

Black Mountain Products Wall Mount

Warnings – Read all warnings and directions before use.

- The installation instructions must be read to prevent personal injury and property damage. Keep these installation instructions in an easily accessible location for future reference.
- This wall Mount Must be installed by a licensed contractor.
- Do not exceed 750 lbs working load.
- The wall structure must be capable of supporting at least five times the maximum load capacity as indicated. If not, the wall must be reinforced.
- Recommended mounting surfaces: wood stud and solid-flat concrete.
- Ensure mount is safely secured into a wall stud or overhead beam before any use.
- Hardware can loosen with time. Check before every use. If any defects, discontinue use and contact Black Mountain Products for assistance.
- Each wall mount must be installed into a secure and sturdy wall stud or overhead beam to ensure safety of use.
- Professional installation recommended.
- Proper installation procedure by yourself or a qualified service technician, as outlined in the installation instructions, must be adhered to. Failure to do so could result in serious personal injury.
- Black Mountain Products assumes no liability for wall mounts that have not been installed by a professional.
- If you don't understand these installation instructions, please consult an installation specialist.

Intended Uses and Contents

- Contains one (1) wall mount bracket, two (2) wood mounting screws, and two (2) concrete mounting screws. (SCREW SET WITH SLEEVES FOR CONCRETE ONLY)
- Wall Mount is specially designed to mount either indoors or outdoors for use with suspension trainers, gym rings, yoga swings, hammocks, resistance bands and battle ropes.
- The durable steel mount can be mounted either vertically on the ceiling using an overhead beam or stud or horizontally into a wall stud.

Installation

Wall mount must be installed into either a wall stud or beam. To begin, first determine where you will be installing the wall mount. If installing on a ceiling be sure to locate an overhead beam to affix the wall mount to. If installing the wall mount to a side wall locate a stud to affix the wall mount to. Once you have located either the overhead beam or stud you will need to use a ½" drill bit. Begin by drilling a starter hole into the center of the stud or beam for the two anchor bolts. Once you have the starter holes drilled for the anchor bolts, place wall mount over the two starter holes and insert the bolts into the pre-drilled holes. Once you have the anchor bolts inserted through the wall mount and into the pre-drilled holes, begin to tighten down the bolt until the wall mount is secure. It is required that for proper use and safety the wall mount be professionally installed. Black Mountain Products assumes no liability for wall mounts that have not been installed by a professional.