

USER MANUAL FOR POWER BAND TRAINING BAND MOUNTS

1. **Purpose of the Mounts** The Power Band training band mounts are designed for the safe and stable installation of bands, ropes, and training bands in both home and professional settings. They can also be used to hang other heavy items, such as punching bags or speed balls, provided the weight of the product does not exceed the allowable weight for the mount.
2. **Mounting Instructions** Before starting the installation, ensure that the surface (ceiling, wall) is sufficiently strong and can support the expected dynamic loads during training.

Ceiling Mount:

- Perform the installation on a solid ceiling or beam (e.g., concrete).
- Use the dedicated mounting hardware provided in the set. If screws or mounting plugs are not included, consult a professional for the appropriate selection.
- Ensure that the mount is perpendicular to the ceiling surface and securely fastened.

Wall Mount:

- Install on a stable, load-bearing wall (e.g., concrete, brick).
- Use appropriate plugs and screws suited for the specific type and material of the wall.
- Check that the mount is installed at an appropriate height, adjusted to the user's height and type of planned exercises.

IMPORTANT: If you have any doubts about the structure of the mount or the mounting surface, consult a professional before starting the installation.

3. **Using the Mounts** Once the mount is correctly installed, you can proceed with attaching the training bands. Ensure that:
 - The bands are properly attached and there is no risk of them detaching.
 - The load does not exceed the maximum allowable weight for the mount.
 - It is not recommended to add extra weight to the bands during training as it could overly strain the mount.

IMPORTANT: Regularly inspect the technical condition of the mount and mounting elements. If any damage or looseness is noticed, stop using it immediately and carry out the necessary repairs or replace the mount.

4. **Cleaning and Maintenance** Regular maintenance of the mounts ensures long-lasting functionality and safe use.
 - After each training session, wipe the mount with a damp cloth to remove any dirt.
 - Use mild cleaning agents that do not damage the surface of the mount or its components.

- Regularly check the condition of screws and other mounting elements; tighten them as needed.

Storage If the mount will not be used for an extended period, it is recommended to:

- Dismount the mount and store it in a dry place, away from excessive moisture and heat sources.
- Ensure the storage location is not exposed to chemicals or sharp objects that could damage the mount's structure.

5. **Technical Condition Check** Regularly check the technical condition of the mount for:

- Cracks or dents in the structure.
- Loose or damaged mounting elements.
- Potential rust on metal parts. If any damage is found, discontinue using the mount immediately.

6. **Components / Hazardous Components** The training band mounts are made from high-quality materials. If allergic reactions or skin irritation occur due to contact with metal parts, discontinue use and consult a physician.

NOTE: This manual provides general guidelines for the use of Power Band training band mounts. Always refer to the individual manual provided with the specific product and follow the manufacturer's recommendations.