



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

REQUIREMENTS

- Professional installation recommended
- Mount to load-bearing structures capable of bearing a 1 200 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

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

- 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.
- Ensure the hole locations adequately line up with load-bearing structure or stud centers.
- Drill pilot holes.
- Return the Freedom Mount to the installation location and secure the Freedom Mount with recommended hardware.
- The Freedom Mount bracket should be flush with the ceiling surface.
- Verify the anchor is secure. When the Freedom Mount is loaded no movement of the bracket or hardware should be possible.
- Installation is complete.

SAFETY GUIDELINES

- 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 1 200 lb (550 kg) loads
- Fitness applications only

