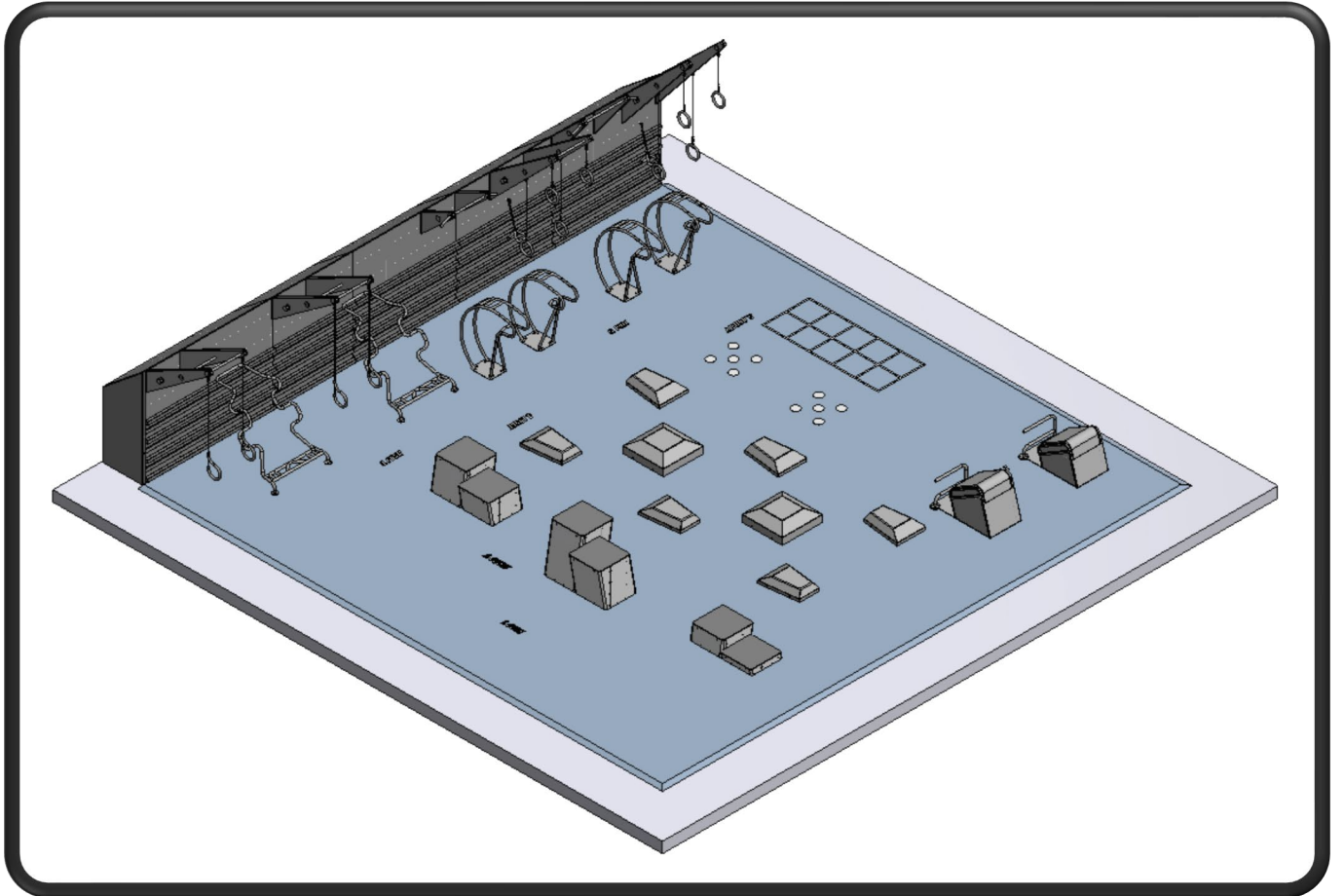


FITNESS COURT INSTALLATION INSTRUCTIONS



NATIONAL FITNESS CAMPAIGN

INFO@NFCHQ.COM

415-702-4919

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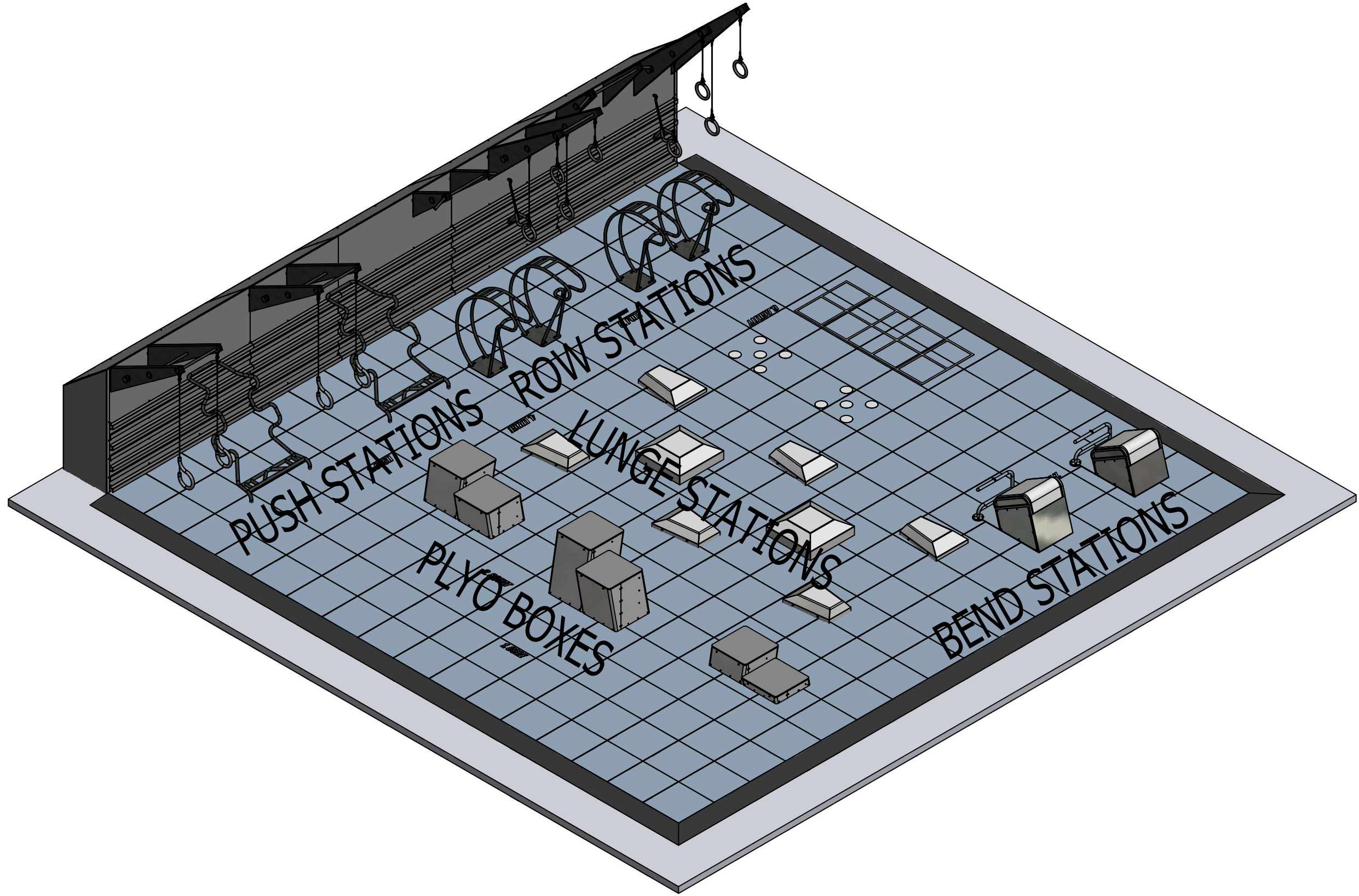


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REFERENCE DRAWINGS

The reference drawings are provided at the front of this manual to help ensure that the installers refer to the drawings for the installation steps that are described and illustrated in this manual. NFC recommends that the installers print this manual and keep the Drawings accessible as the installation procedures are executed.

FITNESS COURT EQUIPMENT ARRANGEMENT



NATIONAL FITNESS CAMPAIGN
SAN FRANCISCO, CA

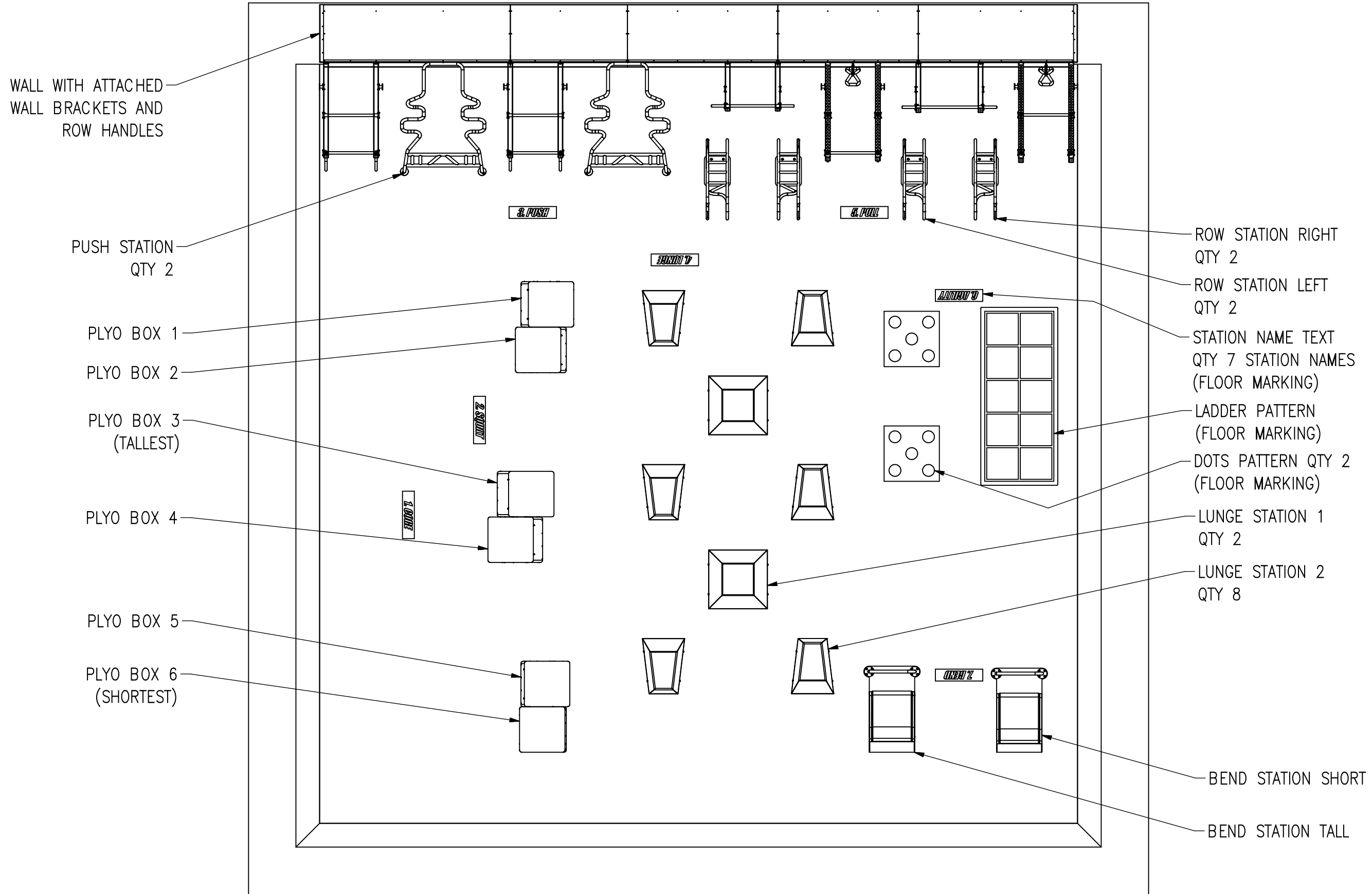
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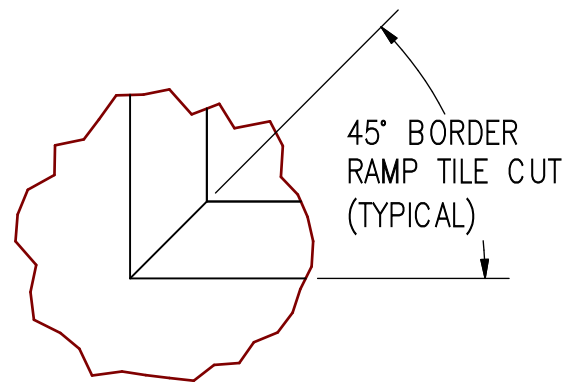
EQUIPMENT AND FLOOR MARKING LAYOUT



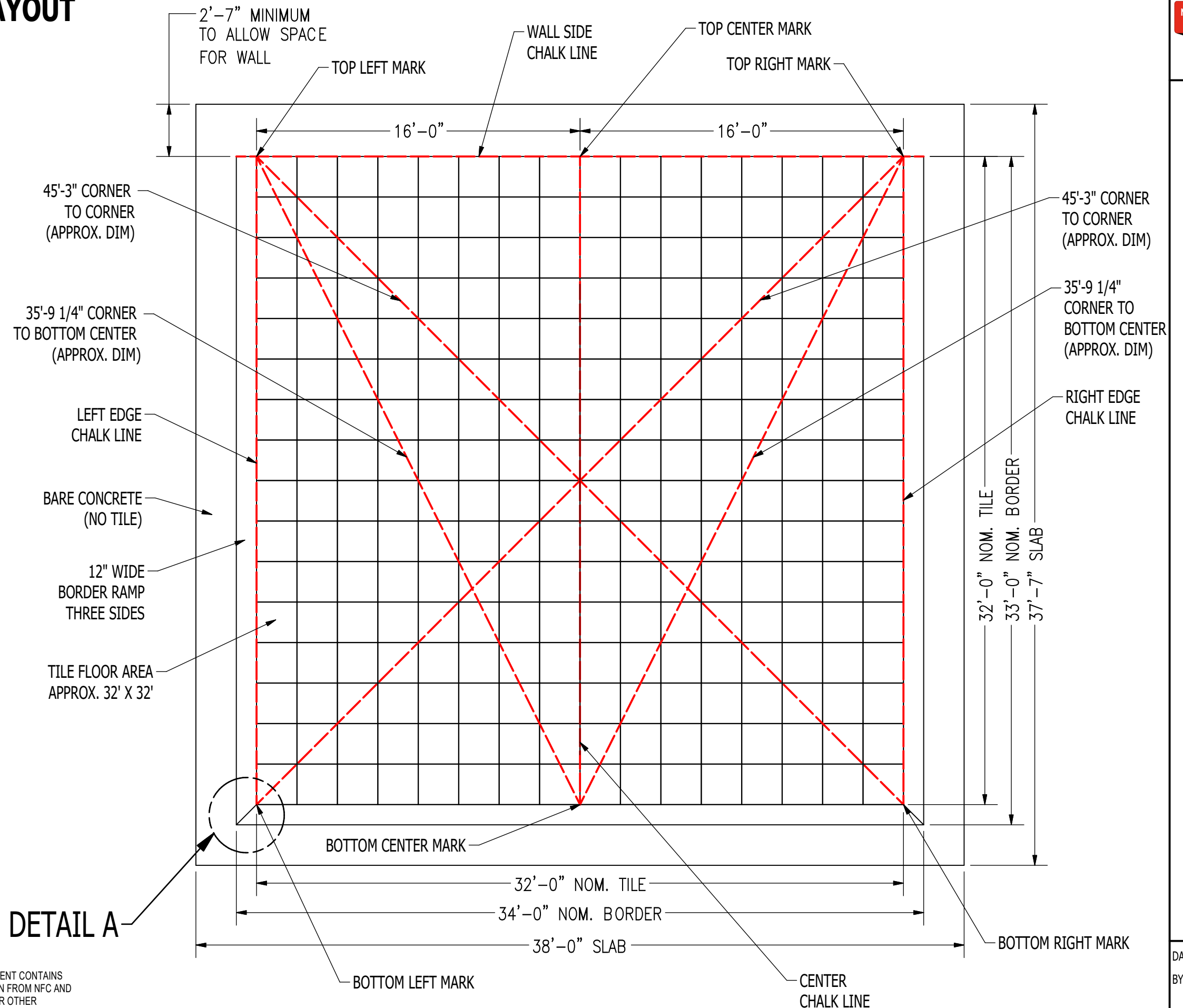
TILE FLOOR LAYOUT

TILE LAYOUT NOTES:

1. SEE CLEARANCE REQUIRED FOR WALL AREA.
2. SEE LOCATIONS OF REFERENCE MARKS (QTY 6) AT THE CORNERS AND THE TOP AND BOTTOM CENTER LOCATIONS.
3. SEE LOCATIONS OF CHALK LINES (QTY 4).
4. IMPORTANT: WALL SIDE CHALK LINE AND CENTER CHALK LINE ARE THE MOST IMPORTANT TO ENSURE THE BEST RESULTS.
5. SEE TRIANGULATION DIMENSIONS TO ENSURE CHALK LINES ARE PERPENDICULAR.
6. SEE LOCATION OF BORDER RAMP TILE.
7. SEE MITER CUT OF BORDER RAMP TILE AT 2 CORNERS.
8. NOTE: THE SQUARE FLOOR TILES ARE NOMINAL 2' BY 2' SQUARES BUT ARE SLIGHTLY OVER SIZED. THIS WILL PUSH THE OUTER EDGES PAST THE LEFT AND RIGHT CHALK LINES.
9. REFER TO THE INSTALLATION INSTRUCTIONS FOR MORE DETAILS ON THE TILE FLOOR INSTALLATION.

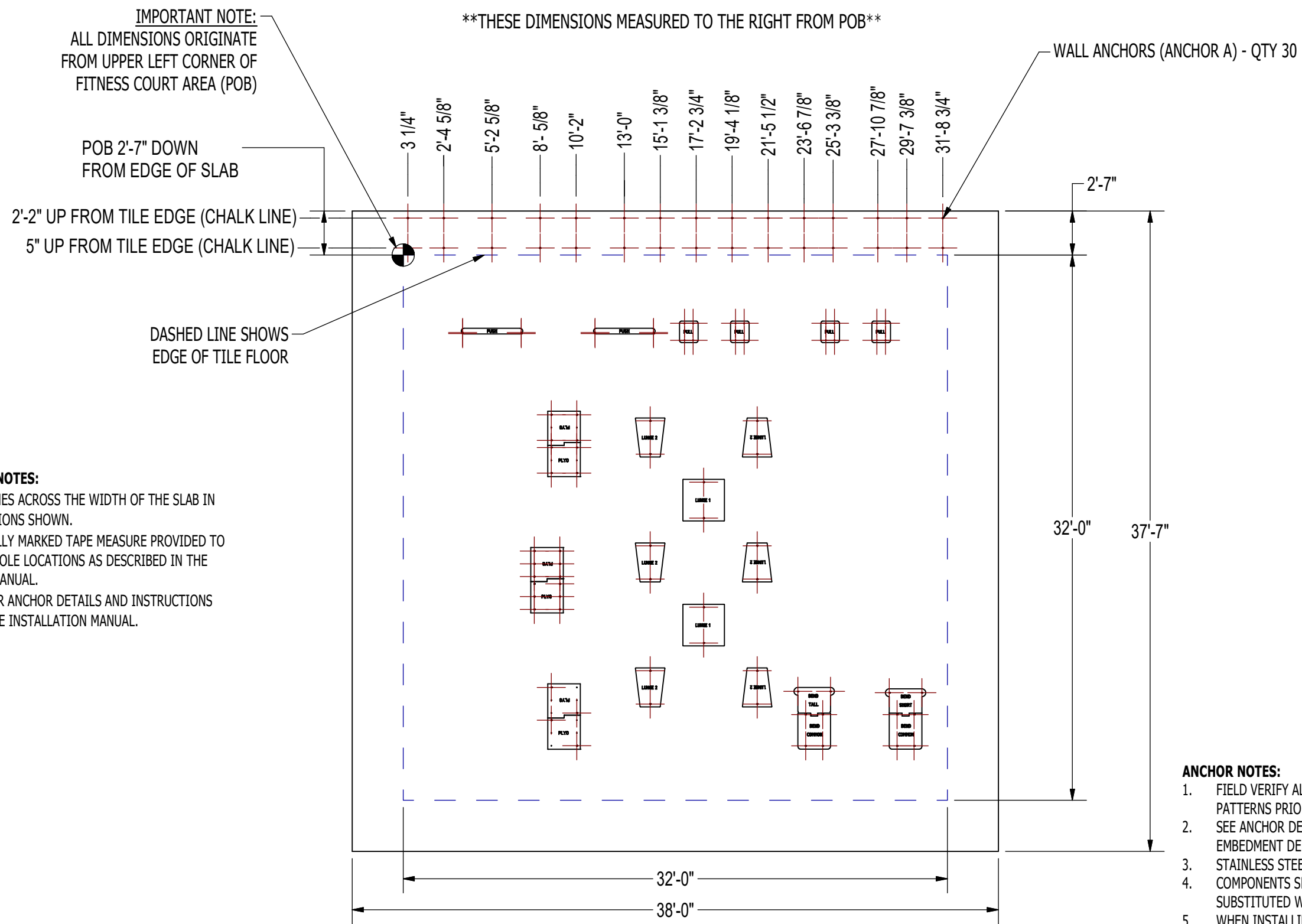


DETAIL A



WALL ANCHOR LOCATIONS

(FLOOR ANCHORS SHOWN ON SEPARATE DRAWING)



ANCHOR PLACEMENT NOTES:

1. PLACE CHALK LINES ACROSS THE WIDTH OF THE SLAB IN THE TWO LOCATIONS SHOWN.
2. USE THE SPECIALLY MARKED TAPE MEASURE PROVIDED TO MARK ANCHOR HOLE LOCATIONS AS DESCRIBED IN THE INSTALLATION MANUAL.
3. PLACE HOLES PER ANCHOR DETAILS AND INSTRUCTIONS PROVIDED IN THE INSTALLATION MANUAL.

ANCHOR NOTES:

1. FIELD VERIFY ALL ANCHOR LOCATION DIMENSIONS AND PATTERNS PRIOR TO DRILLING.
2. SEE ANCHOR DETAILS FOR APPLICABLE CONCRETE EMBEDMENT DEPTH AND HOLE DIAMETER.
3. STAINLESS STEEL MUST BE USED WHERE SPECIFIED.
4. COMPONENTS SPECIFIED AS HOT-DIP GALVANIZED MAY BE SUBSTITUTED WITH 304 SS COMPONENTS.
5. WHEN INSTALLING ANCHORS, TAKE CARE TO USE THREAD PROTECTORS TO PREVENT THREAD DAMAGE

FLOOR ANCHOR LOCATIONS

(WALL ANCHORS SHOWN ON SEPARATE DRAWING)

THESE DIMENSIONS MEASURED TO THE RIGHT FROM POB

LOCATION OF UPPER LEFT ANCHORS SHOWN FOR EACH PIECE OF EQUIPMENT. LOCATE UPPER LEFT HOLE AND USE TEMPLATES OR EQUIPMENT TO LOCATE REMAINING HOLES. SEE TEMPLATE NOTES BELOW.

IMPORTANT: PUSH STATION ANCHORS ARE TO BE LOCATED AFTER WALL PLACEMENT AND PUSH STATIONS ARE PLACED IN FINAL LOCATION

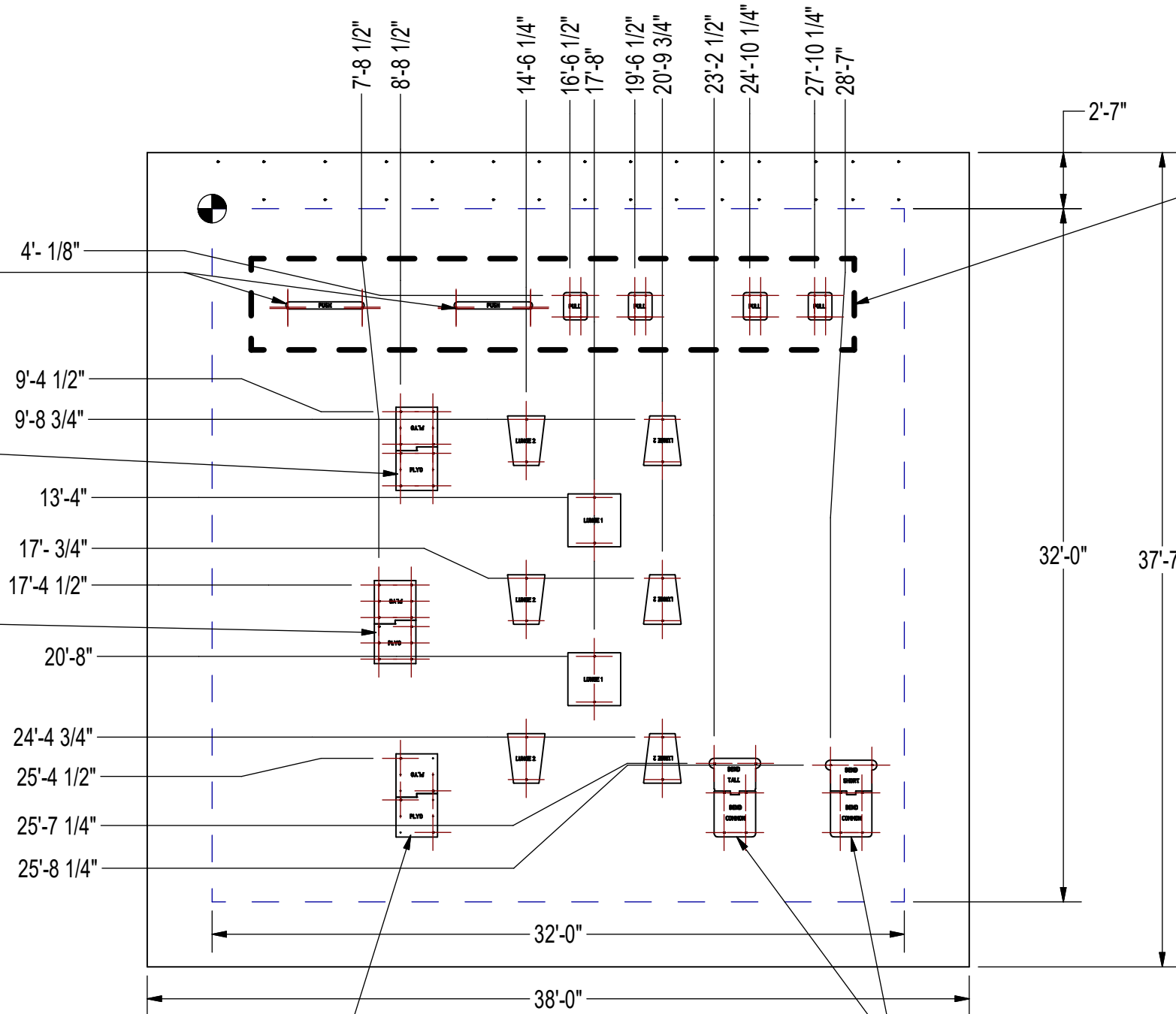
PLYO BOX 1 AND 2
 4 ANCHORS PER BOX
 IN OUTSIDE CORNERS
 PER CENTER MARKS

PLYO BOX 3 AND 4
 6 ANCHORS PER BOX
 IN ALL TEMPLATE HOLES
 PER CENTER MARKS

PLYO BOX 5 AND 6
 2 ANCHORS PER BOX
 IN OPPOSITE CORNERS
 UPPER LEFT AND LOWER
 RIGHT PER CENTER MARKS

ANCHOR QTY NOTES:
 PUSH STATION - QTY 2 PER STATION - 4 TOTAL
 ROW STATION - QTY 4 PER STATION - 16 TOTAL
 PLYO BOX STATIONS - SEE QTY PER BOX BELOW - 24 TOTAL
 PB1 - QTY 4 ANCHORS, 1 IN EACH CORNER
 PB2 - QTY 4 ANCHORS, 1 IN EACH CORNER
 PB3 - QTY 6 ANCHORS, 1 IN EACH HOLE
 PB4 - QTY 6 ANCHORS, 1 IN EACH HOLE
 PB5 - QTY 2 ANCHORS, 1 IN EACH OPPOSITE CORNER
 PB6 - QTY 2 ANCHORS, 1 IN EACH OPPOSITE CORNER
 LUNGE STATION 1 - QTY 2 PER STATION - 4 TOTAL
 LUNGE STATION 2 - QTY 2 PER STATION - 12 TOTAL
 TALL BEND STATION - QTY 6 PER STATION - 6 TOTAL
 SHORT BEND STATION - QTY 6 PER STATION - 6 TOTAL

THESE DIMENSIONS MEASURED DOWN FROM POB (AWAY FROM WALL)



DROP-IN ANCHORS (ANCHOR B) - QTY 20

MECHANICAL ANCHORS (ANCHOR C) - QTY 52
 TO BE INSTALLED IN ALL LOCATIONS
 UNLESS NOTED OTHERWISE.

THE LOWER EDGE OF THE BEND STATIONS ALIGN AS SHOWN

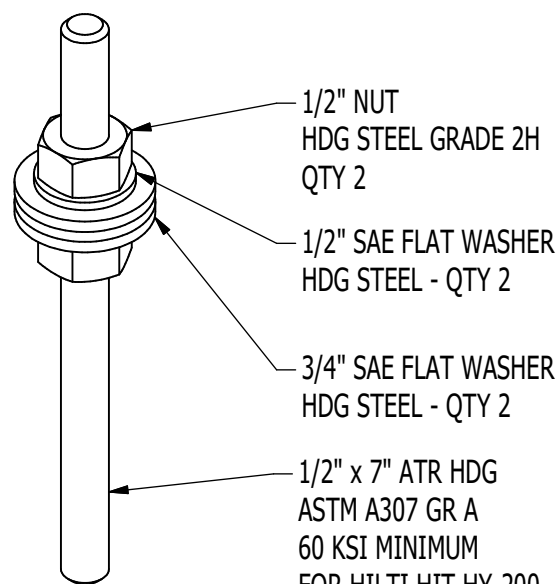
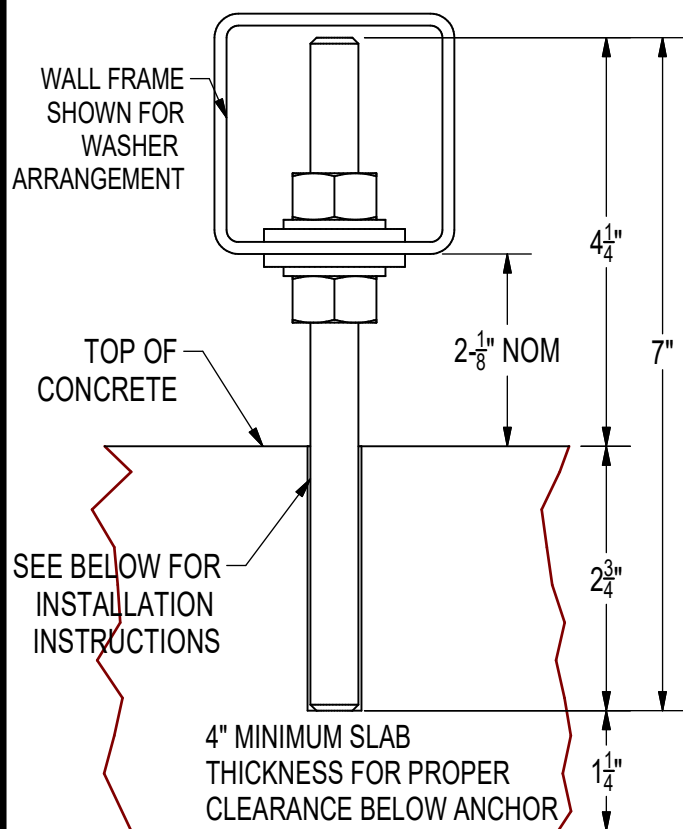
TEMPLATE NOTES:
IMPORTANT: PAPER TEMPLATES ARE PROVIDED FOR PLYO BOXES AND BEND STATIONS ONLY
 PUSH STATION - USE THE EQUIPMENT TO MARK ANCHOR LOCATIONS PER INSTRUCTIONS
 ROW STATION - USE THE EQUIPMENT TO MARK ANCHOR LOCATIONS PER INSTRUCTIONS
 PLYO BOX STATIONS - USE THE PAPER TEMPLATE (QTY 1 PROVIDED) TO MARK ALL ANCHORS FOR ALL 6 PLYO BOXES. NOTE QTY OF ANCHORS PER BOX ARE DIFFERENT FOR EACH PAIR.
 LUNGE STATION 1 - USE THE EQUIPMENT TO MARK ANCHOR LOCATIONS PER INSTRUCTIONS
 LUNGE STATION 2 - USE THE EQUIPMENT TO MARK ANCHOR LOCATIONS PER INSTRUCTIONS
 BEND STATIONS - USE THE PAPER TEMPLATE (QTY 1 PROVIDED) TO MARK ALL ANCHORS FOR BOTH BEND STATIONS. NOTE THE DIFFERENCE IN LOCATION FOR THE TALL AND SHORT BEND STATIONS.

ANCHOR NOTES:

1. FIELD VERIFY ALL ANCHOR LOCATION DIMENSIONS AND PATTERNS PRIOR TO DRILLING.
2. DRILL THROUGH TILE FLOOR (1" TILE THICKNESS) WITH THE APPROPRIATE DRILL BIT TO MATCH THE ANCHOR HOLE PER ANCHOR DETAILS DRAWING..
3. SEE ANCHOR DETAILS FOR APPLICABLE CONCRETE EMBEDMENT DEPTH AND HOLE DIAMETER.
4. STAINLESS STEEL MUST BE USED WHERE SPECIFIED.
5. COMPONENTS SPECIFIED AS HOT-DIP GALVANIZED MAY BE SUBSTITUTED WITH 304 SS COMPONENTS.
6. WHEN INSTALLING ANCHORS, TAKE CARE TO USE THREAD PROTECTORS TO PREVENT THREAD DAMAGE

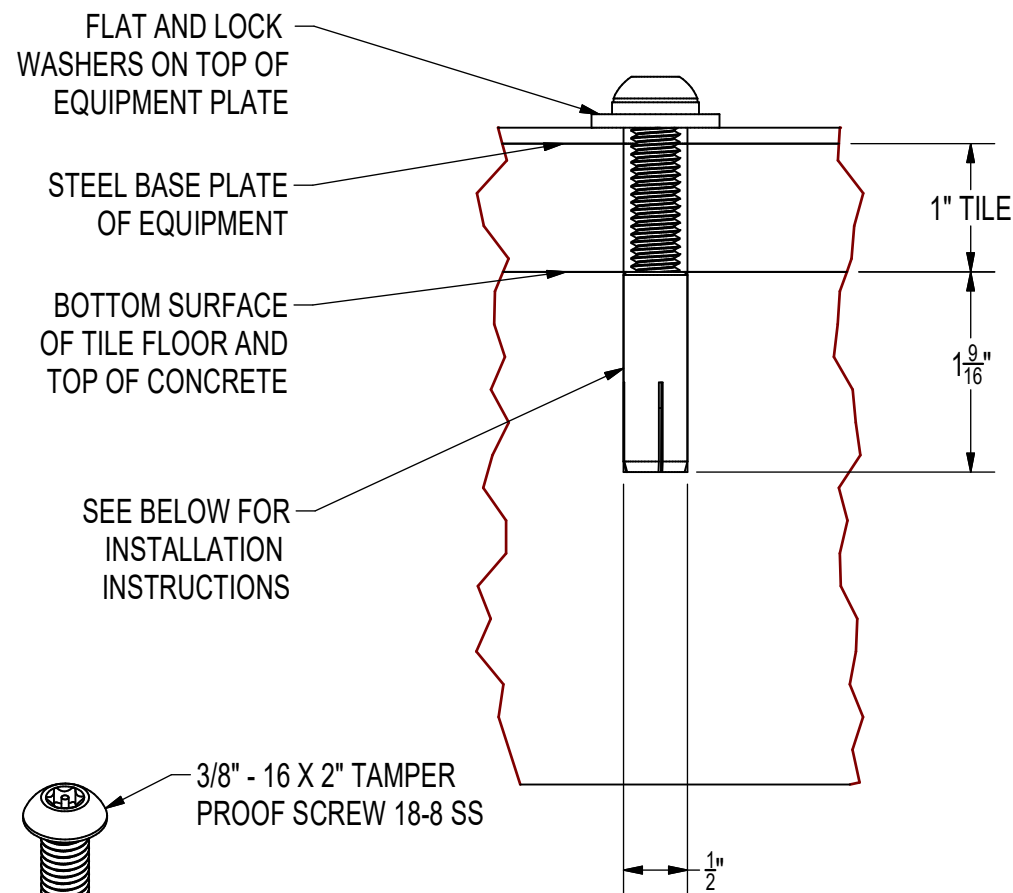
ANCHOR DETAILS FOR TILE

APPLIES TO TILE INSTALLATION ONLY.
REQUEST ALTERNATE DRAWING FOR POUR-IN-PLACE.
(ALSO SEE ANCHOR NOTES ON SLAB NOTES DRAWING)



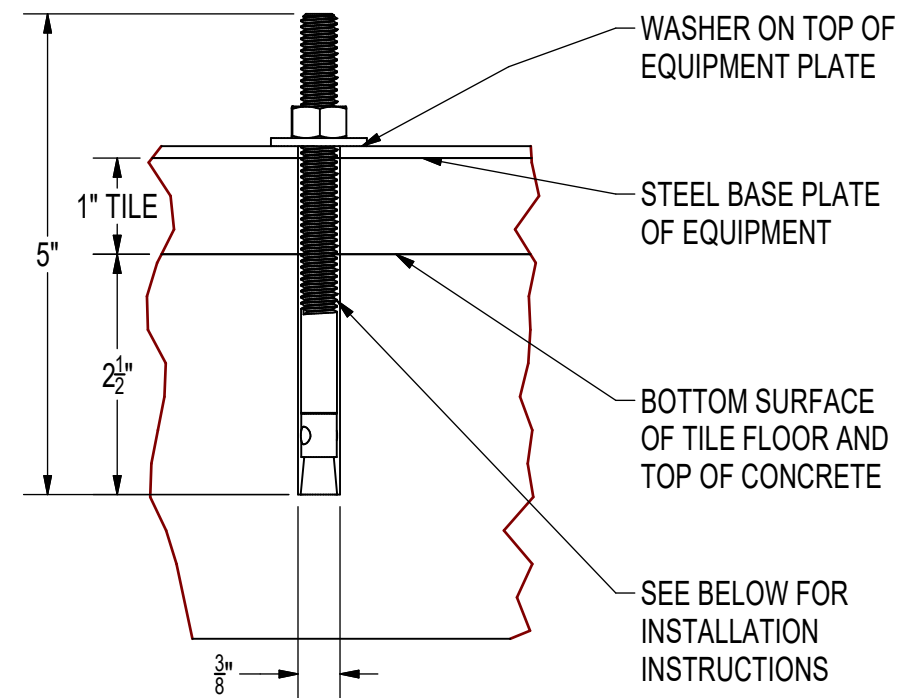
ANCHOR A
WALL ANCHOR

DRILL 9/16" HOLE IN CONCRETE FOR 2-3/4" EMBEDMENT



DRILL 1/2" HOLE IN CONCRETE FOR 1 - 9/16" EMBEDMENT

ANCHOR B
DROP-IN ANCHOR



DRILL 3/8" HOLE IN CONCRETE FOR 2-1/2" EMBEDMENT

ANCHOR C
MECHANICAL ANCHOR

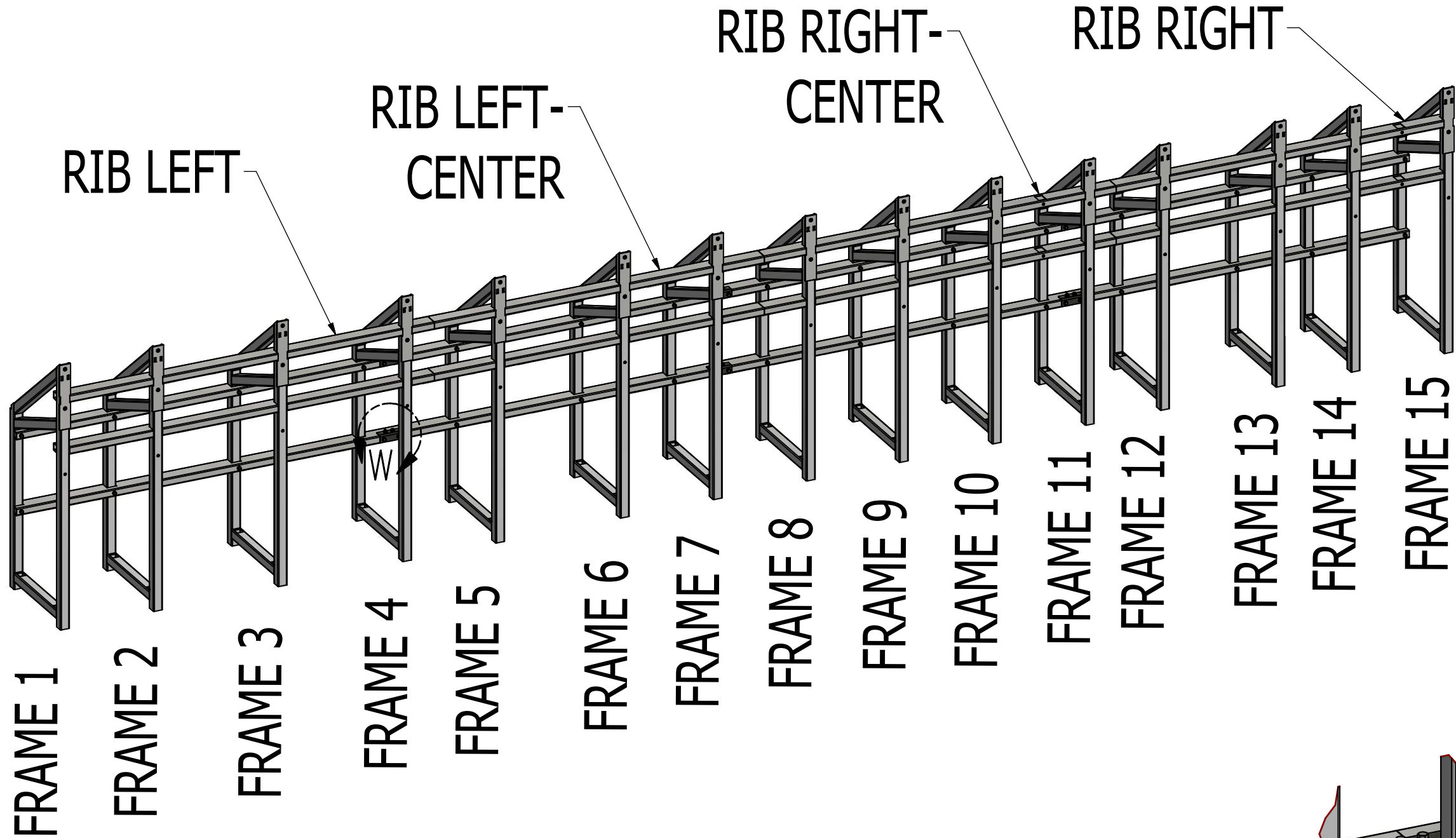
ANCHOR HOLE INSTRUCTIONS

1. DRILL HOLES FOR ANCHORS TO SPECIFIED DIAMETER AND DEPTH
2. USE COMPRESSED AIR TO REMOVE CONCRETE DUST AND DEBRIS FROM HOLES PRIOR TO ANCHOR INSTALLATION
3. REFER TO FITNESS COURT INSTALLATION INSTRUCTIONS FOR ADDITIONAL ANCHOR INSTALLATION STEPS

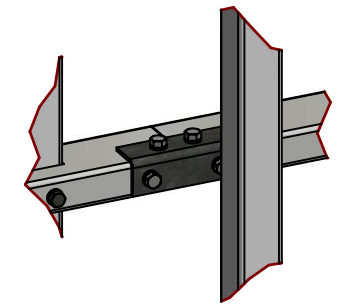
ANCHOR A EPOXY NOTE:

ANCHOR A MUST BE INSTALLED WITH THE ANCHOR EPOXY SPECIFIED OR ACCEPTABLE ALTERNATIVE. HILTI HY-200 IS RECOMMENDED. ALTERNATE EPOXY SIMPSON SET-XP IS ACCEPTABLE FOR NEW UNCRACKED CONCRETE ONLY. ALTERNATE EPOXY SIKA ANCHORFIX-2 IS ACCEPTABLE FOR NEW, UNCRACKED CONCRETE ONLY. FOLLOW EPOXY MANUFACTURER'S INSTALLATION PROCEDURES.

WALL STRUCTURE COMPONENTS



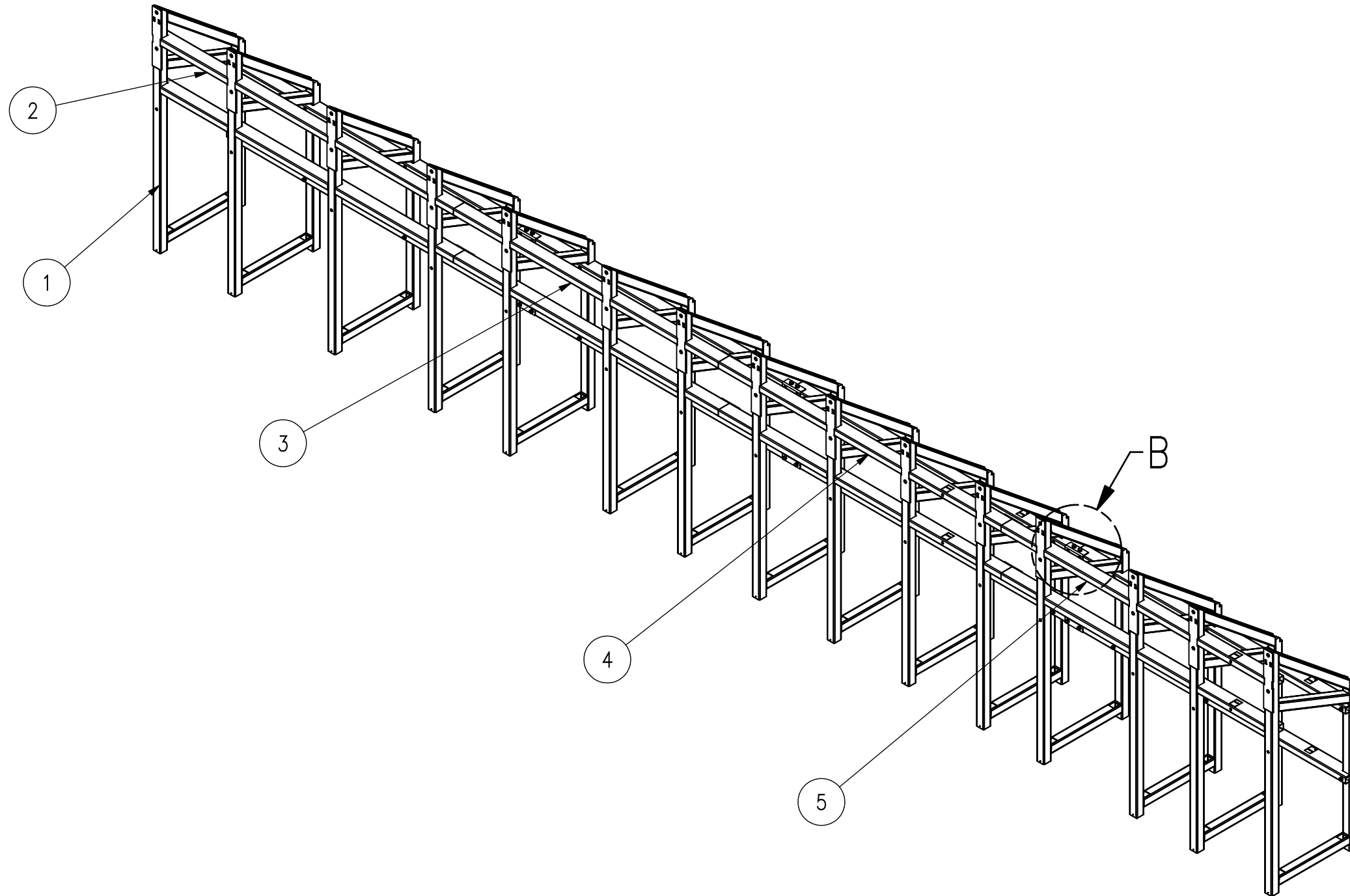
QTY 4 EACH RIBS
QTY 12 EACH RIB TIE ANGLES



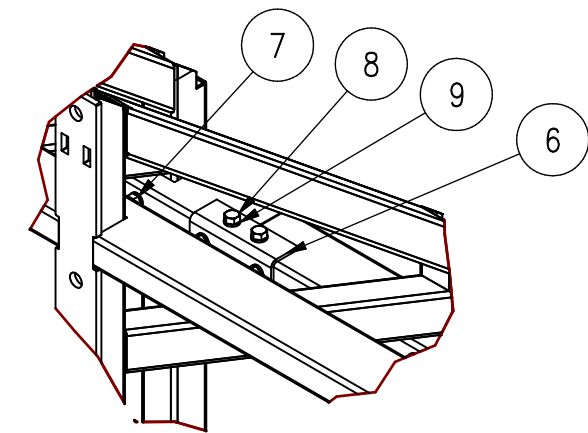
DETAIL W
RIB TIE ANGLE

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WALL STRUCTURE ASSEMBLY



PARTS LIST		
ITEM	DESCRIPTION	QTY
1	WALL FRAME WM	15
2	RIB TUBE LEFT ASSY	4
3	RIB TUBE LEFT CENTER ASSY	4
4	RIB TUBE RIGHT CENTER ASSY	4
5	RIB TUBE RIGHT ASSY	4
6	RIB TIE ANGLE FORMED	12
7	HHMB 1/2" X 2-1/2"	60
8	HHMB 1/2" X 1-1/4"	48
9	LW 1/2" SPLIT	108



DETAIL B

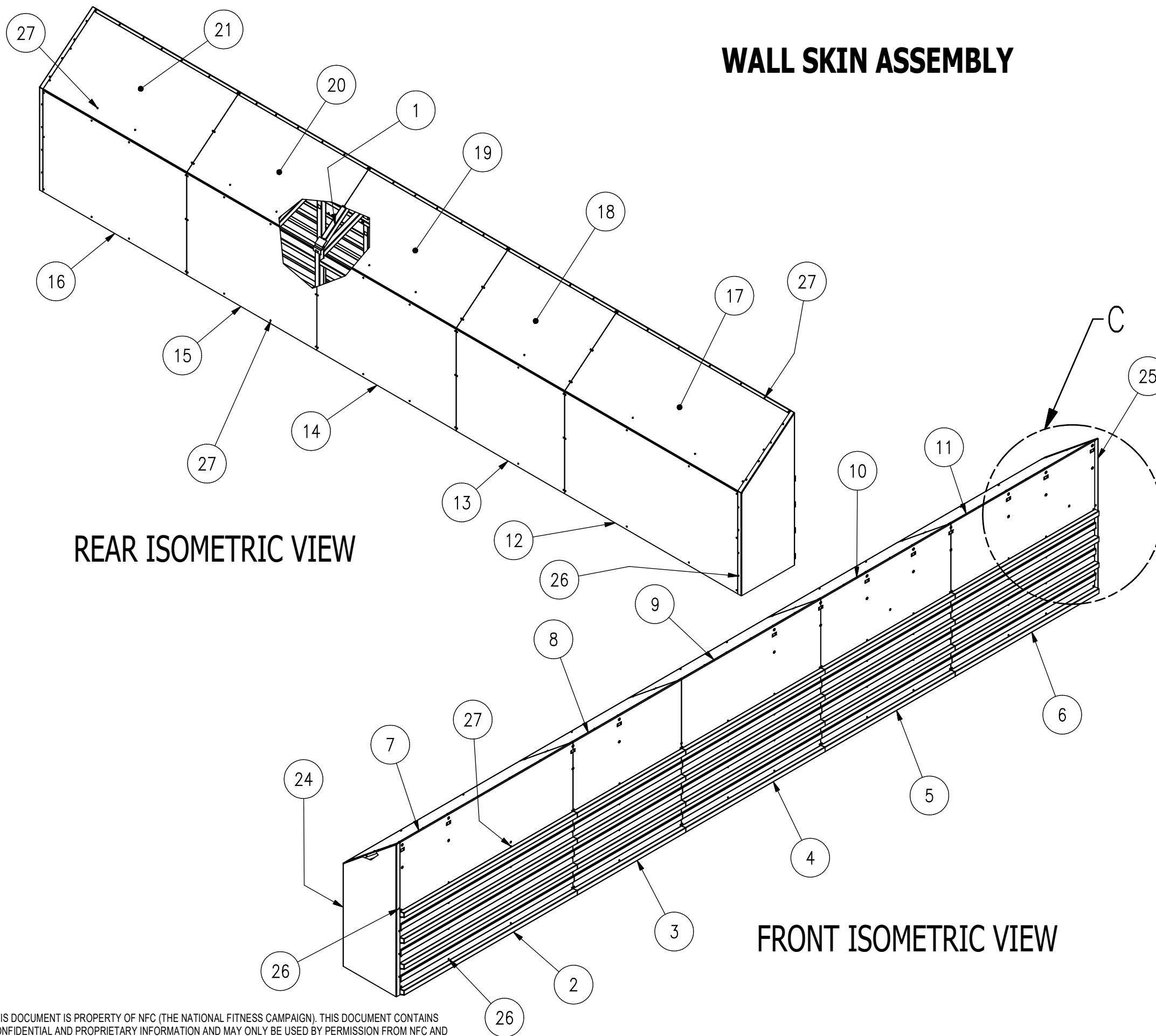
HARDWARE NOTES:

1. USE BOLT ITEM 7 (SEE PARTS LIST ABOVE) TO ATTACH RIBS TO FRAMES.
2. USE BOLT ITEM 8 (SEE PARTS LIST ABOVE) TO ATTACH TIE ANGLES TO RIBS.

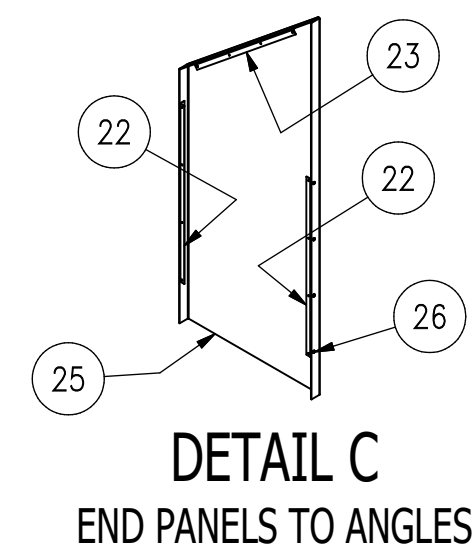


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WALL SKIN ASSEMBLY



PARTS LIST		
ITEM	DESCRIPTION	QTY
1	WALL STRUCTURE	1
2	FOOT STRIP ASSEMBLY LEFT	1
3	FOOT STRIP ASSEMBLY LEFT CENTER	1
4	FOOT STRIP ASSEMBLY CENTER	1
5	FOOT STRIP ASSEMBLY RIGHT CENTER	1
6	FOOT STRIP ASSEMBLY RIGHT	1
7	WALL SKIN FRONT LEFT	1
8	WALL SKIN FRONT LEFT-CENTER	1
9	WALL SKIN FRONT CENTER	1
10	WALL SKIN FRONT RIGHT-CENTER	1
11	WALL SKIN FRONT RIGHT	1
12	WALL SKIN REAR LEFT	1
13	WALL SKIN REAR LEFT-CENTER	1
14	WALL SKIN REAR CENTER	1
15	WALL SKIN REAR RIGHT-CENTER	1
16	WALL SKIN REAR RIGHT	1
17	WALL SKIN TOP LEFT	1
18	WALL SKIN TOP LEFT-CENTER	1
19	WALL SKIN TOP CENTER	1
20	WALL SKIN TOP RIGHT-CENTER	1
21	WALL SKIN TOP RIGHT	1
22	END PANEL ATTACHMENT ANGLE	4
23	END PANEL ATTACHMENT ANGLE UPPER	2
24	WALL SKIN END PANEL LEFT	1
25	WALL SKIN END PANEL RIGHT	1
26	3/16" X 0.25" GRIP SS RIVET	190
27	3/16" X 0.31" GRIP SS RIVET	129



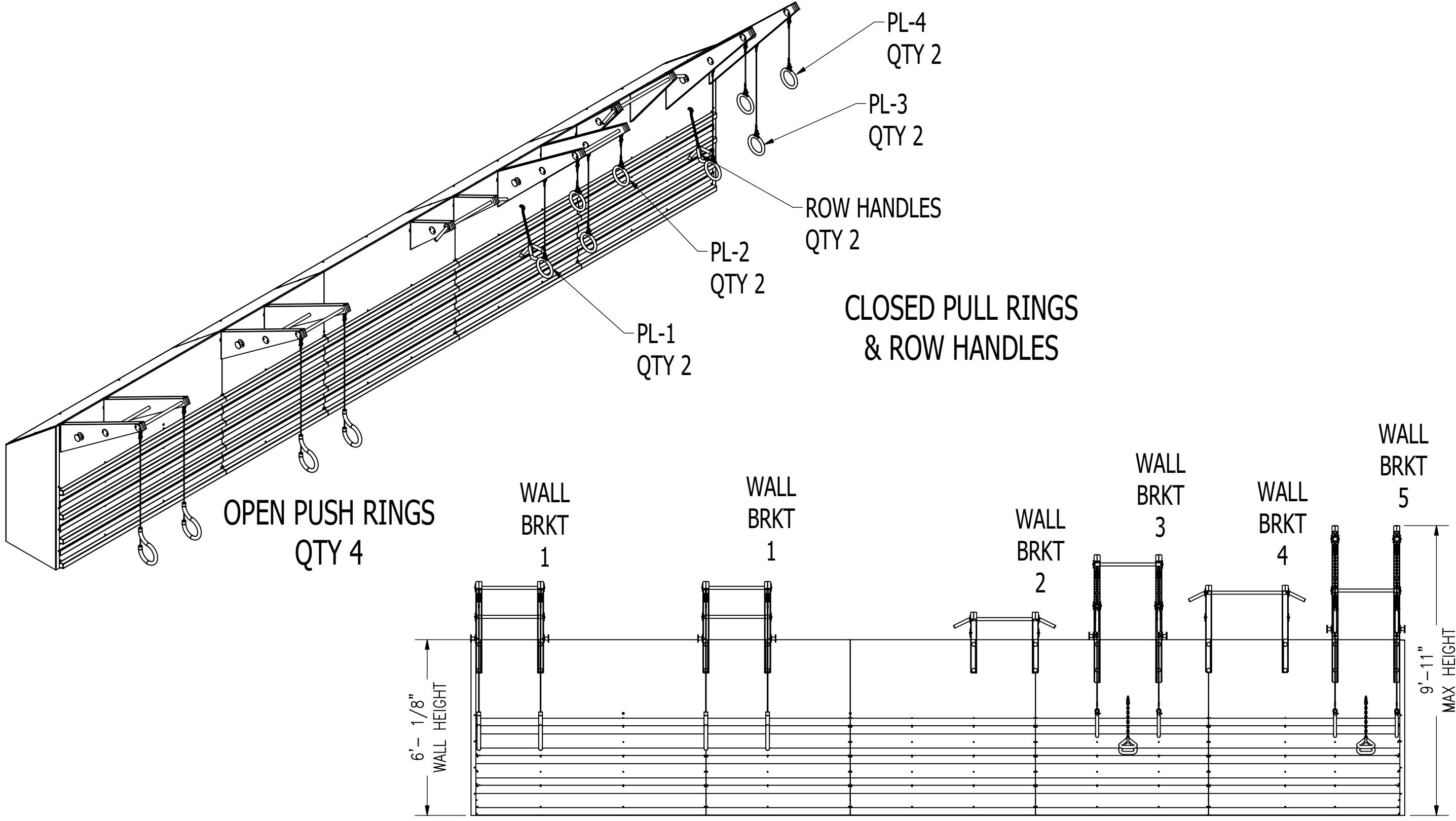
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WALL ATTACHMENT LOCATIONS

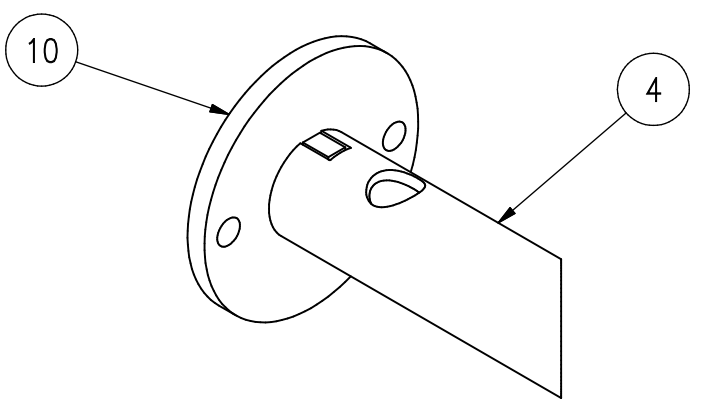
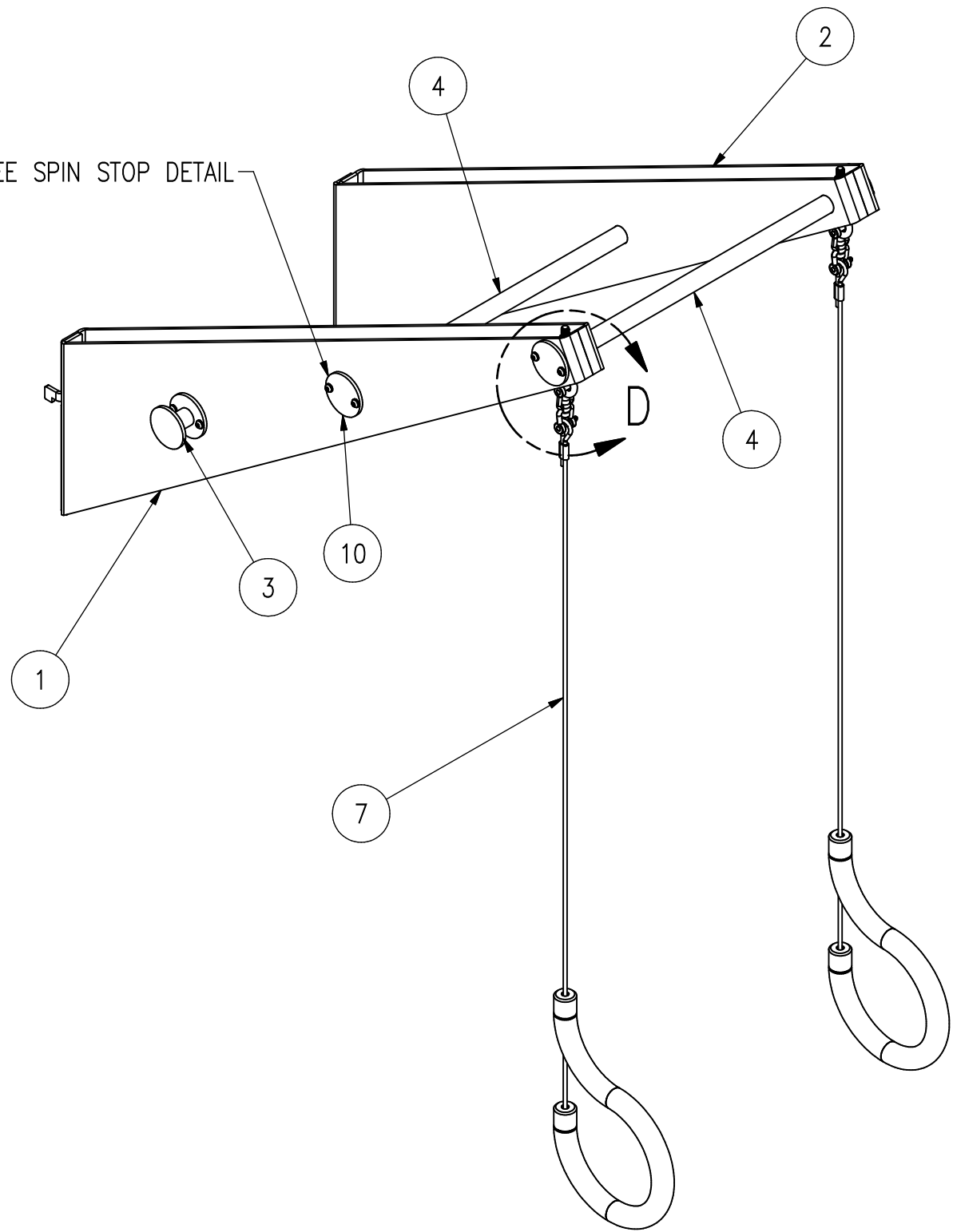


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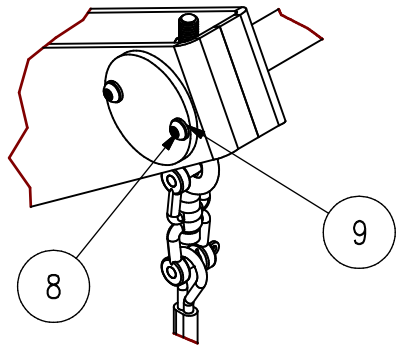
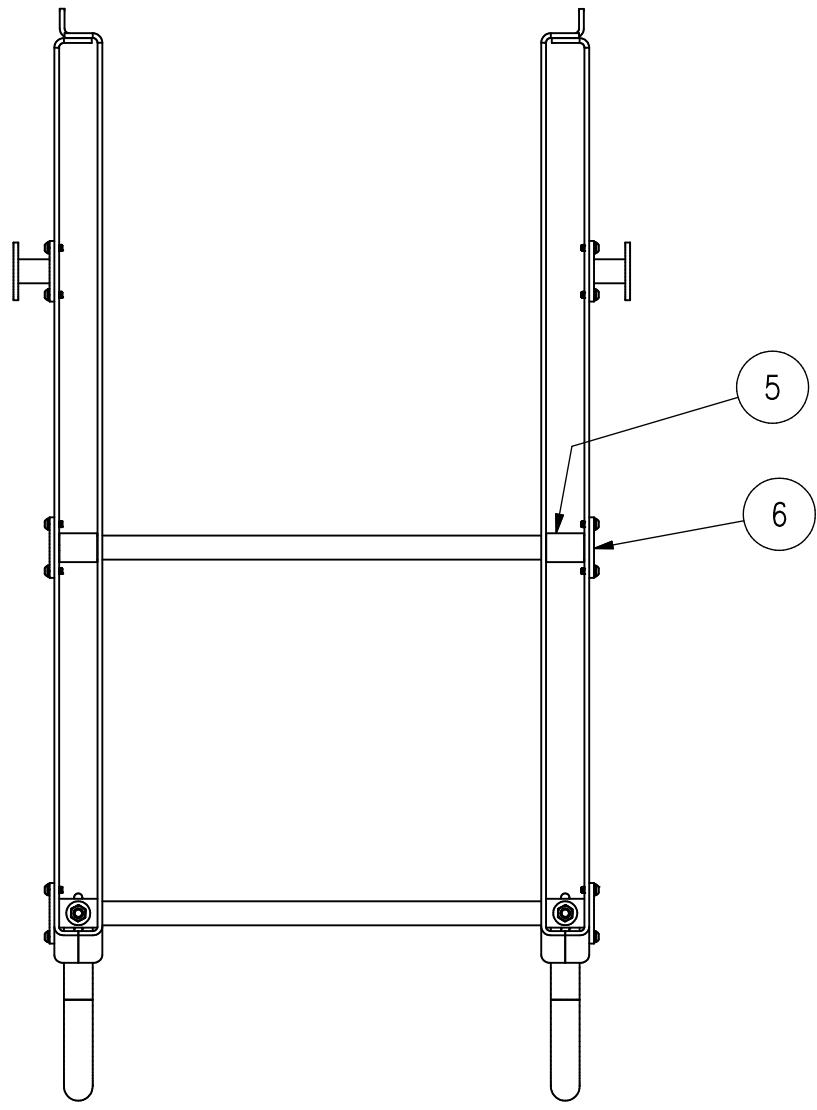
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WALL BRACKET 1 ASSEMBLY

SEE SPIN STOP DETAIL



SPIN STOP ENGAGEMENT TO CROSS BAR
LEFT SIDE / INNER BAR ONLY



DETAIL D

PARTS LIST		
ITEM	DESCRIPTION	QTY
1	WB1 ARM LEFT WM	1
2	WB1 ARM RIGHT WM	1
3	WB HANGER SPOOL WM	2
4	WB CROSS TUBE SHORT NOTCHED	2
5	WB TUBE SLEEVE	2
6	WB ATTACH PLATE	3
7	OPEN PUSH RING ASSEMBLY – WB1	2
8	5/16" X 3/4" TORX TAMPER PROOF SCREW	12
9	5/16" SPLIT LOCK WASHER	12
10	SPIN STOP PLATE WM	1



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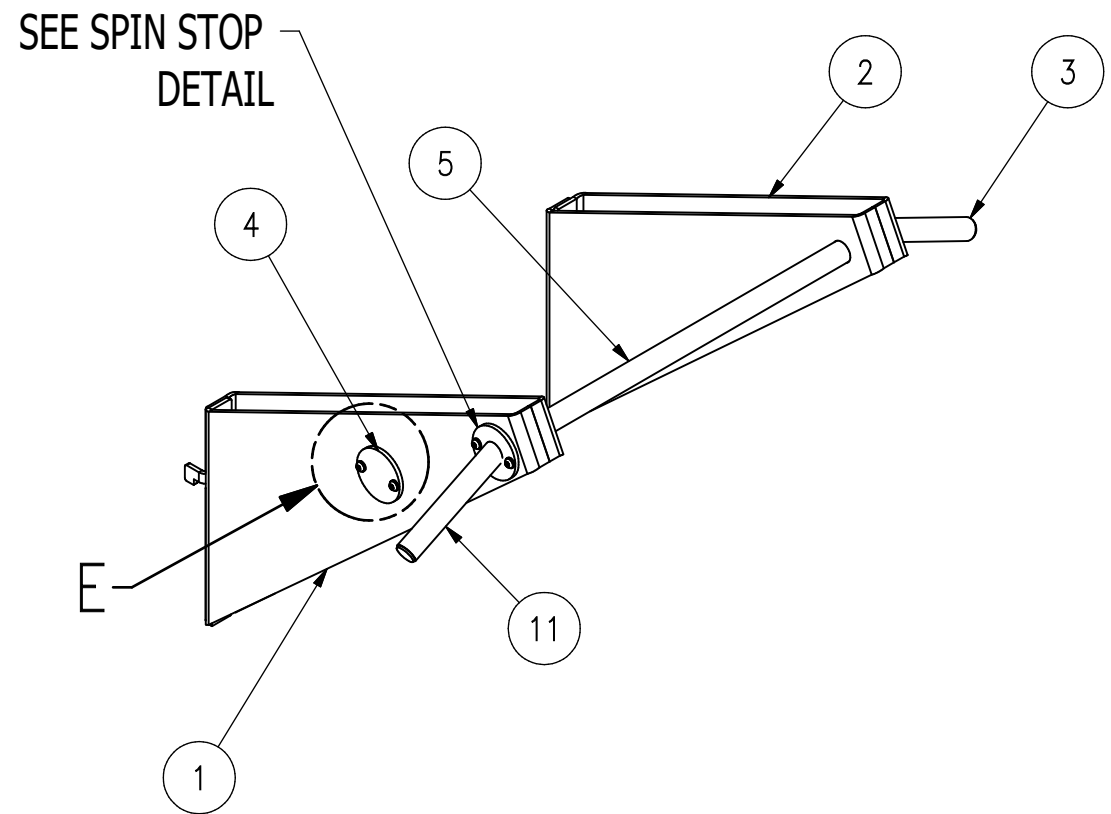
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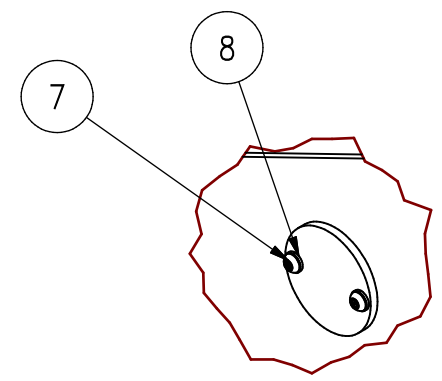
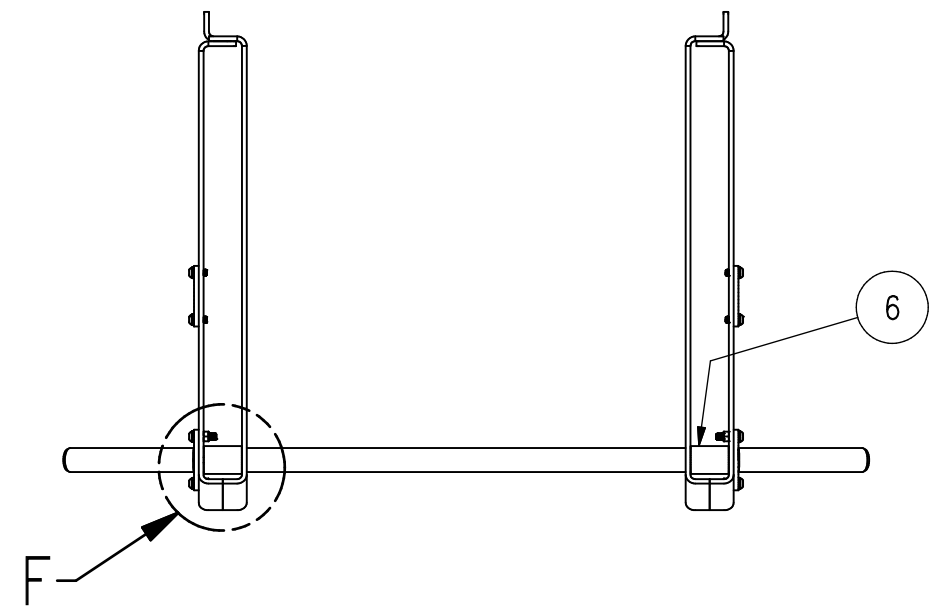
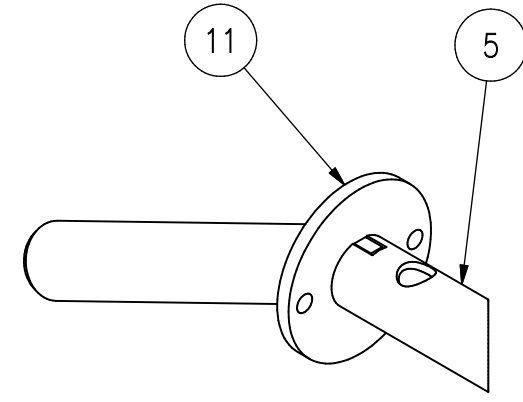
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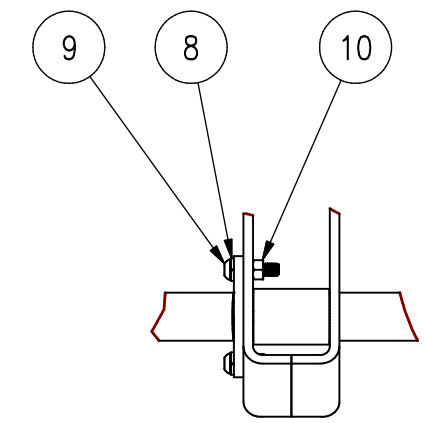
WALL BRACKET 2 ASSEMBLY



SPIN STOP ENGAGEMENT TO CROSS BAR
LEFT SIDE ONLY



DETAIL E



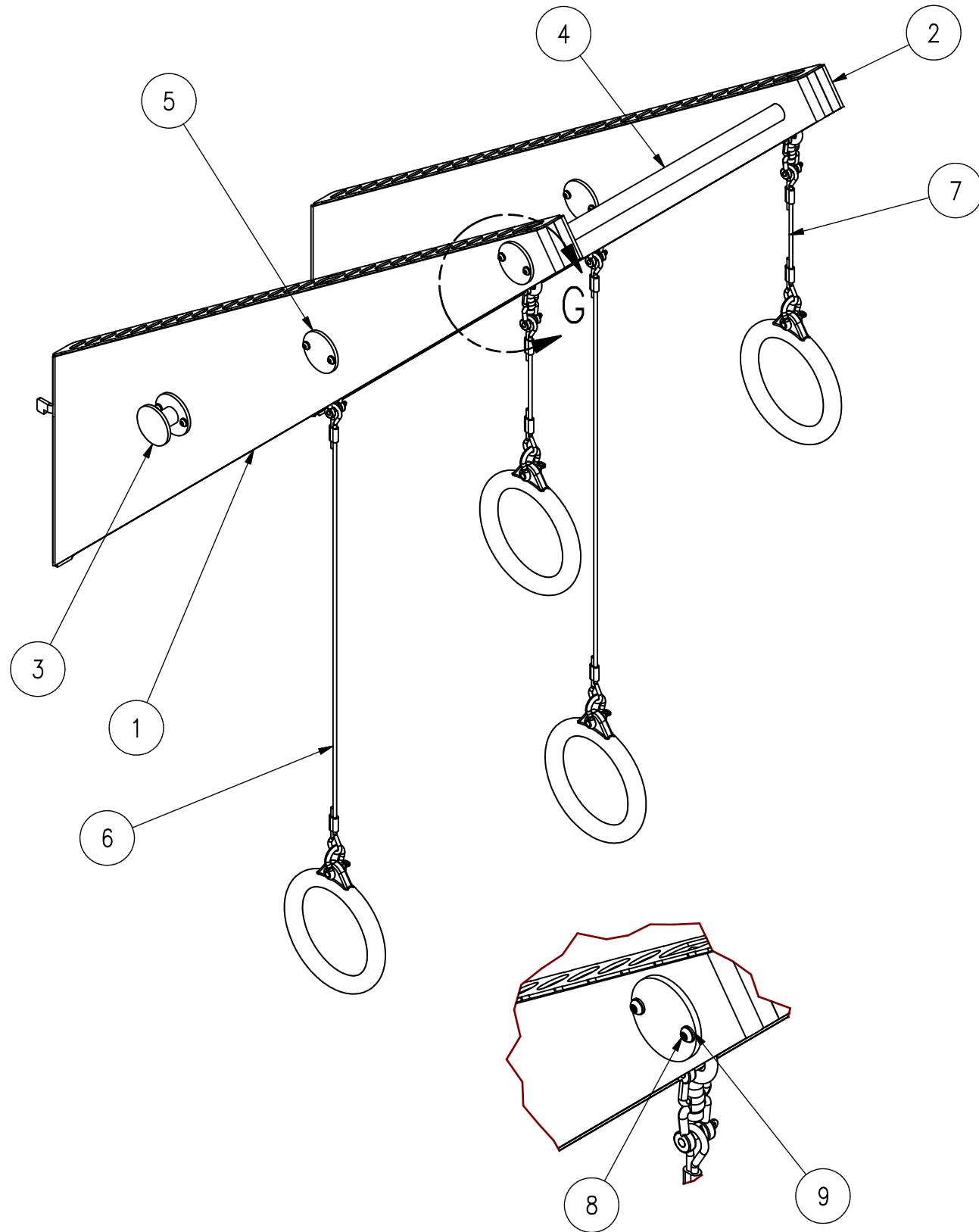
DETAIL F

PARTS LIST		
ITEM	DESCRIPTION	QTY
1	WB2 ARM LEFT WM	1
2	WB2 ARM RIGHT WM	1
3	WB OUTER HANDLE WM	1
4	WB ATTACH PLATE	2
5	WB CROSS TUBE SHORT NOTCHED	1
6	WB TUBE SLEEVE	2
7	5/16" X 3/4" TORX TAMPER PROOF SCREW	4
8	5/16" SPLIT LOCK WASHER	8
9	5/16" X 1-1/4" TORX TAMPER PROOF SCREW	4
10	5/16" NUT - SS MAT'L	4
11	WB OUTER HANDLE W/SPIN STOP PLATE WM	1



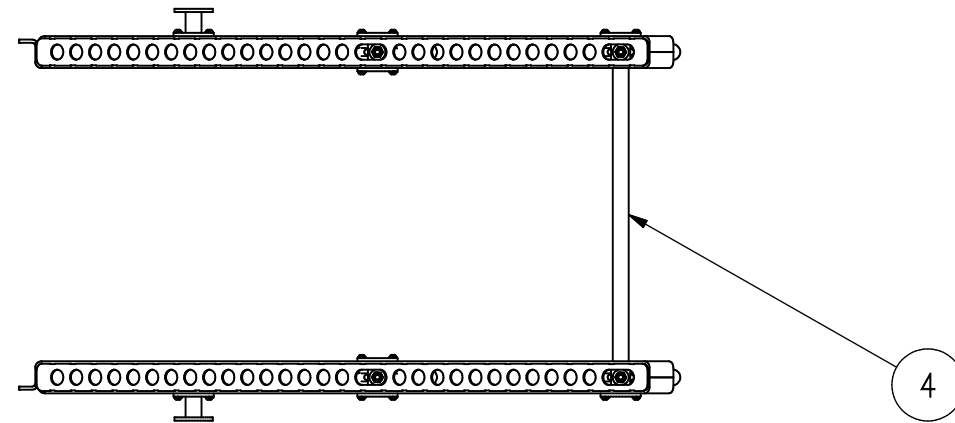
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WALL BRACKET 3 ASSEMBLY

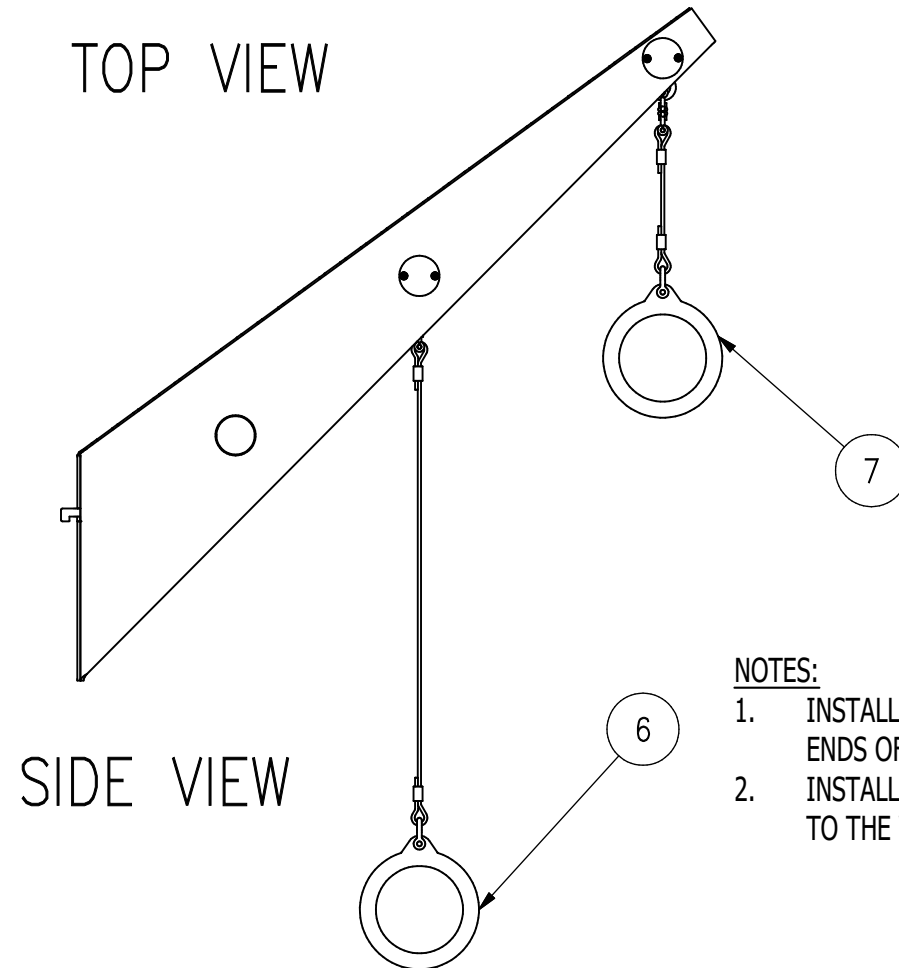


DETAIL G

PARTS LIST		
ITEM	DESCRIPTION	QTY
1	WB3 ARM LEFT WM	1
2	WB3 ARM RIGHT WM	1
3	WB HANGER SPOOL WM	2
4	WB CROSS TUBE SHORT	1
5	WB ATTACH PLATE	6
6	PL-1 CLOSED PULL RING ASSEMBLY ~ 36" CABLE	2
7	PL-2 CLOSED PULL RING ASSEMBLY ~ 10" CABLE	2
8	5/16" X 3/4" TORX TAMPER PROOF SCREW	16
9	5/16" SPLIT LOCK WASHER	16



TOP VIEW



SIDE VIEW

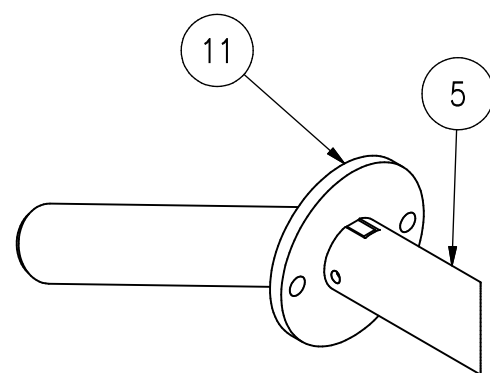
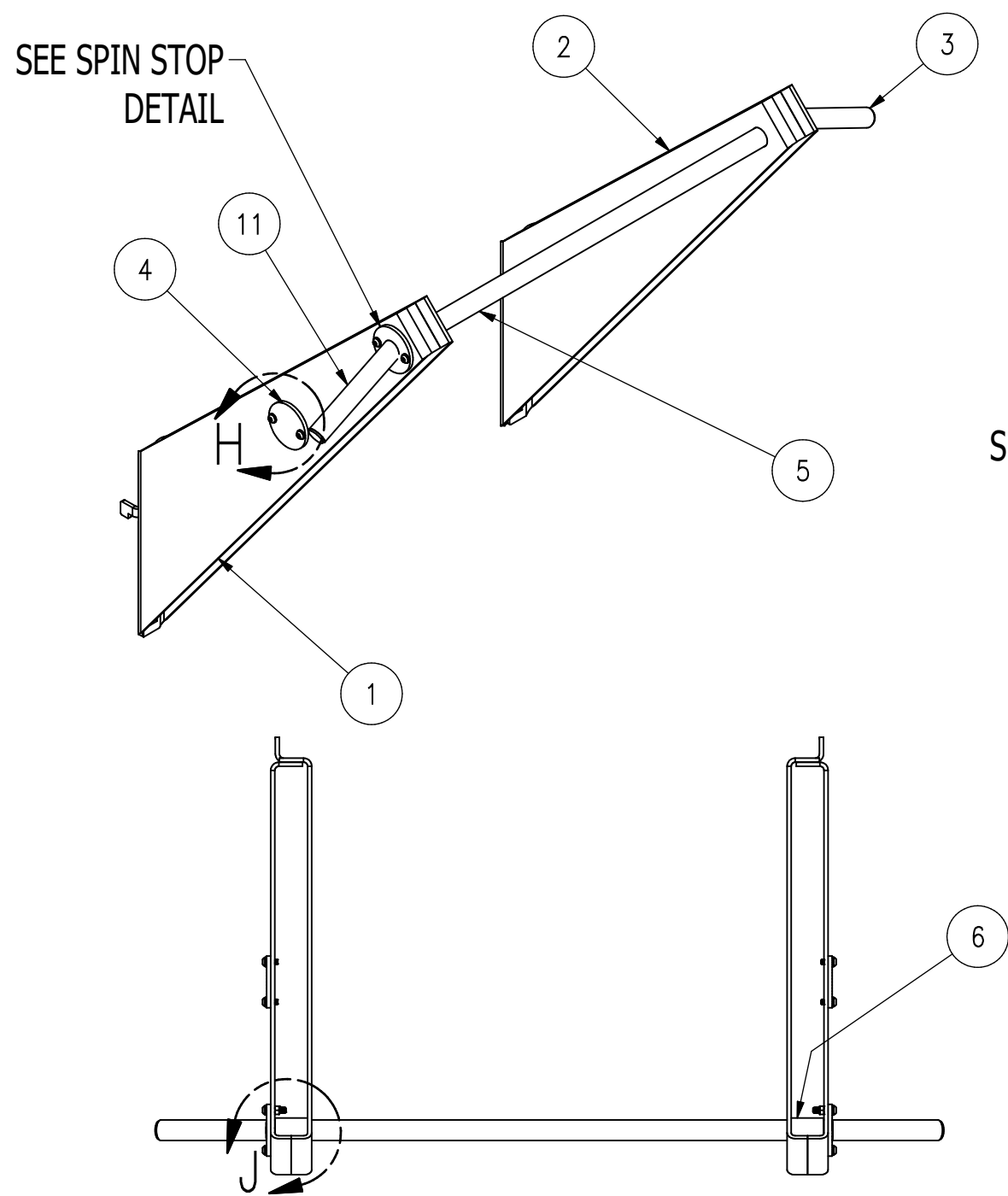
NOTES:

1. INSTALL SHORT RING ASSEMBLIES AT THE ENDS OF THE BRACKET ARMS.
2. INSTALL LONG RING ASSEMBLIES CLOSEST TO THE WALL.

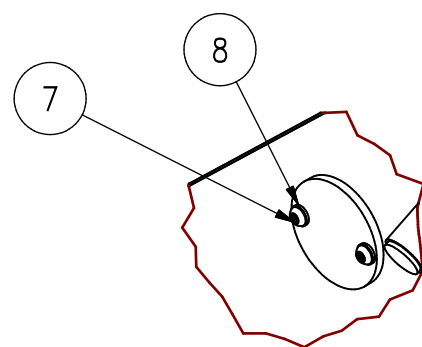


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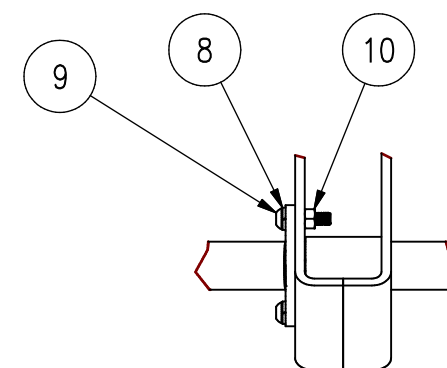
WALL BRACKET 4 ASSEMBLY



SPIN STOP ENGAGEMENT TO CROSS BAR
LEFT SIDE ONLY

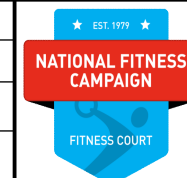


DETAIL H



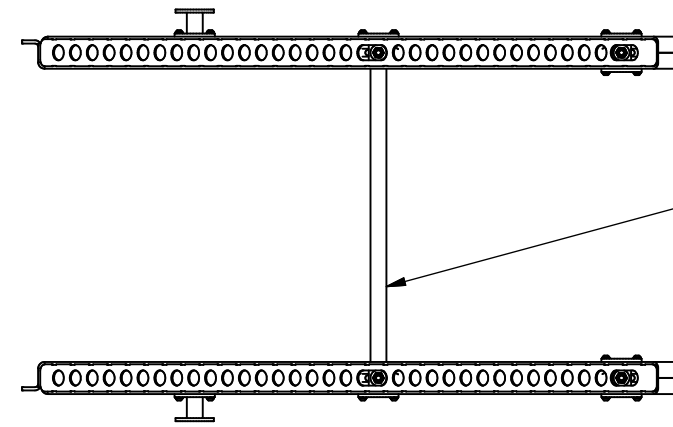
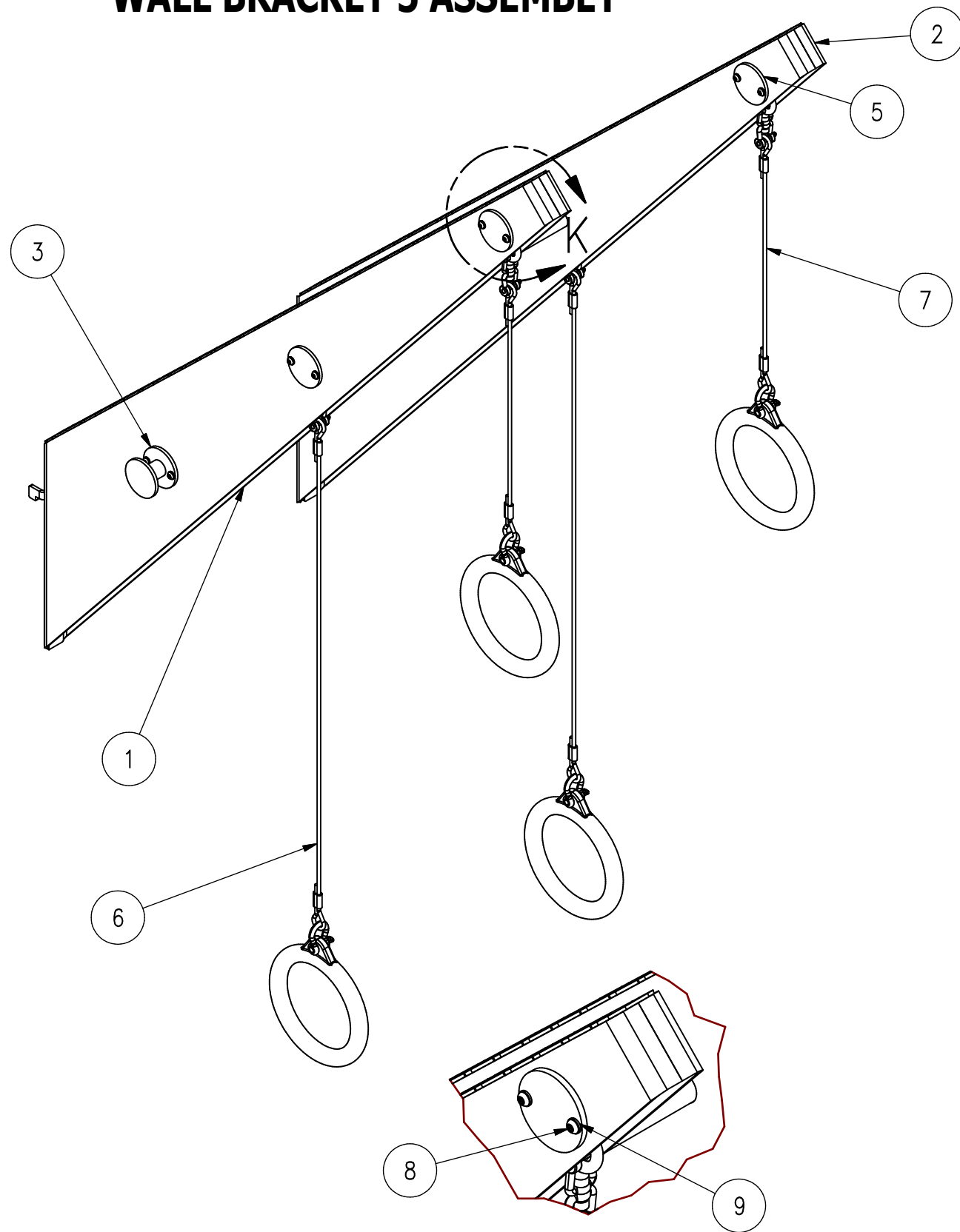
DETAIL J

PARTS LIST		
ITEM	DESCRIPTION	QTY
1	WB4 ARM LEFT WM	1
2	WB4 ARM RIGHT WM	1
3	WB OUTER HANDLE WM	1
4	WB ATTACH PLATE	2
5	WB CROSS TUBE LONG NOTCHED	1
6	WB TUBE SLEEVE	2
7	5/16" X 3/4" TORX TAMPER PROOF SCREW	4
8	5/16" SPLIT LOCK WASHER	8
9	5/16" X 1-1/4" TORX TAMPER PROOF SCREW	4
10	5/16" NUT - SS MAT'L	4
11	WB OUTER HANDLE W/SPIN STOP PLATE WM	1

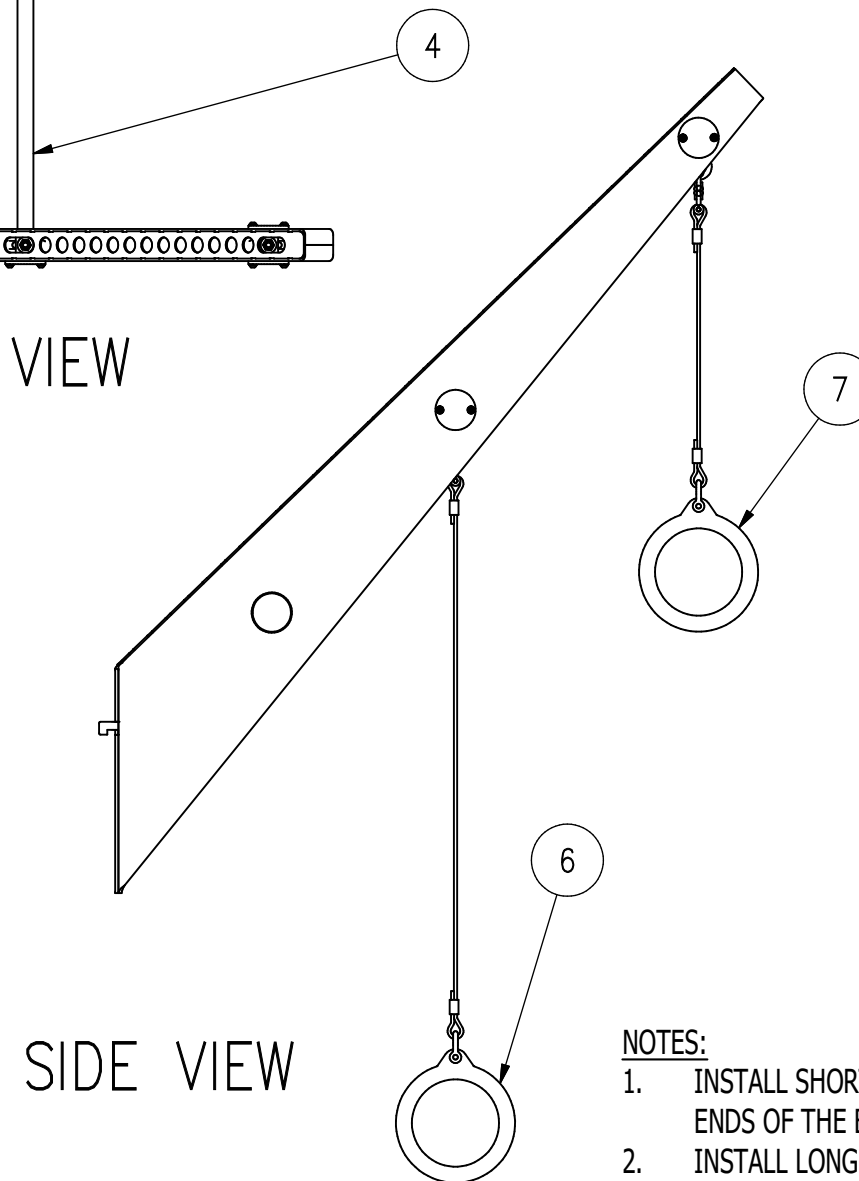


NATIONAL FITNESS CAMPAIGN
SAN FRANCISCO, CA

WALL BRACKET 5 ASSEMBLY



TOP VIEW



SIDE VIEW

PARTS LIST		
ITEM	DESCRIPTION	QTY
1	WB5 ARM LEFT WM	1
2	WB5 ARM RIGHT WM	1
3	WB HANGER SPOOL WM	2
4	WB CROSS TUBE SHORT	1
5	WB ATTACH PLATE	6
6	PL-3 CLOSED PULL RING ASSEMBLY ~ 42" CABLE	2
7	PL-4 CLOSED PULL RING ASSEMBLY ~ 20" CABLE	2
8	5/16" X 3/4" TORX TAMPER PROOF SCREW	16
9	5/16" SPLIT LOCK WASHER	16

NOTES:

1. INSTALL SHORT RING ASSEMBLIES AT THE ENDS OF THE BRACKET ARMS.
2. INSTALL LONG RING ASSEMBLIES CLOSEST TO THE WALL.

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NATIONAL FITNESS CAMPAIGN
SAN FRANCISCO, CA

DATE: 10/29/2020

BY: MAXIMUS INNOVATIONS

REV: 7 PAGE 18

FLOOR MARKING STENCIL LAYOUT

THESE DIMENSIONS MEASURED TO THE RIGHT FROM POB

FLOOR MARKING PROCEDURE:

1. PLACE STENCILS PROVIDED IN THE LOCATION AND ORIENTATION SHOWN.
2. NOTE: ALL FLOOR MARKING STENCILS ARE VINYL INVERSE CUTS OF WHAT NEEDS TO BE PAINTED.
3. USE A DAMP CLOTH TO WIPE CLEAN THE AREAS OF ANY DUST OR DEBRIS WHERE THE FLOOR MARKING STENCILS WILL BE PLACED. ALLOW AREAS TO DRY BEFORE PLACING STENCILS.
4. PEEL ADHESIVE BACKING OFF VINYL FLOOR MARKING STENCILS AND APPLY STENCILS TO FLOOR TILE. MAKE SURE STENCIL IS SQUARE TO TILES EDGES.
5. USE SQUEEGEE OR BLUNT EDGE SCRAPER TO COMPLETELY ADHERE VINYL STENCIL TO COURT. MAKE SURE THERE ARE NO AIR BUBBLES, WRINKLES, OR LOOSE EDGES WHERE PAINT COULD POTENTIALLY BLEED UNDER THE STENCILS.
6. ALLOW STENCIL TO SIT FOR 10-15 MINUTES PRIOR TO PAINTING TO ALLOW PROPER ADHESION.
7. REMOVE TRANSFER TAPE PRIOR TO PAINTING LEAVING ONLY THE VINYL STENCIL MATERIAL ADHERED TO THE TILE.
8. LIGHTLY APPLY COATS OF THE WHITE FLOOR MARKING PAINT OVER THE AREAS OF THE FLOOR MARKING STENCILS BEING CAREFUL TO NOT GO OUTSIDE OF THE BORDER OF THE STENCILS. USE AS MANY COATS AS NECESSARY TO HAVE A THICK AND EVEN FINISH.
9. IMPORTANT: APPLYING A HEAVY SINGLE COAT OF THE WHITE FLOOR MARKING PAINT MAY CAUSE BLEEDING OF PAINT UNDER THE STENCILS. USE MULTIPLE LIGHT COATS OF PAINT FOR BEST FINAL APPEARANCE.
10. AFTER PAINT HAS DRIED (30 MINUTES), CAREFULLY PEEL OFF VINYL FLOOR MARKING STENCILS. IF BLEEDING HAS OCCURRED, USE A KNIFE TO CAREFULLY SCRATCH AWAY EXCESS PAINT UNTIL A CLEAN LINE IS VISIBLE.

THESE DIMENSIONS MEASURED DOWN FROM POB (AWAY FROM WALL)

IMPORTANT NOTE:
ALL DIMENSIONS
ORIGINATE FROM
UPPER LEFT CORNER
OF FITNESS COURT
AREA (POB)

PUSH & PULL 6'-0"

LUNGE 8'-0"

AGILITY 9'-6"

LADDER 10'-3"

DOTS 10'-5"

SQUAT 14'-0"

DOTS 15'-3"

CORE 18'-0"

BEND 25'-6"

3'-6" CORE

6'-6" SQUAT

8'-0" PUSH

14'-0" LUNGE

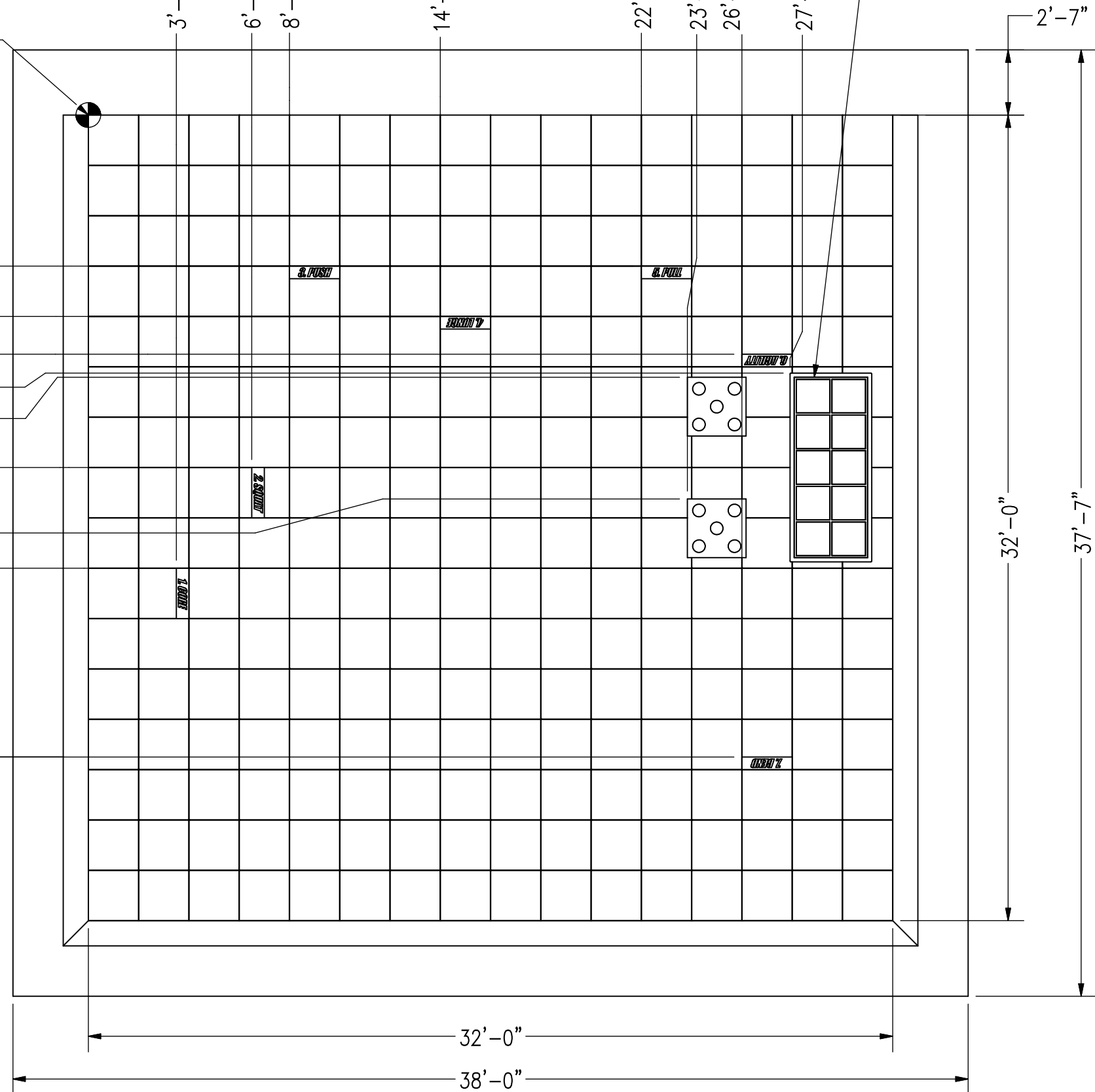
22'-0" PULL

23'-10" DOTS X2

26'-0" AGILITY & BEND

27'-11" LADDER

IMPORTANT NOTE:
PLACEMENT OF STENCILS
FOR DOTS AND LADDER IS
INTENDED TO MINIMIZE
PAINTING ACROSS GAPS
BETWEEN TILES





EQUIPMENT INSTALLATION

Critical Installation and Assembly

CAUTION: Critical Installation and Assembly

All components of this equipment set need to be installed fully and completely. Serious injury may occur if not fully and properly installed. If there is any question in following the installation instructions, contact National Fitness Campaign for assistance.

During assembly and installation, any deviation from instructions should be noted so accurate records will exist for future reference.

Prior to beginning installation, the installers should review this document in its entirety and identify all components and the necessary sequence of installation.

NOTE: To initiate the Fitness Court Warranty, the Installer is required to Sign & Complete the Assembly Completion Certificate (page 55) and submit to NFC upon completion of installation. Please sign and send a copy to activation@nfchq.com once the installation is complete.



Frequent Installation Issues to Avoid

IMPORTANT: There are several common issues that can arise during the installation of the fitness court. Below is a list of the most common issues reported and information to prevent them.

ANCHOR INSTALLATION NOTES: The following Anchor installation details are critical to a successful Fitness Court installation.

1. Refer to the Anchor Details drawing (page 9) for anchor epoxy requirements. Most Fitness Courts are installed on new slabs. If a Fitness Court is to be installed on any existing slab, the correct HILTI epoxy product must be used as shown on the Anchor Details drawing.
2. Ensure that the holes in the concrete are drilled vertically and that the anchors are installed vertically.
3. Use a metal cutting masonry drill bit in case there is steel reinforcement at any hole location and to ensure that the proper embedment is achieved.
4. All locations of Anchor B and Anchor C should be installed AFTER the tile floor is installed.
5. Take note of the anchor quantities required for the Plyo Boxes. The quantity required is different for each pair of Plyo Boxes.

WALL INSTALLATION NOTES: The following Wall installation details are critical to a successful Fitness Court Installation.

1. The Wall must be level. The easiest way to ensure the wall is level is by ensuring the wall frames are sitting level on wall anchors. Tips are provided in the wall frame installation section to help ensure the wall frames are installed at a consistent elevation.
2. A level wall will help ensure minimal and consistent gapping between the wall panels. Gapping between the panels can occur due wall frames sitting high or low. Other reasons for gapping are manufacturing inconsistencies and inconsistent rivet installation.

WALL BRACKET INSTALLATION NOTES: The following Wall Bracket installation details are critical to a successful Fitness Court Installation.

1. Two of the Wall Brackets have two different lengths of hanging rings (Brackets 3 & 5). It is important to have the shorter rings hang from the highest points on each bracket and the longer rings hang from the middle points on each bracket (closest to the wall).
2. Several of the Wall Brackets have crossbars that require “spin stops” to prevent crossbar rotation (Brackets 1, 2, and 4). The “spin stop” plates on the wall bracket plates must align with the notches at the end of the crossbars to prevent the crossbars from spinning.
3. For all hanging rings, it is crucial to secure the jam nuts on the eye bolts as well as position the eye bolts in the proper orientation to prevent the rings from coming loose over time (Brackets 1, 3, & 5). Socket extensions and tools like a screwdriver may be necessary to lock down the jam nuts.



FLOOR EQUIPMENT INSTALLATION NOTES: The following Floor Equipment installation details are critical to a successful Fitness Court Installation.

1. There are two pairs of Row Stations and it is crucial to place the stations in the correct location on the court. The arrangement of the left and right row stations are clearly shown in the Row Station Installation section. Take note of the Left and Right differences.
2. The layout of the Plyo Boxes is designed in pairs with the taller of the pair closest to the wall and “leaning” to the right. Pay careful attention to ensure the proper layout and orientation of the Plyo Boxes. The Plyo Box Installation section clearly shows the location and orientation of the Plyo boxes.
3. The quantity of anchors required for each Plyo Box is different. The exact quantity of anchors is provided for the installation, so it is important to avoid installing anchors where they are not needed. Pay close attention to the required number of anchors required per Plyo Box. The Plyo Box Installation section and the Floor Anchor Location drawing will provide the necessary information.
4. The two Bend Stations are similar but not identical. It is important when marking their anchor locations to properly mark the locations of each station. The Short Bend Station is closest to the corner of the fitness court. See Bend Station Installation section for details.



Special Tools Required

For some installation activities, the following special tools will be required:

- Hammer drill with bubble level for drilling concrete holes vertically
- Concrete drill bits (with metal cutting capability) for hole sizes per Anchor Details drawing: Drill bit sizes needed are 9/16", 1/2", 3/8"
- Heavy duty rivet gun for installing 3/16" rivets
- Chalk line (and unchalked alignment string if desired)
- Thread cleaning tool for 5/16"-18 tapped threads
- Thread cleaning tool for 3/8"-16 tapped threads
- Trowels for spreading tile adhesive (check adhesive packaging for specifications)
- Mixer for drill attachment (for mixing 2 part adhesive as needed)

Standard tools will be utilized for the majority of the equipment installation.

- Wrenches (Including 1-1/8" wrench)
- Sockets (Some Deep Sockets are required, 1-1/8", 7/8", 3/4", and 9/16")
- Ratchet for Sockets
- Socket Extensions
- Drill / drivers (at least 2 recommended)
- Drill bits for 3/16" rivets (for drilling steel and aluminum)
- Screwdrivers
- Putty knife for spreading adhesive on border tile
- Step Ladders (2 recommended)
- Power source with necessary extension cords for hammer drill
- Batteries/chargers for wireless power tools (if applicable)
- Compressed air or method for cleaning out anchor holes in concrete
- Bubble Levels (including string level)
- Loctite Blue
- Hammers – steel and soft blow

NOTE: Drive bits for the tamper proof screws are provided with the equipment.

- 5/16" drive bit for tamper proof screws on the Wall Brackets and Plyo Boxes
- 3/8" drive bit for lunge stations

Graphics Application and Floor Coating

After all equipment is fully installed and secured, equipment graphics will need to be applied and floor marking will need to be applied.

Floor marking should be applied using the locations and orientation provided on the Floor Marking Stencil Layout (page 19). Refer to the Floor Marking Stencil Layout for recommended floor marking application instructions.

Graphics application should be performed by a qualified graphics application company. The provided graphics should be installed according to the requirements of the qualified graphics application company.



Install Sup. Printed Name, Signature, Date:	
Installed per the manual <input type="checkbox"/> or as noted:	

Floor Tile Installation

NOTE: Wall Anchor installation and Tile Floor installation can happen simultaneously since the Wall Anchors are not installed in the Tile Floor area. Refer to the drawings provided in this manual to identify the location of the Wall area and the Tile Floor area.

SLAB INSTALLATION REQUIREMENTS: The Tile Floor should only be installed on a concrete slab that has been installed per the Slab Drawings provided by NFC. The concrete slab should be finished flat and sloped per the drawings.

TILE FLOOR LOCATION REQUIREMENTS: The Tile Floor should be installed on the center (left to right) of the slab and the proper distance from the wall edge of the slab. The wall edge of the slab should be clearly identified by the Fitness Court owner and the Tile Floor location should be clearly identified by the owner. Some installations may differ slightly in appearance from the images and drawings provided in this manual. It is important to communicate with the owner to clearly understand the orientation of the Fitness Court Wall and Tile Floor prior to installing the Tile or any anchors.

TILE INSTALLATION CLIMATE REQUIREMENTS: Refer to the instructions provided by the tile and adhesive manufacturer. The manufacturer instructions will state that the concrete must be clean and dry prior to application and the temperature must be above a certain minimum. Cold weather and cold concrete (below 50 F) will make the adhesive installation very difficult or impossible. The adhesive should be stored indoors above 70 degrees to help with application. Ground heaters may be needed if the concrete is too cold for adhesive installation. Conversely, extremely warm and dry climate conditions will cause the adhesive to cure very fast so the tile installation must occur very quickly after application of the adhesive.

IMPORTANT: The adhesive used during installation of the Floor Tile can cure very quickly depending on several factors. When you start using a pail of adhesive you should try to finish the pail (including tile placement) until the pail is empty. Be ready to proceed quickly to border tiles after the square tiles are installed.

TILE INSTALLATION RECOMMENDATIONS: Tile installation is a process that is helped tremendously by experience. It is highly recommended to secure personnel skilled in tile installation.

With the wall edge of the slab identified, refer to the Tile Floor Layout drawing (page 7) to identify the 2'-7" required between the wall edge of the slab and the wall edge of the Tile Floor. This is minimum amount of space required for proper wall installation. See the notes above regarding Fitness Court orientation and confirmation from the owner.

1. Place a chalk line at the wall side edge of the Tile Floor
 - a. With a permanent marker, mark the wall edge of the Tile Floor a minimum of 2'-7" from the wall edge of the slab. Mark the edge in 2 locations including the top left corner of the slab and the top right corner of the slab. These 2 marks should be a minimum of 2'-7" from the wall side edge of the slab and about 6" from the left edge of the slab and the right edge of the slab.
 - b. With the 2 ends of the line marked (the wall edge of the Tile Floor), snap a straight chalk line between these 2 points to mark the complete wall side edge of the Floor Tile.
2. Place a chalk line at the center (left to right) of the Fitness Court.
 - a. Locate the top center (left to right) of the Fitness Court and mark this location on the wall side chalk line with a permanent marker. The overall width of the Wall and the primary Tile Floor area is approximately 32'. The overall width of the slab as shown on the slab drawings is 38'-0". If the slab and Tile Floor placement is the same as shown in this manual, the center mark should be placed very close to 19'-0" from the left and right edges of the slab.
 - b. Before proceeding, mark the locations of the top left corner and top right corner of the Tile Floor. Measure exactly 16' over (on the chalk line) to the left and the right from the top center mark and mark these locations on the chalk line. This should leave 2 marks 32' apart on the chalk line and 16' from the top center mark.



- c. Next, locate the bottom center (left to right) of the Fitness Court and mark this location. It is very important to make sure the mark at the bottom center is Fitness Court is perpendicular to the wall side edge of the Tile Floor. To make sure the center line is perpendicular, the mark at the bottom center should be an equal distance from the top left and top right corner marks. The measurement from the bottom center mark to the 2 top corners is called triangulation and helps to make sure the center line is perpendicular.
 - d. With the bottom center marked in the correct location (after checking triangulation), snap a chalk line from the top center mark to the bottom center mark. This center line is a very important reference line to ensure the tile will be installed square to the wall and the tile will have a good and consistent appearance when complete.
3. Place chalk lines at the outer edges (left and right) of the Tile Floor.
 - a. With a center line placed correctly per step 2 above, this line can be used to mark the left and right edges of the tile floor.
 - b. Measure over exactly 16' to the left and right from the bottom center mark. This can be best done with a minimum 32' tape measure with the 16' mark of the tape measure placed on the center line.
 - c. To make sure the tape measure described above is parallel to the wall side chalk line, you should use a second tape measure to ensure the ends of the other tape measure are the same distance (32' also) from the wall side chalk line.
 - d. Mark the bottom left and bottom right corners of the Tile Floor with marks 16' over from the bottom center mark.
 - e. With the bottom corners marked 16' over from the bottom center, snap 2 chalk lines to mark the location of the left edge and right edge of the Tile Floor.
4. Prepare for tile adhesive application and tile placement.
 - a. Prior to placing tile adhesive on the concrete, the slab should be swept clean. A lawn blower is helpful for this activity. Use a broom or brush to remove any debris as necessary. Bumps in the concrete can adversely affect tile placement and appearance.
 - b. Place about 10 to 20 tiles near the top center (on the wall side of the chalk line) of the Tile Floor area in preparation for placement. There are 16 tiles per row and the tiles weigh 15 to 20 pounds each.
5. Prepare tile adhesive for placement. The tile adhesive may be delivered a single component system or 2-part system that must be mixed. Read the instructions provided by the adhesive provider to ensure proper preparation of the adhesive prior to placement.
6. Apply the adhesive. After the adhesive has been properly prepared, apply the adhesive to the concrete in the Tile Floor area.
 - a. The adhesive can be poured in a small puddle to start near the top center mark (NOT on the wall side of the chalk line). The adhesive should be spread from the top center then outward and downward toward the left and right edges and then to lower left and right corners.
 - b. Use the required trowel (per manufacturer instructions) to spread the adhesive for 100% coverage on the concrete where the tile will be applied. The adhesive should be spread nearly adjacent to the wall side chalk line but not across and then downward away from the wall and away from center.
 - c. NOTE: Be careful not to get adhesive in undesired locations. The adhesive is easily tracked on top of the tile and on the concrete area on the left, right and bottom side of the slab. The dried adhesive is difficult to remove.
7. Place tiles on the troweled adhesive.
 - a. Begin placing tile. As soon as an area of adhesive is spread appropriately, tile should be placed with one corner at the top center mark with one edge on the wall side chalk line and another perpendicular edge on the center line.
 - b. After the first tile is placed in the desired location and after adhesive has been properly placed, continue placing tile along the wall side chalk line to complete the first full row of tiles adjacent to the chalk line (16 tiles per row). Then proceed down the center chalk line to the next row so the lines between the tiles are straight and with good appearance.



- c. NOTE: The tiles have some variability in size so that some adjustment needs to be made as tiles are placed. Be careful not to push the tiles so close together that the lines become crooked or the overall pattern becomes skewed relative to the center line.
 - d. **IMPORTANT: It is important that the left, right and bottom edges of the tile floor area end up in a straight line, so the border tile ramp has a straight edge for best appearance.**
 - e. As tiles are placed, press them down to ensure proper adhesive contact. Apply pressure with a heavy roller or by gently walking on the tiles (with clean shoes).
8. Repeat adhesive and tile placement process until complete.
- a. Continue preparing subsequent pails of adhesive as the prior pail runs out.
 - b. Continue applying adhesive working down the center line and towards the bottom corners.
 - c. **IMPORTANT: There should be enough adhesive remaining for application to the border tiles. Remaining adhesive should be used to install the border tiles almost immediately after the square tiles are installed.**
 - d. Continue placing tile on properly placed adhesive.
 - e. Continue walking down the tiles to press them into the adhesive.
 - f. The tiles are approximately 2' by 2' (square). The tiles are typically slightly larger than 2' so when complete the left and right edges will probably extend slightly past the left and right chalk lines.
 - g. **IMPORTANT: It is important that the left, right and bottom edges of the tile floor area end up in a straight line, so the border tile ramp has a straight edge for best appearance.**
9. Install border ramp tiles.
- a. After the tiles are completely installed, the border tiles are installed next.
 - b. NOTES: There is no border ramp on the wall edge of the tile floor. The border tiles are about 4' long x 1' wide. The border tiles are 1" thick on one long edge and 1/2" thick on the other long edge. The 1" thick edge is adjacent to the square tiles.
 - c. **IMPORTANT: For best layout, cut one border tile in half so there are two 2' long sections. Place these 2' long pieces on the top left corner and top right corner near the wall.**
 - d. Lay out the border tiles in their desired location adjacent to the square tiles. The border tiles are placed on the left, right on bottom sides of the tile floor.
 - e. **IMPORTANT: When laid out as described above, the border tiles should overlap at the bottom left and bottom right corners in preparation for a 45-degree miter cut.**
 - f. Starting on the left side of the tile floor at the top left corner near the wall edge, apply adhesive (see note below) to the BOTTOM side of the border tile. Place the tiles in position and press them down.
 - g. NOTE: The adhesive for the border tiles may be applied with adhesive tubes if provided (for a caulking gun) or may be applied with a putty knife using the remaining single component or 2-part adhesive that is left over after the square tiles are installed.
 - h. Continue applying adhesive to the left side border tiles and install them working towards the bottom left corner. DO NOT yet apply adhesive to the border tiles at the corner. See instructions below.
 - i. Position the border tiles at the bottom left corner for cutting a 45-degree miter on these 2 tiles.
 - j. Prior to applying adhesive, finalize the locations of the desired cuts. Cut the 45-degree corners very carefully so that the cut edges meet cleanly at the corners with no gap.
 - k. Place adhesive on both border tiles at the bottom left corner and install them.
 - l. Start again on the right side of the tile floor at the top right corner near the wall edge. Repeat the steps described above for the right-side border tiles. DO NOT apply adhesive to the border tile at the corner.
 - m. Before cutting and installing the bottom right corner tiles, move back to the bottom left corner of the tile floor. Perform the same adhesive application and installation steps on the border tiles working across the bottom edge of the tile floor.
 - n. Position the border tiles at the bottom right corner for cutting a 45-degree miter on these 2 tiles.
 - o. Prior to applying adhesive, finalize the locations of the desired cuts. Cut the 45-degree corners very carefully so that the cut edges meet cleanly at the corners with no gap.
 - p. Finish the border tile installation by making sure all tiles are pressed down securely and all adhesive is NOT visible on the concrete or on the tiles.



General Wall Installation Sequence

IMPORTANT

The most complex portion of Fitness Court installation is the Wall. It is very important to follow the installation and assembly sequence to ensure the final installation is secure and complete with proper component alignment and finish. The large quantity of integrated components will require that checks for components being vertical, horizontal, square and level will occur during the installation process.

Prior to beginning installation of equipment, the concrete slab should be installed per slab drawings provided. Proper concrete curing time is required (for tile adhesion) per slab drawings.

The sequence is very important as skipping ahead may result in losing access or locking in components of areas critical for a skipped step. The general sequence is listed below with more detailed instructions to follow.

This section provides the general sequence for wall installation. Details instructions are provided in later sections.

1. Install Wall Anchors
 - a. Use provided Wall Anchor tape measure to mark Wall Anchor locations per instructions
 - b. Install and epoxy Wall Anchors (Anchor A) in accordance with anchor installation instructions
2. Install Wall Structure
 - a. Confirm Wall Anchors (Anchor A) are installed in the correct locations at the correct embedment depth and support washers are set to correct height.
 - b. Set Wall Frame components in place at anchor locations
 - c. Place Wall Ribs in the correct location
 - d. Assemble the ribs to the frames and roughly square up the wall (frames vertical, level and aligned; ribs squared and level)
 - e. With wall frames installed squarely, tighten frames to anchors and tighten ribs to frames
3. Install Front wall skin components
 - a. Hang the 5 sections of Front Skin panels loosely in the correct location
 - b. Place the 5 sections of Foot Strips near the wall installation area
 - c. Install Left section of Front Skin in final location per instructions
 - d. Install Left section of Foot Strips in final location per instructions
 - e. Repeat Front Skin and Foot Strip installation for remaining sections
4. **NOTE: Prior to installing top skin and rear skin panels, all wall brackets, row handles and push stations must be installed**
5. Install Wall Brackets
 - a. Identify correct components for each wall bracket installation and place the correct components near the installation location
 - b. Install wall brackets completely per instructions
6. Install Row Handles
7. Install Push Stations
8. Install Rear and Top skin panels
 - a. Place the 5 sections of Rear Skin panels near the installation location

Fitness Court Installation Instructions



- b. Place the 5 sections of Top Skin panels near the installation location
 - c. Insert the top edge of the Left Top Skin panel below the top bend of the Left Front Skin panel already installed
 - d. Place and align the Left Rear Skin to its final position per instructions
 - e. Align the Left Top Skin to the final position per instructions
 - f. Attach the Left section of Top Skin and Rear Skin per instructions
 - g. Repeat Top and Rear Skin panels for the remaining sections
9. Install End Panels
- a. Locate the two sizes of End Panel Attachment Angles
 - b. Attach the Angles in the correct location per instructions
 - c. Attach the End Panels per instructions

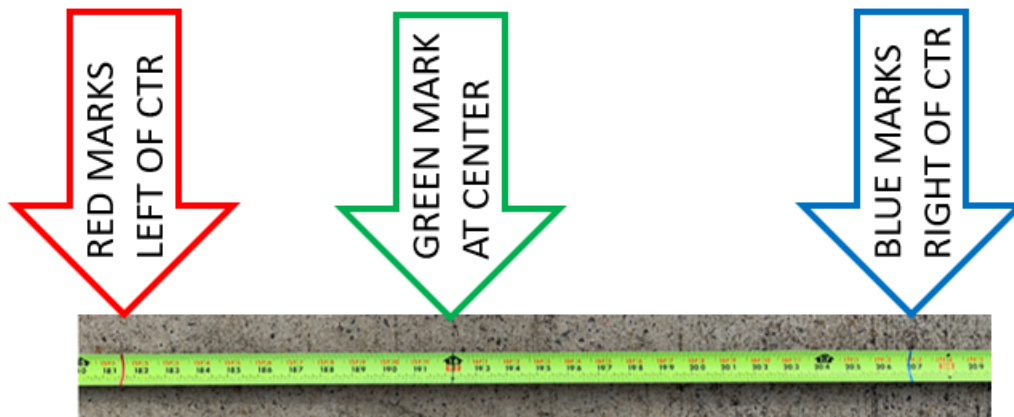


Install Sup. Printed Name, Signature, Date:	
Installed per the manual <input type="checkbox"/> or as noted:	

Wall Anchor Installation (Anchor A)

Refer to the Wall Anchor Locations drawing (page 6) for placement of anchors. Refer to the Anchor Details drawing (page 9) for concrete hole diameter and embedment depth. Wall Anchors should be installed per epoxy manufacturer’s instructions.

1. To accurately mark the Wall Anchor locations and ensure the wall is square to the tile floor, place a chalk line on the two rows of anchor locations.
 - a. For the outer row of anchor locations, measure 2'-2" off the top edge of the tile from the left corner and right corner.
 - b. For the inner row of anchor locations, measure 5" off the top edge of the tile from the left corner and right corner.
 - c. Place 2 chalk lines across the entire width of the slab (at least 32' length of wall) to establish the line for marking anchor locations.
2. Place center marks on the chalk lines in line with center of the Tile Floor.
3. Use the supplied tape measure with the anchor locations marked on the tape.
 - a. Place the tape measure fully extended to 32' from the left edge of the tile court across to the right edge along the outer chalk line
 - b. Locate the green marking on the tape at 16'. This is the center mark for the wall and should be placed on the center mark of the outer chalk line (see step 2 above).

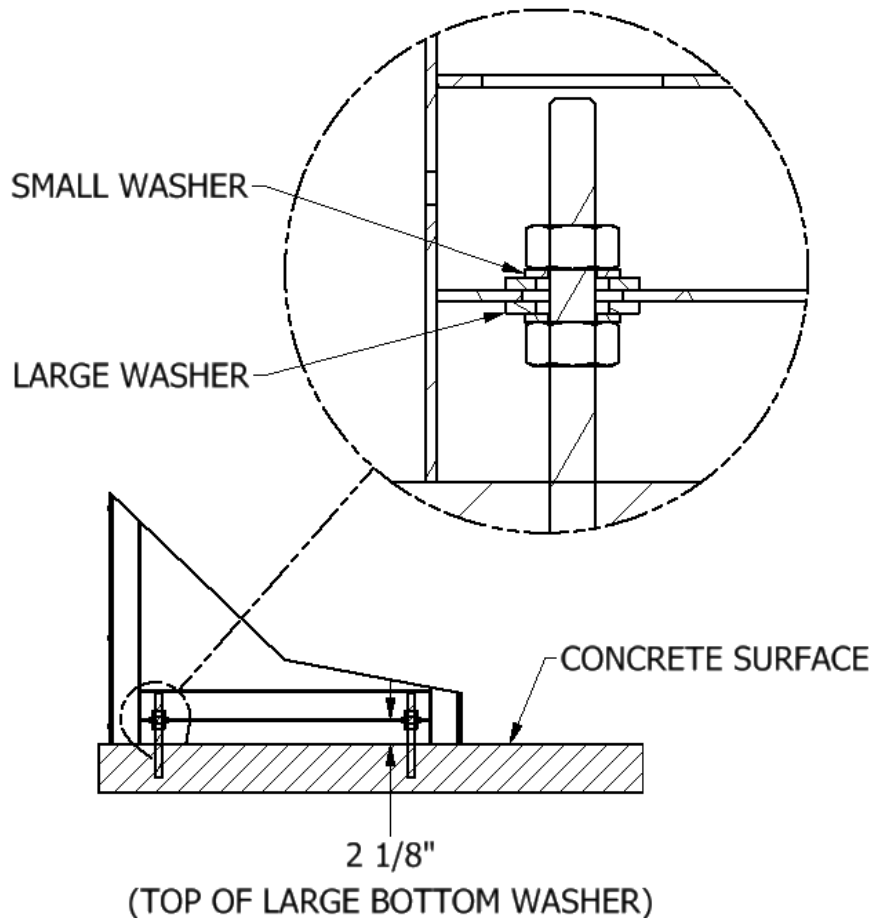


- c. **IMPORTANT:** For verification, the markings for the left side wall anchors (less than 16') are marked on the tape measure in RED and the markings for the right side wall anchors (more than 16') are marked in BLUE.
 - d. Once the tape is properly placed on the chalk line with the green mark on the concrete center mark, use a permanent marker to mark the locations of the wall anchors on the chalk line on the concrete. The marks should line up with the red and blue markings on the tape measure.
 - e. Repeat this process for the inner chalk line.
4. Use a 9/16" concrete drill bit and hammer drill to drill 2-3/4" inch deep in accordance with Anchor A details on the Anchor Details drawing.
5. Use compressed air to clean holes from concrete dust and debris.
6. Apply anchor epoxy in the anchor holes per the Anchor Details drawing. Ensure anchors are vertical when installing.

Wall Structure Installation

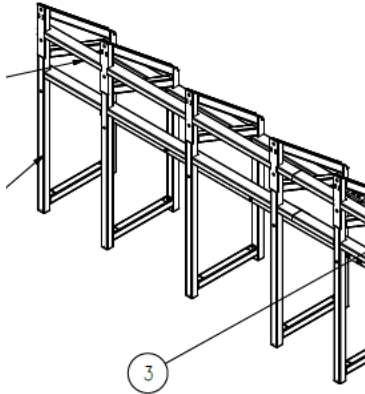
1. Recommended tools for this section are 7/8" Open End Wrench, 7/8" Deep Socket with Ratchet or Driver, 3/4" Socket with Ratchet or Driver, String Level and Alignment String.

2. Refer to Wall Structure Assembly drawing (page 11) and Wall Skin Assembly drawing (page 12) for component and hardware identification.
3. Confirm all components are available and identified.
4. Place Wall Frames in correct locations per the Wall Structural Components Drawing.
5. Install one nut then two flat washers (small washer on bottom, large washer on top) on each Wall Anchor prior to placing the Wall Frames on the Anchors.

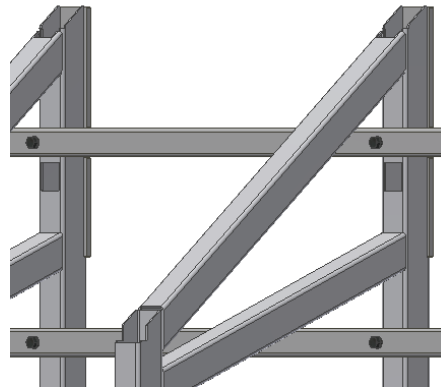


6. **IMPORTANT** - Use an Alignment String and String Level (bubble level) to get the top surface of the top flat washer (large washer) on each anchor at the same elevation at least 2-1/8" above the concrete slab.
 - a. To adjust for any inconsistencies in the concrete, it is best to start by measuring the outside wall anchors first, tightly tying an alignment string from end to end, and raise the middle nuts and washers up to the alignment string.
 - b. If any of the nut and washer stacks appear lower than 2-1/8" off the concrete, adjust all washer stacks accordingly. A line level may be useful in checking for levelness.
 - c. If there is a noticeable high spot in the concrete around the Wall Anchors, it is best to set the nut and washer stacks 2-1/8" from this point and adjust accordingly to cause less headaches later.
7. Place Wall Frames on anchor studs (with one nut and two washers per anchor already installed and level with each other) and install two flat washers (large washer on bottom then small washer on top) then one nut onto each anchor stud. Hardware on anchors should be hand-tight so that the Wall Frames are upright.
8. Identify the Wall Rib components per the Wall Structural Components Drawing (page 10) and locate them near the installation locations.
9. NOTE: The Wall Ribs install from inside the wall frames with the notches facing out.

- Place the first Left Wall Rib (lower front first is the sequence described here) to Wall Frames 1 through 4 so that the bolt holes between the Rib and all Frames line up. NOTE: The notches in the Wall Ribs may be a tight fit on the Wall Frames.

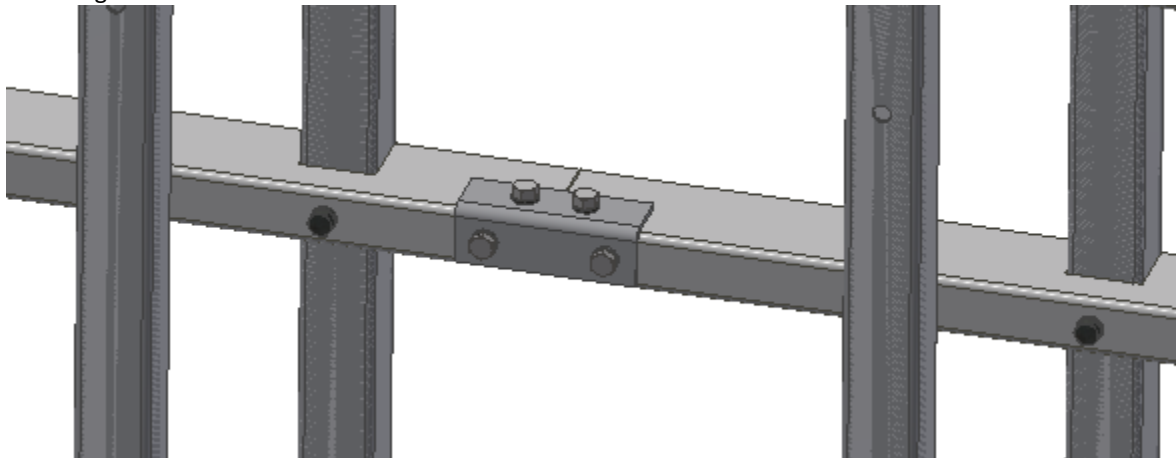


FRONT VIEW OF FRAME SHOWING NOTCHED RIBS



REAR VIEW OF FRAME SHOWING BOLT LOCATION FOR RIBS TO FRAME

- Install (hand-tight only) the 1/2" x 2-1/2" bolts with split lock washers at each connection between Rib and Frame.
- Repeat Left Rib installation at the remaining 3 locations (upper front, lower rear, upper rear)
- Repeat the Rib installation steps to Install the Left-Center Ribs on Frames 5 through 7.
- Repeat the Rib installation steps to Install the Right-Center Ribs on Frames 8 through 11.
- Repeat the Rib installation steps to Install the Right Ribs on Frames 12 through 15.
- With all Ribs installed, locate the Rib Tie Angles and place them near the installation locations (between ends of two aligned ribs).
- Place the first tie angle (upper front Left Rib to Left-Center Rib is a good choice) against the Ribs so that the bolt holes align.



- Install (hand tight only) 1/2" x 1-1/4" bolts with split lock washers (qty 4 per tie angle) to attach the tie angle to the two Ribs.
- Repeat the tie angle installation steps for the 3 remaining connections between Left Ribs and Left-Center Ribs
- Repeat the tie angle installation steps for the connection between Left-Center and Right-Center Ribs (4 angles).
- Repeat the tie angle installation steps for the connection between Right-Center and Right Ribs (4 angles).
- With all Ribs and Rib Tie Angles installed hand-tight, adjust the position of the Wall Frames on the anchors so that all Wall Frames are square and level and aligned to the front of the wall.



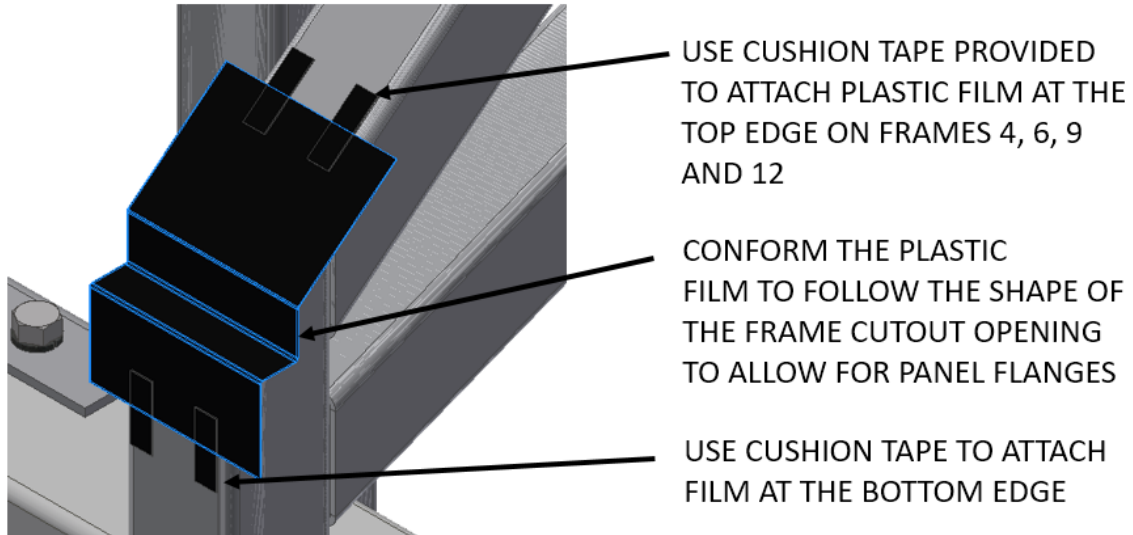
- a. **IMPORTANT** – If the Wall Structure is not aligned well, the Wall Skin will not fit properly on the Wall Structure and excessive gaps between Wall Skin panels may result.
- b. Use a level to check that the frames are vertical side to side.
- c. The bottom of the wall frames at the anchor connections should be level if the anchor hardware has not been moved since leveling the anchor hardware in the prior installation step.
- d. Use an alignment string attached near the top of the outer Wall Frames (Frame 1 and Frame 15) to confirm that all frames are aligned to each other at the front and are at the same elevation.
- e. NOTE: It is OK that some of the frames are slightly raised off the concrete, but the frames should be kept as close to the concrete as possible.
- f. As the frames are confirmed to be in the correct position (square, level and aligned), the bolt connections between the Ribs and Frames and between the Tie Angles and Ribs can be fully tightened and the Wall Anchor hardware can be fully tightened.



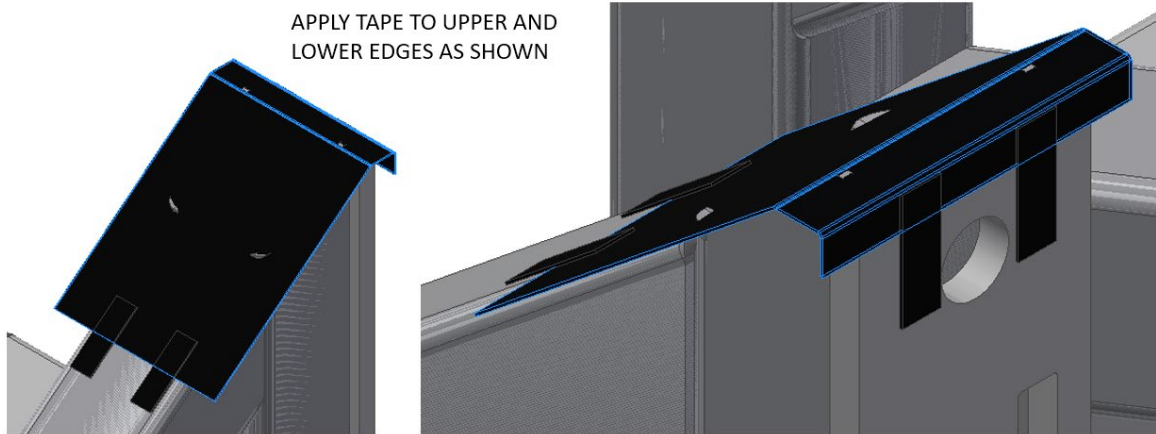
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Wall Frame Preparation

1. Recommended tools for this section are Battery-Powered Drills, 3/16" Drill Bits and Heavy-Duty Rivet Gun with a Nose Piece for installing 3/16" rivets.
2. NOTE: Two different rivet "grip" sizes are provided.
 - a. The larger quantity with a larger grip (overall metal thickness to be secured) rivets are for securing all wall skin panels EXCEPT for the End Panels, End Panel Attachment Angles, and connecting Front Foot Strips to Top Front Panels.
 - b. The smaller grip rivets are for securing the End Panel Attachment Angles, the End Panels and connecting Front Foot Strips to Top Front Panels.
3. Prior to placing Wall Skin Panels on the Wall Frames, two preparation steps are required.
 - a. The openings in the top of the Wall Frames must be covered with the plastic film material provided. The openings are necessary for manufacturing the wall frames. The covers are intended to prevent rainwater from leaking inside the wall frames. The covers are only necessary where the small gaps between skin panels are located. The covers should be installed on Wall Frame numbers 4, 6, 9 and 12 (see Wall Structure Components drawing). The covers at the upper front corner of the wall frames will need to be "peeled back" on most wall frames when it is time to install the wall bracket attachment bolts.

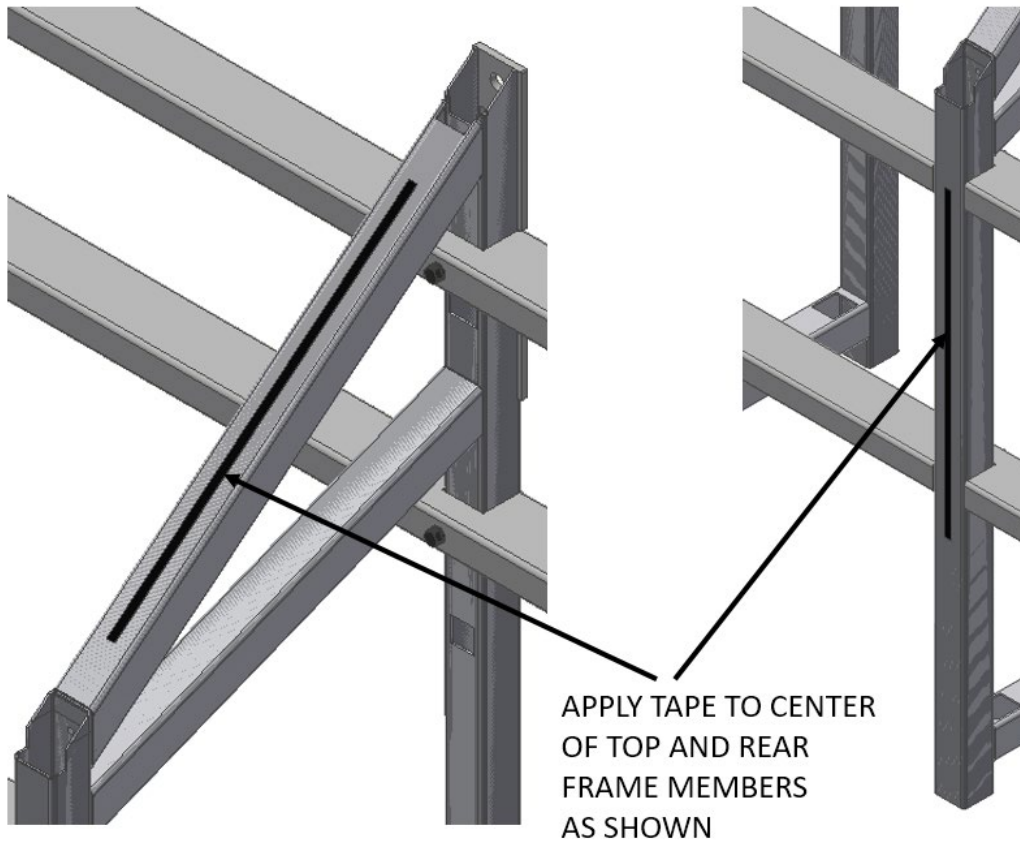


UPPER REAR CORNER OF WALL FRAME



UPPER FRONT CORNER OF WALL FRAME

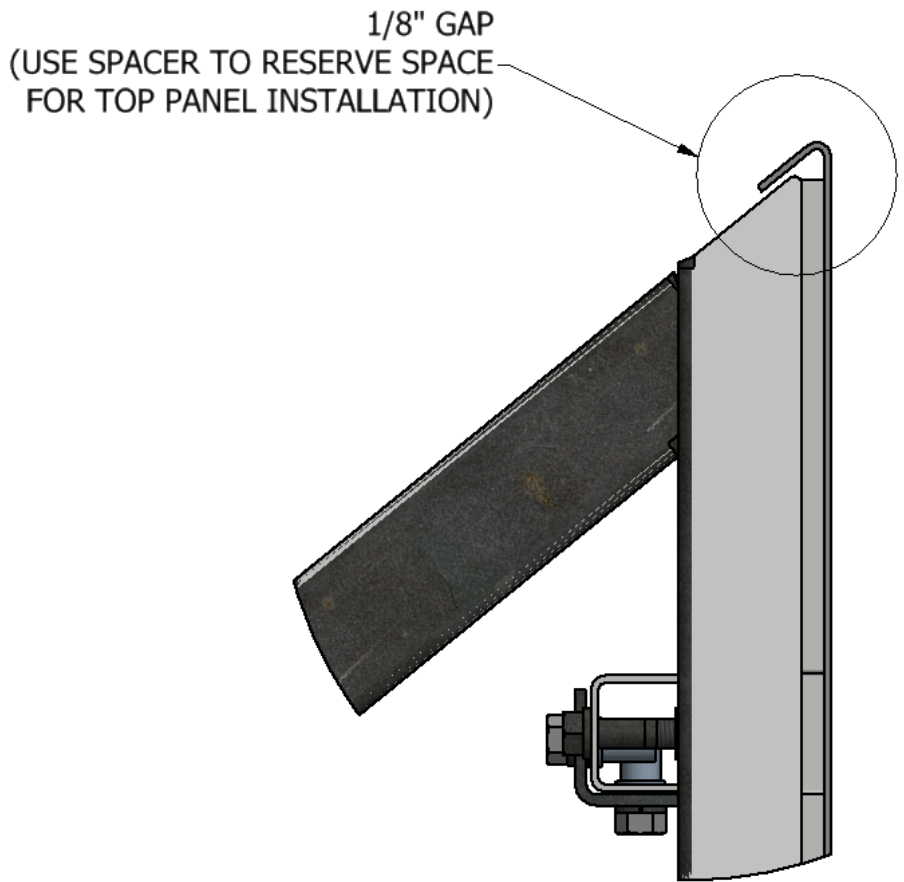
- b. Cushioned tape padding should be installed on the top and rear members of the wall frames to prevent unwanted noise that may occur. Certain wind conditions can cause the top and rear skin panels to “slap” against the Wall Frame. The cushion tap provided prevents this circumstance. Strips of tape approximately 2 feet long should be applied as shown **ONLY** on Wall Frames where rivets are not securing the Wall Skin panels to the Wall Frames or frames that do not have the plastic coverings or the end frames (frames 2, 3, 5, 7, 8, 10, 11, 13, 14).



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Wall Front Skin Panel Installation

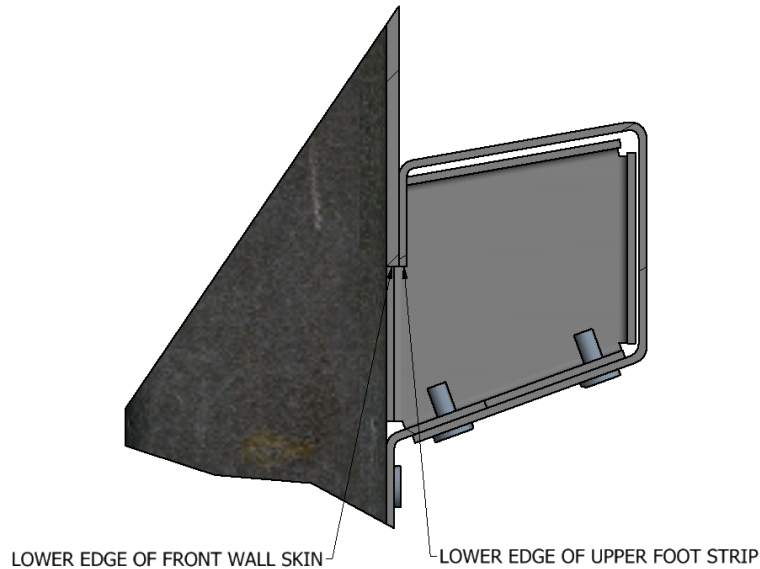
1. Recommended tools for this section are Battery-Powered Drills (2 recommended), 3/16" Drill Bits and Heavy-Duty Rivet Gun (only 1 is needed) with a Nose Piece for installing 3/16" rivets.
2. Place the 5 sections of Foot Strips near the wall installation area.
3. Hang the 5 sections of Front Skin panels loosely in the correct location with the top bend of the Front Skin panels hooked over the top, front face of the Wall Frames. There is a design gap of 1/16" between panel sections. This can be higher or lower depending on temperature and slight manufacturing or installation variations.
4. NOTE: The wall skin panel LENGTHS (along the wall) are as follows (lengths provided to confirm panel position):
 - a. Left Panel Length = 7 ft – 10-5/8 in (94-5/8")
 - b. Left-Center Panel Length = 4 ft – 11-1/4 in (59-1/4")
 - c. Center Panel Length = 6 ft – 4-1/8 in (76-1/8")
 - d. Right-Center Panel Length = 5 ft – 11-1/8 in (71-1/8")
 - e. Right Panel Length = 6 ft – 6-5/8" (78-5/8")
5. Place the Left Front Skin panel in its final position
6. **IMPORTANT** – Use a 1/8" thick spacer (if needed) between the top bend of the Left Front Skin panel and the top of the wall frames in contact (frames 1 through 4) to ensure space available for the Left Top Skin panel when installed (in a later step).
7. **IMPORTANT** – The left edge of the Left Front Skin panel should be aligned flush with the left edge of the left-most Wall Frame.



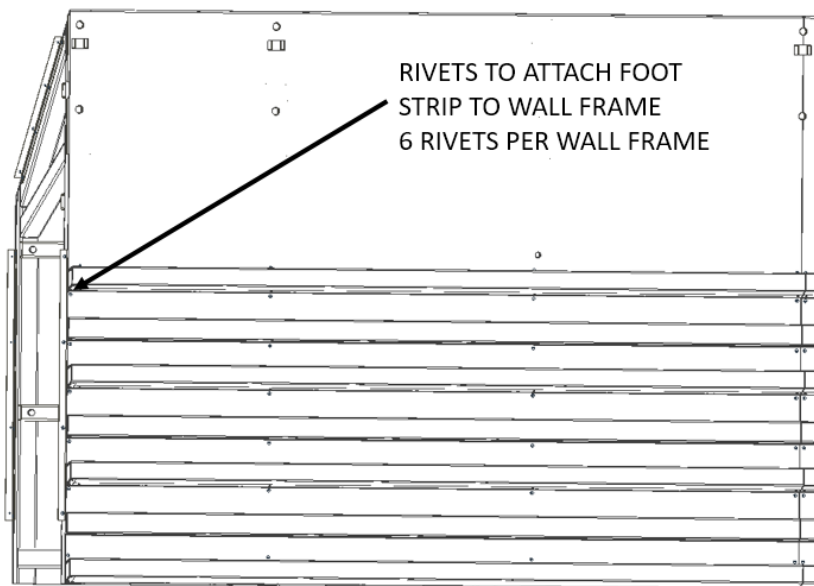
8. With the Left Front Skin panel in the proper location, locate the 4 holes at the bottom of the panel that are in line with the Wall Frames. Drill matching holes (3/16" nominal) through the Wall Frames at these 4 locations.

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9. With matching holes drilled, use a heavy-duty rivet gun to install one rivet per match-drilled hole. Be sure to use the appropriate rivet (long grip) for this location's grip range.
10. **IMPORTANT** – Place the Left Foot Strip assembly in place for installation with the Front Skin and Foot Strip aligned as shown (lower edge of Foot Strip return flange aligned with the lower edge of Front Panel). There is a manufactured square notch on the left side of the Left Foot Strip to help with alignment.

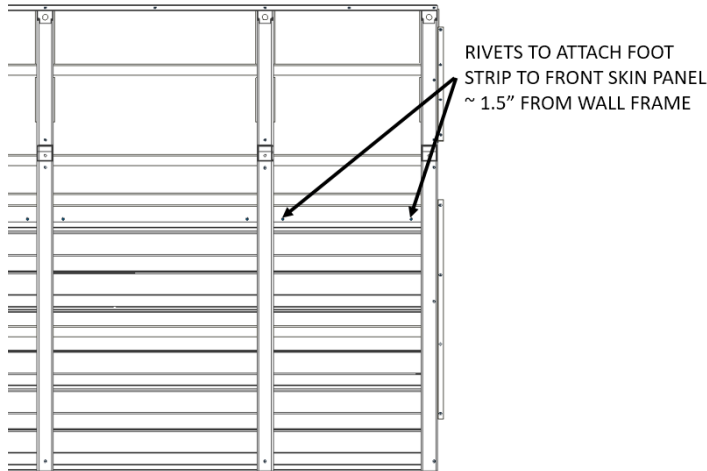


11. Hold the Foot Strip assembly in place while match-drilling into the frame through the holes in the front of the Foot Strip, 6 holes per Wall Frame.



12. With matching holes drilled, use a heavy-duty rivet gun to install one rivet per match-drilled hole. Be sure to use the appropriate rivet (long grip) for this location's grip range.
 - a. If preferred, 2 upper most holes per Wall Frame can be drilled followed by installation of rivets in each match-drilled hole. With the installed rivets holding the weight, the remaining holes can be drilled followed by rivet installation.

- b. To help with alignment and prevent gapping, it may be necessary to add weight to lower portions of foot strips prior to drilling and riveting in place.
- 13. After installation of the 6 rivets per Wall Frame described above, install additional rivets in the locations shown in the image below to secure the top edge of the Foot Strip to the Front Skin using the small grip rivets.
- 14. **IMPORTANT** – These rivets should be installed from the **INSIDE** of the wall.



- 15. Repeat Front Skin and Foot Strip installation steps for remaining sections. The quantity of match-drilled holes required are specific to each section. Each set of Front Skins and Foot Strips should line-up flush with one another and the right edge of the Right Front Skin and Foot Strip should line up flush with the outside edge of rightmost wall bracket. If necessary, apply nominal gapping between the sets to allow the Right Front skin and Foot Strip to align flush. If there is inconsistent gapping between the Front Skins, (gaps shaped like a “V” or upside down “V”) you may need to adjust the heights of the wall frames by adjusting the height of the nuts and washers on the anchors.

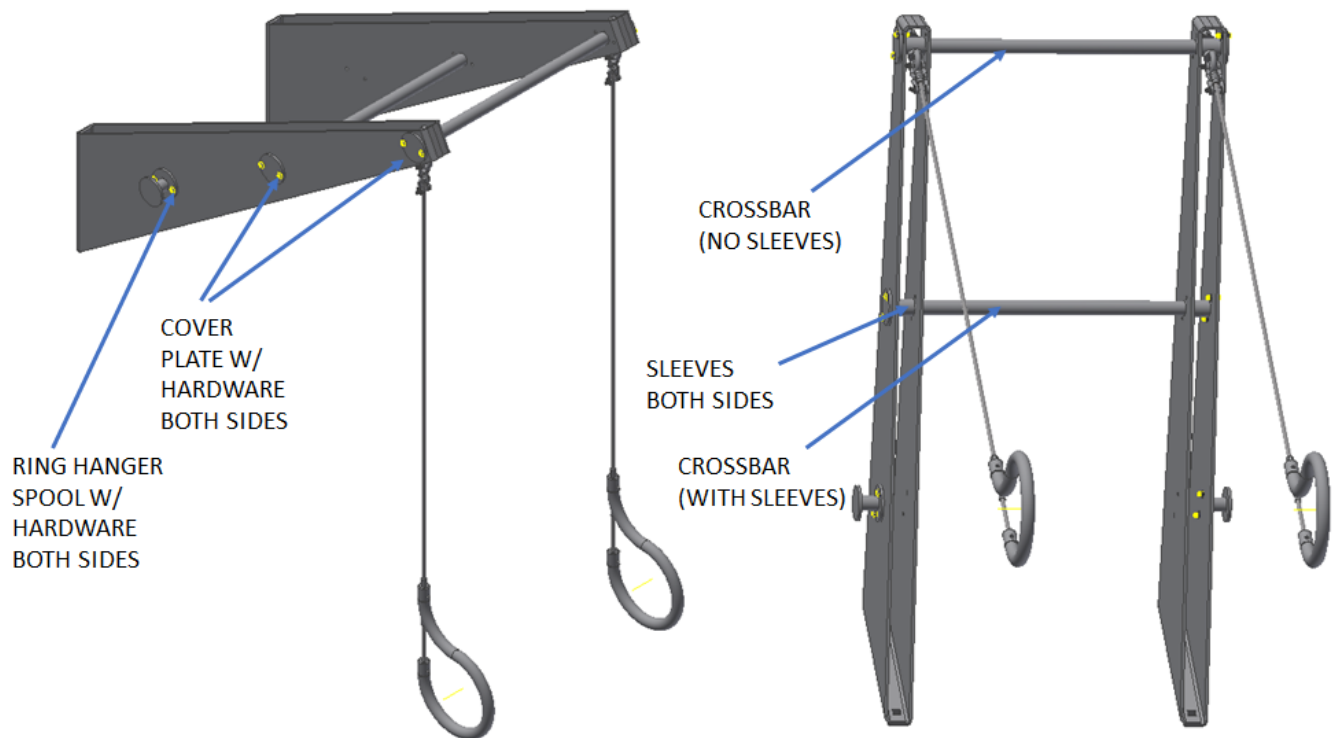
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Wall Bracket Installation

Refer to Wall Attachment Details drawing for locations of Wall Attachments including Wall Brackets, Row Handles and Push Stations. Refer to Wall Bracket Assembly drawings (1 through 5) for component and hardware identification. Each bracket's hardware is boxed separately.

Wall Bracket 1 Attachment and Assembly

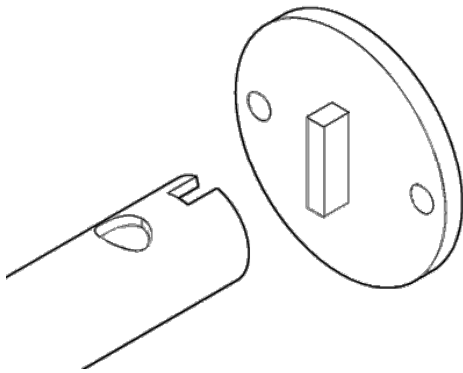
1. Recommended tools for this section are a Step Ladder (two recommended), 1-1/8" Deep Socket with Ratchet or Driver, 3/4" Deep Socket with Socket Extensions and Ratchet, Screwdriver Handle or Drill / Driver for 5/16" Tamper Proof Screw Bit (provided with hardware), 5/16"-18 thread cleaning tool (to chase threads as required), Dremel tool (to clean any metal spurs in crossbar holes) and Loctite Blue.
2. Refer to Wall Bracket 1 Assembly drawing (pg. 14) and the image below and confirm all components are available.



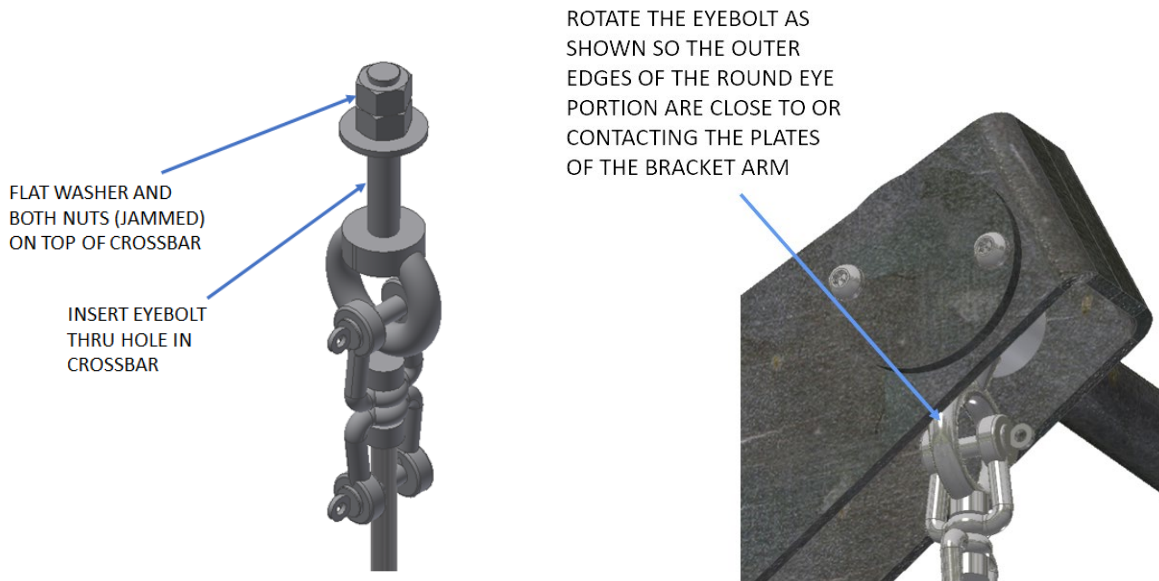
3. Confirm location and orientation for BOTH locations of Wall Bracket 1 installation.
4. **IMPORTANT** – The bracket arms are heavy and will require two or three people working together to install the bracket arms. A step ladder may be needed. Be very careful to ensure the bracket arms are handled securely. If dropped, the bracket arms can cause severe injury.
5. **IMPORTANT** – The 3/4" carriage bolts that attach wall bracket arms to the wall have 2 different lengths for the upper and lower bolts (due to availability of bolts and manufacturing costs). **The SHORT bolts are to be installed in the UPPER bolt locations for all bracket arms.**
6. Install the Wall Bracket 1 Left bracket arm by inserting the hanging hook of the bracket arm through the leftmost square hole in the wall. Lower the bracket arm to allow the hook to hold the weight of the bracket arm.
7. **IMPORTANT** – Maintain control of the bracket arm until the Bracket Arm Attachment Bolts are installed.
8. **NOTE:** For this step, be careful not to drop hardware inside the top openings of the Wall Frames. While maintaining control of the bracket arm, immediately insert the Bracket Arm Attachment Bolts (3/4" Carriage Bolts,

short bolt on top) through the bolt holes from the front of the wall through the bracket and install the washers and nuts on the inside of the Wall Frame. Tighten the nut on the carriage bolt until snug.

9. Repeat the bracket arm installation process for the Wall Bracket 1 Right bracket arm.
10. With both Wall Bracket 1 bracket arms installed, install the crossbars by sliding the crossbars through the holes on the outside of the bracket arms. Be sure to check the crossbar holes for any metal spurs that could scratch the paint on the cross bars. If there are any metal spurs, use a Dremel tool to grind the spur flush with the rest of the hole.
11. In the middle of each bracket arm, install the crossbar sleeves over the crossbar and between the two plates of each bracket arm. The crossbar should be pulled back enough to allow the sleeves to be inserted between the plates on both ends of the crossbar.
12. **IMPORTANT** – The crossbar nearest the wall must be rotated to align the cut out notch with the Spin Stop Plate’s extruded block so that the bar from the Plate engages into the slot at the end of the cross bar. When fully installed and tightened, this prevents the interior cross bar from rotating during use. Refer to the assembly drawing for WB1.

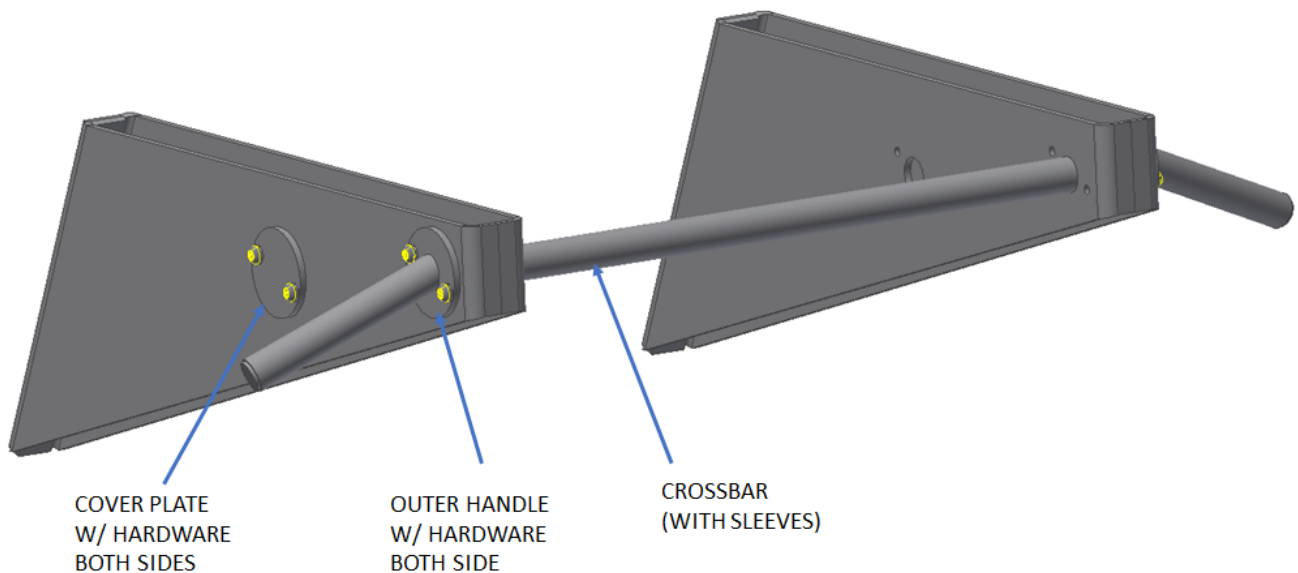


13. With the crossbars and sleeves in place, install the cover plates and spin stop plate on the outside of the bracket arms as shown in the drawing.
14. **IMPORTANT** – Where cover plates and hanger rings are installed, the bracket arm plates have tapped holes for the Tamper Proof Torx screws to engage. The threaded holes in the Wall Bracket arms may need to be cleaned with a thread cleaning tool (due to paint being stuck in the threads).
15. Use the Tamper Proof Torx screws with split lock washers to secure the cover plates. Be careful not to cross-thread the screws in the threaded holes.
16. Install the ring hanger spool weldments on the outside of the bracket arms with the same Torx screws with lock washers in the location shown on the drawing.
17. Install the Open Push Ring cable assemblies in the location shown. The outer crossbar may need to be rotated to align the holes to allow the studs of the eye bolts to be inserted through the outer crossbar.
18. Test fit the eye bolt into the sleeve hole and apply Loctite Blue to the eye bolt threads where the nuts will seat. With the studs of the eye bolts pushed through the holes in the crossbar and welded sleeves, install the flat washer and two nuts on TOP of the crossbar sleeves.
19. **IMPORTANT** – To minimize contact between the moving cable assembly components and the bracket arm, rotate the eyebolt as shown and described below.
20. **IMPORTANT** – Tighten the first nut on the eye bolt down to the crossbar sleeve. Tighten the second nut (the top nut) to “jam” it against the bottom nut and secure the cable assembly connections. Use a screwdriver set through the eye bolt to brace the eye bolt while tightening jam nuts for best results.



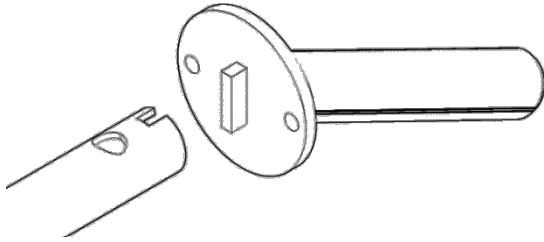
Wall Bracket 2 Attachment and Assembly

1. Refer to Wall Bracket 2 Assembly drawing (pg. 15) and the image below and confirm all components are available.



2. Confirm location and orientation for Wall Bracket 2 installation.
3. **IMPORTANT:** The bracket arms are heavy and will require two or three people working together to install the bracket arms. A step ladder may be needed. Be very careful to ensure the bracket arms are handled securely. If dropped, the bracket arms can cause severe injury.
4. Install the Wall Bracket 2 bracket arms and carriage bolts the same way that the Wall Bracket 1 bracket arms were installed.
5. Install the crossbar and sleeves similar to the middle crossbar of Wall Bracket 1.

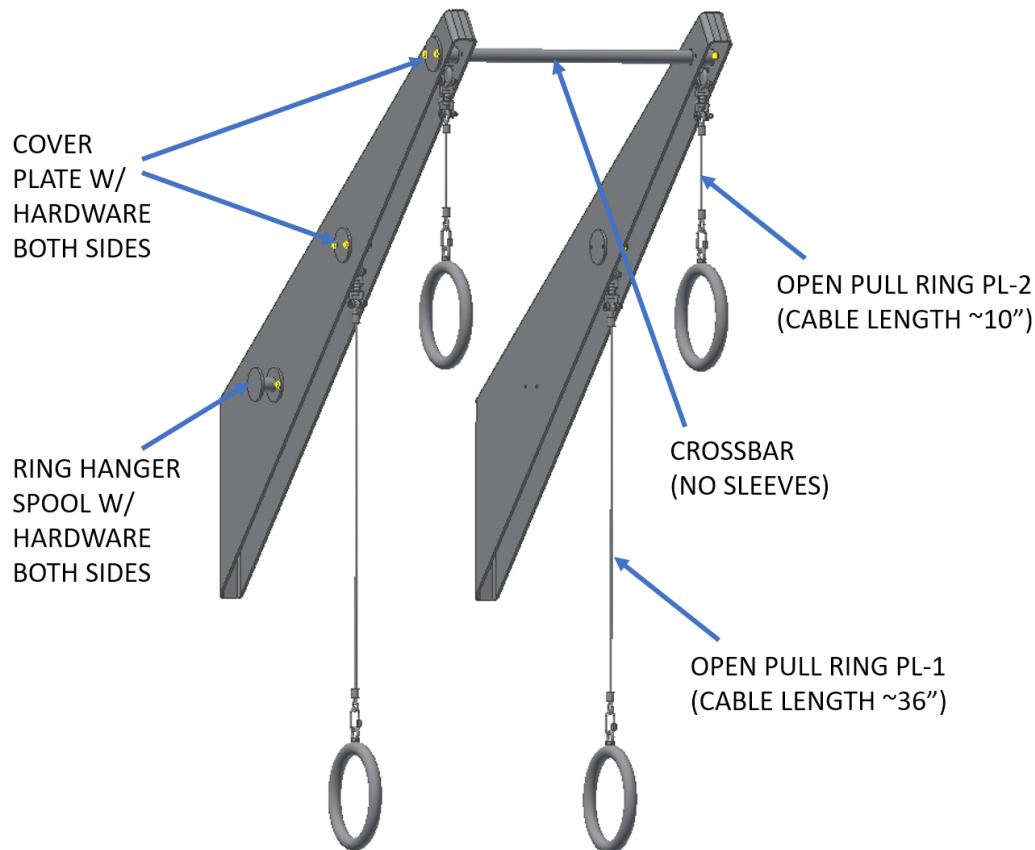
- IMPORTANT:** The crossbar must be rotated to align with the bar on the inside of the left side Outer Handle. The bar from the left side Outer Handle engages into the slot at end of the cross bar. When fully installed and tightened, this prevents the cross bar from rotating during use. Refer to the assembly drawing for WB2.



- Install the outer handles in the location shown with long Torx screws (with lock washer and nut). The screws insert through the wall bracket plate with the lock washer under the screw head. Secure the nut on the inside of the bracket arm plate and fully tighten till the lock washer is fully compressed.
- Install the two cover plates with the short Torx screws and lock washers the same way they were installed on Wall Bracket 1.

Wall Bracket 3 Attachment and Assembly

- Refer to Wall Bracket 3 Assembly drawing (pg. 16) and the image below and confirm all components are available.



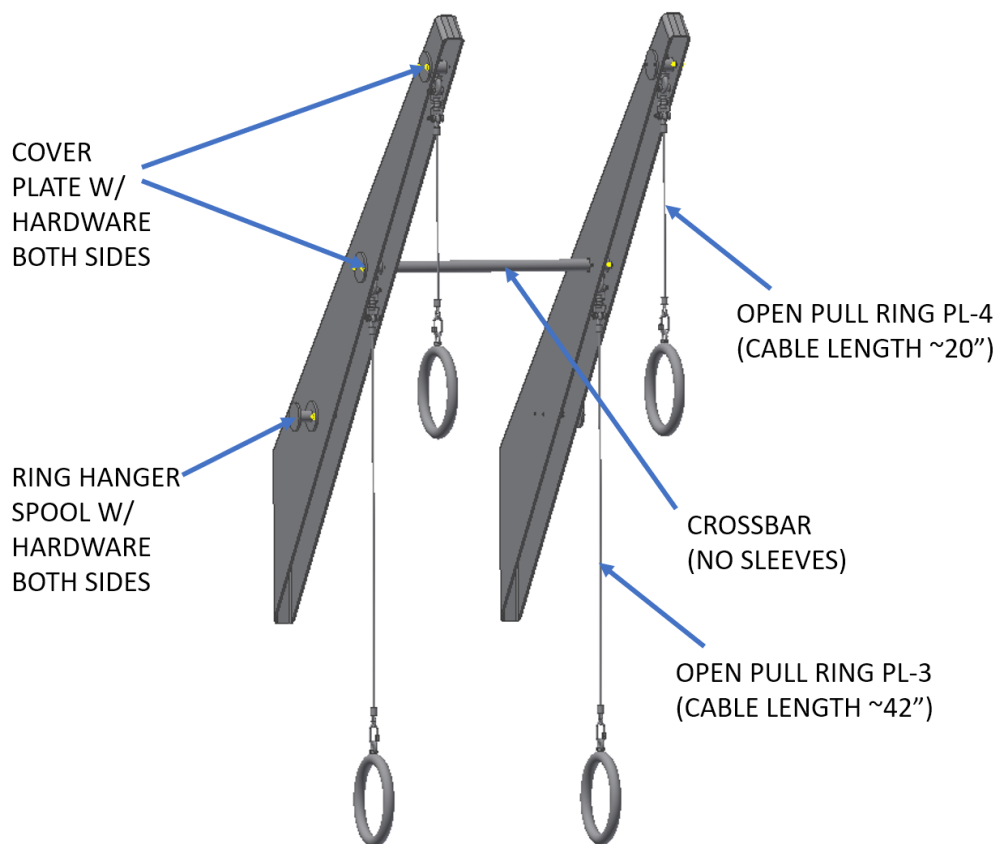
2. Confirm location and orientation for Wall Bracket 3 installation.
3. **IMPORTANT:** The bracket arms are heavy and will require two or three people working together to install the bracket arms. A step ladder may be needed. Be very careful to ensure the bracket arms are handled securely. If dropped, the bracket arms can cause severe injury.
4. Install the Wall Bracket 3 bracket arms and carriage bolts the same way that the Wall Bracket 1 bracket arms were installed.
5. Install the crossbar through the welded sleeves similar to the outer crossbar on Wall Bracket 1.
6. Install cover plates and hanger spools in the locations shown similar to the Wall Bracket 1 installation
7. Install the Closed Pull Rings in the locations shown. Installation is similar to the Open Push Ring installation on Wall Bracket 1.
8. NOTE: Access to install and tighten the Closed Pull Ring eye bolt nuts is restrictive but feasible. Utilize Socket Extensions and a 3/4" Deep Socket to fully install Closed Pull Ring eye bolt nuts.

Wall Bracket 4 Attachment and Assembly

Installation is identical to Wall Bracket 2 except for the shape of the bracket arms and the length of the crossbar. The crossbar is longer than all other crossbars. Confirm location of Wall Bracket 4 and install similar to Wall Bracket 2, using the applicable installation instructions.

Wall Bracket 5 Attachment and Assembly

1. Refer to Wall Bracket 5 Assembly drawing (pg.18) and the image below and confirm all components are available.

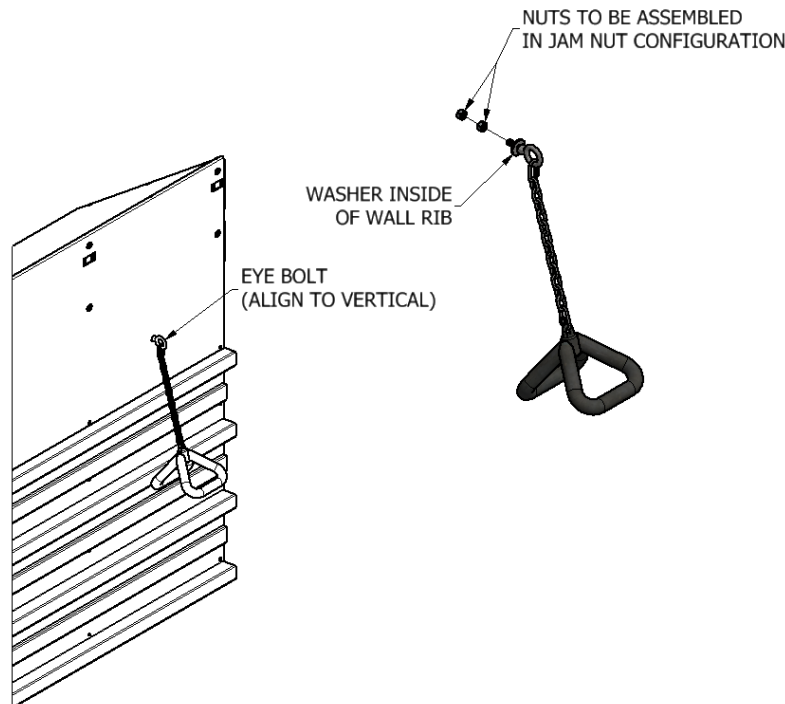


2. Confirm location and orientation for Wall Bracket 5 installation.
3. **IMPORTANT:** The bracket arms are heavy and will require two or three people working together to install the bracket arms. A step ladder may be needed. Be very careful to ensure the bracket arms are handled securely. If dropped, the bracket arms can cause severe injury.
4. Install the Wall Bracket 5 bracket arms and carriage bolts the same way that the Wall Bracket 1 bracket arms were installed.
5. Install the crossbar through the welded sleeves similar to the outer crossbar on Wall Bracket 1.
6. Install cover plates and hanger spools in the locations shown similar to the Wall Bracket 1 installation
7. Install the Closed Pull Rings in the locations shown. Installation is similar to the Open Push Ring installation on Wall Bracket 1.
8. NOTE: Access to install and tighten the Closed Pull Ring eye bolt nuts is restrictive but feasible. Utilize Socket Extensions and a 3/4" Deep Socket to fully install Closed Pull Ring eye bolt nuts.

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Row Handle Installation

1. Recommended tools for this section are a 3/4" Socket with Ratchet or Driver and a Heavy / Long Screwdriver and Loctite Blue.
2. Refer to the Wall Attachment Details (page 13) for the Row Handle installation locations.
3. Install the Row Handles by placing the eye bolts through the appropriate holes in the wall.
4. Apply Loctite Blue to the eye bolt threads in the location where the nuts will seat.
5. With the eye bolts pushed through the wall, install 1 flat washer then 2 jam nuts onto the eye bolt.
6. **IMPORTANT –** Tighten the first nut on the eye bolt so it is fully seated inside the Wall Rib. Tighten the second nut to “jam” it against the first nut and secure the Row Handle.
7. Fully tighten the jam nuts with the eye bolts oriented in a vertical position. Use a long / heavy screwdriver to hold the position of the eye bolt or to rotate the eye bolt to a vertical orientation.



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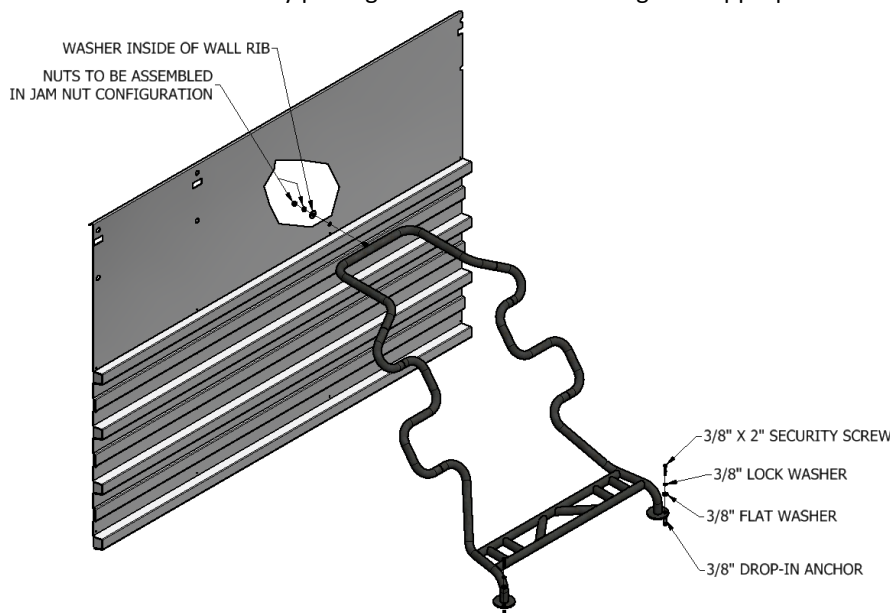
Drop-in Anchor Installation (Anchor B)

1. These instructions are for the anchor installations for the Push Stations and Row Stations.
2. Recommended tools for this section are a 1/2" concrete drill bit, hammer drill, compressed air, bit for tamper screw, anchor setting tool, hammer, Torx driver tool and Loctite Blue.
3. Refer to Floor Anchor Locations Guide (page 8) for Row Station locations. Position Push Stations in respective wall locations to determine their anchor locations.
4. Once anchors locations are marked, use 1/2" concrete drill bit to drill a hole 2-9/16" deep through the tile and concrete.
5. Clean out the holes with compressed air to remove dust and debris.
6. Place drop-in anchors into each hole with the open threaded side facing up.
7. Place the smaller diameter end of the anchor setting tool into the drop-in anchors.
8. Hammer the exposed end of the anchor setting tool until the drop-in anchor sets. It is set when the bottom the anchor expands into the concrete and cannot be removed.
9. Align the equipment over the holes.
10. Place the lock washer and flat washer on the screw and apply Loctite Blue on end of threads.
11. Use Torx driver to drive screw into drop-in anchor until lock washer closes.

Install Sup. Printed Name, Signature, Date:	
Installed per the manual <input type="checkbox"/> or as noted:	

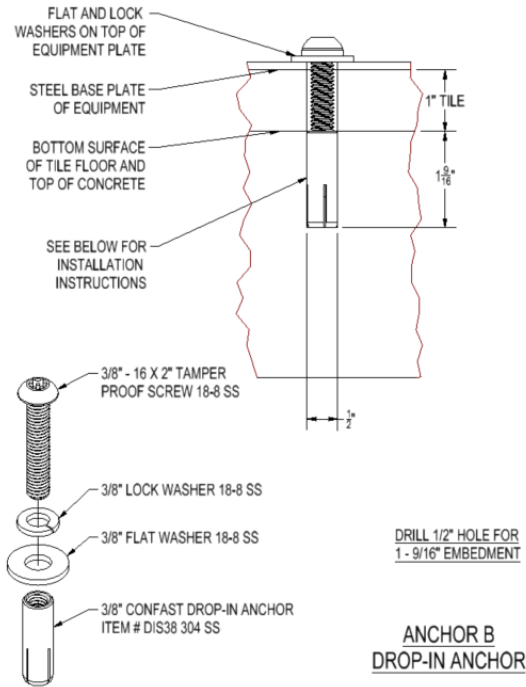
Push Station Installation

1. Refer to the Wall Attachment Details (page 13) for the Push Station installation locations.
2. Square up the Push Stations to the wall (lower flanges at equal distances to the wall) and mark the locations for Push Station anchors.
3. Install the Push Station Anchors (Drop-in Anchors) per information provided above.
4. Install the Push Stations by placing the welded studs through the appropriate holes in the wall.



5. With the studs pushed through the wall, install 1 flat washer then 2 jam nuts onto the eye bolt. The connection should be snug tight until aligned at the bottom flange holes.

6. Position the bottom flange holes over the drop-in anchors and align the holes. NOTE: Use additional washers under bottom flange to level Push Stations if necessary.
7. Install Screw and Washers as shown below. Apply Loctite Blue to screw threads then fully tighten till the lock washer is flattened.



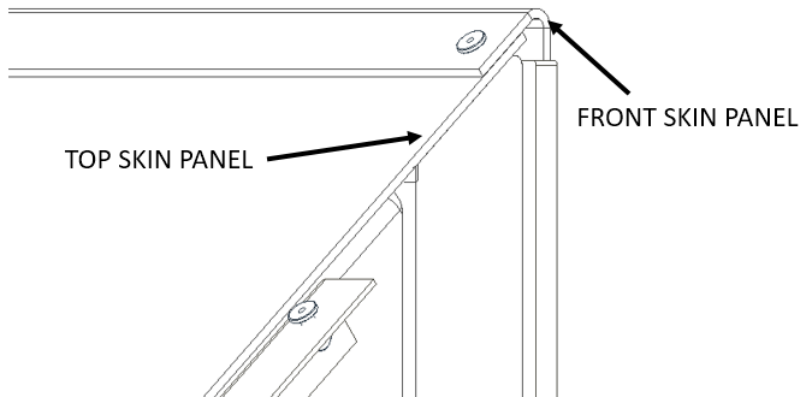
8. Fully tighten the jam nuts at the wall connection. Tighten the first nut completely then tighten the second nut independently to “jam” it against the first nut.

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Installed per the manual or as noted:	

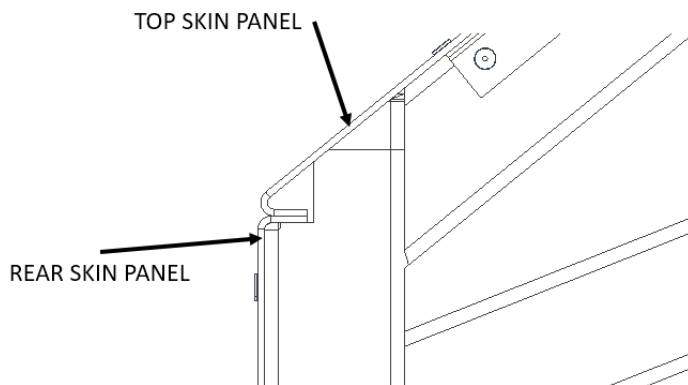
Wall Rear Skin and Top Skin Installation

1. Recommended tools for this section are Battery-Powered Drills (2 recommended), 3/16” Drill Bits and Heavy-Duty Rivet Gun (only 1 is needed) with a Nose Piece for installing 3/16” rivets.
2. Place the 5 sections of Rear Skin and Top Skin near the wall installation area.
3. Confirm that a single strip of adhesive cushion tape provided onto the top members and rear members of the wall frames (see prior information provided) to prevent unwanted noise of the Skin impacting the Structure.
4. Place the Left Top Skin panel in place on top of the Wall Frames with the upper edge UNDER the top bend of the Left Front Skin panel.

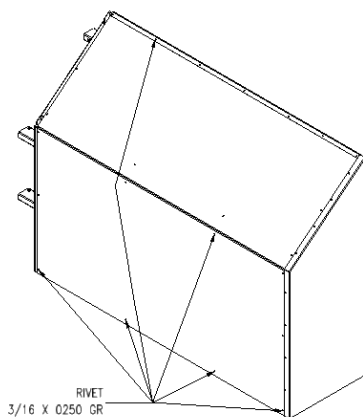
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5. Place the Left Rear Skin panel in place against the rear members of the wall frames with the top flange of the Rear panel flush against the lower flange of the Top panel.



6. With the Top and Rear skin in the final position, match-drill holes for rivets in the wall frames and install rivets to secure the panels to the wall frames. See image of general rivet placement for Top and Rear panels.

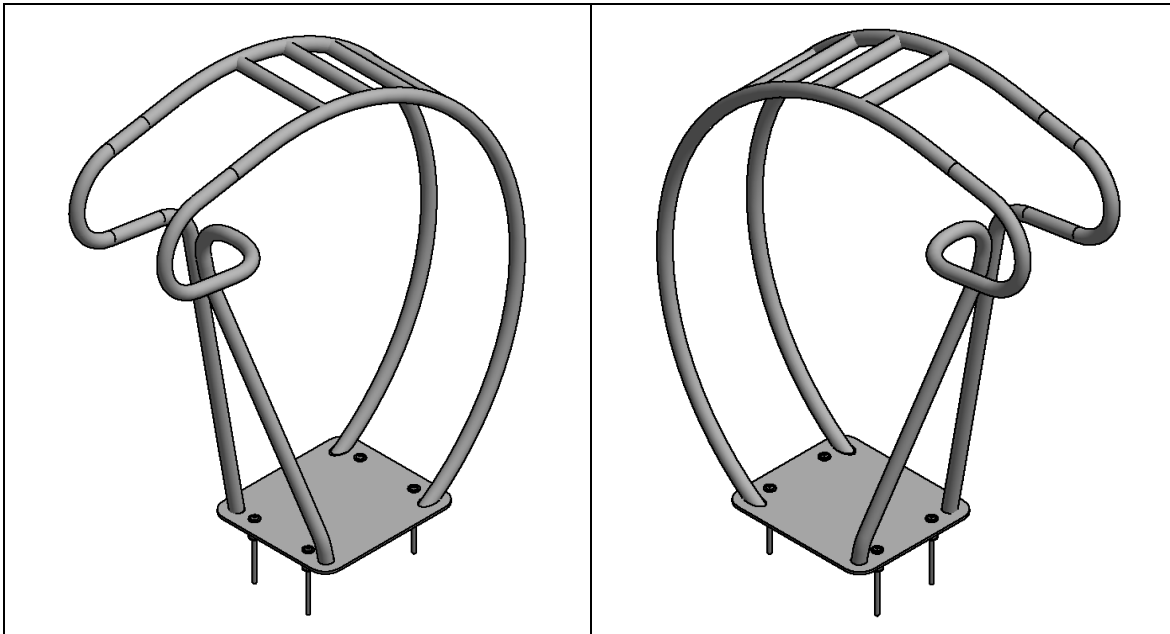


7. With the Left Top and Left Rear skin panels installed, repeat the skin panel installation steps for the remaining Top and Rear panels. If there are any nominal gaps between the Front Wall Skins, match the gap on the Rear Wall Skins to ensure flushness with the right edges of the Right Rear Wall Skins.

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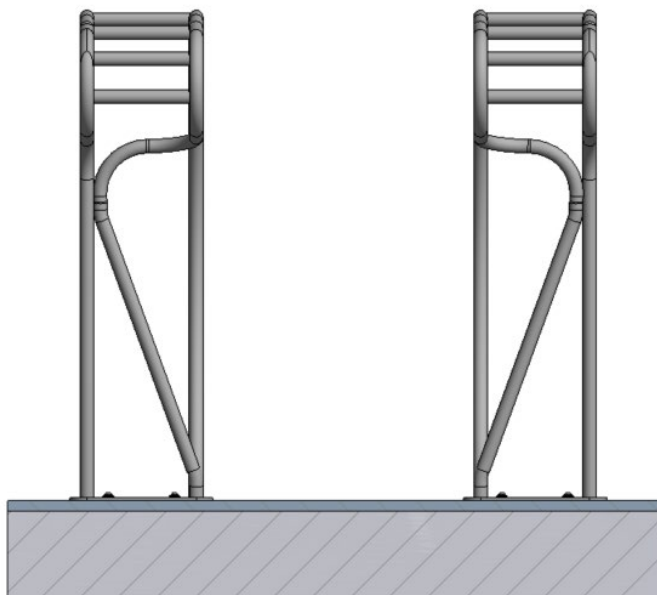
Row Station Installation

1. Confirm all components are available.
2. Confirm locations and proper orientation. Refer to Equipment Arrangement (page 4) and Station ID Drawings.
3. Confirm floor anchor components are installed prior to placing Row Stations. Refer to the anchor image in the Push Stations section which has identical anchor installation.
4. With floor components installed, place Row Station in correct location and orientation with holes aligned to floor anchor components. Note the appearance of Left and Right Row stations and place them in the correct locations.



Row Station Left

Row Station Right



5. If there is any wobble in the Row Station bases, place washers aligned with the anchor holes beneath the base to level out the equipment.

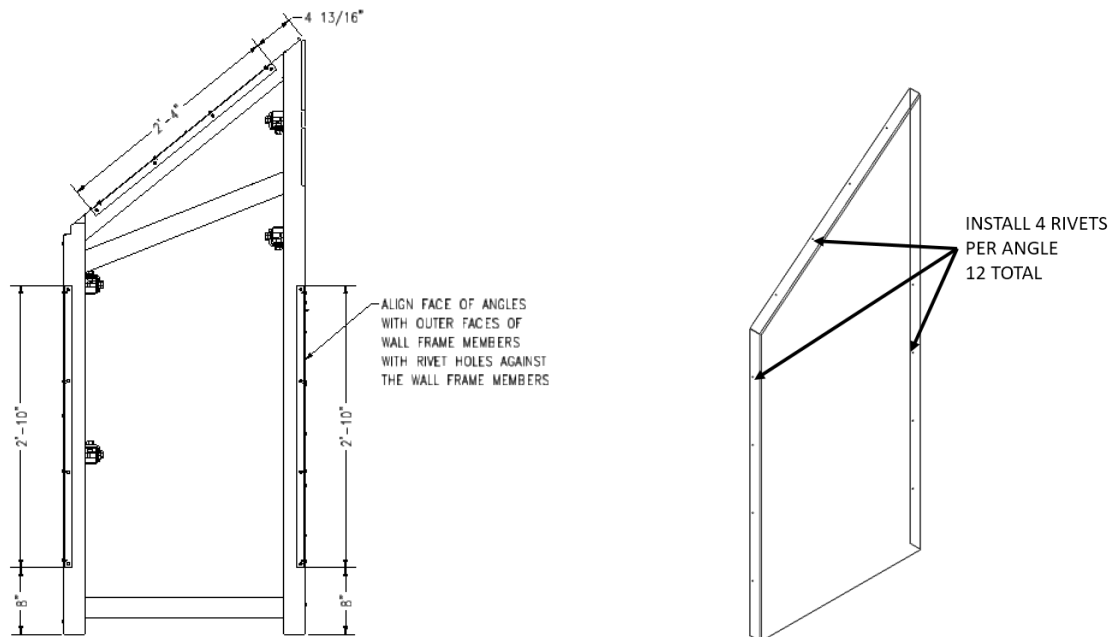
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6. Align edge of Row Stations to confirm squareness with edge of slab.
7. While maintaining squareness, apply Loctite Blue to the Torx Screw Threads and install the Torx screws with flat and lock washers provided with Anchor B components through holes in bases into the drop-in anchors, 4 per Row Station.
8. Use drive bit for Security Screw to fully tighten the screws.

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End Panel Installation

1. **IMPORTANT** - Prior to installing the Wall End Panels, the Wall Brackets, Push Stations and Row Handles (all wall attachments) must be installed and secured. Refer to Wall Bracket, Push Station and Row Handle installation details.
2. Install End Panel Attachment Angles
 - a. Place the end panel attachment angles (two long and one short) near the installation location at each end of the wall. The two long angles (2'-10") are installed on the front and rear members of the end wall frames. The short angle (2'-4") is installed on the top member of the end wall frames.
 - b. Refer to the following image for the correct installation location of the end panel attachment angles.



- c. With the end panel attachment angles in the correct location, match-drill holes in the wall frames and install rivets (rivets with shorter "grip" length) to secure the angles to the wall frames.
3. Ensure the End Panel Attachment Angles have been installed. Place the End Panels over the angles at the ends of the wall. The inside surface of the end panel flanges should be mated against the outer faces of the angles.
4. Match-drill through the holes in the flanges of the End Panels and Install rivets to secure both End Panels to the wall structure.

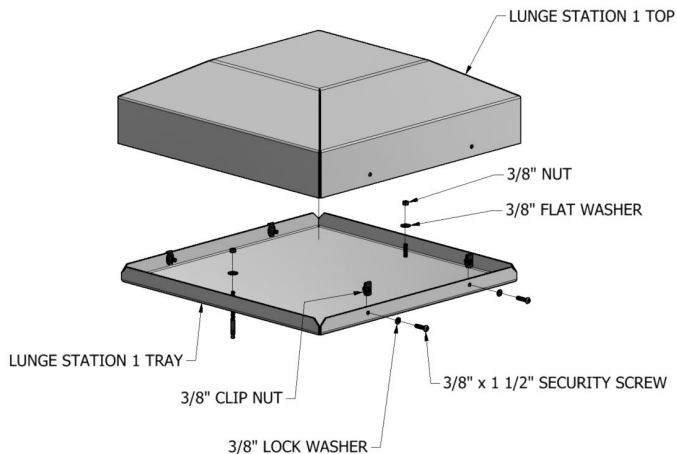
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Mechanical Anchor Installation (Anchor C)

1. These installation instructions are for installing mechanical anchors for Lunge Stations, Plyo Boxes, and Bend Stations.
2. Recommended tools are hammer drill, 3/8" concrete drill bit, compressed air, hammer, 11/16" deep socket with ratchet or driver.
3. Refer to the Floor Anchor Locations Guide (page 8) for marking anchor locations and Anchor Details (page 9)
4. Use the appropriate equipment bases (Lunge Stations 1 & 2) or paper templates (Plyo Boxes, Bend Stations) to mark anchor locations.
5. Using 3/8" concrete drill bit, drill anchor location holes 3-1/2" deep into tile and concrete.
6. Use compressed air to clean holes of dust and debris.
7. Remove nut and washer from anchor kit and drop wedge anchor into each hole with the threaded side facing up.
8. Use a hammer to pound wedge anchors into concrete until set. Be careful to not damage threads on bolt. If threads become damaged, used appropriate thread cleaning tool to fix threads.
9. Drop the equipment bases over the exposed anchors with the washers on top of the equipment bases.
10. Using a 11/16" deep socket, ratchet the nut snug over the anchor. Be care to not over torque and cause twisting in the equipment bases, especially with the Plyo Boxes.

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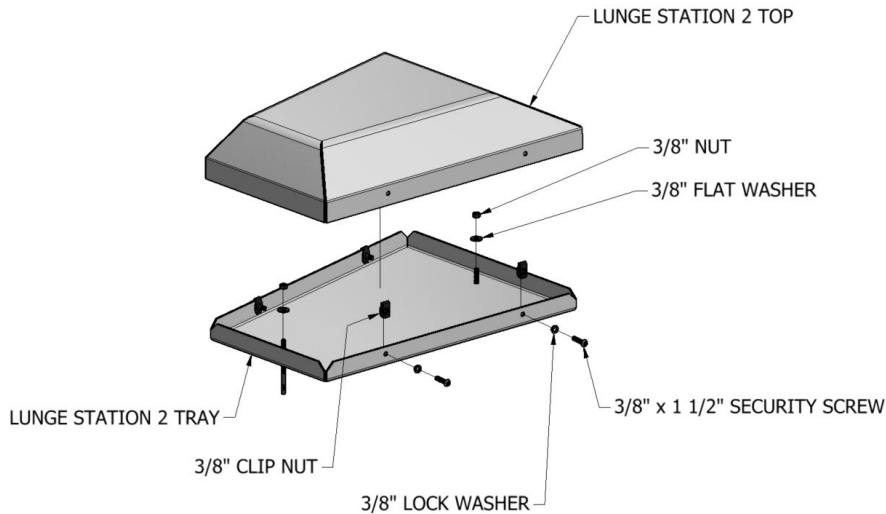
Lunge Stations Installation



1. Recommended tools for this section are Torx bit driver, 11/16" Deep Socket with Ratchet or Driver and Loctite Blue.
2. Confirm all components available.
3. Confirm location(s) and proper orientation.
4. The Lunge Stations will ship assembled with hardware inside the Base Plate. Separate the Tops from the Bases and retain the hardware for Top installation.
5. Use the bases to mark anchor locations. Follow anchor installation instructions.
6. Place Base Plate onto floor with holes placed over the two anchor studs.
7. Align edge of Base Plate to confirm squareness with edge of slab.
8. Place flat washers and nuts onto anchor studs.
9. Tighten anchor nuts while maintaining squareness of Base Plate.
10. Ensure 25-30 ft-lb of torque is applied for final tightness of anchor nuts.
11. Place Clip Nuts onto Base Plate flanges at holes as shown. Adjust location of clip nuts to align with holes inside flanges of the Base Plate.

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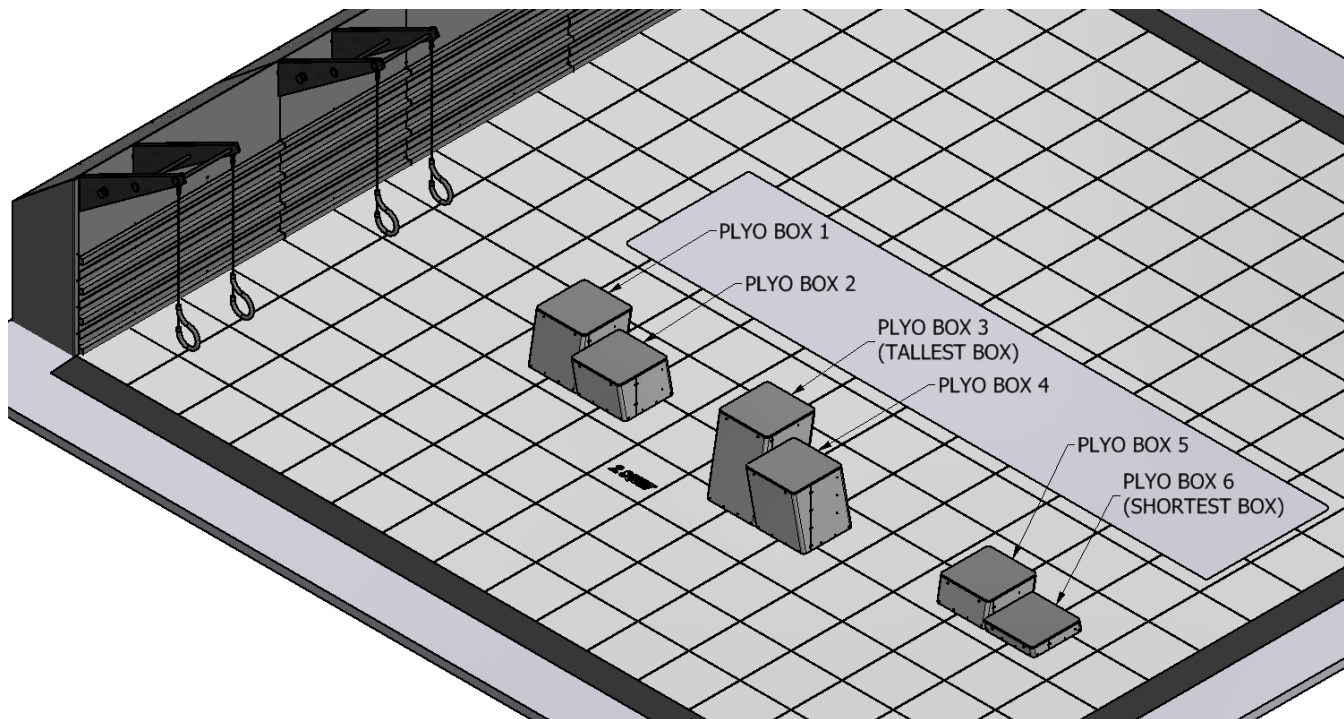
12. Place Cover on Base Plate with side holes aligned as shown.
13. Apply Loctite Blue to the screws prior to installing them. Place connecting hardware (screw with and lock washer) through hole in 4 locations and thread the bolts into the clip nuts.
14. Use the tamper proof drive bit to tighten the screws.
15. Fully tighten all connections until the lock washer is fully compressed in all locations.



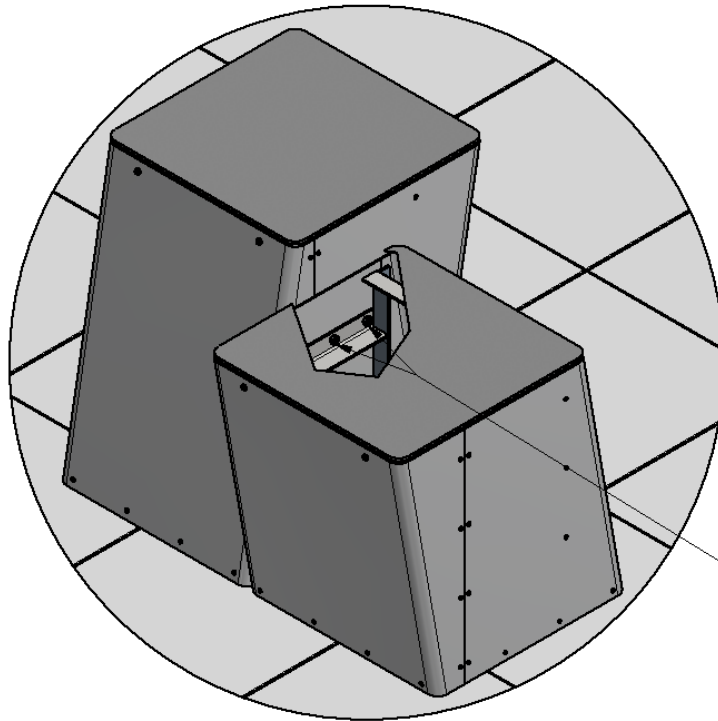
1. Confirm all components available.
2. Confirm location(s) and proper orientation.
3. The Lunge Steps will ship assembled. Separate the Tops from the Bases and retain the hardware for Top installation.
4. Use bases to mark anchor locations. Follow anchor installation instructions.
5. Place Base Plate onto floor with holes placed over the two anchor studs.
6. Align edge of Base Plate to confirm squareness with edge of slab.
7. Place flat washers and nuts onto anchor studs.
8. Tighten anchor nuts while maintaining squareness of Base Plate.
9. Place Clip Nuts onto Base Plate flanges at holes as shown.
10. Place Cover on Base Plate with side holes aligned as shown.
11. Apply Loctite Blue to the screws prior to installing them. Place connecting hardware (screw with and lock washer) through hole in 4 locations and thread the bolts into the clip nuts.
12. Use the tamper proof drive bit to tighten the bolts.
13. Fully tighten all connections until the lock washer is fully compressed in all locations.

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Plyo Box Installation



1. Recommended tools for this section are 9/16" Deep Socket with Ratchet or Driver, Socket Extension(s), 3/4" wrench, 3/4" Socket with Ratchet, Torx bit driver and Loctite Blue.
2. Confirm all components are available.
3. Confirm location(s) and proper orientation. Refer to General Equipment and Floor Marking Plan (page 5) and the Floor Anchor Locations Plan (page 8) for the locations of Plyo Boxes 1 through 6.
4. Use the paper templates to align and mark the proper anchor holes per set of Plyo Boxes. The paper templates account for two Plyo Boxes placed together (1 and 2, 3 and 4, 5 and 6).
5. Confirm floor level anchor components for Anchor C are installed prior to placing Plyo Boxes.
 - a. On the paper templates, each anchor location is labeled for each Plyo Box.
 - b. Plyo Boxes 1 and 2 have 4 anchors per box.
 - c. Plyo Boxes 3 and 4 have 6 anchors per box.
 - d. Plyo Boxes 5 and 6 have 2 anchors per box at opposite corners.
6. Remove the tops from the Plyo Boxes by removing the 4 Torx screws on the upper edge of the Plyo Boxes. All the Tops are identical; however, it may be best to keep the tops removed from the boxes with the box it was removed from. Top will also only fit correctly in one orientation, so be mindful in how the tops are removed from each box.
7. Place Plyo Boxes 1 and 2 onto the floor with holes placed over anchor studs and oriented according to the location plan. Plyo Box 1 leans to the right and Plyo Box 2 leans to the left.
8. Place Plyo Boxes 3 and 4 onto the floor with holes placed over anchor studs and oriented according to the location plan. Plyo Box 3 leans to the right and Plyo Box 4 leans to the left. Confirm tie bolts holes are aligned between Plyo Boxes 3 and 4
9. Place Plyo Boxes 5 and 6 onto the floor with holes placed over anchor studs and oriented according to the location plan. Plyo Box 5 leans to the right and Plyo Box 6 leans to the left.
10. Align edge of Plyo Boxes to confirm squareness with edge of slab

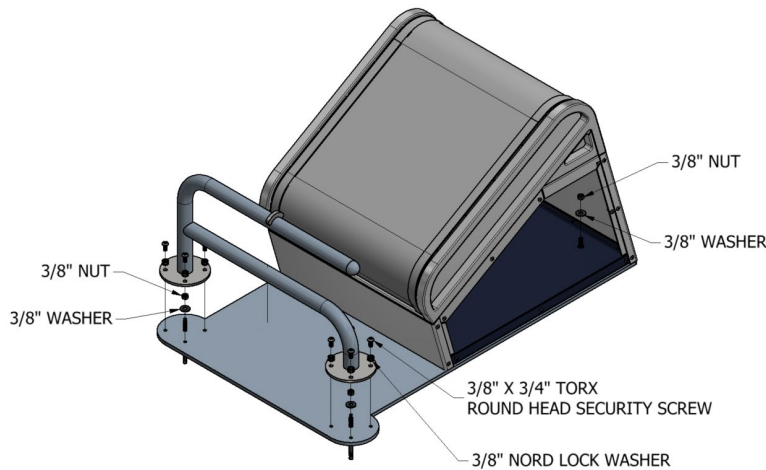


TIE BOLTS FOR PLYO BOXES 3 AND 4

11. Apply Loctite Blue to the bolt threads prior to installation. Install 2 tie bolts provided with associated hardware to connect Plyo Boxes 3 and 4. Full tighten these connections to secure Plyo Box 3 and 4 together. Be careful to not over tighten tie bolts to prevent warping.
12. NOTE: Plyo Box 3 is the tallest box. Access to place hardware onto the anchors for this box is restrictive but feasible. Use Socket Extensions as needed.
13. With all Plyo Boxes square to the edge of the slab, place flat washers and nuts onto the tops of the anchor studs and tighten the anchor hardware for all Plyo Boxes.
14. With all Plyo Box anchors fully tightened, re-install the tops of the Plyo Boxes by re-installing the Torx screws and lock washers.
 - a. Apply Loctite Blue to the end of the Torx screws before re-installing.
 - b. Remember, the tops will only fit correctly in one orientation. If any of the tops still aren't fitting correctly, you may need to slightly loosen the nuts on the anchors or tie bolts (for Plyo Boxes 3 and 4) to remove any warping that may have occurred.

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Bend Station Installation



1. Recommended tools for this section are 9/16" Deep Socket with Ratchet or Driver, 9/16" wrench, Torx bit driver, 3/16" drill bit with drill, rivet gun, 3/8" -16 thread cleaning tool and Loctite Blue.
2. Confirm all components are available.
3. Confirm location(s) and proper orientation - Short Bend Station is nearest the corner of the Fitness Court. Tall Bend Station is to the left when facing the wall.
4. Use the paper templates to mark the anchor location for each Bend Station. The lower four anchor locations will be used for both bend stations. Be sure to mark the correct corresponding top two anchor locations for the appropriate bend station.
 - a. Remember, the top 2 anchors for each bend station are in slightly different locations. See Floor Anchor Location Details (page 8) for details.
5. Confirm floor level anchor components for Anchor C are installed prior to placing Base Plate. Each Bend Station should have 6 anchors per Bend Station.
6. The Bend Stations will ship partially assembled. The "box" of the Bend Station will be packaged with but not attached to the base plate. One side panel will be uninstalled from the Bend Station box.
7. **IMPORTANT:** The Base Plates are heavy and may require two people to place. Place Base Plate onto floor with holes placed over anchor studs and holes for Foot Hold attachment are towards the wall.
8. Align edge of Base Plate to confirm squareness with edge of slab.
9. Place flat washers and nuts onto 2 anchor studs at Foot Hold attachment location (Do NOT install washers and nuts on the other 4 anchor locations at this time).
10. Hand tighten 2 anchor nuts at Foot Hold locations while maintaining squareness of Base Plate.
11. Place Box Assembly onto Base Plate aligning holes with the 4 anchor studs that penetrate the holes of the Base Plate.
12. Place flat washers and nuts onto 4 anchor studs inside the Box Assembly.
13. Hand tighten 4 anchor nuts while maintaining squareness of Base Plate.
14. Ensure 25-30 ft-lb of is applied for final tightness of all anchor nuts.
15. Place Side Cover on Box Assembly with rivet holes aligned.
16. Install Rivets in all holes locations to secure the Panel to the Box Assembly.
17. Place Foot Hold Weldment with flange holes aligned to the Base Plate.
18. Test installation of 3/8" screws to confirm threads are good. Chase threads as required with 3/8"-16 thread cleaning tool



19. Apply Loctite Blue to screws prior to installation. Place connecting hardware (screw with flat washer Nord Lock washer) through hole in 8 locations and thread the screws into the threaded holes of the Base Plate. NOTE: the flat washer is a spacer to ensure screw does not extend past base plate.
20. Use the tamper proof drive bit to tighten the security screws.
21. Fully tighten security screws at Flange connection to the base.

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Floor Marking Application

1. Refer to the Floor Marking Stencil Layout (page 19) for placement of floor marking stencils.
2. NOTE: All Floor Marking stencils are vinyl inverse cuts of what needs to be painted.
3. Place stencils provided in the location and orientation shown in the Floor Marking Stencil Layout.
4. Use a damp cloth to wipe clean the areas of any dust or debris where the Floor Marking stencils will be placed. Allow areas to dry before placing stencils.
5. Peel adhesive backing off vinyl Floor Marking stencils and apply stencil to the tile. Make sure stencil is square to tile edges.
6. Use squeegee or blunt edge scraper to completely adhere vinyl stencil to court. Make sure there are no air bubbles, wrinkles, or loose edges where paint could potentially bleed under the stencil.
7. Allow stencil to sit for 10-15 minutes prior to painting to allow proper adhesion.
8. Remove transfer tape prior to painting which leaves only the vinyl stencil material adhered to the tile.
9. Lightly apply coats of the white floor marking paint over the areas of the Floor Marking stencils being careful to not go outside of the border of the stencils. Use as many coats as necessary to have a thick and even finish.
10. **IMPORTANT:** Applying a heavy single coat of the white floor marking paint may cause bleeding of paint under the stencils. Use multiple light coats of paint for best final appearance.
11. After paint has dried (20-30 minutes), carefully peel off vinyl Floor Marking stencils.
12. If bleeding has occurred, use a knife to carefully scratch away excess paint until a clean line remains.



FITNESS COURT MAINTENANCE RECORD

The following items are recommended to be checked regularly (every 90 days or less if necessary) to ensure the equipment remains as installed.

1. Check tightness of all hardware
 - a. Wall Brackets including bolts for wall attachment, outer handle attachment, cable assembly attachment, cover plate attachment, hanger spool attachment.
 - b. Row Handle Assembly attachment to wall.
 - c. Push Station attachment to wall and securement to floor.
 - d. Row Station securement to anchors and floor.
 - e. Lunge Station securement to anchors and floor.
 - f. Plyo Box securement to anchors and floor.
 - g. Bend Station securement to anchors and floor.
 - h. Bend Station foot hold bar to base plates.
2. Check condition of all cables, chains and connectors and ensure there are no frayed or thin areas.
3. Check for loose rivets on all equipment and replace as necessary.
4. Check condition of graphics and repair as necessary.
5. Check condition of paint and repair as necessary (see paint information below).
6. Check condition of floor marking and repair as necessary.

PAINT SYSTEM INFORMATION

The Fitness Court equipment is “powder coated”. The coating is baked onto bare steel and aluminum that has been specially cleaned and prepared for the powder coating and curing process. Care must be taken to prevent damage to the paint during installation. The coating is not easily damaged but can be scratched and can be damaged if the metal is deformed. If the coating is damaged during installation or during use, the following repair recommendations are provided to restore the coating and prevent corrosion of uncoated steel.

PAINT REPAIR PROCEDURE

1. Remove all loose and flaking coatings from the damaged area with a wire brush or putty knife. Scrubbing the surface with sandpaper can remove the more stubborn chipped powder coating. Fine-grit sandpaper is recommended, as coarse-grit paper could leave noticeable scratches on the surface.
2. Grind repair area with a power hand grinder or wire brush to bare metal. Grinding will result in a smooth, even surface that is ready for touch up. Be sure to remove any dust that results from the grinding process prior to applying the touch-up coating.
3. Tape off the area to be repaired. The taped off area should include a margin of “good” coating (don’t put the tape too close to the bare metal). Use a high-grade tape to prevent the adhesive material from sticking to the surface when removed.
4. A zinc-rich primer should be applied prior to the top-coat touch-up material. It is not mandatory but is highly recommended. The primer coating should be applied with a brush. Apply in thin layers until you have covered the bare metal completely and achieved sufficient film thickness.
5. Apply color match spray top-coat (provided in the Maintenance Kit) that matches the original color. Be sure that any prior coatings have completely dried before applying the color match spray touch up.

