

ASSEMBLY INSTRUCTIONS

TRENCH SLED



Updated: 05/14/24

Introduction

The Rogers Athletic Trench Sled has been designed and manufactured with safety, performance and dependability as top priorities, making it easy to operate and maintain. The care you give your Trench Sled will greatly determine your satisfaction with its performance and service life.

Careful study of this manual is encouraged to obtain a thorough understanding of your new Trench Sled and its functions and maintenance. If your manual becomes lost or destroyed, Rogers Athletic will gladly provide you with a new copy.



Should you require additional information or assistance, please feel free to contact us at **1-800-457-5337**.

General Safety Rules

- Supervision of athletes while using the equipment is recommended. Horse play such as climbing on the machine or using the machine for unintended purpose can result in injuries.
- Athletes should be oriented in the proper use of the equipment.
- Athletes should be properly fit to engage in a workout regimen. Obtaining a medical exam prior to beginning any training program is recommended. If an athlete feels faint, dizzy, or experiences pain at any time while exercising, they should stop exercising and consult a physician.
- Inspect equipment prior to use. DO NOT use if it appears damaged or inoperable.
- This product information packet is an integral part of this machine. Save these instructions. If they are lost or damaged or if you would like another copy, a copy can be downloaded from *www.RogersAthletic.com*.
- Reading the product information packet is recommended. Failure to read this packet is considered a misuse of this equipment.

General Safety Rules (cont.)

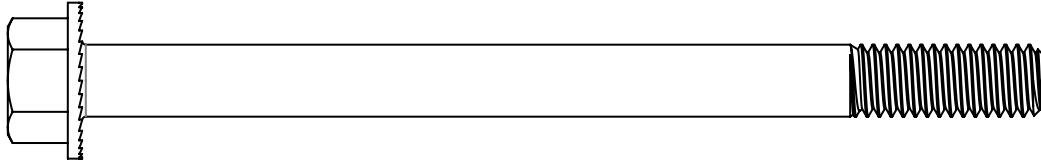
- Warning labels are an integral part of this equipment. Become familiar with all caution/warning labels and never cover or deface caution/warning labels.
- Deploy the equipment allowing sufficient room for safe access to the machine, adequate room for the coaches to stand and to ensure that the machine or players do not collide with a wall, another machine, or other players through the entire training exercise.
- Unit is designed for training multiple offensive and defensive drills with proper technique. Do not use Trench Sled for anything other than its approved purpose.
- Always wear a helmet when training with the Trench Sled.
- Equipment is designed for use by one person per pad at a time. Keeping other athletes and spectators away from the machines during use is recommended.
- Design and execute training drills to avoid players from attempting to run through the same gap between the sled units simultaneously. Colliding players could come in contact with the sled unit and/or connecting link resulting in an injury.
- When not in use, store this equipment in a secure controlled area. Unsupervised and/or inappropriate use of this equipment could result in serious injury.



WARNING: Read and understand all instructions. Failure to follow all instructions listed may result in serious personal injury.

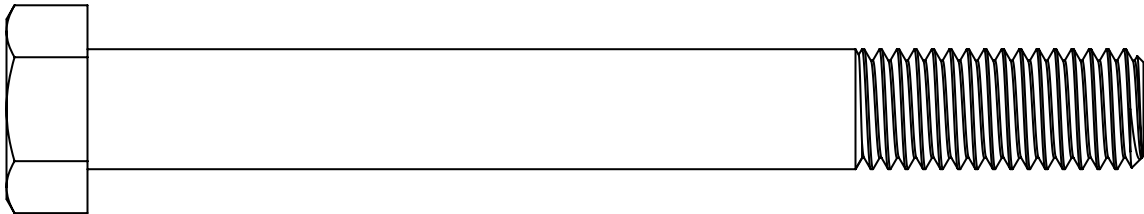
Hardware List

A 3/8" x 5" Flanged Bolt (NOTE: Could be partially or fully threaded)



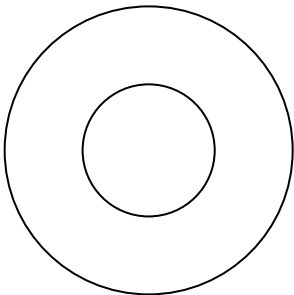
QTY **13**

B 5/8" x 5-1/2" Bolt (NOTE: Could be partially or fully threaded)



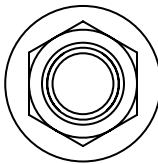
QTY **8**

C 5/8" Washer



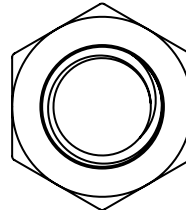
QTY **16**

D 3/8" Flanged Nylock Nut



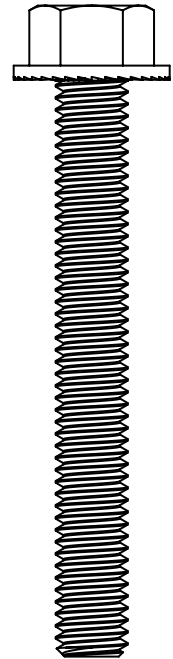
QTY **29**

E 5/8" Nut



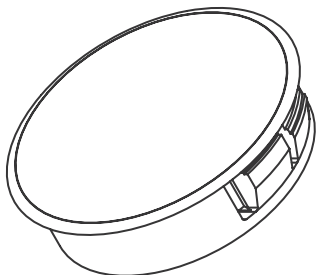
QTY **8**

F 3/8" x 3" Flanged Bolt



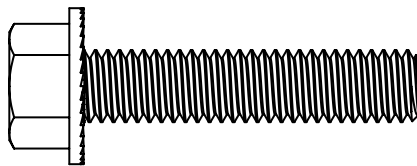
QTY **8**

G MP-1500 Nylon Plug



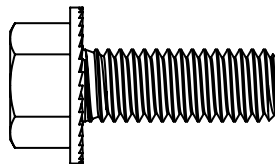
QTY **4**

H 3/8" x 1-3/4" Flanged Bolt



QTY **4**

I 3/8" x 1" Flanged Bolt



QTY **4**

Tools Needed

Impact Driver



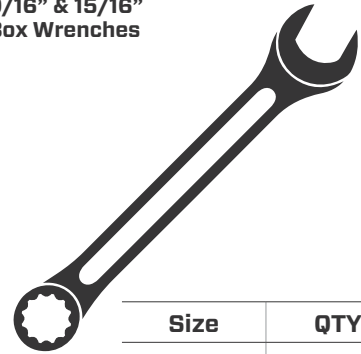
QTY 1

9/16" & 15/16" Impact Sockets



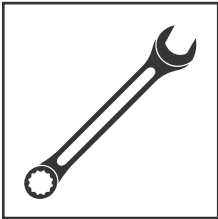
QTY 1

9/16" & 15/16" Box Wrenches



Size	QTY
15/16"	2
9/16"	2

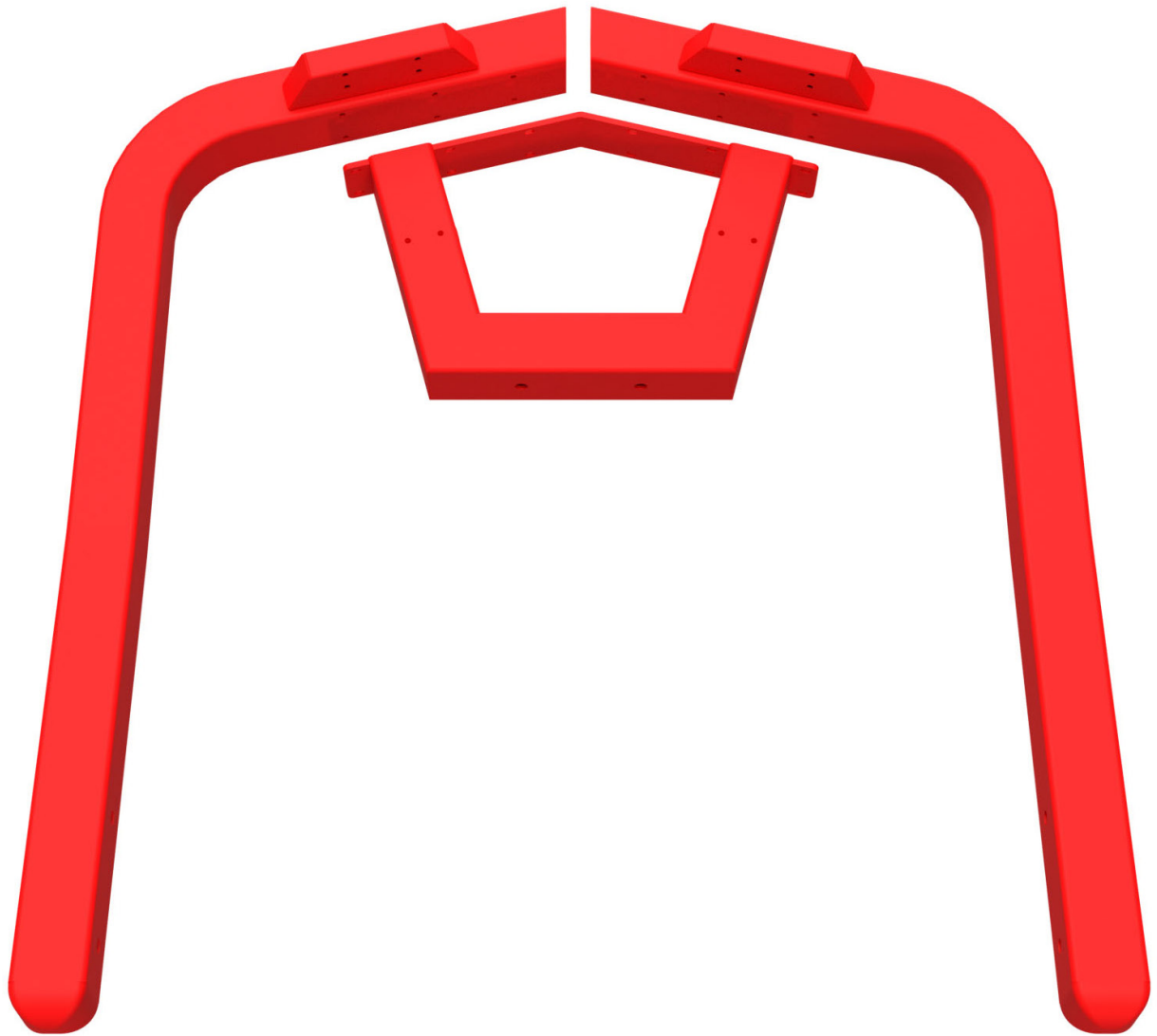
Optional



Although an impact driver is recommended for assembly a set of (QTY 2) 9/16" box wrenches and a set of (QTY 2) 15/16" box wrenches can be used if no impact driver is available.

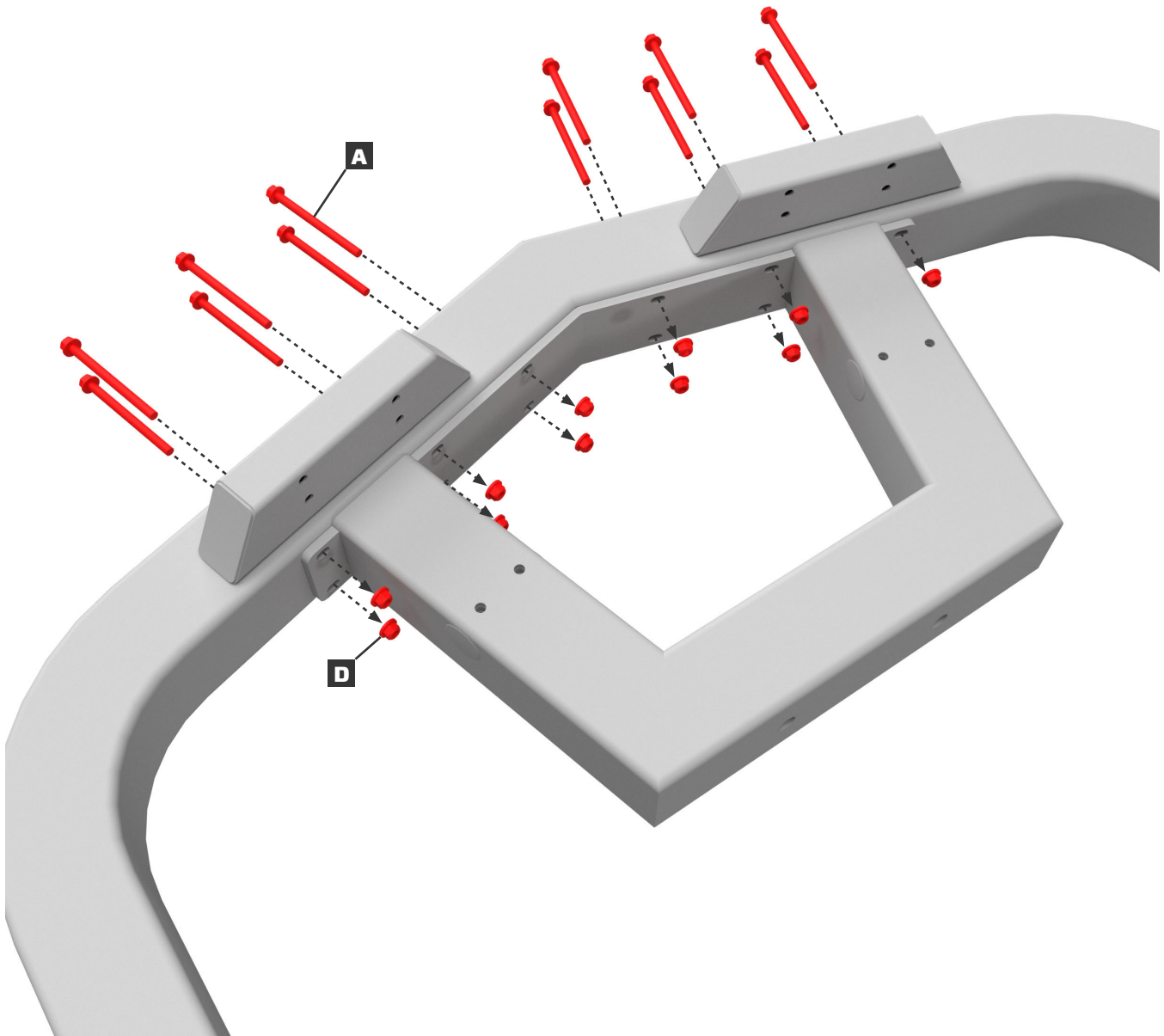


TEAM Lift: Do not attempt to assemble this product alone. Safe assembly will require at least 2 people.



STEP 1

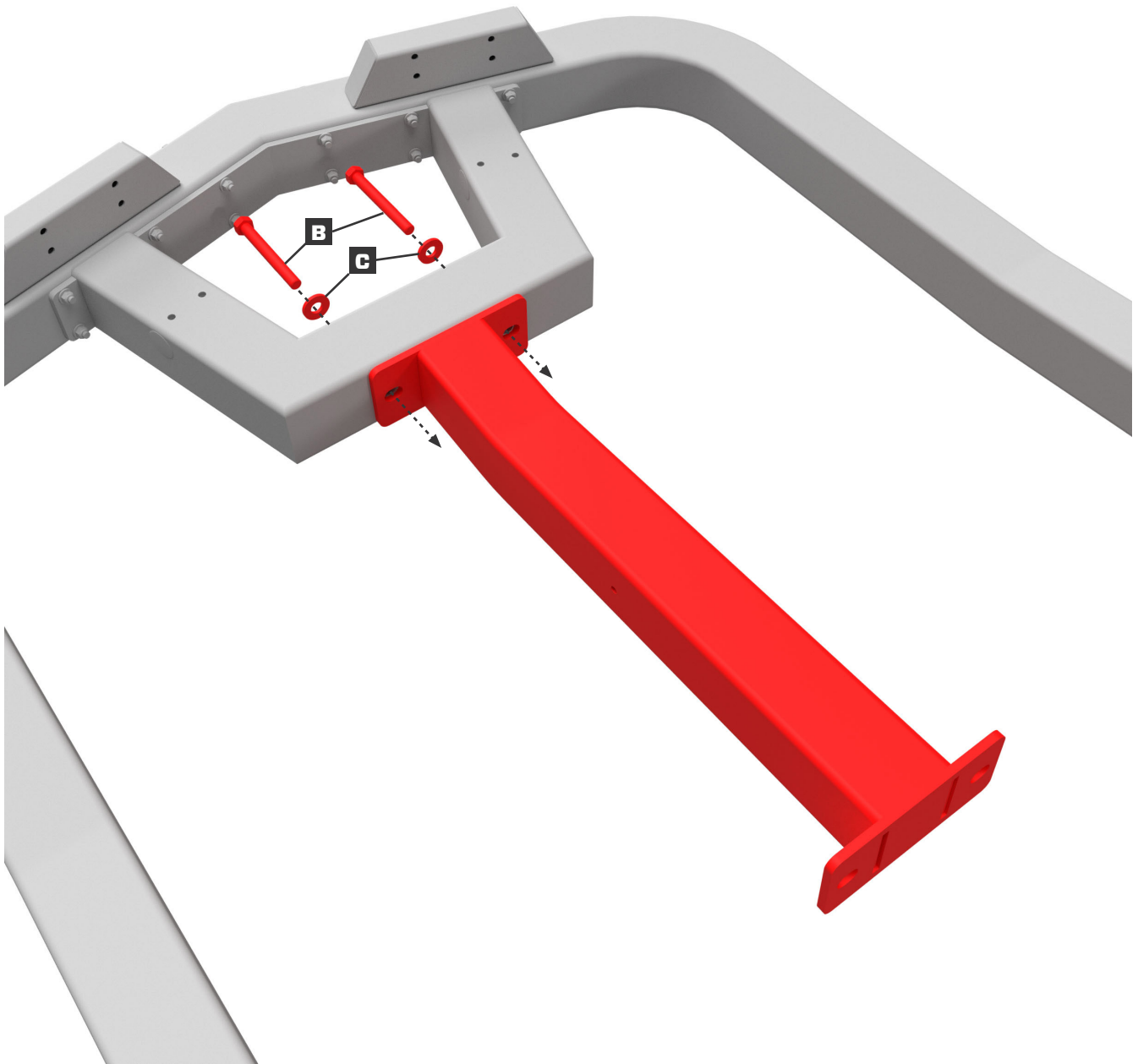
Begin by arranging the left and right side sled runners with the center support as shown above.



STEP 2

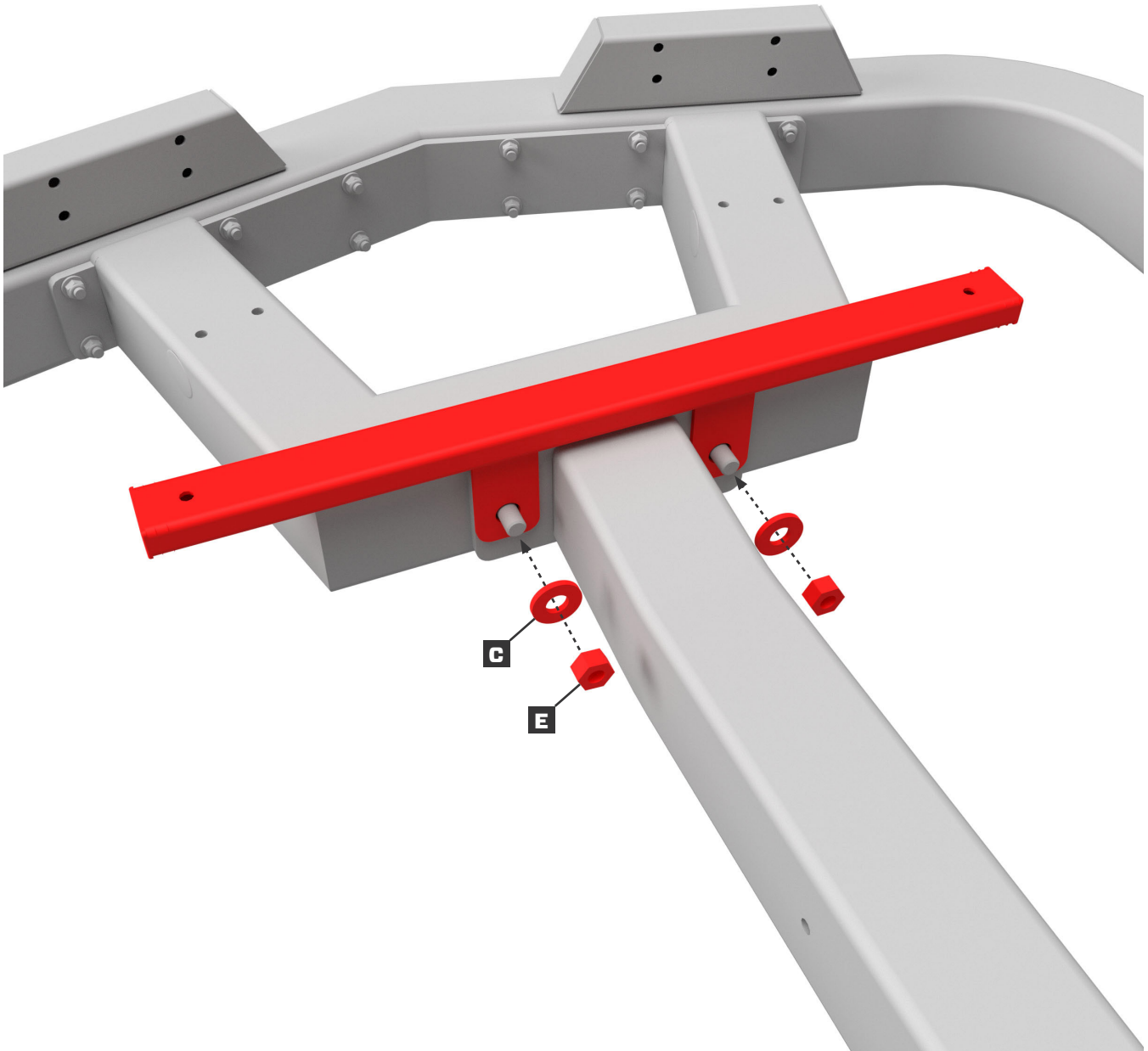
Secure the center support to the left and right sled runners by using (QTY 12) **A** 3/8" x 5" flanged bolts and (QTY 12) **D** 3/8" flanged nylock nuts.

Do not tighten nuts and bolts until after Step 5 is complete.



STEP 3

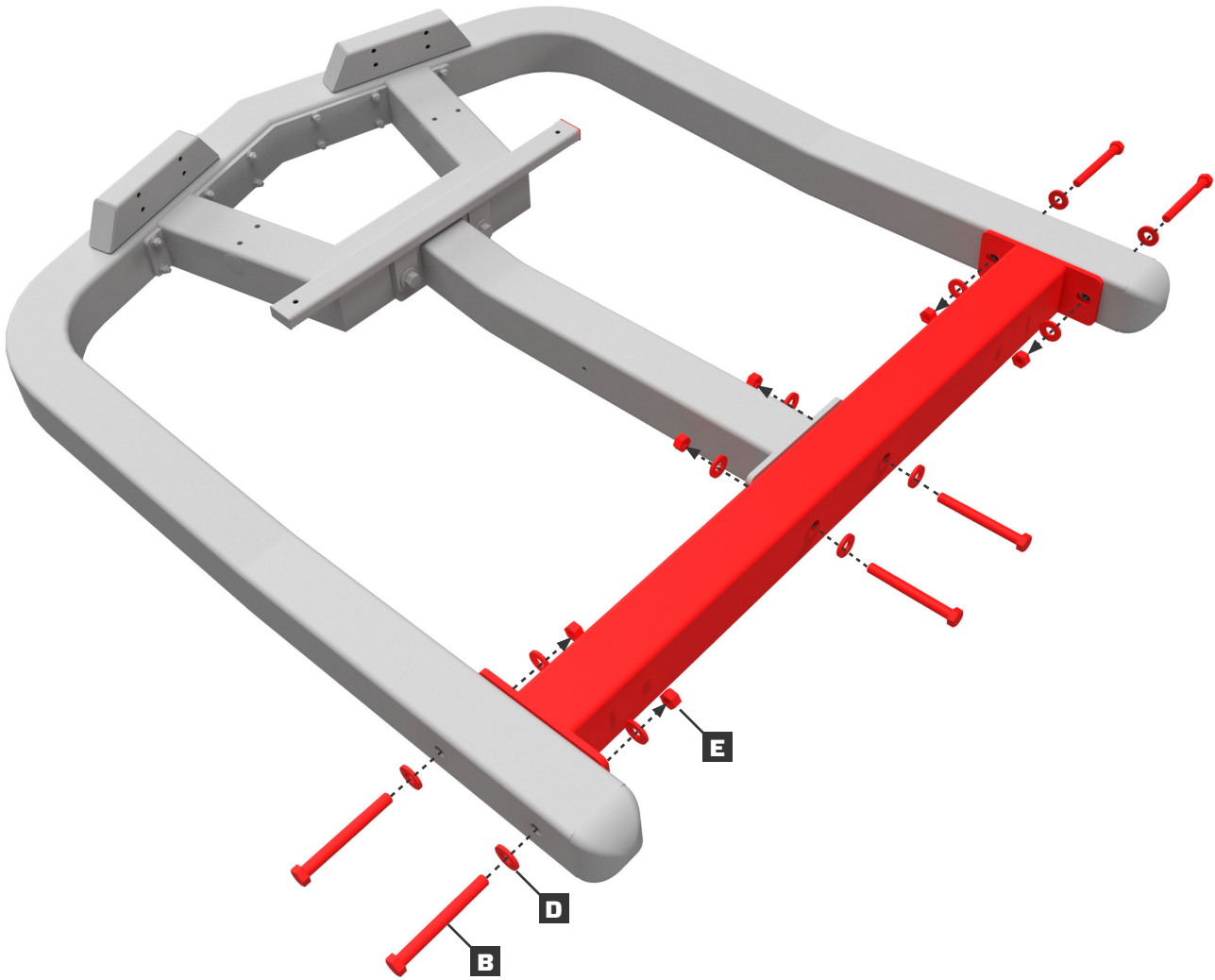
Line up the Center brace with the holes in the center support and hold in place with (QTY 2) **B** 5/8" x 5-1/2" Bolts and (QTY) **C** 5/8" washers.



STEP 4

Set the front platform brace over the bolts used in step 3, and then secure with (QTY 2) **C** 5/8" washers and (QTY 2) **E** 5/8" nuts.

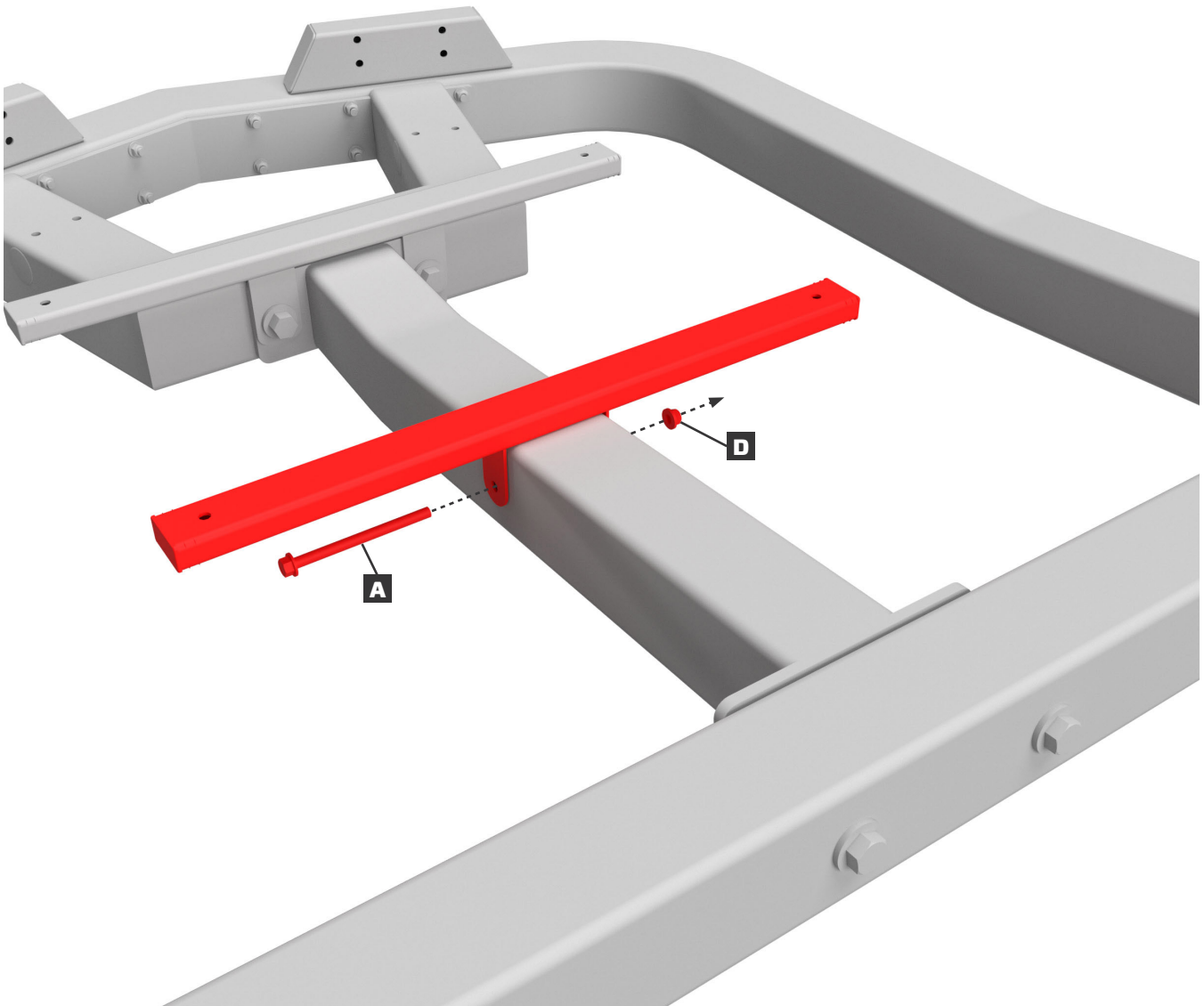
Do not tighten nuts and bolts until after Step 5 is complete.



STEP 5

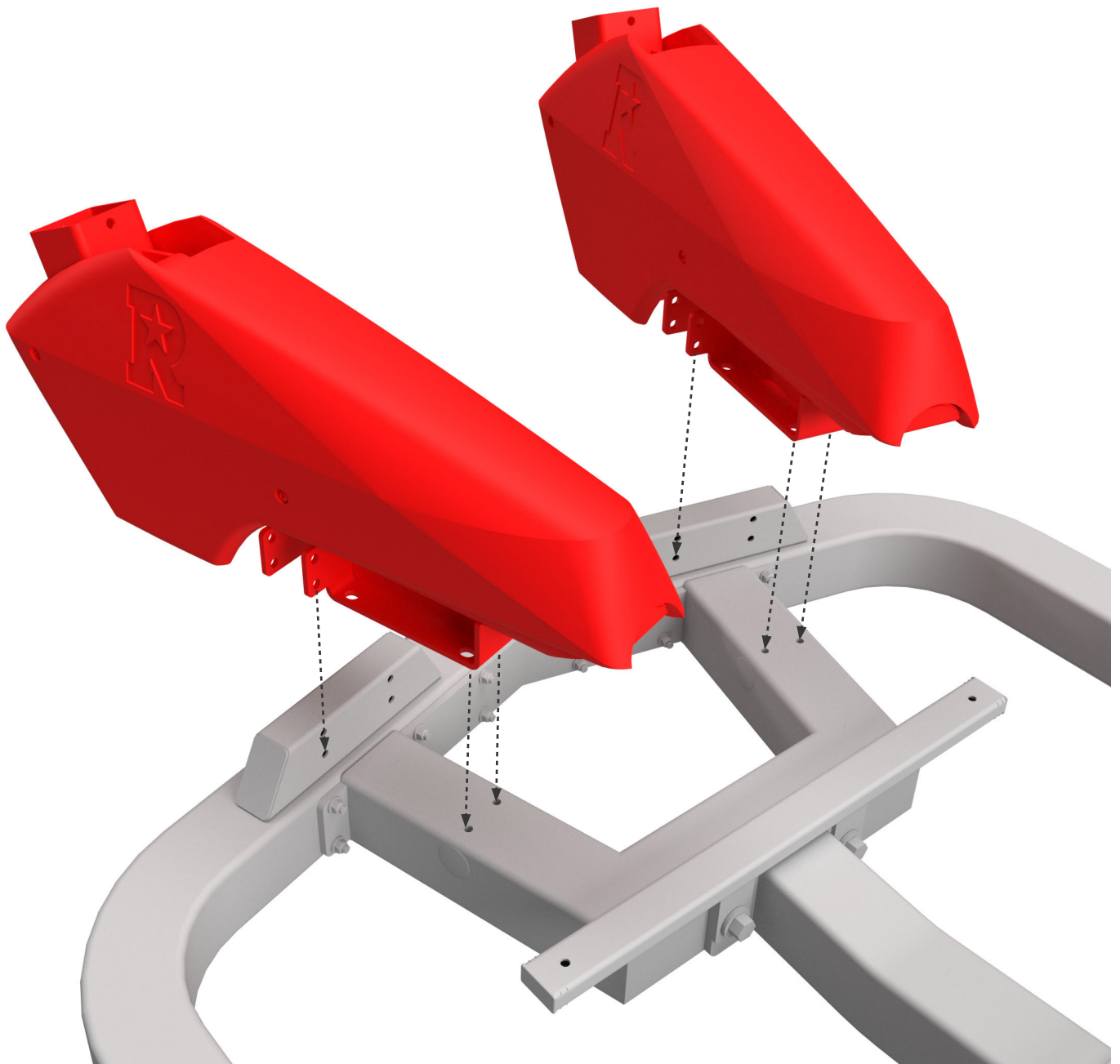
Place Rear cross member and secure with (QTY 6) **B** 5/8" x 5-1/2" bolts, (QTY 12) **C** 5/8" washers and (QTY 6) **E** 5/8" nuts.

Tighten all bolts now from Steps 2, 4, and 5.



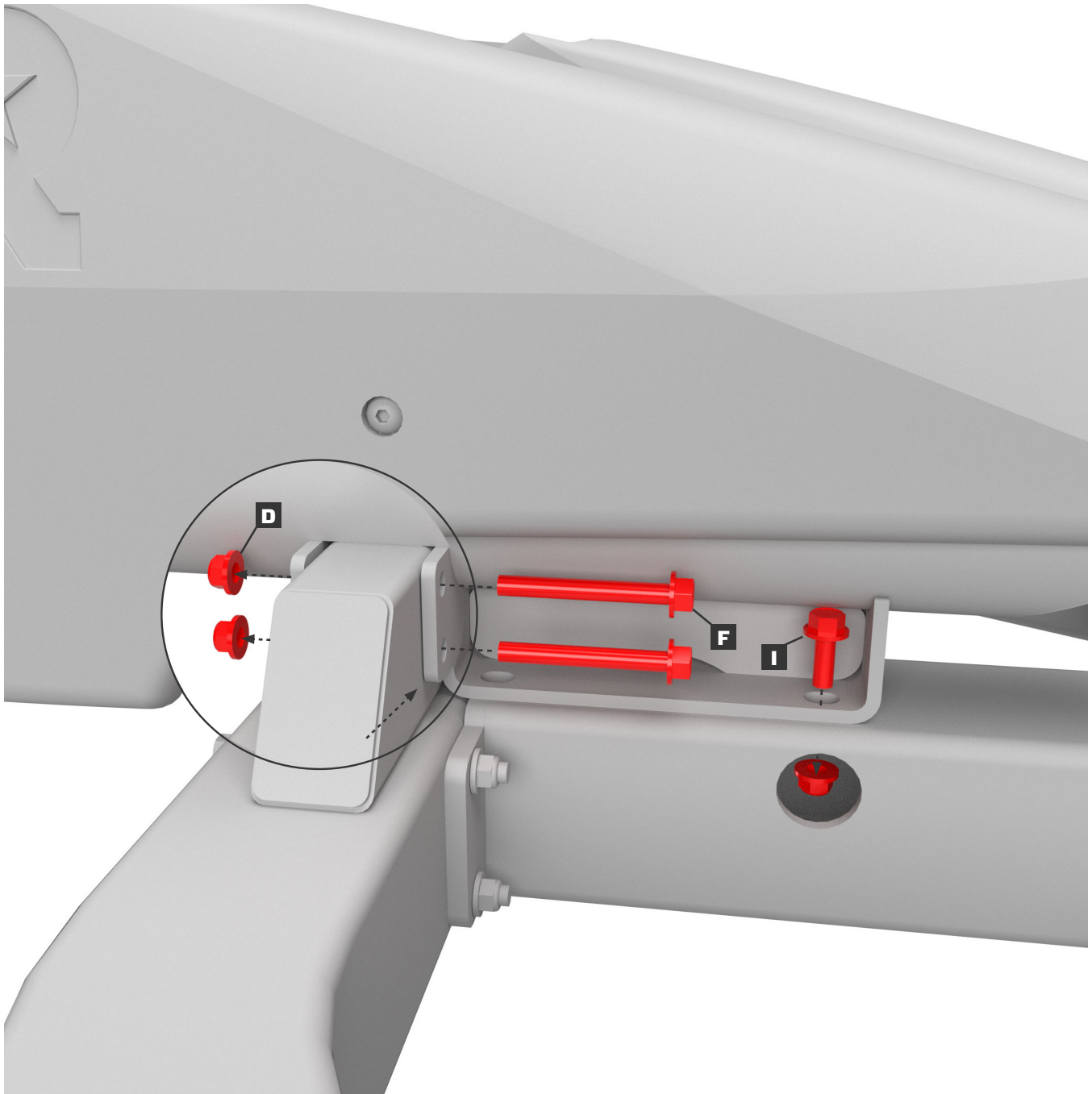
STEP 6

Attach the coaches rear platform brace with (QTY 1) **A** 3/8" x 5" flanged bolt and (QTY 1) **D** 3/8 flanged nylock nut.



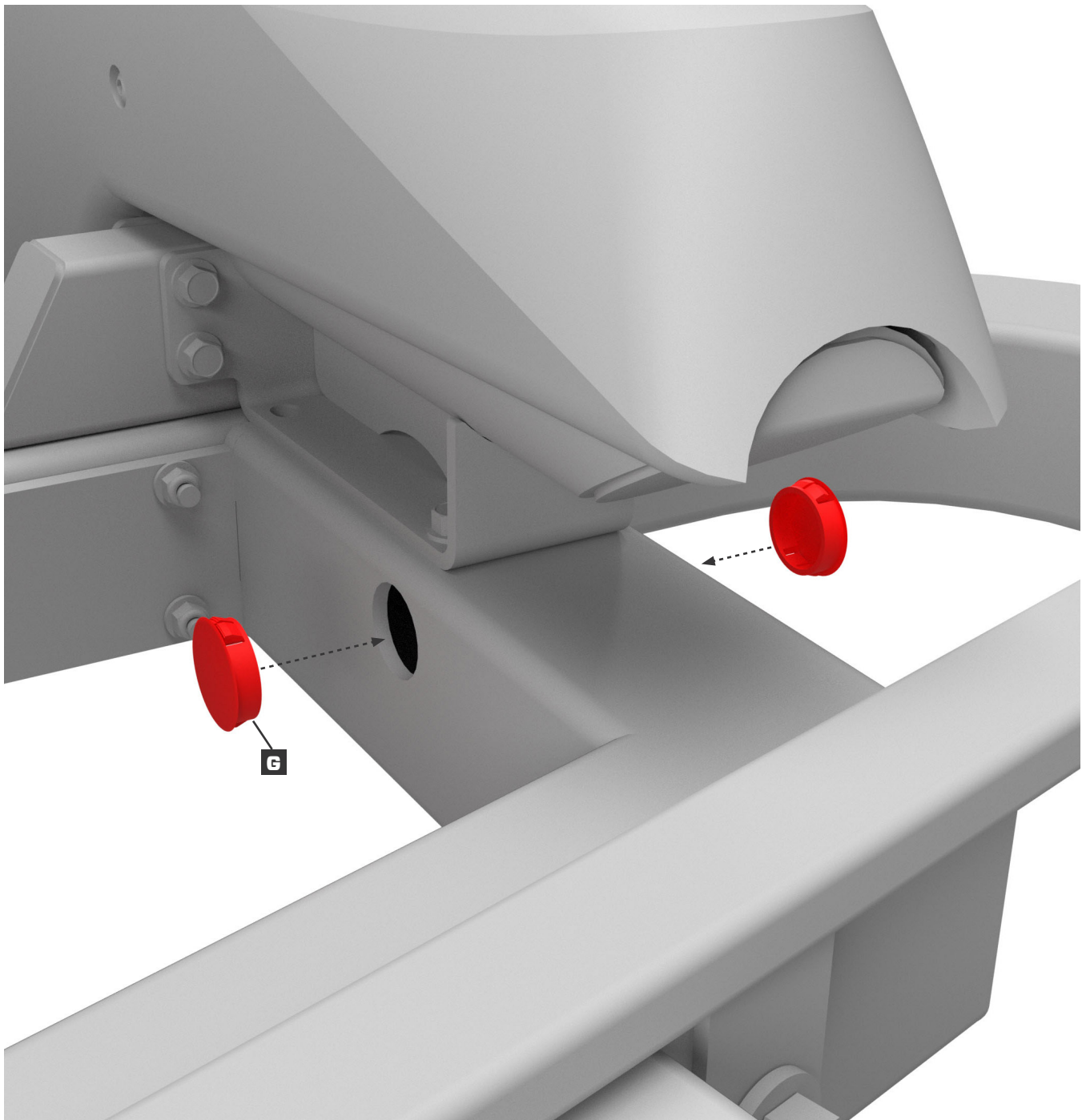
STEP 7

Stage each of the sled body housings on the assembled base, lining up the bolt holes as you do so.



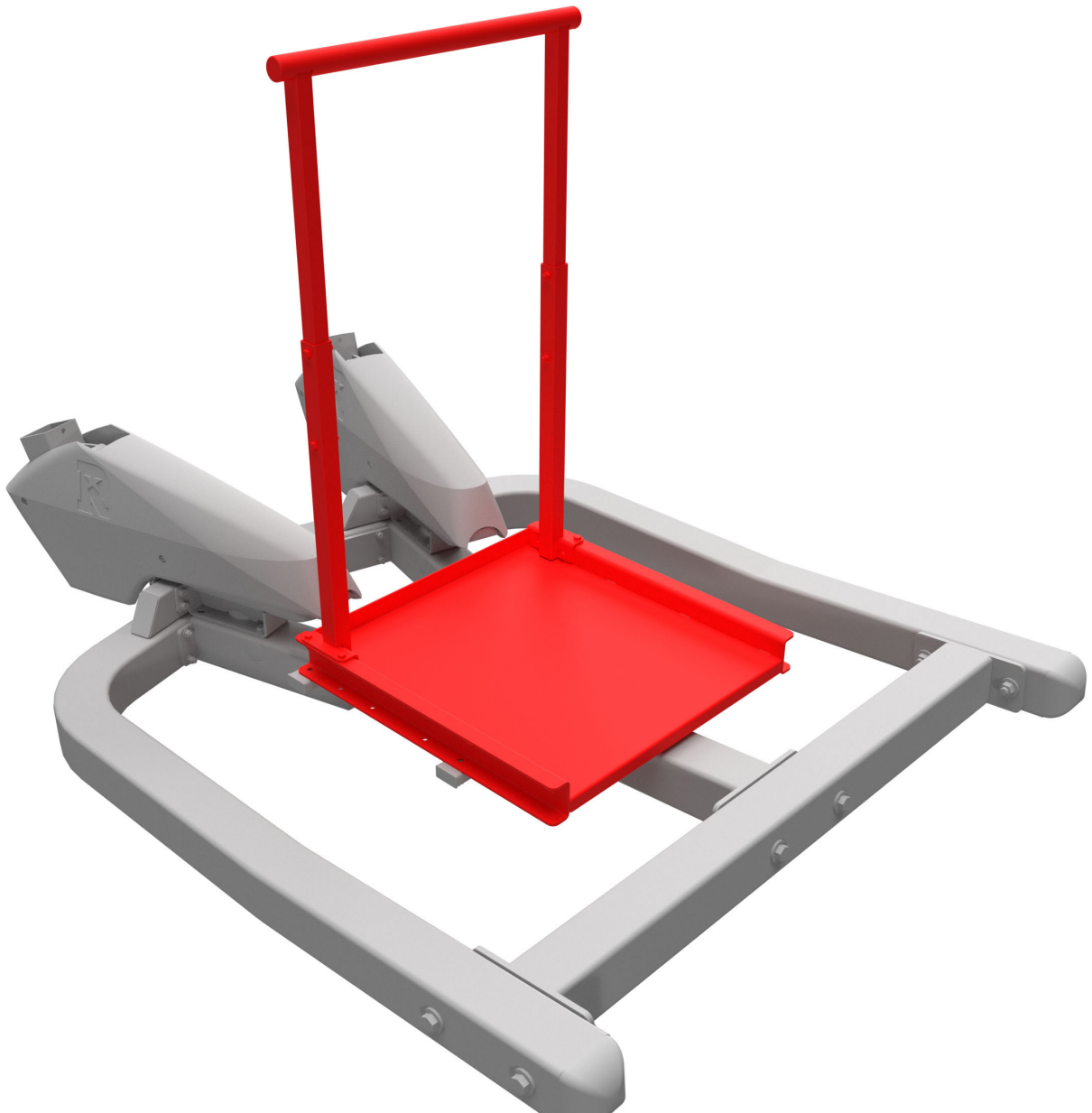
STEP 8

Secure each sled body housing to the sled frame with (QTY 4) **F** 3/8" x 3" flanged bolts, (QTY 2) **I** 3/8" x 1" flanged bolts, and (QTY 6) **D** 3/8" flanged nylock nuts.



STEP 9

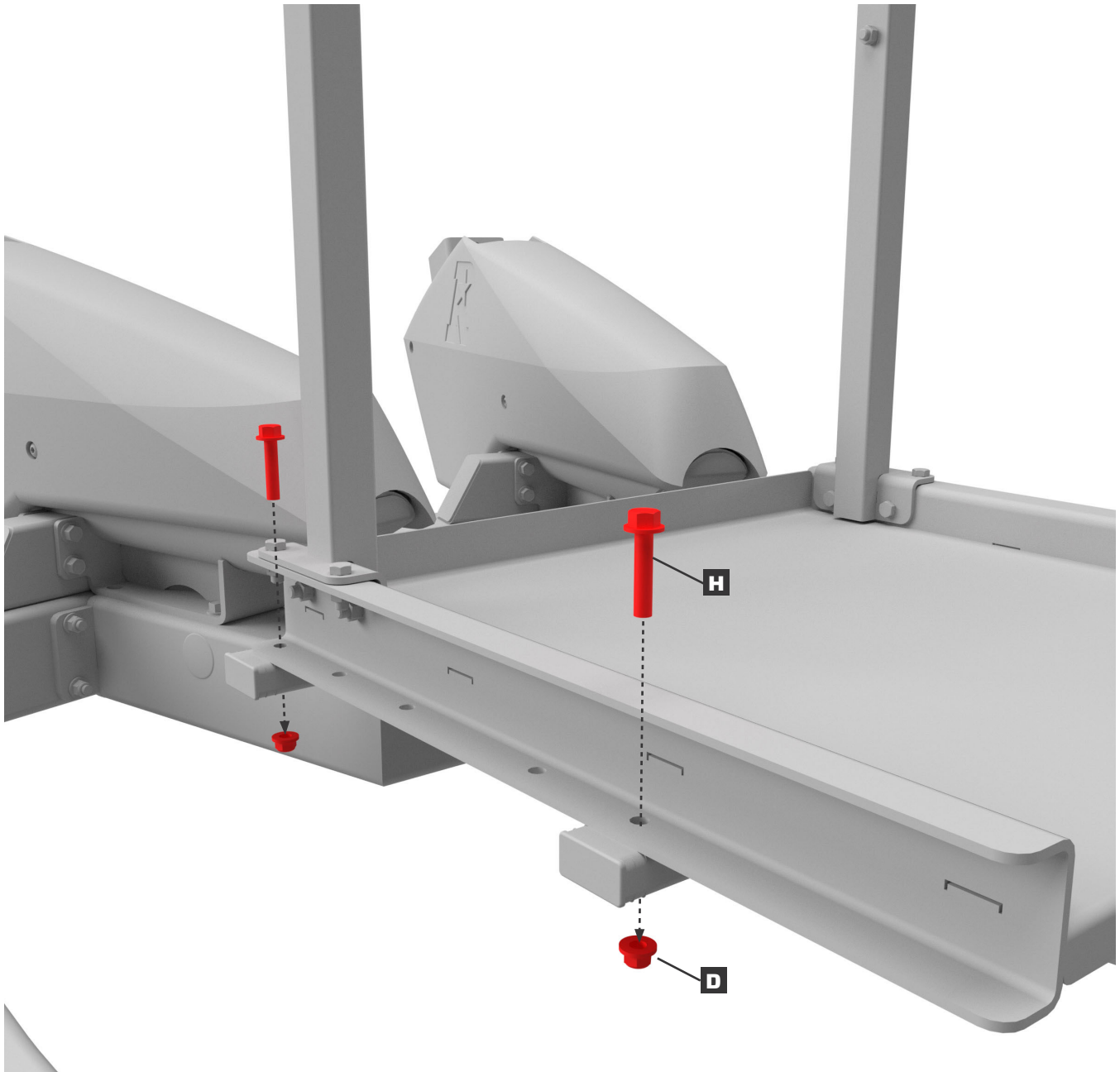
After securing all bolts in Step 8, plug the holes in sled frame with (QTY 4) **G** MP-1500 plugs.



STEP 10

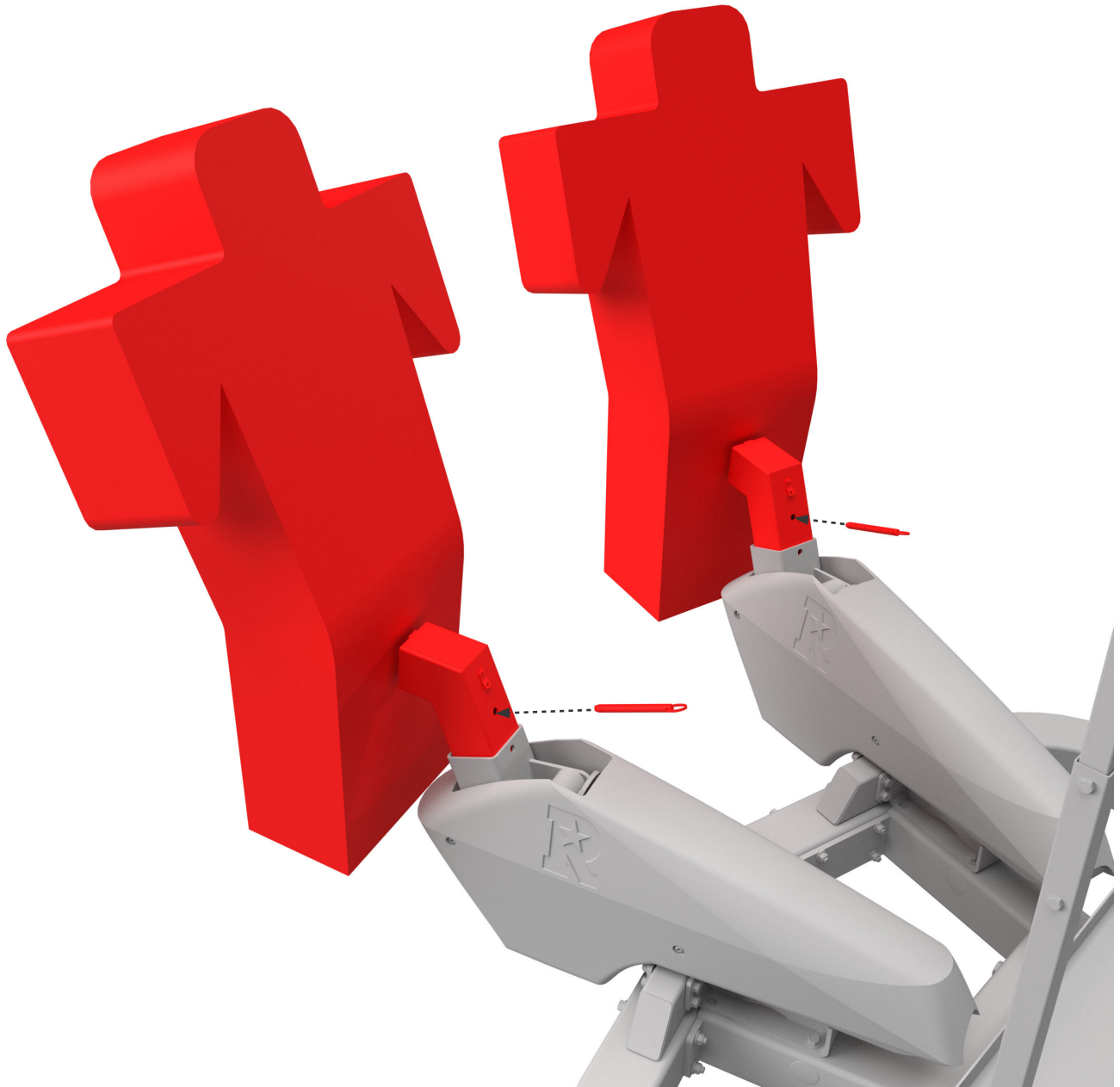
Assemble your Coaches Platform using the assembly instructions provided seperately.

Then place your assembled coaches platform on the sled, lining up the holes on the platform with those on the front and rear platform braces.



STEP 11

Attach the Coaches Platform to the platform braces using (QTY 4) **H** 3/8" x 1-3/4" flanged bolts, and (QTY 4) **D** 3/8" flanged nylock nuts.



STEP 12

Use Fastpin (tethered to your pad) to fasten pad to the sled body.

Need Help?

For parts or service contact Rogers Athletic Company. When ordering parts be sure to provide all relevant information available. Customer service hours are Monday through Friday from 8:00 a.m. to 5:00 p.m. Eastern Standard Time.

info@RogersAthletic.com

(800) 457-5337



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