



FUNCTIONAL TRAINING CENTER

INSTRUCTION & ASSEMBLY MANUAL FLOOR MOUNT



PLEASE READ THIS MANUAL CAREFULLY BEFORE THE INSTALLING THE SMART
FUNCTIONAL TRAINING CENTER. THESE INSTRUCTIONS DESCRIBE THE INSTALLATION
OF THE FTC FLOOR MOUNT

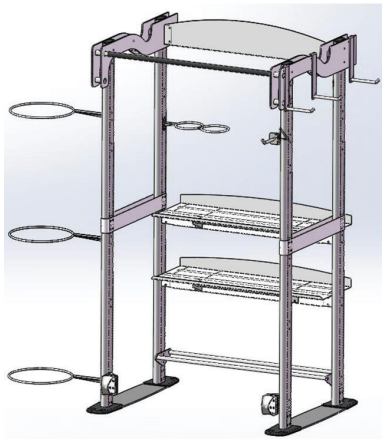
PART #400-150-193

www.prismfitnessgroup.com
303 Bruce St., Verona, WI 53593
608.845.8300
sales@prismfitnessgroup.com



FLOOR MOUNTED FUNCTIONING TRAINING CENTER

ITEM # 400-150-193



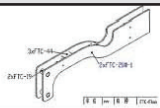
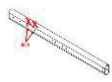
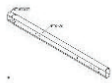





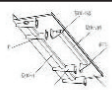



PARTS AND HARDWARE

Specification and Quantities – (Box 1&2&3)

Please Note: Will have extra hardware when Assembly Complete.

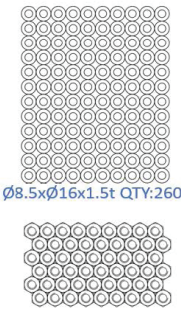


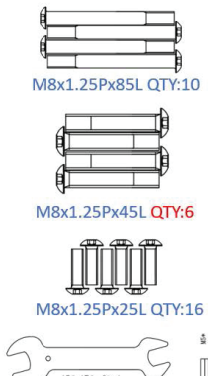
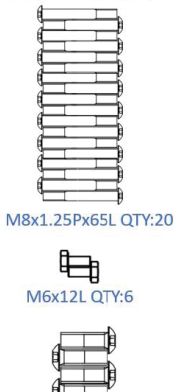
FTC Hardware – Floor Mounted			
NAME	SPECIFICATION	QUANTITY	DESCRIPTION
Outside hex Head Screw	M6X12	6	chrome-plating
Hex Socket Button Head Screw	M8X20	8	chrome-plating
Hex Socket Button Head Screw	M8X25	16	chrome-plating
Hex Socket Button Head Bolt	M8X45	6	chrome-plating
Hex Socket Button Head Bolt	M8X65	20	chrome-plating
Hex Socket Button Head Bolt	M8X70	50	chrome-plating
Hex Socket Button Head Bolt	M8X75	20	chrome-plating
Hex Socket Button Head Bolt	M8X85	10	chrome-plating
M8 flat washer	M8X85	260	chrome-plating
Outside hex M8 nut	M8	130	chrome-plating
Nylon Screw Cap	M8x13x27	80	nylon

FTC parts - Floor Mounted (Boxes 1&2&3)

NAME	QUANTITY	DESCRIPTION
Chin-up Bar Overhang	2	
Upper upright	4	
Lower upright	4	
Upright Base & Floor Mount	2	
Upright Connector	2	
Chin-up Bar	1	
Rubber tube for Chin-up Bar	1	
Upper Upright Oval plug	4	
Double-Bar Ball Rack	1	
Wider shelves	2	
Shelf Cross bar	2	
Cross bar bracket	4	
Stability Ball Ring	3	

FTC parts - Floor Mounted (Boxes 1&2&3)

NAME	QUANTITY	DESCRIPTION
Roller holder	1	
Rope Caddy	2	
Rope Caddy Bracket	2	
Smart Logo Back Panel	1	
L shape plate for Back Panel	2	
Mat Rack Arm	3	
Smart Rope Storage Arm	1	
Rubber Feet Covers	4	

<p>1/4 FTC_Floor Mounted</p>  <p>Ø8.5xØ16x1.5t QTY:260</p> <p>M8x1.25 QTY:130</p>  <p>M8x13x27 QTY:80</p>	<p>2/4 FTC_Floor Mounted</p>  <p>M8x1.25Px70L QTY:50</p> <p>M8x1.25Px75L QTY:20</p>	<p>3/4 FTC_Floor Mounted</p>  <p>M8x1.25Px85L QTY:10</p> <p>M8x1.25Px45L QTY:6</p> <p>M8x1.25Px25L QTY:16</p> <p>M5x75L QTY:1</p>	<p>4/4 FTC_Floor Mounted</p>  <p>M8x1.25Px65L QTY:20</p> <p>M6x12L QTY:6</p> <p>M8x1.25Px20L QTY:8</p>
---	--	--	--

Lower Upright Assembly to Upright Base and Floor Mount Plate

See Figure A

Note: Do not fix parts of complete assembly to the floor at this point and do not overtighten bolts

LEFT SIDE (WHEN FACING) LOWER UPRIGHT ASSEMBLY

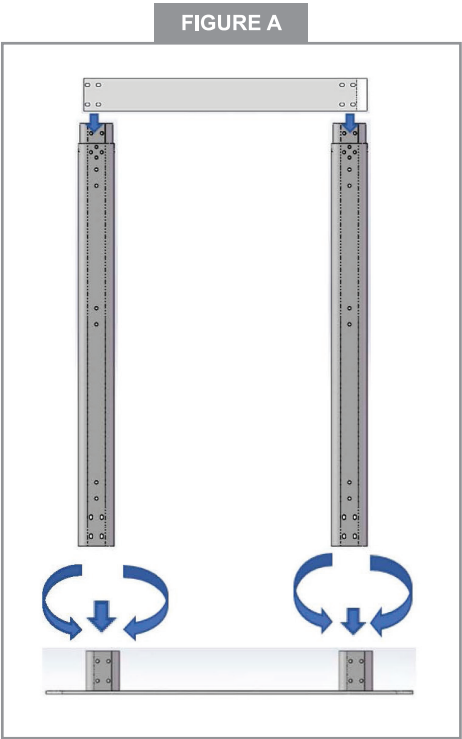
STEP 1: Insert the rear and front Lower Upright into the right Upright Base and Floor Mount Plate. Secure with 4 M8x65 bolts with washers and nuts for each Lower Upright (ensure nuts are located on the inside of the Lower Uprights)

STEP 2: Insert the Upright Connector to the Front and Rear Lower Uprights using 2 M8x70 bolts with washers and nuts for the front and 2 M8x70 bolts with nuts for the rear

Note: At this stage you will leave the top four holes of the Upright Connector empty and open to install the Upper Uprights in Steps 14 and 15

RIGHT SIDE (WHEN FACING) LOWER UPRIGHT ASSEMBLY

STEP 3: Repeat Steps 1-2 using Lower Uprights and Upright Base and Floor Mount Plate



Right Side Conditioning Rope Caddy

See Figures B and C

- STEP 4:** Using 4 M8x25 bolts with washers and nuts, attach the Rope Anchor to the Rope Anchor 90 degree Bracket.
- STEP 5:** Using 2 M8x70 bolts with washers, insert the bolts from the outside of the Front Lower Upright and through the Rope Anchor 90 degree Bracket (which is placed on the inside of the Lower Front Upright). Tighten using washers and nuts.

FIGURE B

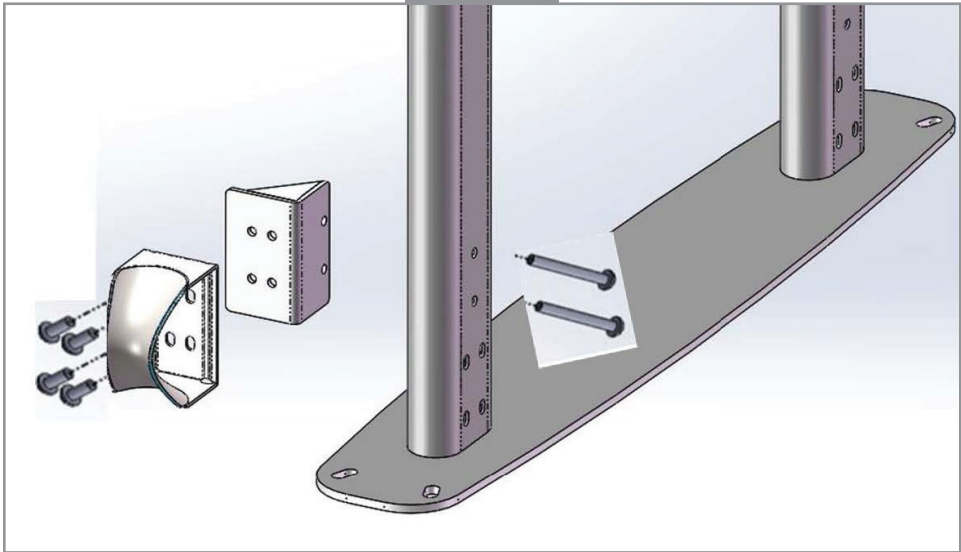
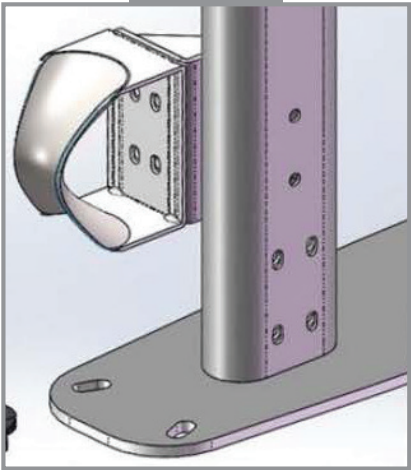


FIGURE C

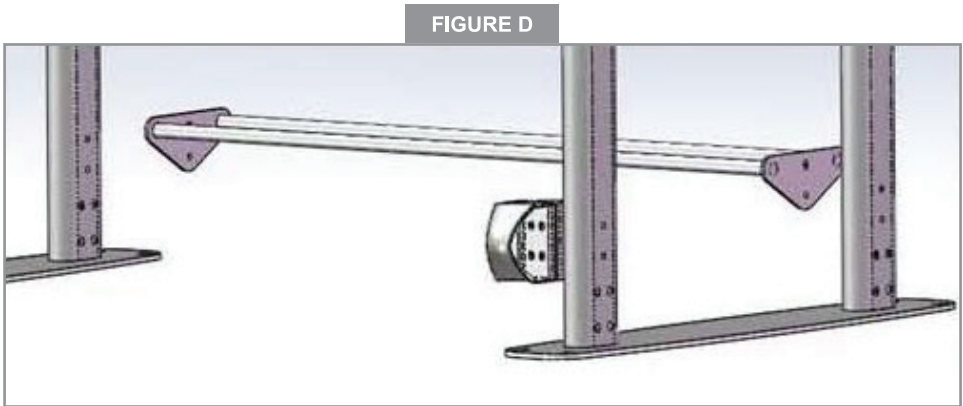


Double Bar Ball Rack Assembly

See Figure D

STEP 6: Attach the Double-Bar Ball Rack to both the left and right rear Lower Uprights with 4 M8x65 bolts, washers and nuts. Bolt Heads will be facing the outside of the Lower Uprights and nuts on the inside of the uprights. Tighten.

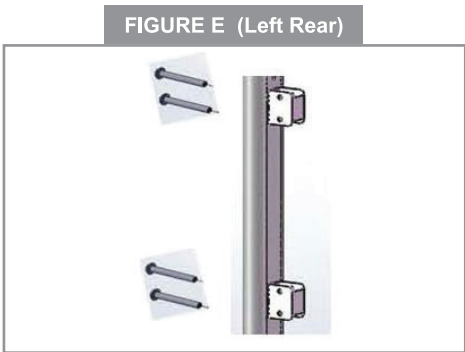
Note: This will connect the left and right sets of lower uprights and Base Plates.



Shelf Assembly

See Figures E and F

STEP 7: Install the 4 Cross Bar Brackets on both the Left Rear (2) and Right Rear (2) Lower Uprights using a total of 8 M8x70 bolts, washers and nuts. Bolt Heads will be facing the outside of the Lower Uprights and nuts on the inside of the uprights. Tighten.



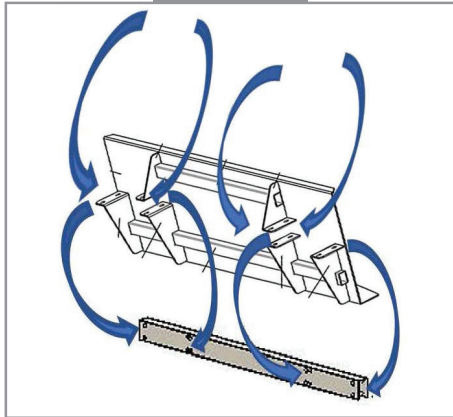
STEP 8: Install the Shelf Cross Bar onto the bottom of the Shelf Tray using 4 M8x75 bolts, washers and nuts.

See Figure G

Note: You will leave the 2 holes on each end of the Shelf Cross Bar empty at this step in order to set and affix the shelf onto the Cross Bar Brackets.

STEP 9: Repeat Step 8 for 2nd Shelf.

FIGURE G



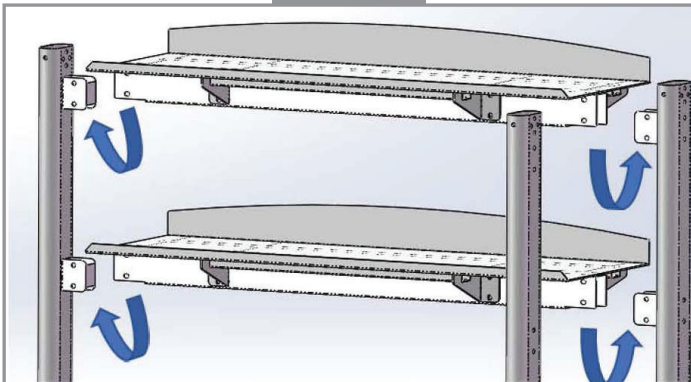
Setting Shelf Trays on Cross Bar Bracket

STEP 10: Set the 1st Shelf Tray with the Shelf Cross Bar (attached in Step 9) onto the Cross Bar Brackets. Use 4 M8x70 bolt, washer and nuts to attach the Shelf Tray with Shelf Cross Bar to the Cross Bar Brackets.

See Figure H

STEP 11: Repeat Step 10 for 2nd Shelf Tray as shown in Figure H.

FIGURE H



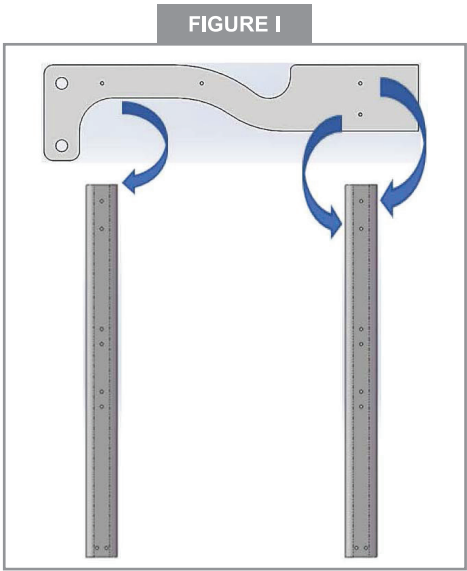
Assembling both Right and Left Top Uprights and Chin-Up Bar Overhang

STEP 12: Right Chin-Up Bar Overhang Front Upright: On the ground, Insert Upper Uprights into Chin-up Bar Overhang as shown in Figure I using 1 M8x85 Bolt, Nut and Washer set for the Front Upper Upright. The Top of the Upper Upright should be close to flush with the top of the Chin-Up Bar Overhang (Bolt goes thru the top hole of the Upper Upright only).

STEP 13: Right Chin-Up Bar Overhang Rear Upright: When the connecting the Rear Upper Upright, use 2 M8x85 Bolts, Nuts and Washer sets, utilizing the top two holes of the Upper Upright (See Figure I).

When inserting the 2 M8x85 Bolts thru the Hanging Chin-up bar arm and rear upper upright, place the L shaped back plate bracket against the inside of the Hanging Chin-Up bar arm (as shown in Figure J). Run the two bolts through the rear two holes of the hanging chin-up bar arm and secure using nuts and washers (as shown in Figure J). Tighten.

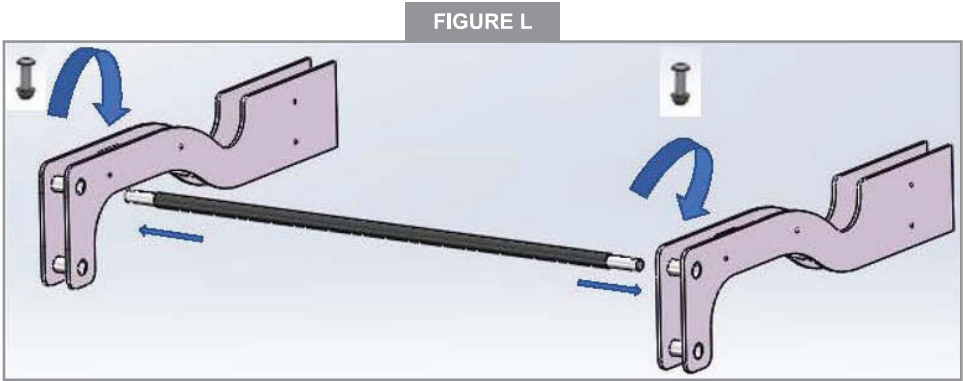
Note: The L Shaped Back Plate Bracket will be used to secure Smart Logo Back Panel in Step 17.



STEP 14: Repeat Steps 12 and 13 for the left Chin-Up Bar Overhang Front and Rear Upper Uprights

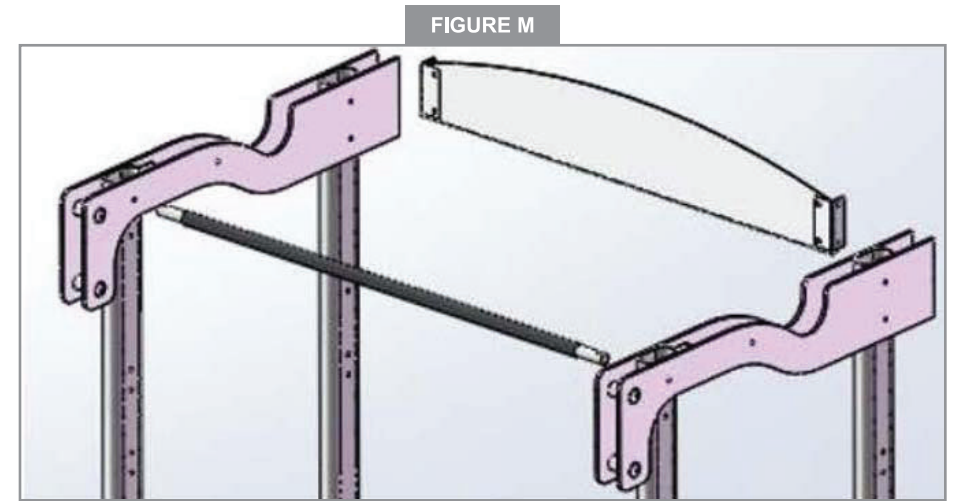
Inserting Pull Up Bar

STEP 16: Insert the Chin-Up Bar into the lower or upper holes of the Chin-Up Bar Overhang (both options available depending on preferred height of bar). Use 2 M8x45 Bolt, Nut and Washer sets to secure the bar in place. Tighten. See Figure L.



Inserting ‘Smart’ Logo Back Panel

STEP 17: Using 4 x M8x25 Bolt, Nut and Washer sets, insert the Back Logo Panel onto the L Brackets installed in Step 12. Tighten. (See Figure M)



Setting both left and right Upper Uprights and Chin-up Bar Overhang onto lower section of bay

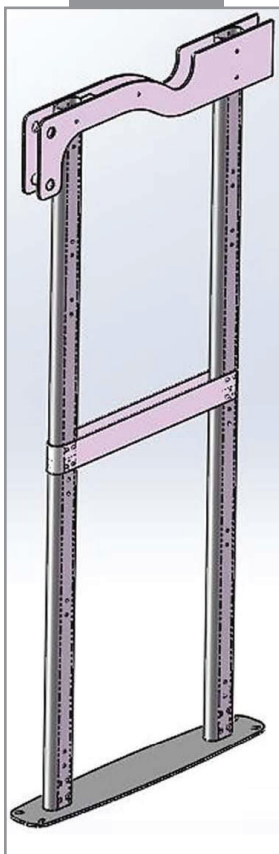
STEP 14: Using two people, set the left front and rear Upper Uprights and Chin-up Bar Overhang onto the left lower section of the Bay. Secure both uprights using 2 M8x70 Bolts, Nuts and Washers for the Front Upper Upright and 2 M8x70 Bolts, Nuts and Washers for the Rear Upper Upright (See Figure K).

Note: Do not tighten at this stage. That will help provide necessary tolerance to install Back Plate and Chin-up bar

STEP 15: Using two people, set the right front and rear Upper Uprights and Chin-up Bar Overhang onto the right lower section of the Bay. Repeating Step 14.

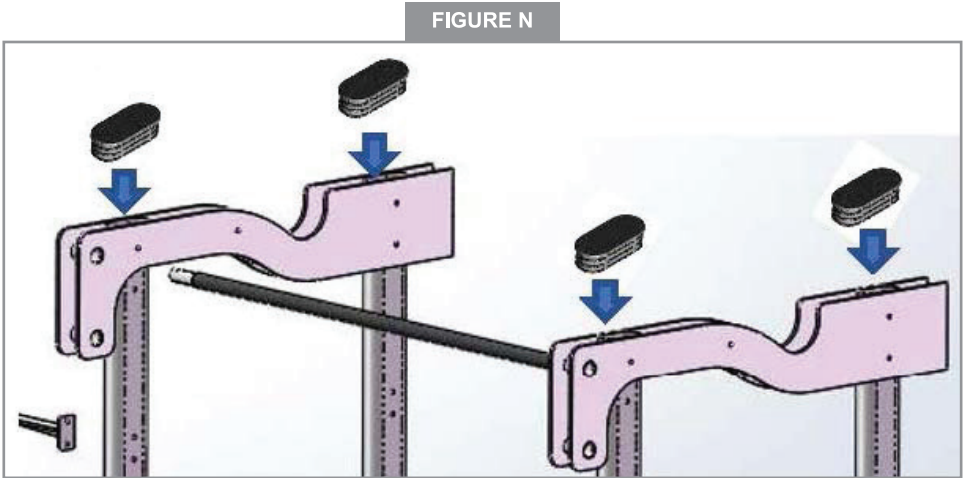
Note: Insert bolts, nuts and washers, but do not tighten at this stage.

FIGURE K



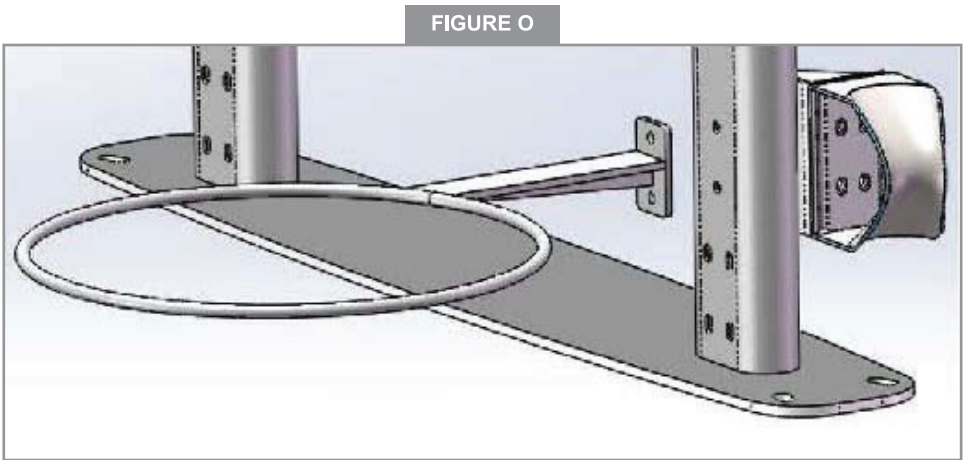
Insert Top Caps

STEP 18: If not already in place, insert the Top Upper Upright Caps as shown in Figure N.



Installing Rings and Left side Rope Caddy

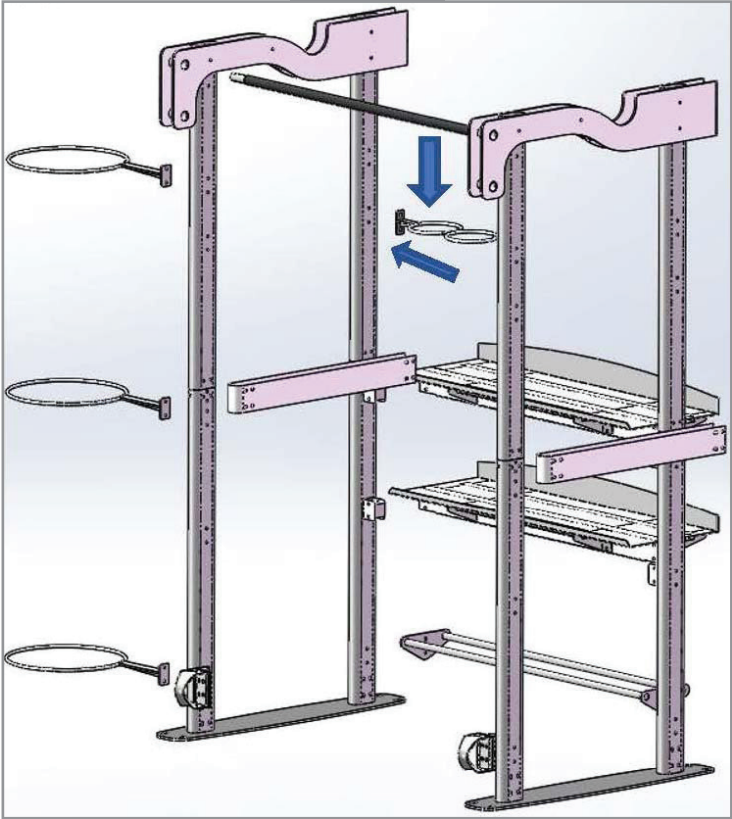
STEP 19: Using 4 M8x25 bolts with washers and nuts, attach the Rope Anchor to the Rope Anchor 90 degree Bracket (Same as Step 4). Then, run 2 M8x70 bolts thru the lower Stability Ball Ring and thru the Rope Caddy Assembly, using the nuts and washers to lock in place (See Figure O below)



Installing Remaining Stability Ball and Roller Double Ring

STEP 20: Using 4 M8X70 Bolt, Nut and Washer sets, install the remaining two Stability Ball Rings as shown in Figure P below. Also, using 2 M8x70 Bolt, Nut and Washer sets, install the Roller Double Ring as shown below in Figure P.

FIGURE P

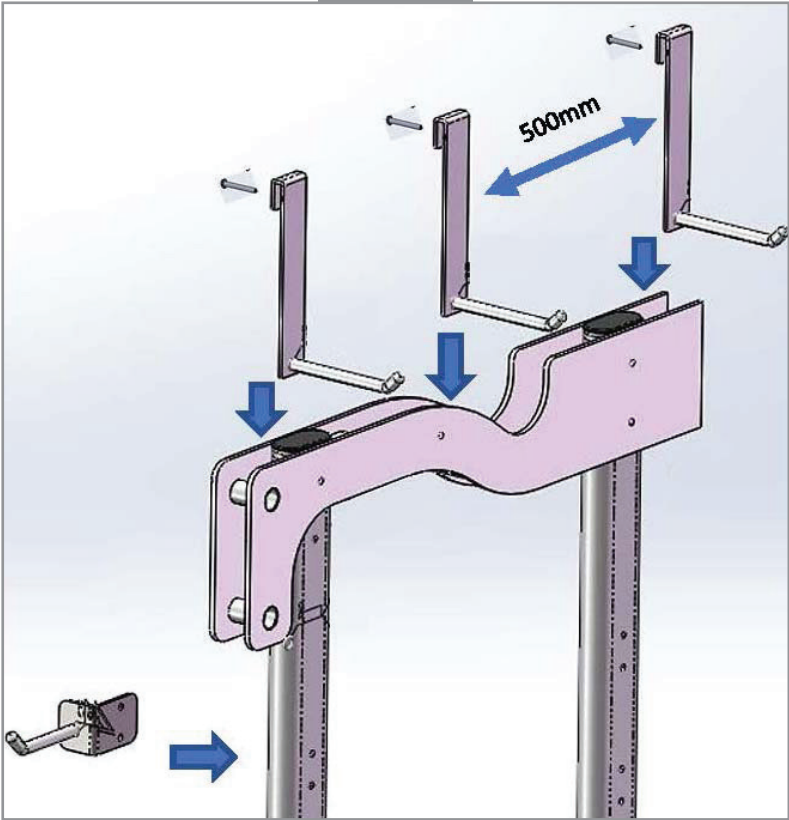


Installing the Mat, Band and Conditioning Rope Hooks

STEP 21: Using 3 M6x12 bolts, thread them into the holes on the 2 Mat Rack Arms and Band Arm as show in Figure Q below. Also, using 2 M8x70 Bolt, Nut and Washer sets, install the Conditioning Rope Storage Arm as show in Figure Q.

Note: Mat Rack Arms should be spaced 20" apart. These can be adjusted based on grommets of the mats.

FIGURE Q



STEP 23: Tighten all bolts on the FTC Rack.

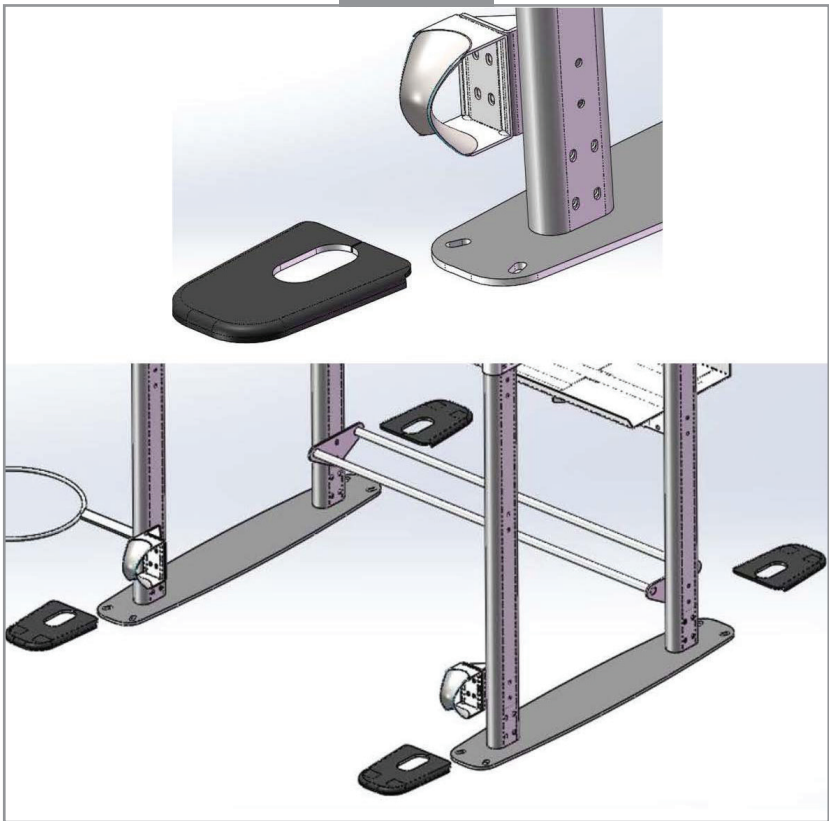
STEP 24: Mount to floor (Must be done by approved Installer, and follow the Floor Mounting Guidelines and Recommendations in place)

Note: Double check all bolts to ensure they are tightened once FTC Rack is mounted to floor.

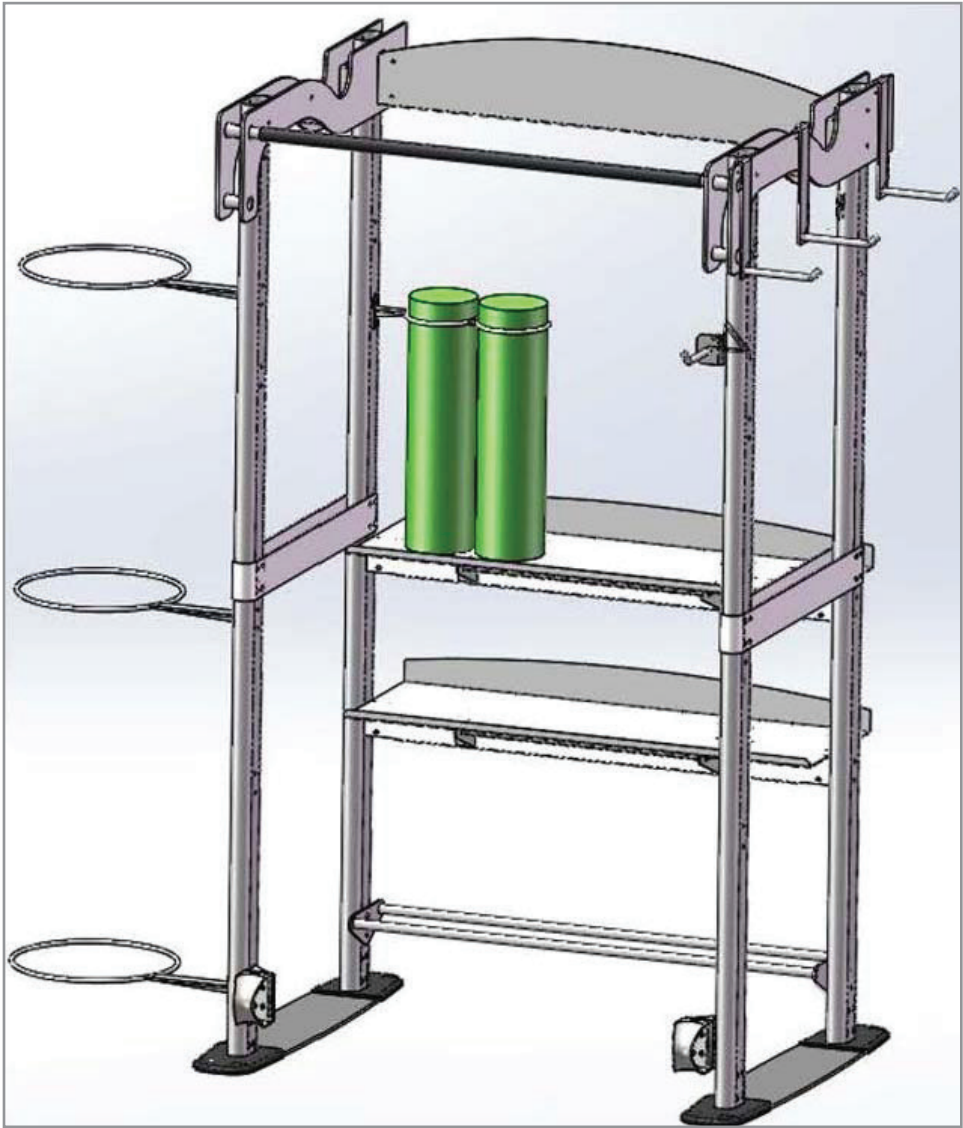
Floor Mount Plate Bolt Covers

STEP 25: Once the unit is mounted to the floor (see floor mount suggestions and guidance), use the (4) Rubber Pad covers to cover and protect the floor mount bolts/nuts on the Floor Mount plates as shown below

FIGURE R



Complete Unit as shown below:



FTC Floor Mount Bay 1 - Mounting Guidance

THE FTC FLOOR MOUNT BAY 1 SERIES IS INTENDED TO SUPPORT SIGNIFICANT WEIGHT DURING ROUTINE USE AND SHOULD BE SECURELY ASSEMBLED AND FASTENED TO A SUPPORTING SURFACE OF SUITABLE CONSTRUCTION. FAILURE TO TAKE PROPER CARE IN SITE SELECTION, ASSEMBLY OR INSTALLATION CAN LEAD TO SERIOUS PERSONAL INJURY AND PROPERTY DAMAGE.

Electrical wires, water pipes etc. can be running underneath a floor. It is important to understand what is below before drilling. Read this guidance carefully before proceeding and follow the directions of an authorized installer carefully to minimize the risk of injury or property damage.

The FTC Floor Mount Bay 1 Rack must be anchored directly to structurally sufficient concrete floors to ensure maximum safety and frame rigidity. Failure to secure the system to the floor could result in toppling, leading to serious injury or death. Failure to secure it to the floor will also allow it to “walk” or rock while in use. This type of movement is unsafe and could damage the floor surface.

RECOMMENDED ANCHORING SPECIFICATIONS

Concrete Floor:

3 inch thick (76 mm), 3,000 psi (20.7 Mpa) or greater Minimum anchor embedment depth: 2-1/2 inches (63.5 mm).

Anchor Option 1:

3/8 to 1/2 inch diameter x 3 inch (M10 to M12 x 75 mm) Internally threaded drop-in Anchor. Grade 5 or higher.

Anchor Option 2:

3/8 to 1/2 inch diameter x 3 inch (M10 to M12 x 75 mm) externally threaded concrete anchor.

Note: Read instructions included with the specific anchors used to select the proper drill bit diameter and depth. This may vary by brand and type.

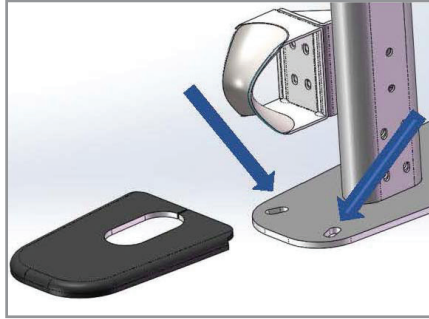
SUGGESTED TOOLS AND HARDWARE FOR ANCHORING TO CONCRETE FLOORS

- Hammer Drill
- ANSI Masonry drill bit (Reference anchors for correct size)
- 3/8" x 3" (M10 x 76 mm) Concrete anchors
- 3/8" (10.5 mm ID) Washers
- Level
- Socket Wrench and Socket

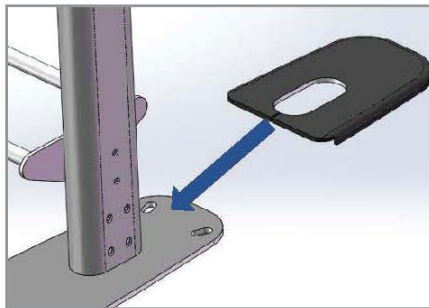
NOTE: These are to be used as guidance and are suggestions. Please consult or use an approved Installer for any securing or floor mounting of the FTC Floor Mount Bay 1.

Floor Mounting Guidance:

1. Using an ANSI concrete drill bit (reference your hardware for the correct size), drill approximately a 3" hole (75 mm) (reference hardware for correct depth) through ALL (2 front and 4 rear) the anchoring holes in the Upright Base plate.

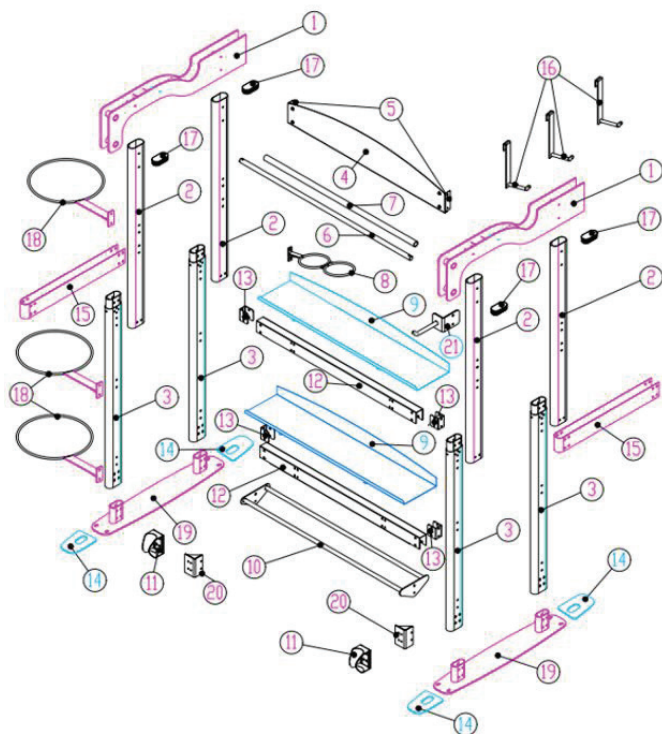


2. Vacuum all concrete dust from the hole. (Failure to remove all concrete dust may prevent the anchor from going in all the way)
3. Using a socket wrench, tighten a concrete bolt and washer half way in.
4. Repeat the operation to the remaining anchoring holes in the upright base plates.
5. Perform this procedure one upright at a time, pausing to ensure that each upright is still vertically level before drilling holes.
6. Tighten each anchor in every upright to the recommended torque specifications as listed in the specifications for the hardware being used.
7. Install the front and rear rubber boots on each upright base plate



After completing and before using, check that the all of the anchoring bolts and the frame bolts are properly tightened. Test the FTC Rack by having multiple people push it up and away from themselves to ensure that the frame is securely fixed to the floor before training on.

FTC PARTS



ITEM	PART NO.	QTY
1	FTC1A008	2
2	FTC-37	4
3	FTC3A002	4
4	FTC-11	1
5	ST100477	2
6	FTC-18	1
7	PS100166	1
8	FTC3A006	1
9	FTC2B011	2
10	FTC3A004	1
11	ST100478-A	2
12	FTC-02	2
13	FTC-06	4
14	FTC-106	4
15	FTC-101	2
16	FTC3A003	3
17	F7932-13	4
18	SR-AD01	3
19	FTC-102	2
20	FTC-53	2
21	FTC3A007	1



www.prismfitnessgroup.com
 303 Bruce St., Verona, WI 53593
 608.845.8300
sales@prismfitnessgroup.com