

# Wall or Ceiling Mounted Pull Up Bar

## FOR YOUR SAFETY:

This pull up bar is designed to be mounted to wood frame ceiling with solid wood beams measuring 24 inches apart on center. This pull up bar should not be mounted to drywall alone. It is the users responsibility to choose a secure location and properly install the pullup bar using the instructions provide. Tighen all bolts and carefully examine your installation to ensure that the pull up bar is securely fastened in place before attempting using the pull up bar.

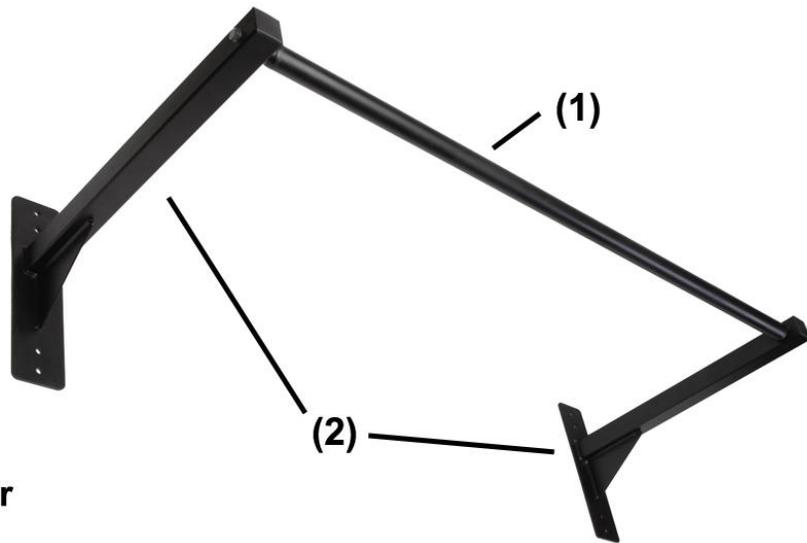
Consult your physician before beginning this or any exercise program. If you experience any discomfort while using this machine, discontinue use and consult your physician immediately.

### PARTS LIST

1. Pull Up Bar
2. Support Brackets
3. Wood Bolts x 8
4. Machine Bolts x 2
5. Washers x 10

### TOOLS REQUIRED

- power drill
- 7/32" bit
- 1/2" Socket Driver Adapter



## WALL INSTALLATION

1. This pull up bar is designed to be mounted directly to solid wood wall studs measuring 16 or 24 inches apart on centers.
2. Find the two studs using a stud finder or the hammer technique. If you are unsure how to find the studs, there are many videos online that illustrate both techniques. Mark the location of the studs.
3. Hold the support bracket to the wall over the stud for a template. Mark the location of the mounting holes and repeat for other support bracket.
4. Before you drill make sure the marks are level.
5. Pre-drill the four holes using a 7/32" bit.
6. ASSEMBLE THE PULL UP BAR using the machine bolts (part #4), washers and washers (part #6).
7. Hang the the pull up bar from the predrilled hole using the wood bolts (part #5).
8. Tighten all bolts using a power drill and Nut Driver. A socket drive adapter makes installation much quicker and easier. If you are planning on using a wrench to screw the lag bolt into the wall, apply regular bar soap on the threads to make the bolts go in easier and be very careful because using a wrench can damage the lag bolts.
9. Carefully examine your installation to ensure that the pull up bar are securely fastened in place before attempting using the pull up bar.

## CEILING INSTALLATION

1. This pull up bar can also be mounted directly to solid wood rafter measuring 16 or 24 inches apart on centers.
2. Find the two rafters using a stud finder or the hammer technique. If you are unsure how to find the studs, there are many videos online that illustrate both techniques. Mark the location of the rafters.
3. Hold the support bracket to the ceiling for a template. Mark the location of the mounting holes and repeat for other support bracket.
4. Pre-drill the four holes using a 7/32" bit.
5. ASSEMBLE THE PULL UP BAR using the machine bolts (part #4), washers and lock nuts (part #6).
6. Hang the the pull up bar from the predrilled hole using the wood bolts (part #5)
7. Tighten all bolts using a power drill and Nut Driver. A socket drive adapter makes installation much quicker and easier. If you are planning on using a wrench to screw the lag bolt into the wall, apply regular bar soap on the threads to make the bolts go in easier and be very careful because using a wrench can damage the lag bolts.
8. Carefully examine your installation to ensure that the pull up bar are securely fastened in place before attempting using the pull up bar.