

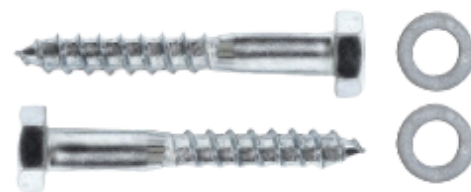
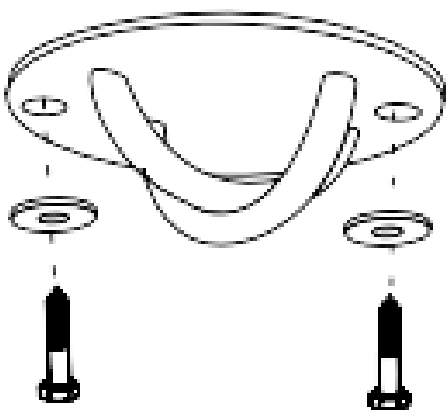
Bodytorc

INSTALLATION INSTRUCTIONS

Professional Installation Recommended

1. Only mount to secure joists in walls or overhead studs or beams.
2. 750lbs or 350kg max load.
3. Periodically check anchor over time to ensure it hasn't loosened.
4. To install in timber use supplied screws. To install on concrete use supplied anchor bolts.

Concrete anchor bolts



Timber screws

Washers for use with timber screws

Tools Required:

| | |
|-------------|---------------------------|
| Drill | 1/4" Drill bit for timber |
| Ratchet | or |
| Stud finder | Drill bit for concrete |

Timber Install

1. Place mount along centre of stud.
2. Mark location and drill pilot hole.
3. Place washer on bolt and screw into pilot hole using ratchet tool.
4. Keep it a bit loose to adjust if necessary then do the same with second screw.
5. Tighten both securely.

Concrete Install

1. Place mount where required.
2. Mark and drill pilot hole slightly larger than bolt.
3. Place bolt in hole and tighten using ratchet tool. The bolt will expand locking it into position.

Install in area with plenty of space and away from hazards.