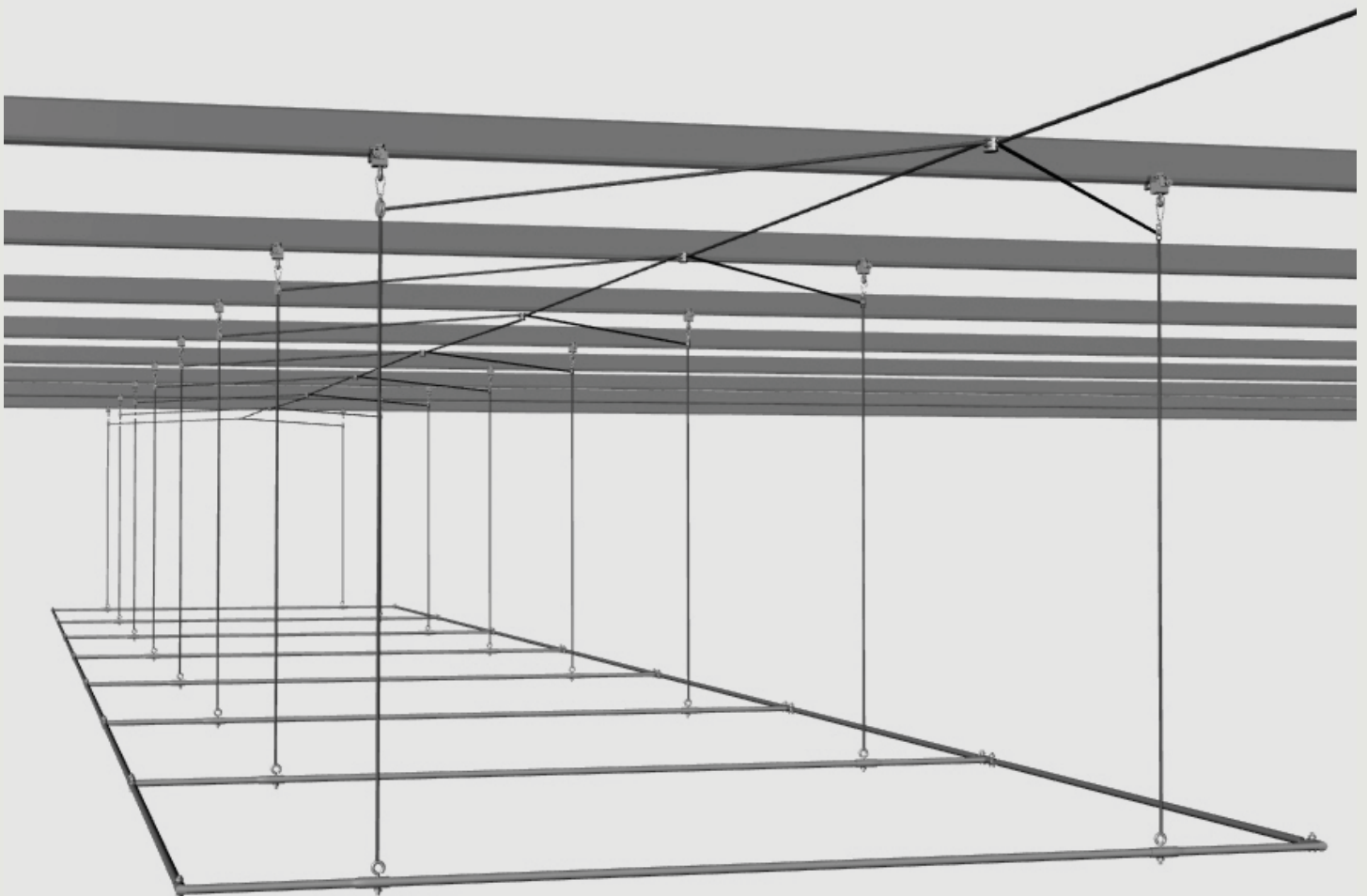




*Serious Tools*  
*for training*  
*Serious Athletes*

# **55x14x12 AIR FRAME**

## **INSTRUCTIONS**

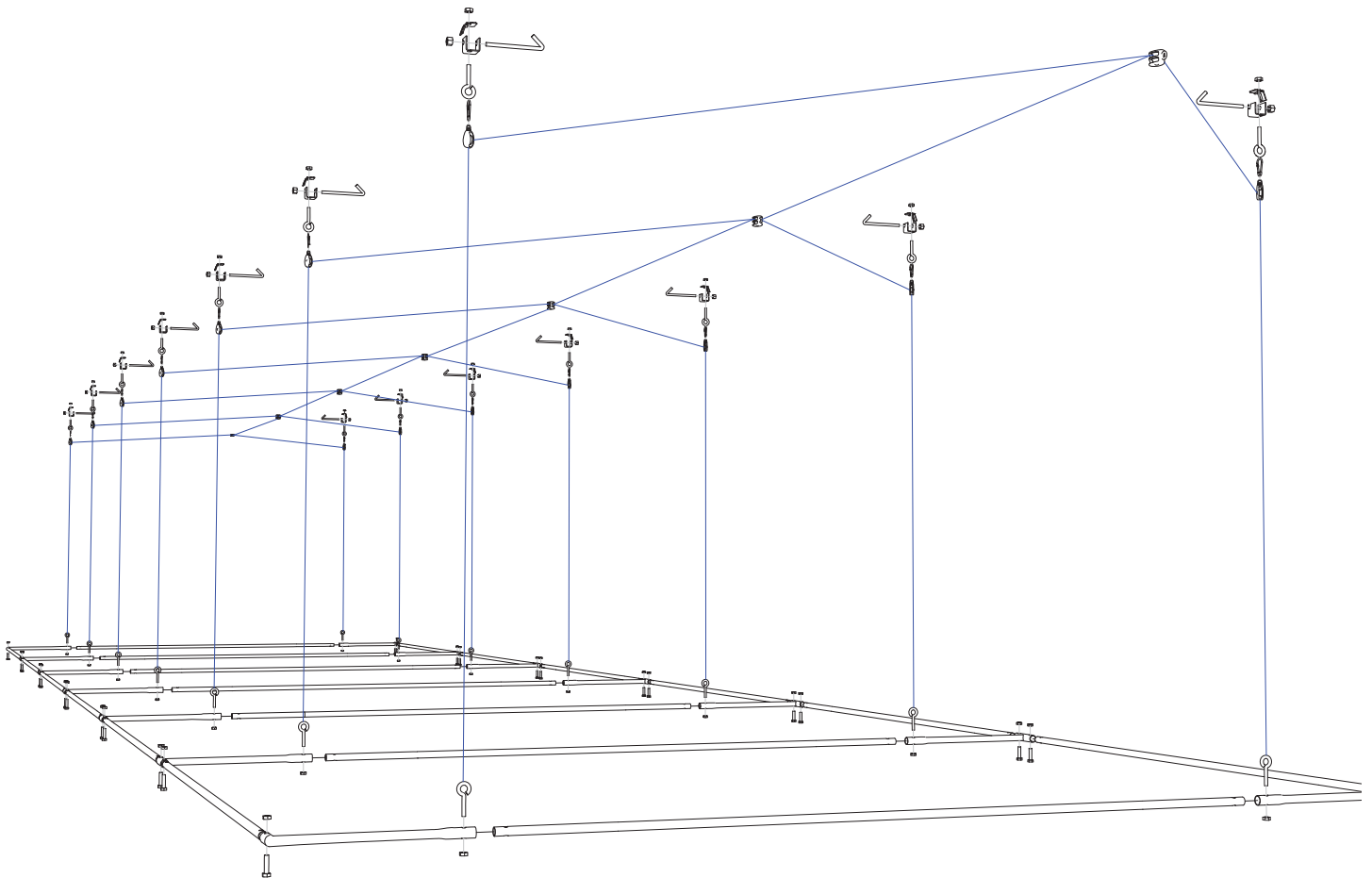


# INTRODUCTION TO YOUR NEW CIMARRON AIR FRAME

Thank you for purchasing the Cimarron Air Frame. We hope that it will provide a useful training area for years to come.

A few things to consider before beginning assembly. First, open all boxes and make sure you have all of the parts. Next, read through the instructions for the frame and the winch and make sure you understand them. You may want to start by assembling the frame, and use that to guide where you install the Bracket Hanger Assemblies. We wanted to keep the floor clean should you be using lifts. Now, make sure you have all of the tools you will need to install the frame. You will need 1/2, 9/16, and 3/4 wrenches and a ladder that can reach your ceiling to assemble the frame. Read through the winch instruction and make sure you have the ability to securely mount the winch to the wall. Do not hesitate to ask a local handyman to help with any part of the process.

This frame is designed to provide years of use, but some care is required. Care should be taken to minimize extra weight being added to the cage. The extra weight will cause undue wear and possible deformation of the frame and its parts. Caution should also be used when operating the winch. Make sure the area below and above the frame is free from obstruction before raising or lowering the frame. Also do not abuse the winch remote. Rapid back and forth movement will cause damage to the winch and the frame.



PARTS LIST					
Part		QTY	Part		QTY
A	Beam Hanger Clamps	15	I	2"L 5/16" Bolts and Nuts	24
B	5"L 5/16" Eye-Bolts and Nuts	15	J	1/4" Runner Cables	6
C	2-way 1-1/2" Corners	4	K	1/4" Support Cables	7
D	3-way 1-1/2" Corners	10	L	Motorized Winch Assembly	1
E	Single Pulleys	16	M	1/4" U-Bolts	54
F	Double Pulleys	6	N	Carabiner Hooks	15
G	10'L Steel Pipe	17	O	5'L Steel Pipe	2
H	3"L 5/16" Eye-bolts and Nuts	14	P	1/4" Runner Cables (Small)	1

1. Establish where you would like your frame and the location to mount your winch. Measure the distance of how far apart the ceiling joists are. We recommend mounting the Winch on the wall directly in the middle of the frame's end arch. The maximum distance of the center pulley above the winch from the first cross cable is the maximum distance that the frame will raise.
2. Assemble each Beam Hanger Clamp (A) using the 5" Eyebolts (B) so that it will loosely fit over the bottom of the ceiling joist. Attach one Single Pulley (E) to the eye of the Eye-Bolt (B) with a Carabiner (N). This creates the Beam Hanger Assembly [DIAGRAM 1]
3. Starting closest to the location where you want the Winch, Attach the beam hangers so that they are 10' apart, going the length of the frame and then 5' for the final gap.
4. Now at 10' distance (Width), attach the 7 other Beam Hanger Assemblies.
5. Attach the last Beam Hanger Assembly, for pulling the cables upward, between the winch and the frame. Keep in mind that the distance between this pulley and the middle of the column of the nearest Beam Hanger Assemblies is the maximum distance the frame will travel. (If necessary, the Beam Hanger Clamp (A) can be removed and the Eye-Bolt can be secured into the wall with an anchor.
6. Lay out the frame as per DIAGRAM 3 beneath your Beam Hanger Assemblies. Pipes are labeled as to the corner they connect to. All writing goes face up.
7. Starting at one side attach the 10' Pipes (G) to the 2-way corners (C) using Bolts (I) and Eyebolts(H). [DIAGRAM 4]
8. Move on to assembling the Pipes (G) to the 3-way corners (D). [DIAGRAM 5]
9. Finish with the final pair of 2-way Corners (C) and the 5' Pipes (O). [DIAGRAM 4]
10. Put your cage over the frame. Make sure it is centered and use the eyebolts to hold it in place.
11. Starting on one side of the frame, Loop one Length of the Support Cable (K) through the Eyebolt (H) and clamp it down using 2 ea. 1/4" U-Bolts (M). [DIAGRAM 6]
12. Run the Cable through the Single Pulley (E) above it, through the top pulley of a Double Pulley (F) (eye faces the winch), to the Single Pulley (E), on the other side of the frame, and back down to the Eyebolt (H) on the other side of the frame. [DIAGRAM 7]
13. Repeat steps 12 and 13 all the way down the frame.
14. For the Assembly furthest from the Winch, use a Single Pulley (E) instead of a Double Pulley (F).
15. Attach the middle Single Pulley (E) from step 14 to the Double Pulley (F) in front of it, by looping the Small Support Cable (P) through the eye of the Single Pulley (E) and securing the loop with 2 U-Bolts (M)
16. Loop the other end of the Small Runner Cable (P) through the bottom pulley of the Double Pulley (F) and secure that with 2 U-Bolts (M). [DIAGRAM 8]
17. Repeat step 15 to secure the rest of the Double Pulleys (F) to one another. Using the Runner Cables (J) [DIAGRAM 8]
18. Mount the Winch (L) following the instructions in the box.
19. Loop the winch cable around the eye of the front Double Pulley and secure with 2 U-Bolts (M).
20. Adjust the Runner Cables (J) so that they are taut whereby the frame will pull up evenly.

Diagram 1

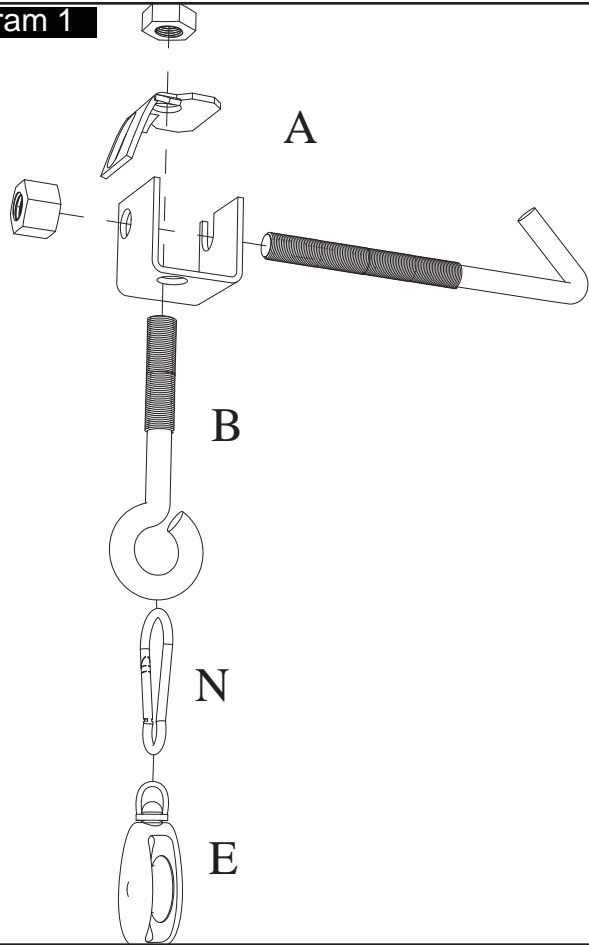


Diagram 2

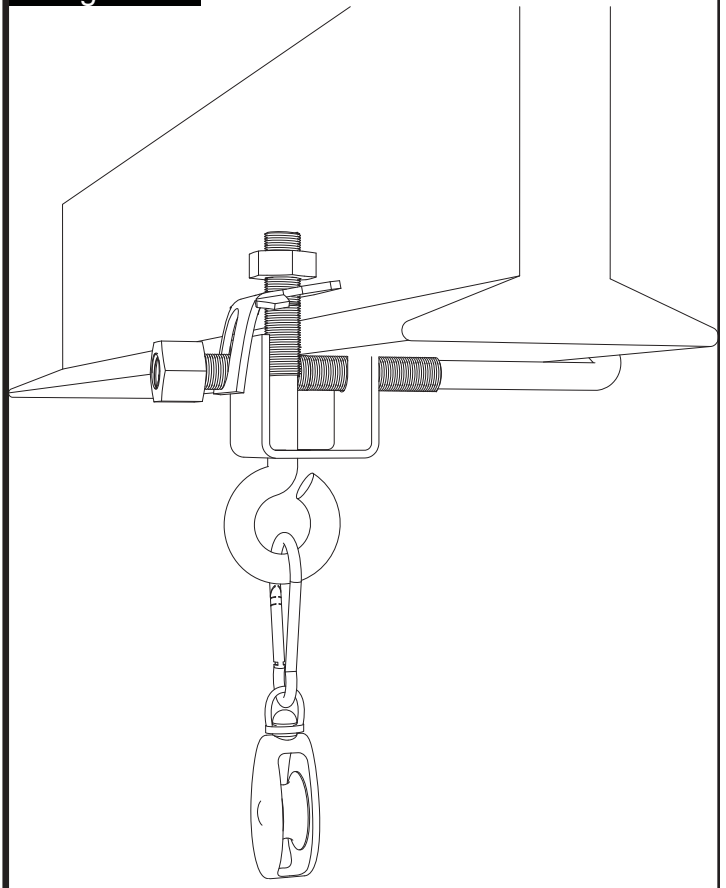


Diagram 3

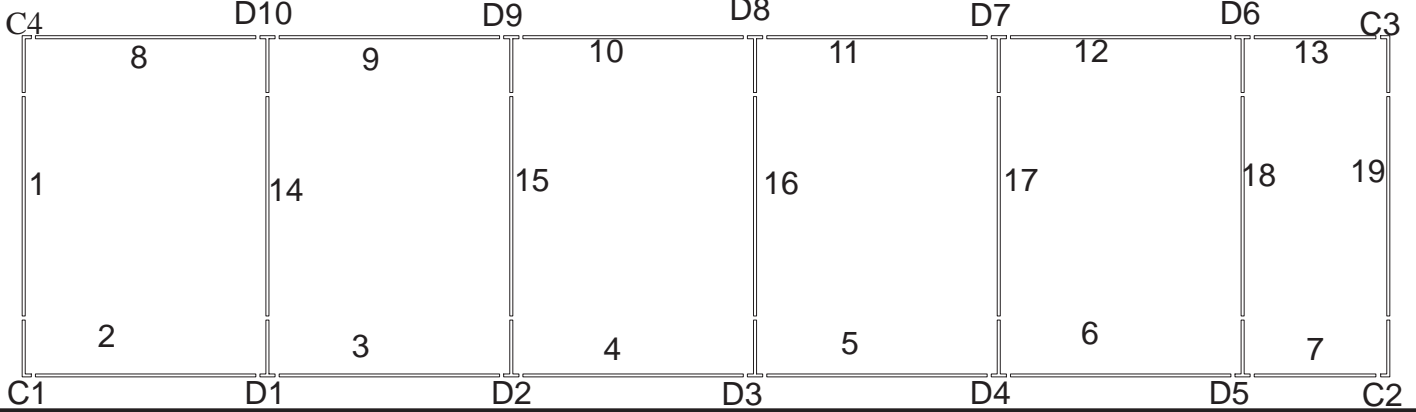


Diagram 4

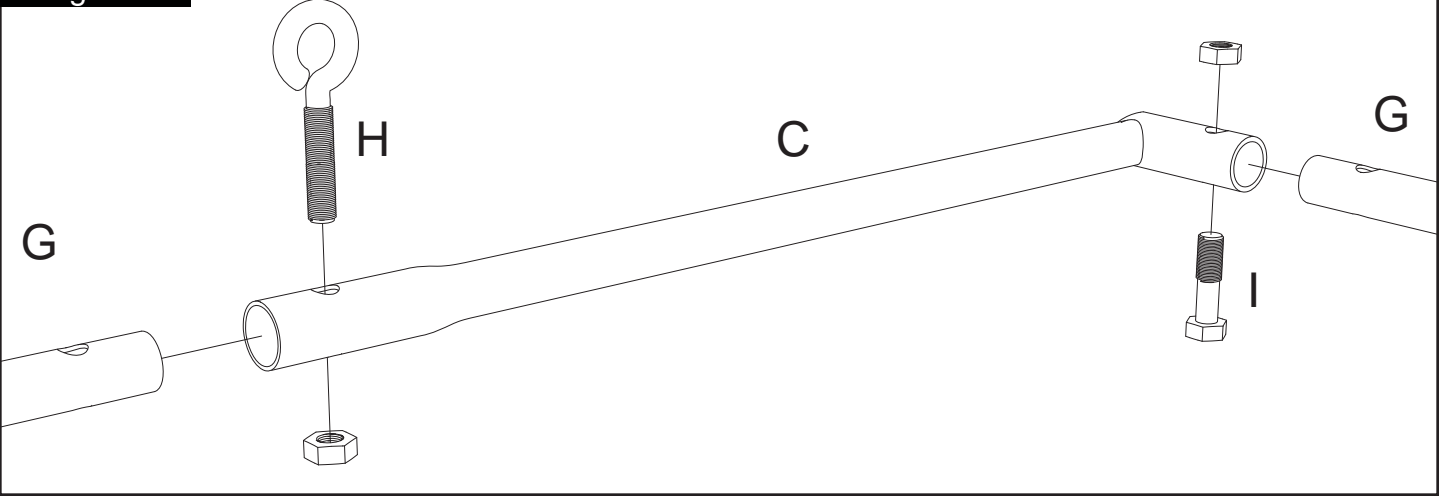


Diagram 5

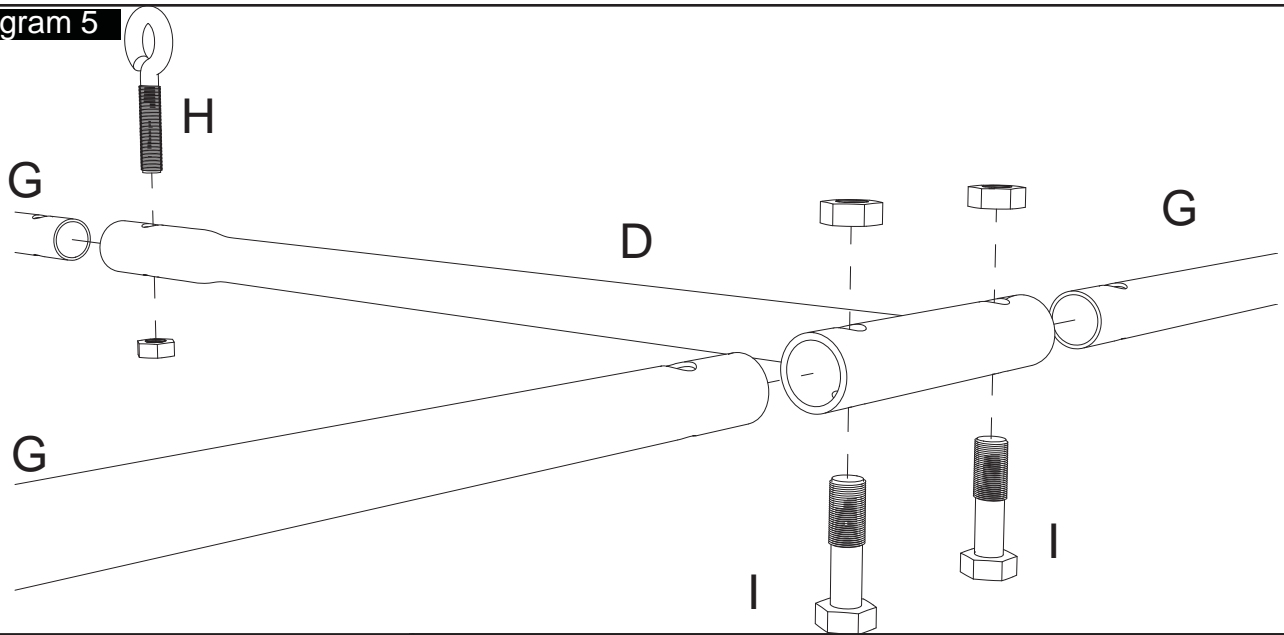


Diagram 6

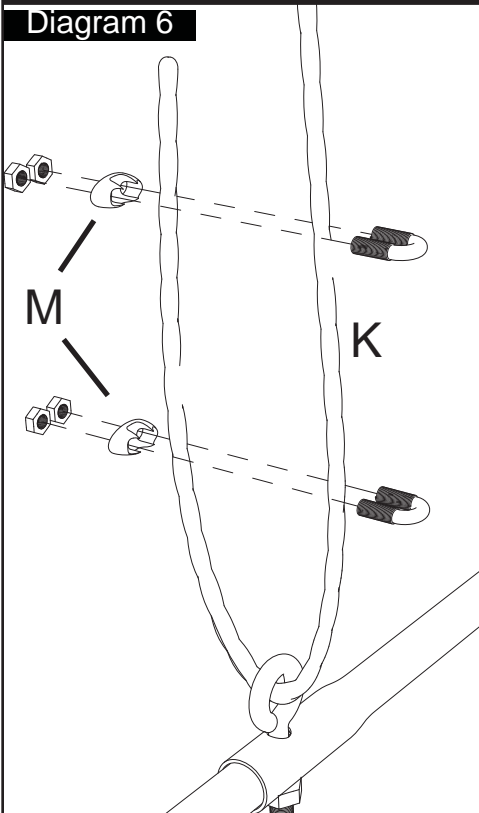


Diagram 7

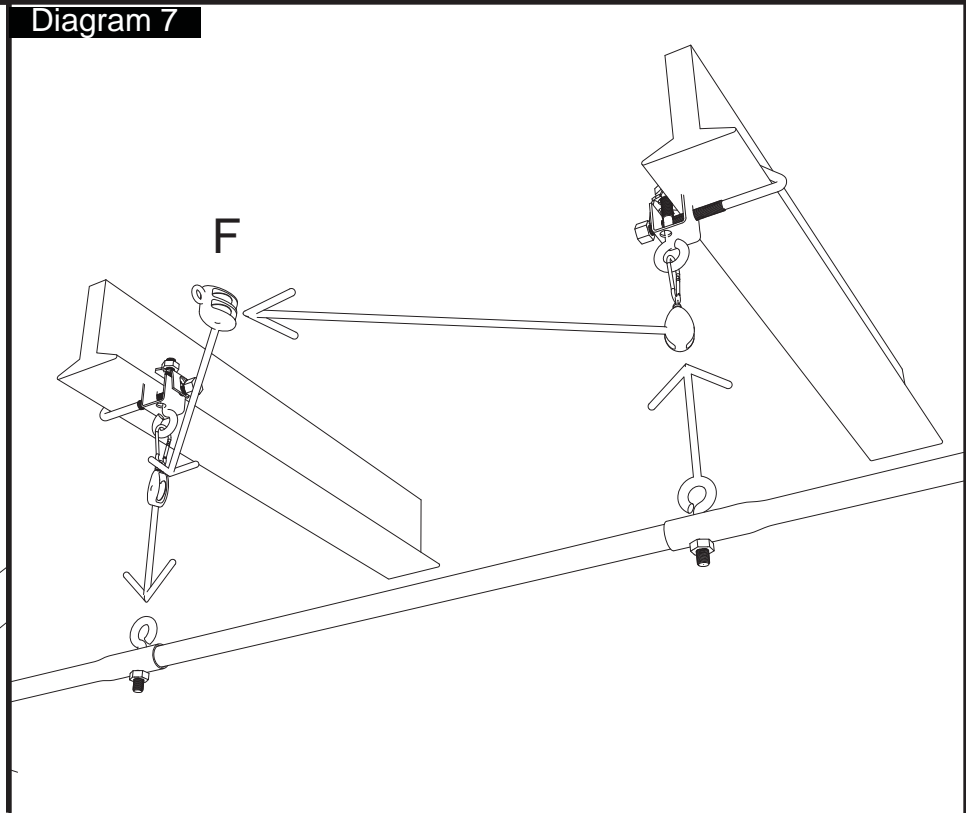
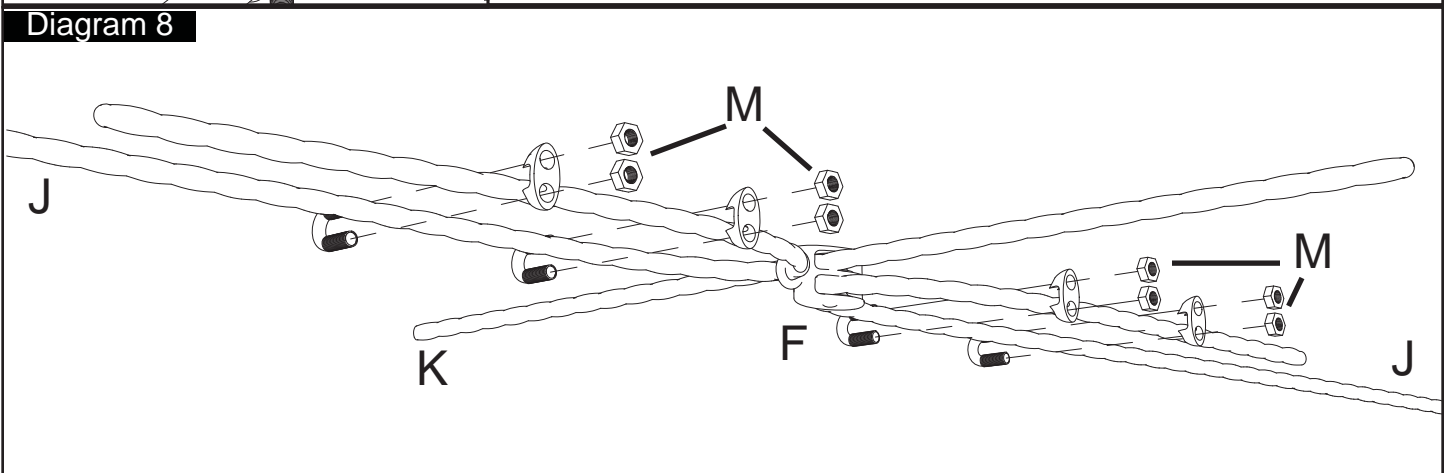


Diagram 8



To ensure superior quality, all of our products have been manufactured and constructed to the most current procedures and specifications. If, however, any product fails for reasons related to the quality of craftsmanship, materials or design, this warranty guarantees that Cimarron Sports will repair or replace (at our discretion) the product. This warranty is valid for a period of five years. After the five-year period expires, if a product fails due to craftsmanship, materials, or design, the customer may be responsible for charges relating to repair or replacement. This warranty does not cover failure of our products due to improper handling, misuse or improper installation.

We accept returns within 31 days of the invoice date. If a return is needed, please contact us for instructions and a return authorization number. Cimarron Sports reserves the right to charge a 10% restocking fee (with a minimum charge of \$10.00) for unused products and a 25% restocking and re-selling fee, if the product has been used. Incomplete returns will not be accepted. All returns must be complete with all original accessories, parts, and packaging.

Customers are responsible for all shipping fees which are non-refundable.

Should you need to return merchandise, please contact our customer service department to obtain a RMA number. (return merchandise authorization)

Repack the merchandise and return it to the following address. Please be sure to include the RMA number on the outside of the box to ensure proper credit.

Cimarron Sports - 12215 E Skelly Dr. - Tulsa, OK 74128 - RMA #

For your security, please return your merchandise with an insured courier (e.g., Fed Ex, UPS, USPS Parcel Post) and retain your receipt. Cimarron Sports, Inc. is not responsible for items damages or lost in transit.

If you are returning merchandise because it is damaged, defective, or it was an incorrect product, Cimarron Sports will provide a prepaid FedEx return label.

Should you have any other questions please contact our customer service department at 888-816-6517.