

CFF SQUAT STANDS, GEN 2

Assembly & Care Instructions



THANK YOU!

Thank you for getting your new squat stands from us. We appreciate it. With a 750lb capacity our Gen 2 squat stands are ready for action. Please review these instructions to ensure yours are correctly assembled and last.

INCLUDED IN THIS DOCUMENT

- parts list
- assembly steps
- caring for your stands

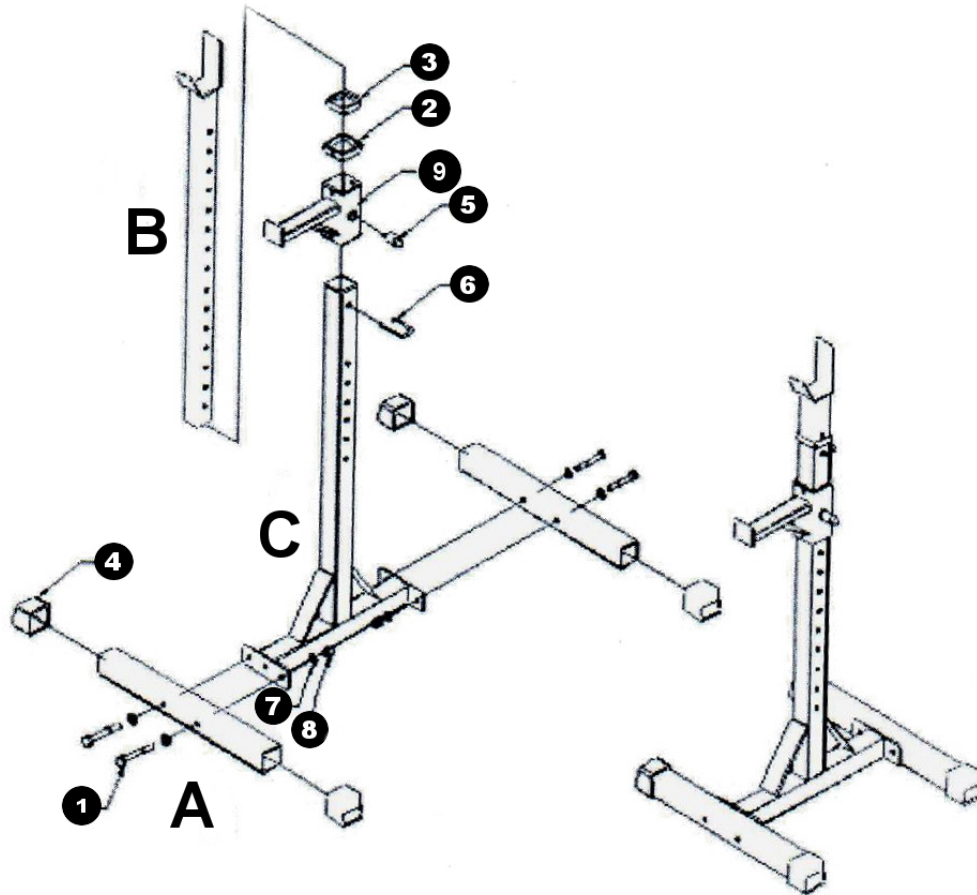
PARTS LIST

No.	Description	Qty
A	Base Frame Foot	4
B	Vertical Insert	2
C	Main Upright	2
1	Bolt, M10x70mm	8
2	Spotter Arm Bushing	4
3	Tube Bushing	2
4	Base Frame Foot Cap	8
5	Spotter Arm Lock Pin (Black Knob)	2
6	Adjusting Pop Pin (Red Handle)	2
7	Washer, 10mm	16
8	Nut, 10mm	8
9	Spotter Arm	2

ASSEMBLY STEPS

STEP 0

Please note some parts - covers, feet, bushings (black plastic) - may have been pre-assembled.



STEP 1

Attach base frame feet to base frames.

Grab (2) bolts [1], slip a washer [7] over each, then insert through base frame foot [A] and main upright [C]. Add another washer [7] on the other side, then snug with a nut [8]. Feet [4] should have been installed at the factory.

STEP 2

Install spotter arms.

Slide spotter arms [9] over main upright [C]. Bushings [2] should already be in place. Secure in place with spotter arm lock pin (the large black knob) [5]. Note: Do not remove the plastic piece on the tops of the spotter arms. These protect the finish from your bars.

STEP 3

Insert vertical insert.

Slip vertical insert [B] into main upright [C]. Secure with red handle pop pin [6].

Once you're sure everything is square and level on the floor, tighten all nuts & bolts with wrenches prior to use.

CARING FOR YOUR STANDS

MAKE YOUR INVESTMENT LAST

Cleaning

Wipe things down with a clean, dry towel every once in a while. 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 your stands for signs of wear or loosening hardware. Make sure all nuts & bolts are tight. These are 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!

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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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