

CFF PIT BULL SUPER VISE GRIPPER

Assembly & Care Instructions



THANK YOU!

Thank you for buying your new Pit Bull Super Vise Gripper (CFF-DGRIP3). We appreciate your business. Now, we know **you've probably already got your gripper in one hand** and this piece of paper in the other. That's cool. Just take a minute to review these instructions to ensure you get the most from it.

INCLUDED IN THIS DOCUMENT

- ← that picture
- caring for your pit bull
- spring/weight chart

CARING FOR YOUR PIT BULL

MAKE YOUR INVESTMENT LAST

Regular veterinary checkups

Before each use, inspect spring end hooks to ensure they are securely attached to the Pit Bull and in the desired notches. This will ensure long spring life.

Unleash the beast

Preserve the life of your Pit Bull's springs! When not in use, the gripper should be stored with the inner handle slid to the side past the detent at the top.

House training

Keep your Pit Bull indoors when not in use. It's a simple machine and therefore relatively tough, but it's not meant to be left out in the elements. Keep it clean and dry and it should last a lifetime.

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!)

SPRING/WEIGHT CHART

The Pit Bull has (12) matching notches on the inner & outer frames. Resistance ranges from (1) spring on the lowest notch, to (3) springs as high up as you can get them.

Note: All weights listed on the following pages are approximate.

To adjust springs, slip inner handle to the side and past the detent at the top.

spring 1	spring 2	spring 3	(lbs)		spring 1	spring 2	spring 3	(lbs)		spring 1	spring 2	spring 3	(lbs)
3	1	-	45		8	6	-	181		11	9	-	308
4	1	-	59		10	3	-	184		10	6	4	312
4	2	-	67		9	5	-	186		12	8	-	318
5	1	-	73		11	1	-	190		11	6	4	337
5	2	-	80		10	4	-	195		12	9	-	342
6	1	-	87		11	2	-	197		9	7	4	351
5	3	-	91		9	6	-	202		10	7	5	355
6	2	-	94		11	3	-	206		12	10	-	360
7	1	-	103		10	5	-	208		9	7	5	365
6	3	-	105		12	1	-	215		12	6	4	366
7	2	-	113		9	7	-	218		11	7	5	382
6	4	-	117		11	4	-	220		10	8	6	407
7	3	-	122		12	2	-	224		12	7	5	407
8	1	-	123		10	6	-	226		10	8	4	416
8	2	-	130		11	5	-	235		10	8	5	428
7	4	-	133		12	3	-	237		11	8	6	432
8	3	-	141		10	7	-	244		10	8	6	444
9	1	-	143		12	4	-	249		12	8	6	458
7	5	-	147		11	6	-	251		10	9	7	462
9	2	-	151		12	5	-	260		11	9	4	480
8	4	-	153		10	8	-	263		11	9	7	487
9	3	-	161		11	7	-	269		11	9	5	494
10	1	-	164		12	6	-	277		11	9	6	510
8	5	-	165		11	8	-	278		12	9	7	515
9	4	-	172		12	7	-	297		11	9	7	526
10	2	-	174		8	6	4	298		12	10	8	581

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.

Disclaimer

No information found on the Christian's Fitness Factory, Inc. website or within product manuals should be construed or followed as an exercise or conditioning program or as instruction for use for any item promoted and/or sold by Christian's Fitness Factory, Inc. This manual and its contents are provided for general reference only and are not, and should not be relied on as, a substitute for the advice of a coach, fitness professional, physical therapist, or physician.

Products manufactured and/or sold by Christian's Fitness Factory, Inc. are not toys and should only be used under the direction, and in the presence, of a knowledgeable adult. There is a potential for serious injury if safety standards are not adhered to and instructions are not followed.

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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