



AntiGravity Fitness

Basic Installation and Rigging Reference Guidelines for AntiGravity Hammocks in a Group Fitness Studio

The following is for informational purposes only. Ceiling environments vary greatly from place to place. AntiGravity Fitness provides this information only as a reference. It is not meant as a substitute for a consultation with a professional local licensed general contractor or engineer!

1. Each AntiGravity Hammock, including its components, is rated to hold 1,000lbs / 454kg
2. AntiGravity does not provide the hardware (i.e. eye-hooks) to create the points to which the AntiGravity equipment is attached. We provide everything *below* the point.
3. Each AntiGravity Hammock is attached by 2 points. The points should be 20in / 50cm apart.
4. Each point must be rated for a *dynamic* load of no less than 500lbs / 227kg
5. Lateral distance (side by side) between two people in Hammocks (the “plumbline”) should be a minimum of 5ft / 1.52m, but ideally no more than 6ft / 1.82m.
6. Minimum Distance (front / back) between two people in Hammocks should be 10ft / 3.04m
7. Minimum distance between **front of the room (mirror)** and the first person in a Hammock must be minimum 6ft / 1.83m

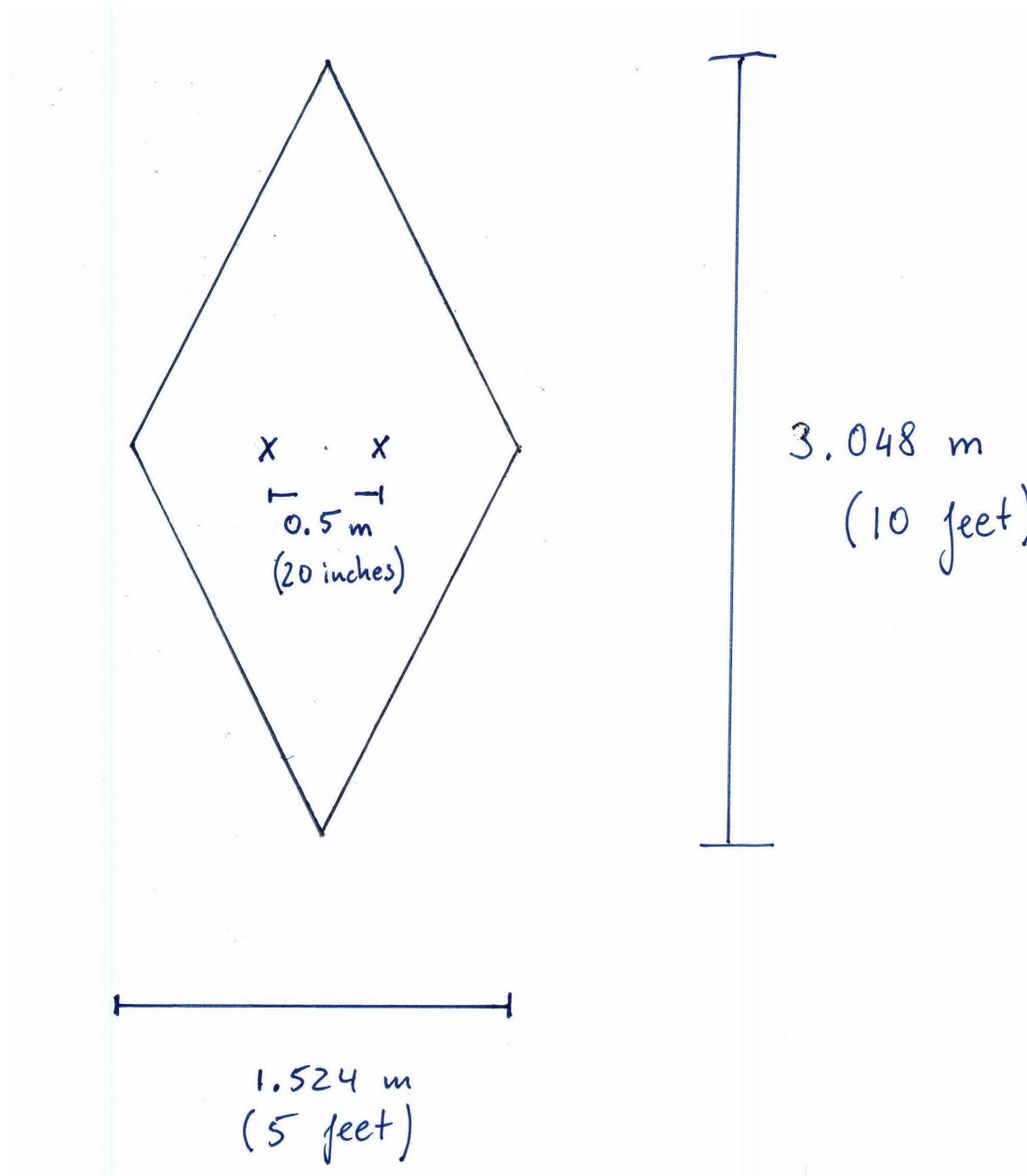
Based on the guidelines above and assuming no ceiling obstructions (i.e. HVAC), the following should be possible:

- 500ft² / 47m² = 12 AntiGravity® Hammock stations*
- 1000ft² / 94ms = 24 AntiGravity® Hammock stations*



Single Hammock Footprint:

Note: whenever there is a hard obstruction (i.e. mirrors, walls, windows, columns), add 1ft / 30cm extra space from the obstruction.





Sample Floor Plan:

Note: the below floor plan is for illustration purposes ONLY. Its purpose is to show how to maximize a studio's footprint with multiple hammocks. Dimensions and measurements may not be accurate.

