THE IFT HOME GYM MOUNTING INSTRUCTIONS

The IFT **MUST be mounted on a structure that can hold at least 250 lbs/113kg, which is the maximum, fully suspended weight** that the IFT is rated for. Make sure there is sufficient space to move while using the IFT.

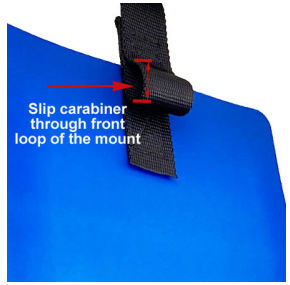
Warning: ***Use secure and robust mounting points able to support the DYNAMIC force of your body weight.***

Mounting Options



To avoid injury:

- **Always** use on the inside of an outward opening door.
- **Always** make sure the door you are attaching the IFT to is strong enough to support the DYNAMIC force of your body weight.
- **Always** make sure you attach the IFT securely with the carabiner that comes with the unit through the loop on the door mount and tug on the straps hard to ensure it is mounted properly before using.
- **Always** ensure there are no gaps between the top of the door and the door jamb to prevent the layered stopper from slipping through. For best results, insert the stopper between the center of the door and the hinge side, where the fit is usually tighter.
- **Always** make certain to clear objects around you as you are using the IFT to avoid any injuries.
- **NEVER** use the mount if damage is present.



Door Mount: Mounting to a door (see video on website)

1. While standing in front of an outward opening door, hold the mount by the front mounting loop and throw the nylon strap, with the stopper (where the elastic band is located), over the top of the door, close to the hinges, so the protective pad is facing you, and PULL the door closed.
2. Ensure the protective pad is flat against the door and the mount is positioned between the hinges and the middle of the door.
3. Close the door tightly, locking it if possible.
4. While holding the carabiner mounting loop, tug hard to engage the stopper and to ensure it is secure.
5. Attach the IFT's carabiner through the carabiner mounting loop.
6. Tug on the IFT straps 3-4 times to ensure everything is secure.



Figure 8 Slap Strap: Mounting to a horizontal pole or beam

1. Attach the IFT's carabiner to one side of the Figure-8 Slap Strap.
2. Throw the loose end of the Figure-8 Slap Strap over a horizontal bar or beam.
3. Attach the carabiner through the other side of the Figure-8 Slap Strap.
4. Tug on the IFT's working straps 3-4 times to ensure it is secure.



Ceiling Mount/Anchor: Mounting to a ceiling

1. Install your choice of ceiling mount according to the instructions on the package.
2. Connect the IFT directly to the anchor with its carabiner.
3. Tug on the IFT's working straps 3-4 times to ensure it is secure.

4’ Slap Strap: Mounting on structures too thick or high to use the Figure-8 Slap Strap or on vertical poles or beams



- **HORIZONTAL MOUNTING**
  ***Make certain to attach to a safe object. Do not use the IFT around tree limbs, poles, beams... that are weak or not able to handle the dynamic weight of your body and any attachments.



  1. Disconnect the carabiner and Figure-8 Slap Strap from the IFT. The Figure-8 is not needed for this installation but can be used as a weight connector when using the IFT as a cable machine.
  2. Throw one end of the Extender over the structure.
  3. Slide the carabiner attached to the IFT through one loop on both sides of the Extender at the desired height. (The best height is where you can easily reach the jaws to properly close as needed.)
  4. Secure the IFT swivel to the carabiner, give a couple good tugs, then begin training.

- **VERTICAL MOUNTING** (tree or non-smooth object)
  **Due to the weight of the IFT, it is not recommended to secure vertically on slippery objects as the weight will pull it down.
  1. Disconnect the carabiner from the IFT and set the IFT aside.
  2. Wrap the 4’ Extender around the structure at the desired height, then slide the looped end (logo end) through one of the various openings along the strap.
  3. Attach the carabiner through the opening of the loop with the logo.
  4. Secure the swivel of the IFT to the carabiner, give a couple good tugs to ensure it’s secure, and get to work!

Examples for Figure-8 Slap Strap use: Pole on tall chain-link fence usually found at tennis or basketball courts, monkey-bars or pull-up bars, etc.



When using the IFT Home Gym in its **UNLOCKED** configuration for the first time, we urge the user to perform safe rotational movements until you’re familiar with how easily the straps move freely and how much strength is needed to perform each exercise. Failure to do this will most likely cause injury.

More detailed Instructions and videos can be found at:

www.ifttraining.com

ASSUMPTION OF RISK

You acknowledge and understand that there are risks associated with the use and operation of this equipment that could lead to injury to persons and/or property if not utilized properly. You acknowledge and understand these risks, understand the instructions as to the use of the equipment and voluntarily choose to use the equipment and assume all risks, dangers and liability which may arise from the use of the equipment. Buyers shall be liable for all liability arising out of the use of this equipment.