

FORME

PERSONAL HOME FITNESS

INSTALLATION GUIDE

STUDIO

FINDING YOUR STUDIO SPACE	04
PREPARE FOR MOUNTING	05
THE BARRE	07

LIFT

FINDING YOUR STUDIO SPACE	10
PREPARE FOR MOUNTING	15
POWERING THE STUDIO LIFT	16
POWER AND CONNECTIVITY	17
A COUPLE MORE THINGS TO KEEP IN MIND	18

Our Fitness Concierge team is happy to help you plan the best location for your Studio or Lift to be installed.
Phone: (310) 697-8655

A vertical smartphone screen is centered in the image. The screen displays a fitness application interface. At the top, the status bar shows the time as 8:40 AM on the left and battery level at 99% on the right. The main content area features a woman in a white athletic outfit performing a bicep curl with a dumbbell. The background of the app is dark with a subtle orange glow behind the woman. The text 'FORME' is overlaid in large white letters across the middle of the screen, with 'STUDIO' in smaller white letters below it.

FORME

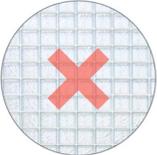
STUDIO

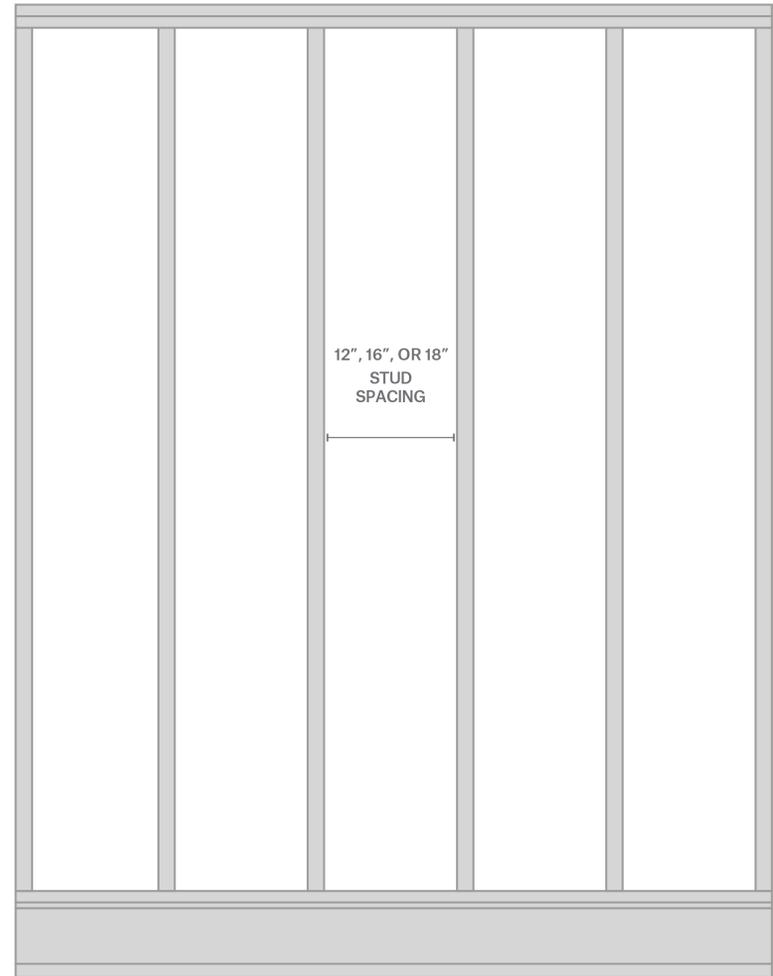


We recommend having a 6' x 6' workout area in front of your Studio. However, many of our classes require much less space.

CHECK YOUR WALL

Carefully review our comprehensive list of approved walls for mounting your Studio. Our installers may have to drill “pilot” hole(s) to locate your studs. In the rare instance that they are unable to locate studs, FORME would ask that you seek professional evaluation and reschedule the installation once wall studs are located and marked.

APPROVED AND NOT APPROVED FOR MOUNTING			
 <p>POURED CONCRETE</p>	 <p>EXPOSED WOOD STUDS</p>	 <p>DRYWALL / SHEETROCK OVER / WOOD / STEEL STUDS OR CONCRETE</p>	 <p>PANELING OVER WOOD / METAL / STUDS OR CONCRETE</p>
 <p>PLASTER ON WOODEN LATH OVER WOOD OR STEEL STUDS OR CONCRETE</p>	 <p>PLYWOOD OVER WOOD / METAL STUDS OR CONCRETE</p>	 <p>STUCCO OVER WOOD / METAL STUDS OR CONCRETE</p>	 <p>GLASS</p>
 <p>MIRROR</p>	 <p>TILE OVER WOOD / METAL STUDS OR CONCRETE</p>	 <p>BRICK</p>	 <p>BRICK OR STONE VENEER</p>

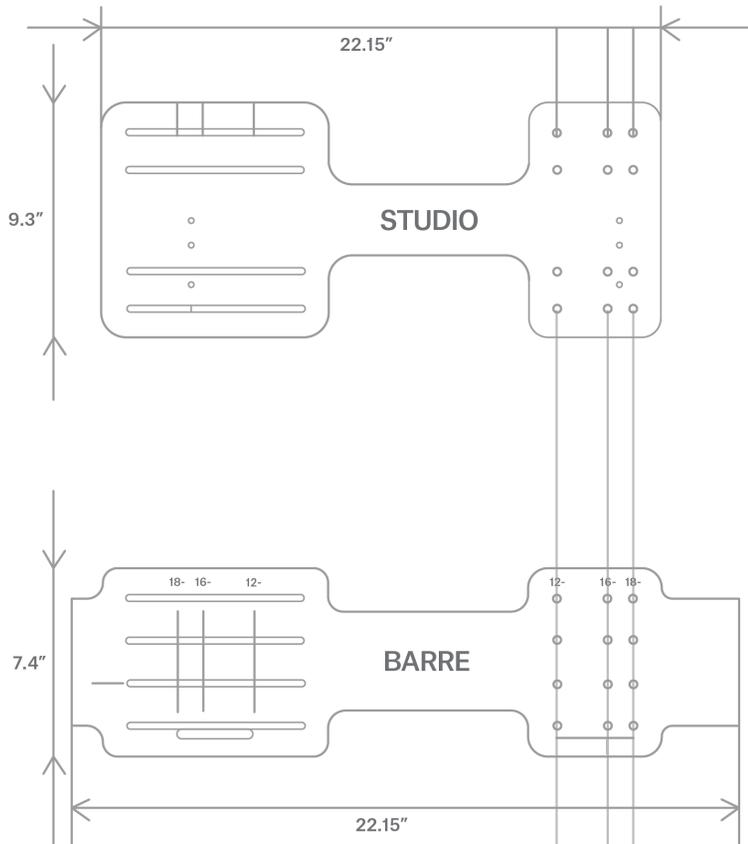


MOUNTING THE STUDIO

The Studio must be professionally mounted into a wall by FORME's installation partner, and can be in either a floating or standing configuration. A floating Studio is installed into 2x wood or steel studs that are 12", 16" or 18" apart, or into poured concrete. While we recommend that it sits at 4" from the ground, the Studio can be floating at your preferred height. Regardless of the height that you choose, you

will have clearance for a baseboard (9" x 3/4") and a kickstand that allows you to adjust the tilt of your Studio.

If our installers are unable to locate studs, we require a standing installation, where the Studio is still mounted to the wall but sits flush with the floor on a thin, rubber "pedestal".



BARRE MOUNTING PLATE

When installed with the Studio, the Barre has a separate mounting plate that must be installed directly into wood or metal studs, or into concrete below the Studio's mounting plate, creating another set of 8 holes. Once the mount is installed, the Barre accessory can easily be attached and removed from the Studio.



Once installed, the Barre height will not be adjustable, which is why we recommend installing it 38" from the ground, which follows industry standards. If you would prefer the installer to place the wall mount slightly higher or lower, you may ask them to do so during the installation.

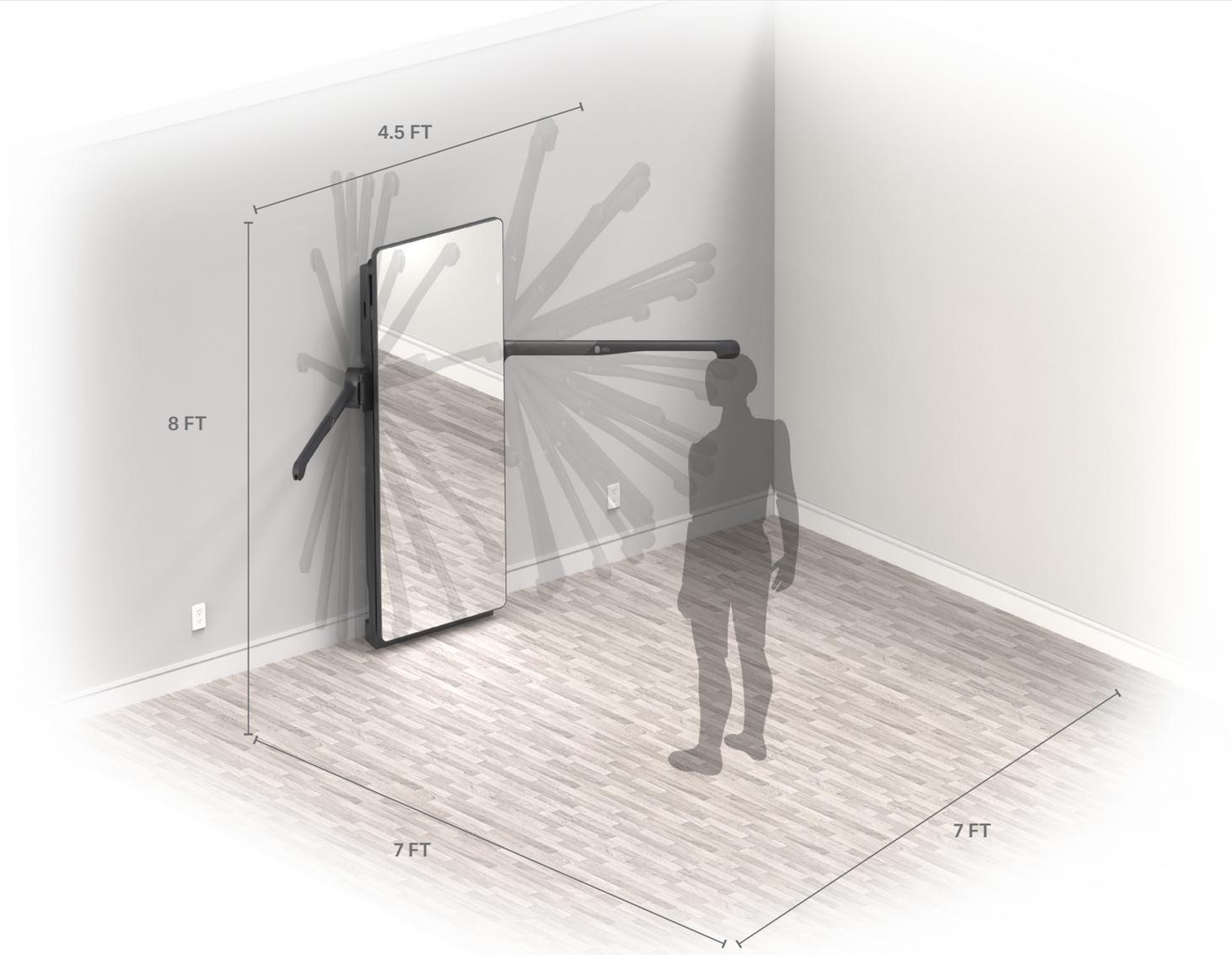
BARRE ON STUDIO LIFT

When adding the Barre to the LIFT, no additional mounting plate is required. Your Barre accessory can easily be attached and removed directly from both sides of the LIFT.



FORME

STUDIO *LIFT*



We recommend having an **7' x 7'** space to allow the LIFT's resistance arms to be fully utilized (away from windows, doors, or other openings). We also recommend a **minimum of 8'** from floor to ceiling, allowing the arms to be fully raised upward.







RESISTANCE ARMS

Range of Movement

The LIFT's arm requires 6" of space on either side of the machine in order to fully open from its stowed position.



ACCESSORY CABINET

Storage Cabinet

The accessory storage cabinet slides open on either side of the LIFT, and requires 4.5 feet of total wall clearance. The cabinet opens 13.5" on either side of the LIFT.

WALL MOUNTING

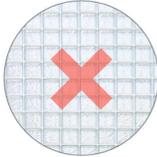
The LIFT must rest on the floor while bolted to the wall and allows clearance for a baseboard that is up to 9" high by 3/4" deep.

The requirements for wall studs or concrete include the following:
 + 16", 18" or 24" wall spacing of 2x wood or steel studs
 + Concrete block/ poured in place concrete wall

The LIFT also cannot be installed into a wall that backs up to significant plumbing or electrical paneling (e.g. breaker box, shower, laundry, toilet, etc.)

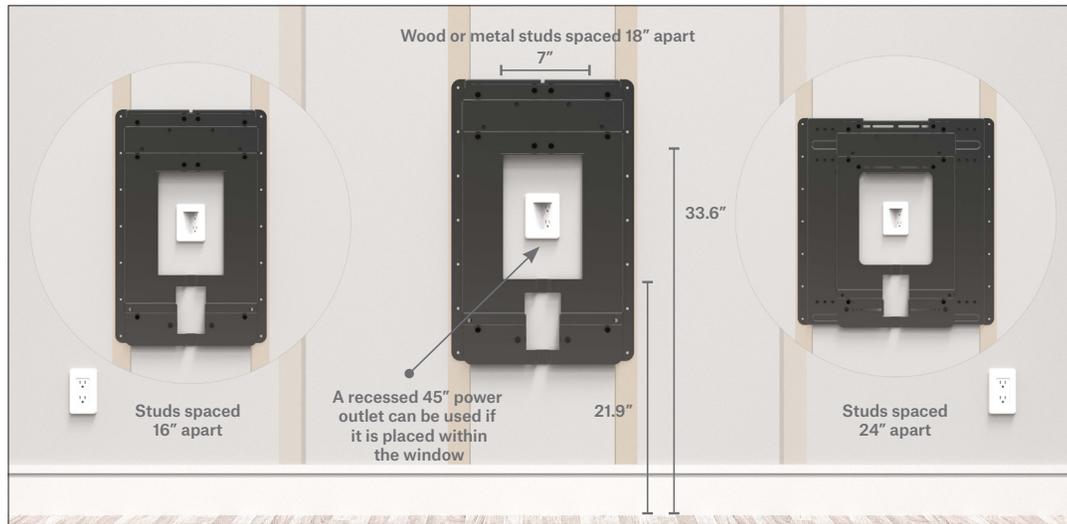
LEVEL FLOOR

When wall-mounted, the LIFT must rest on a level floor. We recommend using a level on the floor in front of where the LIFT will be installed to ensure the floor is completely level.

APPROVED AND NOT APPROVED FOR MOUNTING			
 <p>POURED CONCRETE</p>	 <p>EXPOSED WOOD STUDS</p>	 <p>DRYWALL / SHEETROCK OVER / WOOD / STEEL STUDS OR CONCRETE</p>	 <p>PANELING OVER WOOD / METAL / STUDS OR CONCRETE</p>
 <p>PLASTER ON WOODEN LATH OVER WOOD OR STEEL STUDS OR CONCRETE</p>	 <p>PLYWOOD OVER WOOD / METAL STUDS OR CONCRETE</p>	 <p>STUCCO OVER WOOD / METAL STUDS OR CONCRETE</p>	 <p>GLASS</p>
 <p>MIRROR</p>	 <p>TILE OVER WOOD / METAL STUDS OR CONCRETE</p>	 <p>BRICK</p>	 <p>BRICK OR STONE VENEER</p>

POWERING YOUR STUDIO LIFT

You must have a three-pronged power socket either behind or within 5' of the center of where you wish to position your LIFT.



- + Be recessed at 45 degrees. We recommend the following FORME-approved recessed outlets: [option 1](#) and [option 2](#).
- + Fit within the opening of the mounting plate. This is the main opening of the mounting plate and the outlet can be positioned anywhere within that opening, which includes these ranges:
 - Upper edge = 33.6" from the ground
 - Lower edge = 21.9" from the ground
 - 7" across the center
- + This opening allows for stud spacing of 16", 18" or 24". The power cord will be hidden from sight if the outlet is placed within this opening.

If you plan to have the recessed outlet behind the LIFT, please let our team know so we can ensure the proper A/C power cable accessory is shipped with your LIFT.



POWER + ELECTRICAL REQUIREMENTS

You must have a three-pronged power socket either behind or within 5' of the center of where you wish to position your Studio or LIFT.

Extension cords and surge protectors are not compatible with the Studio. Please be prepared to plug your Studio directly into a wall outlet.

Your AC power should support 120V, 60hz frequency, and 12A. However, a 15A dedicated circuit is strongly recommended, especially if you have other appliances running on the same circuit.

CONNECTING TO A NETWORK

Your Studio or LIFT will require a strong WiFi or LAN (ethernet) connection. While we highly recommend ethernet for the best performance, if you will be connecting by WiFi, the router should be placed in the same room, or a room close by to where the Studio will be installed. Note that the router should not be placed directly behind where the Studio is installed as that can lead to interference.

The Studio is 2.4 and 5 GHZ approved and will not support any advanced network configurations at this time.

On Demand Classes:

We recommend download speed of 50 Mbps with a minimum of 25 Mbps. Upload speed should be 10 Mbps with 5 Mbps minimum.

Live 1:1 Training Sessions:

We require upload and download speeds of at least 10 Mbps for the best Live Personal Training Experience.

To test your network connection strength in the room where you wish to place your Studio, open your smartphone or tablet and visit <https://www.testmyspeed.com/>. Tap "Go" and wait for the download and upload tests to complete.



STUDIO ENVIRONMENT

LIGHTING

Due to its reflective surface, we strongly recommend not installing your Studio or LIFT in a brightly lit space, including next to windows or under a skylight or bright overhead light as the reflection could impact the clarity of your body and mind content.

THERMOMETER

Just like any other electronic device, your Studio or LIFT should be placed indoors, in a moderate temperature environment. Keep your Studio above 32 F/ 0 C and below 95 F/ 35 C at all times.

DELIVERY DAY

CERTIFICATE OF INSURANCE

If you live in an apartment or condo building, please confirm whether you will need to reserve the freight elevator. Also, if your building requires a certificate of insurance (COI) please send your completed copy including your installation date and order number to support@formelife.com at least 48 hours prior to your installation date. We'll make sure it's signed by our installation partner and sent back to you.

ELEVATOR

If you live in a high rise apartment complex, please check with your building to determine whether you will need to reserve a freight elevator for the installation day.

STREET PARKING

If you live in a downtown or urban area without designated parking, please coordinate a street parking permit for the installation team's truck on the date of delivery.

FORME