

INSTALLATION PROCEDURE FOR THE FT FLOOR MOUNTING PLATE

READ ALL INSTRUCTIONS PRIOR TO INSTALLATION



WARNING: Always follow safety instructions on all tools and refer to manufacturer's installation instructions to avoid potential personal injury and/or property damage.

NOTE: Before drilling into concrete, observe minimum construction specifications in your area to ensure compliance with electrical, plumbing, and mechanical ordinance.

KIT ITEMS (PN: 3021) INCLUDES:

- Floor Mount Plate (qty 1)
- Epcon A7 Acrylic Adhesive (qty 1)
- Red Head Concrete Wedge Anchors 3/8x3-3/4" (qty 4)
- 3/8-16x3/4" Bolts (qty 4) with Washers
- Quick-Connect Tube Assembly (qty 1)

TOOLS AND MATERIALS REQUIRED:

- Safety Glasses
- Measuring Tape
- Wire Tube Brush
- Vacuum
- Hammer
- Hammer Drill
- 3/8" Masonry Bit
- 9/16" Combination Wrench

BEFORE INSTALLATION, NOTE AND PREPARE: Installation must be directly over **LEVEL, SOLID CONCRETE FLOOR**. If floor is covered (wood, carpet, rubber, etc.), cut out the pattern of Floor Mount Plate to mount directly onto concrete. The Functional Trainer must be installed with the Floor Mounting Plate.



1 MINIMUM 10" FROM WALL (12" SHOWN)

Position: Place the Floor Mounting Plate in the desired area a minimum of 10" from any surrounding wall (12" shown in image above). The holes of the Floor Mounting Plate will serve as the drill guide.



2 **WARNING: WEAR EYE PROTECTION**

OBSERVE MINIMUM CONSTRUCTION SPECS.

Drill through a corner hole of the Floor Mounting Plate, 4" deep into concrete, using a Hammer Drill with 3/8" diameter Masonry Bit. NOTE: Drill depth will be 1/4" deeper than anchor to ensure proper depth.



3 FLOOR MOUNTING PLATE ALIGNMENT

Drop a Wedge Anchor into the newly drilled hole to hold Floor Mounting Plate in place. Repeat Step 2 for the remaining three drill holes.



4 CLEAN DRILL HOLES WITH WIRE TUBE BRUSH

VACUUM DUST/DEBRIS

Remove Wedge Anchors and Floor Mounting Plate from the mounting area. Vacuum to clear mount area of any debris/dust. Clean drill holes with a Wire Tube Brush and Vacuum remaining dust/debris.



5 ADHESIVE APPLICATION

Epcon A7 Acrylic Adhesive application: Follow the manufacturer's *Application Instructions* for installation steps (see pg. 2, Figure 1).



6 FLOOR MOUNTING PLATE INSTALL

Floor Mounting Plate Install: Place Floor Mounting Plate aligned over the drill holes. Concrete Wedge Anchor installation: Follow the manufacturer's *Installation Instructions* to attach Floor Mounting Plate to concrete floor (see pg. 3, Figure 2).



7 **WARNING: 2-PERSON LIFT**

Carefully place Functional Trainer onto Floor Mounting Plate, holes aligned. Place 3/8" Washer on 3/8-16x3/4" Bolt and screw into threaded hole (qty 4). Fasten Bolts with 9/16" Wrench (torque: 25 - 30ft-lbs).



8 FUNCTIONAL TRAINER FINAL INSTALLATION

Final Installation: Check to ensure all Washers/Bolts sit flush to the surface of FT and that there is no movement of the Functional Trainer vertical body before operating the machine. Connect main air supply to Functional Trainer.



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Figure 1: Adhesive Anchoring Application Instructions

For reference only. Visit ITWRedHead.com for available recommendations, specifications, technical data sheets, and SDS (MSDS) information.



Fast Dispensing, Fast Curing Acrylic Adhesive

The acrylic resin and hardening agent are completely mixed as they are simultaneously dispensed from the dual cartridge through a static mixing nozzle, directly into the anchor hole. A7 can be used with threaded rod or rebar (for fastening to hollow base materials, see pages 32 and 35).



ADVANTAGES

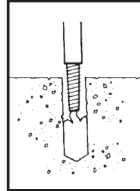
- All weather formula
- No drip, no sag, easy clean up
- Fast & easy dispensing, even 28-oz. cartridges can be hand dispensed
- Fast curing time, 35 minutes at 60°F
- Not mix ratio sensitive
- NSF 61 Approved
- Rods are easier to insert into the hole with A7 compared with other adhesives
- Works in damp holes and underwater applications
- Requires less adhesive—can be used in 1/16" oversized or 1/8" oversized holes
- **One formula** for both hollow and solid base materials

Curing Times

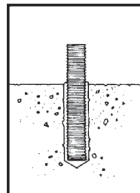
BASE MATERIAL (F°/C°)	WORKING TIME	FULL CURE TIME
100°/ 38°	5 minutes	25 minutes
80°/ 27°	5.5 minutes	30 minutes
60°/ 16°	7 minutes	35 minutes
40°/ 4°	15 minutes	75 minutes
20°/ -7°	35 minutes	6 hours
0°/ -18°	4 hours	24 hours



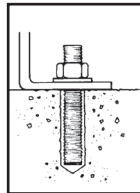
1. Drill 1/16" oversized diameter holes for 1/4"-1/2" diameter threaded rods and #3 rebar. Drill 1/8" oversized diameter threaded rods. **Step 1 not applicable for FT Floor Mounting Plate installation. Proceed to Step 2.** Clean hole with brush and forced air. Complete hole preparation with brush and repeat cleaning with forced air (leave no dust or slurry).



2. When starting new cartridge or new nozzle, dispense and discard enough adhesive until uniform light grey color is achieved. Insert the nozzle into the bottom of the hole and fill to 1/2 the hole depth.



3. Insert rod slowly by hand into the bottom of the hole with a slow twisting motion. This insures adhesive fills voids and crevices and uniformly coats the anchor rod.



4. See table for working times and curing times. After the suggested cure time is met, install and tighten fixture into place.



Certified to ANSI/NSF 61

APPROVALS/LISTINGS

ICC Evaluation Service, Inc. – #ER-5560
 City of Los Angeles – RR#25379
 DOT Approvals
 NSF Standard 61 Certified for Drinking Water Components

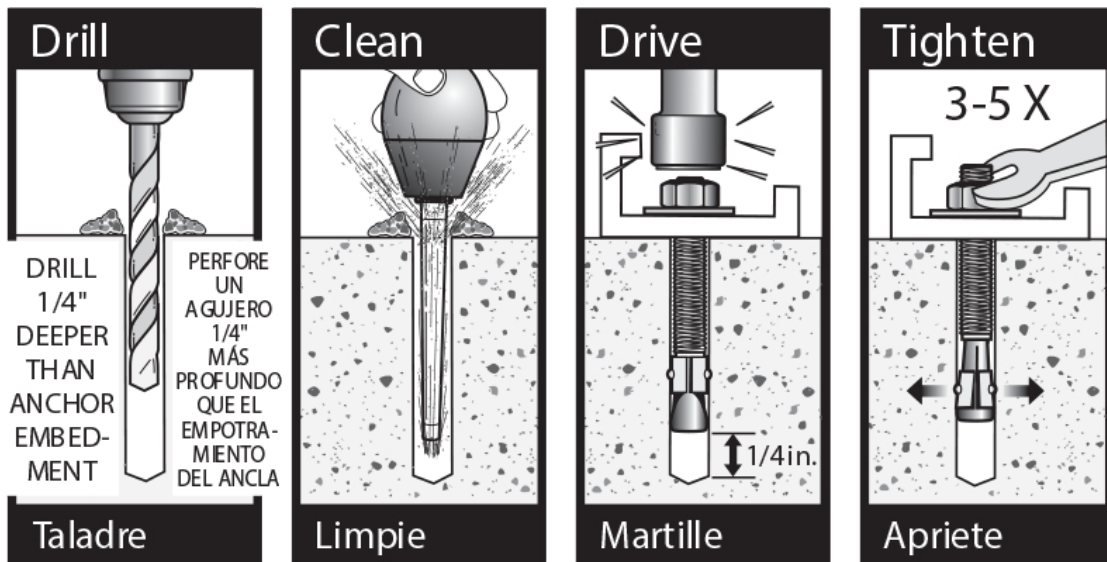


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Figure 2: Concrete Wedge Installation Instructions

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Drill Bit Size: **3/8"**
Tamao de **3/8"**

Minimum Anchor Embedment: **1-1/2"**

Tightening Torque: **25 ft. lbs.**
Torsin de apriete: **25 ft. lbs.**

The use of a carbide drill bit conforming to ANSI Standard B212.15 is recommended.
Se recomienda el uso de una broca de carburo que conforme a la norma ANSI B212.15