



Panther Sled

ASSEMBLY INSTRUCTIONS

VER-SLD-003



EST. TIME	PEOPLE	DIFFICULTY
5–10 min	1 person	Easy

Need help? Contact support@vervefitness.com or visit vervefitness.com/support
vervefitness.com

Before You Begin.

The Panther Sled is a **freestanding** push/pull sled — it is not a rack attachment and does not fix to anything. It ships almost fully welded: the deck, its four angled corner feet and the centralised loading pin socket are one piece. Only one fastener ships loose — check it against the inventory below before you start.

Tools required.

-  **Spanner or adjustable wrench** — sized to fit the domed lock nut supplied. The size is not printed on the manufacturer diagram, so check it against the nut itself before you start.

SAFETY INFORMATION

Assemble and use the sled on flat, clear ground with enough space for a full push or pull stroke.
 The sled weighs 35kg unloaded — get a second person to help carry it into position.
 Keep hands and feet clear of the loading pin when adding or removing weight plates.
 Load plates evenly and only to a weight you can control for the full push or pull.
 This product must be assembled by adults only.

ASSEMBLY TIPS

Thread the loading pin nut on by hand first, then tighten fully with a spanner — it is the only bolted joint on the sled and it carries every plate you load.
 The two push poles are a tool-free push fit — no hardware secures them.
 The deck has a socket at each of its four corners. Your kit ships with two poles — move them to whichever pair of sockets suits the direction you're training.
 Keep the VERVE-branded face of the deck facing up — that's the top.

Hardware inventory.

The deck, feet, loading pin and both push poles arrive as finished parts — there is nothing to bolt together between them. Only the item below ships loose. If it's missing, contact VERVE support before you start.

	1 Domed lock nut	x1	Threads onto the loading pin's stud from underneath the deck — the only fastener in the box
--	-------------------------	-----------	---

STEP 1 OF 2

Fit the centralised loading pin.

Hardware: 1× domed lock nut (1)

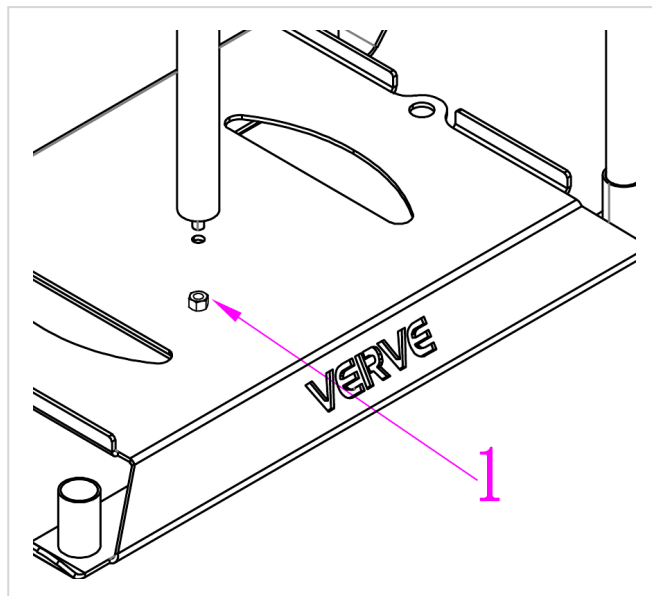
Stand the deck on flat ground with the **VERVE** logo facing up.

Find the round mounting hole in the middle of the deck, between the two rope-attachment slots — this is where the **loading pin** (the chrome post) sits.

From the top, drop the loading pin's threaded stud down through the hole.

From underneath the deck, thread the **lock nut (1)** onto the stud by hand, then tighten fully with a spanner.

Tip: this is the only bolted joint on the whole sled and it carries every plate you load onto the pin — tighten it fully now, then check it again before your first session.



STEP 2 OF 2

Fit the push poles.

Hardware: none — the poles are a tool-free push fit

Take the two **push poles** included with the sled.

The deck has a socket at each of its four corners. Choose the pair of sockets at the end you want to push or pull from.

Slide a pole into each socket, foot end first, and push down firmly until it's fully seated. No tools or fasteners are needed.

To switch between pushing and pulling, lift both poles out and drop them into the sockets at the opposite end.

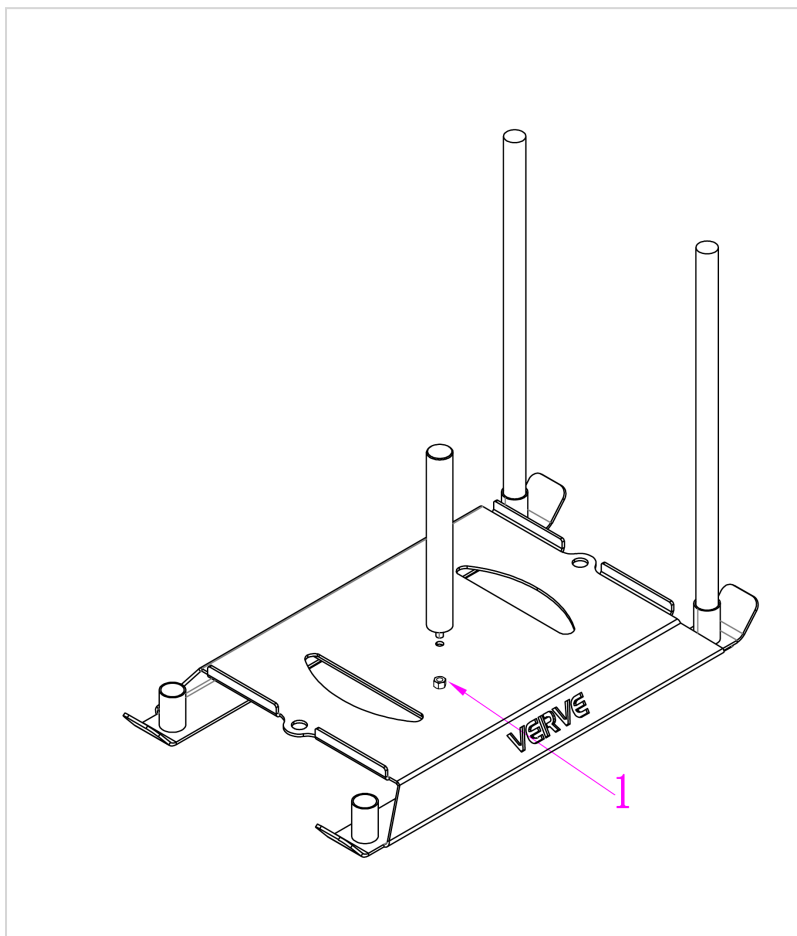
Tip: the kit ships with two poles, not four — the empty pair of sockets is for repositioning, not a missing part.



ASSEMBLY COMPLETE

That's it — your sled is built. Before your first session, run through the final checks on page 4.

Parts Diagram.



CODE	PART	QTY
1	Domed lock nut	1

Final checks.

- ☐ The loading pin nut is tightened fully and the pin doesn't wobble when pushed.
- ☐ Both push poles are fully seated in their sockets.
- ☐ The sled sits flat on all four feet with no rocking.
- ☐ The VERVE-branded face of the deck is up before use.
- ☐ Re-check the loading pin nut after your first session.

NEED HELP?

Missing parts, damaged components or assembly questions — we'll sort it fast.

Contact support@vervefitness.com or visit vervefitness.com/support