

CAP ALUMA-LITE TECHNIQUE BAR

Assembly & Care Instructions



THANK YOU!

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

INCLUDED IN THIS DOCUMENT

- caring for your technique 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 100lbs 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?

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, making the grip funky.

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.

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

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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