



Ceiling Mounted Panel with D-Rings

Need help? Call us at 1-800-932-3339 or email info@gymsupply.com

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Tools/Additional Materials Needed:

Tape measure

Stud finder

3/16" Drill Bit

Cordless Drill/Driver

9/6" ratchet

12 - 5/16" x 3-1/8" Power Lag Screws

Instructions:

Step 1:

Wash your hands, the ceiling panel is white!

Step 2:

Locate the ceiling joist/studs and **use three 5/16" x 3-1/8" minimum Power Lags per Ceiling Joist/Stud** for a minimum of 12 lags per panel. Make sure the panel is secure and flush to the ceiling. It is recommended you pre-drill for each power lag location with a 1/4" drill size to prevent splitting of the wood ceiling panels. See the last page of these instructions for the recommended locations of these lag bolts.

Step 3:

Weight and motion Test the stability of the ceiling panel Bar and be sure there is no movement of the ceiling panel during testing.

Your Ceiling Panel is now ready for use!



WARNING: These items are not toys. Activities involving motion and height create inherent risk of serious injury including paralysis or death. These products are intended for use by properly trained participants under qualified supervision, and the user of this product therefore assumes this risk. Always know your physical limitations and limits of your equipment. Avoid landing on head or neck as serious injuries may result. Always check for proper mat positioning, equipment stability, and inspect hardware for wear and damage before and after each use. Do not use if signs of damage or excessive wear are present. DGS shall not be liable for personal injury or property damage incurred through the use of purchased items.



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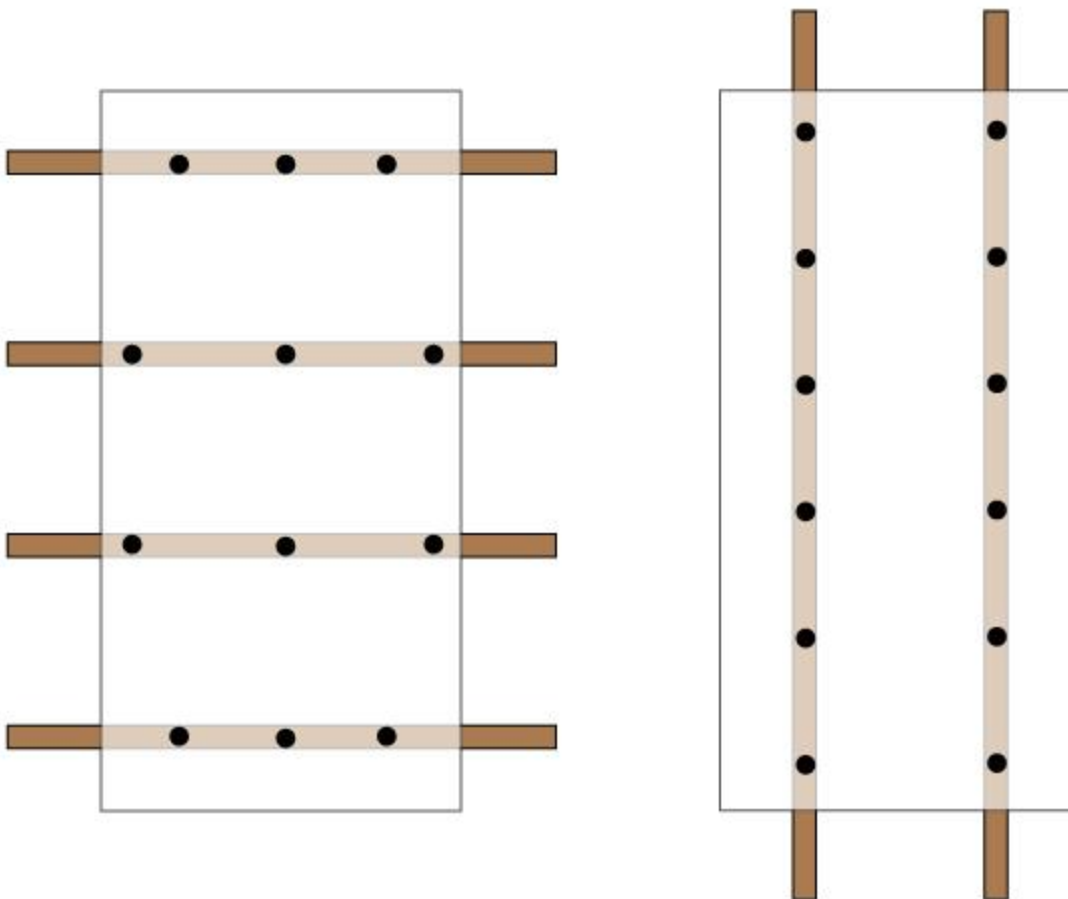
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Recommended locations for lag bolts into studs.

(based on 16" stud spacing)

The image on the left shown below is the recommended mounting configuration for the DGS Ninja ceiling panels. A minimum of 12 Lags per panel is required. It is recommended to mount panels across 4 studs as shown whenever possible.

The image on the right shows an acceptable mounting configuration when it is necessary to run a panel in the same direction as the ceiling studs.



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