

SLATER STRENGTH

True Log & Farmer's Walk Care Sheet

Congratulations on the ownership of your new Slater True Log! You are joining an elite class of athletes that have had the opportunity to lift a "True Log", including competitors from the World's Strongest Man, American Strongest Man, Fortissimus World Strongman Competition, World's Strongest Man, Mr. Olympia Strongman Championships, and the Arnold Strongman Classic Competition. We think the Slater True Log is one of the coolest strength implements available, and we take a lot of pride in being able to make this product for you.

As you know, this product is "natural", as it was once a standing tree. Unlike steel and other man-made materials, this product is likely to change a little as it ages, moves from location to location, etc. Please read the following maintenance information to help protect your investment:

1. The lifting log is kiln-dried and sealed, but the log will continue to slowly stabilize over the next several years. During this time, as the log loses or gains moisture (depending on the season, environment, etc.) small cracks, or "checks", may occur. If you see checks starting to occur, we suggest filling them with clear silicone caulk (we like clear "Big Stretch"). If larger checks occur, apply a small amount of Gorilla Glue to the check, let dry, and then caulk with Big Stretch or another silicone caulk. In nearly all cases, filling the checks is optional and only for aesthetics. Checks naturally occur and seldom affect the structural integrity of the log.
2. For the first year, we advise either brushing or spraying a coat of clear shellac on the Log every 4 months or so. Clear Shellac works fine for both Pine or Hardwood Logs. Shellac can be purchased at most any local hardware store either in a spray can or regular, brush-style can.
3. We have fastened the sleeve ends and handles on this log with many fasteners. With continued use, please check occasionally to ensure all fasteners remain tight.
4. In order to keep sleeve ends from bending or breaking, do not drop the log from overhead. Additionally, make sure to *always* use crash pads, with the crash pad supporting the end of the log and the weight on the sleeve ends. We also recommend using 25lbs weight plates, which closely match the diameter of the lifting log.

Best of training, and please let us know if you have any questions!

Steve Slater
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CAUTION: Because every individual responds differently to exercise and other movements related to fitness, it is your responsibility to seek the guidance of a qualified professional to get the safest, most effective use out of the strongman equipment provided. Please consult a physician or a qualified professional before embarking on a program of physical activity in regards to your Slater True Log. As the user of the Slater True Log, it is your responsibility to seek professional guidance before exercising with this product, use the product safely, and keep it properly maintained.