

INSTALLATION GUIDE



FLEX MULTI-STRETCH

Complete Installation Instructions will be provided at time of purchase.

The FLEX ships fully assembled on one 40"W x 40"L pallet. It is recommended to bring palletized unit as close to the installation site as possible. Assuming concrete is already in place, the FLEX can be installed by two people in under one (1) hour.

IMPORTANT INSTALLATION SAFETY INSTRUCTIONS

- Two people are required to install the FLEX Multigym
- Each person must wear steel toed and steel shank foot wear
- The person using the hammer drill must wear safety glasses

TOOLS REQUIRED

- Hammer drill
- Four concrete anchors with minimum "pull out" or "tension" strength of 3400lbs per anchor
- Nylock nuts and oversized washers (mounting holes are 1" diameter) to fit anchors
- Ratcheting socket wrench set, Pliers, Loctite & level (Loctite is optional)
- Dolly or hand truck (optional)
- Shims (only needed if concrete base is not level)

CONCRETE BASE

The FLEX needs to be anchored into concrete for safe operation. It is recommended that the unit be anchored to a concrete pad or footing that is level and structurally sound with a minimum "pull out" or "tension" strength of 3400lbs per anchor.

Always consult with a local concrete expert if pouring a new pad or footing for your installation. If you have existing concrete in place, and you know the dimensions and specs of concrete, contact a local concrete anchoring expert (HILTI, HD Supply, etc) to determine if existing pad will work for the FLEX.