

TRX® Suspension Training® Anchoring Solution: TRX® MultiMount™



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TRX® MultiMount™ Products

Make the most out of your training facility with the TRX® MultiMount™, a versatile anchoring solution that's perfect for any fitness club or workout space.

The MultiMount is a wall-mounted anchoring system that allows facilities to offer small to large group training in a variety of spaces. Perform hundreds of TRX exercises on the MultiMount, which also accommodates other tools like ropes, stretch bands and heavy bags.

TRX MultiMount

- Best for personal trainers and small studios
- Industrial steel construction with a powder coated finish
- Supports up to 2 Suspension Trainers

TRX Double MultiMount

- Perfect for group training in small-to mid-sized facilities
- Supports up to 3 Suspension Trainers
- Allows for pull-ups and other hanging exercises

TRX Triple MultiMount

- Ideal for mid-to large-sized facilities
- Allows for group training and classes
- Supports up to 6 Suspension Trainers

TRX MultiMount Extension Kit

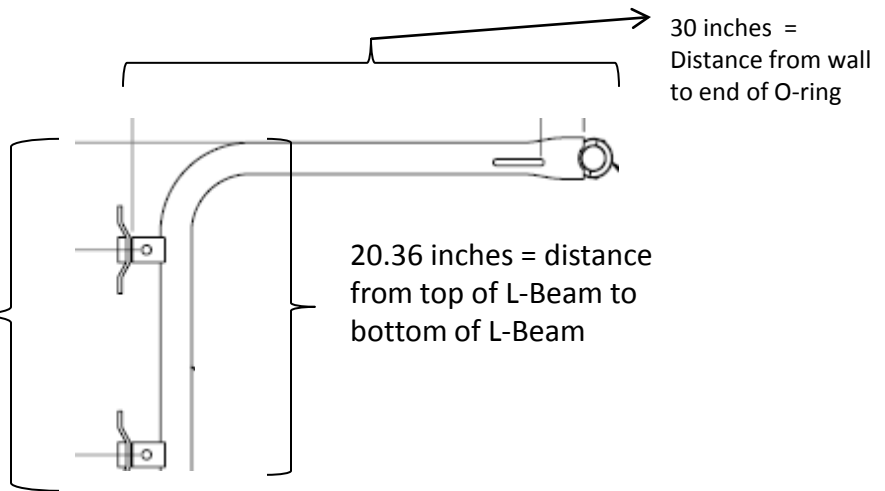
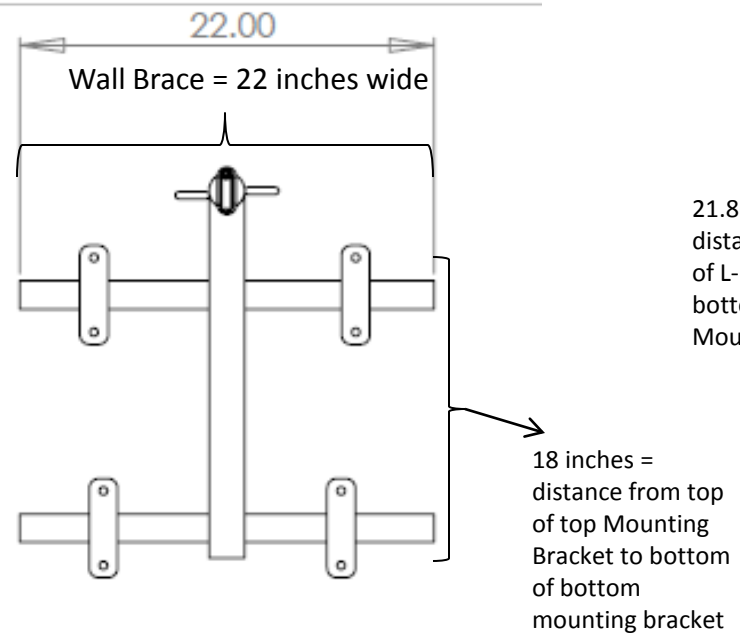
- Existing MultiMount users can extend a MultiMount system with this Kit that adds 3-4 users (depending on original MultiMount setup).

**Each MultiMount is meant to support the bodyweight of up to three large users. Professional installation is recommended.*



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Important Installation & Safety Information

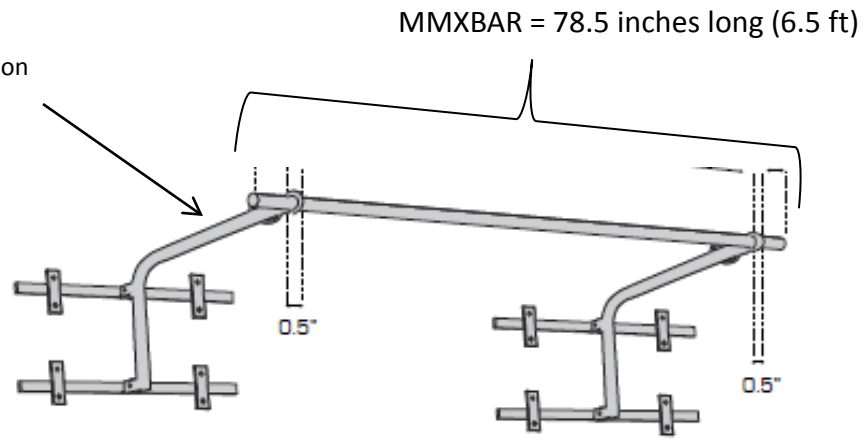


MultiMount Kit Example

2 MultiMounts & 1 Cross Bar (MMBXAR)



L-Beam position can be up or down.



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Important Installation & Safety Information

1. Be Safe! Professional Installation Is Strongly Recommended

It is important that your MultiMount be properly and securely attached to a wall that can bear the weight of the exercisers who will use it. A MultiMount that is not securely attached to a load-bearing wall could separate from the wall and cause serious injury. We strongly recommend that MultiMounts be professionally installed.

2. Required Maintenance

Check regularly the tightness of the bolts used to assemble the MultiMount and anchor it to the wall. Tighten with a wrench if necessary.

3. Anchoring to Steel Beams or Walls with Metal Studs

Anchoring your MultiMount to a steel beam or to a wall with metal studs will require different tools and anchoring hardware. Please consult a professional.

4. Required tools:

1. Hammer
2. Socket wrench (3/8" and 1/2")
3. Allen wrench
4. Drill and one 1/4" wood drill bit, or one 1/2" concrete drill bit, depending on wall type
5. Pencil
6. Level
7. Measuring tape
8. Stud Finder
9. Ladder

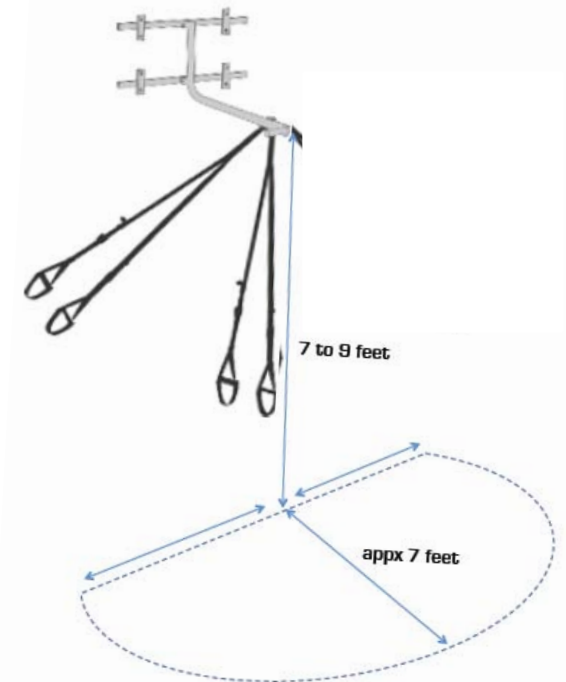
Important steps before starting installation:

1. Find a helper. Installing a MultiMount is a two-person job.

2. Find the right location.

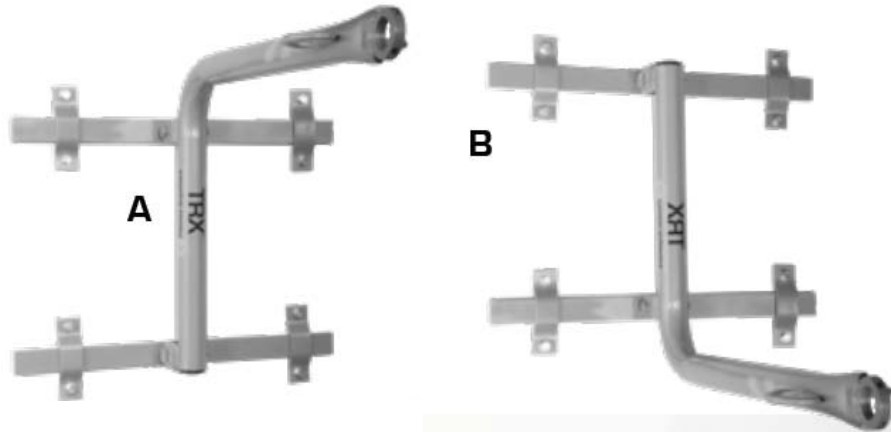
Select a load-bearing wall strong enough to bear the weight of the MultiMount and the exercisers who will use it. Make sure there is enough open space around the MultiMount for Suspension Training .

Single MultiMount



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Important Installation & Safety Information



Step 1: Mark the appropriate placement

1. Mark on the wall the appropriate height for the top Wall Brace.

- The L-Beam O-ring should be 7-9 feet off the ground.
- The L-Beam can be positioned so that the O-ring points up [A] or down [B] depending on ceiling height and the amount of free space on your wall.

2. With a helper, hold the upper Wall Brace horizontally and lay the two Mounting Brackets over it. Check Wall Brace alignment using a level. [C.]



3. Mark the four Mounting Bracket holes with a pencil. [C.]

For wood stud walls, use a stud finder to locate adjacent studs and make sure the Mounting Brackets are set in the center of each stud. [D.]



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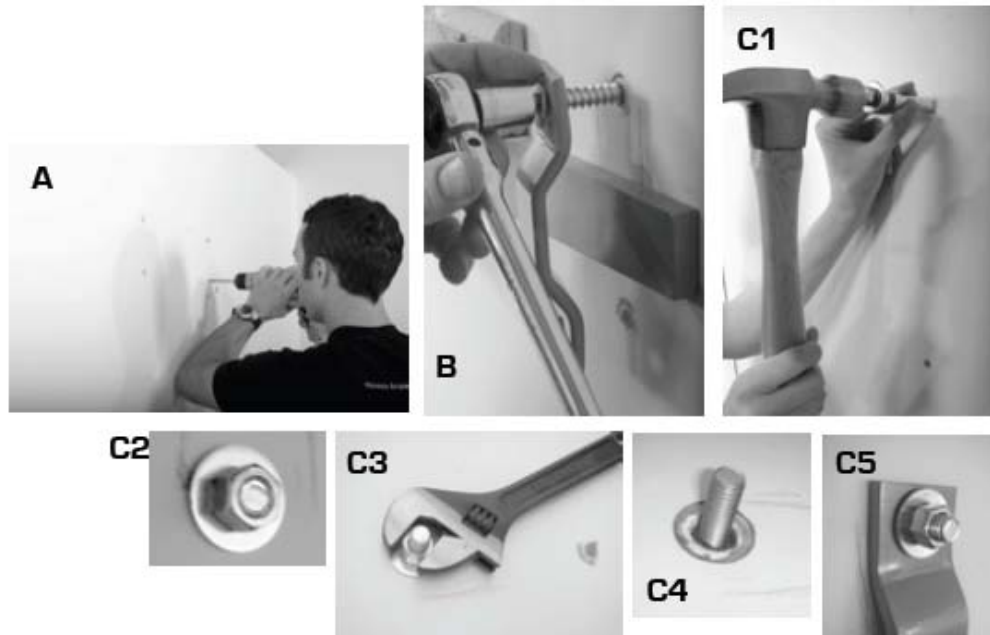
Important Installation & Safety Information

Step 2: Loosely attach top two Mounting Brackets to wall

For wood stud walls, drill the four previously marked holes using the 1/4" wood drill bit [A], then loosely attach the top two Mounting Brackets through the top holes only using provided 3/8" lag bolts and washers. [B].

For concrete walls, drill the four previously marked holes using a 1/2" concrete drill bit [A], then tap a 1/2" sleeve stud anchor into each hole [C1] until the sleeves are flush with the wall. [C2]. Tighten each nut [C3] until the screw thread extends approximately one inch from the wall. Remove the washer and nut from all four sleeve stud anchors, leaving the screw threads exposed [C4]. Add the two Mounting Brackets into place. Loosely hand-tighten the top two washers and nuts only. [C4].

For all wall types, the Mounting Brackets should have just enough freedom of motion to allow the L-Beam/Wall Brace assembly to slide into place.



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Important Installation & Safety Information

Step 3: Affix MultiMount to wall

- 1. On the floor, attach the L-beam to the two Wall Braces using the two 1/2" bolt/nut sets.**

[A.] Use a socket wrench to tighten. Do not fully tighten until MultiMount is affixed to wall.

- 2. Tightly attach top Wall Brace.**

Lift L-Beam/Wall Brace assembly to the wall and slide the top Wall Brace underneath the loosely attached top two Mounting Brackets.

For wood stud walls, add the bottom two 3/8" lag bolts and washers.

Tighten with a socket wrench.

For concrete walls, slide a washer and nut over the exposed bottom two screw threads. Tighten with a socket wrench.

- 3. Tightly attach bottom Wall Brace.**

Check alignment of bottom Wall Brace with a level. [B.]

Lay the Mounting Brackets over the bottom Wall Brace and repeat the procedure described above to anchor the Mounting Brackets securely to the wall.

- 4. Tighten L-Beam/Wall Brace assembly bolts and nuts with socket wrench.**



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Important Installation & Safety Information

Step 4: Weight test and maintenance

1. Hang the TRX® Suspension Trainers™

A single MultiMount will accommodate two users.

2. Conduct a Weight Test

Always weight-test the MultiMount to ensure correct installation before starting to train. Attach a Suspension Trainer (after following proper Set-up & Use instructions) and pull hard to weight-test your installation. All of the nut/bolt sets should be tight, without movement. The MultiMount should look and feel securely attached to the wall.

3. Required maintenance

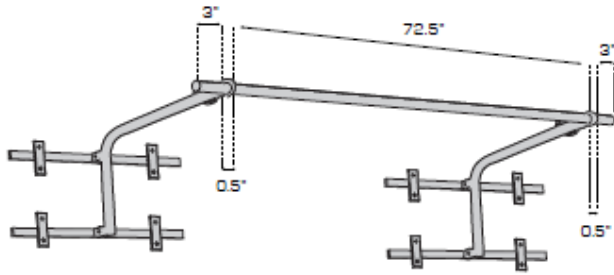
Regularly check the tightness of the bolts used to assemble and anchor the MultiMount. Tighten the bolts with a wrench if necessary.



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Important Installation & Safety Information

Two MultiMount Installation: 2 MultiMounts & 1 Cross Bar

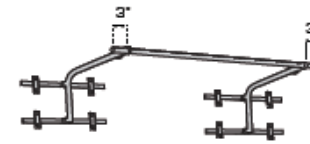


- 1. Install the first MultiMount** by following the installation instructions provided with your MultiMounts. Be sure to use a level.
- 2. Install the second MultiMount** at precisely the same height as the first MultiMount. Space the MultiMounts 72.5 inches apart (measuring from the O-rings), so that three inches of Cross Bar will extend from each MultiMount O-ring when installed.
- 3. Install the Cross Bar.** Use an Allen wrench to loosen the MultiMount O-rings, then slide the Cross Bar into place. The Cross Bar should extend no more than three inches past each O-ring. Fully tighten the O-ring screws once the Cross Bar is in place.
- 4. Weight-Test.** Always weight-test to ensure correct installation before starting exercise. All of the nut/bolt sets and screws should be tight and not allow any movement. The MultiMounts and Cross Bar should look and feel securely attached to the wall.

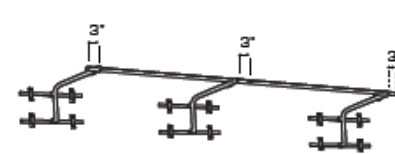
You must install a MultiMount O-ring within three inches of each Cross Bar end or Cross Bar junction. Installing a Cross Bar junction more than three inches from a MultiMount O-ring can cause the bars to separate.

Correct Installation

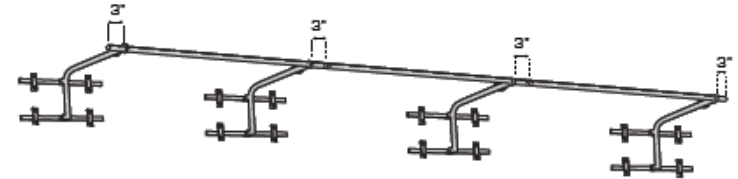
Two MultiMount Installation



Three MultiMount Installation



Multiple MultiMount Installation



Incorrect Installation - Cross Bars will separate

