



### IMPORTANT SAFETY GUIDELINES



Professional installation recommended.



Only mount to load-bearing walls or overhead studs or beams.



750 lb. (350 kg) maximum working load.



Hardware can loosen with time. Regularly inspect Xmount and tighten hardware as required.

### Get Started

#### Required tools

- Drill, with 1/4" drill bit
- Ratchet
- Stud finder

#### Included parts

- One Xmount
- Two wood stud lag bolts (3/8" x 3")
- Two washers

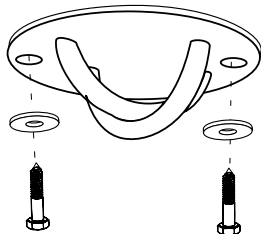
To install Xmount on a concrete surface, use two 3/8" x 3" concrete lag shields. (Sold separately at [www.fitnessanywhere.com](http://www.fitnessanywhere.com) or available at hardware stores).

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[www.fitnessanywhere.com/manuals](http://www.fitnessanywhere.com/manuals)



## Placement

Install the Xmount™ 7-9' off the ground into a wall stud, ceiling joist or overhead beam.



If you can, install the Xmount at least 3' from any wall on an overhead stud or beam above an 8' x 6' flat exercise surface (as shown). This placement allows 360° movement, which is ideal for TRX® training.

Ceiling joist or overhead beam



7-9'  
from floor



## Installation

1. Place Xmount with both bolt holes along center of stud. Mark hole locations with pencil. Drill pilot holes.
2. Place washer on lag bolt, insert through top hole of Xmount. Screw into top pilot hole using ratchet or drill. Do not tighten fully, as you may need to position lower hole by rotating Xmount.
3. Line up bottom hole of Xmount with lower pilot hole. Placing washer on lag bolt, screw lower bolt into place and tighten. Tighten top bolt.



- Use a stud finder at multiple points along stud to be certain of its center.
- Installed Xmount should be flush to wall with no play or movement in the hardware.
- Attach TRX® Suspension Trainer™ to Xmount by threading Suspension Anchor™ through "X" and clipping carabiner back into Suspension Anchor intermediate loops. Do not clip carabiner directly into Xmount.
- Weight-test by pulling down hard. Xmount should not move.
- Do not exceed 750 lb. (350 kg) working load.