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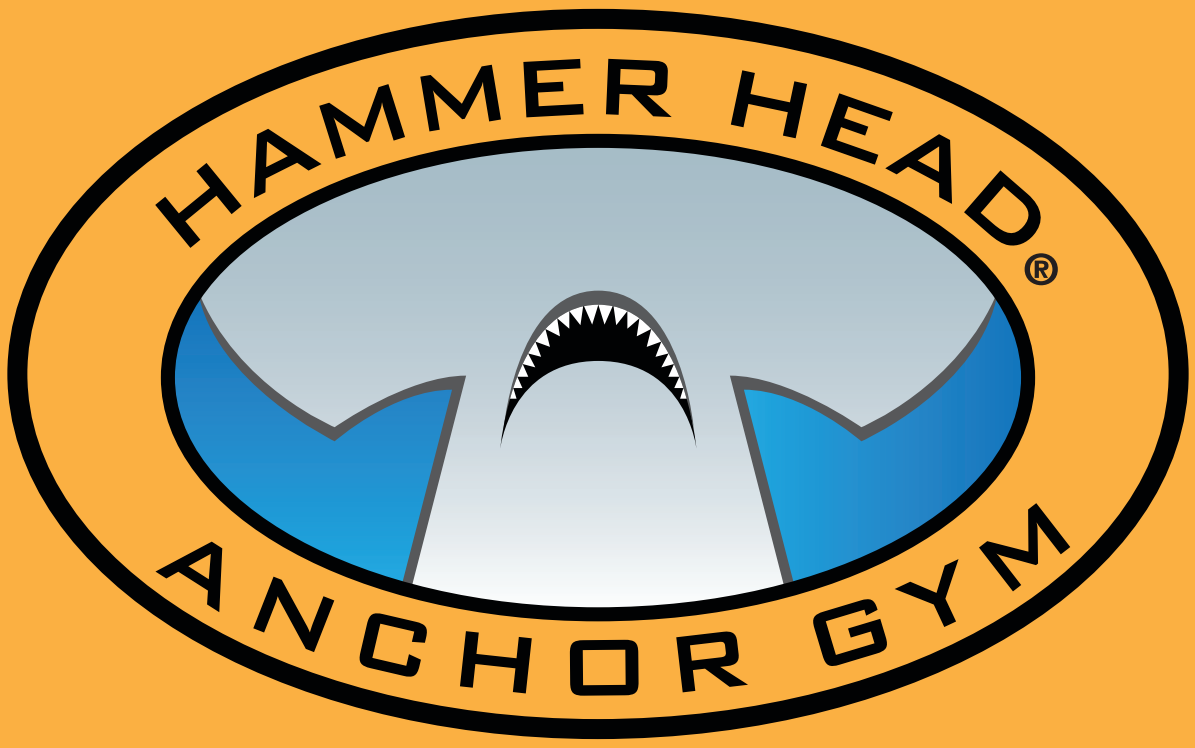
Hammer Head Anchor Gym

Owner's Manual – Plus & Pro



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HAMMER HEAD ANCHOR GYM

Simple Versatile Effective

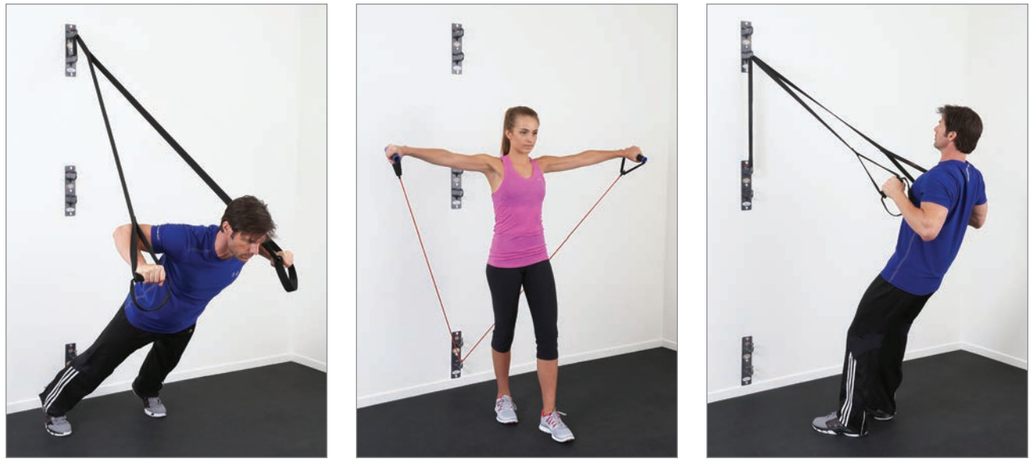
The Ultimate Anchoring System!

The Hammer Head Anchor Gym is a wall-mounted exercise system designed to anchor all types of resistance bands; all brands of suspension straps; large loop bands; and stretch straps.

With six different anchoring points, from ankle height to above the head, the Hammer Head Anchor Gym allows users to perform hundreds of exercises in a single location.

Made of all steel components, the Anchor Gym is a space-saving powerhouse capable of supporting up to 300 lbs. of resistance.

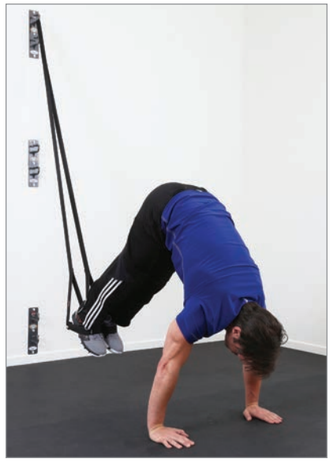
And, there are no moving parts. That means there is nothing to break or adjust. The Hammer Head Anchor Gym is rock solid!

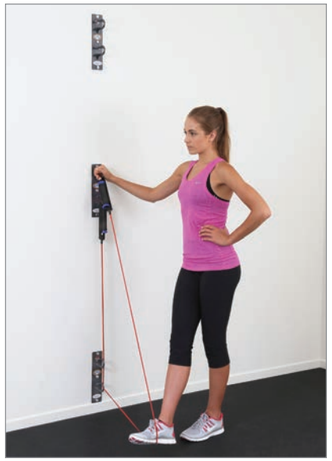


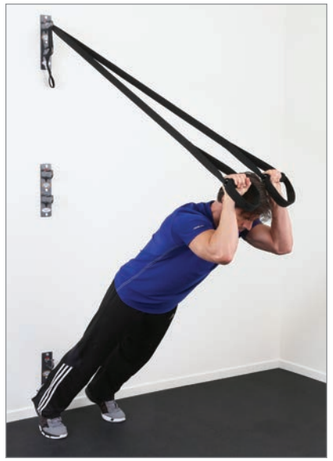
The Hammer Head Anchor Gym Difference

Anchors all types of resistance bands, suspension straps, large loop bands and stretch straps. Platform for four major training protocols:

- ***Resistance Band Training***
- ***Suspension Strap Training***
- ***Large Loop Band Training***
- ***Dynamic Stretching***







- *Delivers hundreds of exercise options*
- *Easy-to-use*
- *Fast and easy transitions*
- *Wall-mounted space saving design. Takes up zero floor space.*
- *Heavy-duty construction; no moving parts.*

Simplicity

The Hammer Head Anchor Gym is an amazingly simple product made possible by the unique design of its Hammer Head Safety Hook.

Installation

The Hammer Head Anchor Gym is mounted to load bearing wall-studs using lag screws (supplied); or is mounted to concrete or block walls using anchor sleeve bolts (supplied).

HAMMER HEAD® LIFETIME GUARANTEE ANCHOR GYM

Lifetime Guarantee

Each Hammer Head Anchor Gym comes with a Lifetime Guarantee. See Guarantee on Page 23.

HAMMER HEAD SAFETY HOOK™

Hammer Head Safety Hook

The Hammer Head Anchor Gym features the Hammer Head Safety Hook. With its T-bar tip and curved shape, the hook allows for bands and straps to be pulled from every angle without the possibility of disengaging. Users can exercise with confidence that their bands and straps are securely anchored.

The hooks rounded shape was designed for fast, easy and smooth transitions.

No other piece of fitness equipment offers the versatility of the Hammer Head Anchor Gym

CONFIGURATIONS

The Hammer Head Anchor Gym comes in three configurations:

1 *Hammer Head Anchor Gym*

2 *Hammer Head Anchor Gym PLUS*

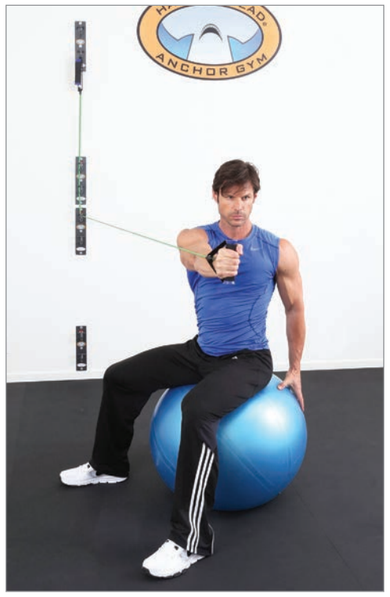
3 *Hammer Head Anchor Gym PRO*

Hammer Head Anchor Gym PLUS Configuration

PLUS CONFIGURATION

The Hammer Head Anchor Gym PLUS configuration adds a fourth H2 unit mounted at waist height. These are great anchoring angles when performing exercises using stability balls and large loop bands.

Rachel is performing a lateral slide step and touch using a large loop band anchored to an H2 unit mounted at waist height.



The Hammer Head Anchor Gym and stability balls make a great combination. Here is Shawn performing a single arm fly while seated on a stability ball.

Hammer Head Anchor Gym PRO Configuration

The Hammer Head Anchor Gym PRO configuration consists of three H2 units and one Arc; and delivers hundreds of exercise options in a single location making it the ideal system for personal training and group exercise.

For those of you who enjoy suspension training and need wall clearance, the Arc delivers three hooks mounted at seven feet and delivers 12.75-inches of wall clearance at the middle hook.

Shawn performing a pike using a Hammer Head Suspension Strap anchored to a Hammer Head Anchor Gym PRO Arc.

The Hammer Head Anchor Gym PRO Delivers Unmatched Versatility

The Hammer Head Anchor Gym is the ideal platform for anchoring large loop bands. Shawn has anchored three large loop bands horizontally across two PRO systems to create three exercise planes. This opens the door to a wide range of training options that heretofore were not possible with large loop bands.

INDIVIDUAL COMPONENTS – SPECIFICATIONS

The Hammer Head Anchor Gym in all of its configurations consists of two components: H2 and Arc.

H2 (Single Unit)

- *The H2 is 11.5-inches tall and 2.5-inches wide.*
- *Each H2 weighs two pounds.*
- *The Hammer Head Safety Hooks extend 3-inches from the wall.*
- *The H2 is rated to 300 lbs. of resistance.*
- *Each H2 is mounted to load-bearing wood studs using three 5/16 x 2-1/2 hex lag screws (supplied); and to concrete or block walls using three 5/16 x 2-1/2 hex sleeve anchors (supplied).*

Arc (Single Unit)

- *The Arc is 17.25-inches wide with a faceplate that measures 4-inches in height and weighs seven pounds.*
- *At the center hook, the upper unit extends 12.75-inches from the wall.*
- *The mounting plates are 1.5-inches wide and 6.5-inches tall.*
- *The mounting holes are 16-inches apart for mounting into wood studs.*
- *For added strength, the Hammer Head Safety Hooks are welded to a gusset made of one-inch steel tubing.*
- *The Arc is rated to 300 lbs. of resistance.*
- *The Arc is mounted to load-bearing wood studs using four 5/16 x 2-1/2 hex lag screws (supplied); and to concrete or block walls using four 5/16 x 2-1/2 hex sleeve anchors (supplied).*

IMPORTANT SAFETY INSTRUCTIONS

WARNING: ***The Hammer Head Anchor Gym was designed for use with rubber or latex resistance bands; and straps made from cotton, nylon or polypropylene. Do not fasten resistance bands or straps to the Hammer Head Safety Hooks with metal clip hooks or other hooks made of hard materials. This has the potential to damage the coating on the hooks and cause premature wear.***

- ***Read all instructions before using your Hammer Head Anchor Gym.***
- ***Consult your doctor before embarking on a fitness program.***
- ***Do not allow children or persons unfamiliar with fitness equipment or exercise in general near the equipment. Do not leave children unsupervised around the equipment.***
- ***Use the equipment only for its intended purpose as described in this manual. Failure to do so has the potential to void the Lifetime Guarantee.***
- ***Always inspect the equipment for damage before each use. Do not use the equipment if it is damaged. If damaged, contact Core Energy Fitness.***

The design, testing and labeling of the Hammer Head Anchor Gym were based on standards provided by: ASTM F 1749-09 Standard Specification for Fitness Equipment and Fitness Safety Signage and Labels; F2276-09 Standard Specification for Fitness Equipment; and F2571-09 Standard Test Methods for Evaluating Design and Performance Characteristics of Fitness Equipment.

⚠ CAUTION

Serious injury can occur if this equipment is not used properly.

- Always consult a physician before beginning any exercise program.
- Use only as instructed in Owner's Manual.
- Use only authorized exercise devices with this equipment.
- Check resistance bands for wear.
- Do not use Arc's faceplate (hand to faceplate) for pull-ups.
- Keep children away from this equipment.
- Do not remove this label. Replace when worn or damaged.

For more information visit CoreEnergyFitness.com

MAINTENANCE SCHEDULE

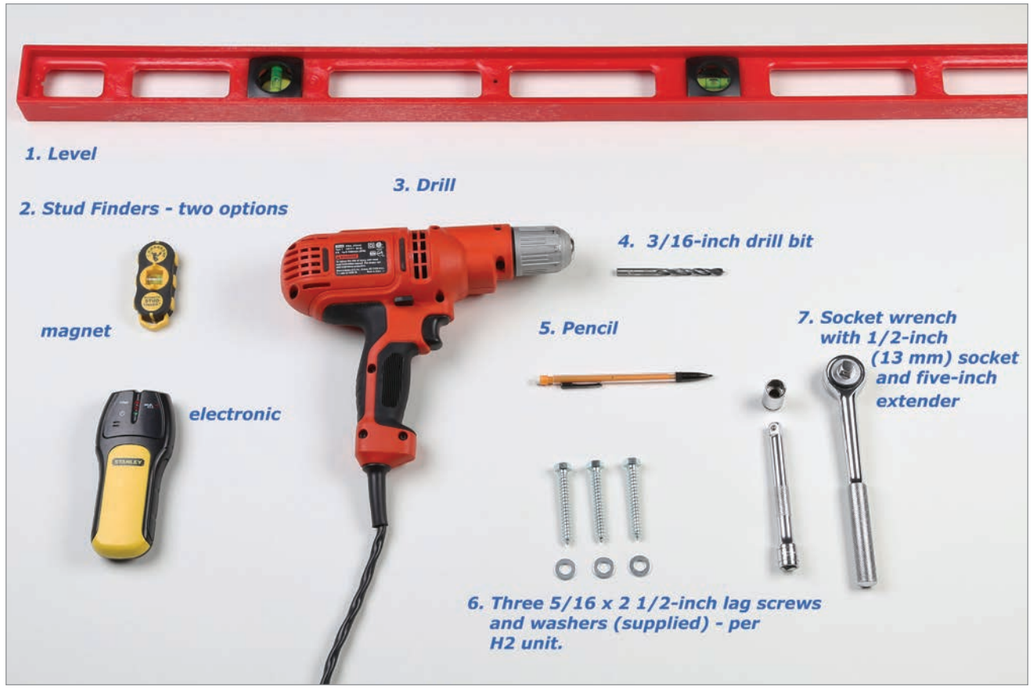
Check the integrity and function of the following items:

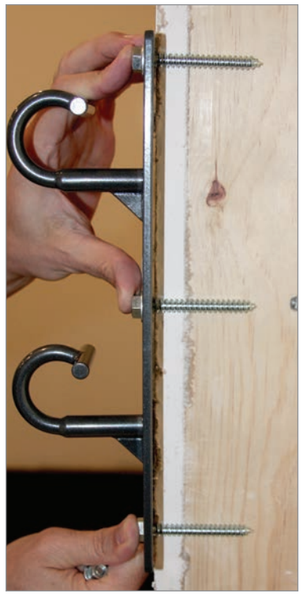
- Check wall mount screws weekly. Tighten as needed.
- Check weld joint regularly for damage. Do not use if weld-joints are damaged.
- Check hooks for bending. Do not use if a hook is bent.
- Do not remove this label. Replace when worn or damaged.

For more information visit CoreEnergyFitness.com

Patent Pending

TOOLS





To install your Hammer Head Anchor Gym you will need the tools listed in the above photo.

Each H2 unit is mounted to drywall and wood studs (2x4) using three 2-1/2-inch lag screws.

The lag screws penetrate the wood studs two-inches.

With three lag screws the H2 is rock solid and will not disengage.

Concrete or Block Walls

Installation into concrete and block walls requires the use of a hammer drill. We recommend that you use a skilled professional experienced with concrete or block structures to install your Hammer Head Anchor Gym.

For concrete or block walls use 5/16 (diameter) x 2-1/2-inch (length) sleeve anchors (supplied).

INSTALLATION

Each H2 is mounted to load-bearing wood studs using 2-1/2 inch lag screws (supplied). Each component is mounted with three lag screws accessed through mounting holes in the H2's base plate.

Hammer Head Anchor Gym – Mounting

Install your Hammer Head Anchor Gym with the H2 units mounted at seven feet, chest height and ankle height.

Top H2 Unit:
Mount the top unit with the ***top hook*** *at seven feet. This is the ideal height for the Hammer Head Suspension Strap and top-down exercises.*

Middle H2 Unit:
Mount the middle unit with the ***top hook*** *at chest height (in line with your sternum).*

Bottom H2 Unit:
Mount the bottom unit with the ***bottom hook*** *at ankle height or about six-inches from the floor.*

Installing Your System

To install your system, please follow these instructions.

1. **Studs.** Locate a load-bearing wall stud using a stud finder. Mark the centerline (middle) of the studs.

   NOTE: ***In any wood frame structure, load-bearing wood studs are always 16-inches apart. This is to accommodate the installation of the drywall. A magnetic stud finder (the small stud finder in the photo at left) use magnets to locate the nails used to install the drywall. For this reason, they are very accurate. An electronic stud finder use changes in capacitance to locate the stud.***

2. **Mark Hole.** Hold the unit in the desired position against the wall with the mounting hole directly on top of the centerline of the stud. Mark the top mounting hole.

3. **Drill Bit.** Using a standard 3/16-inch drill bit, measure the drill bit against the length of the lag screw. The drill bit in the photo happens to be the same length of the lag screw (about 2-1/2-inches).

   Drill a hole equal to length of the lag screw. If the drill bit is longer than the lag screw, place a piece of tape around the drill bit marking 2-1/2-inches of the bit.

4. **Starter Hole.** Drill a starter hole the entire length of the drill bit (or to the tape marking 2-1/2-inches).

5. **Drill Bit & Lag Screw.** It is important to use a 3/16-inch drill bit. Since the lag screw's diameter is 5/16-inches, the threads of the lag screw will firmly grip the wood stud.

6. **Secure Lag Screw.** After the hole has been drilled into the stud, insert and tighten a lag screw until it is secure.

7. **Socket Wrench.** Tighten the lag screw with the socket wrench.

8. **Level.** Level the H2 unit and mark the middle and lower mounting holes.

9. Drill Other Holes. Hold the H2 to the side and drill the other two mounting holes.

10. Secure Lag Screws. Tighten the lag screws until they are secure.

11. Socket Wrench. Tighten both lag screws with the socket wrench.

12. Finish and Repeat. Repeat this process for each of the other two H2 units.

Installing the Arc

Install the Arc in exactly the same manner as the H2. The mounting holes (on the Arc's mounting plates) are 16-inches apart to accommodate the distance between wood studs.

The Arc is mounted with the hooks at seven-feet. If you are very tall, it is perfectly acceptable to mount the Arc at any height that allows you to perform top-down exercises comfortably.

Hammer Head Anchor Gym PLUS – Mounting

Top H2 Unit:
*Mount the top unit with the **top hook** at seven feet. This is the ideal height for the Hammer Head Suspension Strap and top-down exercises.*

Top Middle H2 Unit:
*Mount the middle unit with the **top hook** at chest height (in line with your sternum).*

Lower Middle H2 Unit:
*Mount the **lower middle** H2 unit at waist height.*

Bottom H2 Unit:
*Mount the bottom unit with the **bottom hook** at ankle height or about six-inches from the floor.*

Hammer Head Anchor Gym PRO – Mounting

Arc:
*Mount the Arc with the **hooks** at seven-feet. This is the ideal height for the Hammer Head Suspension Strap and top-down exercises.*

Top Middle H2 Unit:
*Mount the middle unit with the **top hook** at chest height (in line with your sternum).*

Lower Middle H2 Unit:
*Mount the **lower middle** H2 unit at waist height.*

Bottom H2 Unit:
*Mount the bottom unit with the **bottom hook** at ankle height or about six-inches from the floor.*

ANCHORING AND THREADING

With a total of six Hammer Head Safety Hooks spread over three components (eight for a PLUS; and nine for a PRO), the Hammer Head Anchor Gym provides numerous options for anchoring bands and straps.

Threading – Bands

To reduce the length or increase the tension of a resistance band, simply anchor the band on one hook and thread it through a second hook.

Threading – Straps

The same applies to suspension or stretch straps. To reduce the length of a strap, simply anchor a strap to one hook and thread it through a second hook.

Stretch Strap as a Pulley

The hooks can also be used to create a pulley using a Hammer Head eight-foot stretch strap. In the photo, Rachel has threaded the strap on an upper hook and placed her foot in one of the strap's loops.

To increase the tension of the stretch, Rachel simply pulls on the strap to produce the desired stretch.

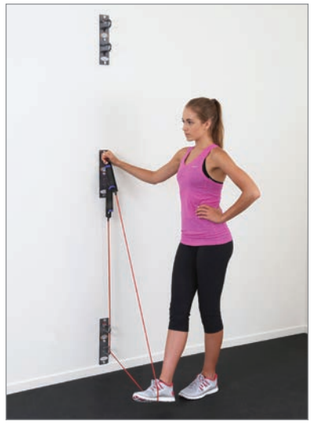
Basic Loop

For most exercises, especially those without vigorous dynamic movements, it is sufficient to simply loop the band over the hook.

Wrapping

To increase the safety of anchoring bands, the user has the option of wrapping the band around the hook. This will form a closed loop around the hook providing an extra layer of safety.

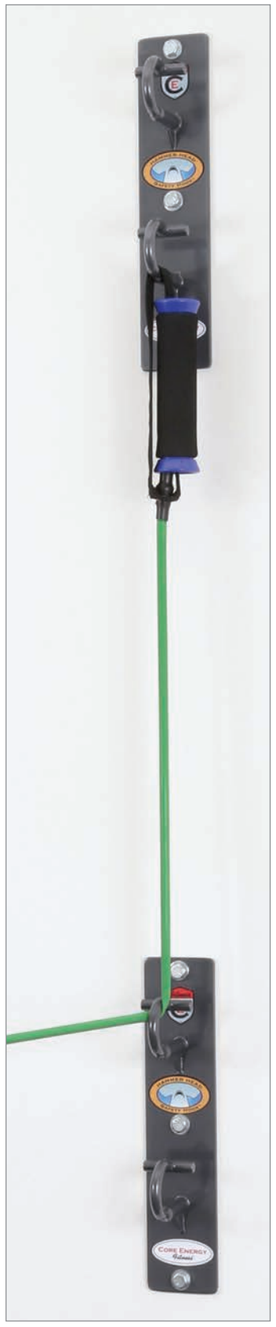
This technique will also eliminate bands from slipping while preforming exercises with alternating motions.



Bow String Configuration

The Bow String threading technique is used for abduction and adduction exercises. Anchor each of the band's handles on the H2 mounted at chest height. Thread the band through a lower hook to create a large loop.

Sample Threading and Anchoring Techniques



CUSTOMER SERVICE

If you have any questions regarding use of the equipment, installation or other products, please e-mail us at customerservice@CoreEnergyFitness.com or call 818-514-6789.

GUARANTEE & WARRANTY

Hammer Head Anchor Gym – Limited Lifetime Guarantee

Free from Defects. Core Energy Fitness Systems, LLC (hereinafter Core Energy Fitness), guarantees the Hammer Head Anchor Gym (i.e., H2 and Arc) to be free from defects in workmanship and material under normal use and service conditions for as long as you own the equipment. The guarantee commences on the receipt or invoice date of the original purchase.

GUARANTEE CLAIMS. All claims require the original receipt or registration of your guarantee; and any information supporting the existence of the alleged defect.

Original Purchaser. This guarantee extends only to the original purchaser of the product and will be terminated if you sell or transfer your Hammer Head Anchor Gym to any other person.

Limitations. Core Energy's obligation under this guarantee is limited to replacing or repairing at Core Energy Fitness' option the product through one of its authorized service centers or representatives. All repairs or replacement components for which guarantee claims are made must be pre-authorized by Core Energy Fitness. To make a claim under this guarantee, the buyer must notify Core Energy Fitness within 30-days after the date of discovery of any defect and make the affected product available for inspection by a Core Energy Fitness service representative. If the product is shipped to Core Energy Fitness or one of its authorized service centers or representatives, freight charges to and from the service center will be the customer's responsibility.

Damage Not Covered. This guarantee does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by Core Energy Fitness or an authorized service center.

Limited Liability. Core Energy Fitness is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The guarantee extended hereunder is in lieu of any and all other guarantees.

Exclusive Remedies

For any product described above that fails to conform to its guarantee, Core Energy Fitness Systems, LLC will provide, at its option, one of the following: (1) repair; or (2) replacement. THESE SHALL BE THE SOLE AND EXCLUSIVE REMEDIES OF THE BUYER FOR ANY BREACH OF GUARANTEE.

Limited Warranty – Hammer Head Resistance Bands, Hammer Head L-Bands (Large Loop Bands), Hammer Head Suspension Strap, Hammer Head Stretch Straps and Hammer Head D-ring

Core Energy Fitness warrants its Hammer Head Resistance Bands, Hammer Head L-Bands (Large Loop Bands), Hammer Head Suspension Strap, Hammer Head Stretch Straps and Hammer Head D-ring to be free from defects in workmanship and material under normal use and service conditions for a period of one year from the date of purchase. The warranty commences on the receipt or invoice date of the original purchase.

WARRANTY CLAIMS. All claims require the original receipt and any information supporting existence of the alleged defect.

This warranty applies only against defects discovered within the warranty period and extends only to the original purchaser of the product. Core Energy's obligation under this warranty is limited to replacing or repairing at Core Energy Fitness' option the product through one of its authorized service centers or representatives. All repairs or replacement components for which warranty claims are made must be pre-authorized by Core Energy Fitness. To make a claim under this warranty, the buyer must notify Core Energy Fitness within 30-days after the date of discovery of any defect and make the affected product available for inspection by a Core Energy Fitness service representative. If the product is shipped to Core Energy Fitness or one of its authorized service centers or representatives, freight charges to and from the service center will be the customer's responsibility.

This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by Core Energy Fitness or an authorized service center. Parts repaired or replaced under terms of this warranty will be warranted for the remainder of the original warranty period only.

Core Energy Fitness is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

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CORE ENERGY Fitness®

COREENERGYFITNESS.COM

Product Line:

Hammer Head Anchor Gym

Hammer Head Anchor Gym PLUS

Hammer Head Anchor Gym PRO

Hammer Head Resistance Bands

Hammer Head L-Bands (Large Loop Bands)

Hammer Head Suspension Strap

Hammer Head Stretch Straps

Hammer Head D-ring

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