

# CFF GEN 3 Hi/Lo PUSH/PULL SLED

Assembly & Care Instructions



Optional Harness Shown(not included)

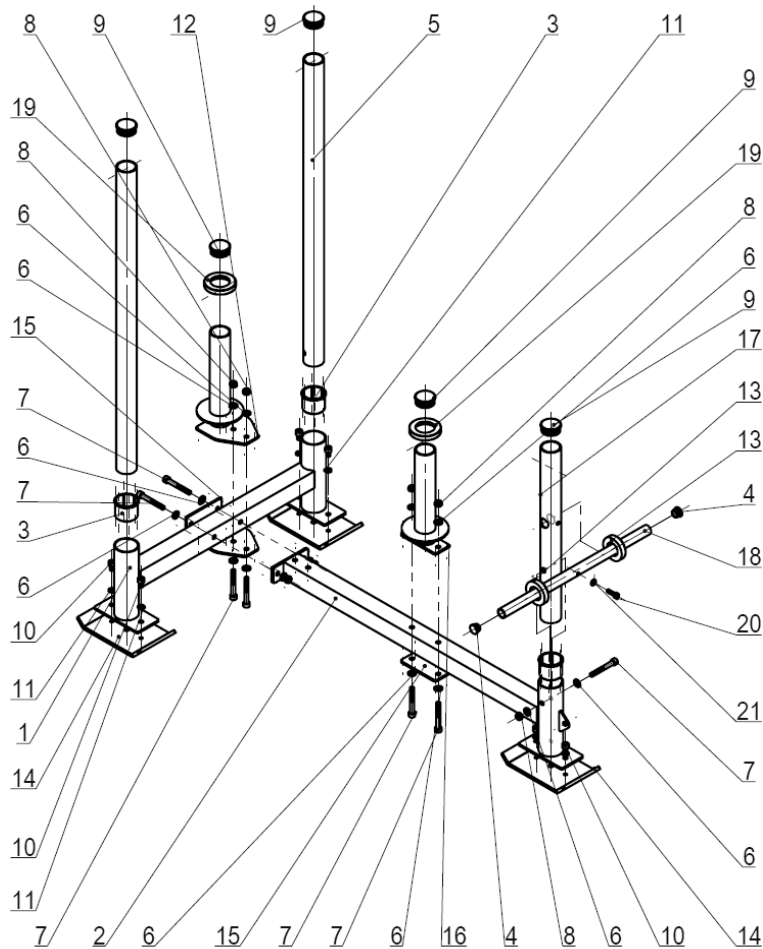
## THANK YOU!

Thank you for purchasing our third generation, hi/lo push/pull sled. Please review these instructions to ensure your new sled is is correctly assembled, ready for action, and lasts.

## INCLUDED IN THIS DOCUMENT

- exploded drawing & parts list
- assembly steps
- loading instructions
- caring for your sled

## EXPLODED DRAWING & PARTS LIST



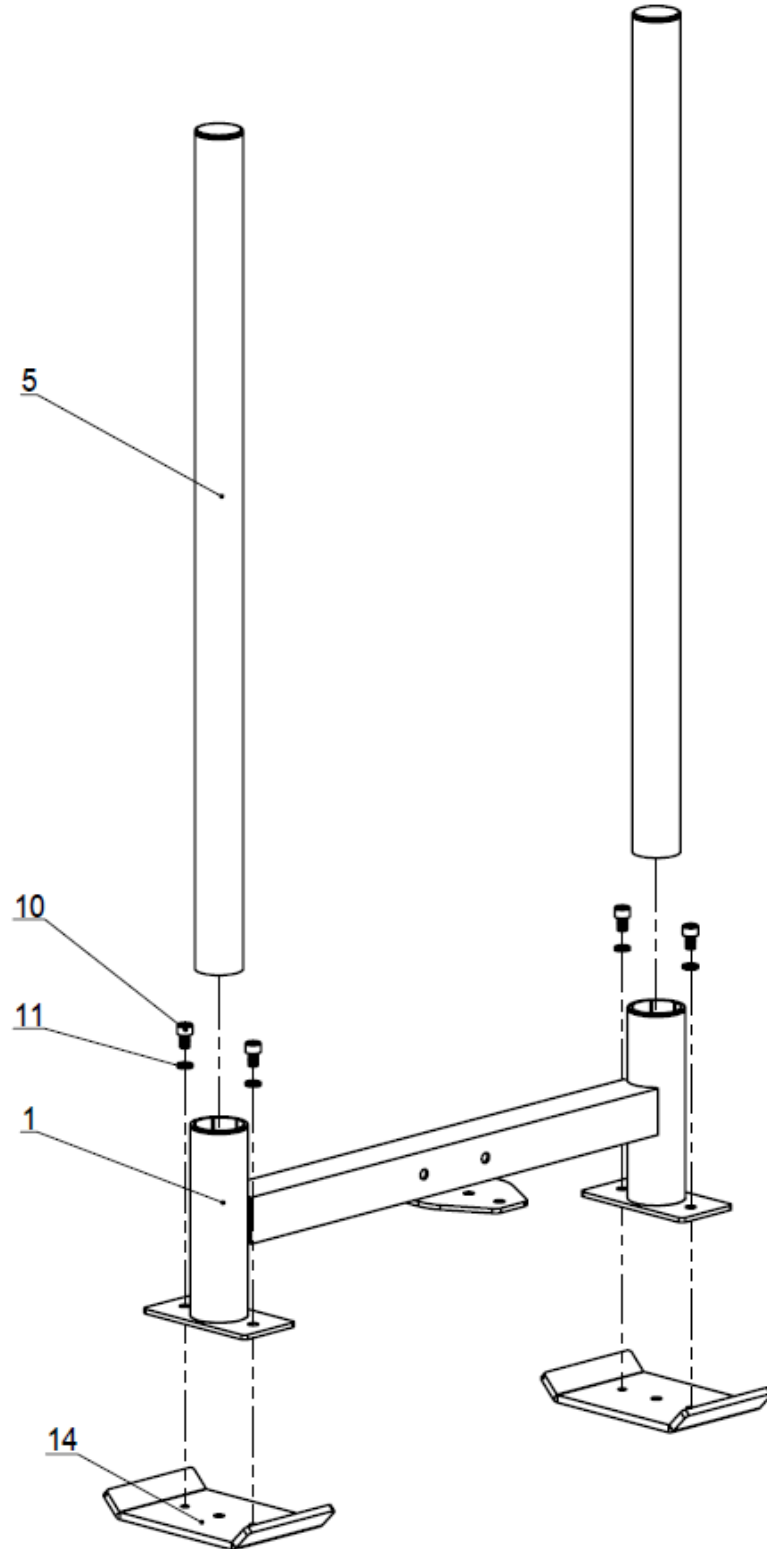
No.	Description	Qty
1	Rear Frame	1
2	Cross Frame	1
3	Sleeve Ø60x2.5mm	3
4	End Cap Ø25x3mm	2
5	Rear Support Post Ø50x3x899mm	2
6	Washer M10	14
7	Bolt M10x75mm	7
8	Nut M10	7
9	End Cap Ø50x3mm	5
10	Bolt M10x15mm	6
11	Spring Washer M10	6
12	Plate Tree Frame	1
13	Rubber Bushing Ø63.5xØ26x15mm	2
14	Ski 215x127x8mm	3
15	Steel Plate 12x50x5mm	2
16	Plate Horn	1
17	Front Support Post Ø50x3x508mm	1
18	Plate Tree Pipe Ø25x2.5x500mm	1
19	Bushing Ø77xØ47.5x13mm	2
20	Bolt M8x25mm	1
21	Washer M8	1

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## ASSEMBLY STEPS

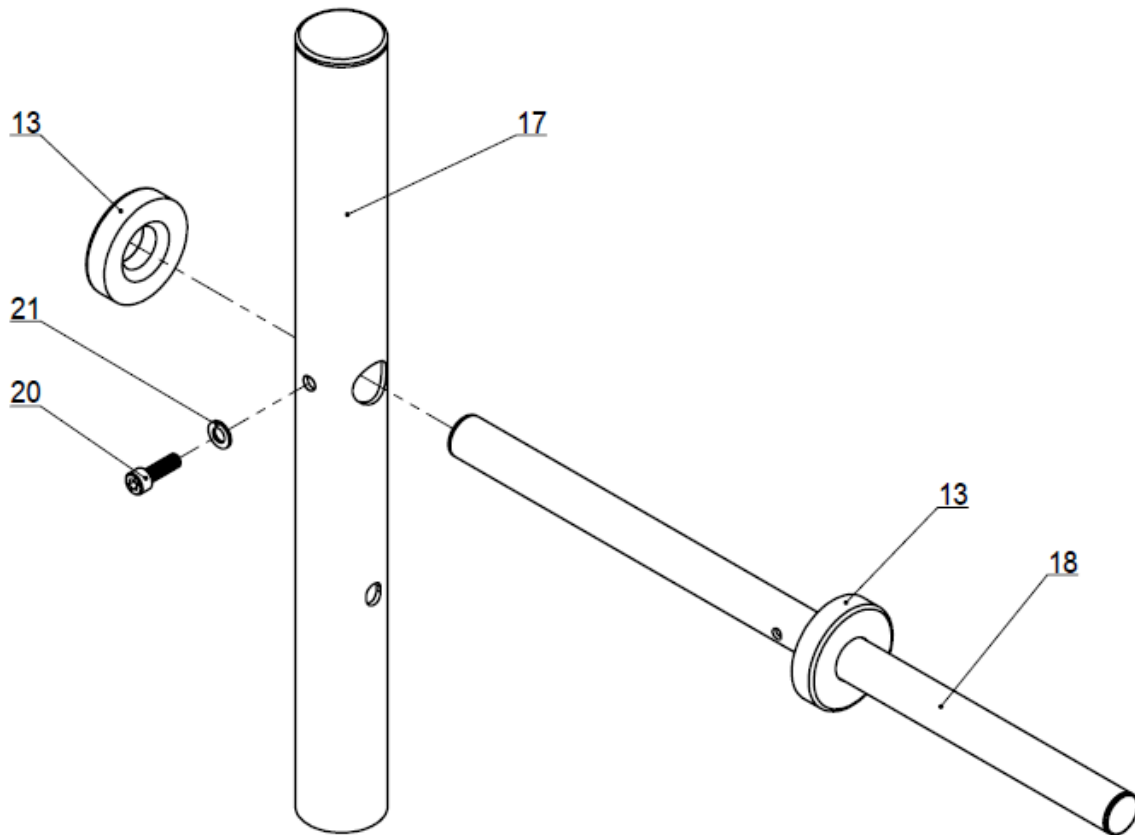
### STEP 1

Attach skis [14] to rear frame [1] using M10x15mm bolts and spring washers [10, 11], then insert rear support posts [5].



## STEP 2

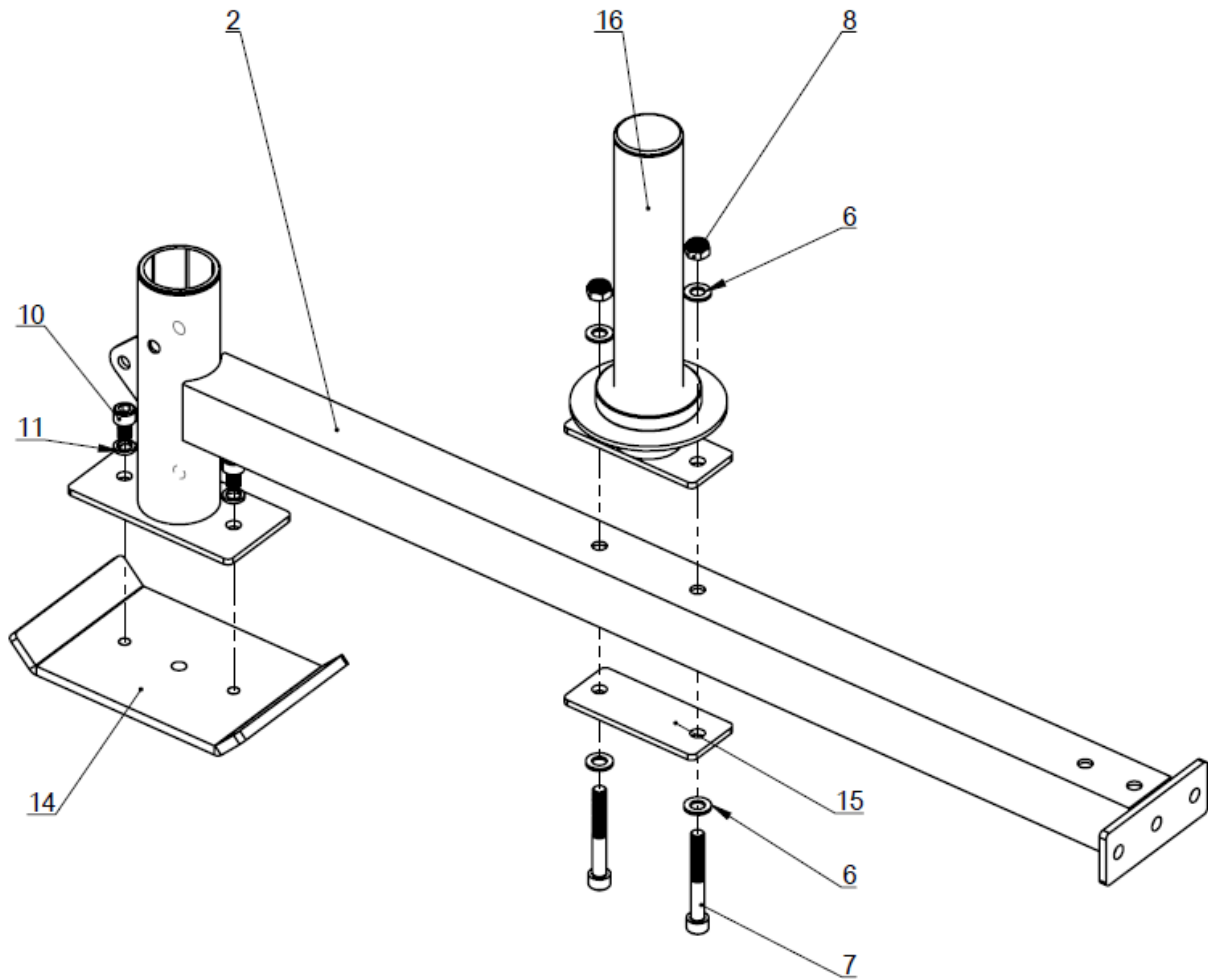
Insert plate tree [18] through front support post [17] and secure with M8x25mm bolt and washer [20, 21]. Slide rubber bumper [13] onto tree as shown.



### STEP 3

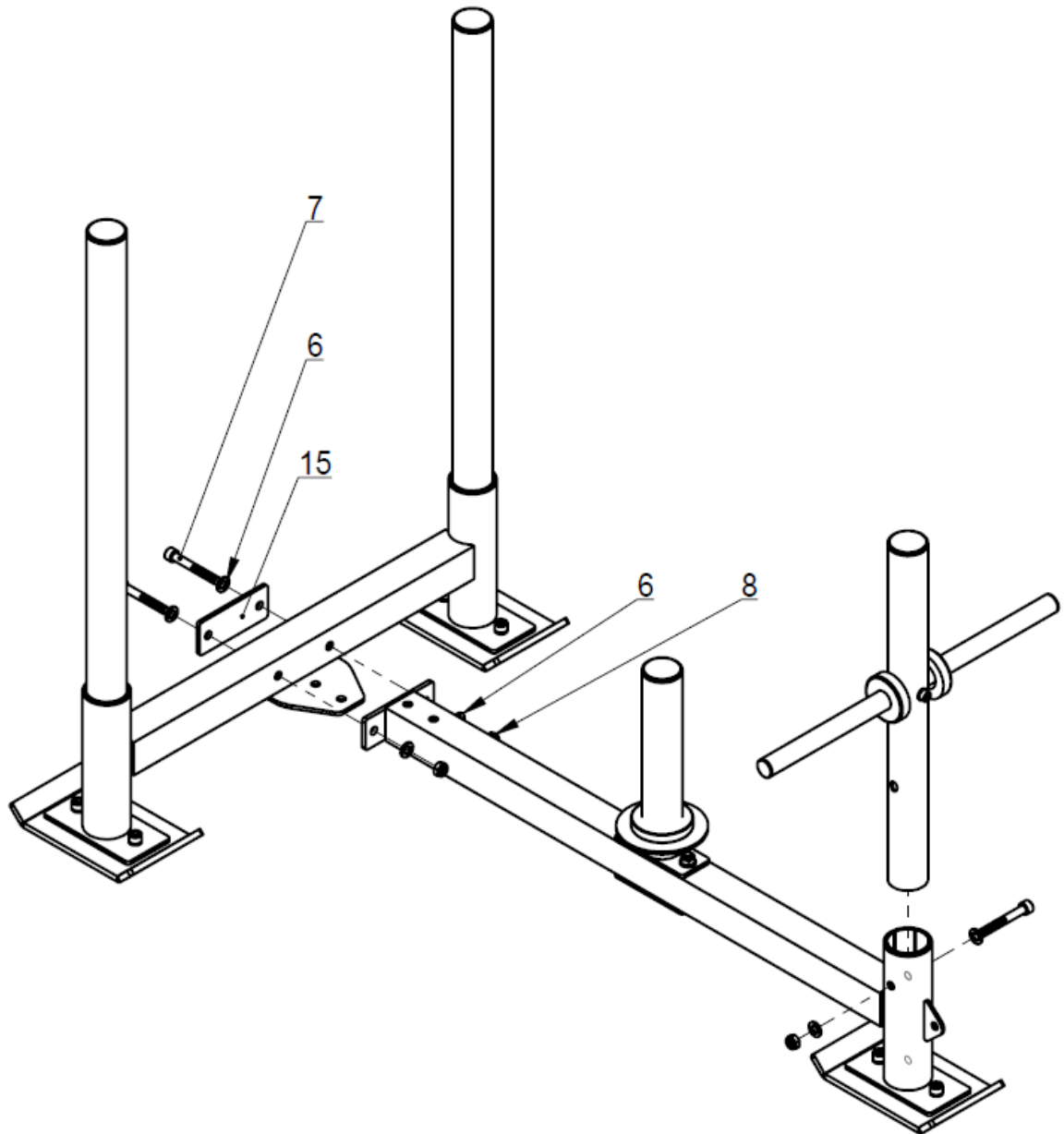
Attach ski [14] to cross frame [2] using M10x15mm bolts and spring washers [10, 11]. Install plate horn [16] to cross frame using M10x75mm bolts, washers, nuts [7, 6, 8], and steel plate [15].

**Tighten all bolts.**



#### STEP 4

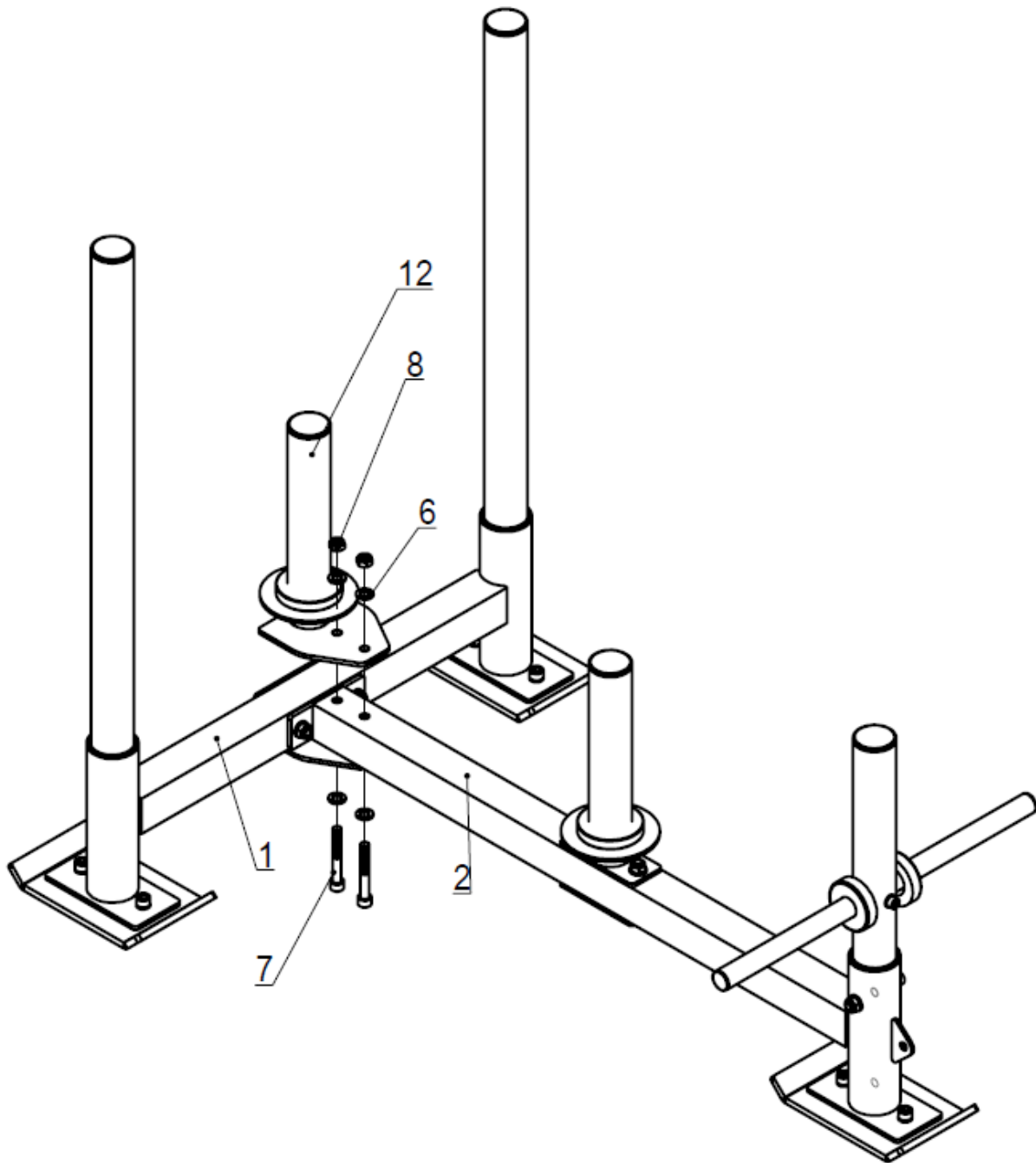
Attach cross frame to rear frame using M10x75mm bolts, washers, and steel plate [7, 6, 15].  
Then attach front support post to cross frame using M10x75mm bolt and nut [7, 8].  
**Tighten all bolts.**



STEP 5

Mount rear plate horn [12] using M10x75mm bolts and nuts [7, 8].

**Tighten all bolts.**



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## SPECIAL INSTRUCTIONS

### UNCOMMONLY SENSIBLE

**Do not load weights on the handles - only on the plate horns.**

**Weight should always be loaded in the back first - never front-only.**

Save yourself a few headaches. Load your sled correctly. You won't regret it.

**Skis may damage some types of flooring.**

Particularly wooden gym floors. Please consider your flooring situation. Urethane skis are available (sold separately) to mitigate the risk of floor damage. Please contact us for details.

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## CARING FOR YOUR SLED

### MAKE YOUR INVESTMENT LAST

**Recommended: use & store your sled indoors**

Using your sled outdoors in the elements accelerates wear & tear - which is not covered under warranty. Please keep this in mind.

**Skis last longer on soft surfaces**

Softer, smoother surfaces like turf reduce friction on the skis, delivering longer ski life. Please contact us for ski replacement details if you wear yours out.

**Cleaning**

After each use, wipe your sled down with a clean, dry towel. If deeper cleaning is required, a damp towel and mild detergent should suffice. Avoid harsh chemical cleaning products, as they may damage the finish.

**Re-tightening hardware**

Periodically inspect the sled for signs of wear or loosening hardware. Make sure all nuts & bolts are tight. This sled 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.

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## CONTACT CFF WITH ANY QUESTIONS

### WE WANT YOU HAPPY!

**phone: (717) 207-7171**

**email: [sales@cffit.com](mailto: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.**

Before beginning any new exercise/conditioning program you should consult your physician, physical therapist, athletic trainer or strength and conditioning coach. If you have musculoskeletal problems it is extremely important to check with an orthopedist to make sure the program will not aggravate those problems. All products sold and/or promoted by Christian's Fitness Factory, Inc. should only be used with instruction from a physician, physical therapist, athletic trainer or coach. Minors should only use products sold and/or promoted by Christian's Fitness Factory, Inc. under the direct supervision of a qualified adult.

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The exercise area must be safe and free of hazards. Christian's Fitness Factory, Inc. products should not be used in an area that does not provide ample space between the user and any obstacle or bystander. Improper use may result in severe injury to the user or bystanders.

The user should be aware of manufacturer's instructions, warnings, and maintenance procedures for each accessory before use. Any questions should be directed to the manufacturer before use. Before use, users shall determine the suitability of the product for their intended use, and users assume all risk and liability whatsoever in connection therewith.

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