

**1** The Hangboard Doorway Mount acts as a strong foundation for you to screw any hangboards, holds, or accessories into.

**2** Email us or add a note to your order during checkout and we'll **pre-install** any of our hangboards onto the mounting board. No drilling will be necessary, all you will need for doorway mount assembly is a screwdriver.

**3** Read through the "Measuring Your Doorway" section of this manual to determine which size mounting board best suits your needs.

★ Before mounting your hangboard, see page 15



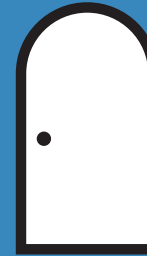
**How long does  
assembly take?**

Doorway Mount assembly will take approximately 10 minutes. After initial assembly, installation will only take seconds.



**Will this damage  
my doorway?**

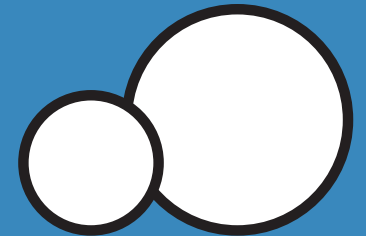
When used and installed properly, with the correct rubber padding. The doorway mount should not damage standard doorways.



**I have a weird  
doorway, will it be  
able to fit?**

Please email us, include photos and measurements of your doorway. We can help you determine fitment, or we can make custom hooks for a small extra charge.

**Email:**  
[info@frictitiousclimbing.com](mailto:info@frictitiousclimbing.com)



**Why are there  
two sizes?**

The wide mount will fit wider doorways that the standard mount is not big enough for.

1 Measure width of doorway opening.



	Standard Mount	Wide Mount
Maximum	32.5 inches	37 inches
Minimum	21 inches	21 inches

\* Choose the standard mount if your doorway has a 33" or less opening \*

\* If you plan on using a doorway in a narrow hallway, make sure there is enough clearance for the Doorway Mount \*

1 Measure height of top trim.

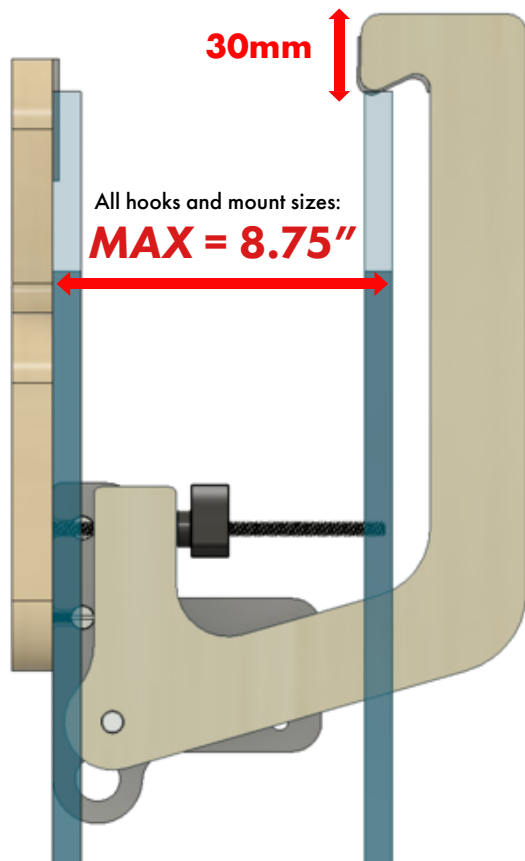


**Max. Trim Height**

**6 inches**



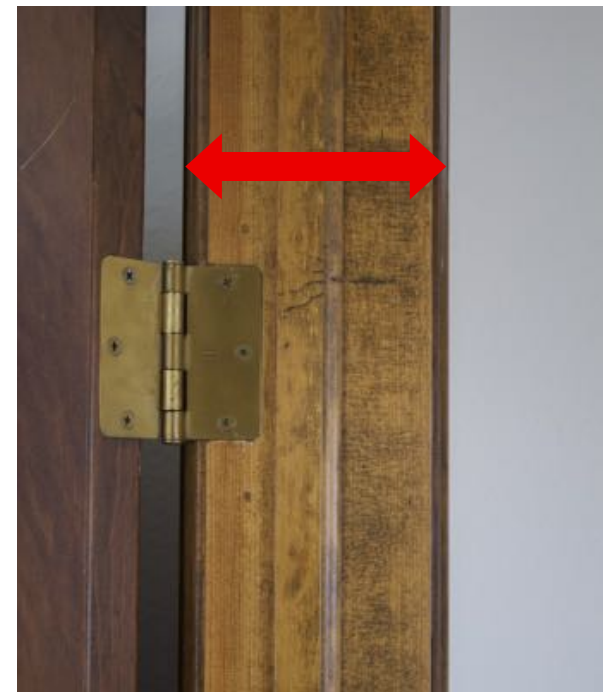
- 1 Measure thickness of doorway wall and trim.



Max. Thickness

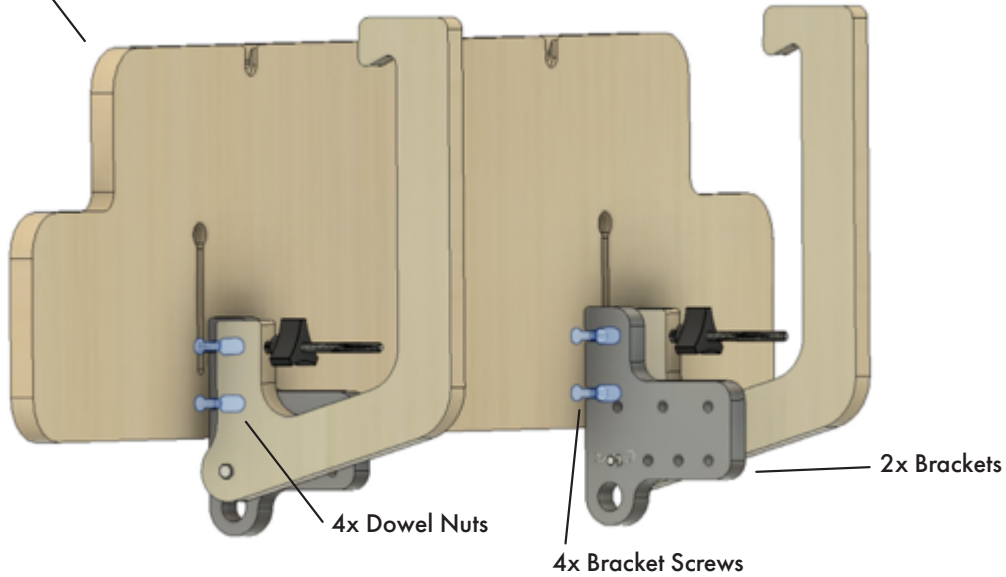
8.75 inches

**NOTE:** There must be a minimum of 30mm above the door frame in order for the hooks to have clearance.



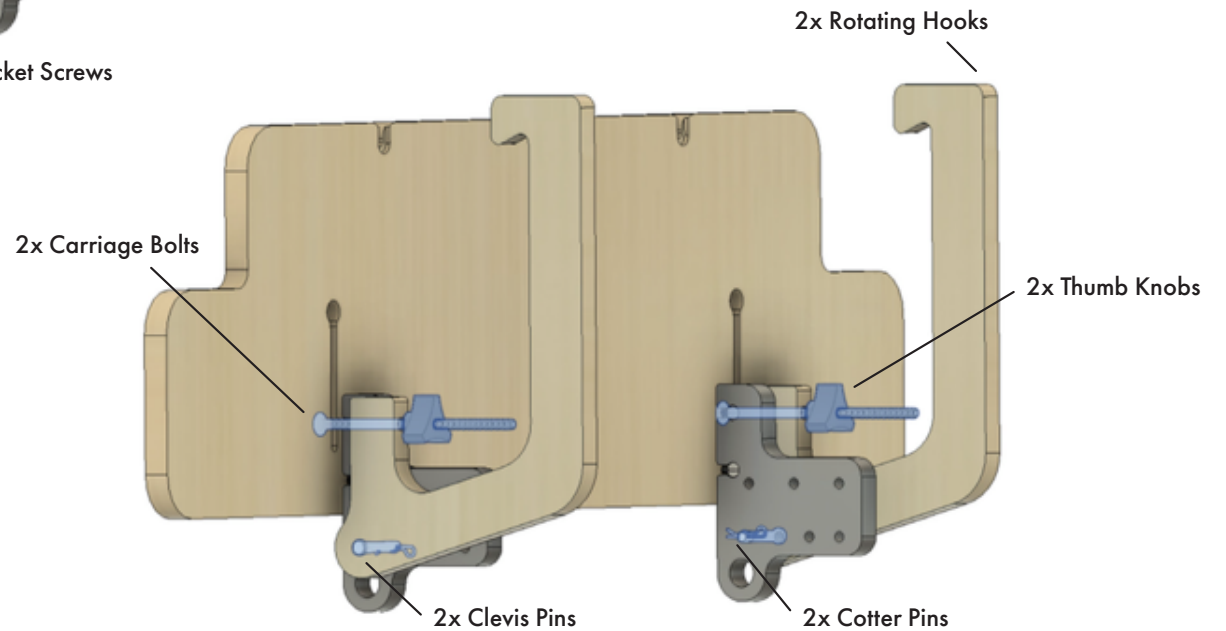
**NOTE:** The front mounting board sits flush against the door trim. If your trim has extravagant feature(s) protruding out of it, send us an email with photos and we will help you determine if the doorway mount will fit.

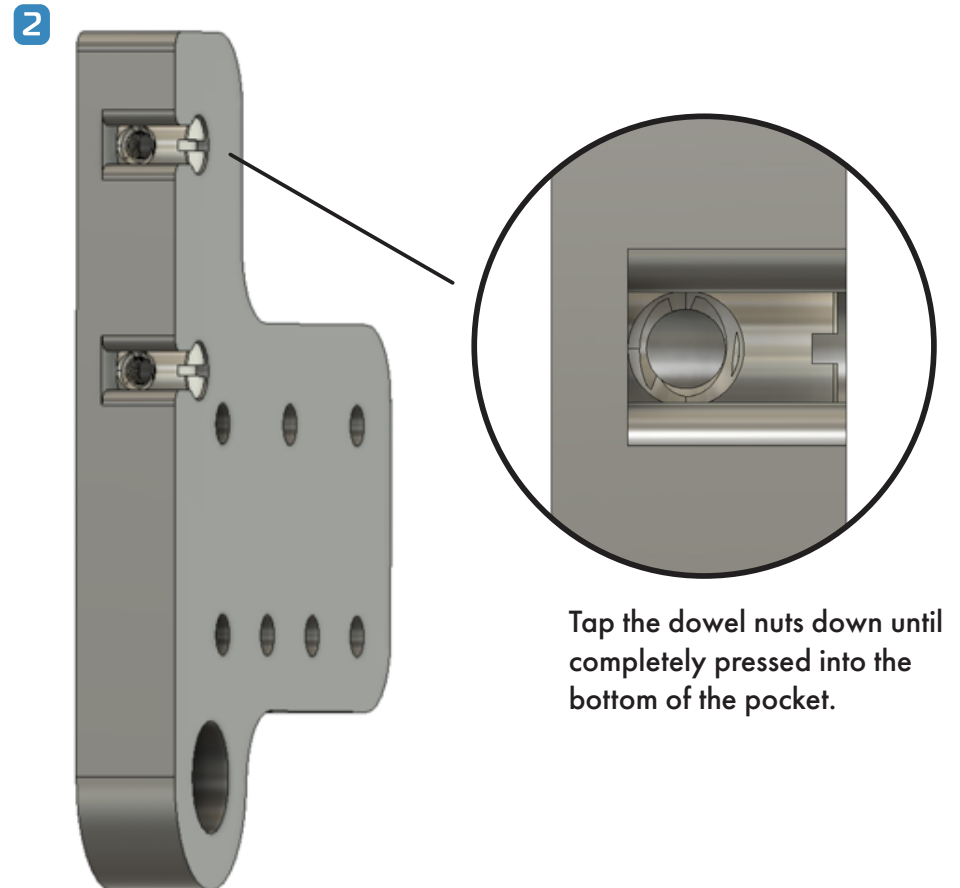
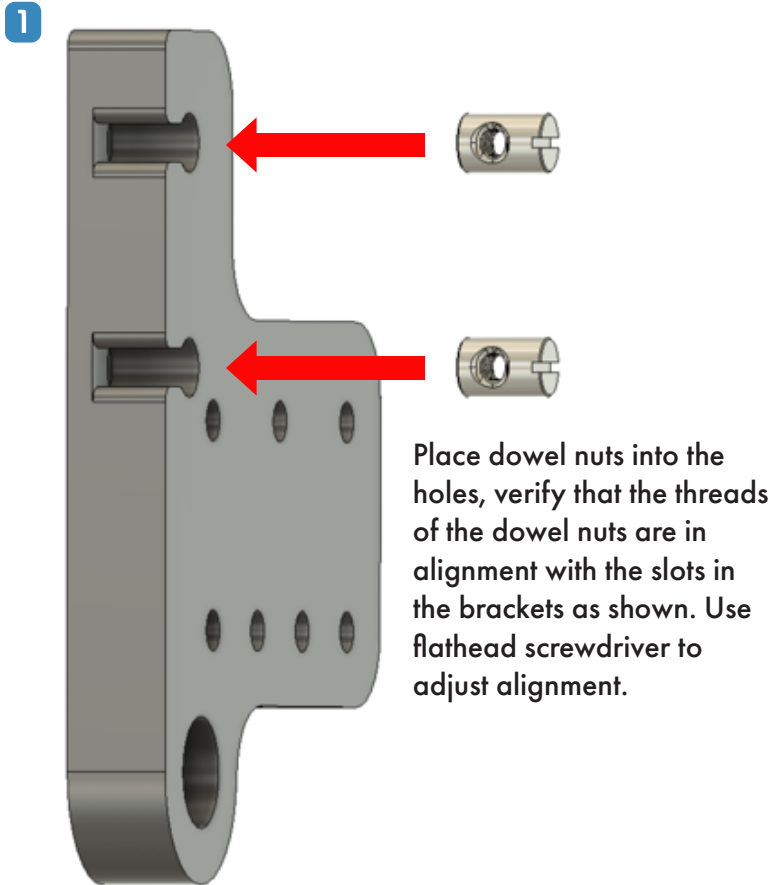
1x Mounting Board



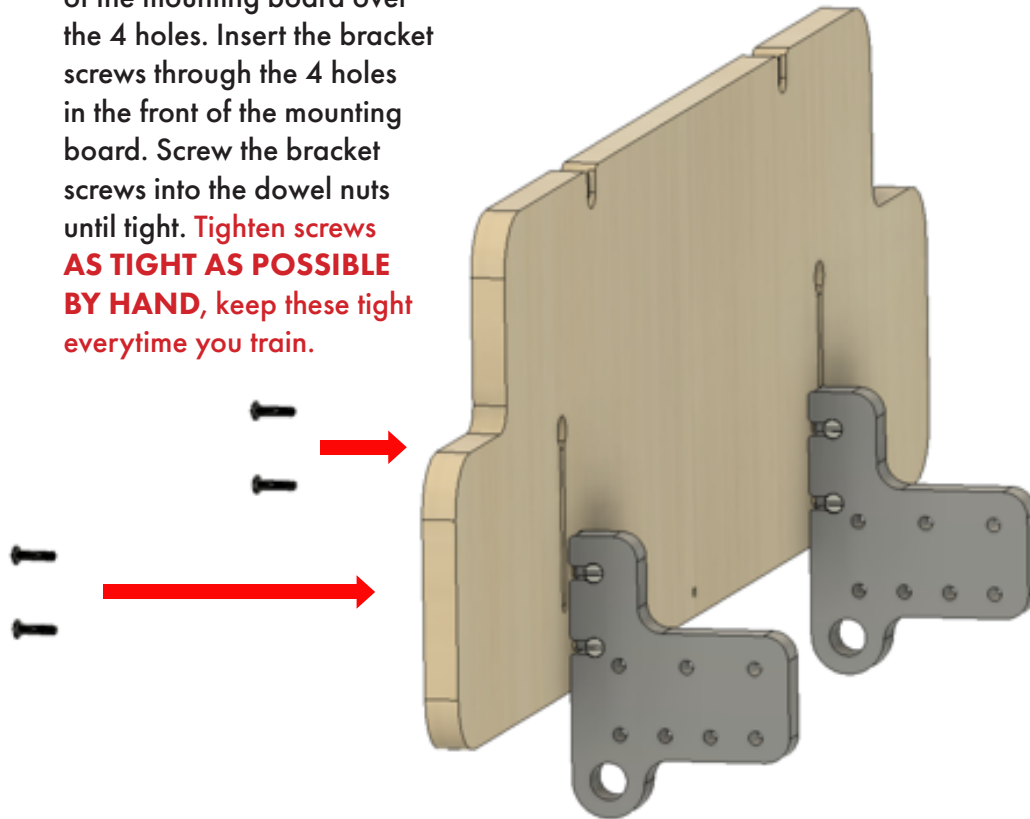
2x Hard Rubber Pads included

\*Pads not shown in visual\*

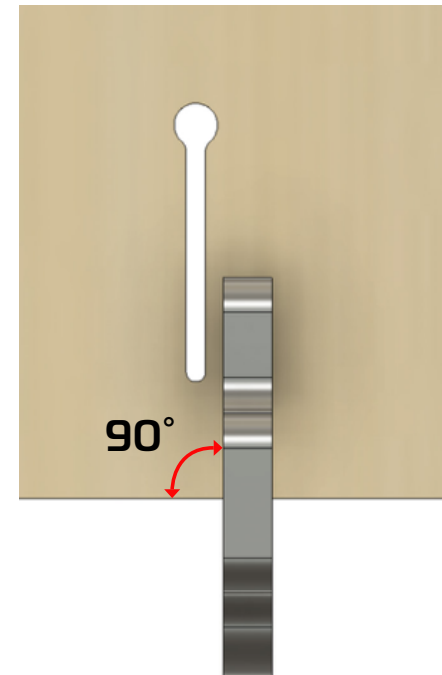




- 1** Place brackets on the back of the mounting board over the 4 holes. Insert the bracket screws through the 4 holes in the front of the mounting board. Screw the bracket screws into the dowel nuts until tight. **Tighten screws AS TIGHT AS POSSIBLE BY HAND**, keep these tight everytime you train.

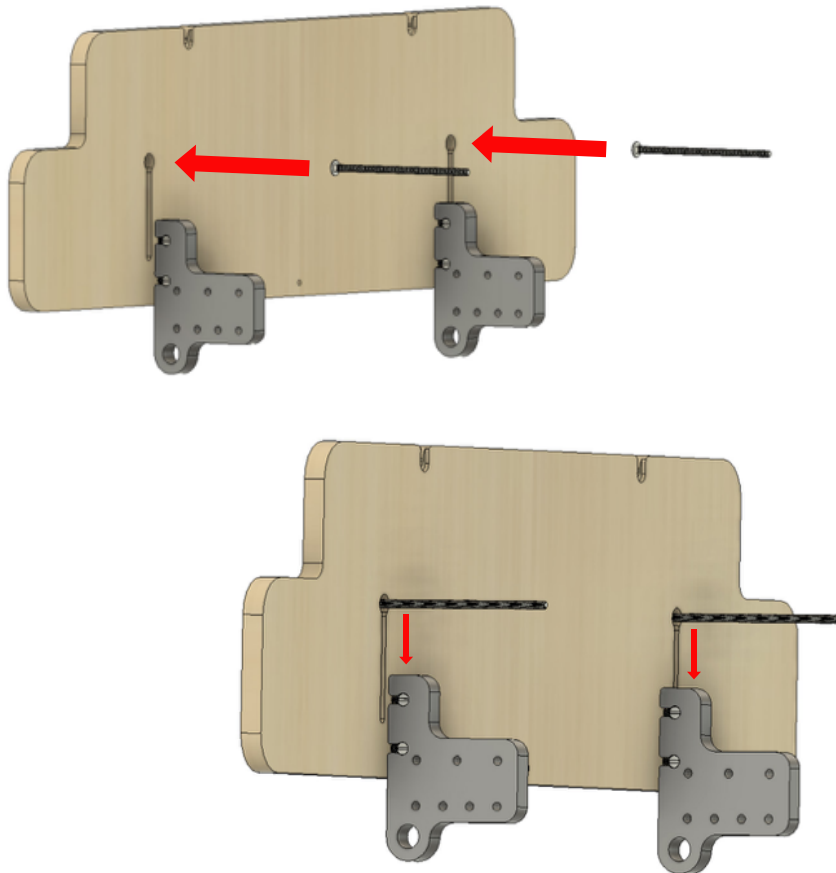


- 2** Make sure the bracket is perpendicular with the mounting board, ensuring proper alignment of the hooks in the future.

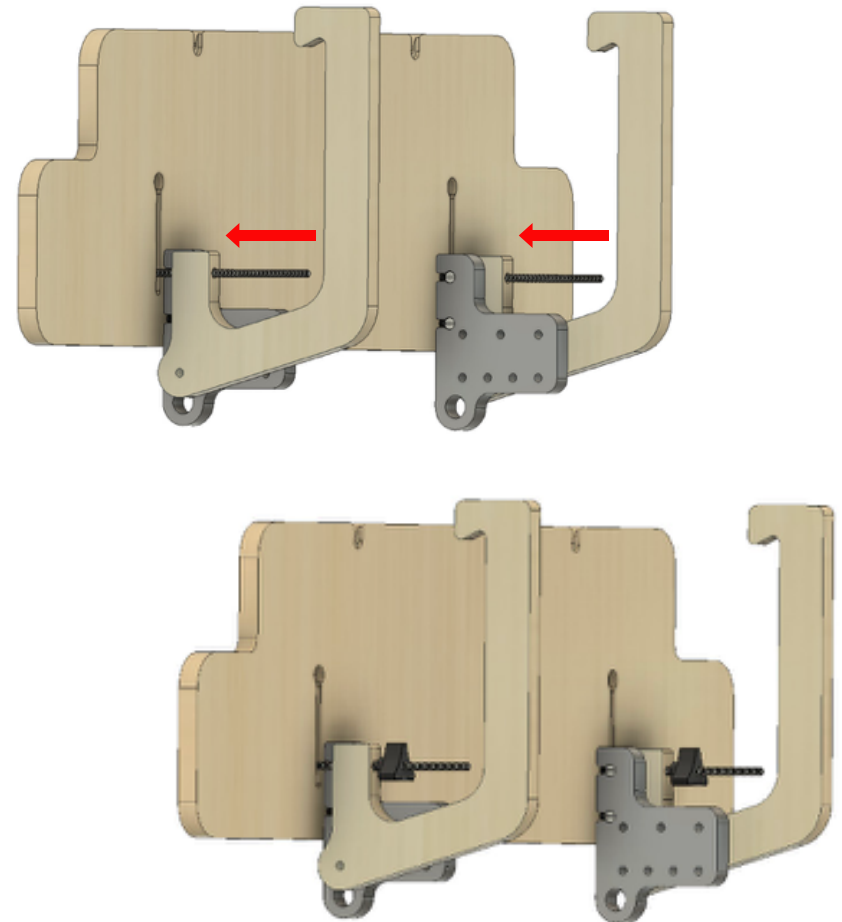




- 1** Place the heads of the carriage bolts into the keyhole slots from the back of the mount and slide them down.

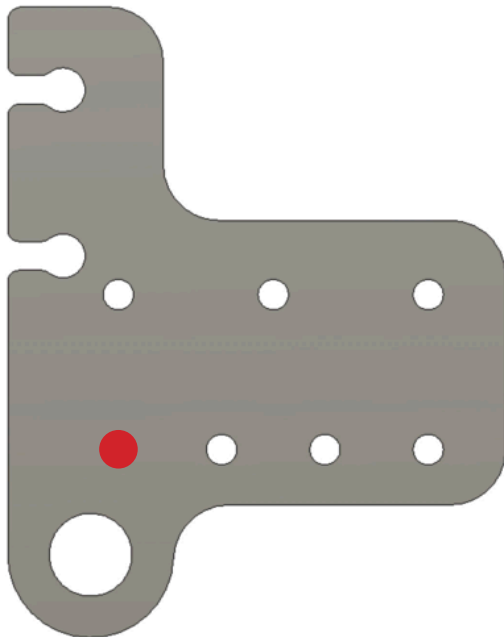


- 2** Slide the hooks onto the carriage bolts and thread the thumb knobs onto the carriage bolts loosely.

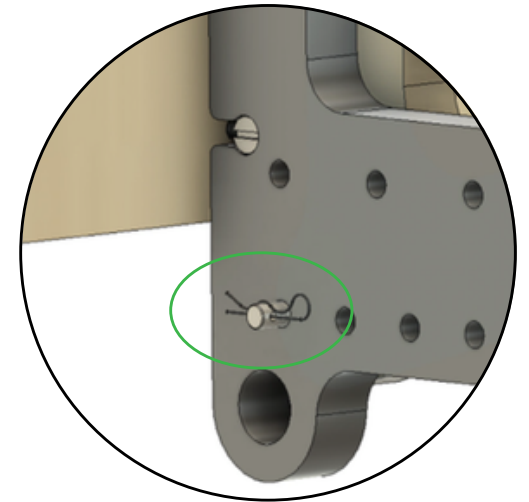
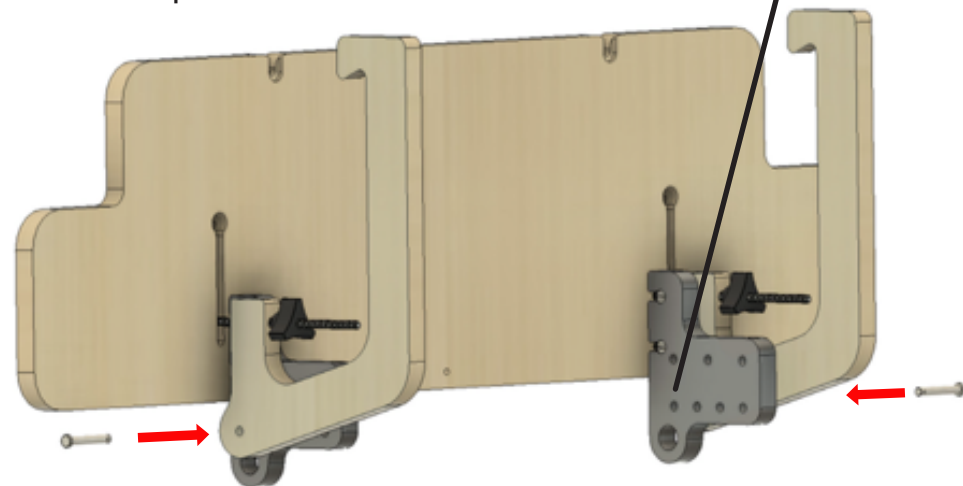


- 1** Choose 1 of the 4 holes on the bottom of the brackets to insert the clevis pins through. Choose the position based on the thickness of your doorway's wall and trim so the hooks have enough distance to latch onto the top trim on the back of the doorway. **In most cases the hole closest to the mounting board will work.**

If you find your doorway is too thick, move the hooks back a hole on the bracket. Repeat until hooks have enough clearance to grab onto the top trim of the door. If your doorway has extravagant trim and you need the mounting board to sit lower, move the hooks to 1 of the top 3 holes.



- 2** Insert the clevis pins through the brackets and hooks, then insert the cotter pins into the holes in the clevis pins until they click in place to secure them.



NOTE: Be VERY careful when peeling the white or black rubber pads.

Ensure the paper backing, not adhesive, is being peeled up from the rubber.

Please disregard the 2 pads circled in green here.

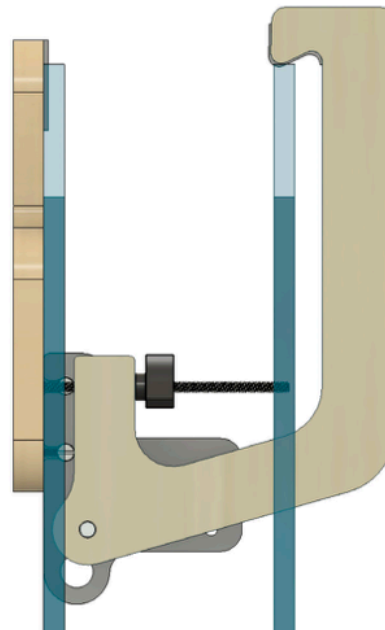
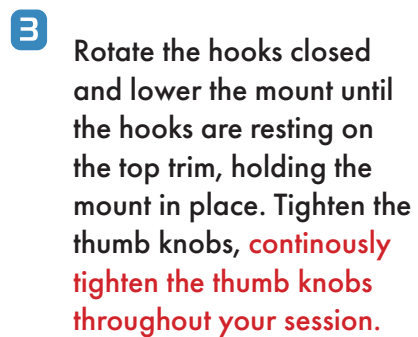
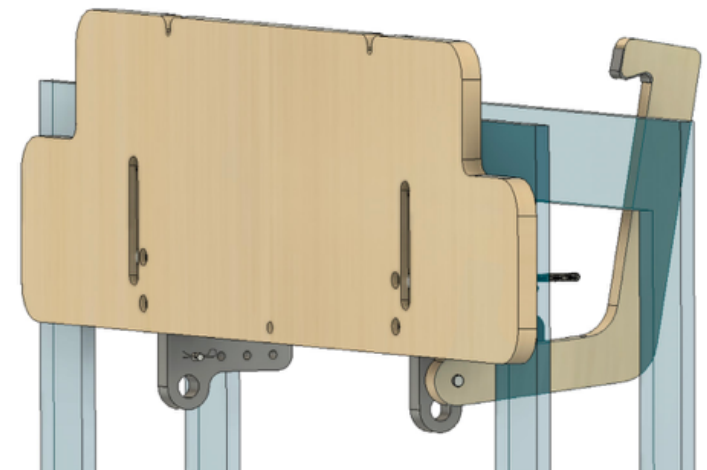
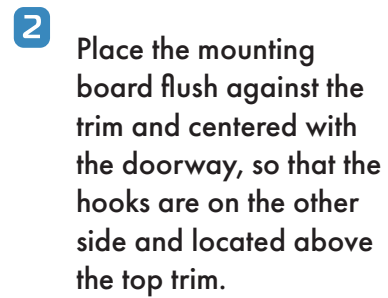
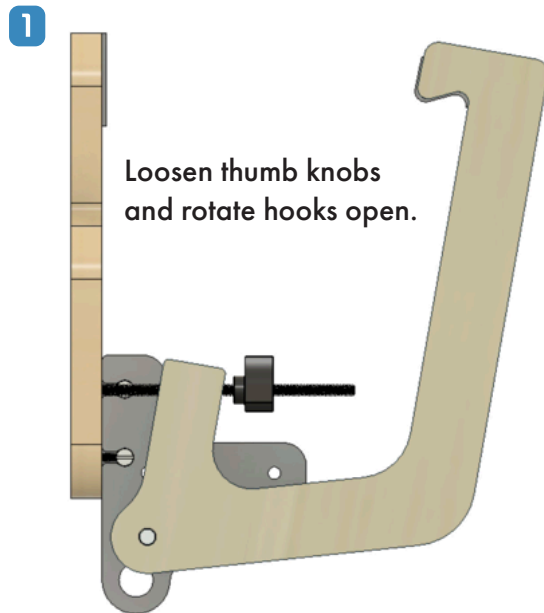


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2

For the hard rubber pad placement, please see the installation section of the manual, on pg. 13.





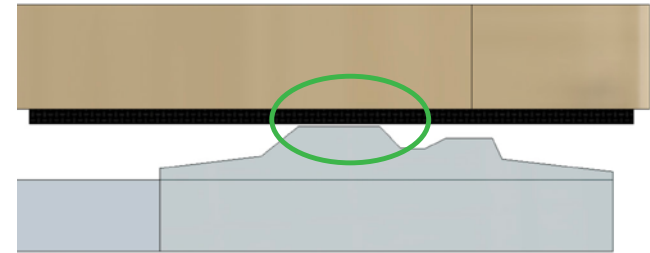
**1** Before placing the rubber pads on the mount, clean off the general area they will go, using a dry rag to remove any dust.

**2** Look at the section of your trim where the bottom of the mounting board rests. Find the thickest part of your trim that comes into contact with the back of the mounting board, and place the rubber pads so they are centered with the point of contact with the thickest part of the trim.

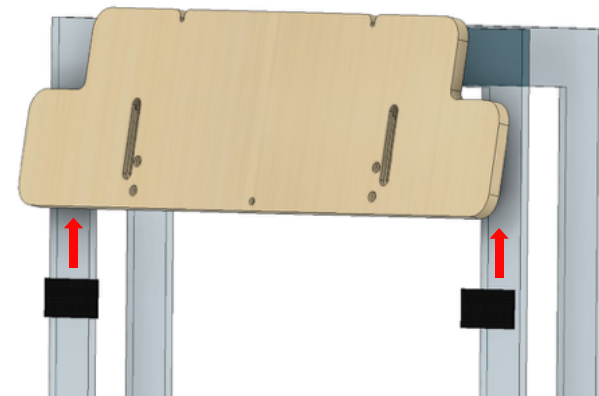
**3** Once the doorway mount is resting on the trim and able to hold itself up, rotate the mounting board upward and place the rubber pads on the back, touching the bottom edge of the mounting board where you observed it touches the trim.

**NOTE:**

If the thickest part of the trim is near the edge of the mounting board make sure the rubber pad extends past the edge of the mounting board.



**4** Once placed, take the mount down and **FIRMLY** press the pads down with your palms, ensuring you press down the entire surface and edges





**FRICTITIOUS  
CLIMBING**  
TRAIN. SOLVE. CLIMB.

## MOUNT ASSEMBLY

Step 3

**1** 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.

**2** Ensure the rubber pads are in line with the bottom edge of the mounting board as shown.



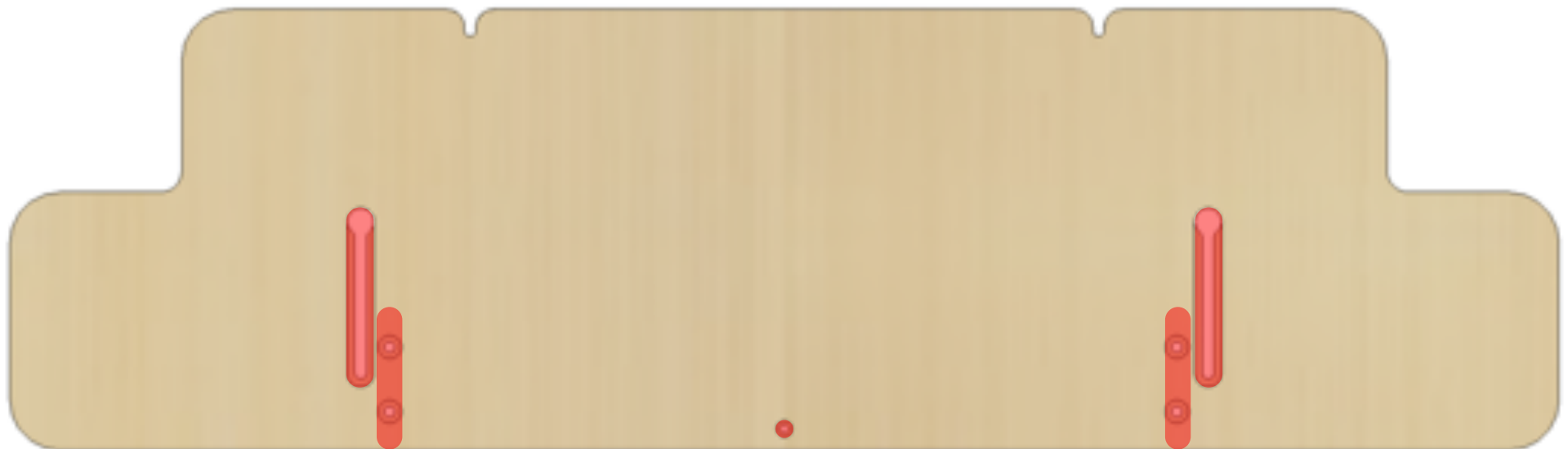
1

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.

2

If you are using longer screws that may penetrate the back of the mounting board, avoid screwing into the areas that overlap your trim or you might damage your doorway. **We strongly recommend going to a hardware store with the mounting board and your hangboard, and getting screws that fully penetrate the mounting board but do not stick out the back.**

**NOTE:** All Frictitious hangboards come with the proper size screws, guaranteed not to penetrate the back of the mounting board. Ensuring there will be no damage to your doorway.



\*Mounting board is 17mm thick\*

**The Doorway Mount's weight limit is 250 lbs.**

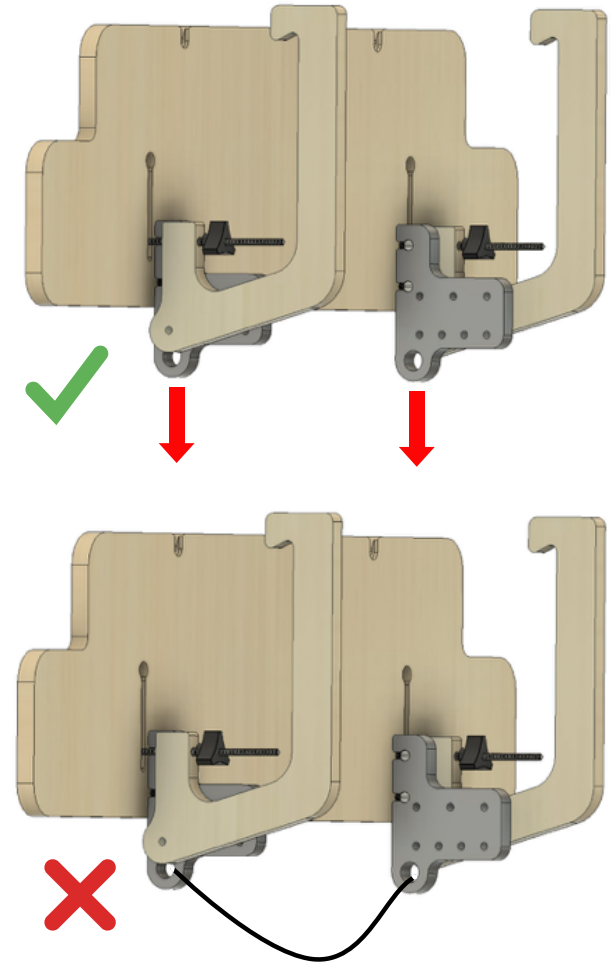
Please note that if your trim is not solid, it could be the limiting factor in weight limit.

**Perform explosive pull-ups at your own risk.**

With all doorway pull-up bars, and our Doorway Mount included. Explosive pull-ups create the highest load on your trim, which can cause wear. These kinds of pull-ups should be avoided unless you have solid trim and pay attention to any wear these may cause.

**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



**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.