Installing the ceiling anchor for the Bodhi Suspension System™ from Balanced Body®

IMPORTANT SAFETY WARNINGS: DO NOT PROCEED UNTIL READING

» This is a load bearing installation. It is strongly recommended that a licensed contractor perform the installation.

» Failure to install properly may result in injury during use. Balanced Body is not responsible for injury due to incorrect installation.

» Brackets must be installed onto the joists of a structurally sound ceiling. When evaluating your structure, plan for it to hold 3x the maximum user weight of 300 pounds for every 32”. If it cannot do this it may need to be reinforced or not installed at all.

» Brackets cannot be installed onto steel frame ceilings.

» These instructions and the provided hardware are for standard 2x4 or 2x6 wood frame construction only.

» After anchor and Bodhi installation, periodically suspend full body weight on each installed Bodhi at one time to verify the install. If there is substantial movement or noise from the wall, consult your contractor prior to use.
PARTS LIST (SEE FIGURE A)

<table>
<thead>
<tr>
<th>Item No.</th>
<th>Description</th>
<th>Part Number</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Ceiling anchor</td>
<td>616-148</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>3/8” x 3” long lag bolt</td>
<td>GEN8015</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>3/8” washer</td>
<td>GEN8016</td>
<td>2</td>
</tr>
<tr>
<td>4</td>
<td>Socket head cap screw, 1/4-20</td>
<td>GEN9942</td>
<td>1</td>
</tr>
<tr>
<td>5</td>
<td>3/16” allen key</td>
<td>GEN9280</td>
<td>1</td>
</tr>
</tbody>
</table>

INSTALLATION (REFER TO FIGURE B):

» Pre-drill a 1/4” hole into a joist, 3” deep for each lag screw.

» NOTE: For all other construction materials (concrete, concrete block, brick, etc.) use material specific 3/8” bolts and/or fasteners (e.g. you can use, RedHead Dynabolt® sleeve anchors for concrete block or brick and RedHead Trubolt® wedge anchors for concrete.) It is the responsibility of the installer to verify the structural soundness of the structure.

» 32” max spacing. Must be screwed to studs.
   24” framing: Use every stud.
   16” framing: Use 32” spacing.

» Tube center should be at least 16” from wall.

» There are 4 holes in each anchor to allow for different stud orientations. Two screws must always be used in opposite holes of each anchor.

» NOTE: You must ensure that the brackets are aligned so the tube will slide through all of them. It is highly recommended that you test fit the tubes and brackets when marking for screw locations.

» Once installed you can attach the main Bodhi ropes as you would with any other bar. (Refer to instruction #400-283).

» Do not install ceiling mounts on wall or side of ceiling beam.

Questions? Call Balanced Body Technical Support at 1-800-PILATES (US and Canada) or +1-916-388-2838.