

INSTALLATION OF WALL MOUNT

IMPORTANT: For proper performance and safety, the Freedom Spring Wall Mount **MUST** be attached to a **WALL STUD** (2x4 or 2x6 board) located behind the wall board. We strongly recommended that installation be performed by a person with building construction knowledge and experience.



1. To locate the wall stud, use one of the following methods:

- NAILS are often used to install the wall board. These nails will indicate the location of the wall stud because they hold the wall board to the wall stud. **OR**
- A **HAMMER** may be gently hit against the wall to locate the stud. When the wall stud is behind the contact of the hammer, it will feel like a board is directly underneath, and it won't sound hollow as it does when the stud is not immediately behind the contact of the hammer. **OR**
- If available, a wall stud **SENSOR** may be used. Follow the instructions included with the sensor.



A small test nail may be used to verify the location of the wall stud.



2. Once your stud has been located, place a mark on the wall to indicate the wall stud location.

3. Place your rebounder six inches from the wall. While standing in the center of the rebounder, hold the wall mount up against the wall, with arms fully extended overhead.



4. Once you have determined the desired height of the wall mount, using a pencil, mark the placement of the top hole of the wall mount on the wall. Make sure to place the mark on the wall stud previously located.



5. Using a 1/4 inch drill bit, drill a pilot hole into the wall, making sure the drill is perpendicular to the wall. Drill to the depth of approximately 2 inches. Using one of the screws, thread it through the top hole of the wall mount, and secure it to the wall using a wrench. Do not fully tighten the screw at this time.



6. Making sure the wall mount is level, drill the lower pilot hole as instructed in No. 5. However, be sure this screw is fully tightened to the wall and wall mount.



7. Go back to the top screw and fully tighten the screw to the wall and wall mount.



8. Press the screw caps (2) into place over the heads of the screws.

Your wall mount is now ready for placement of the overhead resistance system. Place two coated rings on one side of the bar of the wall mount, and place one ring on the opposite side.

On the two outer rings, connect the adjustable nylon straps. Connect the Freedom Bar to the bottom of the adjustable nylon straps.

On the middle ring (which will be to the right or left of the center post), place one or two pairs of the desired resistance cords.

At this time, the instruction card may be hung on the wall mount by placing the uncoated ring on the bar of the wall mount. Insert the card onto the uncoated ring.

