

FITT WAREHOUSE



THE MAULER SLED MANUAL

BY: TRAVIS SELF † JOEL POWELL

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2. Medical clearance from my physician may be required prior to participation in any exercise program and/or engaging in any exercises contained within this manual.

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The Mauler Sled Manual

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120 Werz Industrial Drive, Newnan, Ga 30263, USA

Email: fittwarehouse@gmail.com

Websites:

www.fittwarehouse.com

www.youtube.com/fittwarehouse

Author: Travis Self, CPT, NCSF, CF1

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About The Author

Travis Self has been involved in and around athletics most of his life. He was an All Star football, and baseball player, and was region and state champ in the 400 meter and 200 meter sprinting events in high school receiving scholarship opportunities in football and track until serious injuries derailed him. With injuries and rehabilitation consuming a majority of his time, he decided to stay local and attend Georgia Military College and focus on sports training and rehabilitation.

At GMC, Travis participated in club flag football, club baseball, intramural softball, basketball and track. Travis was also active in GMC's strength and conditioning program.

He earned his degree in Nursing and continued to travel around the country studying under many well known strength and conditioning specialists such as Louie Simmons of Westside Barbell and Joe DeFranco of DeFranco's Training Systems. Travis is currently a successful gym owner and operates one of the country's most successful athlete training facility FITT Warehouse.

FITT Warehouse is dedicated to training athletes at all levels. Travis is also a Certified Strength Specialist through the NCSF. Travis has helped coach high school football and track for Heritage High Senior High School in Georgia.

Finally, Travis has written many articles for high school coaches around the country and he has spoken at local high schools promoting the benefits of strength training, healthy nutrition, and being a good student athlete. Travis is currently working on an all inclusive athlete training manual to better help athletes prepare and build strength and athleticism year round.

Introduction

The purpose of this manual is to answer the many requests I have received over the last year about our home made sled, "The Mauler." As a way of saying "thank you" for commenting, reading, following, and emailing me and the FITT Warehouse Community this is a FREE resource to better inform you the athlete on a budget just how to make a sleek, fast effective, and affordable sled guaranteed to improve your strength, speed, GPP, and overall athleticism.

Since this is a free resource, all that I ask is that you please share it with friends through email, forums, and/or Facebook ([FRIEND TRAVIS ON FACEBOOK HERE](#)).

Not everyone has the resources in order to outfit their gym or garage with the latest equipment retailers such as EliteFTS and Legend Fitness. However we all have access to the resources needed to make a lot of the equipment sold by these retailers. Thus, our idea for another sled, "THE MAULER."

The materials needed for this sled are easy to come by, assembly is a piece of cake, and you can even customize it to fit your training style and company name. The Mauler Sled Manual will explain in detail step by step what you'll need to do in order to improve your strength and conditioning with one of the better and most used tools in the game. Please read this manual all the way through and if you have any questions or comments please hit me up and I'll be glad to help you!

If you're looking for a COMPLETE Strength Training Community dedicated to your success and goals you will definitely want to visit www.fittwarehouse.com

Material Needed

- (1) 40 inch 4x6 pressure treated piece of lumber
- (1) 36 inch 2x6 pressure treated piece of lumber



- Wood Glue



- Skids were made by a welder. Here is a good tip on the welding! We have a technical school right around the corner and we approached some of these kids and told them of our idea. And what we needed. We offered \$50 and they provided all of the materials and labor.



- 1.5 inch metal pipe- (2) 3 foot sections (these are the tall handles)



- Plumbing Flanges 3x1 ¼ inch



- (16) ¼ inch lag screws (available at any local hardware store)



- (4) 10 ½ inch pieces of 1 inch diameter plumbing pipe threaded on one end.
- (2) 3 inch pieces of 1 inch diameter plumbing pipe threaded on both ends.
- (3) pieces of 2 inch diameter x 2 ½ inch long plumbing pipe threaded on one end (this is for the skids)



- (1) “T” fitting for plumbing pipe



- (1) “Cross” fitting for plumbing pipe



- (1) bottle or tube of loctite



- (1) 1/4x2 inch eye bolt



Mauler Assembly

Now that we have our materials, we will begin assembly. The great thing about the mauler is assembly is simple. If you recall in our video (see other page), we gave detailed about its uses, versatility, and most importantly cost efficiency. We will now lay this out step by step for ease of assembly.

Step 1: Take your 40" section of lumber (this will be the top of the "T"), lay is on the ground, then center your 36" section to measure for the notch. The notch should be 2x6 so the 36" piece will nest inside the 40" piece snug. Mark your 40" sections so your notch is in the correct place.

Step 2: Notch your 40" section. To notch the wood, use a skill saw (circular saw). Start by making several cuts across the sections you are notching. (Pictures of wood notching and nesting are not the mauler, what you have will be different. This is just an example)



Step 2 Cont.: Use a wood chisel (found at any local hardware store) and hammer to carefully chip away the sections of wood remaining. After you have finished with the chisel, sand down the area with some sandpaper. I would recommend 80-180 grit. The idea of sanding down the area is not only to create a smooth surface for the nest, but also to create surface area for the glue to adhere to.



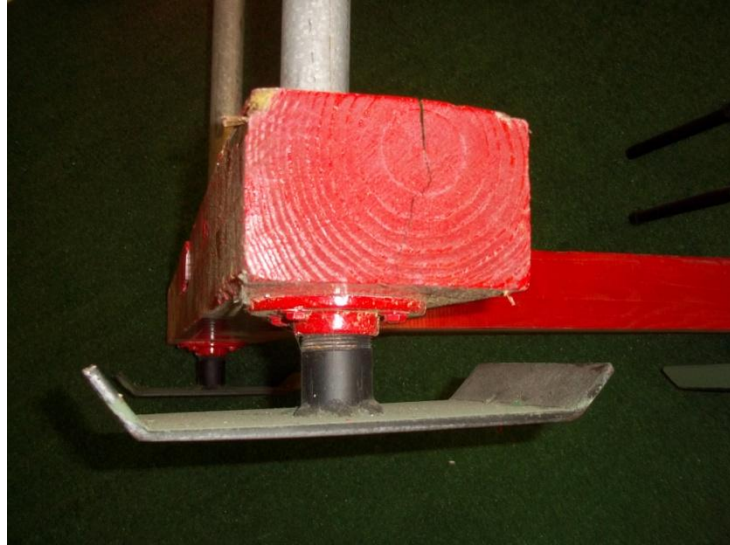
Step 3: Screw and glue it baby! Your 36" sections should now fit snug into the notched area. If it does not measure how much more room you need and carefully expand your notch. If your notch is correct apply a liberal amount of glue to the notched sections of wood. Nest the 36" sections inside of the notch and press it in tight. Wipe away any excess glue to keep your work clean. (Here is a picture of a piece of lumber nested into a notch)



Step 3 Cont.: Take your 1.4" lag screws and screw the two sections together on the notch. (4) lag screws will provide ample strength to hold the sections together.



Step 4: Assembly of skids- I would suggest having the skids welded to a 2" diameter piece of threaded pipe. The welds are stronger than threads that will screw into the flanges mentioned above. Check with your local vocational school for cheap materials and labor. Use (4) lag screws for each flange and screw the flanges to the mauler frame. The two flanges on the back of the mauler should be 31" apart for the best balance. This is measured center to center of the flanges. The front flange should be 2 ½" from the edge of the wood to the lip of the flange. Next screw the skids into the flanges. For this I recommend using some loctite to keep the skids from working loose from the vibration created during use. For extra insurance also weld the threads to the flange.



Step 5: Assembly of low handles or “suck” handles as my athletes have called them. Since these pieces of pipe are small, you may be able to find them pre-threaded; your local hardware store or home depot will thread these for a minimal cost. If you have your pipe threaded and your fittings in hand. Use your loctite, and begin assembly. Take (2) of the 10 ½” pieces of pipe and thread them into the “T” fitting. Then (1) 3” piece threaded into the bottom of the “T”. Next thread the “Cross” fitting to the bottom of the “T” you just built. Then (2) more 10 ½” pieces of pipe for the extra low handles, followed by the last 3” piece of pipe. Use loctite on all threads! Then have all joints welded! SUPER STRONG SUCK HANDLES!

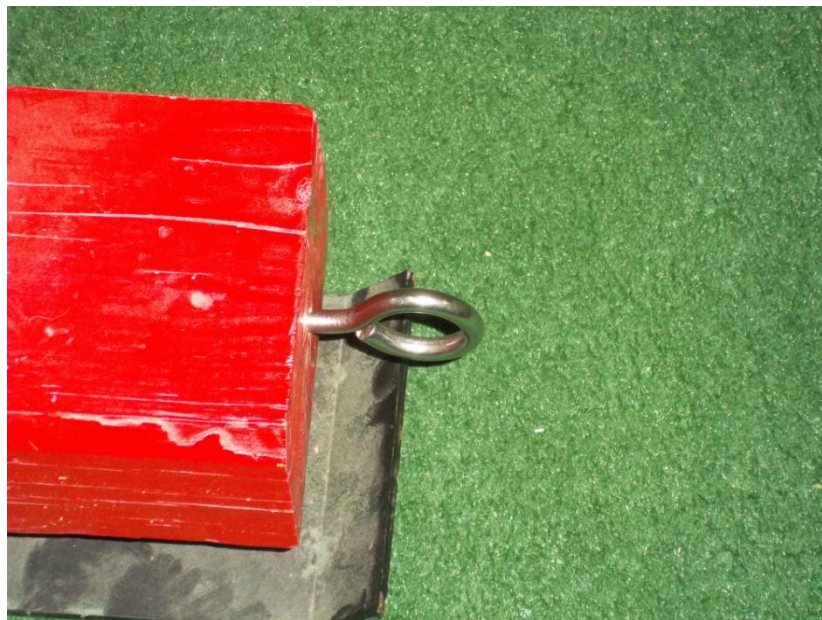


Step 6: Attaching the “suck” handles to your mauler- First take (4) lag screws and screw the last flange to the top of the front of the mauler. This flange should be 4 ½” inches from the front for the greatest stability. After attaching the flange, use loctite again and thread the “suck handles into the flange. After you have performed this

step, don't forget about welding this joint. We have found with heavy weight the low handles will twist without the welds!

Step 7: Attaching the tall handles to your mauler- Drill (2) 2" holes 26 1/2" apart from center to center. For this use a basic drill, and a 2" hole bit. Our mauler is unique because we drilled extra holes on this step for different variations in the position of the tall handles! This greatly increases the angles and exercises we are able to perform. Feel free to be creative with your mauler, and personalize it to your needs.

Step 8: Screw eye bolt into the front of your Mauler for your pulling variations.



Step 9: ENJOY YOUR MAULER!!!!



MAULER SLED EXERCISES



1. Front Squat/ Low Row



2. Backwards Pull / Sprint





3. High / Low Handle Push / Sprint



4. Hand Over Hand Row



5. Bicep Curl



6. Forward Pull / Sprint



7. High Pull

These exercises are only a few of the variations we do here at FITT Warehouse!
Use your imagination and the possibilities are unlimited!

MAULER VIDEO



[How to build the "Mauler" Sled](#)

Click the link above for your private video of the Mauler sled and how to construct it!

Connect Free With FITT Warehouse

1. Make our “Athlete” interactive web page your favorite on your tool bar, and receive THREE FREE TRAINING BONUSES as our gift to you.



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Coaches Notes

Thank you everyone for reading the blog and subscribing! Without all of your support the material provided in the E-Book would not have come about. Keep the feedback coming!

Thank you Joel Powell for serving our country, being a great friend, constantly coming up with new concepts and training methods, without which the Mauler sled would never have come to be!

Thank you Andy Coggins for your time and effort in helping to put this together!

More From Travis Self and FITT Warehouse



MORE FROM FITTWAREHOUSE!

TRAIN

PLAY

DOMINATE

