

ADAPT/CABL Wall Track Installation Instructions

IMPORTANT WALL TRACK SAFETY NOTICE

- To use the ADAPT Cable Trainer requires the installation of the provided Wall Track. *
- Do not commence installation until you have read and understood the instructions and warnings contained in this installation sheet.
- **Professional installation is highly recommended.**
- Improper installation or use of the ADAPT Cable Trainer or Wall Track may cause damage or serious injury.
- Be aware of electrical wiring before any drilling or screwing into walls.
- Only mount the Wall Track to a **structural wall or structural stud**. Examples of structural walls include:
 - Solid walls (brick, masonry) or
 - Plaster walls with approved structural stud
- If mounting to timber or steel wall studs, make sure that the mounting screws are anchored into the centre of the studs. Use of a stud finder is highly recommended.
- The wall must be flat. If the Wall Track is not installed onto a flat surface then it will be difficult to use the ADAPT Cable Trainer properly.
- Due to forces experienced by the Wall Track when the ADAPT Cable Trainer is in use, each screw must be installed firm and tight.
- Regularly check each screw is firm and tight in Wall Track. Tighten each Wall Track screw as required.
- Do not conduct the Wall Track installation process within 5m (16ft) of others as this will present a safety risk.
- Any personal or property damage or injury caused by a lack of personal care or not following the instructions fully is not covered by the warranty.
- Do not place the ADAPT Cable Trainer or the Wall Track in the following environments:
 - An area of high humidity such as a bathroom
 - Near any heat source such as stoves and other devices that produce heat
 - Near kitchen counters
 - An area exposed to wind or rain
 - Do not install in excessively dusty places

Required Tools (not supplied with package):

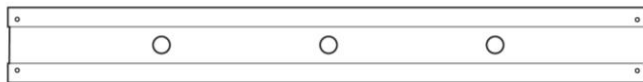
- *Power Drill*
- *Stud finder (not required for brick or masonry wall)*
- *Phillips Head Screw Driver Bit No 2*
- *Spirit Level*

Included Parts (supplied with package):

a	Wandschiene	Wall Track	3
b	Endkappe oben	Top piece of Track	1
c	Verbindungsstücke	Track Connectors	6
d	Endkappe unten	Bottom Piece of Track	1
e	Bohrer	Drill Bit	1
f	Madenschrauben	Grub Screws	16
g	Inbusschlüssel	Hex key	1
h	Schrauben	Screw	10
i	Dübel	Wall Plug	10

Included Parts List

a.
Wall Track



b.
Top Piece of Track



c.
Track Connector



d.
Bottom Piece of Track



e.
Masonry Drill Bit



f.
Grub Screw



g.
Hex Key



h.
Screw



i.
Wall Plug



WALL TRACK INSTALLATION GUIDE

Please note – The Wall Track installation guide is provided to support professional installation of the wall track. A professional installer must satisfy themselves that the Wall Track has been secured appropriately.

Step 1 – Assemble the Wall Track:

- There are three (3) pieces of Wall Track in the box plus the Top Piece (1) and Bottom Piece (1) of Track
- We recommend you use all three pieces of Wall Track however you may choose to only use two pieces. (Each piece of Wall Track is 50cm long)
- Find a flat surface (like the floor) to put the Wall Track down with the front of Wall Track face down
- Select one piece of Wall Track and insert two track connectors into each end (4 in total). Secure them firmly with the provided grub screws (see Image 1)
- Turn this piece (upside down – with the grub screws facing upwards) in the centre of the floor and connect the remaining two pieces of wall track to each end (see Image 2)
- Add the Top Piece of Track to one end of the Wall Track. Secure firmly with the provided grub screws (see Image 2)
- Add the Bottom Piece of Track to the other end of the Wall Track. Secure firmly with the provided grub screws (see Image 2)
- The Wall Track should now be fully connected. Please ensure that all grub screws (8 total) are tight and the Wall Track is fully connected together in a very tight manner. Carefully turn the Wall Track over (see Image 3)
- Note – be very careful to **support the Wall Track at the connection points** if it is carried to the installation location

Image 1:

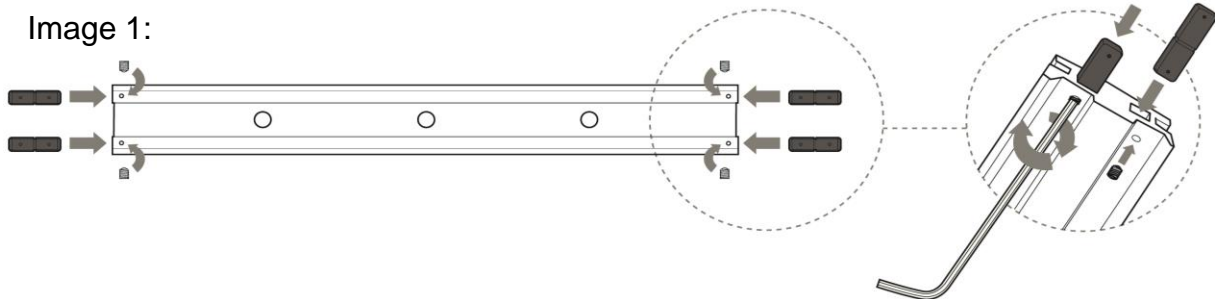


Image 2:



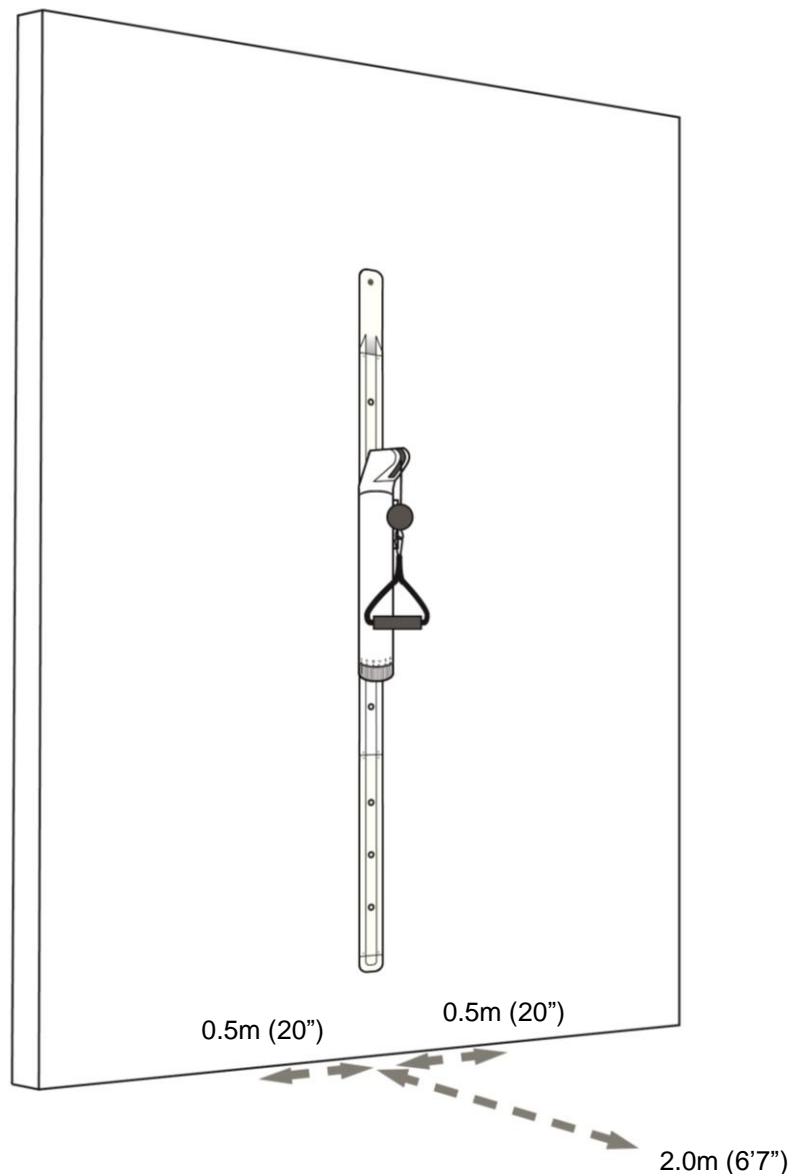
Image 3:



Step 2 - Find the right location:

- A minimum of 0.5m (20in) of side space and 2.0m (6ft 7in) of floor space around the Wall Track for training (see Image 4)
- A structural wall or structural stud (as described above) – To be clear; if you are installing onto a plaster wall you must install screws into the wall stud
- A flat surface where you can achieve a firm and tight Wall Track installation

Image 4:



Step 3 - Determine the Wall Track position:

- Place the Wall Track on the selected wall. Please ensure that the grub screws have been tightened to keep the track together
- The **bottom of the Wall Track** should be 30cm (12in) from the floor. Ensure that it is not lower than 30cm from the floor (see Image 5)
- Once you have finalised the Wall Track position we recommend you make a mark for the first screw hole with a pencil (see Image 6)

Image 5:

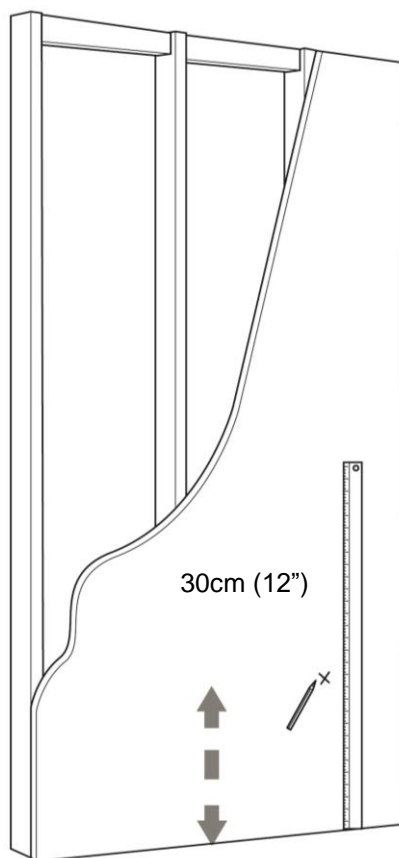
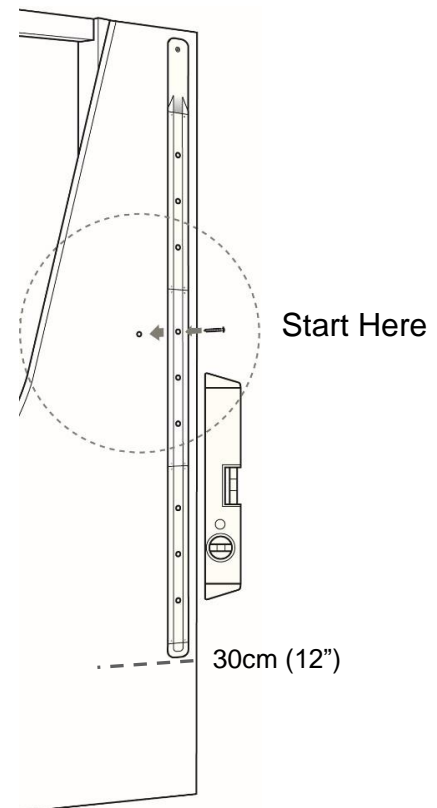


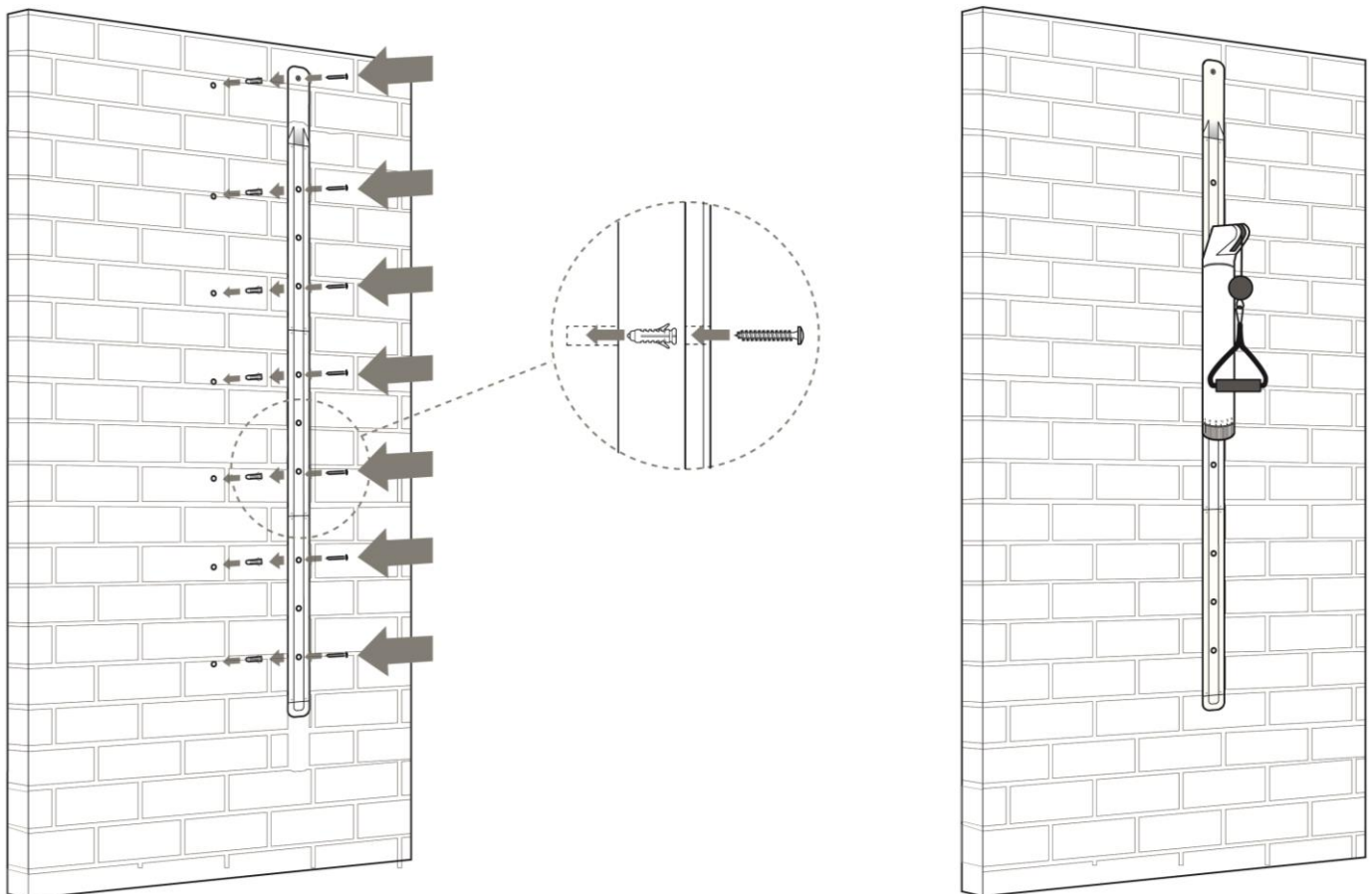
Image 6:



Step 4 - Solid Wall (masonry / brick / concrete) Install Instructions:

- Before install ensure that you have found the right location (step 2) and positioned the Wall Track correctly (step 3)

- b. If you are drilling into a brick or masonry wall use the supplied masonry drill bit. Ensure you do not drill into the mortar as this will not be strong enough. Ensure surface is flat.
- c. Drill a hole a minimum depth of 4cm (1 ½")
- d. Put the Wall Track back onto the wall, and push the supplied wall plug into the track hole. The wall plug should push all the way into the track (you may need to use something to push it all the way such as a screwdriver)
- e. Tighten the screw into the wall plug which will tighten the Wall Track onto the wall (we recommend the top hole in the middle section of track). Screw the Wall Track on firmly but not completely tight
- f. Using the spirit level ensure that the Wall Track is vertical. Move the Wall Track so that it is level and tighten the screw to firm. Do not over-tighten. The Wall Track should hold onto the wall with just 1 screw temporarily whilst the remaining screws are affixed
- g. Drill the remaining holes. The holes can be drilled through the Wall Track holes but ensure you do not damage the Wall Track holes when drilling
- h. To complete installation we suggest an absolute minimum of 7 screws and wall plugs be used as indicated
- i. Once the Wall Track is secured to the wall ensure that all screws are tightened to firm but do not over-tighten



Step 4 - Plaster Wall (timber studs /steel studs) Install Instructions:

- a. Before install ensure that you have found the right location (step 2) and positioned the Wall Track correctly (step 3)

- b. Use the stud finder to find the stud
- c. No hole drilling or wall plugs should be required for a timber stud or steel stud (just the screw itself)
- d. Put the Wall Track back onto the wall, and screw the track onto the wall (we recommend the top hold in the middle section of track). Screw the track on firmly but not completely tight
- e. Using the spirit level ensure that the Wall Track is vertical. Move the track so that it is level and tighten the screw to firm. Do not over-tighten. The Wall Track should hold onto the wall with just 1 screw whilst the remaining screws are affixed
- f. To complete installation we suggest an absolute minimum of 7 screws be used as indicated
- g. Once the Wall Track is secured to the wall ensure that all screws are tightened to firm but do not over-tighten

