

Dear Customer,

Thank you for purchasing the Anchor Gym Pull-Up Bar!



Contents:

(2) Wall Mounts with patented Anchor Gym Safety Hooks

(1) Pull-up Bar (PUB)

Mounting Hardware (Qty 8 – Hex head lag bolts 5/16” x 2 1/2” and 5/16” flat washers)

Assembly Hardware (Qty 4 – 3” x 3/8” machine bolts, 8 flat washers and 4 3/8” nuts)

Tools needed:

Level, Stud Finder, Pencil, Drill, 3/16” Drill Bit, Socket Wrench & Sockets, Tape Measure



Assembly Instructions:

1. Using a stud finder, or equivalent, locate 2 studs that are 48 inches apart from each other.
2. Draw a vertical line on the wall through the center of each of the 2 mounting studs. These lines should be separated by 48 inches.
3. Use one of the wall mounts as a template, by holding it against the wall, centered along one of the lines that was drawn above and at the desired mounting height. With a pencil, mark the location for the middle two mounting holes only. Note: The ideal mounting height for the PUB itself is 7 to 8 feet above the floor. For example, if you want the bar to be 7 feet about the floor, then you should attach the bottom of the wall mount about 63” above the floor.
4. Repeat for the other wall mount, making sure that the 2 wall mounts are at the same height.
5. Drill pilot holes for the middle two lag bolts only, using a 3/16” diameter drill bit.
6. Next, fasten the wall mounts to the wall using the provided lag bolts and washers.
7. Drill the top and bottom pilot holes using the attached wall mount as a centering guide. Note: Don't completely tighten the hardware.
8. Attach the pull-up bar to the wall mounts using the provided machine bolts (4), washers and nuts.
9. Tighten all hardware.
10. Note that the Wall Mounts can also be mounted into concrete or block walls but require sleeve anchors (not provided).
11. Happy exercising!

Sincerely,

Shawn Finnegan
Owner/Inventor
The Anchor Gym & Core Energy Fitness