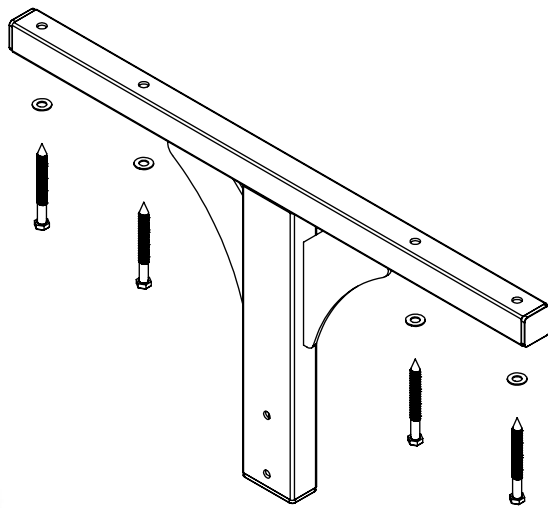




INSTALLATION

PULL UP BAR - CW-1000

THE CW-1000 IS DESIGNED TO ATTACH TO THE CENTER OF FLOOR JOIST THAT ARE 48" APART



STEP 1:

LOCATE THE CENTER OF THE FLOOR JOIST.

STEP 2:

HOLD UP ONE OF THE MAIN SUPPORT SIDES AND MARK THE (4) HOLES.

STEP 3:

USE A 5/16 OR SLIGHTLY SMALLER DRILL BIT AND DRILL PILOTS HOLES ABOUT 2-1/2" DEEP

STEP 4:

USING ONE OF THE PROVIDED 3/8" LAG BOLTS, THREAD THE BOLT INTO THE HOLS ABOUT 1' DEEP AND THEM REMOVE IT. THIS WILL MAKE IT EASIER TO GET THE BOLTS STARTED WHEN PUTTING UP THE MAIN SIDE SUPPORT

STEP 5:

HOLDING THE MAIN SIDE SUPPORT IN PLACE THREAD IN EACH OF THE (4) LAG BOLTS 1". TIGHTEN THE LAG BOLTS UNTIL THERE IS ABOUT 1/4" LEFY SHOWING.

DON'T TIGHTEN ALL THE WAY YET.

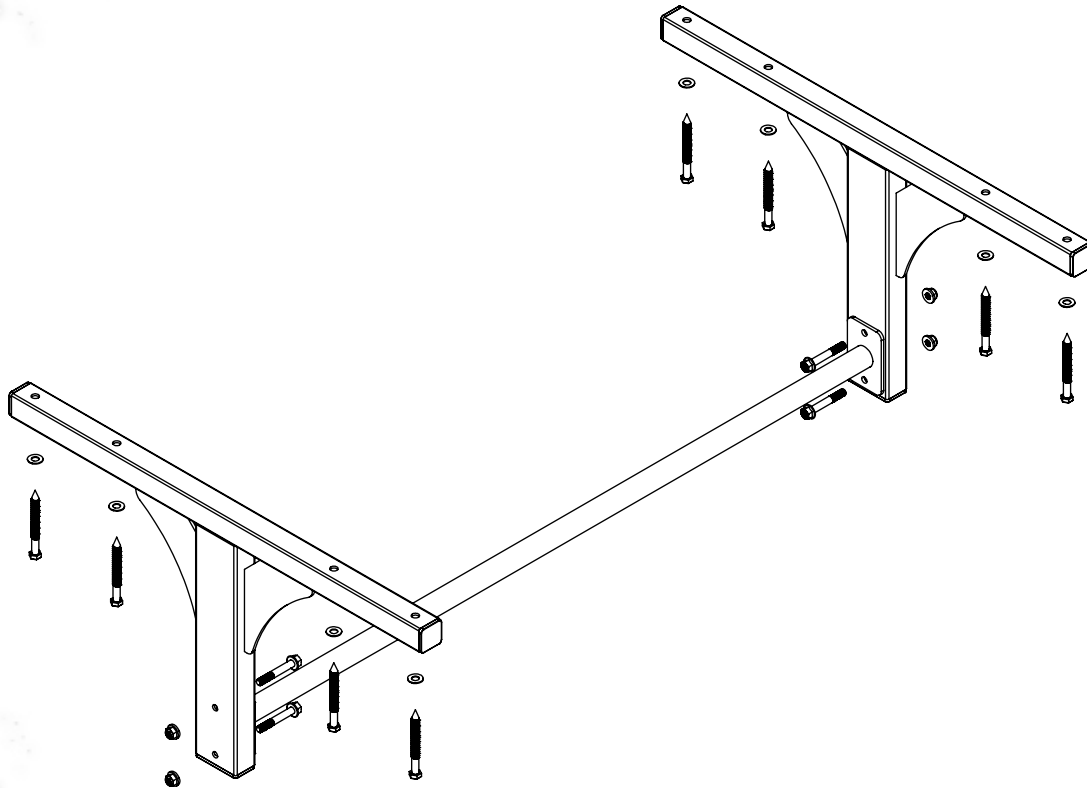




INSTALLATION

PULL UP BAR - CW-1000

THE CW-1000 IS DESIGNED TO ATTACH TO THE CENTER OF FLOOR JOIST THAT ARE 48" APART



AFTER BOTH SIDES ARE INSTALLED BUT NOT FULLY TIGHT. INSTALL THE HORIZONTAL BAR USING THE PROVIDED BOLTS & NUTS. DO NOT FULLY TIGHTEN YET

FINALLY:

TIGHTEN ALL (8) OF THE 3/8" LAG BOLTS

TIGHTEN ALL (4) OF THE 3/8" BOLTS HOLDING THE HORIZONTAL BAR.

