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## EASY TO INSTALL

**CONNECT & DISCONNECT  
YOUR SUSPENSION TRAINER™  
IN SECONDS**

## SMALL AND STURDY

**ANCHOR MULTIPLE TRX  
SUSPENSION TRAINERS**



- Use a stud finder at multiple points along stud to be behind its center.
- Installed XMount should be flush to wall with no play or movement in the fasteners.
- Attach TRX Suspension Trainer™ to XMount by threading Suspension Anchor™ through "X" and slipping carabiner back into Suspension Anchor intermediate loops. Do not slip carabiner directly into XMount.
- Weighted by pulling down hard XMount should not move.
- Does not exceed 250 lbs. (113.4 kg) working load.

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**TRX**

**MAKE YOUR BODY YOUR MACHINE**

# XMOUNT ANCHOR



**TURN ANY WALL OR CEILING  
INTO A PERSONAL GYM**

# Trx Xmount Installation Manual

**Methods-Time Measurement  
Association of the United Kingdom**



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