

SafetyGrip® CEILING MOUNTED EXERCISE TRAPEZE

SG706

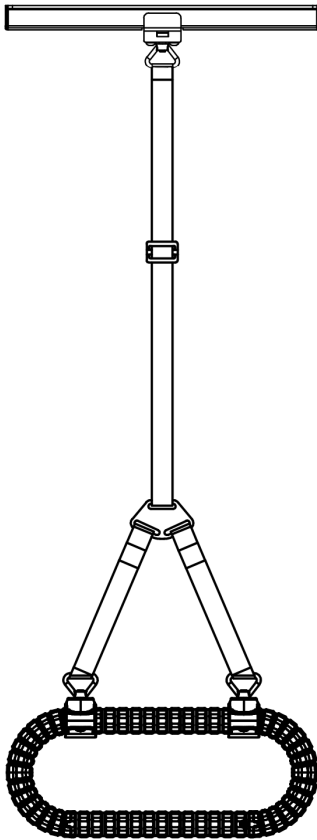


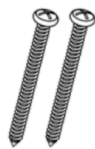
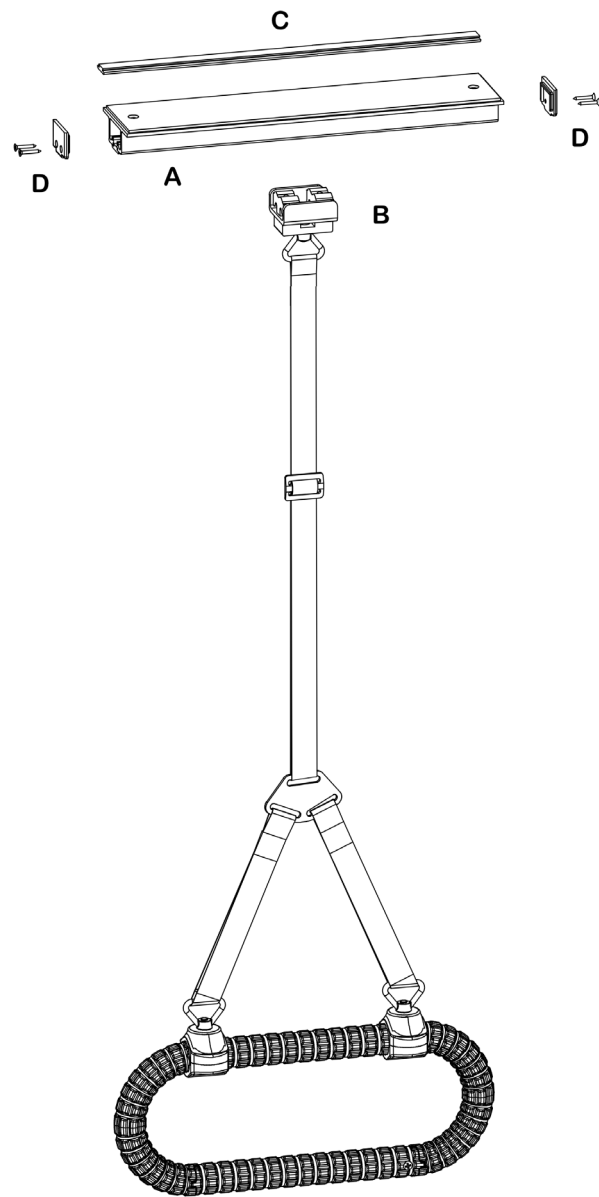
Table of Contents

- SG706 Installation Instruction (8 Pages)

Specifications:

- Product Name: SafetyGrip® Ceiling Mounted Exercise Trapeze
- Product#: SG706
- Maximum User Weight: 350lbs (158kg)

KIT CONTENTS



#14 WOOD SCREWS



HEX KEY

PRODUCT INFORMATION

The SG706 feature our patented interlocking SafetyGrip® and the long-lasting protection of embedded antimicrobial AlphaSan® RC5000 silver ions powder for all parts except hardware.

For more details about AlphaSan®: <https://www.milliken.com/en-us/businesses/chemical/product/alphasan>

- This Ceiling Trapeze is an assistive device that may be affixed to structurally sound ceilings.
- It is your responsibility to ensure that this Ceiling Trapeze is correctly installed and maintained as per these **ASSEMBLY INSTRUCTIONS** provided.
- This Ceiling Trapeze is designed to assist with sit-up, reposition, balance, stand, or transfer for persons weighing up to 350lbs (158kg) and is **not designed** to bear the full weight of the user.
- The Trapeze strap is adjustable to allow you to adjust the height of the Trapeze to where you want it.

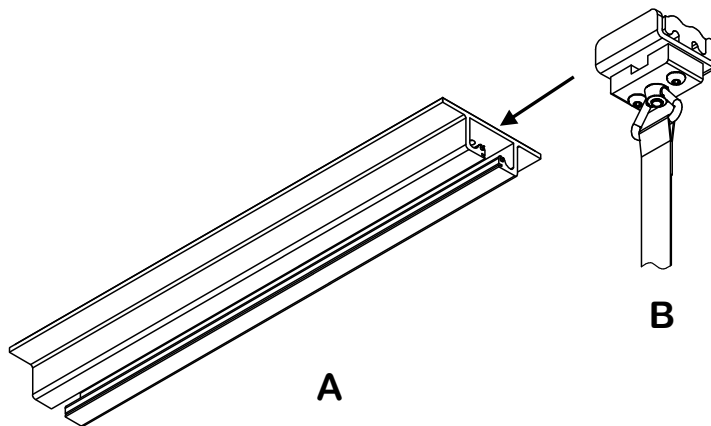
INSTALLATION

Ceiling Requirements

This Ceiling Trapeze Assembly must only be installed in locations where the construction of the ceilings are structurally sound.

STEP 1: Join the Ceiling Channel Assembly with the Pole Upper Tube

First put on Safety Glasses and then you must partly assemble the Ceiling Channel. Take Part B and slide it into the end of the Ceiling Channel part A. Tighten the two Bolts in Part B to secure Part B while you are assembling the Ceiling Trapeze.



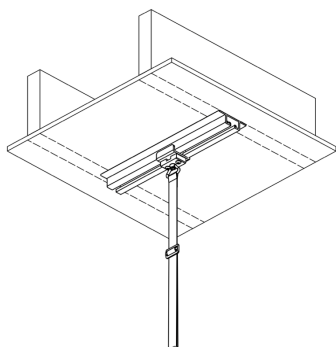
STEP 1

STEP 2: Locate the Ceiling Joists.

OPTION 1:

Mount Ceiling Channel spanning two ceiling joists;

Locate the joists behind the ceiling membrane and mark them. Using a stud finder is recommended.



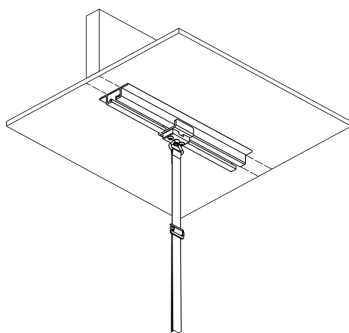
OPTION 1

SPANNING TWO JOISTS

OPTION 2:

Mount Ceiling Channel lengthways along one joist;

Locate the joist behind the ceiling membrane and mark it. Using a stud finder is recommended.



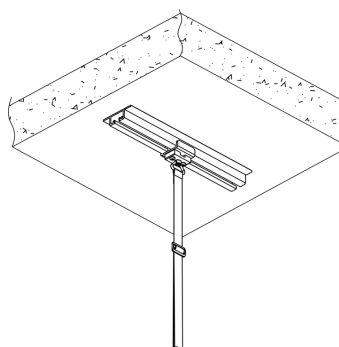
OPTION 2

LENGTHWAYS ON
ONE JOIST

OPTION 3:

For Solid Construction Ceilings;

Solid Ceilings are common in apartment buildings. The Trapeze can be mounted anywhere on this type of construction. The fasteners for this option are not supplied.



OPTION 3

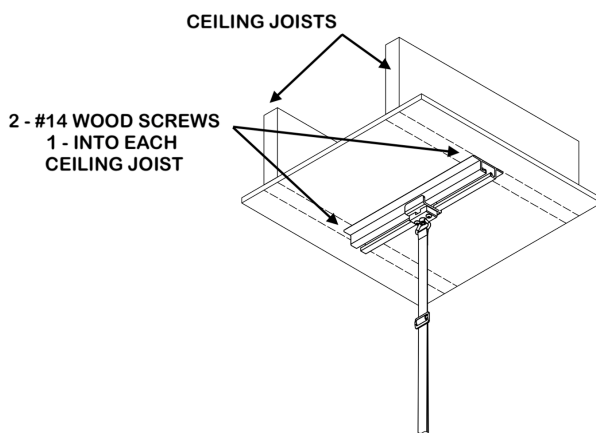
SOLID CONSTRUCTION
CEILING

STEP 2

STEP 3: Screw the Ceiling Channel to the Ceiling Joists or Solid Ceiling:

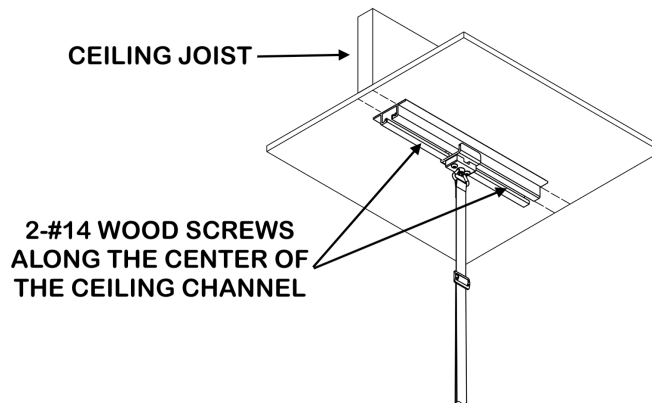
OPTION 1: Mount Ceiling Channel spanning two ceiling joists:

Move the Ceiling Channel Assembly until it is spanning the two rafters that you marked and will attach to. Mark the two holes through the Channel, one each end. Move the Channel and drill 5/32 inch pilot holes for the wood screws. Put the Channel back into position and screw the Channel to the Joists using the wood screws supplied.



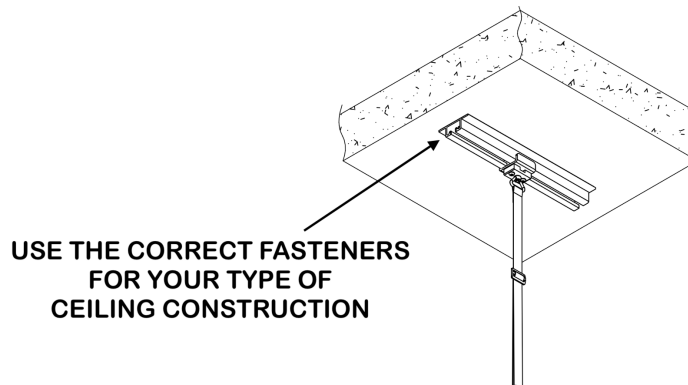
OPTION 2: Mount Ceiling Channel lengthways along one joist:

Move the Ceiling Channel Assembly until it is along the joist that you marked and will attach to. Mark the two holes through the center of the Channel. Move the Channel and drill 5/32 inch pilot holes for the wood screws. Put the Channel back into position and screw the Channel to the Joist using the wood screws supplied.



OPTION 3: For Solid Construction Ceilings:

Locate the Channel where you wish to attach the Trapeze. Mark the two holes through the Channel, one each end. Move the Channel and drill the holes to suit the hardware that you have selected to screw the Channel to the Ceiling. Put the Channel back into position and securely attach the Channel to the Ceiling.



IMPORTANT INSTALLER NOTE:

If this Ceiling Mounted Trapeze will be subjected to heavy or vigorous usage; or if your ceiling structure is not sound then extra mounting screws or hardware should be used.

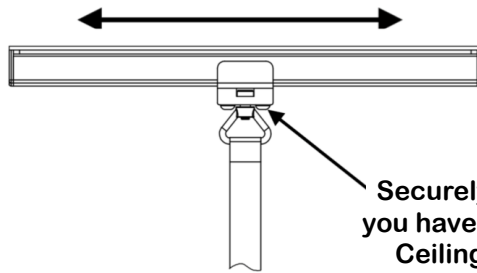
You will need to drill extra holes in the Ceiling Track.

The guide: 5711-8 Ceiling Track Extra Holes shows suggested extra hole positions.

The screws or hardware for extra holes are not included in this kit.

STEP 4: Trapeze Alignment:

Decide where you want the Trapeze located along the Channel and then securely tighten the two BHC Bolts in the Sliding Channel. Finally securely tighten the Bolt and Nut in the angle hinge.

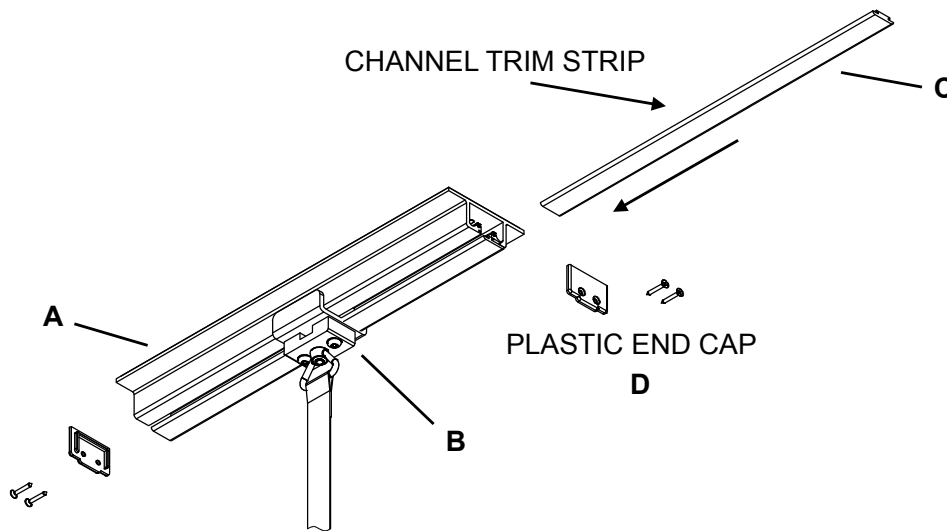


STEP 4

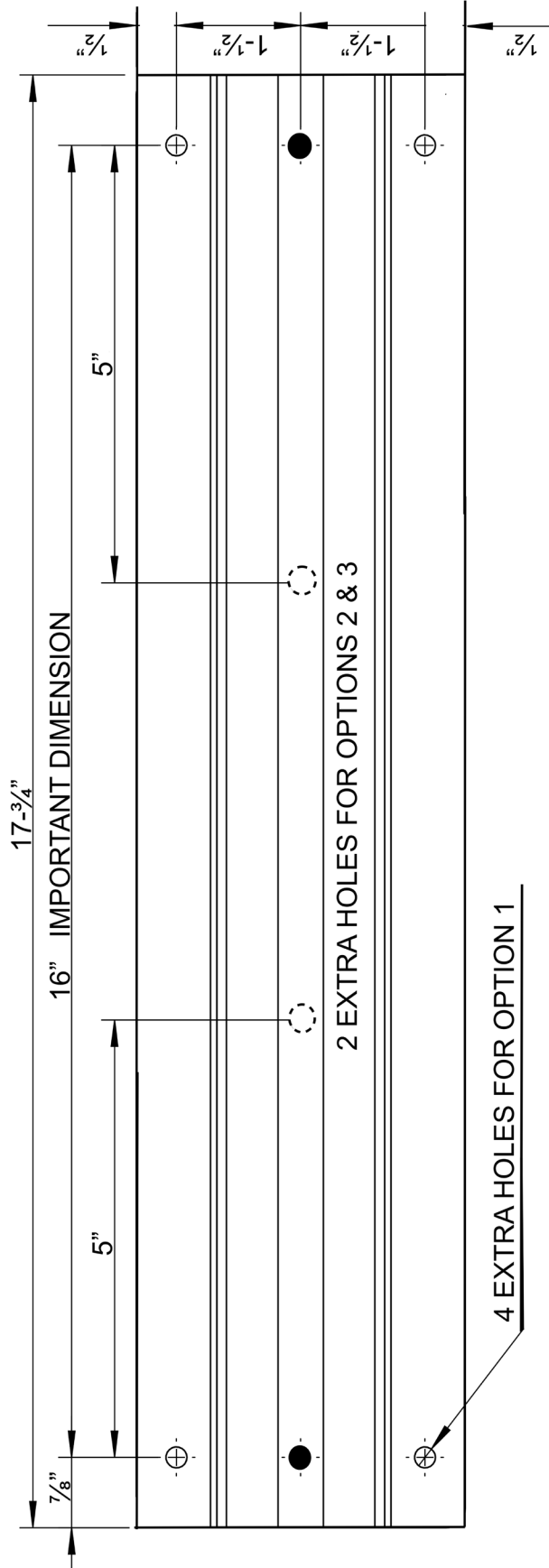
STEP 5: Add the trim parts to the Ceiling Channel:

Take the Channel Trim Strip Part C, and slide into one end of the Ceiling Channel Part A. Mark it at the end of the channel, cut where the mark is and slide it back into the channel. Repeat this on the other side of the channel. Now screw the two plastic End Caps Part D onto each end of the channel using a philips screw driver.

Installer Note: You can cut the Channel Trim Strips using strong scissors or a fine blade hack-saw.



STEP 5



HartMobility Inc	
CEILING TRACK	EXTRA HOLES
5711 - 8	

SUGGESTED DRILLING OF EXTRA HOLES IN THE CEILING TRACK IF REQUIRED

MAINTENANCE

- **VERY IMPORTANT:** It is important to inspect the Product(s) frequently.
- Stop using immediately if damaged or broken, or if parts are missing.
- Stop using immediately if Product(s) shift out of the original installed position(s) until they are readjusted into the correct position.
- To clean, use a damp cloth with soap and water or mild household cleaner, wipe clean and dry before using.

WARRANTY

For Warranty details, refer to the Warranty details on the Hartmobility Inc.

Website: www.hartmobility.com/Warranty or call 1-800-998-0774 ext. 3



Questions. Comments. Concerns.

Contact Customer Service today.

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www.SafetyGrip.com

www.Hartmobility.com

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Hartmobility reserves the right to update and revise our products. Refer to our website for the most up-to-date version of this document.

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