

POWERBLOCK®

WALL MOUNT ACCESSORIES INSTALLATION INSTRUCTION

ITEM NO.	DESCRIPTION	QTY.
1	WALL MOUNT ACCESSORY	1
2	M6 X 60 mm STEEL LAG SCREWS	2
3	M6 STEEL WASHERS	2

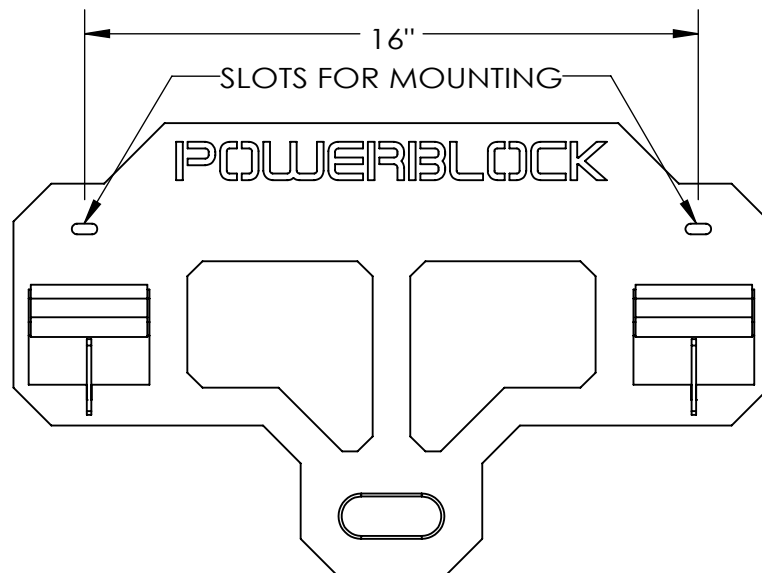
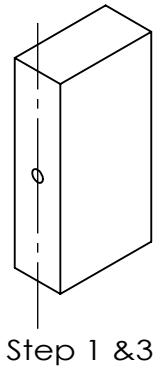
TOOLS NEEDED: SIZE 8 DRILL BIT OR EQUIVALENT/POWER DRILL/10 mm HEX WRENCH

NOTE: THESE INSTRUCTIONS APPLY TO ALL WALL MOUNTS, INCLUDING THE CHIN-UP, DIP, AB, AND TRAVEL BENCH.

EACH LAG SCREW NEEDS A MINIMUM OF 2" (5.08cm) THREAD ENGAGEMENT INTO A WOOD STUD, OR OTHER SOLID BACKING MATERIAL SUCH AS CONCRETE.

IN THE CASE OF A CONCRETE SURFACE, AN ANCHOR SUITABLE FOR THAT TYPE MUST BE USED.

1. Use a stud finder or similar device, locate the center of the wall studs (2 x 4 in or 50.8 x 101.6 mm minimum), and mark the holes.
2. Align the bracket with a level to verify the position of the holes.
3. Drill pilot holes with a size 8 drill bit or equivalent drill bit, and clean the holes. The holes must be drilled along the center axis of the studs. Inserting the screws without predrilling can split the studs.
4. Insert the lag screws and washers through the wall bracket and into the pre-drilled holes.
5. Ensure alignment is still satisfactory.
6. Tighten the screws to ensure there is good strong engagement and that the plate is strongly fixed to the wall.



WARNING: IMPROPER INSTALLATION OR USE COULD CAUSE SEVERE BODILY INJURY TO YOU OR OTHERS AROUND EQUIPMENT.