

TRX

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 wall to be certain of 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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Art. No. 1073342

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**



Trx Xmount Installation Manual:

MTM-V Installation Manual Methods-Time Measurement Association of the United Kingdom, 1972

Fuel your quest for knowledge with Authored by is thought-provoking masterpiece, **Trx Xmount Installation Manual** . This educational ebook, conveniently sized in PDF (*), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

http://www.frostbox.com/files/browse/index.jsp/the_mole_chapter_4_worksheet.pdf

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