



ROPES GONE WILD by ArtofStrength

Floor Attachment

There are many ways to anchor your Ropes Gone Wild. If you choose to screw the attachment into a concrete floor follow these simple steps:

1. **SCREW 6" EYE BOLT INTO FLOOR**
Using a cement bit drill a hole into the floor.
Fill the hole with epoxy and screw in your eye hook
2. **SLIP ROPE THROUGH 2" RING.** Slide ring to the middle point on your rope.
3. **CONNECT CARABINER** Connect to the eye bolt and to the rope ring
* Optional - This photo shows an additional ring between the carabiner and the eye hook. Add this extra piece if you plan to anchor more than one rope. A distance of aprox 6' is required between clients; it can be at handle end or at the anchor point.
4. **GET READY** for a high intensity, no impact, maximum heart rate, intense core, metabolic work-out! **ENJOY THE JOURNEY**