

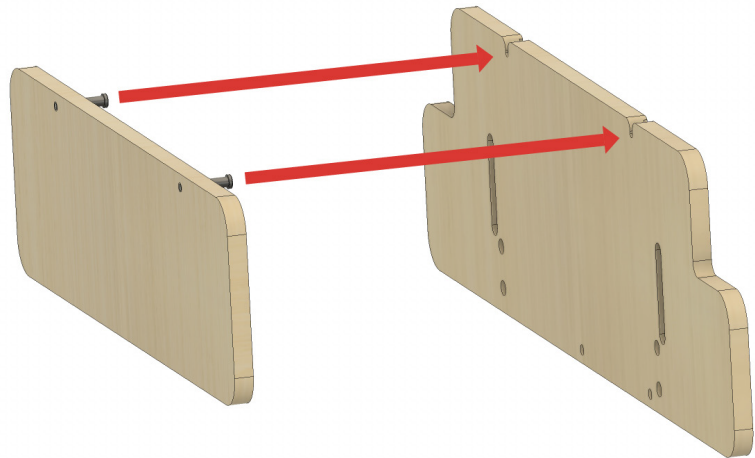


**1**

Put the Plate flush with the Mounting Board, and slowly slide down until the pins are **fully seated and locked in the slots at the top of the doorway mount.**

Confirm before proceeding:

- Plate is flush to the doorway mount.
- Pins are fully slid down and seated in their slot.



**2**

When mounting a hangboard to the plate make sure the screws you are placing are at least 1" away from the pins in the plate.



**3**

Fricitious Hangboards come with screws that will fully penetrate the mounting board, but not stick out the back. **DO NOT** over tighten these screws, tighten them until they are fully sunk, but no further.

**5**

Only mount hangboards to the mounting plate that are sized such that you can attach them with all their screw holes.

**4**

When mounting a non-Fricitious hangboard, you'll need to acquire screws that are long enough to fully penetrate the mounting plate, without sticking out the back. Size #10 screws or larger are required, the length will depend on your hangboard. (Easy: take your mounting plate and hangboard to a local hardware store)

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**NOTE: Weight Limit is 225 lb. Inspect Pins! Before every use of the Accessory Mounting Plate make sure to check the pins are solid.**

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