

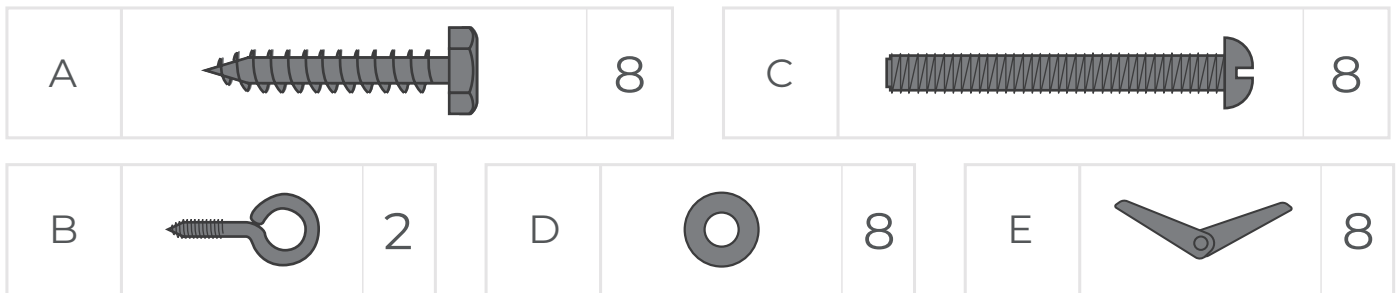
CROSSOVER ANCHORS

PERMANENT ATTACHMENTS FOR WALLS & SQUAT RACKS

The Crossover Anchors provide a permanent workout station that can safely secure the Crossover Cords.



1 INCLUDED HARDWARE: (1 SET)



2 TOOLS NEEDED:

In order to install the Crossover Anchors you will need a tape measure, pencil, power drill, a socket set, and 1/8" drill bit (for wood stud installation).

The Crossover Anchors can be installed into concrete as well as metal studs. We do not provide instructions for these installations as they can vary based on the situation. A licensed professional is recommended for all installations.

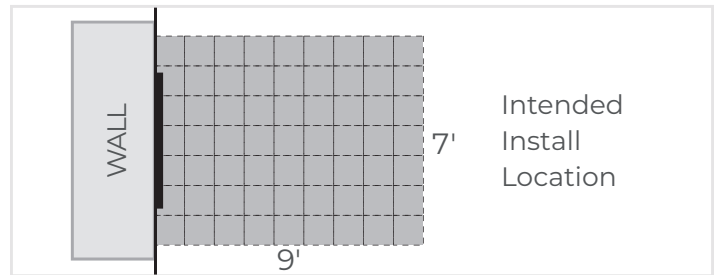
WARNING: IT IS HIGHLY RECOMMENDED THAT THE CROSSOVER ANCHORS ARE INSTALLED BY A LICENSED PROFESSIONAL. IMPROPER INSTALLATION MAY RESULT IN INJURY OR DEATH. READ ALL INSTRUCTIONS BEFORE BEGINNING. PRIOR TO USING, ALWAYS CHECK THE CROSSOVER ANCHORS TO ENSURE THEY ARE STRONG & SECURE. IF ANY DAMAGE, WEAR, OR DEFECTS ARE FOUND, DISCONTINUE USE OF THE PRODUCT. ALL CROSSOVER SYMMETRY EQUIPMENT IS INTENDED TO BE USED ONLY IN THE MANNER SHOWN IN THE INCLUDED INSTRUCTIONAL MATERIALS. CONTACT US AT SUPPORT@CROSSOVERSYMMETRY.COM WITH ANY QUESTIONS REGARDING THE EQUIPMENT OR ITS INTENDED USES.

INSTALL GUIDE FOR WOOD STUDS

READ ALL INSTRUCTIONS BEFORE BEGINNING

1

Before installation ensure there is enough room to perform the Crossover Symmetry exercises. You will need an area 7' wide and 9' deep, centered over the intended install location.



2

Anchor Install:

1. Using a stud finder, locate the vertical studs 48" apart. You will install the Crossover Anchors into these studs.

2. Measure 70" from the floor centered over the wood stud. Mark with pencil.

* This is the recommended height for the upper attachment. It should be eye level for the tallest person that will be using the system. It may be installed lower or higher as long as it's above the eye level of the user.

3. Place the bottom of the wall mount at the 70" mark. Then mark the hole positions for where to drill.

4. Repeat step 3 for the lower Anchors at a 14" mark from the floor.

5. Drill a 1/8" lead hole for each screw at the marks you have made. Place an Anchor over the lead holes and install using the lag screws (A).

6. Check the Anchor installation by pulling on the center ring with substantial force. The anchor needs to be strong and secure with no movement.

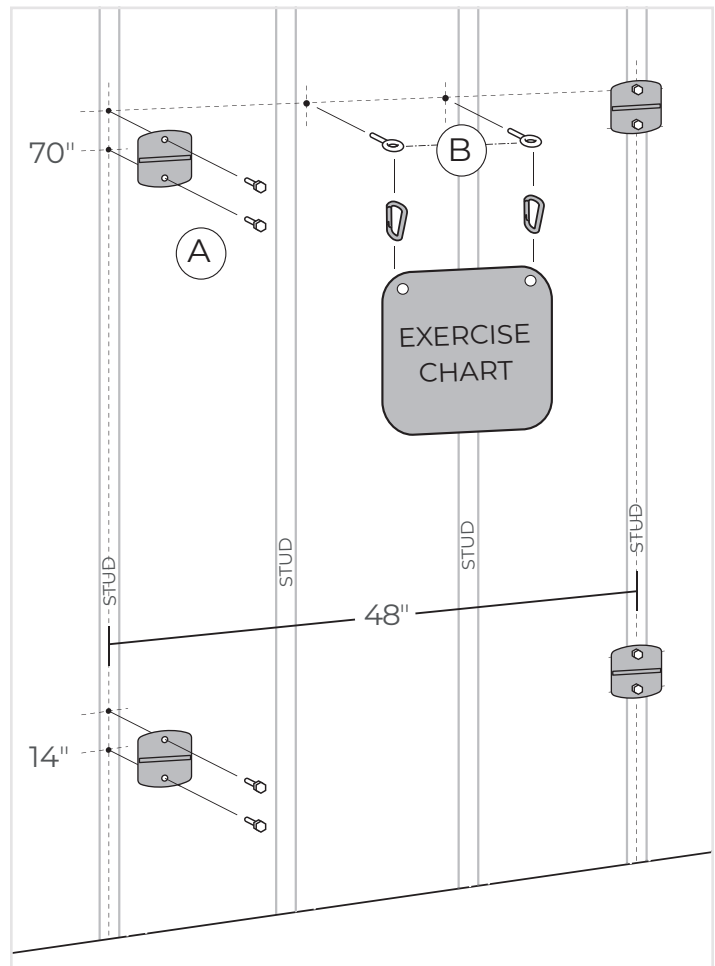
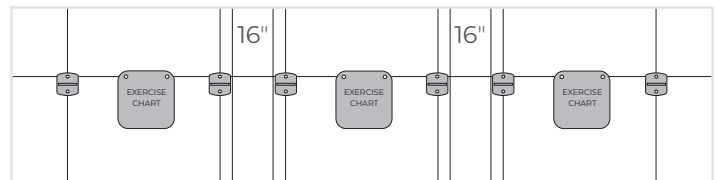


Chart Install:

The chart should be installed using the metal eye hooks (B) at eye level. For optimal viewing the chart is best installed in the middle of the station as seen in the picture.

Multiple Station Installation:

The ideal spacing between the exercise stations is 16" from the outer wall anchors. This will provide enough room to complete the exercises and will fit the standard wall stud spacing.



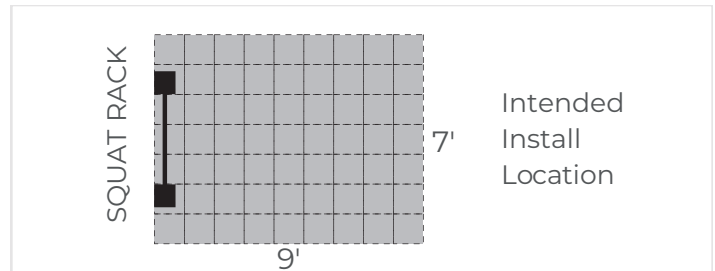
BE SURE TO TEST THE INSTALLATION OF EACH ANCHOR BY PULLING ON THE CENTER RING WITH SUBSTANTIAL FORCE.

INSTALL GUIDE FOR SQUAT RACKS

READ ALL INSTRUCTIONS BEFORE BEGINNING

1

Before installation ensure there is enough room to perform the Crossover Symmetry exercises. You will need an area 7' wide and 9' deep, centered over the intended install location.



2

Anchor Install:

1. For installation into a squat rack, first ensure the rack is strong and stable, and will not tip over during use. Many racks are set up for the standard 4' width spacing, but the anchors can be spaced as wide as 6' or as narrow as 3' if your rack has different spacing.

2. Identify a height for the upper anchors using the pre-drilled holes in the rack. The upper attachment should be installed above eye level of the tallest person using the system. Choose an anchor height that will not interfere with the standard use of the squat rack.

3. Identify pre-drilled holes roughly knee level for the lower anchors.

4. Add the washer (D) to the toggle bolt (C) and put it through the hole in the anchor. Then add the toggle wing nut (E).

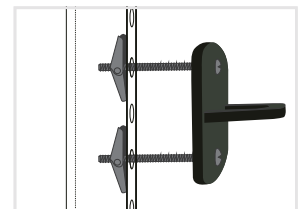
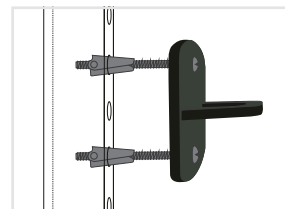
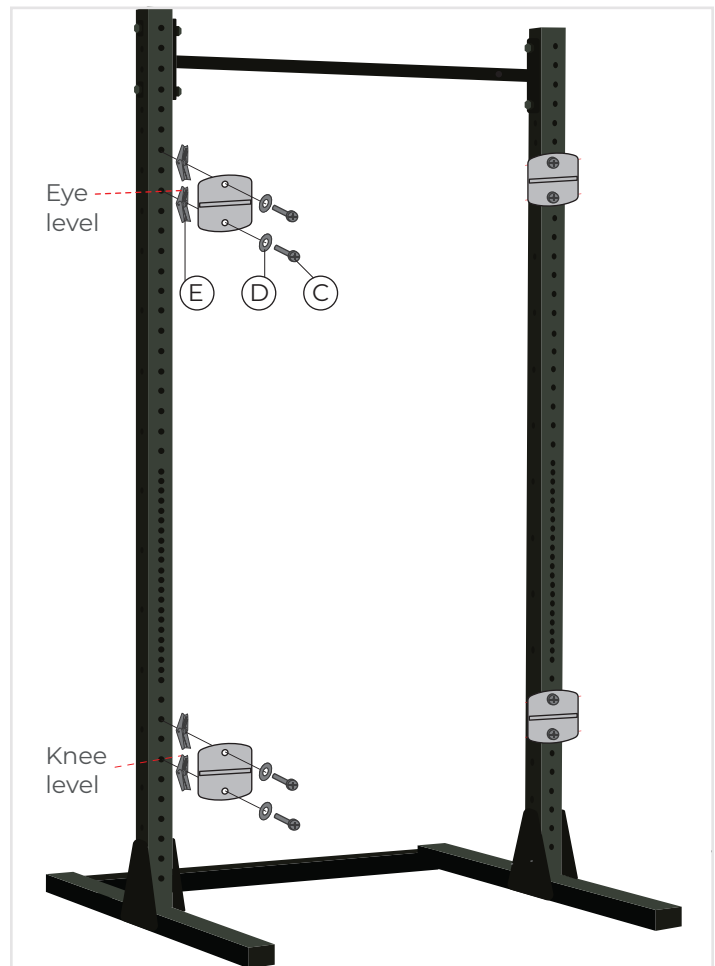
Depress the wings and fit the toggle wing nut into the correct holes.

5. Tighten the toggle bolt using a drill.

6. Check the Anchor installation by pulling on the center ring with substantial force. The anchor needs to be strong and secure with no movement.

Chart Install:

Use the Crossover Chart Hooks or Clip to hang the chart on the squat rack.



BE SURE TO TEST THE INSTALLATION OF EACH ANCHOR BY PULLING ON THE CENTER RING WITH SUBSTANTIAL FORCE.