

TRX STUDIO LINE INSTALLATION QUICK REFERENCE

THINGS TO KNOW BEFORE YOU START THE SITE SURVEY

Configurations must be anchored directly to structurally sufficient concrete floors to ensure maximum safety and frame rigidity. Failure to secure it to the floor could result in toppling, leading to serious injury. Failure to secure it to the floor will also allow it to “walk” or rock while in use. This type of movement is unsafe and could damage the floor surface.

Tips

- **Your floors must be concrete (3000 psi or greater). 1/2"-13 thread, Grade 5 or higher wedge anchors must be used, with a minimum install depth of 2".**
- **Any surfacing/material that resides above the concrete and thickness of that material will need to be cut away professionally by the installer or alternatively, Studio Line can be installed prior to any flooring/turf, carpet, etc.**
- **Confirm if your concrete slab is post-tensioned (Post-tensioned slabs have steel rods running through them to strengthen the concrete)**

- **Make sure that you have noted on the site survey if there are any special requirements for us to be aware of (i.e. loading dock, parking restrictions, freight elevator, etc)**

Remember - the more information you provide upfront will allow for a seamless and efficient install.

**If you have any other questions, email our Sales Ops Coordinators who will be able to assist you with the install process:
salesops@trxtraining.com**

Enjoy using your TRX Studio Line

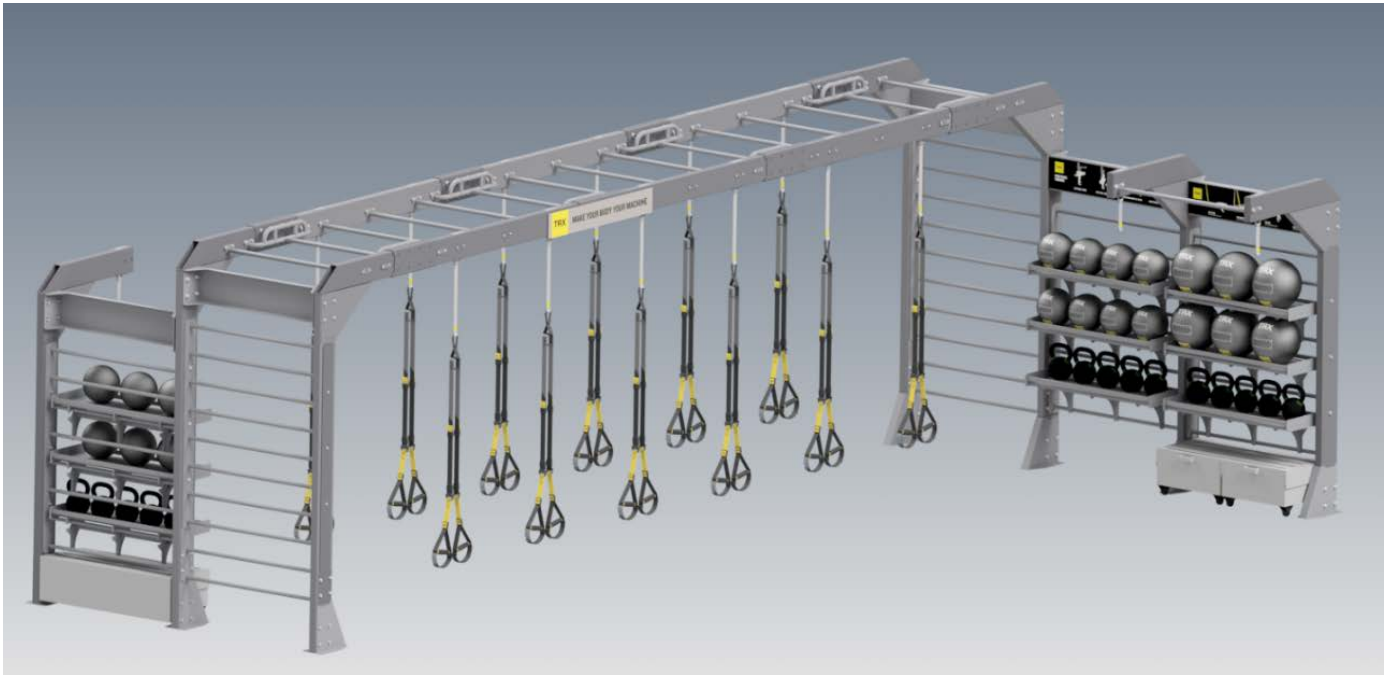
TRX

trxtraining.com



TRX TRAINING ZONE® STUDIO LINE

INSTALLATION GUIDE



CONTENTS

1. Pre-installation notes & safety guidelines
2. Tools needed
3. Single Bay Assembly
4. Multiple Bay Assembly
5. Bridge Assembly
6. Corner unit Assembly
7. T-Unit Assembly
8. Attachments (Suspension Anchor points, wall brackets, shelving, mat hanger, dip station, drawers)
9. Appendix: overview of components

PRE-INSTALLATION NOTES & SAFETY GUIDELINES

- TRX TRAINING ZONE® STUDIO LINE configurations must be anchored directly to structurally sufficient concrete floors (3,000 psi or greater compressive strength) to ensure maximum safety and frame rigidity and eliminate rocking and tipping over.
- Floor fasteners are not included and must be a minimum of 500lbs. tensile capacity **wedge anchor bolt** grade of 5 or better and installed per the bolt manufacturer's specifications at a minimum depth of 2". Use seismically rated sleeves as deemed necessary by the facility.
- Recommended bolt torque is 55 ft-lbs.
- Do not mix bolts. Bolts for each part are packaged with the corresponding component
- Unless otherwise noted Loctite 242/243 or equivalent thread locker must be used on all threaded fasteners. (Do not use thread locker when a Nylock nut is used.)
- The assembly of this unit should be performed by at least 2 people for Bays and 3-4 people for Bridges to insure safety during the installation.

WARNING:

Only licensed contractors or certified installers should be used to insure proper anchoring, installation, and compliance with local building codes.

Due to the wide variety of flooring and wall construction on which equipment may be anchored or installed, and differences in applicable local building codes, Fitness Anywhere LLC (dba TRX Training) is not responsible for any damage to flooring or walls that may result due to anchoring or installing equipment or for compliance with local building codes.

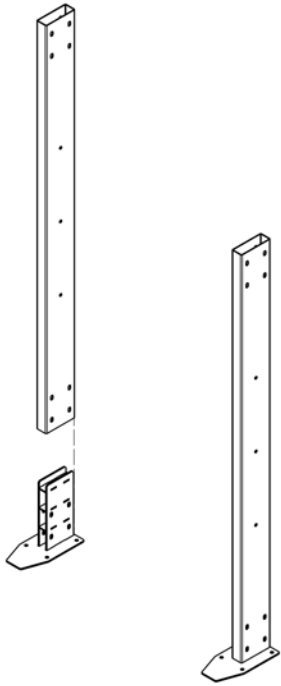
Warning labels, shown below, MUST be applied to both ends of a Bridge or multiple Bay system during the installation process. Placement on Foot Cover is recommended. It is critical that owners maintain the integrity and placement of these stickers.



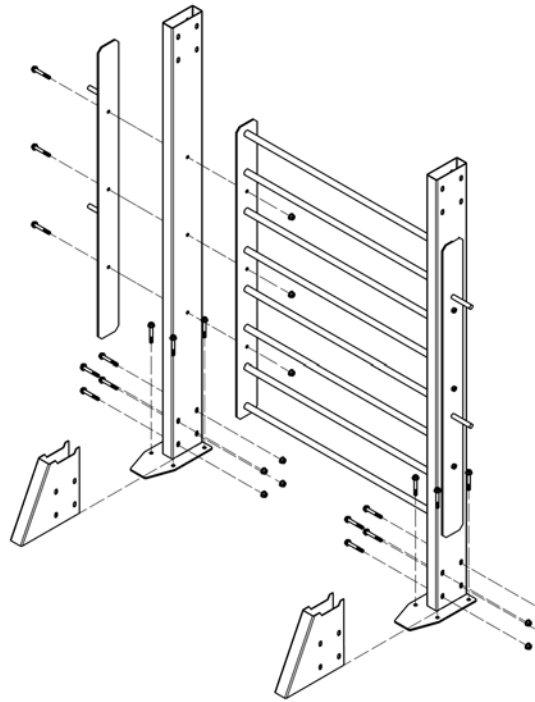
TOOLS NEEDED

- ¾" open end/box end wrench
- 8" Ratchet extender
- 5/16" Hex wrench
- Level
- Hammer drill with ½" drill bit
- Ladder
- Torque wrench
- 5/32" Hex wrench (*corner unit only*)
- 7/16" Wrench or socket (*corner unit only*)
- ¼" Hex wrench (*corner unit only*)

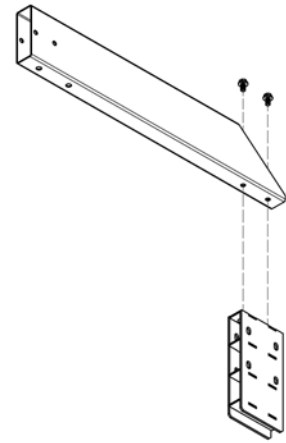
SINGLE BAY



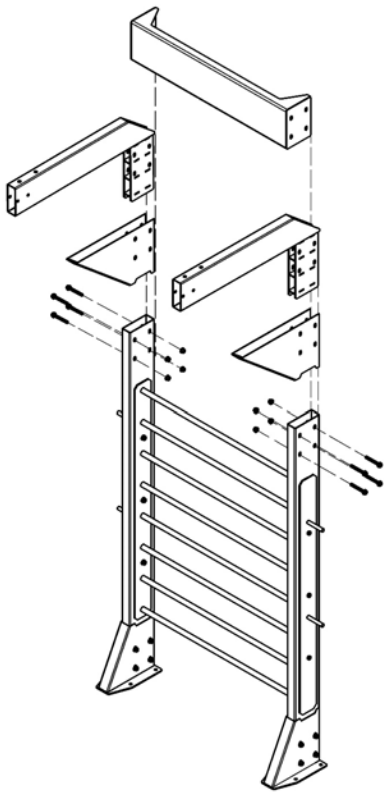
STEP 1



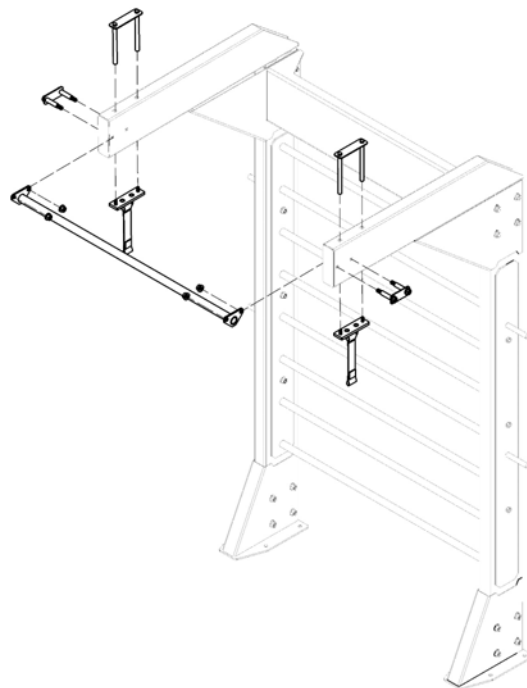
STEP 2 & 3



STEP 4



STEP 5 & 6

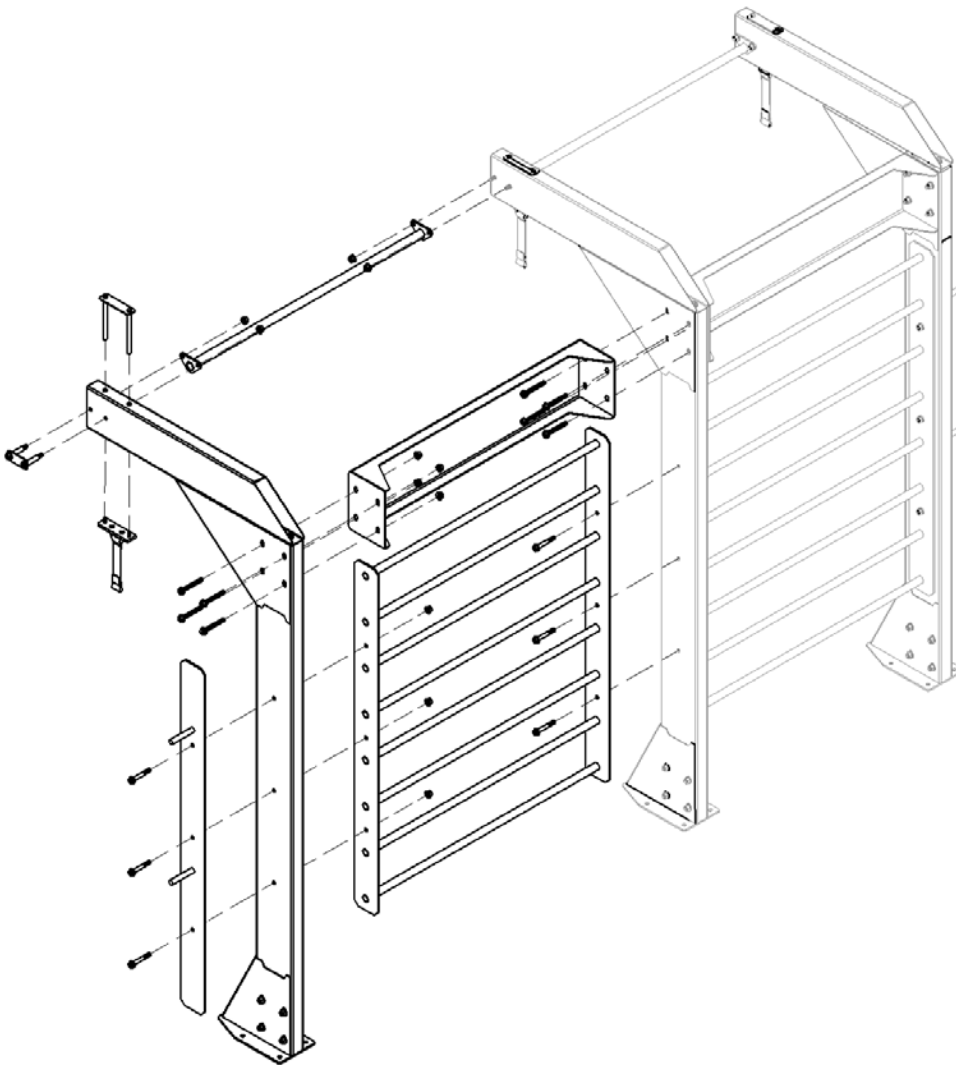


STEP 6

Assembly Steps:

1. Insert Vertical Post (Box 1) into Foot Plate (Box 2). Repeat with second Vertical Post and Foot. Add bolts to stabilize until unit is moved into place and foot covers are installed.
2. Attach Ladder (Box 3) to Vertical Posts. One person holds the Ladder while the second bolts it to the Vertical Posts, adding washer plate on outside of Vertical Post. Do not fully tighten bolts. Unit should be stable and stand without support.
3. Position Bay in desired location, drill holes and bolt into floor. Install Foot cover. Ensure the frame is square (vertical) prior to tightening foot mount bolts.
4. Assemble Bay arms (Box 4). Hand tighten bolts. Caution: if bolts are too loose, the Bay arm insert will fall into the Vertical Post.
5. Drop Bay Arms into Vertical Posts.
6. Connect Bay Support (Box 7), sliding it into place from overhead and secure with gussets.
7. Attach Bay Pull up Bar (Box 25) and Xtender anchors, using Loctite.
8. Level unit and fully tighten all bolts.

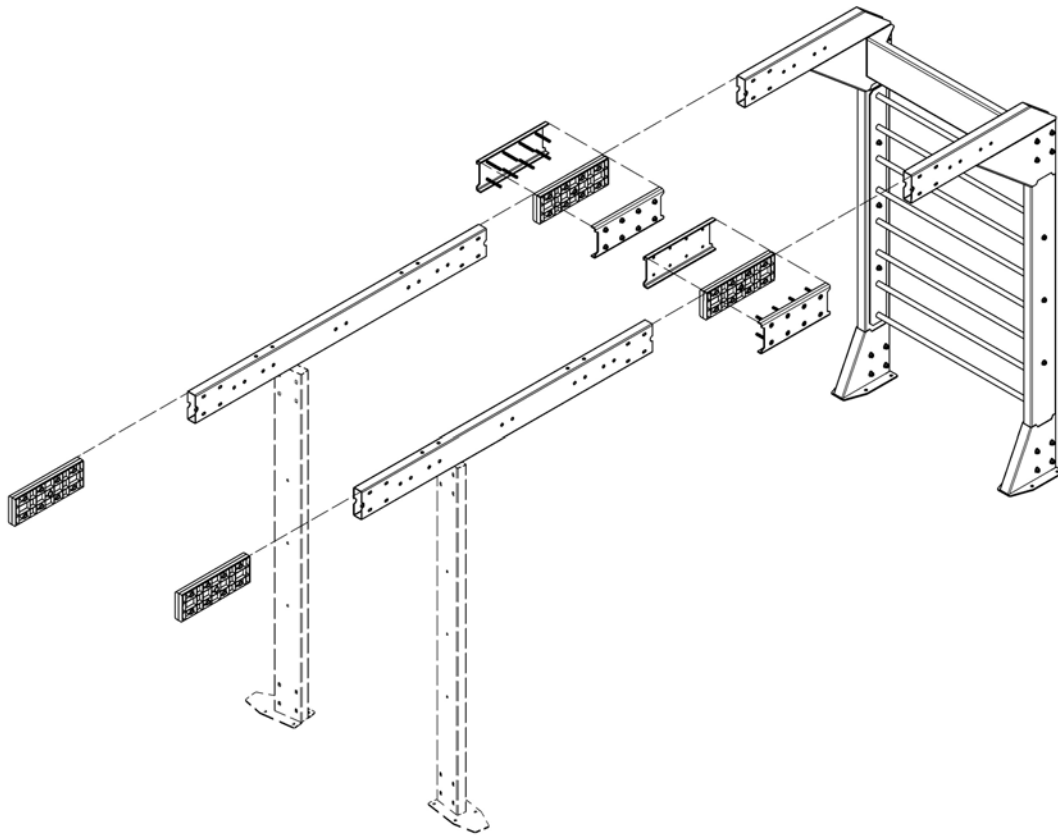
MULTIPLE BAYS



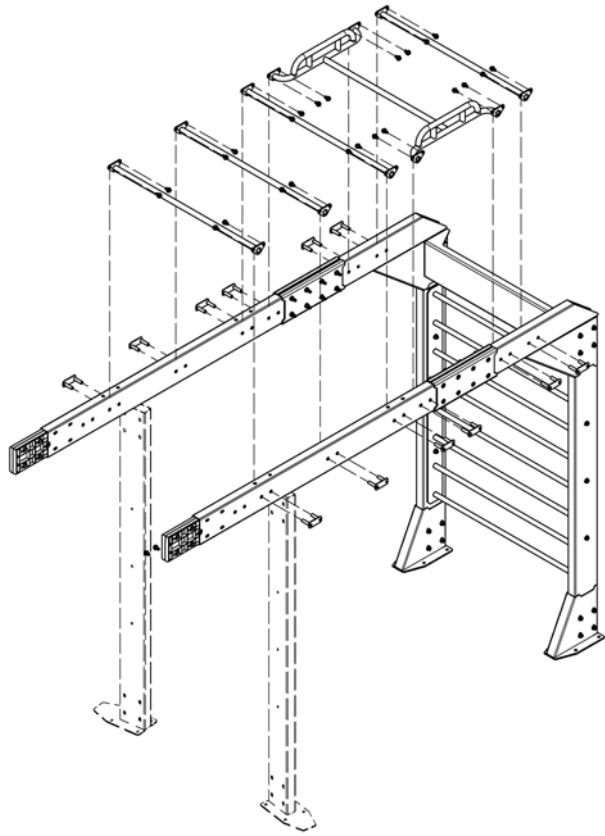
Assembly Steps:

1. Assemble the Bay Foot Kit, Vertical Posts and Ladder for all Bays with Washer Plate on outermost Vertical posts.
Caution: Do not fully tighten shared bolts until adjacent Bay(s) are added.
2. Move unit into desired location, drill holes and bolt to floor. Install Foot covers.
3. Assemble Bay arms (Box 4). Hand tighten, drop Bay Arms into Vertical Posts with Gussets. Tip: if bolts are too loose, the Bay arm insert will fall into the Vertical Post.
4. Connect Bay Supports (Box 7), sliding into place from above and securing with gussets.
5. Install Bay Pull Up Bars (Box 25) and Xtender Anchors.
6. Square and level unit.
7. Fully tighten all bolts.

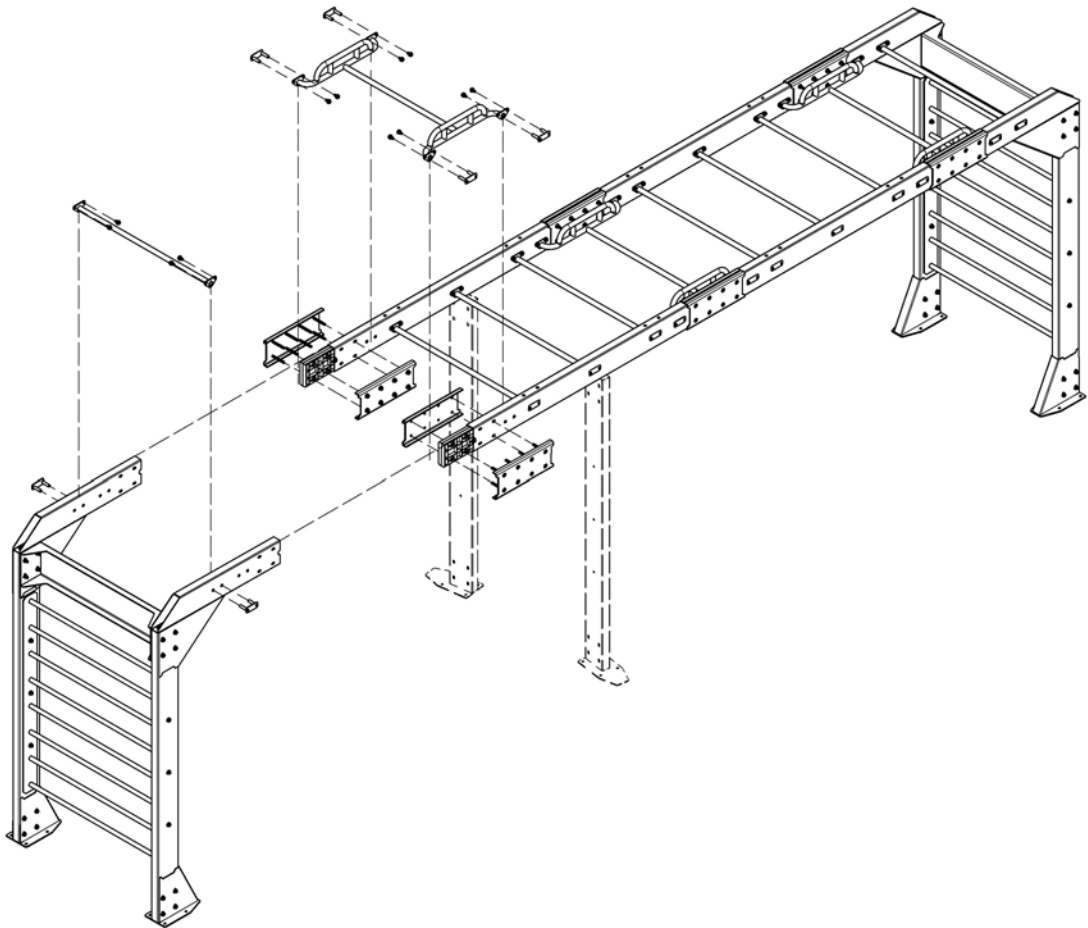
BRIDGE



STEPS 1-5



STEPS 6-7

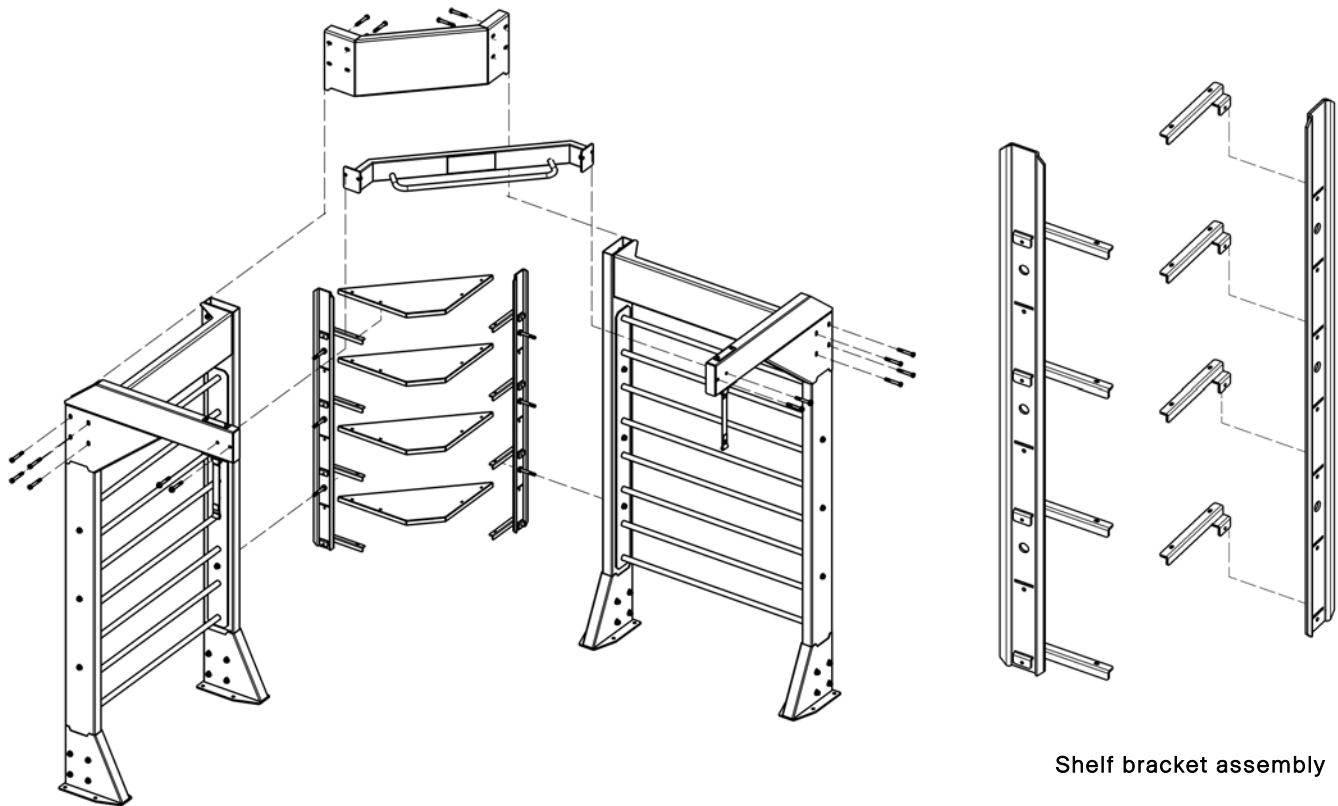


STEPS 7-9

Assembly Steps:

1. Build Bay with Bridge Arms (Box 5). See Bay assembly instructions (Pg. 2)
2. Assemble two Vertical Posts (Box 1) and foot (Box 2) to use as a support as you build the Bridge out.
3. Open Clamshell Kit (Box 8) and connect plastic inserts using plugs to align sides and insert into Bridge Arm Kit.
4. Insert Bridge Arm (Box 6) over plastic insert, using Vertical Post to hold in place with a sheet of cardboard between to prevent scratching. Cover outside of juncture with metal Clamshell brackets. Bolt together and tighten.
5. Repeat on opposite side, using Vertical post to support the Bridge Arm.
6. Add Monkey Bar Kit (Box 9) with every Clamshell.
7. Add additional Monkey Bars (Box 10) in between Clamshells. Hand tighten all bolts.
8. Continue building Bridge to desired length.
9. Build Bay on opposite end. If adding T-extension, replace Bridge Arm Kit with T Bay Kit (Box 11) and slide Bay into place.
10. Square and Level unit
11. Tighten all bolts and bolt into floor.
12. Install Xtender Anchors using Loctite.

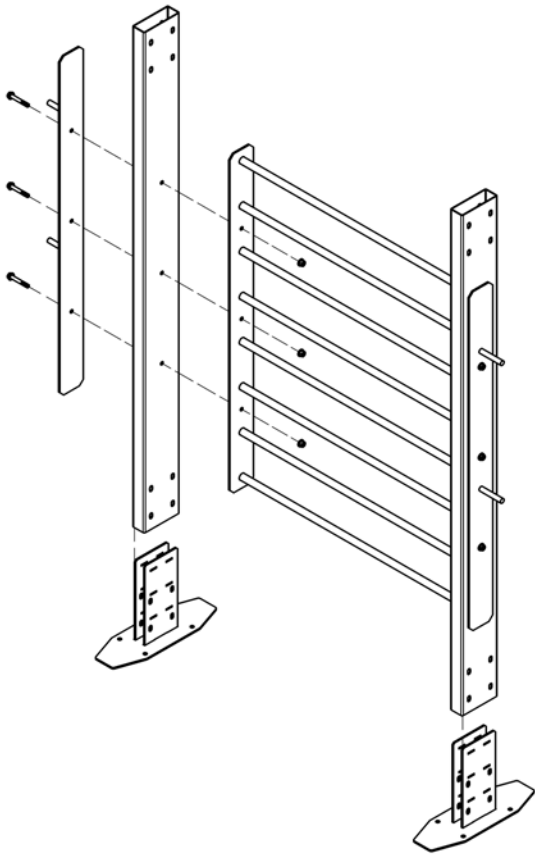
CORNER UNIT



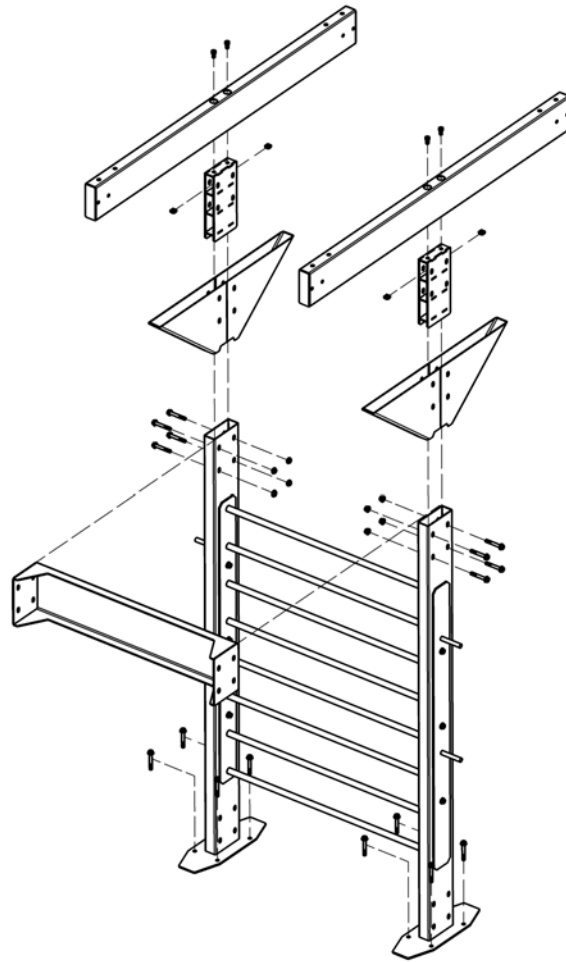
Assembly Steps:

1. Assemble the Bay Foot Kit, Vertical Posts and Ladder for all Bays with Washer Plate on outermost Vertical posts. Caution: Do not fully tighten shared bolts until adjacent Bay(s) are added.
2. Connect Bay Supports (Box 7) and Corner Support (Box 18) and Corner Shelves. Shelf brackets must be installed into slots prior to mounting rails. Caution: Keeping bolts hand tightened on configuration will allow for easier installation of pull up bar.
3. Move unit into desired location, drill holes, and bolt to floor.
4. Once configuration is balanced, snug bolts for permanent assembly.

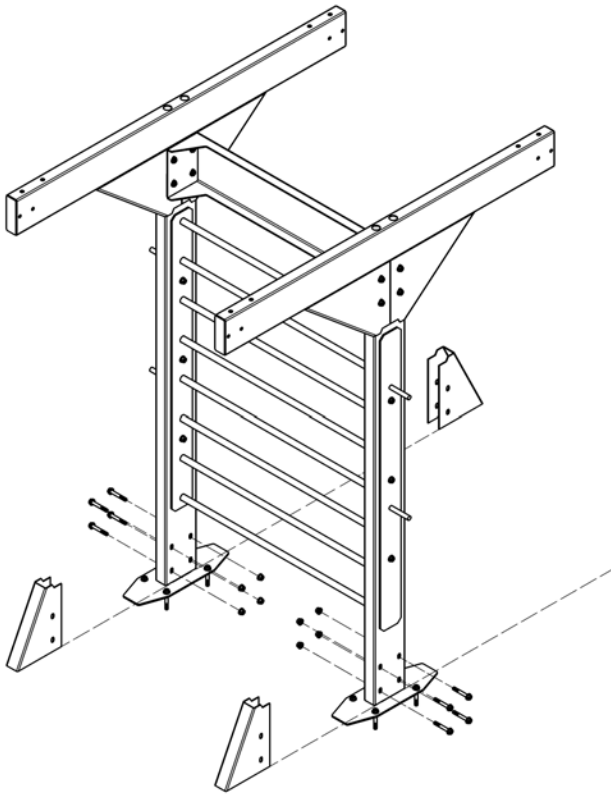
T UNIT



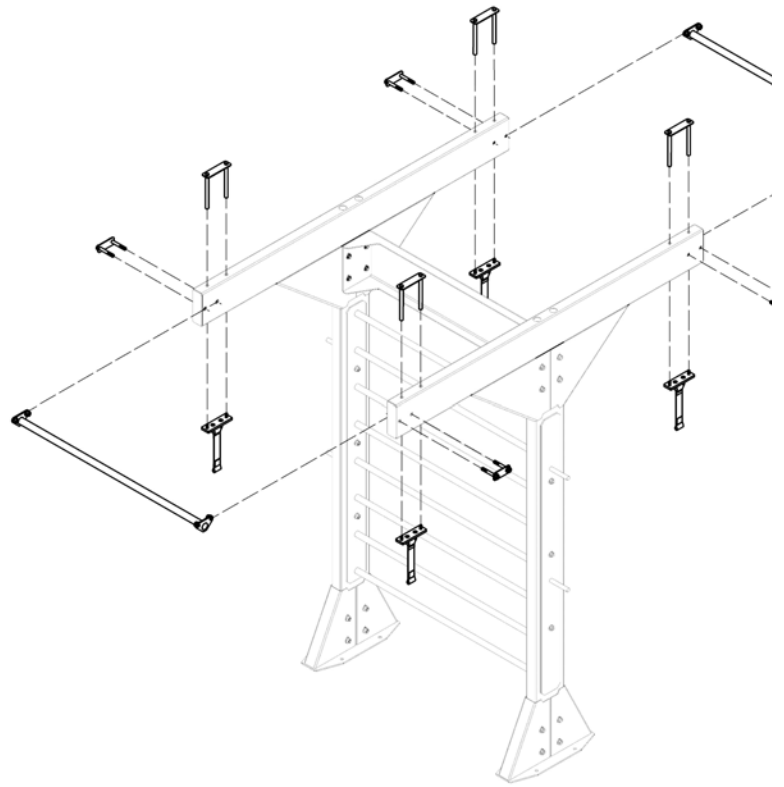
STEP 1



STEP 2



STEP 3



STEP 4

Assembly Steps:

1. Assemble Foot Plate, Vertical Posts, Ladder and Washer Plate.
2. Assemble the T -Unit arms (Box 11) and drop into Vertical Post.
3. Slide Bay Support in from overhead and connect Gussets.
4. Move unit into desired location, drill holes and bolt to floor. Install Foot covers.
5. Once configuration is balanced, snug bolts for permanent assembly.

APPENDIX: OVERVIEW OF COMPONENTS

Box No.	Description
BOX 1	TRX Studio Line Vertical Tube
BOX 2	TRX Studio Line Foot Kit
BOX 3	TRX Studio Line Ladder Kit
BOX 4	TRX Studio Line Bay Arm Kit
BOX 5	TRX Studio Line Bridge Arm kit
BOX 6	TRX Studio Line Bridge Beam
BOX 7	TRX Studio Line Bay Support
BOX 8	TRX Studio Line Clamshell Kit
BOX 9	TRX Studio Line Monkey Bar Bridge Kit
BOX 10	TRX Studio Line Monkey Bar Kit
BOX 11	TRX Studio Line T-Bay Arm Kit
BOX 12	TRX Studio Line Corner Pull Up Bar
BOX 13	TRX Studio Line Corner Unit Shelf Bracket Kit
BOX 14	TRX Studio Line Corner Shelf Kit
BOX 15	TRX Studio Line Anchor / Hook Kit
BOX 16	TRX Studio Line Standard Shelf
BOX 17	TRX Studio Line Ball Shelf
BOX 18	TRX Studio Line Corner Support Kit
BOX 19	TRX Studio Line Strap Hanger Rails
BOX 20	TRX Studio Line Mat Holder
BOX 21	TRX Studio Line T-Bay Foot Kit
BOX 22	TRX Studio Line Bridge T-Bridge Arm Kit
BOX 23	TRX Studio Line Bridge Pull Up Side Rail
BOX 24	TRX Studio Line Dip and Step Station
BOX 25	TRX Studio Line Bay Single Pull Up Bar
BOX 26	TRX Studio Line Spacer Kit for Storage Bays
BOX 27	TRX Studio Line Ladder Washer Plate
BOX 28	TRX Studio Line Bridge to Bay (Bay on Left Side of Bridge)
BOX 29	TRX Studio Line Bridge to Bay (Bay on Right Side of Bridge)
BOX 30	TRX Studio Line Bridge Mid Hook
BOX 31	TRX Studio Line Wall Mount Bracket Kit (2 per kit)

TRX
1660 Pacific Ave
San Francisco, CA 94109

TRXTraining.com