

# CFF DUAL LANDMINE GRAPPLER

Assembly & Care Instructions

## THANK YOU!

First of all, thank you for purchasing the CFF Dual Landmine Grappler. You're minutes away from working two landmines at the same time. Please review these instructions to ensure your bench is correctly assembled and lasts.



## INCLUDED IN THIS DOCUMENT

- parts list
- assembly steps
- caring for your grappler

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## EXPLODED DRAWING & PARTS LIST



No.	Description	Qty
1	Base/Foot	2
2	Crossbeam	1
3	Horizontal Pivot Pin	2
4	Vertical Pivot Bracket	2
5	Landmine Bar Holster	2
-	Stainless Button Head Bolt	4
-	Stainless Washer	4
-	Vertical Pivot Bolt	2
-	Vertical Pivot Washer	4
-	Vertical Pivot Nylon Locking Nut	2

If you are missing any hardware, please contact us for immediate replacement! 1-800-4-CFF-FIT

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## ASSEMBLY STEPS

### STEP 1

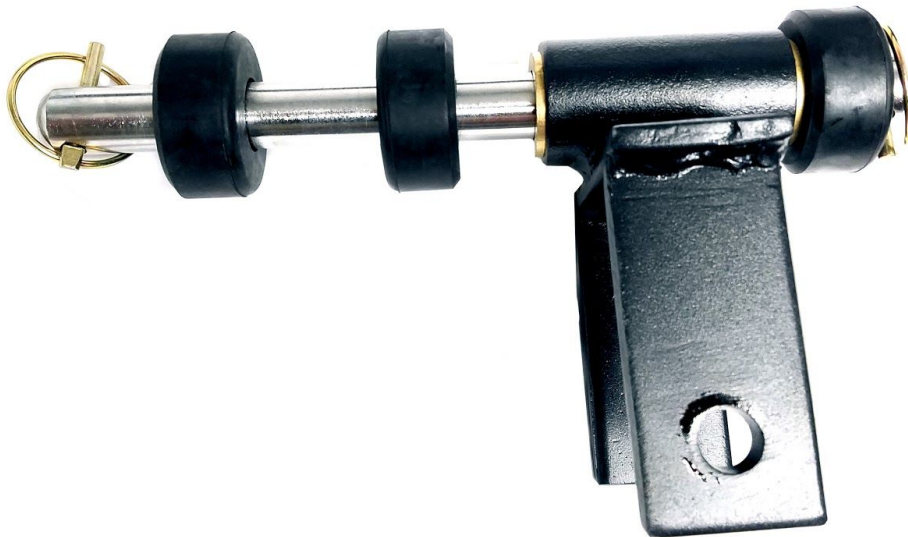
Set Crossbeam [2] on top of Base/Feet [1]. Connect with (2) Stainless Button Head Bolts and Washers each side. DO NOT TIGHTEN YET.



## STEP 2

Slip Horizontal Pivot Pins [3] through Vertical Pivot Brackets [4] and Crossbeam [2]. The rubber "donuts" go on the ends and between the bracket and crossbeam.

TIP: Hold the bracket, allowing the two lower donuts to fall to the bottom of the pivot rod. Remove the lower retainer clip (flip the ring over and pull the pin out) and remove the lowest donut. Insert the pivot rod through the crossbeam with a donut above and below it. Finally, slip the third donut on from below and reinstall the retainer clip.



### STEP 3

Attach the Landmine Bar Holsters [5] to the Vertical Pivot Brackets [4] using the two Vertical Pivot Bolts, Washers, and Nylon Locking Nuts. (The washers are used on the ends, next to the bolt heads and nuts.)

**Note: Tighten all nuts & bolts with wrenches prior to use.**



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## CARING FOR YOUR GRAPPLER

### MAKE YOUR INVESTMENT LAST

#### **Cleaning**

After each use, wipe your grapple 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 for signs of wear or loosening hardware. Make sure all nuts & bolts are tight. Your Grappler 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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