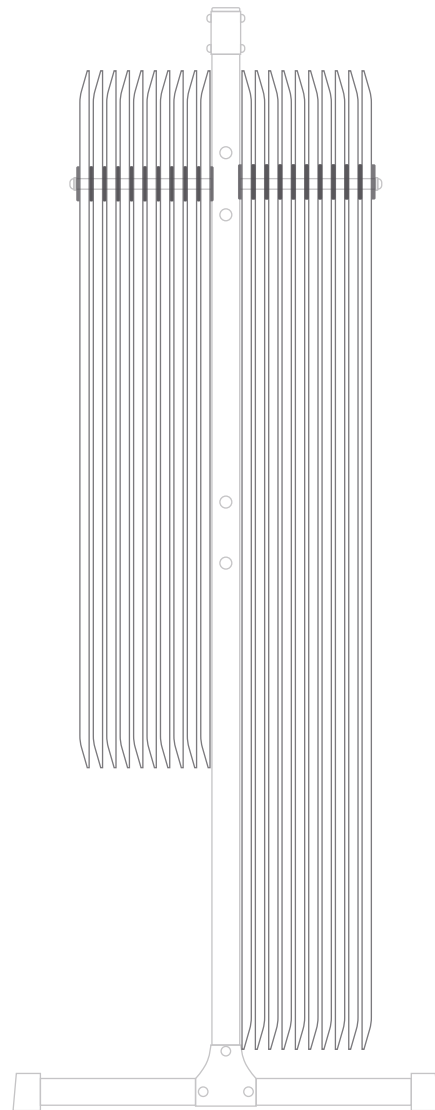
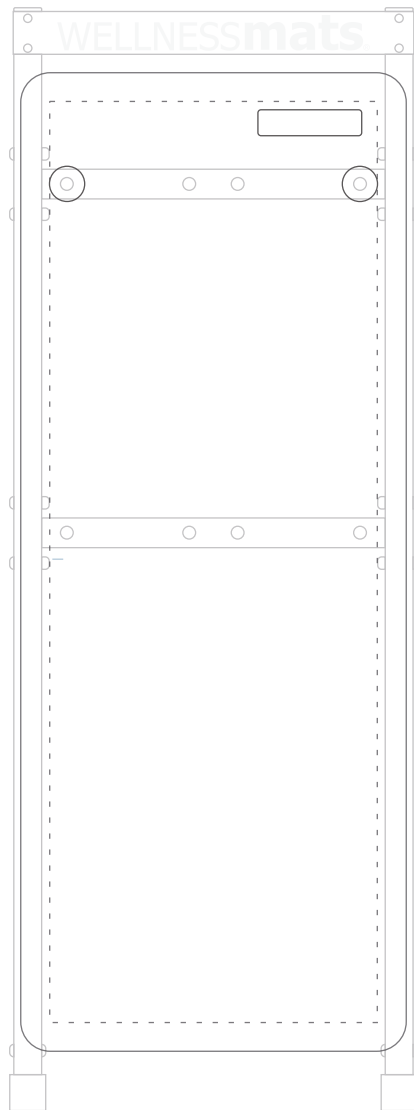


WELLNESSmats®

FOR WORK. FOR LIFE.

WellnessMats Back-to-Back Station Assembly Instructions

Compatible with all FitnessMats and MobileMats



TOOLS REQUIRED



Phillips Head Screwdriver
(Not Included)



1x 3/8" Allen Key
(Included)

HARDWARE INCLUDED

Qty	Image	Description
2		3/8"-16 x 1" Socket Head Cap Screw
2		3/8" Spring Lock Washer
12		1/4"-20 x 3/4" Truss Head Screw
8		1/4"-20 x 1/2" Thread Cutting Screw
6		3/8" x 1" Socket Head Cap Screw
4		3/8"-16 x 2-1/2" Truss Head Screw
6		3/8"-16 x 3/4" Truss Head Screw
2		3/8" x 1-3/4" Threaded Rod Insert
8		Nylock Nut
4		Standard Washer

STATION PARTS

Qty	Image	Description
6		Hanging Rod
4		Side Gusset Plates
2		Head Cap
4		Foot Cap
2		Base Tube
2		Upright Tube
2		Sign Bar
2		Cross Support

STEP 01

Insert the upright into the corresponding slots on the base tube. Once inserted, thread in (1) 3/8"-16 x 1" socket head screw and lock washer.

Do not fully tighten until Step 2.

Repeat for other side.

Note: You may need to set the base tube on the ground and tap the upright down to insert the tabs, it will be a snug fit.

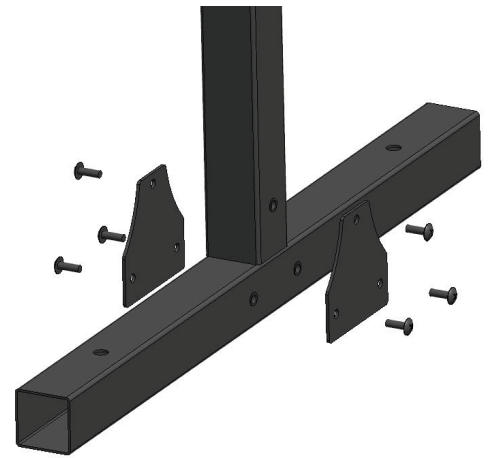


STEP 02

Attach the side gusset plates to the upright and base assembly. Use (6) 1/4-20 x 3/4" Philips truss head screws, three on each side.

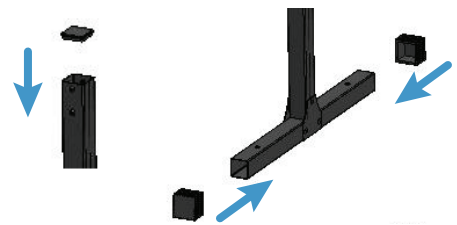
Do not fully tighten. Go back to Step 01 and fully tighten, then fully tighten the screws in Step 02.

Repeat for other side.



STEP 03

Install the caps on the end of the upright and base tubes.



STEP 04

Bolt the cross supports in joining the two uprights using (4) 3/8"-16 x 2-1/2" philips truss head screws and (4) nylock nuts.

Do this for the upper and lower cross supports.

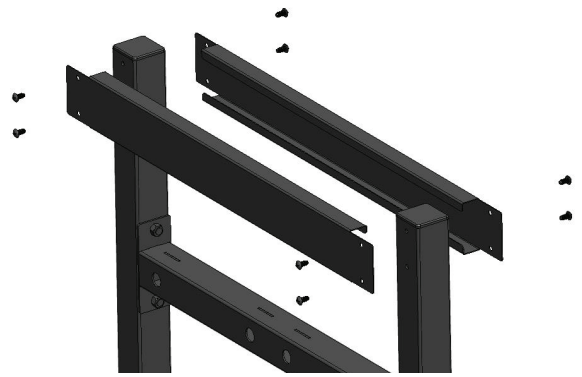
Do not fully tighten.



STEP 05

Attach the top cross sign bar to both sides of the uprights using (4) 1/4-20 x 1/2" thread cutting screws per side.

Fully tighten. Return to Step 04 and fully tighten the cross supports.

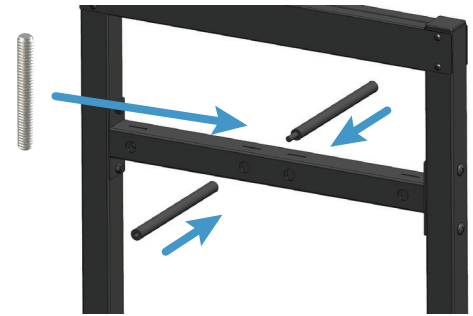


STEP 06

Rods Adjoining Each Other*:

Thread the 3/8" x 1-3/4" Threaded Insert into the end of one of the mat hanger rods. Insert the rod with the threaded insert into one of the holes in the cross bar. From the opposite side insert a rod with no threaded insert. Thread the two rods together and tighten.

*Use if each side of the station holds the same kind of mats.



Rods on One Side**:

Insert the mat hanging rods into the cross member. The rod will insert halfway into the cross member. From the opposite side attach the rods using (1) 3/8 x 1" socket head cap screw.

**Use if each side of the station holds different kinds of mats.



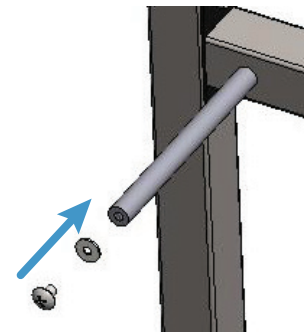
Use the Outermost Holes for FitnessMats, and the Innermost Holes for MobileMats

STEP 07

Insert (1) 3/8"-16 X 3/4" Truss Head Screw and (1) Washer Spacer into the end of each (4) mat hanging rods.

Fully tighten.

Your Station is now ready to use!



Need Help?

*For questions or customer service:
Call: 1-800-981-4979*