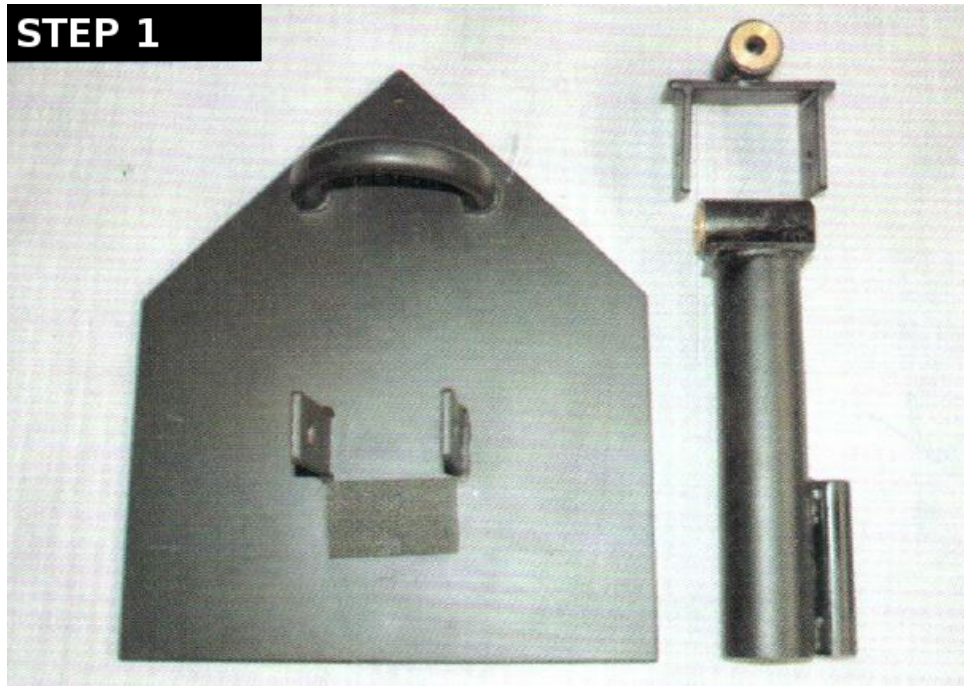
No.	Description	Qty
1	Base Plate	1
2	Base Pivot	1
3	Handle	1
4	Bolts	2
5	Washers	2
6	Lock Washers	2
7	Nuts	2



ASSEMBLY STEPS

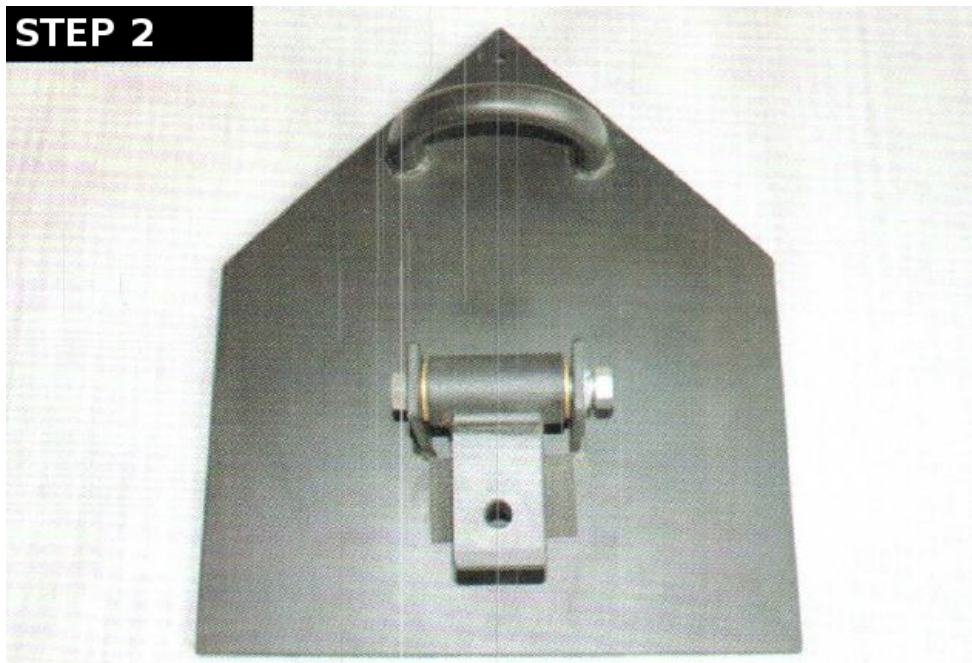
STEP 1

Layout the parts as shown and familiarize yourself with how they go together.



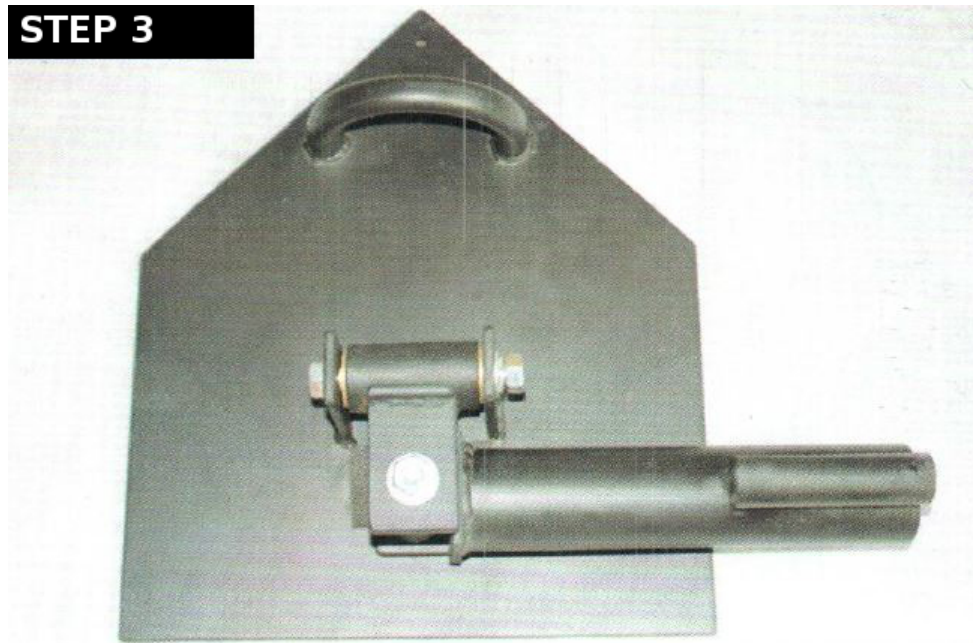
STEP 2

Slip washer [5] over bolt [4], insert bolt through base [1], into pivot [2], and out the other side, then use the lock washer [6] & nut [7]. Snug, but DO NOT TIGHTEN.



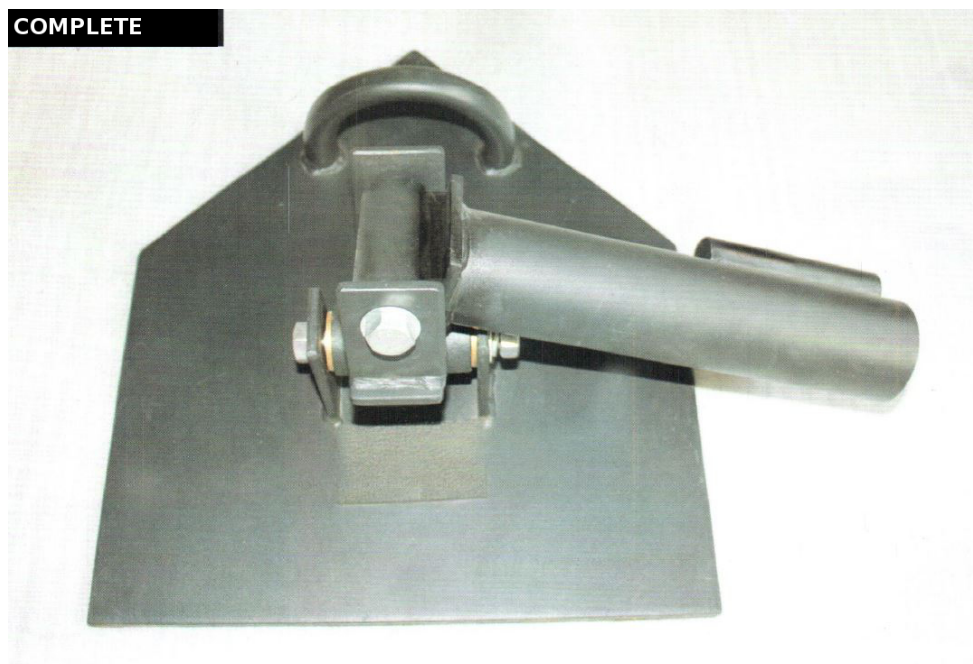
STEP 3

Attach handle [3] top base pivot [2] using the other bolt, washers, & nut. Remember, slip a washer [5] over the bolt [4], then through the handle and pivot, before using the lock washer [6] & nut [7] on the other side. Snug, but DO NOT TIGHTEN.



STEP 3

If everything looks and feels right, tighten the nuts & bolts. Your core trainer is complete.



CARING FOR YOUR LANDMINE

MAKE YOUR INVESTMENT LAST

Cleaning

Keep an eye out for dirt buildup on or around the pivot points over time - especially if you like to use your landmine outside. (It's portable, remember!) Use an old toothbrush to sweep out the nooks and crannies on the pivots.

Re-tightening hardware

Periodically inspect the landmine for signs of wear or loosening hardware. Make sure all nuts & bolts are tight. This landmine is designed to support a good amount of weight and deliver reliable service over many years, but it will only do so when properly assembled and maintained.

CONTACT CFF WITH ANY QUESTIONS

WE WANT YOU HAPPY!

phone: (717) 207-7171

email: sales@cffit.com

We're here if you need us. (And we appreciate your feedback!)

WARNINGS & WAIVERS

YOU KNOW WE KINDA HAVE TO

Be smart. Be safe.

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