

THE ANCHOR GYM

OWNER'S MANUAL

APPLICABLE TO ALL ANCHOR GYM WALL MOUNT PRODUCTS

ANCHOR

GYM™



COREENERGYFITNESS.COM

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THE ANCHOR GYM



Simple. Versatile. Effective. The Ultimate Anchoring System!

The Anchor Gym is a modular functional training station designed to anchor resistance bands, large loop bands, suspension (body weight) straps, stretch straps and more. It's easy to use, delivers hundreds of exercises, takes up zero floor space and is very affordable.



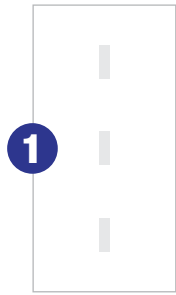
Made of all steel components, the Anchor Gym is a space-saving powerhouse capable of supporting up to 800 pounds of resistance.

And, there are no moving parts. That means there is nothing to break or adjust. The Anchor Gym is rock solid!

The Anchor Gym's Four Key Configurations

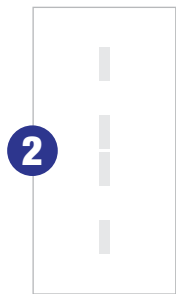


AVAILABLE IN FOUR KEY CONFIGURATIONS



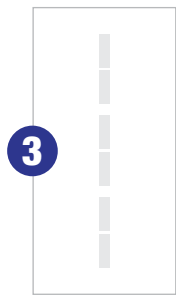
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CORE Configuration: Our most popular configuration comes with three H2 Units mounted at ankle height, chest height and at seven feet. The CORE Configuration delivers six key anchoring angles for hundreds of exercise options.



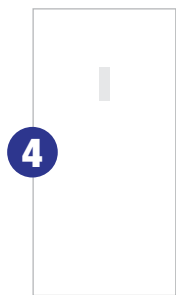
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PLUS Configuration: The PLUS Configuration adds a fourth H2 unit mounted at waist height. This is a great angle for exercises using stability balls or large loop bands.



3

PRO Configuration: Designed for professional studios, the PRO Configuration is the pinnacle of Anchor Gym training. With twelve hooking angles spread over six H2 units, the PRO delivers maximum anchoring options and threading capabilities. It makes a great personal training station or the ultimate home gym.



4

H2 Configuration: A single H2 unit mounted with the top hook at seven feet makes a great exercise station. Using resistance bands, suspension straps, large loop bands and stretch straps; a single H2 unit delivers numerous exercise options and makes a great home gym.



The Anchor Gym Difference

- Anchors all types of resistance bands, suspension straps, large loop bands and stretch straps.
- Provides the platform for four major training protocols:
 - 1 **Resistance Band Training**
 - 2 **Suspension Strap Training**
 - 3 **Large Loop Band Training**
 - 4 **Dynamic Stretching**
- Delivers hundreds of exercise options
- Easy-to-use
- Fast and easy transitions
- Wall-mounted space saving design. Takes up zero floor space.
- Heavy-duty construction; no moving parts.



Simplicity

The Anchor Gym is an amazingly simple product made possible by the unique design of its Safety Hook.



Installation

The Anchor Gym is mounted to load bearing wall-studs using lag screws (supplied); or is mounted to concrete or block walls using concrete hardware (added charge).



Lifetime Guarantee

Each Anchor Gym comes with a Lifetime Guarantee.

See **Guarantee** on Page 20.

The Safety Hook

The Anchor Gym features the Safety Hook. With its T-bar tip and curved shape, the hook allows for bands and straps to be pulled from every angle without the possibility of disengaging. Users can exercise with confidence that their bands and straps are securely anchored.

The open-faced design of the Safety Hook is designed for fast, easy and smooth transitions.



**NO OTHER PIECE OF FITNESS EQUIPMENT
OFFERS THE VERSATILITY OF THE ANCHOR GYM**

H2 SPECIFICATIONS

All configurations of the Anchor Gym consist of the H2 anchoring platform. The H2 is the product of extensive testing for strength, ease-of-use and safety. The result is an amazing exercise tool that delivers unmatched versatility and strength.

H2 (Single Unit)

- The H2 is **11.5-inches** tall and **2.5-inches** wide.
- Each H2 weighs **two pounds**.
- The Safety Hooks **extend 3-inches** from the wall.
- Each H2 is rated to **800 pounds of resistance**.
- Each H2 is mounted to load-bearing wood studs using three $\frac{5}{16} \times 2\frac{1}{2}$ hex lag screws (supplied); and to concrete or block walls using concrete hardware (added charge).




IMPORTANT SAFETY INSTRUCTIONS

WARNING: The Anchor Gym was designed for use with rubber or latex resistance bands; and straps made from cotton, nylon or polypropylene. Do not fasten resistance bands or straps to the Safety Hooks with metal clip hooks or other hooks made of hard materials. This has the potential to damage the coating on the hooks and cause premature wear.

- **Read all instructions before using your Anchor Gym.**
- **Consult your doctor before embarking on a fitness program.**
- **Do not allow children or persons unfamiliar with fitness equipment or exercise in general near the equipment. Do not leave children unsupervised around the equipment.**
- **Use the equipment only for its intended purpose as described in this manual. Failure to do so has the potential to void the Lifetime Guarantee.**
- **Always inspect the equipment for damage before each use. Do not use the equipment if it is damaged. If damaged, contact Core Energy Fitness.**

The design, testing and labeling of the Anchor Gym were based on standards provided by: ASTM F 1749-09 Standard Specification for Fitness Equipment and Fitness Safety Signage and Labels; F2276-09 Standard Specification for Fitness Equipment; and F2571-09 Standard Test Methods for Evaluating Design and Performance Characteristics of Fitness Equipment.

 CAUTION
<p>Serious injury can occur if this equipment is not used properly.</p> <ul style="list-style-type: none">• Always consult a physician before beginning any exercise program.• Use only as instructed in Owner's Manual.• Use only authorized exercise devices with this equipment.• Check resistance bands for wear.• Keep children away from this equipment. <p>For more information visit CoreEnergyFitness.com</p>

MAINTENANCE SCHEDULE
<p>Check the integrity and function of the following items:</p> <ul style="list-style-type: none">• Check wall mount screws weekly. Tighten as needed.• Check weld-joints regularly for damage. Do not use if weld-joints are damaged.• Check hooks for bending. Do not use if a hook is bent. <p>For more information visit CoreEnergyFitness.com</p> <p>Patent Pending</p>

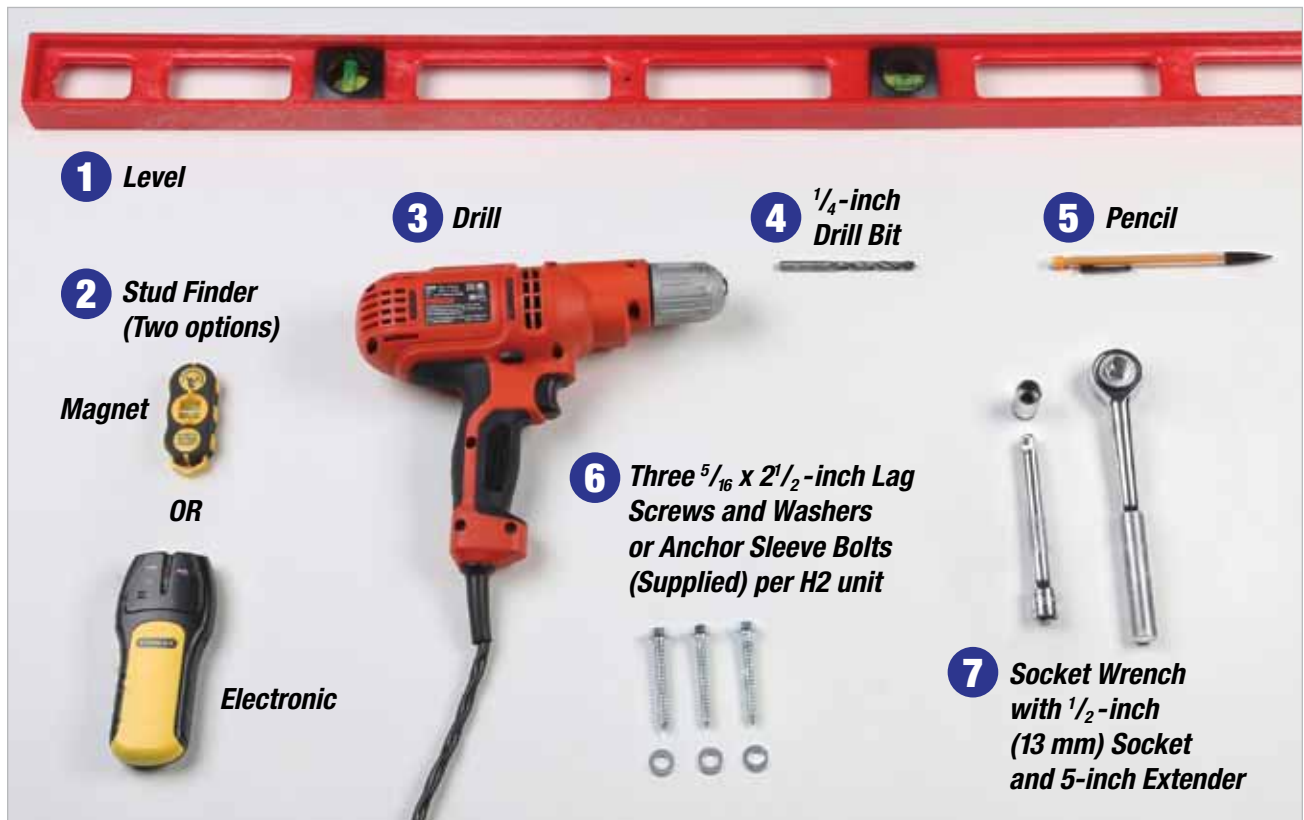
INSTALLATION

The Anchor Gym is very easy to install.

First, find a location that provides plenty of room to exercise and wall studs that are load-bearing (i.e., they support the structure of your home or building). You can also mount your Anchor Gym to concrete or block walls (see Page 9).

You will need a few tools and about 30-minutes for the installation. **NOTE: The images shown in this manual are of H2 units. The same installation instructions should be used to install any Anchor Gym wall-mounted anchors.**

Tools



To install your Anchor Gym you will need the tools listed in the above photo. They include:

- 1 Level**
- 2 Stud Finder (Magnet or Electronic)**
- 3 Drill**
- 4 1/4-inch Drill Bit**
- 5 Pencil**
- 6 Lag Screws or Anchor Sleeve Bolts (Supplied) – Three per H2 unit**
- 7 Socket Wrench with 1/2-inch (13 mm) Socket and 5-inch Extender**



Installation – Wood Studs

Each H2 unit is mounted to load-bearing wood studs using 2 $\frac{1}{2}$ -inch lag screws (supplied). Each component is mounted with three lag screws accessed through mounting holes in the H2's base plate.

The lag screws penetrate the wood studs two-inches.

With three lag screws the H2 is rock solid and will not disengage



Installation – Concrete or Block Walls

Installation into concrete and block walls requires the use of a hammer drill. See instructions on page 13 for using $\frac{5}{16}$ x 2 $\frac{1}{2}$ -inch sleeve anchors (added charge).

The Anchor Gym CORE – Mounting Configuration

Mount your Anchor Gym CORE Configuration with the H2 units mounted at seven feet, chest height and ankle height.

1 Top H2 Unit:

Mount the top unit with the **top hook at seven feet**. This is the ideal height for the Suspension Strap and downward pulling or pressing exercises.

2 Middle H2 Unit:

Mount the middle unit with the **top hook at chest height** (in line with your sternum).

3 Bottom H2 Unit:

Mount the bottom unit with the **bottom hook at ankle height** or about three to six-inches from the floor.



Installing Your System

To install your system, please follow these instructions.



1. **Studs.** Locate a load-bearing wall stud using a stud finder. Mark the centerline (middle) of the stud.

NOTE: In any wood frame structure, load-bearing wood studs are always 16-inches apart. This is to accommodate the installation of the drywall. A magnetic stud finder (the small stud finder in the photo at left) use magnets to locate the nails used to install the drywall. For this reason, they are very accurate. An electronic stud finder use changes in capacitance to locate the stud.



2. **Mark Hole.** Hold the unit in the desired position against the wall with the mounting hole directly on top of the centerline of the stud. Mark the top mounting hole.



3. **Drill Bit.** Using a standard $\frac{1}{4}$ -inch drill bit, measure the drill bit against the length of the lag screw. The drill bit in the photo happens to be the same length of the lag screw (about $2\frac{1}{2}$ -inches).

Drill a hole equal to length of the lag screw. If the drill bit is longer than the lag screw, place a piece of tape around the drill bit marking $2\frac{1}{2}$ -inches of the bit.



4. **Starter Hole.** Drill a starter hole the entire length of the drill bit (or to the tape marking $2\frac{1}{2}$ -inches).



5. **Drill Bit & Lag Screw.** It is important to use a $\frac{1}{4}$ -inch drill bit. Since the lag screw's diameter is $\frac{5}{16}$ -inches, the threads of the lag screw will firmly grip the wood stud.



6. **Secure Lag Screw.** After the hole has been drilled into the stud, insert and tighten a lag screw until it is secure.



7. **Socket Wrench.** Tighten the lag screw with the socket wrench.



8. **Level.** Level the H2 unit and mark the middle and lower mounting holes.



- 9. Drill Other Holes.** Hold the H2 to the side and drill the other two mounting holes.



- 10. Secure Lag Screws.** Tighten the lag screws until they are secure.



- 11. Socket Wrench.** Tighten both lag screws with the socket wrench.



- 12. Finish and Repeat.** Repeat this process for each of the other two H2 units.



Installing Your System into Concrete or Block Walls

For concrete installation, using a $\frac{5}{16}$ x $2\frac{1}{2}$ -inch hex head sleeve anchors:

- 1.** Mark hole location, then, using a hammer drill with a $\frac{5}{16}$ -inch masonry bit, drill out the mounting holes. Drill a bit deeper than the $2\frac{1}{2}$ -inch length of the screw, so the anchor can be hammered in fully if you choose to uninstall later.
- 2.** With a vacuum, clear any debris remaining in the hole to ensure a secure fit.
- 3.** With the washer and nut on the hex head bolt, gently hammer it into the hole leaving the end protruding from the concrete. Enough room must be left out to fit the nut, washer, and anchor gym unit.
- 4.** Remove the nut and washer from the bolt, then place the Anchor Gym unit on the bolt and against the wall.
- 5.** Apply the washer and nut, then tighten the nut using a $\frac{7}{16}$ -inch wrench. This will cause the sleeve to flare out and grab hold of the inside surface of the hole.

The Anchor Gym PLUS – Mounting Configuration

The PLUS Configuration adds a fourth H2 unit mounted at waist height.



1 Top H2 Unit:

Mount the top unit with the **top hook at seven feet**. This is the ideal height for the Suspension Strap and downward pulling or pressing exercises.

2 Top Middle H2 Unit:

Mount the top middle unit with the **top hook at chest height** (in line with your sternum).

3 Lower Middle H2 Unit:

Mount the lower middle H2 unit at **waist height** or one-inch below the top middle unit.

4 Bottom H2 Unit:

Mount the bottom unit with the **bottom hook at ankle height** or about three to six-inches from the floor.

The Anchor Gym PRO – Mounting Configuration

The PRO Configuration delivers maximum anchoring options and threading capabilities with twelve hooking angles spread over six H2 units.



1 Top H2 Unit:

Mount the top unit with the **top hook** at seven feet. This is the ideal height for the Suspension Strap and downward pulling or pressing exercises.

2 Lower Top H2 Unit:

Mount the second H2 **one-inch below the top** H2 unit.

3 Top Middle H2 Unit:

Mount the top middle unit with the **top hook at chest height** (in line with your sternum).

4 Lower Middle H2 Unit:

Mount the lower middle H2 unit at **waist height** or one-inch below the top middle unit.

5 Top Bottom H2 Unit:

Mount top bottom H2 **one-inch above the lower bottom** H2 unit.

6 Lower Bottom H2 Unit:

Mount the lower bottom unit with the **bottom hook at ankle height** or about three to six-inches from the floor.

ANCHORING & THREADING

The Anchor Gym provides numerous options for anchoring bands and straps.



Threading – Bands

To reduce the length or increase the tension of a resistance band, simply anchor the band on one hook and thread it through a second hook.



Threading – Straps

The same applies to suspension or stretch straps. To reduce the length of a strap, simply anchor a strap to one hook and thread it through a second hook.



Stretch Strap as a Pulley

The hooks can also be used to create a pulley using an eight-foot stretch strap. In the photo, Amanda has threaded the strap on an upper hook and placed her foot in one of the strap's loops.

To increase the tension of the stretch, Amanda simply pulls on the strap to produce the desired stretch.



Basic Loop

For most exercises, especially those without vigorous dynamic movements, it is sufficient to simply loop the band over the hook.



Wrapping

To increase the safety of anchoring bands, the user has the option of wrapping the band around the hook. This will form a closed loop around the hook providing an extra layer of safety.

This technique will also eliminate bands from slipping while performing exercises with alternating motions.

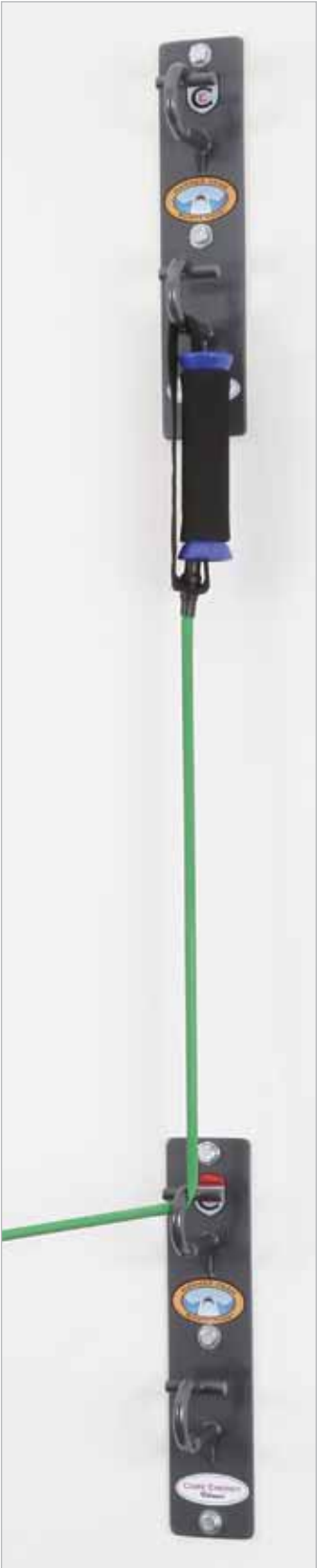


Bow String Configuration

The Bow String threading technique is used for abduction and adduction exercises. Anchor each of the band's handles on the H2 mounted at chest height. Thread the band through a lower hook to create a large loop.



Sample Threading & Anchoring Techniques



CUSTOMER SERVICE

If you have any questions regarding use of the equipment, installation or other products, please e-mail us at service@CoreEnergyFitness.com or call (310) 902-4060.

WARRANTIES

The Anchor Gym – Limited Lifetime Guarantee

Free from Defects. Core Energy Fitness Systems, LLC (hereinafter Core Energy Fitness), guarantees the Anchor Gym (i.e., Anchor Gym Products) to be free from defects in workmanship and material under normal use and service conditions for as long as you own the equipment. The guarantee commences on the receipt or invoice date of the original purchase.

GUARANTEE CLAIMS. All claims require the original receipt or registration of your guarantee; and any information supporting the existence of the alleged defect.

Original Purchaser. This guarantee extends only to the original purchaser of the product and will be terminated if you sell or transfer your Anchor Gym to any other person.

Limitations. Core Energy's obligation under this guarantee is limited to replacing or repairing at Core Energy Fitness' option the product through one of its authorized service centers or representatives. All repairs or replacement components for which guarantee claims are made must be pre-authorized by Core Energy Fitness. To make a claim under this guarantee, the buyer must notify Core Energy Fitness within 30-days after the date of discovery of any defect and make the affected product available for inspection by a Core Energy Fitness service representative. If the product is shipped to Core Energy Fitness or one of its authorized service centers or representatives, freight charges to and from the service center will be the customer's responsibility.

Damage Not Covered. This guarantee does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by Core Energy Fitness or an authorized service center.

Limited Liability. Core Energy Fitness is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The guarantee extended hereunder is in lieu of any and all other guarantees.

Exclusive Remedies

For any product described above that fails to conform to its guarantee, Core Energy Fitness Systems, LLC will provide, at its option, one of the following: (1) repair; or (2) replacement. THESE SHALL BE THE SOLE AND EXCLUSIVE REMEDIES OF THE BUYER FOR ANY BREACH OF GUARANTEE.

WARRANTY CLAIMS. All claims require the original receipt and any information supporting existence of the alleged defect.

This warranty applies only against defects discovered within the warranty period and extends only to the original purchaser of the product. Core Energy's obligation under this warranty is limited to replacing or repairing at Core Energy Fitness' option the product through one of its authorized service centers or representatives. All repairs or replacement components for which warranty claims are made must be pre-authorized by Core Energy Fitness. To make a claim under this warranty, the buyer must notify Core Energy Fitness within 30-days after the date of discovery of any defect and make the affected product available for inspection by a Core Energy Fitness service representative. If the product is shipped to Core Energy Fitness or one of its authorized service centers or representatives, freight charges to and from the service center will be the customer's responsibility.

This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by Core Energy Fitness or an authorized service center. Parts repaired or replaced under terms of this warranty will be warranted for the remainder of the original warranty period only.

Core Energy Fitness is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

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Product Line:

Anchor Gym H2 unit

Anchor Gym H1 unit

Anchor Gym Pull Up Bar & Extension

Anchor Gym 3-prong Storage Rack

Anchor Gym 7-prong Accessory Rack

Anchor Gym Battle Mount

Anchor Gym Mini H1 (set of 3)

Anchor Gym Door Mini H1

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