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San Francisco, CA 94111
TRX S-FRAME
INSTRUCTION MANUAL

THE TRX S-FRAME™ IS A HEAVY PIECE OF EQUIPMENT. IT IS INTENDED TO SUPPORT SIGNIFICANT WEIGHT DURING ROUTINE USE AND SHOULD BE SECURELY ASSEMBLED AND FASTENED TO A SUPPORTING SURFACE OF SUITABLE CONSTRUCTION. FAILURE TO TAKE PROPER CARE IN SITE SELECTION, ASSEMBLY OR INSTALLATION CAN LEAD TO SERIOUS PERSONAL INJURY AND PROPERTY DAMAGE.

These setup and use instructions are not intended to be exhaustive, but are only intended for illustrative purposes. Professional installation is strongly recommended. Read these instructions carefully before proceeding and follow the installation directions carefully to minimize the risk of injury or property damage.
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**TRX S-FRAME COMPONENTS**

**REQUIREMENTS:** Three or more people and the proper tools are required for assembly.

**MAINTENANCE:** Proper maintenance is very important. Regular use can cause the bolts that hold the S-Frame together to loosen. Be sure to inspect the frame regularly and tighten all nuts and bolts to the specified torque as required.

**SECURING THE FRAME:** The TRX S-Frame™ must be bolted to the floor during routine use. Failure to secure it to the floor could result in toppling, leading to serious injury or death.

**LOAD BALANCING:** Always balance the loads on the S-Frame as described in this manual. Failure to balance the loads can result in toppling, leading to serious injury or death.

**SPECS:** Follow all torque specs, and periodically inspect all bolts for proper torque:

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<tr>
<th>Bolt</th>
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<td>45 ft-lbs (61 N-m)</td>
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A bolt set includes a bolt, flat washer, wavy washer and acorn nut.

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A bolt set includes a bolt, flat washer, wavy washer and acorn nut.
BEFORE STARTING ASSEMBLY

GATHER THE FOLLOWING TOOLS

- A ratchet with a ¾” socket
- A torque wrench capable of the specified torque values (see pg.1 for torque values)
- A ¾” box wrench
- A 3/16” allen wrench (if S-Frame Elevated)

FIND THE RIGHT LOCATION

To prevent scratching, assemble in a clean area free of debris. Place a tarp over rough ground.

FIND AT LEAST TWO HELPERS

FOLLOW PROPER INSTALLATION OF A BOLT SET

Each bolt should be installed with one flat washer, one wavy washer and one acorn nut. The flat washer and wavy washer should be installed on opposite ends as shown in the illustration.

ASSEMBLY:

STEP 1

Assemble All Truss Sections

(A) Lay all truss sections on the ground, end to end and upright (B) Bolt securely together using the 1” long bolt sets tightened to the prescribed torque. (see pg.1)
**STEP 2**

**Attach The Upper Legs**

(A) Using helpers, carefully rotate the truss assembly on its side.
(B) Using helpers, carefully lift one end of the truss assembly several inches off the ground. Rest it on a sturdy, non-marking object such as a strong piece of wood. (C) Install both upper legs using the 3 ¾” bolt sets as shown; make sure the D-rings are on the inside to ensure the legs are installed correctly. Torque bolts to the prescribed torque. (D) Remove the support object from underneath the truss assembly. (E) Repeat on the opposite end of the truss assembly with the second set of upper legs.

---

**STEP 3**

**Rotate the truss and upper leg assembly upright**

Using several helpers, carefully rotate the truss and upper leg assembly so it is standing upright. It will resemble the letter A when standing. Take extra precaution not to damage the S-Frame or work area during this procedure.
**STEP 4**
Install The Sign

![Assembly Diagram](image1)

(A) If you have a 10', 20', or 30' S-Frame: centered on the truss sections.  
(B) If you have a 5', 15', or 25' S-Frame: two segments away from the end of the truss sections.

**STEP 5**
Add the Corner Braces (S-Frame Elevated Only)

![Corner Brace Diagram](image2)

(A) Using the 3 ¾” bolt sets, loosely bolt the corner braces to the frame.  
(B) Fully tighten the ¾” allen head bolts in the shaft collars to the specified torque settings.  
(C) Fully tighten the ¾” bolt sets to the specified torque settings.

**STEP 6**
Add the Lower Legs

![Lower Leg Diagram](image3)

(A) With at least two helpers, lift the upper legs on one side of the assembly and slide in the lower legs. Make sure that the holes line up.  
(B) Attach lower legs to upper legs using the 3 ½” bolt sets. If the unit is an S-Frame Standard it will require only one bolt set per leg. If the unit is an S-Frame Elevated it will require two bolt sets per leg. Repeat step A and B to attach the lower legs on the other leg of the S-Frame.  
(C) Torque the bolts to the prescribed torque.
Professional installation is strongly recommended for anchoring the S-Frame. Ask your contractor for installation recommendations.

**STEP 7**
Bolt The TRX® S-Frame™ to the Ground

**FOR ANCHORING TO CONCRETE FLOORS**

(A) Use the optional concrete anchoring kit hardware: 16 concrete sleeve stud anchors. (B) Site the S-Frame in its intended location and mark the location of the four holes in each foot by marking the ground using a pencil. (C) After moving the S-Frame out of the way, use a concrete drill bit to drill a 3” hole in each of the 16 marked spots. Clear any dust from the holes. (D) Tap a sleeve stud anchor into each hole until the sleeve is flush with the floor. (E) Using a ratchet, tighten the nuts until the exposed screw threads extend approximately one inch from the floor. (F) Remove the nuts and washers, leaving the screw threads exposed. (G) Re-site the S-Frame, sliding the holes in each foot over the exposed screw threads. (H) Add the washers and nuts and fully tighten with a ratchet. Each foot of the S-Frame should now be firmly bolted to the floor.
STEP 7
(Continued)

FOR ANCHORING TO WOOD FLOORS
Professional installation is especially important for wood floors because different wood floor structures require different methods of installation. We suggest providing the following guidelines to your contractor.

CASE #1 Wood Floor of hardwood 3” or thicker
(Note: Wood floors of this thickness are rare.)

(A) Use optional wood floor anchoring hardware: 16 lag bolts (diameter: ½”; length: 3”). (B) Site the S-Frame in its intended location and mark the four holes in each foot using a pencil. (C) After moving the S-Frame out of the way, use a ¼” wood drill bit to drill a 3” deep hole in each of the marked spots. Clear any dust from the holes. (D) Re-site the S-Frame over the holes. Screw lag bolts through feet and into the holes. (E) Fully tighten lag bolts using a ratchet.

CASE #2 Wood floor over concrete substrate
Recommended hardware: 16 concrete sleeve stud anchors (diameter: ½”; length: 3” or more; exact length will depend on thickness of wood overlay.) Follow installation instructions for concrete floors, previous.

CASE #3 Wood floor is made of a combination of hardwood, and/or plywood, and/or other materials.
Consult your contractor.

Always check that the bolts on the S-Frame are tightened to proper torque specifications, and that the S-Frame is properly secured to the floor, before using it.
USING YOUR TRX S-FRAME

ATTACHING TRX® SUSPENSION TRAINERS™

(A) Girth hitch the TRX Xtender around one of the main truss bars as shown. (B) If using the suspension anchor Be sure to attach your TRX Suspension Trainer to the bottom anchor loop so the carabiner is 6’ off the ground.

ATTACHING OTHER ACCESSORIES

(A) TRX® Rip™ Trainer: attach the TRX® Rip™ Trainer elastic cord to any one of the D-ring accessory attachments points for high/medium/low anchoring. (B) Battling Ropes: girth hitch a TRX® Xtender to one of the D-ring accessory attachment points. Pass the Battling Rope through the Xtender for secure anchoring. (C) Elastic Bands: attach Elastic Bands to the S-Frame using the D-ring accessory attachment points.

BALANCING THE LOAD

(A) It is very important to balance the load on the S-Frame while in use. (B) Do not have all users positioned on one side during use, as this could lead to “walking” or toppling of the S-Frame. (C) Ensure the loads are balanced by positioning users on alternating sides.
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TRX MULTIMOUNT
COMPONENTS

REQUIREMENTS: Two or more people and the proper tools are required for assembly.

SAFETY GEAR: Wear all appropriate safety gear, such as safety glasses and hearing protection, when using tools for the MultiMount installation. Follow the tool manufacturer’s guidelines to determine the required safety gear.

LOCATION: 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 as well as the dynamic forces exerted during routine use. Failure to do so could cause the MultiMount to separate from the wall during use and cause.

MAINTENANCE: Proper maintenance is very important. Regular use can cause the bolts that hold the MultiMount together to loosen.

Regularly check the tightness of the bolts used to assemble the MultiMount and anchor it to the wall. Tighten to the specified torque values if necessary.

SURFACES: Anchoring your MultiMount to a steel beam, hollow cinder block or to a wall with metal studs will require different tools and anchoring hardware. Please consult a professional.

SPECS: Follow all torque specs.

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</tr>
<tr>
<td>L-Arm to Wall Bracket Bolt</td>
<td>35 ft-lbs (47 N-m)</td>
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BEFORE STARTING ASSEMBLY

GATHER THE FOLLOWING TOOLS

Hammer
Socket wrench with ⅜" and ⅝" sockets
Torque wrench
A 3/16" allen wrench

Pencil
Drill and one 1/4" wood drill bit, or one 1/2" concrete drill bit, depending on wall type
Level
Measuring Tape

Stud Finder
Ladder

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 bodyweight exercises.

FIND AT LEAST TWO HELPERS

Installing a MultiMount is at least a two-person job.
ASSEMBLY:

STEP 1
Marking the Placement

(A) Mark on the wall the appropriate height for the top Wall Brace. The L-Beam Circular Clamp should be 7-9 feet off the ground. The L-Beam can be positioned so that the Circular Clamp points up or down depending on ceiling height and the amount of free space on your wall. (B) With a helper, hold the upper Wall Brace horizontally and lay the two Mounting Brackets over it. (C) Check Wall Brace alignment using a level. (D) Mark the four Mounting Bracket holes with a pencil. 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.

FOR WOOD STUD WALLS:

(A) Drill the four previously marked holes using the ¼” wood drill bit. (B) Loosely attach the top two Mounting Brackets through their top holes only using provided ⅜” lag bolts and washers.
STEP 2
(Continued)

FOR CONCRETE WALLS:
(A) Drill the four previously marked holes using a ½” concrete drill bit. Ensure the hole depth is adequate for the concrete anchors. Clean any debris from the holes using a vacuum. (B) Install a ½” sleeve stud anchor into each hole until the sleeves are flush with the wall. (C) Tighten the nut on each anchor until the screw thread extends approximately one inch from the wall. (D) Remove the washer and nut from all four sleeve stud anchors, leaving the screw threads exposed. (E) Install the two Mounting Brackets on the exposed concrete anchor screws. Loosely hand-tighten the top two washers and nuts only. (F) 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.

STEP 3
Affix MultiMount to Wall

(A) Working on the floor, attach the L-beam to the two Wall Braces using the four ½ bolt/nut sets. Use a socket wrench to tighten the four bolts. Do not fully tighten until MultiMount is affixed to wall. (B) Lift the L-Beam/Wall Brace assembly up to the wall and slide the top Wall Brace underneath the loosely attached top two Mounting Brackets.
**STEP 4**
Attach Bottom Wall Brace

(A) Check alignment of bottom Wall Brace with a level. (B) Lay the Mounting Brackets over the bottom Wall Brace and repeat the procedure described on previous page to anchor the Mounting Brackets securely to the wall.

**STEP 5**
Tighten all bolts to recommended torque values

(A) Using a torque wrench tighten to torque value.

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**INSTALLING MULTIPLE MULTIMOUNTS**

**TWO MULTIMOUNT INSTALLATION**

(A) Install the first MultiMount following previous installation instructions. (B) Install the second MultiMount at precisely the same height as the first MultiMount. Space the MultiMounts 72.5 inches apart (measuring from the Circular Clamps), so that three inches of Cross Bar will extend from each MultiMount Circular Clamp when installed.
**IMPORTANT SAFETY NOTICE**
You must install a TRX® MultiMount Circular Clamp within three inches of each Cross Bar end or Cross Bar junction. Locating a Cross Bar junction more than three inches from a MultiMount Circular Clamp can cause the bars to separate.

(C) Install the Cross Bar. Use an Allen wrench to loosen the MultiMount Circular Clamps, then slide the Cross Bar into place. The Cross Bar should extend no more than three inches past each Circular Clamp. Fully tighten the Circular Clamp screws once the Cross Bar is in place.

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**THREE OR MORE MULTIMOUNT INSTALLATION**

**Assemble the Cross Bars** To install three or more MultiMounts connected by two or more Cross Bars, first connect the Cross Bars using the provided junction piece(s). (A) Remove the screws from the junction pieces using an Allen wrench (B) Slide the Cross Bars over the junction piece(s) so that holes A and B line up. (C) Fully tighten all screws.
(A) Install the first two MultiMounts following the instructions on the previous page. (B) Install the additional MultiMount(s) at precisely the same height as the first two, with each additional MultiMount placed 78 inches from its neighbor (measuring from the Circular Clamps), so the Cross Bar junctions are never more than three inches from a MultiMount Circular Clamp. (C) Install the Cross Bar assembly. Use an Allen wrench to loosen all MultiMount Circular Clamps, then slide the Cross Bar assembly into place. Fully tighten all Circular Clamp screws.

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 included with your Suspension Trainer) 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 to the appropriate torque values if necessary.
TRX XMOUNT
Recommended installation heights for various uses.