

CAP OB-86B WOD BAR

Assembly & Care Instructions



THANK YOU!

Thank you for choosing CFF for your WOD bar needs. Please review these instructions for special care & maintenance information.

INCLUDED IN THIS DOCUMENT

- caring for your WOD bar

CARING FOR YOUR BAR

MAKE YOUR INVESTMENT LAST

Don't overload the bar.

This bar is designed for technique & form training. It's rated to 1200lbs maximum. Anything more than that, and you're at risk of bending or breaking this thing - neither of which are covered under warranty. You don't want to do that, do you?

Rust prevention

Special finishes like black oxide, zinc, chrome & even stainless steel help combat rust, but can't prevent it completely. After each use, wipe your bar down with a clean, dry towel. Remember, sweat is salt water and salt water is rough on metal.

Clean your bar regularly.

Use a stiff bristle brush to clean out any funk accumulated in the knurling. Chalk and dead skin can hold moisture in those little grooves, giving rust a foothold.

Rust prevention, part 2

Once you've cleaned things thoroughly, spray a little *WD-40* or *3-in-1* oil on a clean rag and wipe the entire surface of the bar, ensuring a light, even coat. Let it sit overnight, then wipe any remaining residue from the bar with a clean, dry rag.

Bushing/bearing care

Do NOT store this bar vertically, on its end. Doing so exerts forces on the bushings which can cause wear and premature failure. Always store your bushing/bearing bars horizontally, preferably on a rack.

Oil can displace the grease in your bushings/bearings!

If your bar does not have small oiling holes on the collars, keep the oil away as it can displace the grease and shorten the time before you have to really get your hands dirty.

Re-grease the bushings/bearings.

This will void the warranty, so don't attempt this until the warranty expires. (*Not that you will have to in the first place!*) Years from now, you may wish to open up the ends and the slip the collars off for a thorough cleaning and re-greasing. The internet is full of how to videos for this.

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.

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

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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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