

Mounting Instructions for Exercise Rail (s) and components.

DRYWALL (see reverse for CONCRETE/BLOCK)

Please read instructions completely prior to mounting.

TOOLS REQUIRED

Electric drill, 1/8" twist drill bit (Exercise Rails), Phillips screw driver #2 (Storage Rack & Posters) and a level.

Important: These instructions are specific to mounting on wood or steel studs. Exercise Rails must be mounted to a wood or steel stud.

If you are mounting in concrete or block please refer to the instructions specific to concrete/block on reverse.

Exercise Rails

- 1) Locate the center of the wood or steel stud.
- 2) Position Rail in desired location on the upright stud.
 - a. Using level adjust the Rail until it is plumb.
 - b. Mark the wall with a pencil using the mounting holes of the Rail as guides.
- 3) Pre-drill marked holes 1/8" by 1" deep.
- 4) Attach Rail to wall with the 3" screws provided. Do not over torque. **HAND TIGHTEN** each screw until head of screw rests snugly against unit.
- 5) Apply rail slot number labels next to each slot in rail. Peel off backing and stick.

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) Screw the plastic EZ anchors provided directly into drywall.
- 3) Attach the Storage Rack to the 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) Screw the plastic EZ anchors provided directly into the drywall.
- 3) Attach poster to wall with the 3/4" screws provided.
- 4) 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.