

# X-Mount Installation Instructions for Concrete Walls or Ceilings (using lag shields)



## Important Safety Notice. Professional Installation Recommended.

- 1) 750 lb max working load.
- 2) Only mount to strong load-bearing walls or overhead beam.



## Included Parts

- A) Two lag shields ( $3/8"$  x  $2^{7/16}"$ )

## Included Parts with X-Mount

- B) One X-Mount
- C) Two washers
- D) Two lag bolts ( $3/8"$  x  $3"$ )

## X-Mount Installation

- 1) Install X-Mount 7' to 9' high to a concrete wall or ceiling.
- 2) Place X-Mount with TRX logo facing up (see figure) and mark holes with a pencil.
- 3) Drill 3" deep pilot holes using  $5/8"$  concrete drill bit.
- 4) Tap lag shields into holes until they are flush with wall.
- 5) Place washer on lag bolt, insert through top hole of X-Mount (see figure). Screw into lag shield using ratchet or drill. Do not fully tighten yet.
- 6) Repeat with lower lag bolt and fully tighten both lag bolts.
- 7) Installed X-Mount should be flush to wall with no movement or play in any of the hardware.
- 8) Attach TRX® Suspension Trainer™ to X-Mount and weight-test by pulling down hard. The X-Mount should not move.

