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Title: TRX® Xmount Installation Instructions for Ceilings or Concrete Walls Using Lag Shields
Date: May 17, 2010

Important Safety Notice – Professional Installation Recommended
- Only mount to strong load bearing walls or overhead beam
- 750lb Max Working Load

Included Parts
   A. Two lag shields (3/8" x 2 7/16")

Parts Included with Xmount
   B. (1) Xmount
   C.   (2) Washers
   D. (2) Lag Bolts (3/8" x 3")

Xmount Installation
   1. Find a location to install the Xmount (7' – 9' concrete wall or ceiling).
   2. Place Xmount with logo facing up (refer to drawing) and mark holes with a pencil.
   3. Drill pilot holes 3" deep using a 5/8" concrete drill bit.
   4. Tap lag shields into the pilot holes until they are flush with the wall or ceiling.
   5. Place washer onto the lag bolt and insert the lag bolt through the top hole of the Xmount (refer to drawing). Screw lag bolt into the shield using a ratchet or drill. Do not fully tighten bolt.
   6. Repeat the steps to install the lower lag bolt and then fully tighten both lag bolts.
   7. Xmount should be flush to the wall or ceiling when installed and have no movement or play in any hardware.
   8. Attach the TRX® Suspension Trainer to the newly installed Xmount and test for proper installation. Perform a weight test by pulling down hard on the suspension trainer. The Xmount should stay firmly fixed and should not move.

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