



# TONAL

I N S T A L L A T I O N  
G U I D E



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# SUPPORTED WALL MATERIALS

While Tonal can be installed on different wall types, it's important to ensure your installation space has walls that are supported. This helps ensure a smooth and safe installation and workout experience.

Any approved wall surface will be drilled through during the installation process.

Compatible wall types	Wall types needing modification/consideration	Incompatible wall types
<ul style="list-style-type: none"> <li>• Drywall/sheetrock</li> <li>• Plywood (no thicker than 1 ¼ inches)</li> <li>• Exposed wood studs</li> </ul>	<ul style="list-style-type: none"> <li>• Concrete</li> <li>• Paneling</li> <li>• Pine board (no thicker than 1 ¼ inches)</li> <li>• Stucco</li> </ul>	<ul style="list-style-type: none"> <li>• Brick*</li> <li>• Exposed metal studs*</li> <li>• Tile**</li> <li>• Mirror**</li> <li>• Plaster*</li> <li>• Magnesium Oxide (MgO) boards*</li> </ul>

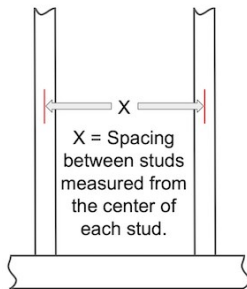
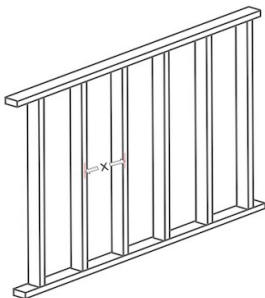
\*Installation may be possible if you have studs anchored to the floor and ceiling joists supporting these materials.

\*\* These materials may be installed after Tonal is installed, but Tonal can't be directly installed over these materials.

# STUD TYPES AND SPACING

To ensure a successful install of your Tonal, it's good to be aware of your stud type and spacing before your installation. You can assess your wall's stud type and stud spacing using a stud finder.

- **Minimum stud dimensions:** Use 2-inch by 4-inch studs (nominal measurements), with the 2-inch dimension facing out from the wall.
- **Supported stud types:** Wood and metal (sheet steel) studs are compatible. Aluminum studs are not supported.
- **Supported stud placement:** The studs should be placed between 16 to 24 inches from the center. Please note that perfect centering depends on stud placement within the wall.
- **Additional hardware:** If your wall has stud spacing between 17 to 24 inches, you'll require additional mounting hardware.



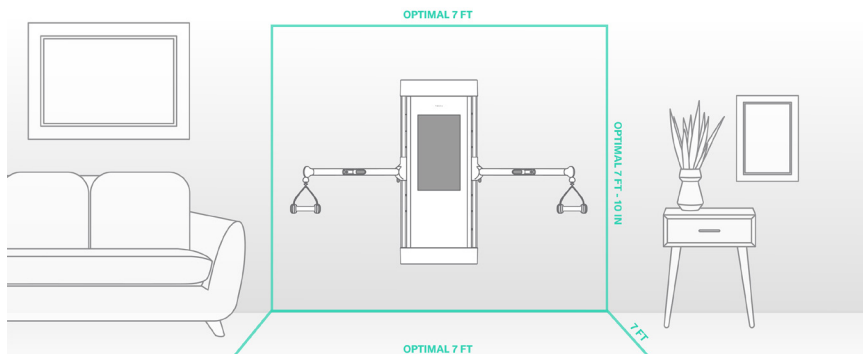
# SURROUNDING SPACE

- **Ceiling height:** Tonal requires a minimum ceiling height of 7 feet 10 inches to allow the arms to extend fully. A ceiling height of 7 feet can accommodate most Tonal movements, but the arms may not reach their highest point.

If you have a slanted ceiling, we'd encourage you to have an alternative location in mind that meets the height requirements.

- **Floor height:** The bottom of the Tonal bracket is installed 27 ½ inches from the floor. Take into account any additional flooring — such as exercise mats — that will add floor height before installation.
- **Surrounding space:** Ensure a minimum space of 7 feet from the center of the Trainer: 3 ½ feet on the left, 3 ½ feet on the right, and 7 feet out from the wall.

If installed in a space with a width of 6 feet (3 feet on each side) you will have the ability to perform 99.2% of the movements.



# ADDITIONAL REQUIREMENTS



## Wifi signal strength

Your wifi signal should be strong enough to support streaming audio and video on your smartphones and laptops.



## Outlet location

Tonal requires a grounded, three-pronged outlet within 6 feet and no more than 23 inches from the floor if it's directly beneath the installation location.

Electrical work for moving/ installing an outlet should be completed prior to installation.

# OTHER CONSIDERATIONS

- **Adjacent bathrooms or kitchens:** If your workout area is adjacent to a bathroom or kitchen, be aware that there may be plumbing or electrical components in the wall. This could impact the space's installation compatibility.
- **Outdoor installation:** Tonal can't be installed outdoors. However, if you have a garage that meets specific temperature requirements, you can install Tonal there.
  - Operating temperature: 50° to 95°F
  - Storage temperature: -13° to 113°F
  - Relative humidity: 0% to 90%, non-condensing
- **Noise level:** While Tonal's cables are designed to be smooth and relatively quiet, it isn't entirely silent. Tonal generates noise equivalent to that of a dishwasher.

If you have sensitive neighbors or adjacent rooms with occupants sensitive to noise, please be mindful of potential sound issues during Tonal use.









TONAL