



 **FRICTITIOUS**

The Hangboard Doorway Mount

Assembly and installation manual

1/14/2025

Table of Contents

Parts and Hardware	3
Assembly	4
Assembly: Dowel nuts	4
Assembly: Front Screws & Bracket	5
Assembly: Carriage bolts and thumb knobs	6
Assembly: Clevis & Cotter Pins	7
Installing	8
Installing: Doorway Install	8
Installing: Finding Rubber Pad Location	9
Installing: Applying Rubber Pads	10
Mounting a Hangboard	11
Safety Warnings	12
Safety Warnings: General	12
Safety Warnings: [Assistance Rings]	13
Thank you	14

Parts and Hardware



1x Mounting Board



2x Rotating Hooks



2x Brackets



4x Bracket Screws



4x Dowel Nuts



2x Carriage Bolts



2x Thumb Knobs



2x Clevis and 2x Cotter Pins



2x Rubber Pads

Assembly

Assembly: Dowel nuts



Step 1:

Place dowel nuts into the bracket holes, verify that the threads of the dowel nuts are in alignment with the slots in the brackets as shown. Use flathead screwdriver to adjust alignment.



Step 2:

Tap the dowel nuts down until completely pressed into the bottom of the pocket.

Assembly: Front Screws & Bracket



Step 1:

Place brackets on the back of the mounting board over the 4 holes. Insert the bracket screws through the 4 holes in the front of the mounting board.



Step 2:

Lightly screw the bracket screws in, and ensure the bracket is perpendicular with the mounting board.

Step 3:

Once you confirm the brackets are perpendicular with the mounting board, tighten screws **AS TIGHT AS POSSIBLE BY HAND**, keep these tight every time you train.

Assembly: Carriage bolts and thumb knobs



Step 1:

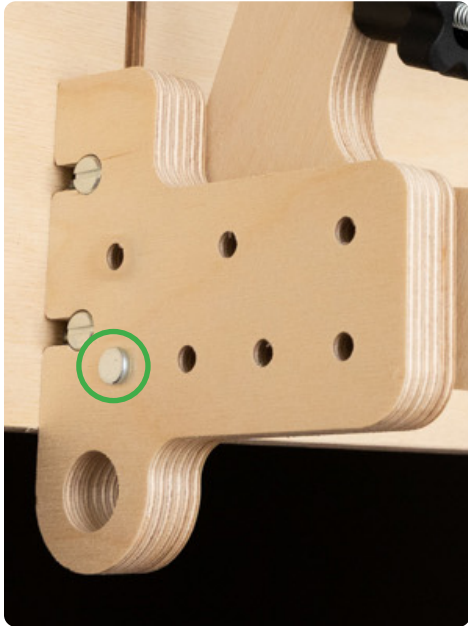
Place the heads of the carriage bolts into the keyhole slots from the back of the mount and slide them down.



Step 2:

Slide the hooks onto the carriage bolts and thread the thumb knobs onto the carriage bolts loosely.

Assembly: Clevis & Cotter Pins



Step 1:

Pin the hook to bottom left hole, place it in your doorway, and tighten the hooks.

Step 2:

If the hooks aren't close to vertical (are tilted back significantly) take the doorway mount down and move the pin to the next hole out and re-try.



Your hardware pack should include **2x Clevis Pins** and **2x Cotter Pins**. If any of these are missing, stop assembly and email us info@frictitiousclimbing.com



Installing

Installing: Doorway Install



Step 1:

Loosen thumb knobs and rotate hooks open.



Step 2:

Place the mounting board flush against the trim and centered with the doorway, so that the hooks are on the other side and located above the top trim



Step 3:

Rotate the hooks closed and lower the mount until the hooks are resting on the top trim, holding the mount in place. Tighten the thumb knobs, **and keep tight.**

Installing: Finding Rubber Pad Location



Step 1:

Loosen the thumb knobs to rotate the mount up to allow you to place the rubber pads between the trim and mount.



Step 2:

Match the round corner of the rubber pad with the round corner of the mount and flush or extended below the bottom edge of the mount. If this **WILL NOT COVER** the contact area of your trim, move the pad in until it **FULLY COVERS** the contact area and is flush with the bottom of the mount.

IF the contact area is on the edge of the mount, place the rubber pad so it extends slightly over the edge of the mount.

Installing: Applying Rubber Pads



Step 1:

Once you find the placement location that fully covers the contact area and is **flush with the bottom of the mount**, clean the location with a dry rag to ensure proper adhesion and stick the rubber pad on.



Step 2:

Once the pads are in place, take the doorway mount down, and **FIRMLY PRESS** the entire pad(s) onto the doorway mount using your thumbs or palms.

Mounting a Hangboard



Step 1:

When mounting a hangboard NEVER screw into the areas highlighted red. It will damage the hardware of the Doorway Mount, making it unsafe to use.

Do not over-tighten the screws when mounting any hangboard to the doorway mount, as this will cause the screws to penetrate through the backside of the mount.



Step 2:

We recommend screws that DO NOT penetrate the back of your mount when screwing a hangboard on the mount.

We recommend taking the mount and hangboard to the hardware store to find the correct length screws for your hangboard. We recommend using at least six #10 size construction grade screws.

NOTE: All Frictitious hangboards come with the proper size screws and will not extend past the mount.

If you do choose to use screws that are too long, avoid screwing into the areas that overlap your trim or you might damage your doorway.

Safety Warnings

Safety Warnings: General



The Doorway Mount's weight limit is 250 lbs.

Please note that if your trim is not completely solid, it could be the limiting factor in weight limit.



No Explosive Pull Ups.

Explosive or fast pull-ups should be avoided.



Always:

- Make sure all hardware is secure and tight before using
- Make sure the hooks solidly latch fully to the trim in the back
- Make sure the thumb knobs are TIGHT and remain TIGHT throughout your training session
- Inspect and TEST the Doorway Mount by lightly weighting it before every use to ensure it is set properly.

Safety Warnings: [Assistance Rings]



NOTE:

The bracket “assistance rings” are only to be loaded VERTICALLY, with a capacity of 50 lbs. Never load them horizontally or connect the two rings.



Thank you

We hope you enjoy your new Hangboard Doorway Mount from Frictitious Climbing. If you have any questions or need any assistance, please reach out to info@frictitiousclimbing.com