

Gym Rax® - Freedom® Mount (Ceiling) Installation Guide - GYMRAX-380

REQUIREMENTS

Professional installation recommended

Mount to load-bearing structures capable of bearing a 1200 lb (550 kg) load

Use four 3/8 in x 3 in zinc finished bolts (not included)

Hollow drywall, wood paneling, metal strapping, not acceptable for mounting

The Freedom Mount (Ceiling) is fully assembled at the factory, do not disassemble

INCLUDES

1 Freedom® Mount (Ceiling)

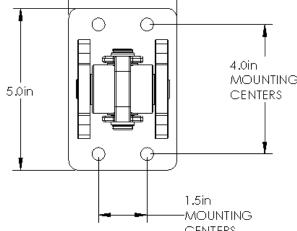
RECOMMENDED HARDWARE

Concrete or Masonry

Minimum engagement depth into concrete material, 2 in

Refer to bolt manufacture specs for the type of anchor being used

Recommended: Powers Bolt + 3/8 in X 3 in PN 6913SD or similar



Concrete Block

Internally threaded toggle anchors 3/8 in-16 thread size

Wood Framing

Through-Bolt: A bolt, end washer, and nut is highly recommended when the rear of framing is accessible

Lag bolt: Minimum engagement depth into wood material, 2 in

5.2in BRACKET

TOOLS REQUIRED

Ratchet, measuring tape, stud finder, pencil, drill, 1/4 inch drill bit

RECOMMENDED PLACEMENT

Secure the Freedom Mount bracket on a flat surface using appropriate threaded anchors into a wood beam, concrete, or brick. Ok to place on drywall surface when secured to a load-bearing structure. Recommended 7-9 ft above a floor space below provides adequate freedom to exercise. May optionally be secured on a wall.

INSTALLATION

- 1. Place Freedom Mount bracket on the surface of the installation location by hand, mark the four-hole center locations of the bracket with pencil, and set the Freedom Mount aside.
- 2. Ensure the hole locations adequately line up with load-bearing structure or stud centers.
- 3. Drill pilot holes
- 4. Return the Freedom Mount to the installation location and secure the Freedom Mount with recommended hardware.
- 5. The Freedom Mount bracket should be flush with the ceiling surface.
- 6. Verify the anchor is secure. When the Freedom Mount is loaded no movement of the bracket or hardware should be possible.
- 8. Installation is complete.

SAFETY GUDELINES

Hollow drywall, wood paneling, metal strapping are unacceptable for mounting

Verify fasteners are tight and have not loosened before use

Attachments to the Freedom Mount should be fixed low and at center of its shackle

Carabiners maybe clipped directly to the shackle. Ok to use two carabiners at once

Only one instance of nylon webbing can be tied to the shackle at a time with no additional attachments

Do not exceed 1200 lb (550 kg) loads

Fitness applications only