

# STACKTRAX STARTER KIT

## HEIGHT RECOMMENDATIONS



### ← HIGH

**78-80 inches**  
(on center from floor)

\*\*Height for pull-ups, band and suspension trainer exercises



### ← MEDIUM

**36-42 inches**  
(on center from floor)

\*\*Height for balance bar & band exercises



### ← LOW

**8-10 inches**  
(on center from floor)

\*\*Height for core toe lock, nordic curls & band exercises

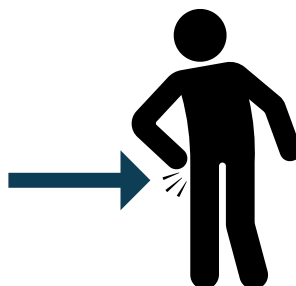
## HIGH

Put your hands straight up overhead against where you're mounting your Trax. Measure the height of the center of your palm. Place Trax on center to that point of reference.



## MEDIUM

Find your hip bone. Stand against the surface where you are mounting your Trax. Mark the height of your hip. Place Trax on center to that point of reference.



## LOW

Find the point where your ankle and calf meet. Mark the height on the surface where you're mounting your Trax. Place Trax on center to that point of reference.

