

Mounting Instructions for Exercise Rail (s) and components.

CONCRETE OR BLOCK (see reverse for DRYWALL)

Please read instructions completely prior to mounting.

TOOLS REQUIRED

Electric drill, 5/16" concrete drill bit (Exercise Rails), 3/16" concrete drill bit (for Storage Rack & Posters), and a level.

Important: *These instructions are specific to mounting on concrete or block.*

If you are mounting to a wood or steel stud please see instructions specific to drywall on reverse.

Exercise Rails

- 1) Position rail in desired location.
 - a. Using a level, adjust the Rail until it is plumb.
 - b. Mark the wall with a pencil using the mounting holes of the Rail as guides.
- 2) Drill marked holes 5/16" x 2-1/4" deep.
- 3) Install the 1-1/2" lead anchors provided.
- 4) Attach Rail with the 3" screws provided.
- 5) Tighten until Rail rests snugly against wall. DO NOT OVER-TORQUE.

Warning: *If any of the screws are over torqued and stripped, the unit can not be safely used. Prior to every exercise session, check to make sure the screws are securely fastened to the wall.*

Storage Rack

- 1) Position Storage Rack in desired location.
 - a. Use a level, adjust the unit until it is level.
 - b. Mark the wall with a pencil using the mounting holes of the Storage Rack as guides.
- 2) Drill holes 3/16" x 1" deep.
- 3) Install the 6/8" plastic conical anchors.
- 4) Attach Storage Rack to wall with the 3/4" screws provided. DO NOT OVER-TORQUE.

Exercise Posters

- 1) Position poster in desired location.
 - a. Using a level adjust the poster until it is level.
- 2) Drill holes 3/16" x 1" deep.
- 3) Install the 6/8" plastic conical anchors.
- 4) Attach Poster to wall with the 3/4" screws provided.
- 5) Repeat with other posters.

NOTE: For best results, attach all tubing, bands, and other exercise devices to the Exercise Rail and Storage Rack using PrePak's web strap anchor devices. **Do not apply more than 300 lbs. to the Exercise Rail.** Prior to every exercise session, check that screws are securely fastened. Always check tubing for wear prior to use and never use stretch products with nicks or abrasions.