



### IMPORTANT SAFETY GUIDELINES



Professional installation recommended.



Only mount to load-bearing walls or overhead studs or beams.



750 lb. (350 kg) maximum working load.



Hardware can loosen with time. Regularly inspect XMOUNT and tighten hardware as required.

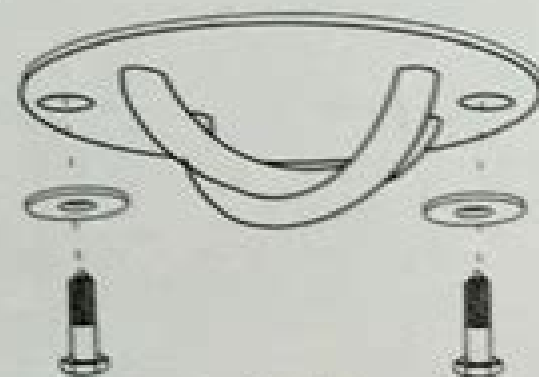
### Get Started

#### Required tools

- Drill, with 1/4" drill bit
- Ratchet
- Stud finder

#### Included parts

- One XMOUNT
- Two wood stud lag bolts  
(3/8" x 3")
- Two washers



To install XMOUNT on a concrete surface, use two 3/8" x 3" concrete lag shields.  
[Sold separately at [www.TRXtraining.com](http://www.TRXtraining.com) or available at hardware stores].

# Trx X Mount Installation Instructions

**L Manion**



## Trx X Mount Installation Instructions:

*Electronics Now* ,1992      **Standardization of Work Measurement** United States. Department of Defense,1977 The purpose of this manual is to standardize instructions methods terminology and standard time data applicable to work measurement and the development of labor performance standards The use of this manual is intended to a Maximize the productivity of industrial management engineering personnel by providing a more rapid means of establishing labor performance standards and eliminating duplication in labor performance standards development b Foster the increased use of engineered performance standards by making available standard time data of stated accuracy and reliability structured for maximum ease of application c Promote appropriate application of more efficient methods of performing work d Provide uniformity in labor performance standards development by standardizing the application of various work measurement techniques e Facilitate communication by providing common terminology and definitions      *Popular Photography* ,1999-11

73 Amateur Radio Today ,1993      *Popular Photography* ,1999-06      *Popular Photography* ,1999-08      **Popular Photography** ,1999-03      **Popular Science** ,1985-12 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better      *Popular Photography* ,1999-09

*Forthcoming Books* Rose Arny,2003      Popular Photography ,1999-10      **Popular Photography** ,1999-02      **Popular Photography** ,1999-01      **Beat Instrumental & International Recording** ,1974      **Nuts & Volts** ,2003-02      CQ ,2002      Amateur Radio ,1992      **Popular Photography** ,1994-08      **Popular Photography** ,1999-05      *The Waterways Journal* ,1982-07

## Adopting the Track of Phrase: An Emotional Symphony within **Trx X Mount Installation Instructions**

In a world used by monitors and the ceaseless chatter of instant interaction, the melodic splendor and emotional symphony created by the written word frequently fade into the backdrop, eclipsed by the relentless noise and disruptions that permeate our lives. But, located within the pages of **Trx X Mount Installation Instructions** a marvelous fictional value overflowing with natural feelings, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, this fascinating masterpiece conducts readers on a psychological trip, skillfully unraveling the concealed tunes and profound affect resonating within each carefully crafted phrase. Within the depths with this poignant assessment, we will explore the book's main harmonies, analyze its enthralling writing model, and surrender ourselves to the profound resonance that echoes in the depths of readers' souls.

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