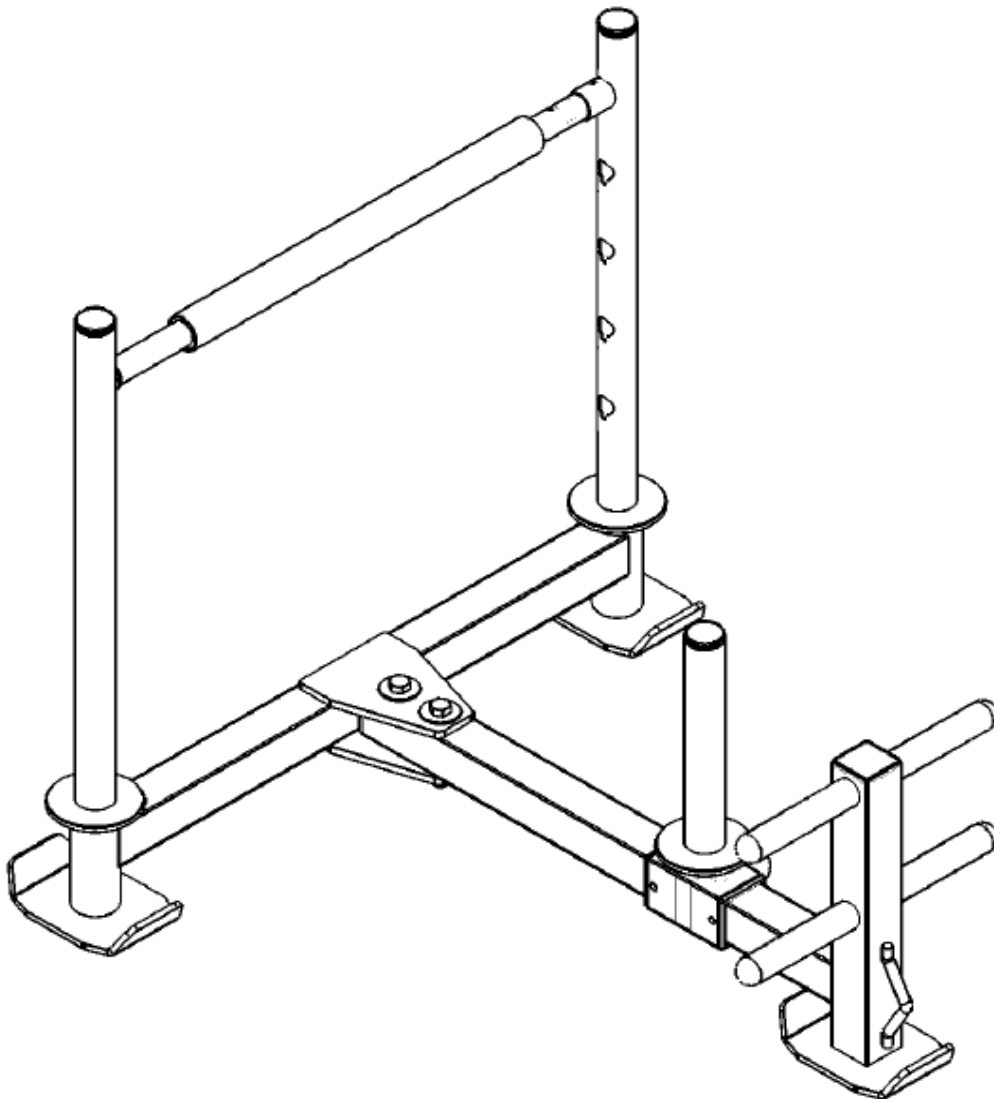


X-plode™ 200 Sled

by Progression Fitness™

Assembly/Owner's Manual



PROGRESSION Fitness™

Table of Contents

ATTENTION: Read all precautions and instructions in this manual before using this equipment

Safety precautions----- **2-3**

Parts list----- **4**

Assembly instruction----- **5-6**

Exploded view diagram----- **7**

Instructions for Use----- **8**

Maintenance----- **8**

Safety Precautions

Always take the time to ensure that you are taking the proper safety precautions before, during, and after your workout to prevent any potential injuries. Failing to follow proper safety procedures can result in injury.

** Always consult your physician before starting a workout program.

1. Read, study and understand this manual and all the warning labels on the X-plode™ 200 Sled. Familiarize yourself and others with the proper operation and workout recommendations for the 200 sled prior to use. Some of the information can be obtained in this manual, as-well-as from your local retailer.
2. Please keep a copy of this manual and be sure all warning labels are legible and intact on the sled. Replacement owner's manuals and labels are available from your local retailer or online at www.progressionfitness.ca.
3. The assembly of the 200 sled is a two-person job.
4. You can use the **WRENCH** and the **INNER HEX WRENCH** to complete the assembly.
5. Consult your physician before starting any exercise program.
6. If the user experiences dizziness, nausea, chest pain or any other abnormal symptoms, stop the exercise at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
7. Always wear appropriate workout clothes when exercising. **DO NOT** wear loose clothing that could become caught. Proper footwear is required.
8. Inspect the sled before each use to ensure it is in good condition and not damaged.
9. If you find any defective components, hardware becoming worn out or damaged, while assembling or inspecting the equipment, or if you hear any unusual noises coming from the equipment during use, replace the defective components.
DO NOT Use the equipment until the problem has been rectified.
10. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.5 meters of free space all around it. If the floor is not stable, please level the uneven floor.
11. It is recommended the sled be used indoors.
DO NOT use near water.

Safety Precautions Cont'd

12. Our product is in compliance with EN957, CLASS H. Suitable for domestic, home use only.

13. WEIGHT CAPACITIES:

Max user's body weight is 220lbs (100kg).

Max Loading of Weight Plate is 150lbs (68kg).

14. Warm up 5 to 10 minutes before each workout, and cool down 5 to 10 minutes after each workout.

15. Always start with a lighter workout to gauge your capacity and prevent injury.

16. You can adjust the load by adding weight.

DO NOT attempt to lift more weight than you can handle safely.

17. Keep unsupervised children and pets away from the sled at all times.

18. Pregnant women are not advised to use the machine. Please consult your doctor prior to use.

19. Children should consult a physician before using the sled and should always be supervised when exercising with the sled to ensure proper use.

PARTS LIST

Part #	DESCRIPTION	QTY	Part #	DESCRIPTION	QTY
1	Main Frame	1	9	Cylindrical Pin	1
2	Weight Post	1	10	Handle	4
3	Support Frame	1	11	Washer	4
4	Adjustable Push Rod	1	12	Hex Bolt 5/8"	2
5	Axle Sleeve	1	13	Nylon Lock Nut 5/8"	2
6	Pin Roll	1	14	Round Plug	3
7	Mechanical Spring	1	15	Square Plug	2
8	Sliding Sleeve	2	16	Ball Head Pin	1



Assembly Instructions

Step 1:
Insert the Adjustable Push Rod (4)
into Support Frame (3).
Add Round Plugs (14) to top posts of
Support Frame (3).

FIGURE 1

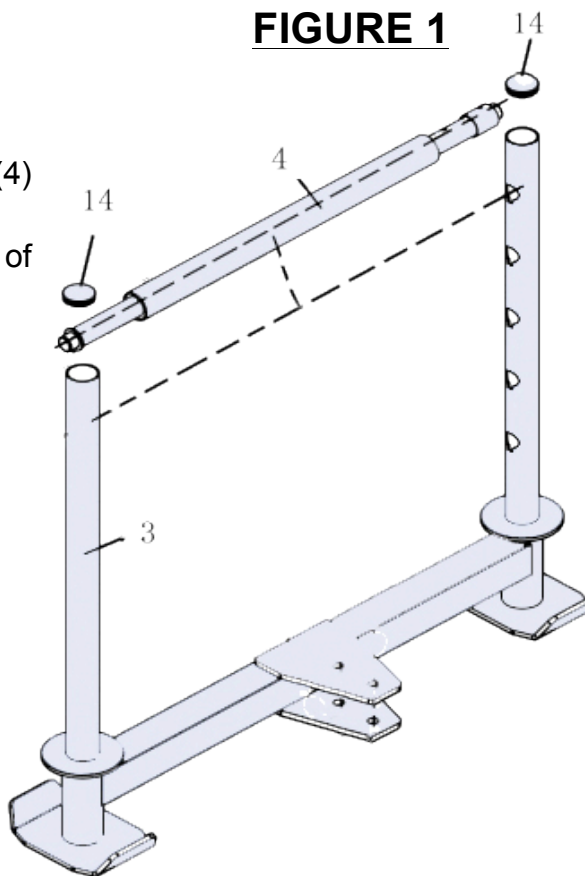
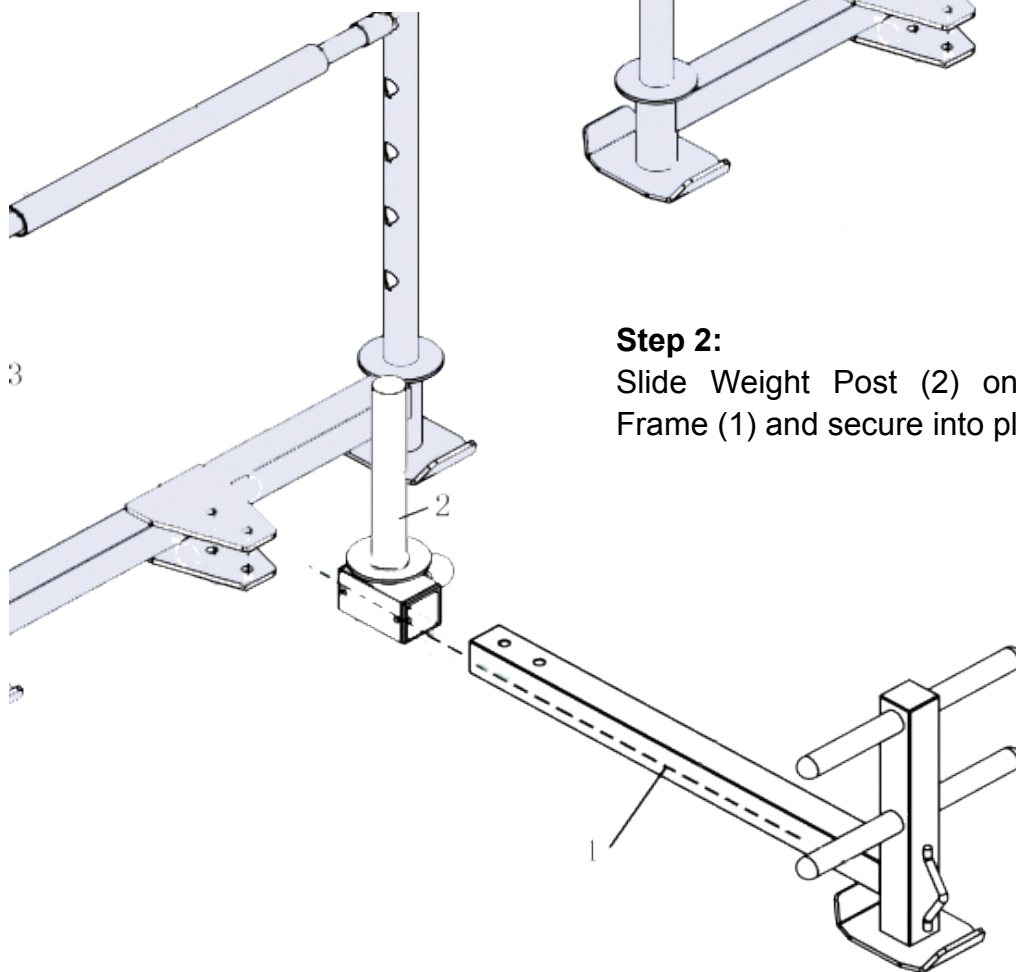


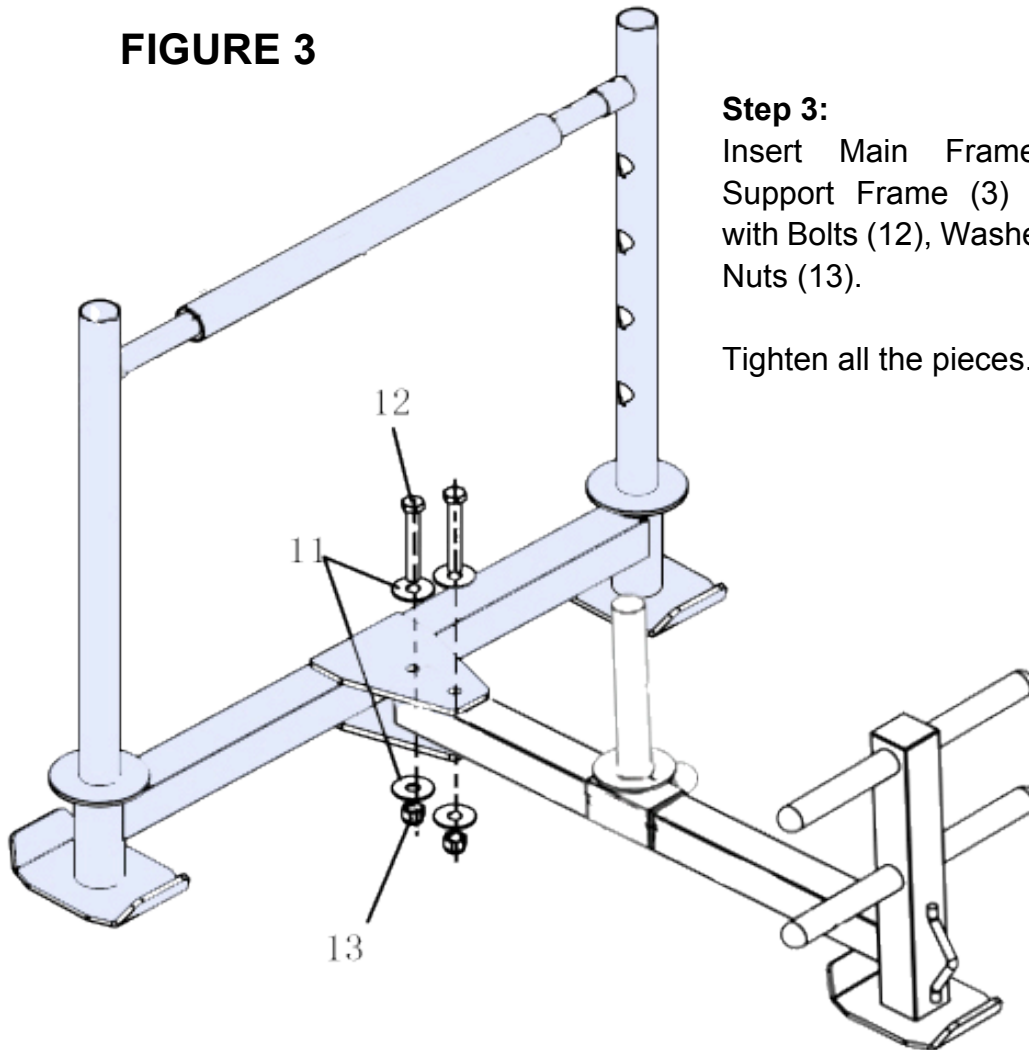
FIGURE 2



Step 2:
Slide Weight Post (2) onto Main
Frame (1) and secure into place.

Assembly Instructions Cont'd

FIGURE 3

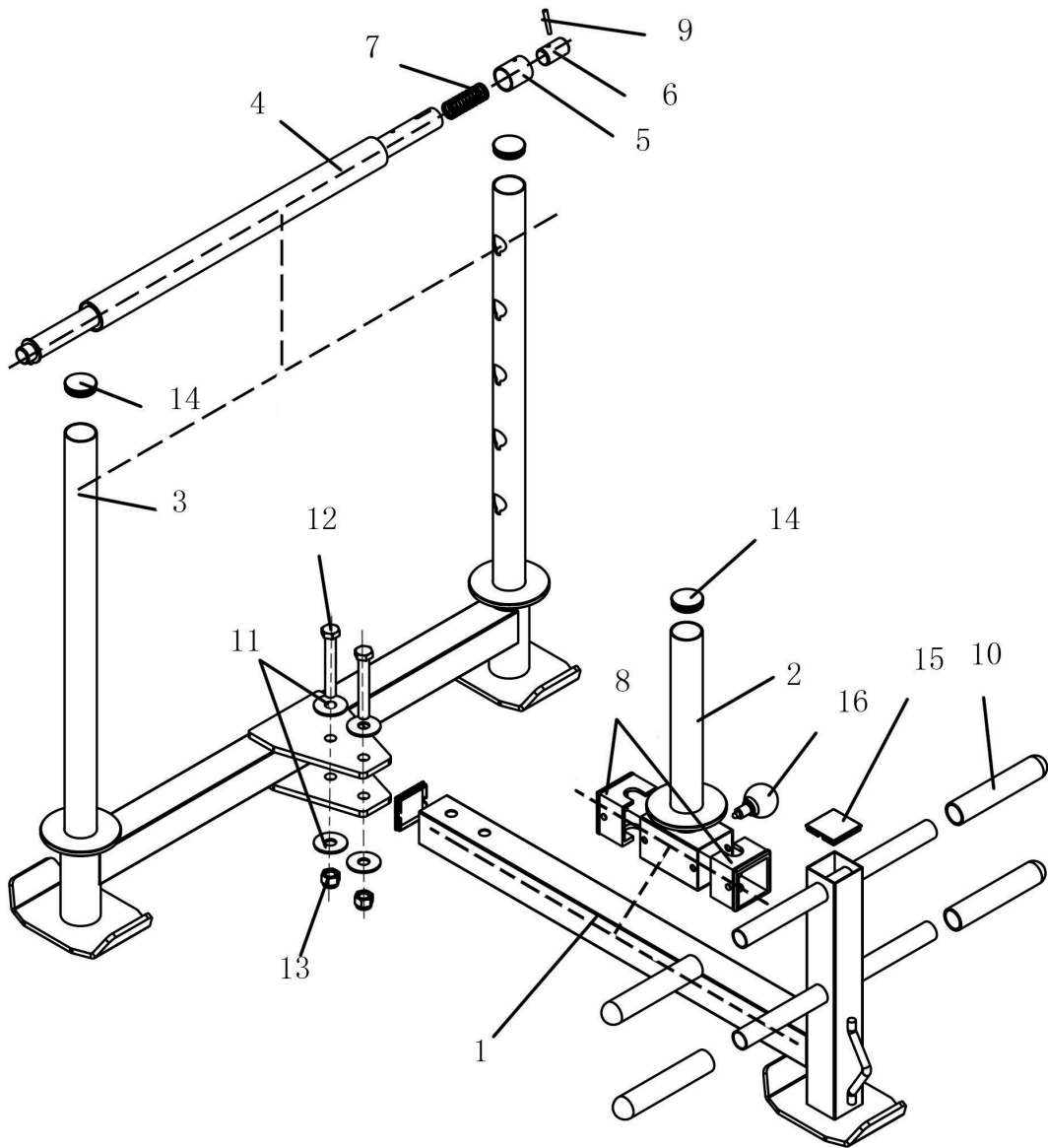


Step 3:

Insert Main Frame (1) into Support Frame (3) and secure with Bolts (12), Washers (11), and Nuts (13).

Tighten all the pieces.

Exploded View Diagram



Instructions for Use

The X-plode™ 200 Sled will help athletes and users be more explosive, build muscle, increase endurance and improve performance. The Sled can be pushed by the Support Frame posts or Adjustable Rod from any of the preset heights. The sled can also be pulled by strapping on the X-plode™ Harness (sold separately) and attaching it to the loop at the front of the main frame.

It is recommended to complete a 5 to 10 minute warm-up before using the 200 Sled and a 5 to 10 minute cool-down. Warm-up and cool-down exercises will vary based on workout goals. We recommend incorporating a Progression Fitness™ Vibration Trainer with your warm-up and cool-down for effective circulation and activation of all muscle groups.

Maintenance

1. Periodically check all bolts and nuts are tightened. Tighten any bolts that have loosened. If there is a bolt or nut that continuously loosens obtain a replacement through your local retailer.
2. Check all pieces for excessive wear that could create safety issues. If there is a problem or replacement part which is necessary, STOP USING THE EQUIPMENT and immediately contact your local retailer. Replace parts using only genuine parts.
3. Wipe machine down with a damp cloth and dry thoroughly after each use. As needed, machine may be cleaned with a mild solution of soap and water. Regular use of a vinyl treatment will add to the life and appearance of your machine.
4. Check welds to be free of cracks.
5. Failure to perform routine maintenance could result in personal injury and/or equipment damage.



**120 Robin Cres
Saskatoon, Sk, Canada
1-866-978-1999**

www.progressionfitness.ca