

Wall Mount Instructions

Read all warnings and precautionary statements to reduce risk of injury.

- The installation instructions must be followed to prevent personal injury and property damage. Keep these instructions in an easily accessible location for future reference.
- Do not exceed 750lbs 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 or solid-flat concrete.
- Ensure the mount is safely secured into a wall stud or overhead beam before 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 of the Wall Mount is recommended. Black Mountain Products assumes no liability for wall mounts that have not been installed by a professional.
- Proper installation procedures must be adhered to. Failure to do so could result in serious personal injury.



www.blackmountainproducts.com | 815-322-2028 | M-F (8am-4pm)

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Installation

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 it 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 drilled, place the Wall Mount over the two starter holes and insert the bolts. Once inserted, begin to tighten down the bolt until the wall mount is secure. Professional installation is suggested.

Intended Use and Contents

Contains (1) wall mount bracket, (4) wood mounting screws and (4) concrete mounting screws (SCREW SET WITH SLEEVES FOR CONCRETE ONLY). The 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 Wall Mount can be mounted either vertically on the ceiling using an overhead beam/stud or horizontally into a wall stud.

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