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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 bottom.
- Attach TRX Suspension Trainer™ to XMount by feeding 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.
- Do not exceed 250 lbs (113kg) working load.

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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

Trx Xmount Installation Manual Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Trx Xmount Installation Manual**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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