

# Installing the door anchor for the Bodhi® Suspension System

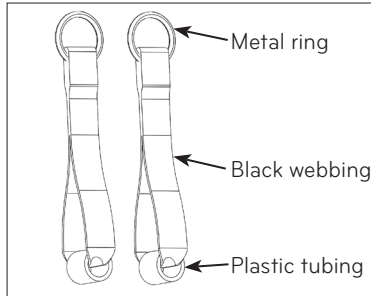
NOTE: Using the door anchor will allow you to perform many of the Bodhi Suspension System exercises. However, because the mounting point is against a wall it cannot facilitate any full suspension work.

## PARTS LIST

(2) 104-001 Door Jam Anchor

## TO INSTALL

1. Loop and attach each rope to a metal ring on each of the door jam anchors as if the metal ring were the standard mounting bar (see instruction# 400-283 for rope attachment instructions).



2. Place the plastic tube section of the anchors over a door so the black webbing is laying over the top of the door. Position the two anchors about a shoulder width apart and close the door.

**IMPORTANT SAFETY NOTE:** When standing on the side of the door with the Bodhi Suspension System, the door must open away from you and be locked.\* This will prevent the door from opening or damaging the door during use. The door and door frame must also be structurally sound.

\*Balanced Body is not responsible for any damage or injury resulting from improper installation or use.