

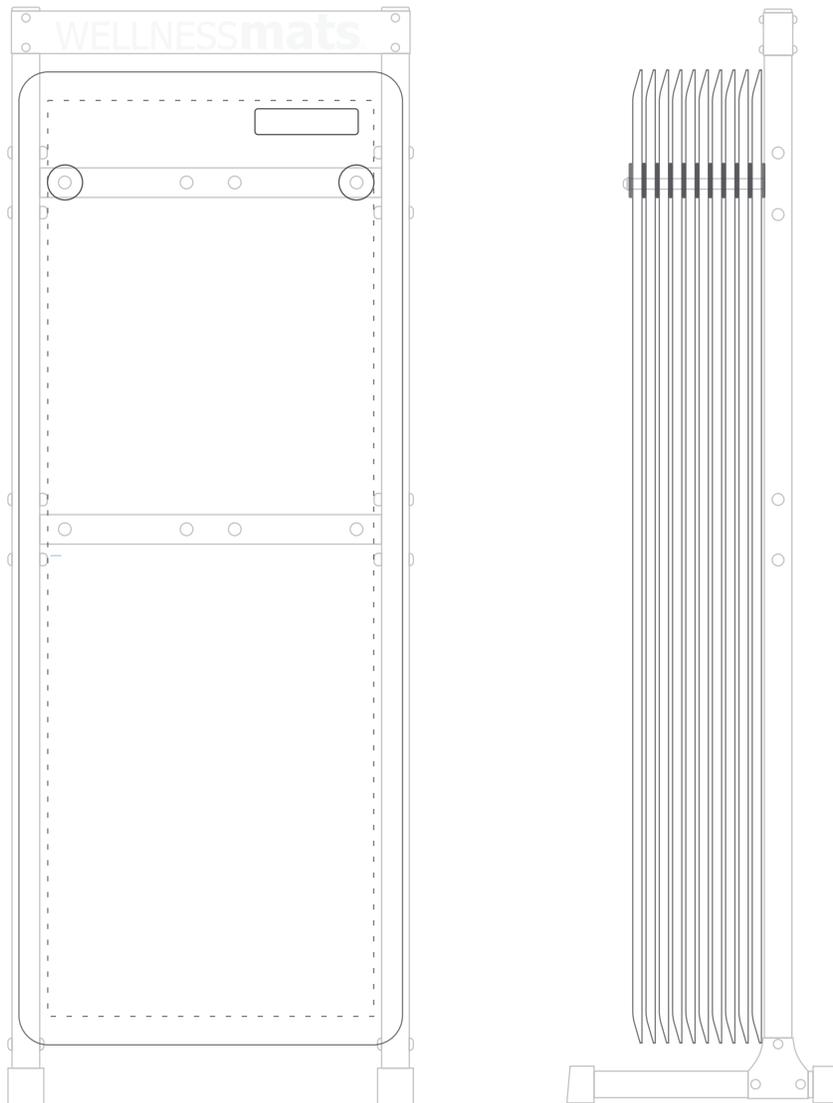
# WELLNESSmats®

FOR WORK. FOR LIFE.

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## WellnessMats Single-Sided Station Assembly Instructions

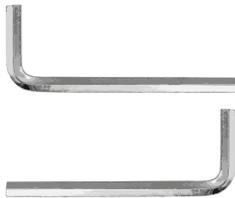
Compatible with all FitnessMats and MobileMats



**TOOLS REQUIRED**



Phillips Head Screwdriver  
(Not Included)



2x Allen Key  
(Included)

**HARDWARE INCLUDED**

Qty	Image	Description
2		1/2"-13 x 1" Socket Head Cap Screw
2		1/2" Spring Lock Washer
12		1/4"-20 x 3/4" Truss Head Screw
8		1/4"-20 x 1/2" Thread Cutting Screw
2		3/8" x 1" Socket Head Cap Screw
4		3/8"-16 x 2-1/2" Truss Head Screw
2		3/8"-16 x 3/4" Truss Head Screw
8		Nylock Nut
2		Standard Washer

**STATION PARTS**

Qty	Image	Description
2		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) 1/2"-13 x 1" socket head screw and lock washer.

Do not fully tighten until Step 02.

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.

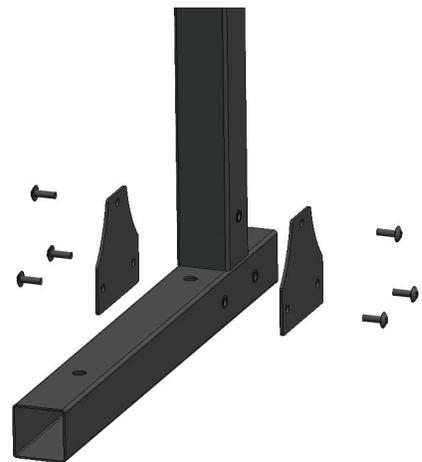


### STEP 02

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

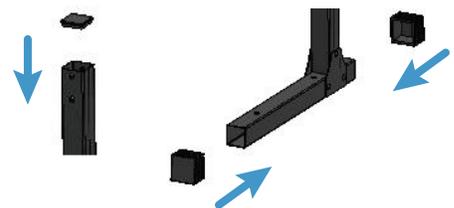
Do not fully tighten. Go back to Step 01 and fully tighten, then fully tighten the screws in Step 02.

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.

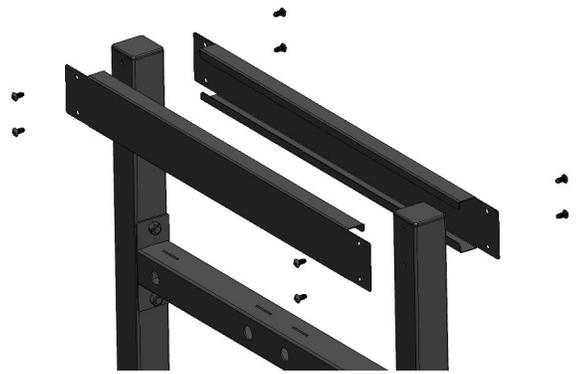
Do not fully tighten until Step 05.



## STEP 05

Attach the top cross sign bar to both sides of the uprights using (4) 1/4-20 x 3/4" Thread Cutting Screws per side.

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



## STEP 06

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 per rod.

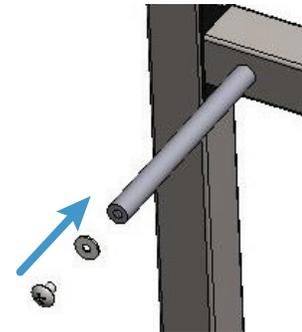


*Use the Outermost Holes for FitnessMats, and the Innermost Holes for MobileMats*

## STEP 07

Insert (1) 3/8"-16 X 3/4" long Truss Head Screws and (1) Washer Spacer into the ends of the (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*