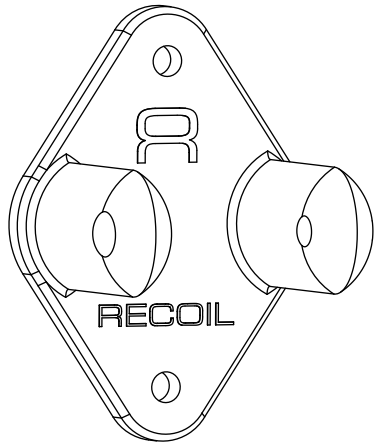


RECOIL MOUNT



INSTALLATION GUIDE



IMPORTANT SAFETY GUIDELINES

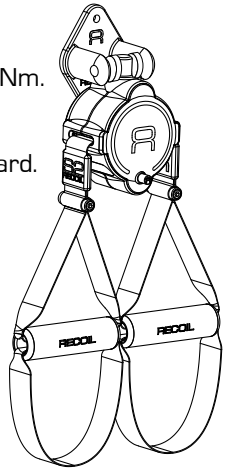
- Professional installation is required by a competent person.
- Only mount to load bearing walls, solid concrete, or overhead beams.
- Safe working load 150kg (330lb)
- Bolts may loosen over time. Check regularly and tighten if required.

POSITIONING

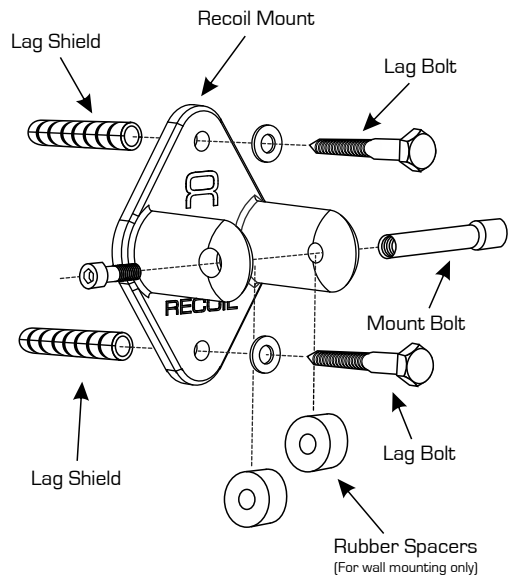
- Install the Recoil Mount to a brick or concrete load bearing wall, ceiling joist or overhead beam.
- The surface must be flat so that the Recoil Mount sits flush without any gaps.
- For wall mounting, the ideal height is just above head height.
- For ceiling mounting, the ideal position is at least 1m (3 feet) away from the wall above an exercise area of approximately 2.5 x 1.8m (8' x 6').
- This provides adequate space for all exercises.

WALL SETUP

- Attach the S2 directly to the Recoil Mount via mount bolt.
- Place a rubber spacer either side of the S2.
- Tighten mount bolt to 1Nm.
- Check that the setup is secure by pulling down hard. The Recoil Mount should not move.
- Do not exceed the max load of 150KG (330lb)
- **DO NOT USE THE LASHING STRAP FOR WALL MOUNTING.**



CONTENTS



FIXINGS

- For brick or concrete. 8 x 75mm (5/16" x 3") lag bolt with lag shield x 2
- For wood. 8 x 75mm (5/16" x 3") lag bolt x 2
- 8mm (5/16") washer x 2

REQUIRED TOOLS

- For brick/concrete. Drill with 12.5mm (1/2") masonry drill bit.
- For wood. Drill with 5mm (3/16") drill bit
- Ratchet or spanner 13mm (1/2")
- No.6 (1/4") hex wrench x 2

INSTALLATION

- Place the Recoil Mount in the designated position and mark holes with a pen or pencil.
- Remove the Recoil Mount and drill holes to the required depth.
- Place washers on the lag bolts.
- For brick or concrete, insert the lag shields into the drilled holes.
- Lag shields are not required for wood.
- Align the Recoil Mount with the drilled holes then insert lag bolts and tighten using ratchet or spanner.

CEILING SETUP

- Attached S2 to Recoil Mount via lashing strap.
- Insert mount bolt through one of the lashing strap eyelets to achieve the desired height.
- Tighten mount bolt to 1Nm.
- Check that the setup is secure by pulling down hard. The Recoil Mount should not move.
- Do not exceed the max load of 150KG (330lb)

