



WALL MOUNTED PULL UP BAR

ASSEMBLY INSTRUCTIONS

FOR YOUR SAFETY:

Congratulations on the purchase of the Ultimate Body Press Wall Mount Pull Up Bar! This pull up bar is designed to be mounted to wood frame walls with solid wood studs measuring 16 inches apart on center. Do not mount this pull up bar to drywall alone or thin walls. It is the users responsibility to choose a secure location and properly install the pull up bar using the installation guidelines provided. Tighten all bolts and carefully examine your installation to ensure that the pull up bar is securely fastened in place before attempting use. Residential framing methods vary: consult a licensed contractor if you are not familiar with the framing used in your home and with the use of power and hand tools.

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

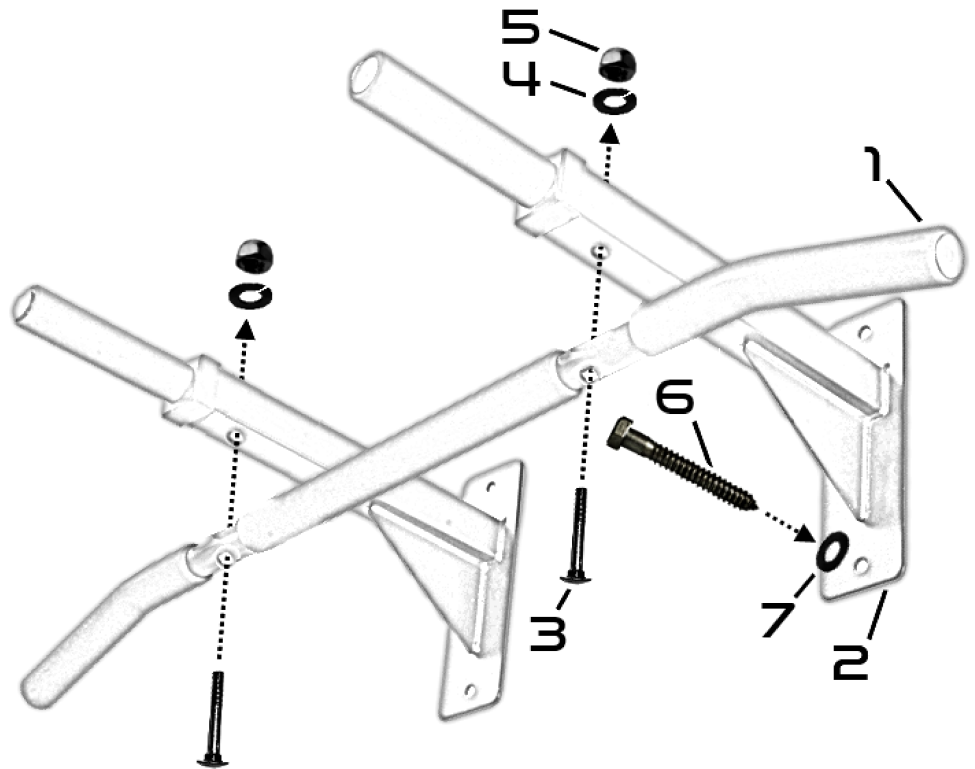
WMP - Wall Mounted Pull Up Bar

PARTS LIST

1. Pull Up Bar
2. Support Brackets & Grip x 2
3. Black Machine-thread Carriage Bolts x 2
4. Spring Lock Washer x 2
5. 14mm Lock Nuts x 2
6. Wood-thread Lag Bolts x 4
7. Washers (Black) x 4

TOOLS REQUIRED

- Power Drill
- 5/16" or 9mm Drill Bit
- Socket Drive Adapter for Power Drill (Recommended)
- 17mm Socket Wrench
- Level and Tape Measure



Before you begin please note:

This pull up bar is designed to be mounted directly to standard residential sheetrock/drywall faced wood frame walls spaced 16" apart measured 'on center.' If you do not have 16" studs these installation guidelines do not apply. Please read all instructions completely before beginning the installation.



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ASSEMBLY INSTRUCTIONS

ASSEMBLY AND INSTALLATION GUIDELINES

1. Find two studs measuring 16 inches apart on-center
2. Mark the location of the center of each stud.
3. Tape the mounting template to the wall with the mount holes centered over the stud center lines with the 'Pull Up Bar' indicator approximately 7' from the floor – or to your desired height.
4. Use a level to ensure the template is both level and plumb.
5. Double check the template installation: Template should be level and plumb with the mount holes directly over the center lines over the studs. Minor variance in stud location is normal and you may need to adjust the bolt hole positions to align fully with the stud centerline marks.
6. Pre-drill all four holes to a depth of 3 inches using a 5/16 inch or 9mm drill bit. **Important! Make sure your drill bit length, when installed on the power drill, is at least 3 inches.**
7. Loosely bolt the Pull Up Bar Support Brackets to the wall using a power drill and socket drive adapters. A socket drive adapter makes installation much quicker and easier. Do not fully tighten down the Support Brackets until after attaching the pull up bar.
8. Assemble the Pull Up bar using the machine carriage bolts (part #3), spring washers (part #4), and lock nuts (part #5):
 - The Pull Up Bar attaches below the support brackets. Insert the machine bolts through the pull up bar then through the support brackets. Ensure that the carriage bolts are fully seated in the square holes in the pull up bar.
 - Secure each carriage bolt with a spring washer and lock nut. Note that the rounded cap and plastic insert are the top of the lock nut and face up. Do not over tighten.
9. Fully tighten the four Support Bracket Bolts
10. Carefully and fully inspect your pull up bar assembly and wall mounting before use. If you have any concerns about the stability of your installation, consult a licensed contractor before use.

