

SLIDING TRACK MOUNT INSTALLATION GUIDE

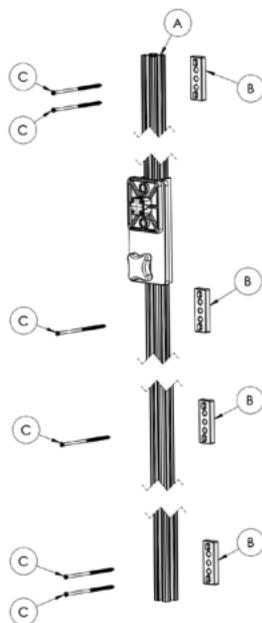
The Sliding Track Mount is designed to be installed into strong wooden studs. Do NOT try to install the Sliding Track Mount onto any other surface or fixture. We recommend consulting a professional for any installation procedure. Contact us at support@ANCOREtraining.com with questions.

PARTS INCLUDED

- 1x ANCORE Sliding Track Mount (A)
- 4x Sliding Track Mount Spacer - 2 Hole (B)
- 6x Sliding Track Mount Screw (C)
- 1x Torx (T20) Driver Bit for Screw

TOOLS NEEDED

- Power Drill
- Stud Finder
- Pencil
- A friend to help if possible
(Recommended)



INSTALLING YOUR SLIDING TRACK MOUNT

1. Locate a strong wooden stud as the install location for Sliding Track Mount (A).

2. Determine and measure the height at which each end of the Sliding Track Mount (A) (top and bottom) will sit.

3. At these two heights (top and bottom), use the Stud Finder to locate the center of the wall stud. Mark this location lightly with a Pencil.

4. With help from a friend, have someone hold the Sliding Track Mount (A) and Sliding Track Mount Spacer (B) against the wall (it is easiest to begin with the top Sliding Track Mount Screw (C) and Sliding Track Mount Spacer (B) first). While holding and confirming proper alignment to the pencil marks at the center of the stud, have the other person screw in a Sliding Track Mount



Screw (C) in the top location. DO NOT tighten all the way to allow for alignment of the bottom of the Sliding Track Mount (A) with the stud.

5. Now move to the bottom of the Sliding Track Mount (A) . Align the Sliding Track Mount (A), along with the Sliding Track Mount Spacer (B), so that it is centered on the wall stud. Screw in a Sliding Track Mount Screw (C) until tight.

6. Return to the top Sliding Track Mount Screw (C) in Step 4 and tighten fully.

7. Now screw in the remaining 3 Sliding Track Mount Screw (C). Do not forget to insert the center Sliding Track Mount Spacers (B).

8. Make sure that the mount is fully secure before using.

