

GYM RAX® INSTALLATION

APOGEE SUSPENSION & STORAGE SYSTEMS

ENGLISH (U.S.)

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Revision 20A



FOREWORD

This manual provides information intended for use by persons and professionals who, per current regulatory requirements, are qualified to install this equipment.

If further information is required, please contact:

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We welcome your comments concerning this manual. Although every effort has been made to keep it free of errors, some may occur. When reporting a specific problem, please describe it briefly and include the manual part number, the paragraph/figure/table number, and the page number. Send your comments to:

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DOCUMENT REVISION HISTORY

REV	DATE	DETAIL
20A	4/23/2020	APOGEE INSTRUCTIONS RELEASE

The information and data in the most recent revision of this document will supersede all previously published Gym Rax documents and manuals. Please verify your copy is the latest available by referring to the digital version online available from Gym Rax.



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PRE-INSTALLATION

PRE-INSTALLATION

PLANNING

- Read all instructions before proceeding.
- Review all supplied drawings & packing lists before starting any work.
- Identify any installation uncertainties as many Gym Rax configurations are unique and contact Gym Rax customer success representatives for clarification.
- Consider the number of persons required to safely install Gym Rax.
- Plan for the method of installation and tools required.
- Replacement bolts should be Grade 5 or higher.
- Anchor bolts for Floor and Wall mounting are not included in Gym Rax assemblies.
- Take precautions to avoid damaging finishes.
- Make sure fastener threads are clean and proper thread engagement is started.
- Do not over-torque bolted joints as walls of posts and tubes may crush or deform.
- Do not use power impact wrenches.
- Never leave unsecured or unstable Gym Rax structures unattended.

LAYOUT OF THIS MANUAL

Gym Rax is a modular system of parts and configurations which are highly adaptable to each customer's environment and programming. Each install configuration is unique may require a different sequence of steps at each installation. Be prepared to jump around in the various sections of this manual as the nature of Gym Rax installs may be difficult to routinely follow a fully sequential set of steps from beginning to end.

RECOMMENDED BOLT TORQUE SPECS

- Follow the manufacturer's specification on floor and wall anchor bolts.
- 1/2" fasteners (Crossmembers, Suspension & Bridge Gussets): 30-35 ft-lbs.
- 3/8" fasteners: 20-25 ft-lbs.

REQUIRED TOOLS AND SUPPLIES

The following tools are needed and not included to install a GYM RAX system.

- Hammer Drill with 1/2" masonry bit (at least 6 inches long), if INCH based anchors
- Socket wrench or open/box end wrenches: 3/4", 5/8", 9/16", & 7/16", 10mm, 17mm



PRE-INSTALLATION

(REQUIRED TOOLS AND SUPPLIES CONTINUED)

- Hex Allen wrenches: 5/16" & 7/32", 4 mm, 6 mm
- Rubber Mallet
- Small shop vacuum
- Step ladder
- Level
- Red LOCTITE® 268™ Threadlocker Stick – High Strength or LOCTITE® 263™ Threadlocker Liquid– High Strength (Note: If the install is not permanent optionally blue LOCTITE® 248™ Threadlocker Stick – Removable Strength or LOCTITE® 243™ Threadlocker Liquid– Removable Strength may be used)



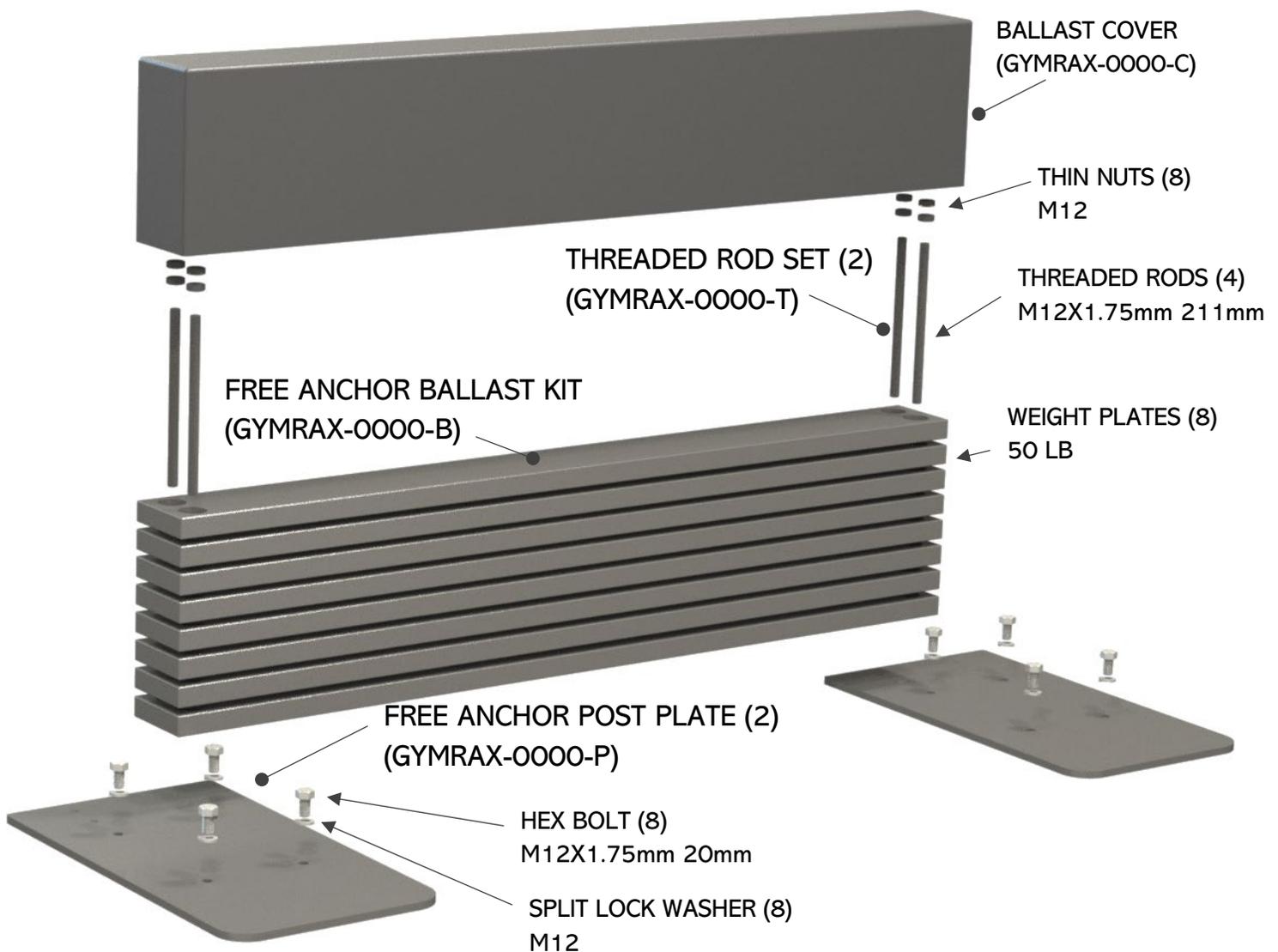
FREE ANCHOR BASE ASSEMBLY

FREE ANCHOR BASE ASSEMBLY

REQUIRED TOOLS AND SUPPLIES

- Red LOCTITE® 268™ Threadlocker Stick – High Strength or LOCTITE® 263™ Threadlocker Liquid– High Strength (Note: If the install is not permanent optionally blue LOCTITE® 248™ Threadlocker Stick – Removable Strength or LOCTITE® 243™ Threadlocker Liquid– Removable Strength may be used)
- 19 mm socket & ratchet
- Tape measure

PARTS DIAGRAM





FREE ANCHOR BASE ASSEMBLY

INSTALLATION PROCEDURE

STEP 1 – POSITION POST PLATES

Position the Free Anchor Post Plates on a flat and level floor where the GYM RAX configuration will be located. The Post Plates are required to be placed in front of a wall unless the configuration is a BI-DIRECTIONAL or BRIDGE. Provide a ½" to 24" gap between the wall and plate rear edge. Either side of the Post Plate can face up, choose the side that presents the best if there are any blemishes from shipping. Plate centers are 48" apart. The floor surface should be flat, level and clean of debris. Install on soft, compliant non-structural "sub-floor" coverings such as turf and carpet not acceptable and should be removed or cut away if necessary. Avoid placement of plate over concrete slab joints as the height levels may differ.

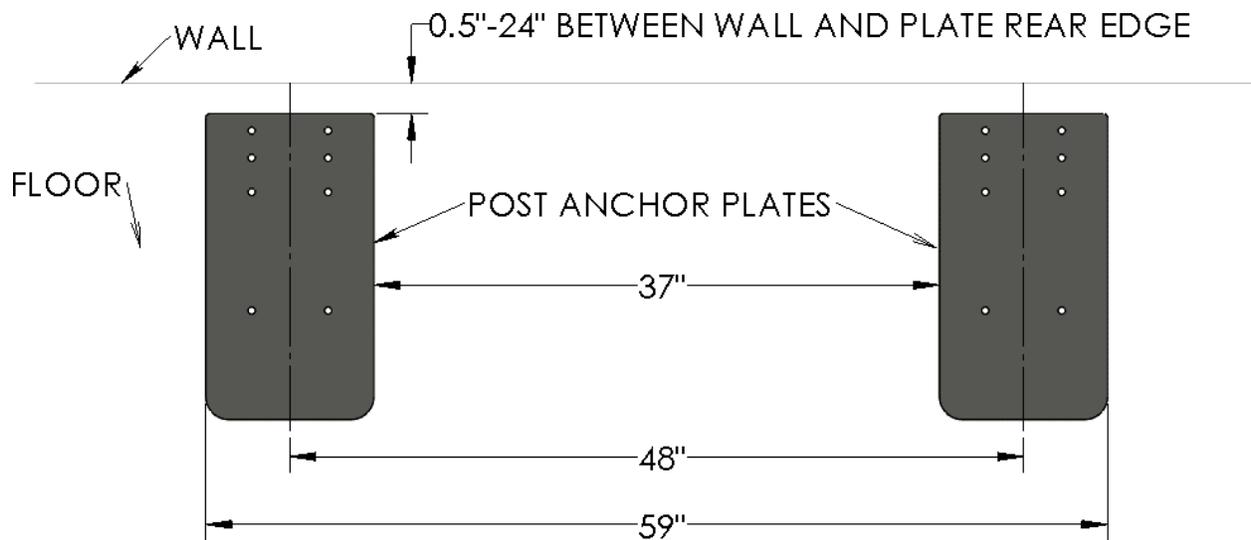


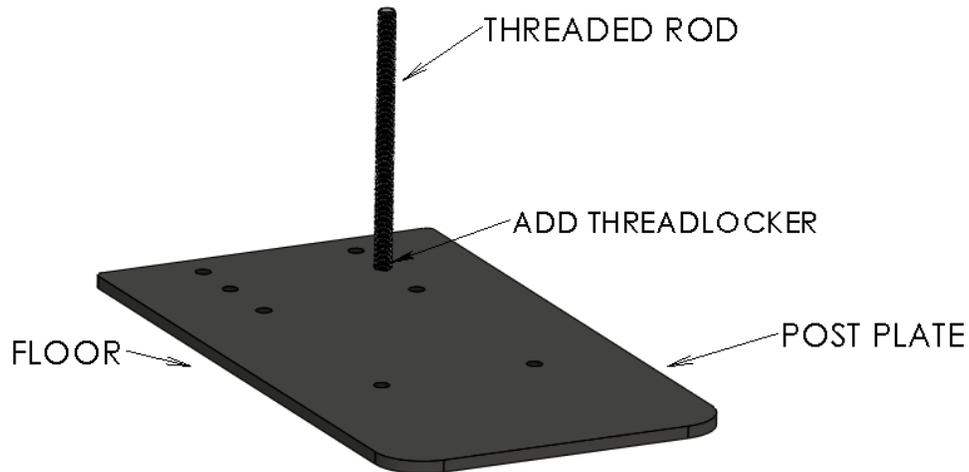
PLATE POSITIONING



FREE ANCHOR BASE ASSEMBLY

STEP 2 – INSERT THREADED RODS INTO POST PLATES

Ensure plate and rod threads are clean and free of contaminants. Use care starting proper thread engagement and insert rods by hand. Apply GYM RAX recommended LOCTITE Threadlocker to the mating threads per LOCTITE product directions. Carefully thread the Threaded Rod into the plate until the rod bottom end is flush with the bottom surface of the plate. Do not allow the rod to pass beyond the bottom surface of the floor plate. Use the inner rear holes of the plate.



INSERT THREADED RODS WITH THREADLOCKER



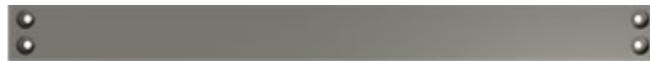
FOUR THREADED RODS INSERTED IN REAR INNER POST PLATE HOLES



FREE ANCHOR BASE ASSEMBLY

STEP 3 – STACK WEIGHT PLATES

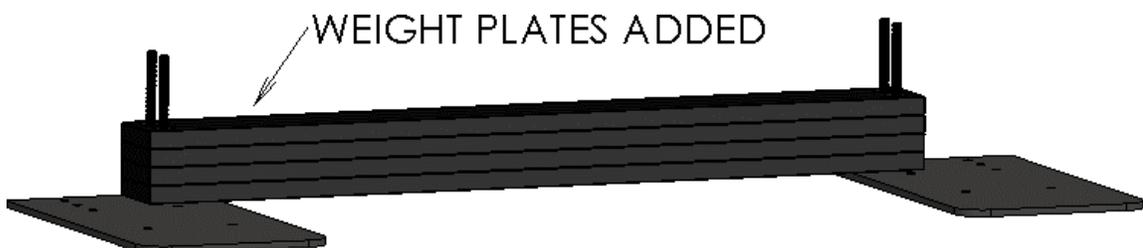
CAUTION: WEIGHT PLATES ARE 50 LB EACH AND HEAVY. ALWAYS PRACTICE SAFE LIFTING TECHNIQUES. TWO PERSONS MAY BE REQUIRED TO INSTALL EACH WEIGHT PLATE. BE CAUTIOUS NOT TO PINCH FINGERS. DIMENSIONS: 45.5" LENGTH, 4.0" DEPTH, 1.0" HEIGHT



Lift and position the first Weight Plate over the 4 Threaded Rods aligning Threaded Rods over the Weight Plate guide holes. Carefully lower the plate. The counterbore hole in the Weight Plate will face up. Repeat for each weight plate. Eight weight plates in total.



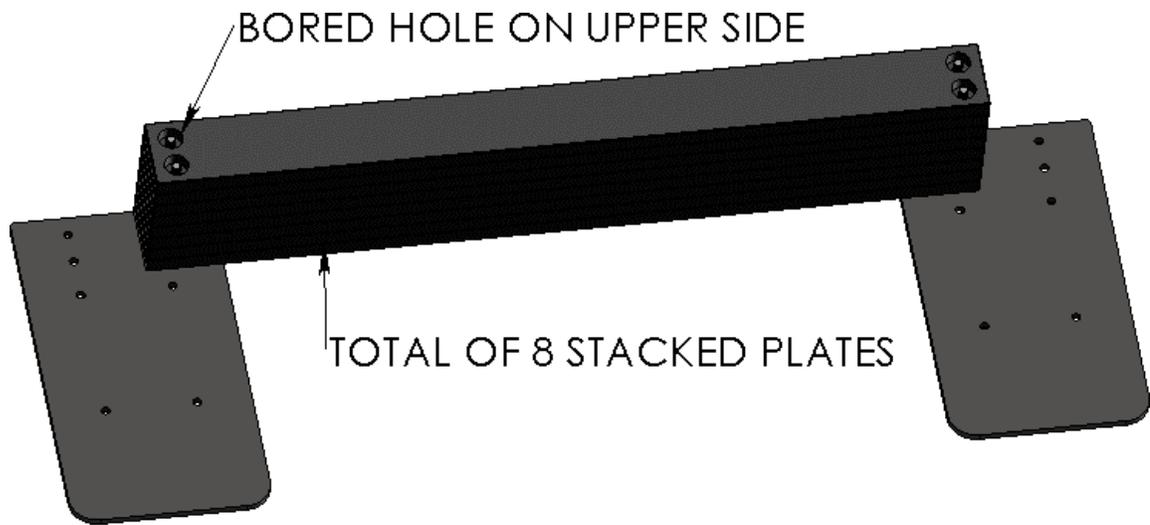
FOUR THREADED RODS INSERTED IN REAR INNER POST PLATE HOLES



FOUR THREADED RODS INSERTED IN REAR INNER POST PLATE HOLES



FREE ANCHOR BASE ASSEMBLY



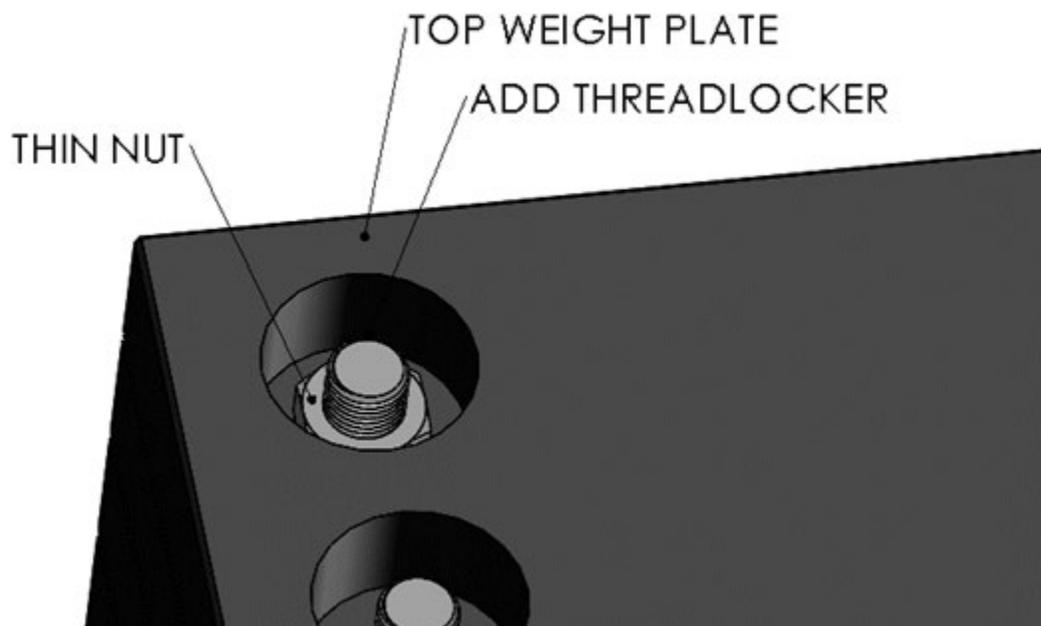
EIGHT STACKED WEIGHT PLATES



FREE ANCHOR BASE ASSEMBLY

STEP 4 – SECURE WEIGHT PLATES WITH NUTS

Two nuts are added to the top end of each Threaded Rod above the upper weight plate. Apply LOCTITE to the mating threads per LOCTITE product directions. Spin the first nut down the rod by hand until snug against the Weight Plate. Spin the second nut down until snug against the first nut. Use a 19mm socket to tighten snugly as necessary, do not overtighten or allow the Threaded Rod must not rotate further into the Post Plate as the Threaded Rod end could push past the Post Plate and into the floor.



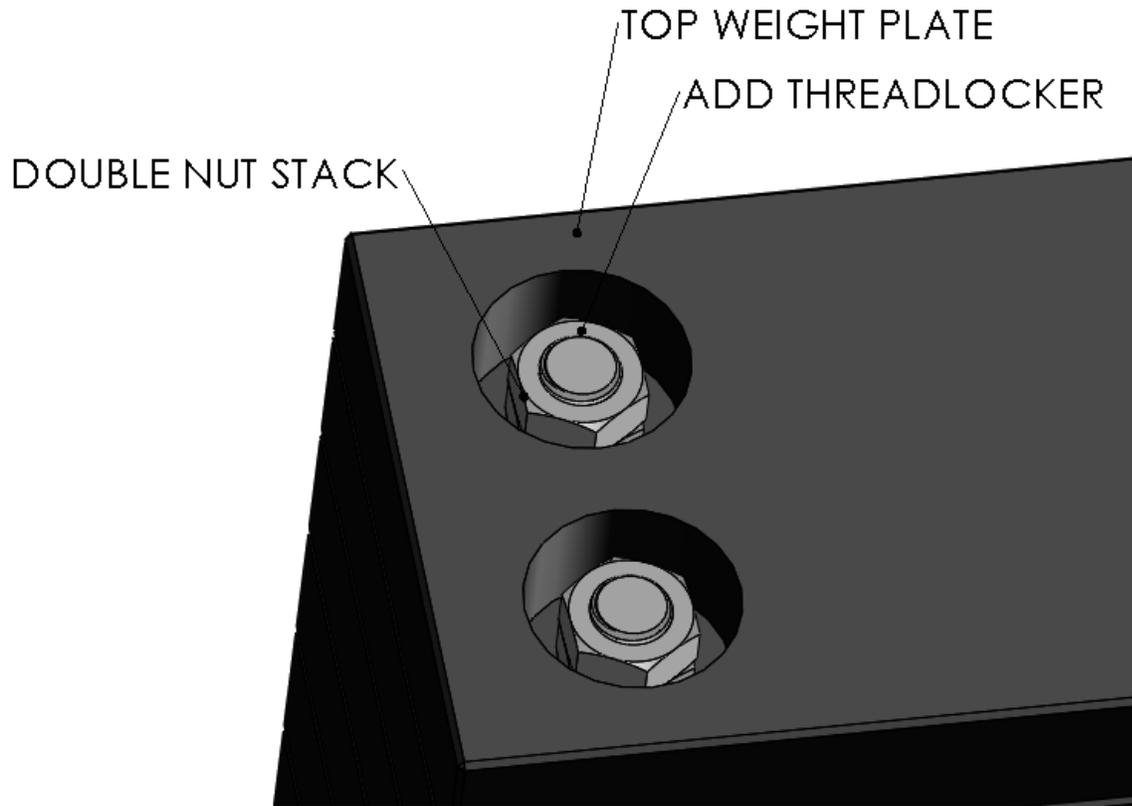
TIGHTEN NUT TO TOP OF THREADED ROD



CAUTION: Use caution when tightening upper nut pairs to not cause the Threaded Rod to rotate further downward into Post Plate.



FREE ANCHOR BASE ASSEMBLY



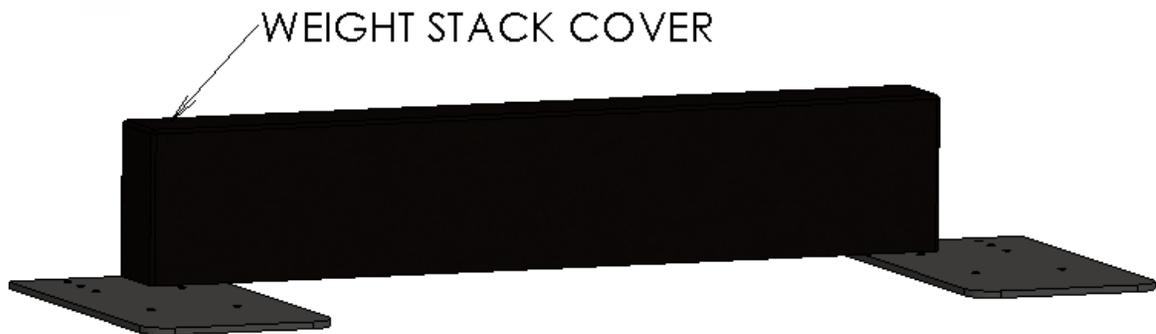
FINISH WITH THE SECOND NUT ON ALL THREADED RODS



FREE ANCHOR BASE ASSEMBLY

STEP 5 – INSTALL COVER

Unfold and flatten the Ballast Cover. Lip the cover over the set of Weight Plates. The cover should reach to the Post Plates and fully conceal the Weight Plates along all bottom edges.



FREE ANCHOR BASE COMPLETE WITH COVER

RECOMMENDATIONS & TIPS

The Installation of the Free Anchor Base is now complete. Proceed to anchor the Post and follow steps under the Free Anchor Post anchoring.

If the installation of the Free Anchor is on a low friction surface adding high tack double-sided tape or anti-slip traction tape under the Post plates only will help the Free Anchor from sliding underuse. Never add traction underneath the floor plates of the Base Anchor Training Arms.

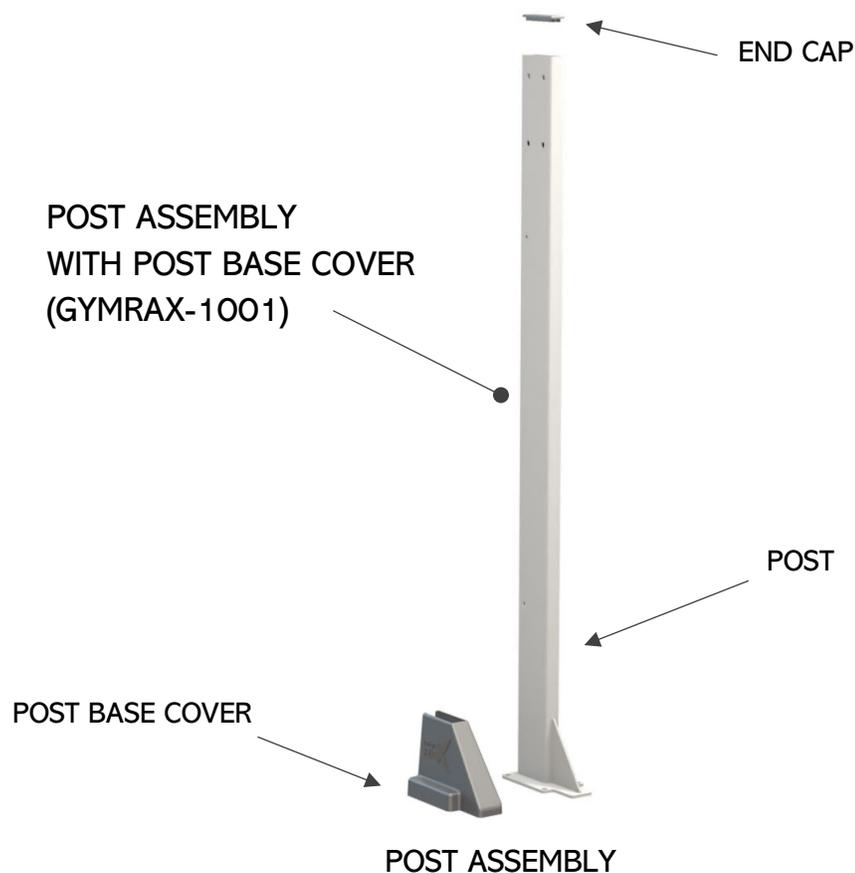
Recommended Tip: To prevent marring the surface of the Post Plate finish during the remainder of the GYM RAX install, it's advised to temporarily secure cardboard to the upper side of the Post Plate.



POST INSTALL

POST INSTALL

PARTS DIAGRAM



The Post Base Cover will be preinstalled on the Post from the factory, follow procedures under Post Base Cover Install if the Post Base is not installed. It is recommended to only slide the base up the post to install the floor anchors and not to fully remove them. Use tape to temporarily hold up in a raise position if necessary.

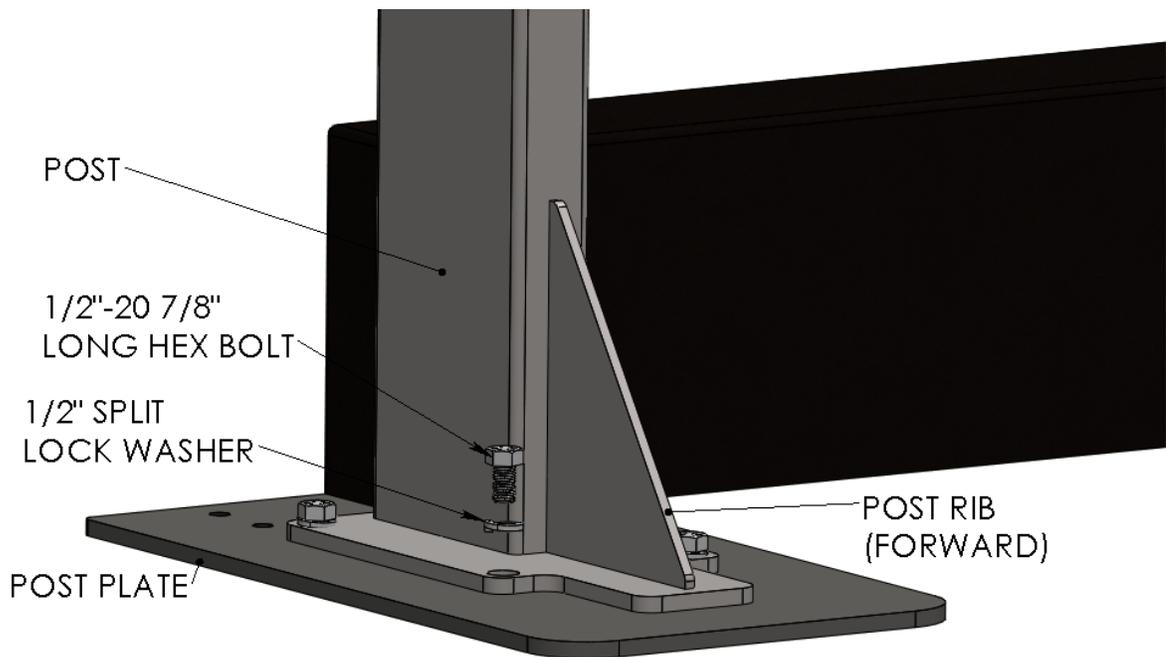
POST INSTALL TO THE FREE ANCHOR PROCEDURE

STEP 1 – Carefully place the Post vertically and above the Free Anchor Post Plate lining up the 4 holes between both. The rib of the post will face forward and away from the weight stack.



POST INSTALL

STEP 2 – Fasten the Post to the Free Anchor Post Plate using the 4 bolts and lock washers included with the Free Anchor Post Plate and tighten bolts to recommended torque. Use caution when starting bolt/plate thread engagement by initially-hand threading to avoid cross-threading.



FASTENING THE POST TO THE FREE ANCHOR



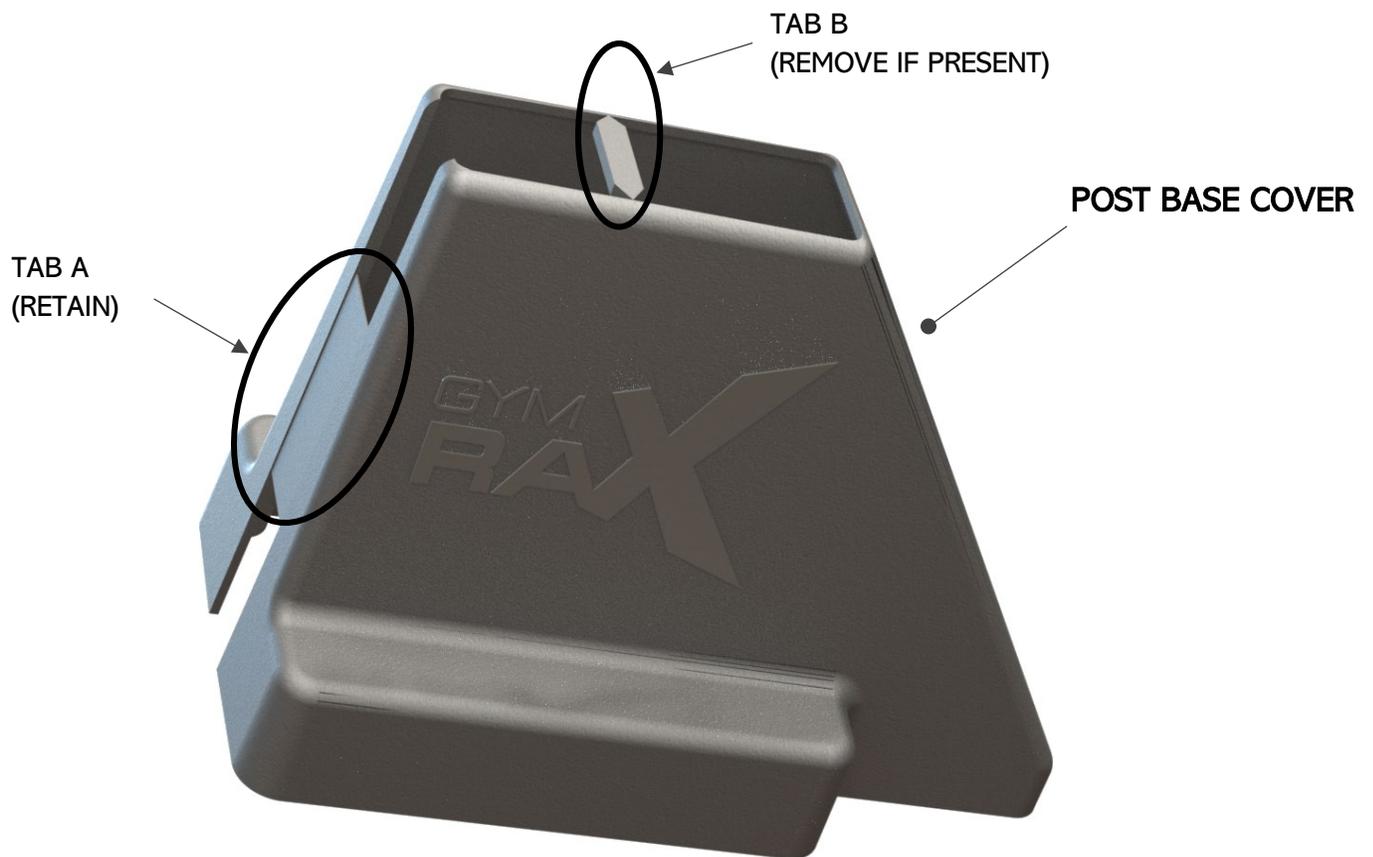
POST BASE COVER INSTALL

POST BASE COVER INSTALL

REQUIRED TOOLS AND SUPPLIES

- Utility Knife

PARTS DIAGRAM



POST BASE COVER (INCLUDED IN GYM RAX-1001 POST ASSEMBLY)

INSTALL PROCEDURE

If Tab B is present remove carefully with a utility knife. On new installations do not remove Tab A unless the Base Cover is being replaced on an existing installation.



POST BASE COVER INSTALL

Slip the Base Cover over the top of the post. Slide the Base Cover down the post and by hand snap it into position. A slight amount of force should be necessary to snap the locking mechanisms.

RECOMMENDATIONS & TIPS

Slide the Base Cover over the Post before bolting Rax Channels, Cross Members, and Gussets even if not ready to fasten the floor anchors. If not ready to secure the floor anchors it is not necessary to snap the Base Cover fully on until the anchors are fastened.

Leaving Tab A intact will help the Base Cover retain its locked on the Post.

If the Base Cover is being replaced or the Base Cover was not slipped over the Post before bolting Rax Channels, Cross Members, and Gussets Tab A can be carefully cut out for an alternate method of install.

ALTERNATE METHOD OF INSTALL

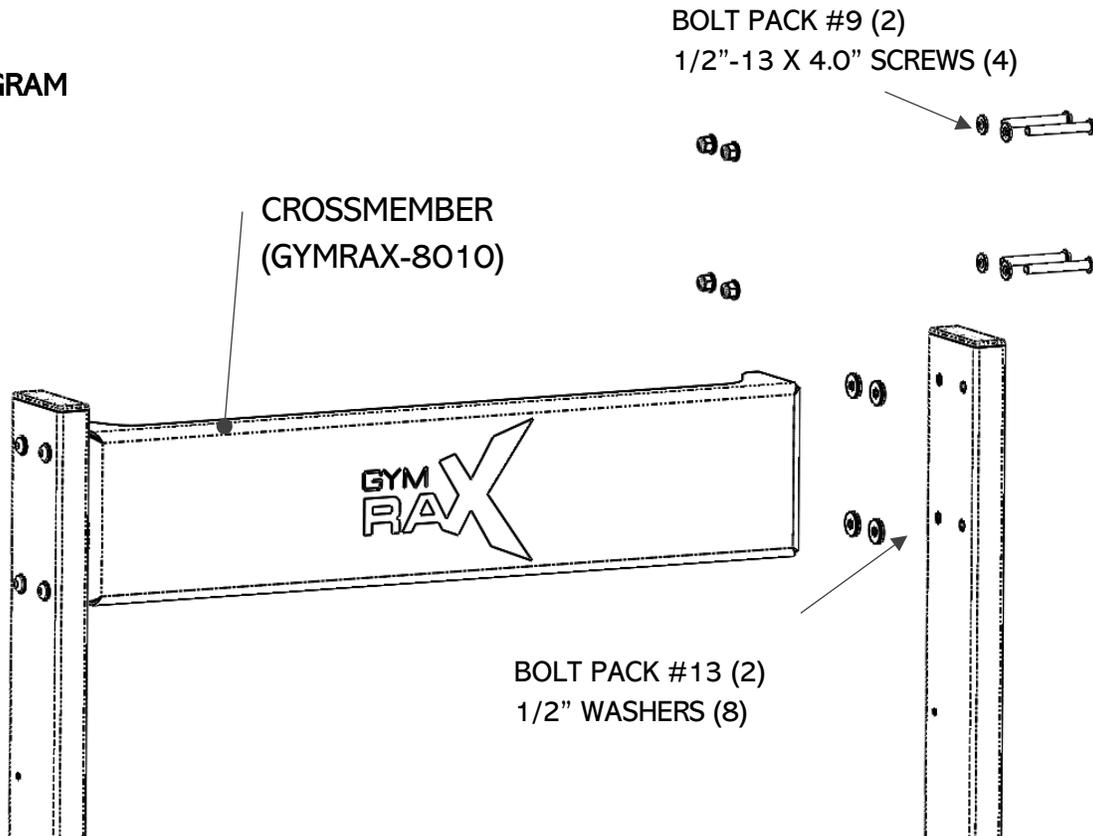
With the Tab A removed: Pull the width of the rear opening of the Base Cover open so the Post can pass through. Once the Base Cover is wrapped around the Post lower and snap into position.



CROSSMEMBER AND SUSPENSION BEAM ATTACHEMENTS

STORAGE ONLY CONFIGURATION

PARTS DIAGRAM



STORAGE ONLY CONFIGURATION

INSTALLATION PROCEDURE

STEP 1 – Install the Crossmember between two posts as shown with 2 stacked washers as spacers between the Crossmember and Post at each screw on both ends. The Bolt Pack is included separately.

Recommended Tip: Gluing the washers together and to the Crossmember may help install the double washers.

STEP 2 – Tighten fasteners completely unless wall bars will be installed.

STEP 3 – Proceed to instructions on attaching the Rax Channels or Wall Bars depending on the configuration.

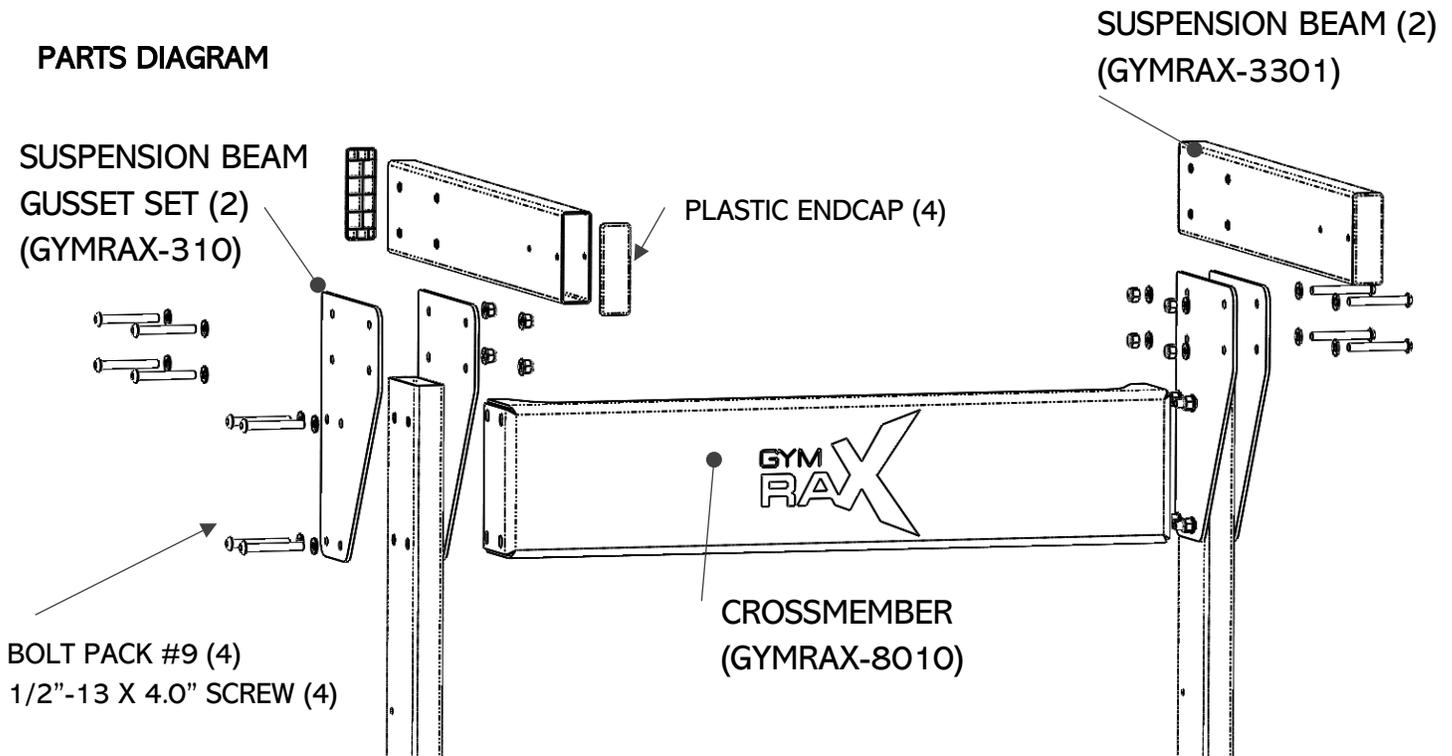


CROSSMEMBER AND SUSPENSION BEAM ATTACHEMENTS

CROSSMEMBER ATTACHMENT

SUSPENSION CONFIGURATION

PARTS DIAGRAM



SUSPENSION BAY CONFIGURATION

INSTALLATION PROCEDURE

STEP 1 – Remove the plastic end caps from the upper end of the Posts. Save for Step 6.

STEP 2 – Using an assistant position the Crossmember and Suspension Beam Gussets as shown above using the lower holes on the gussets. Bolt Packs are included in the Suspension Beam Gusset Sets.

STEP 3 – Install the four lower bolts through the Suspension Beam Gusset Sets, Post, and Crossmember first. Do not tighten completely. The red arrows on the gussets should point upward.

STEP 4 – Remove red arrow decals.

STEP 5 – Insert the Suspension Arms between the loose Suspension Beam Gusset Sets and use the second set of fasteners through the four upper holes. Do not tighten completely.



CROSSMEMBER AND SUSPENSION BEAM ATTACHEMENTS

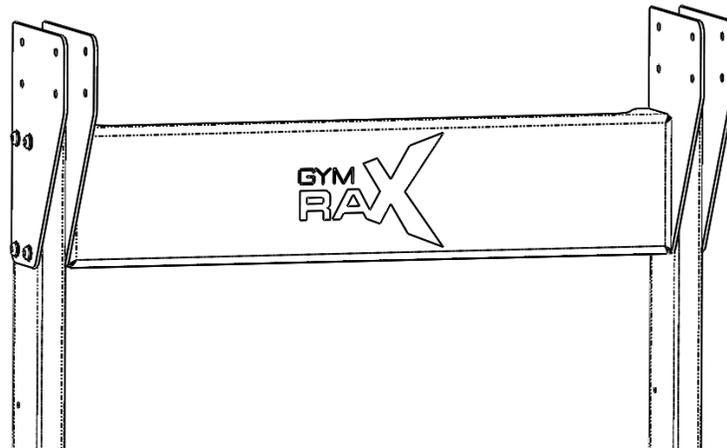
STEP 6 – Insert the plastic endcap removed from the Post in Step into the back end of the Suspension Beam. A plastic endcap should already be factory installed on the front end of the Suspension Beam.

STEP 7 – Tighten the lower set of fasteners completely on both posts. *See the note below.*

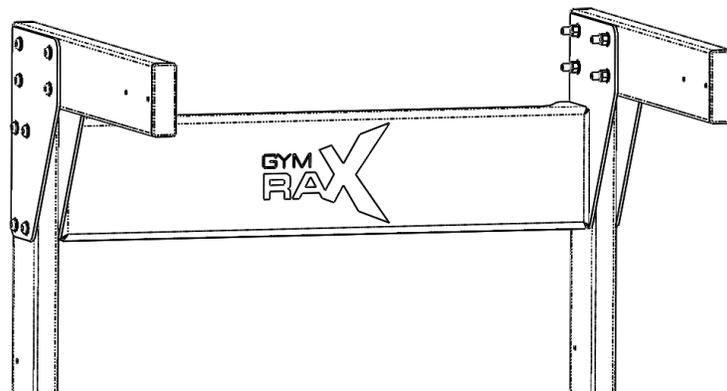
STEP 8 – Lift the Suspension Beam end upward until horizontal and use a level to verify levelness. Continue to hold the Suspension Beam at level while tightening the upper set of fasteners completely. *See the note below.*

STEP 9 – Proceed to the section on [Pull-Up & Freedom Mount Attachments](#).

NOTE – Tightening the upper and lower fasteners may be saved and tightened as an end step to ensure proper alignment and levelness.



ATTACH GUSSET SETS AND CROSSMEMBER BEFORE SUSPENSION BEAMS



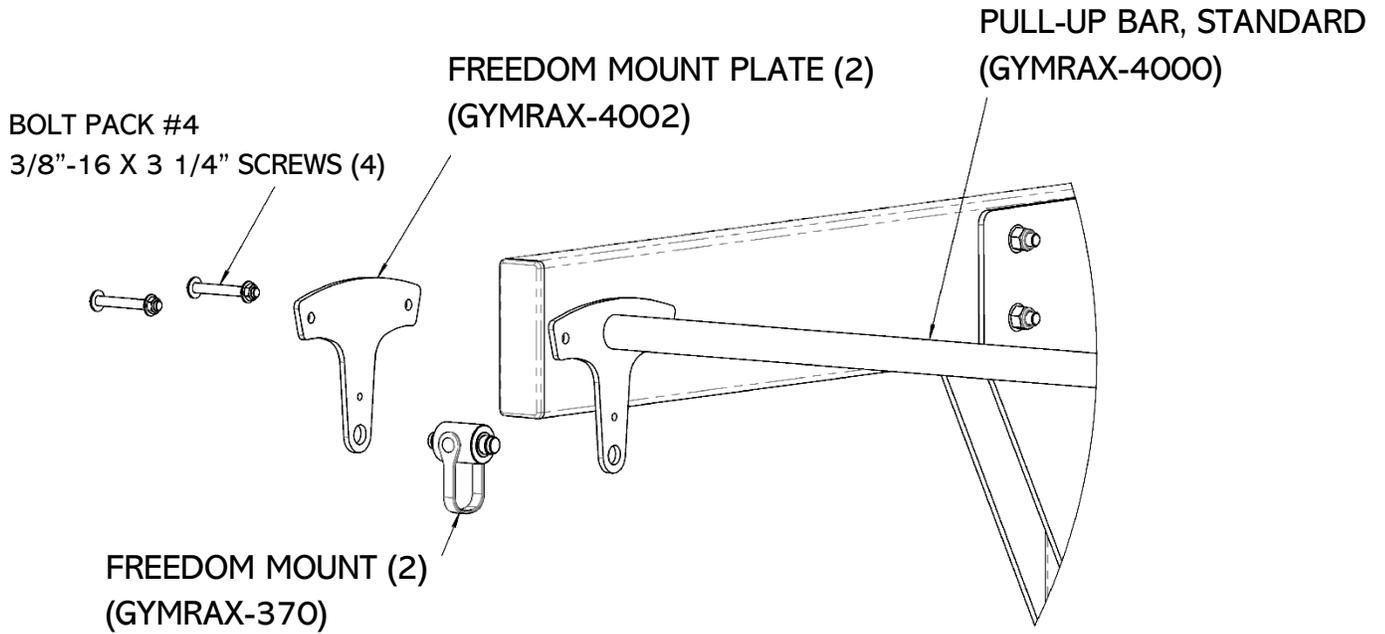
COMPLETED CROSSMEMBER AND SUSPENSION BEAM ATTACHMENT



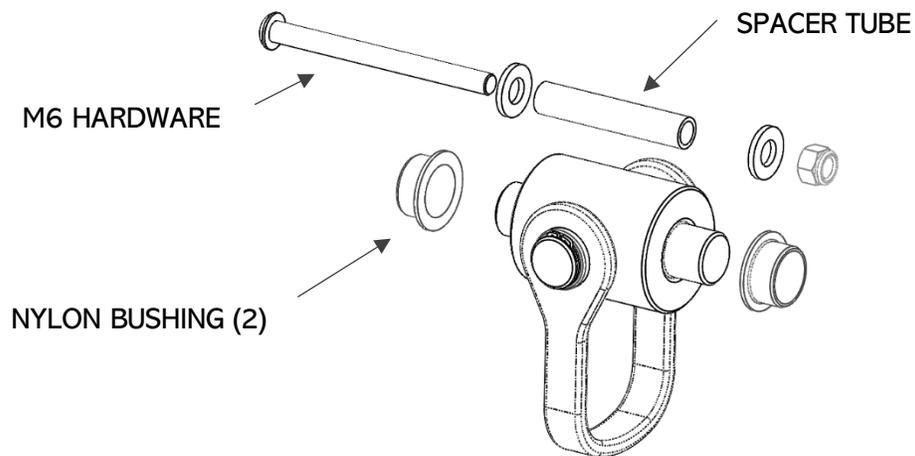
PULL-UP BAR & FREEDOM MOUNT ATTACHEMENTS

PULL-UP BAR & FREEDOM MOUNT ATTACHEMENTS

PARTS DIAGRAM



PULL-UP BAR & FREEDOM MOUNT ATTACHMENT



FREEDOM MOUNT PARTS



PULL-UP BAR & FREEDOM MOUNT ATTACHEMENTS

INSTALLATION PROCEDURE

STEP 1 – Lift the Pull-Up Bar (standard bar shown) between the Suspension Beams and line up the mounting holes. Use an assistant to hold the Pull-Up Bar in place.

STEP 2 – Insert fasteners from Bolt Pack through Freedom Mount Plate, Suspension Beam, and Pull-Up Bar end plate as shown.

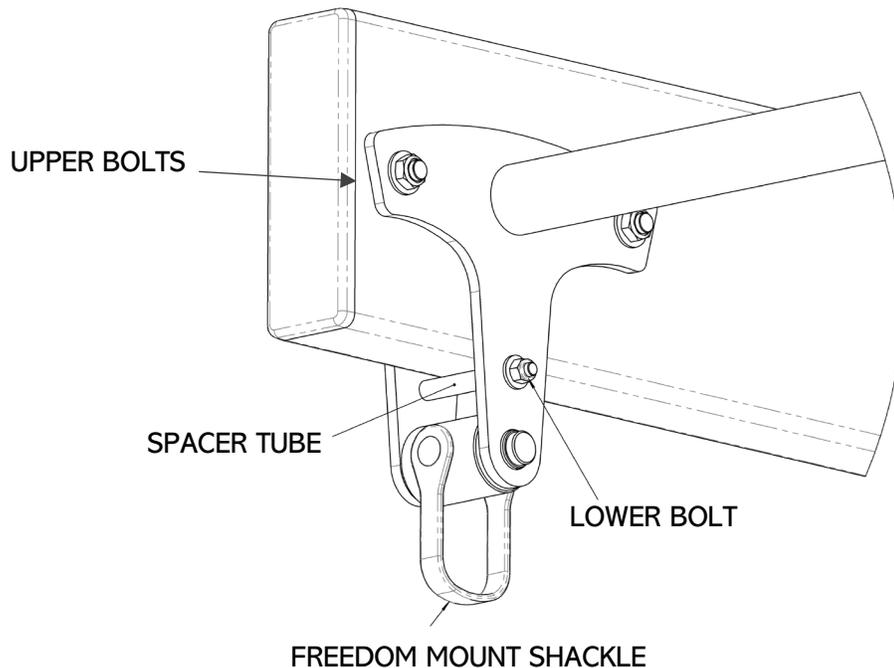
STEP 3 – At the same time insert the Freedom Mount between the Freedom Mount Plate and the plate of the Pull-Up Bar. Make sure the axle bearings on the Freedom Mount extend into the lower holes of the plates. Include the two nylon bushings on each end of the Freedom Mount Axle.

STEP 4 – The Freedom Mount includes an M6 bolt, washers, nut, and spacer. Include this hardware on the small hole of the Freedom Mount plate and the Pull-Up bar plate with the spacer between the plates.

STEP 5 – Install a flat washer under the head of the bolt and the lock nut on the upper holes of the plates.

Do not tighten fasteners completely, proceed to the next section, Freedom Mount Adjustment.

FREEDOM MOUNT ADJUSTMENT



STEP 1 – Install the lower bolt by placing the spacer tube between the Freedom Mount Plate and Pull-Up Bar end plate as shown.

STEP 2 – Insert the lower bolt provided with the Freedom Mount through the small lower hole in the Freedom Mount Plate, through the spacer tube and Pull-Up bar end plate as shown.

STEP 3 – Install with a washer under the head of the bolt and the lock nut.

STEP 4 – Test the proper fit by tightening the lower bolt until there is no side to side movement between the plates.

STEP 5 – Next, ensure the Freedom Mount rotates freely: the shackle should swing to its lowest position by gravity alone.

STEP 6 – Perform this procedure to both Freedom Mounts.

STEP 7 – Tighten the Pull-Up bar fasteners at both ends. Do not overtighten as the Suspension Beam can crush & deform easily.



PULL-UP BAR & FREEDOM MOUNT ATTACHEMENTS

STEP 8 – Recheck the proper fit of the Freedom Mount as above and re-adjust upper and lower bolts. The plates will be parallel when properly installed. The Freedom Mount should swing freely and not have excessive movement side to side.



USE CAUTION NOT TO OVERTIGHTEN THE UPPER BOLTS ON THE FREEDOM MOUNT PLATE. THE SUSPENSION BEAM CAN EASILY CRUSH & DEFORM WHEN OVERTIGHTENED.



TO ENSURE PROPER ALIGNMENT OF THE PLATES IT MAY REQUIRE ITERATIVELY ADJUSTING BETWEEN THE UPPER BOLTS AND THE LOWER BOLT.

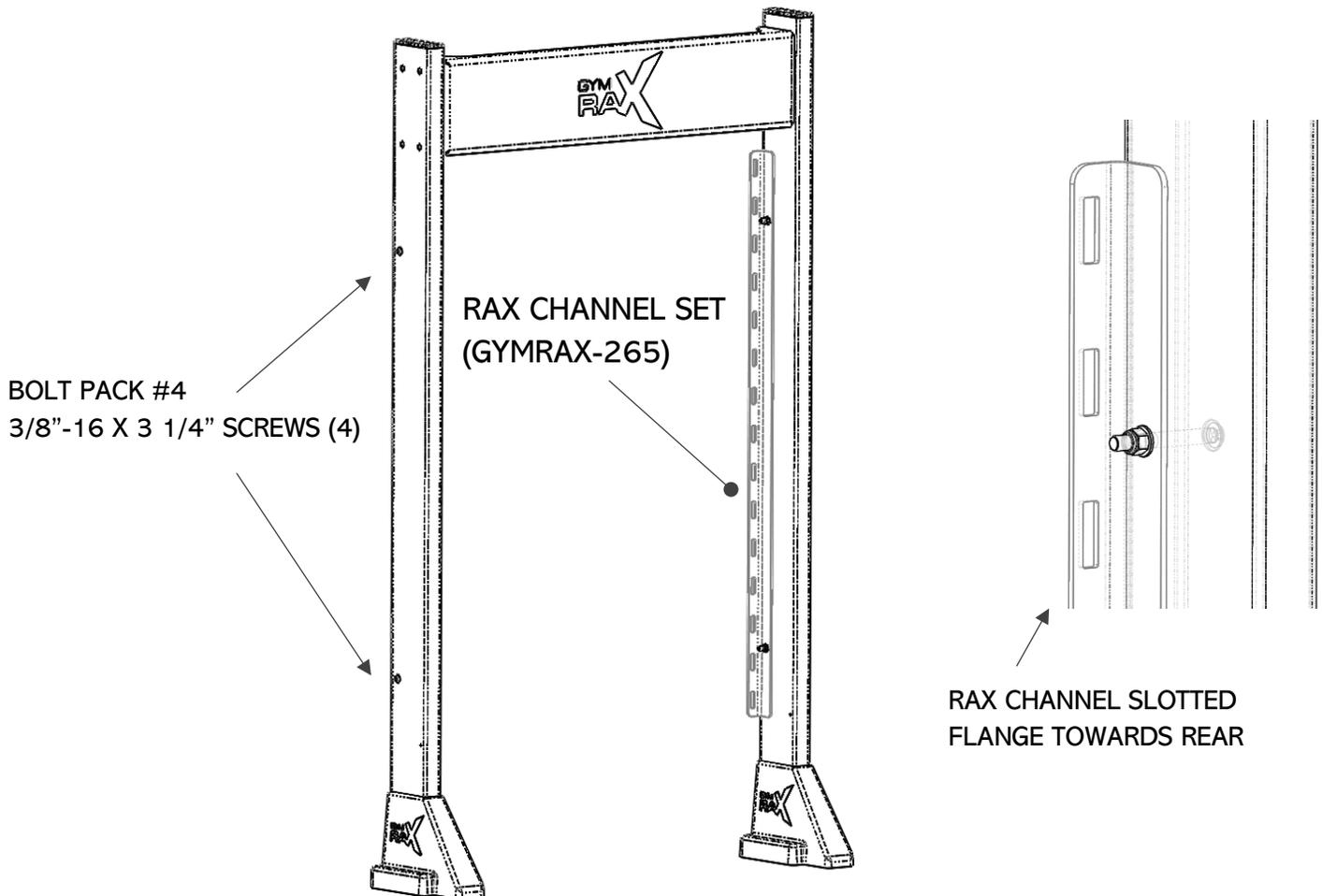


THE FREEDOM MOUNT MUST ROTATE FREELY ALONG BOTH AXIS ONCE ALL HARDWARE IS TIGHTENED. IF THE FREEDOM MOUNT DOES NOT FALL TO THE DOWNWARD POSITION UNDER ITS WEIGHT ADJUSTMENTS ON THE FASTERS IS NECESSARY.



RAX CHANNEL ATTACHMENT

RAX CHANNEL ATTACHMENT PARTS DIAGRAM



INSTALLATION PROCEDURE

STEP 1 – Install the Rax Channels as show using upper and lower screws with heads facing outward. The Rax Channel slotted flange will face the rear of the Post. Optionally, the Rax Channel slotted flange can be towards the front of the post and is necessary on some configurations, such as when the Wall Anchor L-Brackets are used. *See the note below.*

STEP 2 – Tighten fasteners completely using recommended torque specs, use caution not to overtighten as the Post tube can easily crush/deform under pressure.

STEP 3 – Verify the inside dimension is 46 inches between Posts on the upper and lower portions of the Posts for proper fit of the RAX storage.

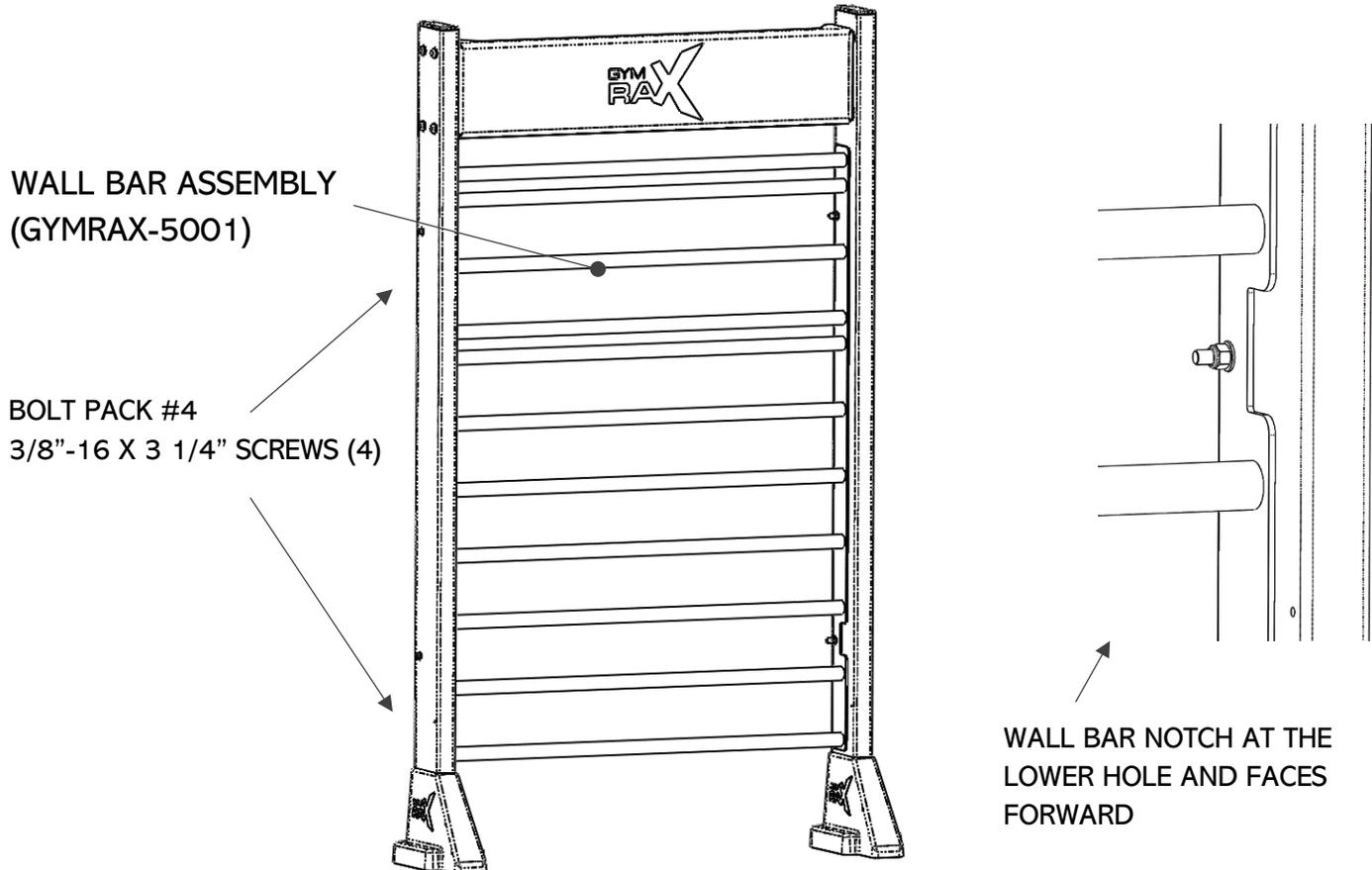
NOTE – If Base Anchor Training arms are included do not insert and fasten the lower screw, leave the upper screw loose until the arms have been attached.



RAX CHANNEL ATTACHMENT

WALL BAR ATTACHMENT

PARTS DIAGRAM



INSTALLATION PROCEDURE

STEP 1 – With Crossmember fasteners loose, carefully insert the Wall Bar Assembly between the Posts as shown. The notch of the Bar Assembly will be downward and faces forward. See the note below.

STEP 2 – Tighten fasteners completely using recommended torque specs, use caution not to overtighten as the Post tube can easily crush/deform under pressure.

NOTE – If Base Anchor Training arms are included do not insert and fasten the lower screw, leave the upper screw loose until the arms have been attached.



BASE ANCHOR TRAINING ARMS INSTALL

BASE ANCHOR TRAINING ARMS INSTALL

REQUIREMENTS

On Suspension Bay configurations the proper installation sequence and technique are critical to the performance of the Free Anchor System. Please review the steps before installation.

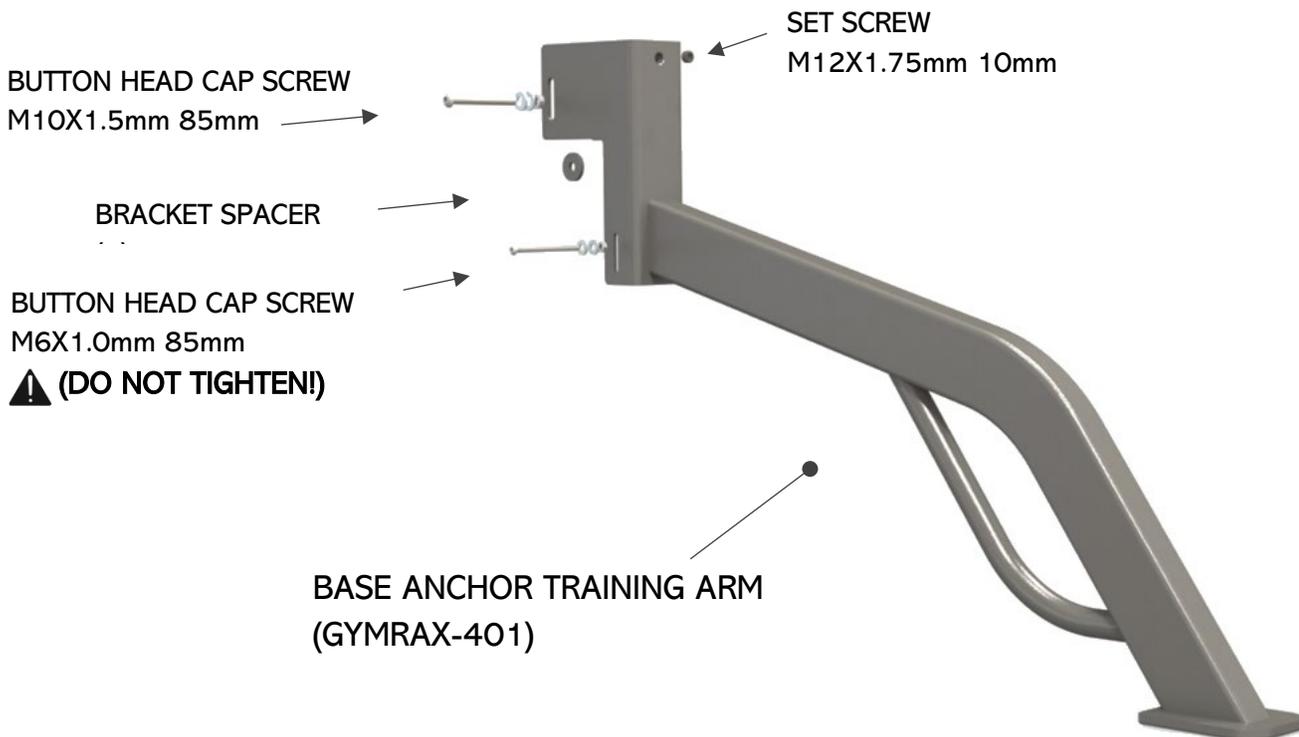
Do not tighten the screws and bolts of the Base Anchor Training Arms until the full Bay structure has been assembled. The arms should be attached with a loose M10 x 85 mm screw and nut, however, return to tighten the arm fasteners until the end step.

The lower M6 x 85 mm screw should never be fully tightened; it must remain reasonable loose!

REQUIRED TOOLS AND SUPPLIES

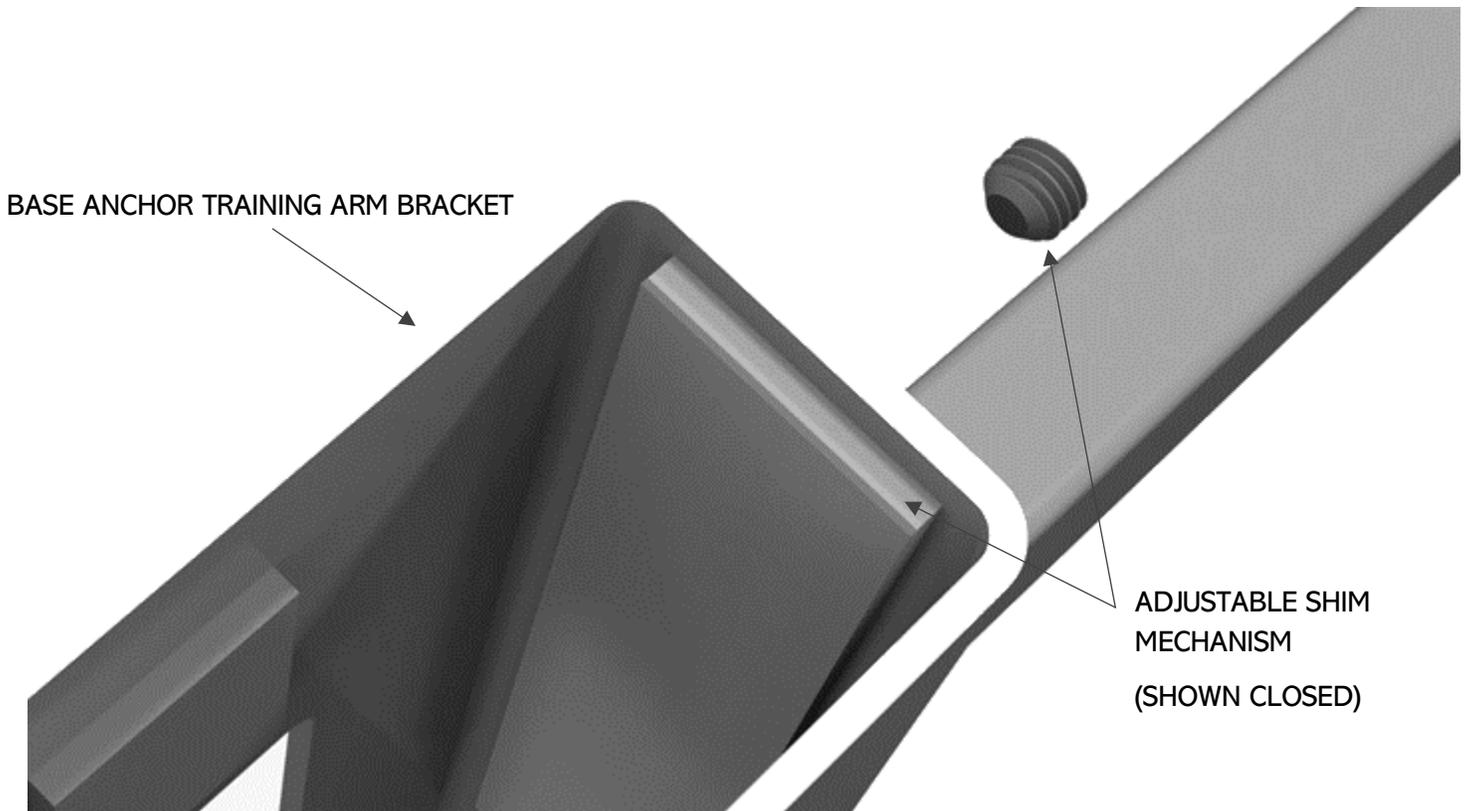
- 4 mm, 6 mm Hex wrenches
- 10 mm, 17 mm wrenches
- Level
- Rubber mallet

PARTS DIAGRAM



BASE ANCHOR TRAINING ARM
(GYMRAX-401)

BASE ANCHOR TRAINING ARM



BASE ANCHOR TRAINING ARM ADJUSTABLE SHIM MECHANISM

INSTALL PROCEDURE

STEP 1 – POSITION THE BASE ANCHOR TRAINING ARM

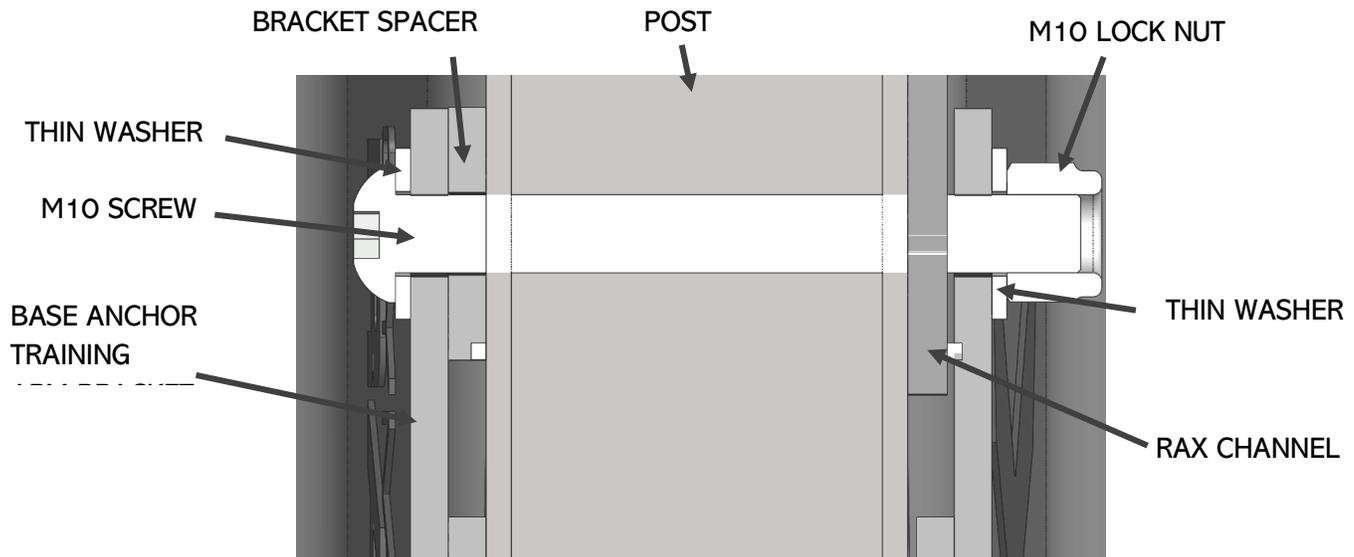
Slip bracket of Base Anchor Training arm over Post. The Set Screw should be fully backed out. When the Set Screw is fully backed out the two thin plates of the internal adjustable shim mechanism will be closed or touching as shown above.

STEP 2 – INSERT THE M10 x 85 mm SCREW

Insert the upper M10 screw in the slotted hole to secure the bracket to the post. Use a thin washer on each outside of the bracket. Use the included Bracket Spacer when there is no RAX channel or Wall Bar attached to the Post. See diagram of a section view of the M10 fastener. Take care as the screw will be passing through several layers it may be necessary to shift the arm side to side to fully align all components.



DO NOT FULLY TIGHTEN THE M10 SCREW AT THIS STEP, THREAD THE NUT ON A FEW TURNS ONLY TO PREVENT THE SCREW FROM FALLING OUT.



SECTION VIEW FROM ABOVE OF THE M10 FASTENER AND ADDED BRACKET SPACER

STEP 3 – INSERT THE M6 x 85 mm SCREW

Insert the lower M6 screw in the small hole using washers on the outside and in the same direction as the M8 screw. Screw the locknut onto the end of the screw enough that it is fully seated, however, the screw should apply tension and remain loose if you move it by hand. NEVER TIGHTEN THE M6 SCREW PAST THIS POINT, THIS IS CRITICAL, IT MUST NOT APPLY TENSION AND IS INTENDED TO ONLY ACT AS A PIN.

Note: There is no Bracket Spacer required or included for the M6 screw.

STEP 4- ADJUST & ALIGN THE BASE ANCHOR TRAINING ARM

Proceed to this step once the full Bay is assembled, check the Posts with a level to ensure they are near vertical. The front face of the Bracket should be near parallel to the Post front face. The foot should be fully seated and flat against the floor. Use a rubber mallet to adjust if necessary.

STEP 5 – INITIAL TIGHTENING OF THE SET SCREW

Tighten the set screw just until the inner shim sheet metal contacts the post and the slop is taken out of the M10 bolted joint. Do not further tighten until further instructed.

STEP 6 – FULLY TIGHTEN THE M10 SCREW



BASE ANCHOR TRAINING ARMS INSTALL

Fully tighten the M10 screw.

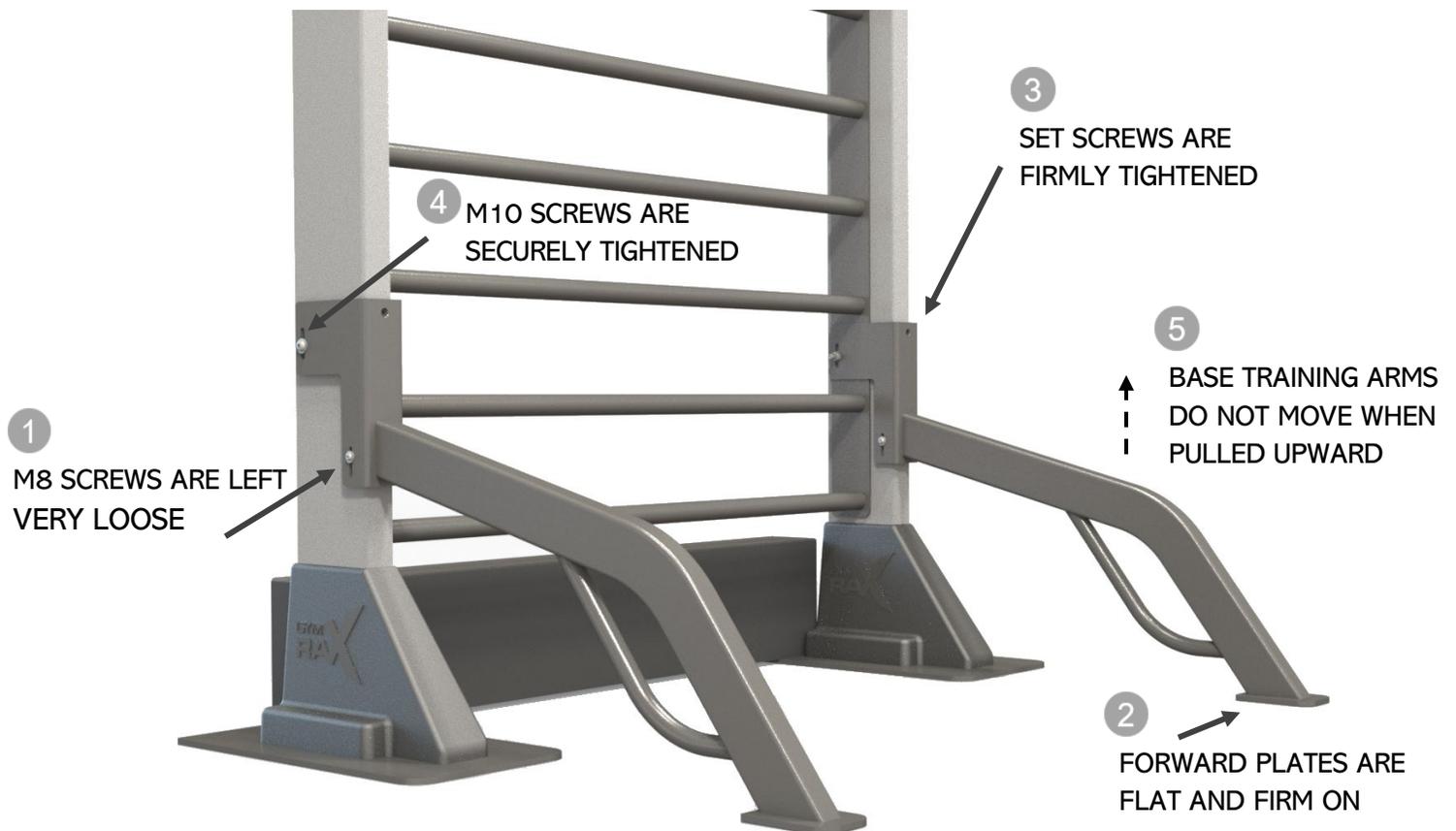
STEP 7 – FINAL TIGHTEN THE SET SCREW

Tight the set screw approximately another 1/2 to 3/4 of a turn of the wrench. The adjustment will feel tight at this point and the inner sheet of the adjustable ship will be fully compressed and in contact with the front face of the Post. Use caution not to tighten the set screw where the face of the Post is deforming significantly inward.

STEP 8 – CHECK FOR PROPER PERFORMANCE

Verify proper installation of the Base Anchor Training Arms with the 5 checks shown in the diagram below. The Base Anchor Training Arm should be firmly seated on the ground and does not lift upward if pulled on with 25 lb of force.

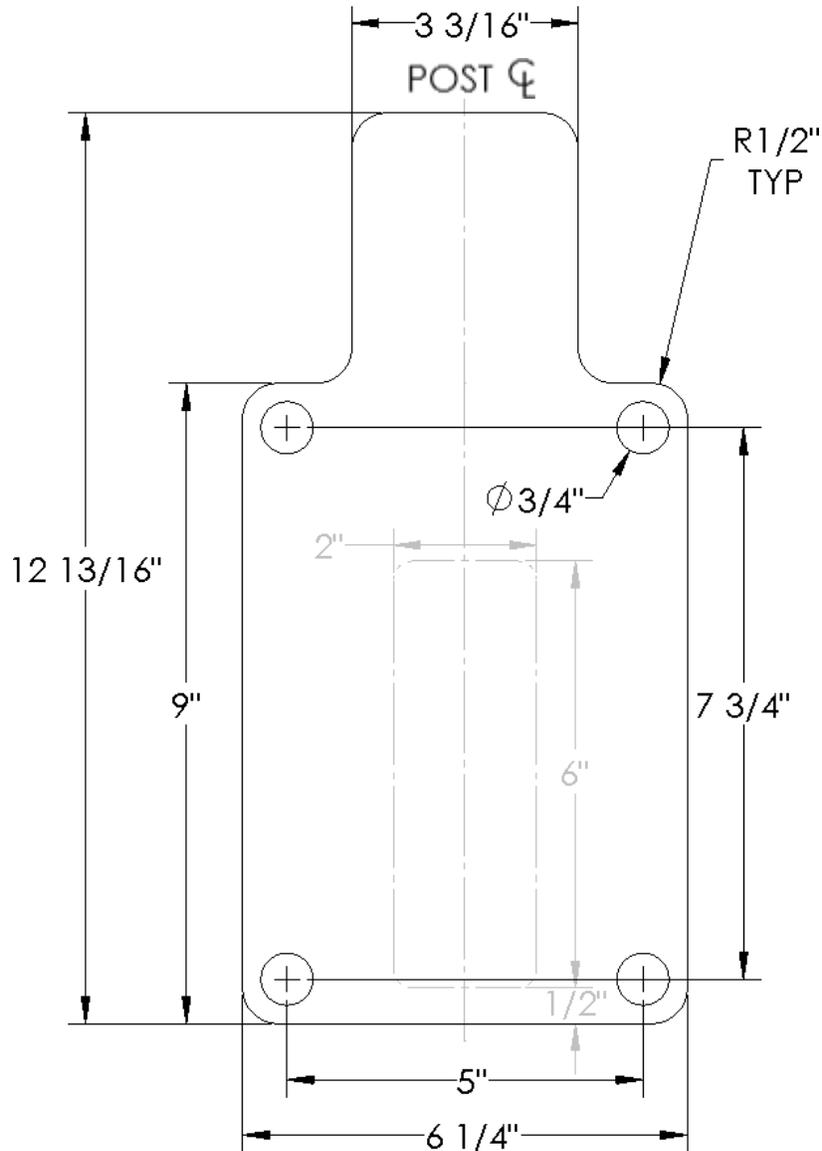
The installation of the Base Anchor Training Arm is now complete!



COMPLETED BASE ANCHOR TRAINING ARM INSTALL WITH FREE ANCHOR SYSTEM

INSTALLATION REFERENCES

POST BASE HOLE PATTERN AND DIMENSIONS

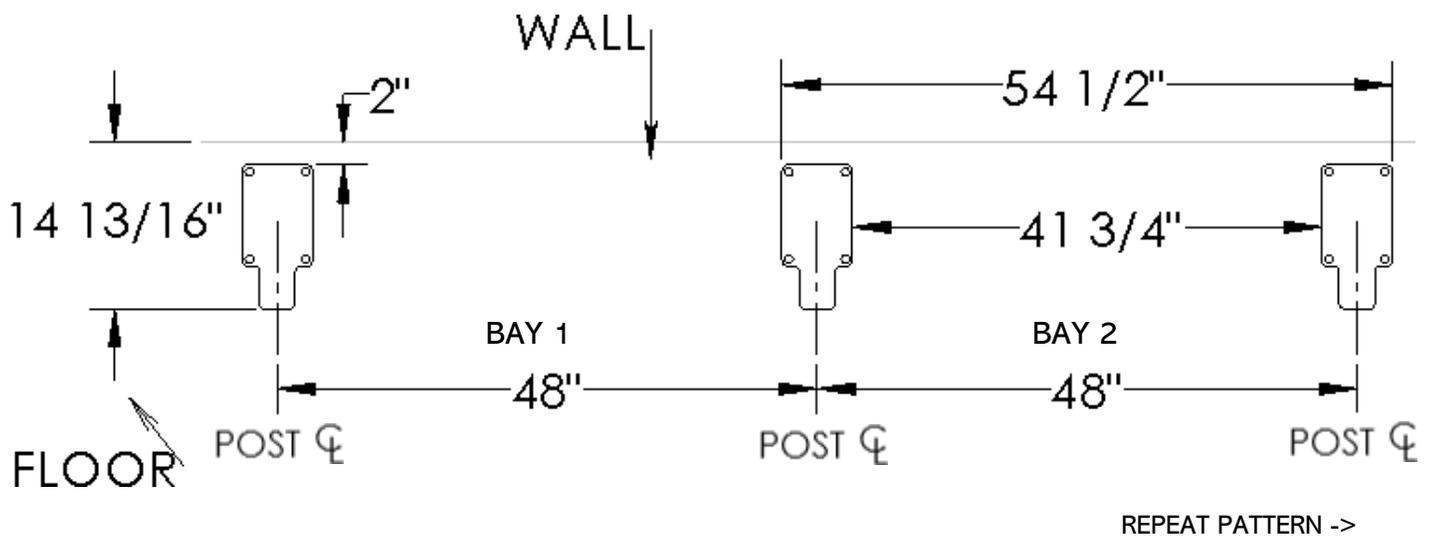


POST BASE HOLE PATTERN AND DIMENSIONS

NOTES

- The Post Base Plate thickness is $3/8$ ".
- The Post Base Cover extends roughly 0.5 " fore, 0.2 " aft and 0.2 " left-right past the Post Base perimeter dimensions shown above.

FLOOR ANCHOR FOOTPRINT AND DIMENSIONS



FLOOR ANCHOR FOOTPRINT

NOTES

- The Post Base Plate rear minimum distance from the wall is 0.5", 2.0" is recommended, an increased distance is ok unless Wall Brackets are used for anchoring. If Wall Brackets are used a 2.0" distance is required from the wall (not including base trim). The profile shown above does not include the Post Base Cover. The Post Base Cover extends 0.2" past the rear of the Post Base Plate.
- The overall width of multi-bay configurations can be calculated by the following.

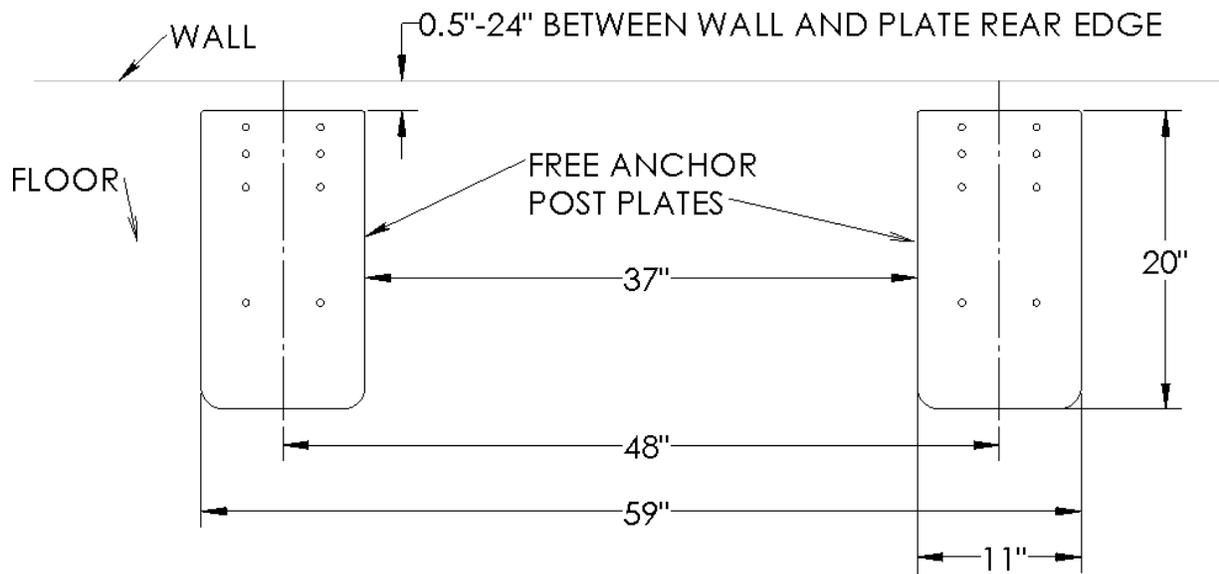
OVERALL WIDTH = (NUMBER OF BAYS x 48) + 6 .5

SINGLE BAY WIDTH= 54.5", DOUBLE BAY =102.5", TRIPLE BAY =150.5"



INSTALLATION REFERENCES

FREE ANCHOR PLATE POSITIONING AND DIMENSIONS

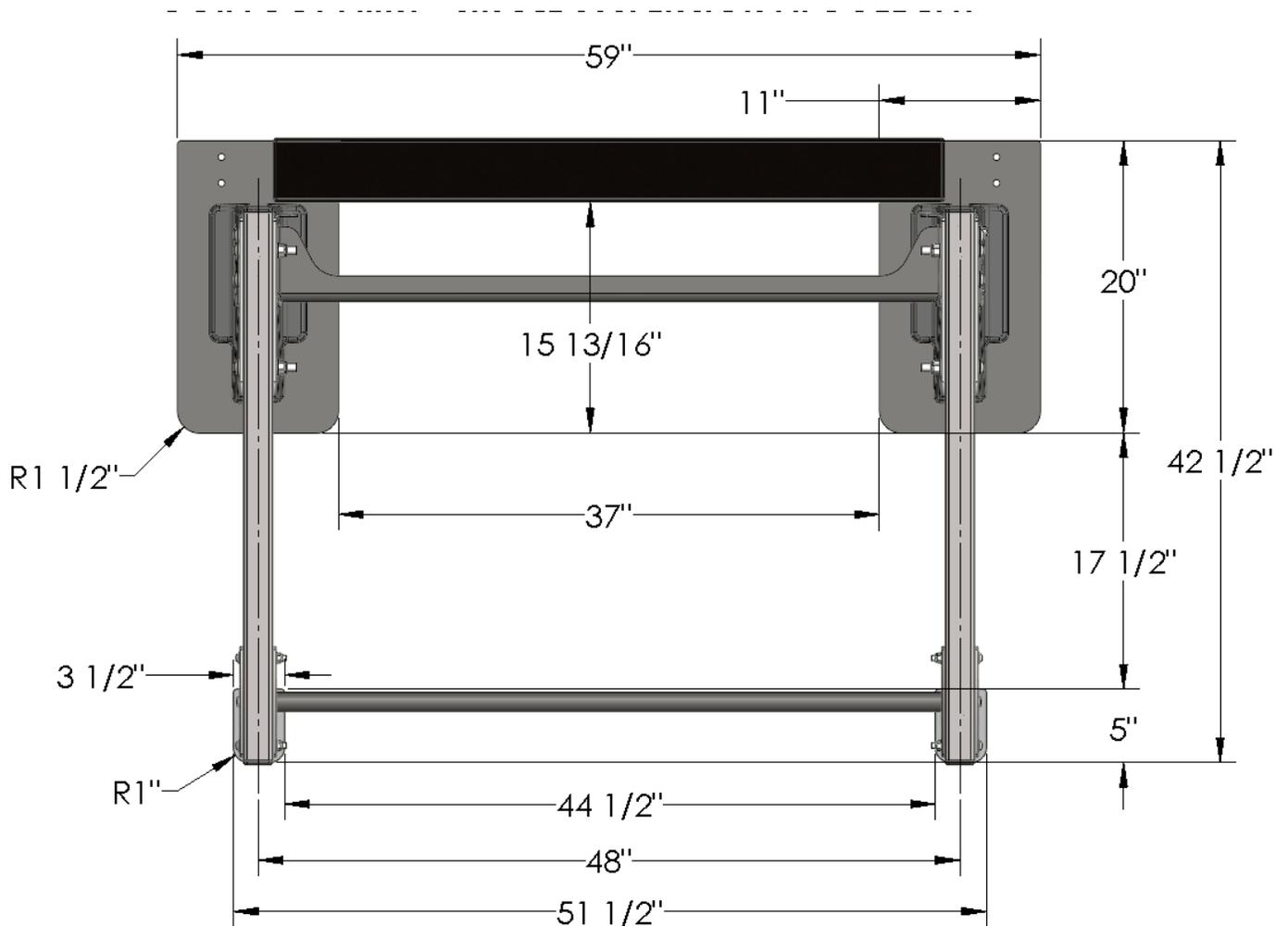


FREE ANCHOR PLATE POSITIONING AND DIMENSIONS



INSTALLATION REFERENCES

FREE ANCHOR FLOOR FOOTPRINT AND DIMENSIONS



FREE ANCHOR FLOOR FOOTPRINT WITH BASE ANCHOR TRAINING ARMS

NOTES

Overall width of free anchor multi-bay configurations in inches is calculated by:

$$\text{OVERALL WIDTH} = (\text{NUMBER OF BAYS} * 48) + 11$$

$$\text{SINGLE BAY} = 59", \text{ DOUBLE BAY} = 107", \text{ TRIPLE BAY} = 155"$$



INSTALLATION REFERENCES

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