

Proper Technique for Installing and Setup of the Ceiling Mount/Door Frame Attachments



1 Choose a location between 7 to 10 feet high with a secure ceiling joist, wall stud, or door frame.



2 Always use a stud finder to locate several points along the anchoring location. This will further confirm the center point of the anchoring point. Suggested width for dual mounts is 18"-25" apart, depending on the width of the door.



3 After you have found a secure location for your ceiling mounts you will need to use a pencil to mark where you will drill holes for the bolts. Hold the ceiling mounts against the surface and mark the center for each hole.



4 Pre-drill the holes where marked using a 15/64 or 1/4 inch drill bit.

5 Place the washer and spring lock washer on the first bolt. Insert the first bolt through one of the two holes on the ceiling mount. Using a drill or wrench, screw into one of the holes you pre-drilled. Ensure you don't completely tighten the bolt. Repeat for the remaining bolt.



6 Ensure the ceiling mount is in the correct position and fully tighten both bolts.

For installation in a door frame, we suggest you measure 8 inches in from both sides of the frame. Then use a pencil to mark the where to pre-drill the holes. For optimal installation the Human Trainer logo on the ceiling mount should be facing perpendicular to the door.



To see a video of how to install The Human Trainer Ceiling Mounts and Door frame attachment visit our website:

www.thehumantrainer.com