

Absolute Performance Special Announcement

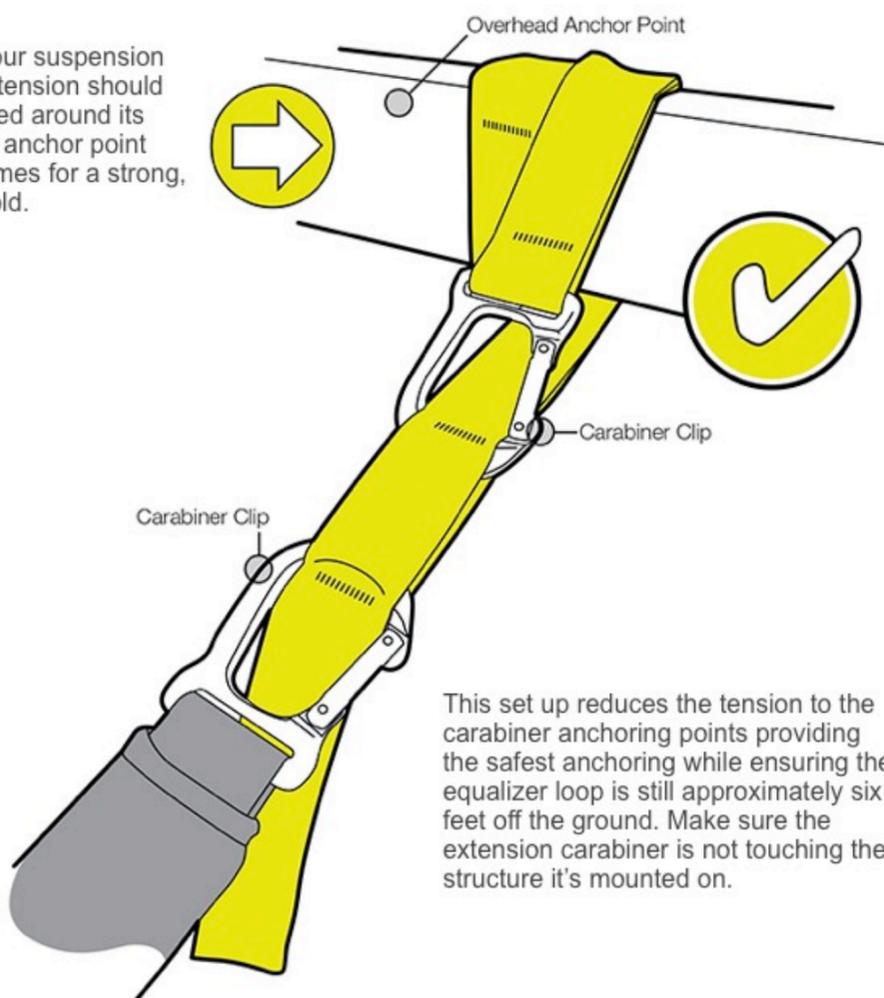
Safely fitting your AP Suspension Trainer

It has come to our attention that our **AP Suspension Trainers** are not always being fitted correctly. To be sure, we've put together a guide below which shows you how you should be fitting it, **and how you shouldn't**. Please double check that your suspension trainer/s are being fitted correctly, as not doing so could be unsafe, and potentially cause injury.

If you have any concerns please don't hesitate to contact our **Sales Support Team** on **029 2077 0832**

Fixing to a rig/rack using the extension:

Ideally, your suspension trainer extension should be wrapped around its overhead anchor point several times for a strong, secure hold.



This set up reduces the tension to the carabiner anchoring points providing the safest anchoring while ensuring the equalizer loop is still approximately six feet off the ground. Make sure the extension carabiner is not touching the structure it's mounted on.

Fixing to a wall mount



If you're attaching your suspension trainer to an eye bolt fixing, it's imperative that the fixing is correctly rated for the substrate it's being fixed to, and it needs to have a sufficient load rating to allow safe use.

We recommend a Fischer FWB 12 E Eye Bolt (or something similar) inserted into a hole drilled into concrete at a depth of 75 – 100mm would be sufficient to take a force of 20 Kilo Newtons or 2000Kg.



Your extension strap should never be hung like this.

These set-ups put unacceptable amounts of stress onto the carabiner clips as they are forced against their mount, and they could break.

Contact us:

Thank you for taking the time to read through this information. If you need any more information or help, please don't hesitate to call our sales support team on

029 2077 0832

or email them on

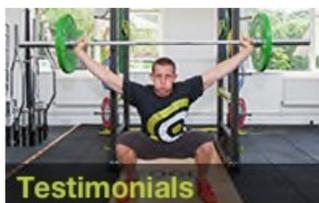
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