

Aluminum Trim Air System Installation

Caution: Read all instructions before beginning

Tools needed: Hacksaw and miter box
File or medium sandpaper
Knife or scissors
Tape measure
Screwdriver
Drill and drill bits
Open end or crescent wrenches
Hammer
Double sided tape

1. In the exercise room, layout the aluminum trim in the position it will be installed. If any piece of trim must be cut, it should be cut in a miter box. Clean up cut edges with a file or sandpaper. Using a small knife, debur the holes in the ends of the trim.
2. Slide aluminum trim connector first into one side, leaving about 1/2 inch of the connector exposed. Push the next trim together sliding the connector in place and tighten both ends. Complete as many as necessary.
3. Remove the chrome-tapered nuts from the single outlets. Place the single outlets upside-down in the holes in the trim.
4. Push the plastic plug into the end of the last outlet and tighten the nut finger tight plus one full turn. Hold the outlet body with one wrench and tighten the nut with another.
5. Starting at the first outlet of the track, insert tubing into the inside portion of the outlet and tighten the nut finger tight plus one full turn. Stretch the tubing to the next outlet and mark at groove in nut, then cut). Push tubing into the outlet and tighten finger tight plus one full turn. The tubing should be fairly tight between the outlets. Complete as many as necessary.
6. If the system turns a corner, an elbow must be installed. This is done just like an outlet except the elbow must be held in position over the trim elbow.
7. Install the compressor and plug it in. This is to make sure there is power to the outlet. Now unplug, then remove and discard the plugged nut. Attach the main airline using a new nut. Run the airline to the exercise room, being careful not to kink it. Plug in the compressor briefly to blow the airline clean. If the compressor is in the same room, you may use the pigtail. Plug it in to the outlet on the compressor, then to the outlet on the track.
8. Attach the system to the main airline. Turn on the compressor and check all connections for leaks. If a leak is found, tightening the nut 1/4 turn may repair it. If this does not work, the nut and hose may have to be replaced. Test all the female quick disconnects by plugging a machine into them.
9. Starting at the far end of the system, remove the outlet body and push it up through the holes in the trim. When all the outlets are in place, install the chrome nuts taper side up and snug them down lightly. Test with a machines quick disconnect to make sure the latch engages.
10. System may be fastened to floor with one of the following methods.
11. Anchors should be placed under the joints between trim sections. These are screwed to the floor and the trim is pushed down over them using the rubber mallet so it doesn't damage the track.
12. If using the double-sided tape as an anchor, cut the exact length of tape as the aluminum track. Then place the tape on the floor where you are going to lay the track and press on top to get a good stick. Peel the top layer of tape off, parallel not up and place the track on top of tape.