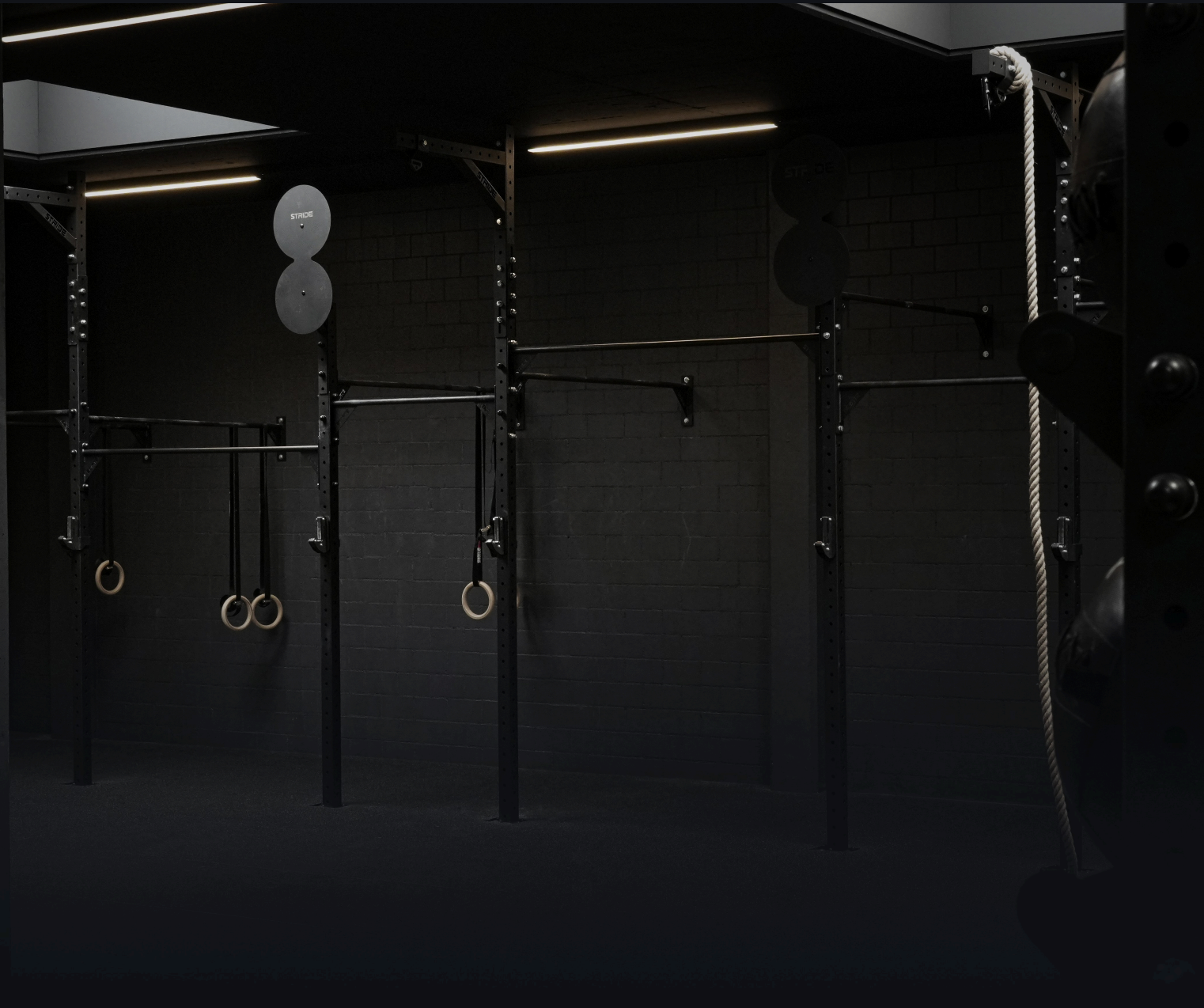




INSTALLATION MANUAL

WALL-MOUNTED TRAINING RIG

RAPTOR MODULAR WALL-MOUNTED RIG SYSTEM

01 SYSTEM OVERVIEW

The RAPTOR Wall-Mounted Training Rig is a modular, bolt-together rig system that fixes to a structural wall by means of 0.64 m crossbeams while standing on base plates at the floor. Every model is built from the same core parts — uprights joined at the top by pull-up bars and branded logo pull-up bars — so the rig scales from a single bay to a full-length wall rig using one consistent method.

Uprights are available in two heights (240 cm / 275 cm) and the rig depth in two options (110 cm / 180 cm). This manual applies to all models; use the configuration matrix below to confirm the exact part count for your build, then follow the assembly sequence on the final page.

02 MODEL RANGE & CONFIGURATION MATRIX

MODEL	REFERENCE	UPRIGHTS	1.10 M PU	1.80 M PU	LOGO PU	J-CUPS	CROSSBEAM
Rig 1-0	RAP-WALMNT1-0	2	1	–	2	1	2
Rig 1-1	RAP-WALMNT1-1	3	1	1	3	1	3
Rig 2-1	RAP-WALMNT2-1	4	2	1	4	2	4
Rig 3-2	RAP-WALMNT3-2	6	3	2	6	3	6
Rig 4-3	RAP-WALMNT4-3	8	4	3	8	4	8

Uprights: choose 240 cm (RAP-240UPR) or 275 cm (RAP-275UPR). Logo pull-up bar: choose 110 cm (RAP-110PULOGO) or 180 cm (RAP-180PULOGO) to match the rig depth. Crossbeam: RAP-64CROSS (0.64 m) — one per upright, fixing the rig to the wall.

03 OPTIONAL ATTACHMENTS

ATTACHMENT	REFERENCE	FUNCTION
Safety Spotters (pair)	RAP-SAFSPOT	Catch arms for barbell work
Landmine (rack attachment)	RAP-LANDMINE	Rotational barbell exercises
Double Barbell Holder	RAP-DUALBARHOLD	Vertical barbell storage on the upright
Plate Pin Set (2)	RAP-PLATEPINSET	Weight-plate storage horns
Dip Station	RAP-DIPSTAT	Parallel dip bars

Attachments are ordered per configuration (typically 1 or 2 sets per rig). Fit them after the frame is fully assembled, squared and torqued.

04 DIMENSIONS & CLEARANCE

Overall dimensions for the wall-mounted rig range. Depth and upright height are selected per configuration; overall length depends on the model. All dimensions in millimetres.

MODEL	OVERALL LENGTH (MM)
Rig 1-0	1375
Rig 1-1	3250
Rig 2-1	4425
Rig 2-2	6300
Rig 3-2	7475
Rig 3-3	9350
Rig 3-4	10525

Lengths as per the STRIDE dimension drawing. Note: this model set (incl. 2-2, 3-3, 3-4) differs from the bill-of-materials range on page 2 (incl. 4-3) — please confirm the authoritative model list so both can be aligned.

■ DEPTH (PER RIG)

- Wall to front uprights: **1100 mm or 1800 mm**
- Footprint incl. base plate: **1230 mm / 1930 mm**

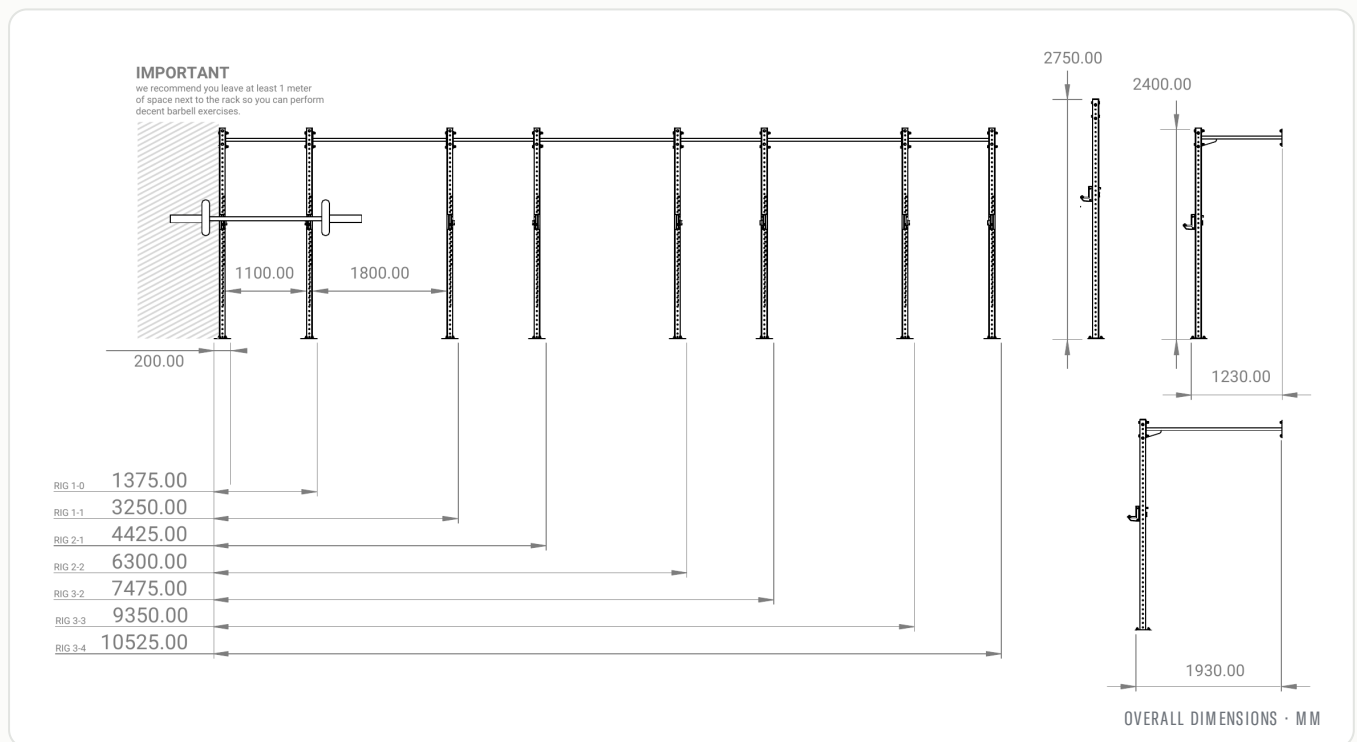
■ UPRIGHT HEIGHT

- **2400 mm or 2750 mm**

■ WALL CROSSBEAM / BASE PLATE

- Crossbeam: **0.64 m (640 mm)** — RAP-64CROSS
- Base plate: approx. **200 mm** footprint

Important — clearance: leave at least **1 metre** of free space alongside the rack so barbell exercises can be performed safely.



05 BEFORE YOU BEGIN

■ REQUIRED TOOLS

- Hammer drill and masonry / concrete drill bits
- Wall anchors rated for the wall type and rig loads
- Socket / ratchet set, spanners and hex (Allen) keys
- Calibrated torque wrench
- Spirit level (≥ 600 mm), plumb line and tape measure
- Rubber mallet, marker / chalk and step ladder

■ PEOPLE & TIME

Assemble with a minimum of **two people**. Larger multi-bay models (3-2 and up) are easier with three. Keep the work area clear while lifting uprights into the wall crossbeams.

■ SAFETY

- Confirm the wall is structural and can carry the rig loads before fixing.
- Use wall anchors suited to the wall material; if in doubt, consult a structural engineer.
- Wear gloves and eye protection; use dust protection when drilling.
- Leave fasteners **finger-tight** until the rig is level and plumb, then torque to spec.
- Confirm every fastener and wall fixing is tight before first use.
- Do not use the rig if any part is bent, cracked or damaged.

06 WALL, FLOOR & CLEARANCE

■ WALL

- Solid, load-bearing wall — solid masonry or concrete recommended.
- Avoid hollow or cladding-only walls without a verified fixing method.
- Use the correct anchor type and embedment for the wall material.

■ FIXING PRINCIPLE

The rig is supported at the top by 0.64 m crossbeams anchored to the wall and at the bottom by base plates bolted to the floor. Both fixings must be installed and tightened; the rig relies on the wall for stability during pull-up, muscle-up, rope and landmine use.

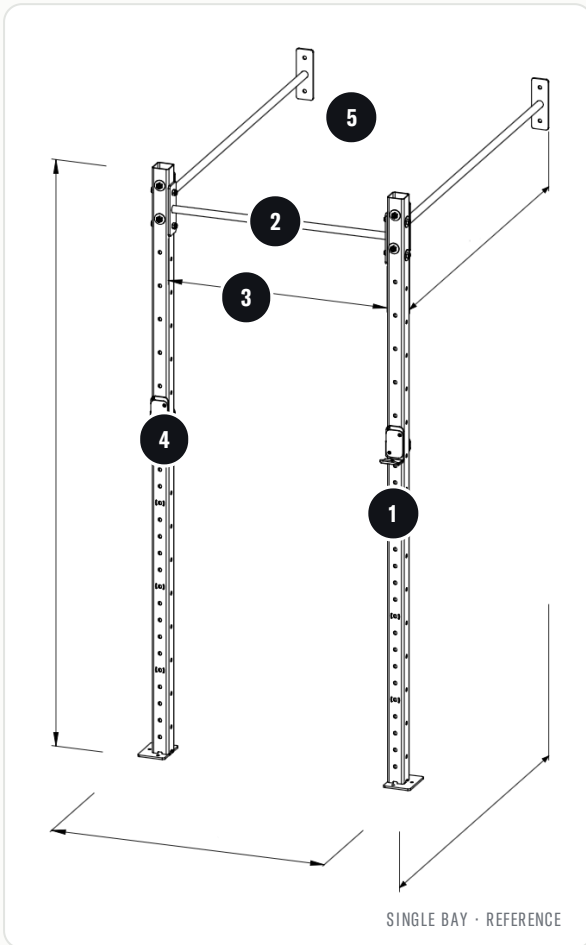
■ FLOOR & CLEARANCE

- Level, load-bearing floor for the base plates; shim where needed.
- Mark the full footprint (depth 110 / 180 cm) before fixing.
- Allow head-height clearance above the top pull-up bars.

Specifications to confirm: wall-anchor type and embedment, fastener sizes and final torque values, and maximum load ratings are defined in the STRIDE technical specification for your model and wall type. Enter those values here before the manual is issued to installers.

07 PARTS & TECHNICAL DRAWING

A single bay is shown below. Every model is built from these parts — larger rigs repeat and share uprights. Numbers on the drawing match the parts key.



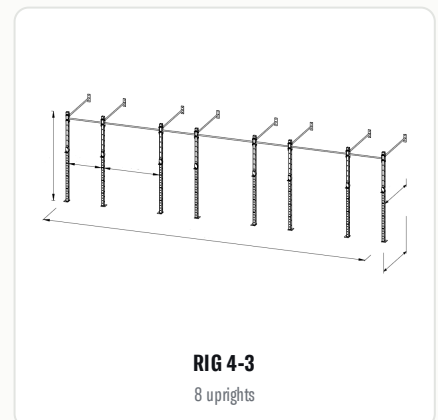
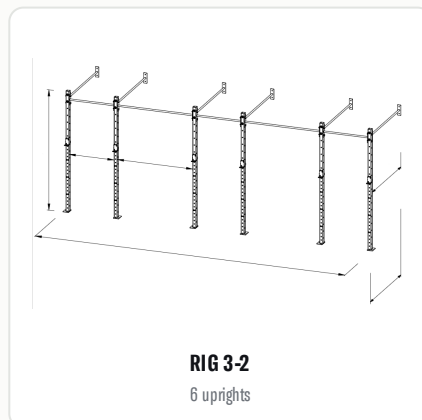
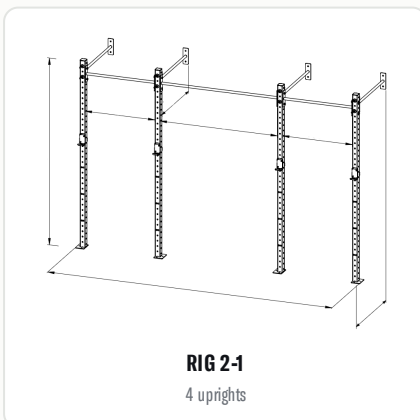
PARTS KEY

- 1 Rack upright (incl. base plate)**
RAP-240UPR (240 cm) / RAP-275UPR (275 cm)
- 2 Pull-up bar (1.10 m / 1.80 m)**
RAP-110PU / RAP-180PU
- 3 Logo plate pull-up bar**
RAP-110PULOGO / RAP-180PULOGO
- 4 J-cups (pair)**
RAP-JCUPS
- 5 Wall crossbeam (0.64 m) & wall bracket**
RAP-64CROSS

The base plate is welded to the upright and supplied as one part. Each upright fixes to the wall with a 0.64 m crossbeam; uprights are drilled on multiple faces so bars, J-cups and attachments can be positioned to suit the build.

08 CONFIGURATION RANGE

The same components scale from a single bay up to a full-length wall rig:



09 ASSEMBLY SEQUENCE**1****INVENTORY & SORT**

Unpack all parts and check them against the configuration matrix (page 2). Sort fasteners and wall anchors by type.

2**MARK WALL & FLOOR**

Mark the upright / base-plate positions on the floor and the crossbeam positions on the wall for your chosen depth (110 / 180 cm) and bay spacing. Check level and plumb.

3**FIX WALL CROSSBEAMS**

Drill, fit the correct wall anchors and mount the **0.64 m crossbeams (5)** to the wall. Leave the wall fixings slightly loose for adjustment.

4**ATTACH UPRIGHTS**

Connect each **upright (1)** to its wall crossbeam and set it on its base plate. Keep all bolts **finger-tight**.

5**FIT BARS**

Install the **pull-up bars (2)** and **logo plate pull-up bars (3)** between the uprights. Still finger-tight.

6**ADD FURTHER BAYS**

For multi-bay models (1-1 → 4-3), fix the next crossbeams, hang the next uprights and connect them with the additional bars, sharing uprights where they meet. Repeat until complete.

7**LEVEL & PLUMB**

Check that uprights are plumb, the top bars are level and the run is straight. Shim any base plate that rocks so all sit flat.

8**TORQUE ALL FASTENERS**

Working along the rig, tighten every bolt progressively to the specified torque. Re-check level once fully torqued.

9**FIX TO WALL & FLOOR**

Fully tighten the wall anchors and anchor the base plates to the floor through the provided holes. Verify the rig does not shift under load.

10**FIT J-CUPS & ATTACHMENTS**

Install the **J-cups (4)** at working height, then fit any safety spotters, landmine, dual barbell holder, plate pins and dip station.

FINAL INSPECTION CHECKLIST

- | | |
|---|--|
| ☐ Wall anchors & floor fixings fully tightened | ☐ All fasteners torqued to spec |
| ☐ Uprights plumb, bars level, run straight | ☐ All base plates flat & anchored |
| ☐ J-cups & attachments secure | ☐ No bent, cracked or damaged parts |

Maintenance: re-check fastener torque and wall fixings after the first week of use and periodically thereafter. Inspect uprights, crossbeams, welds and attachment points regularly, keep the rig clean and dry, and report any damage before further use.