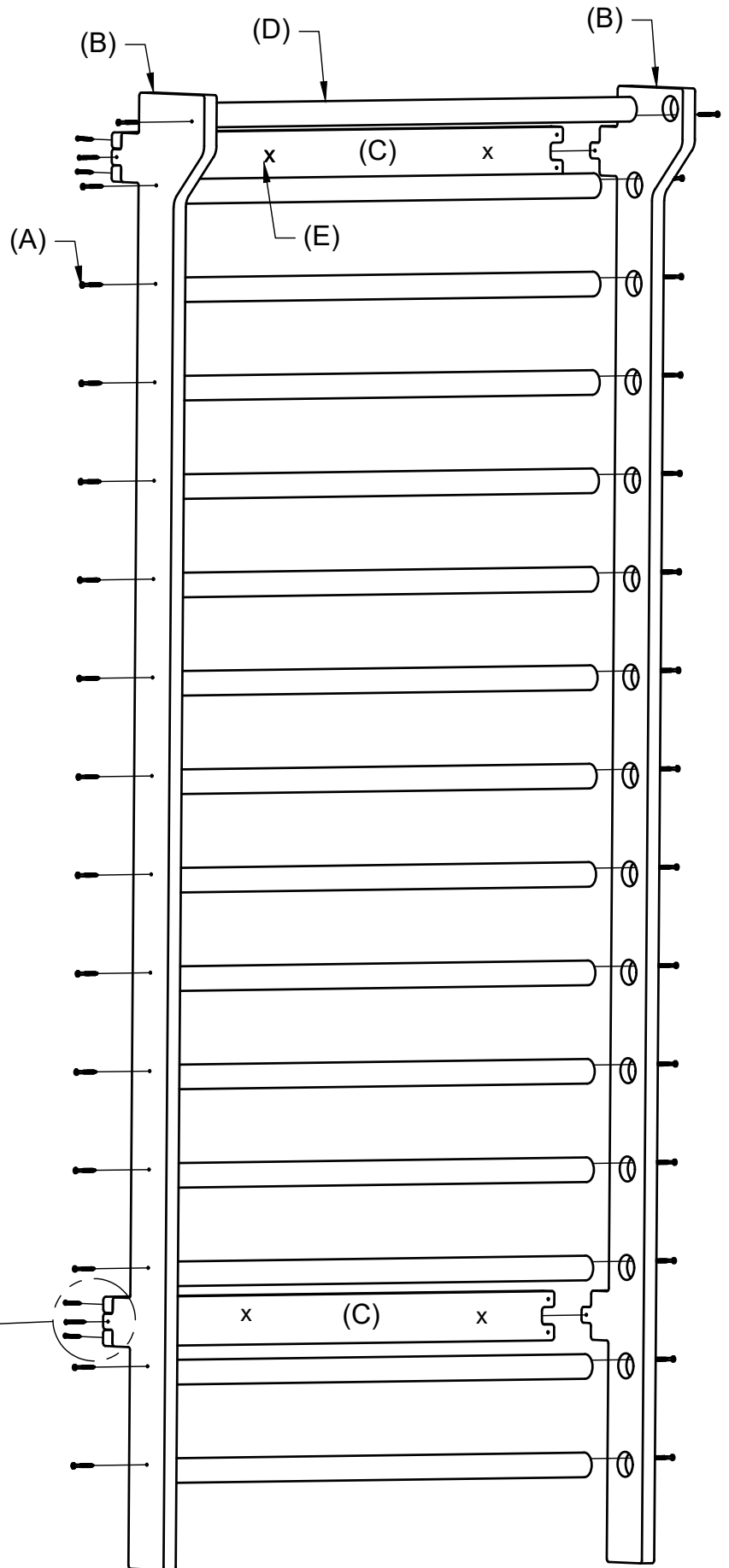


Fitness Stall Bar Assembly Instructions



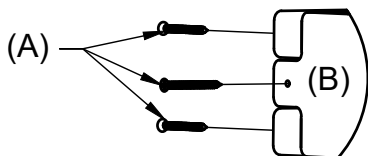
Included Hardware and Materials:

- (A): [42] 1.5" black #8 screws
- (B): [2] Side Uprights, 90"
- (C): [2] Back Plates, 34"
- (D): [15] Hardwood Rungs, 33.375"
- (E): [4] 3" #10 stud mounting screws

Tools Required:

- Electric Drill or Impact with Phillips Bit
- Wood Glue
- Tape Measure

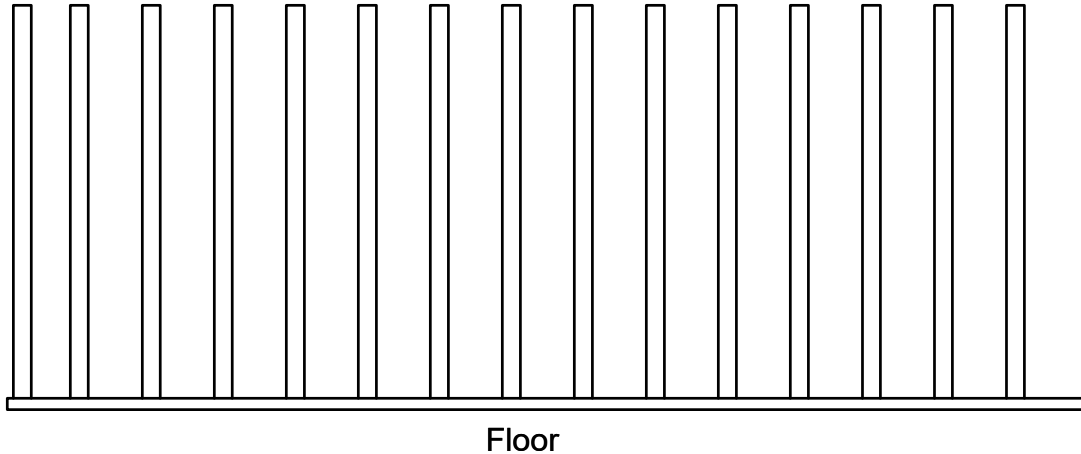
FINGER JOINT (4 locations)



STEP 1: Place (B) upright on the floor with holes facing up.

*Recommended: Add a small amount of wood glue in each hole and spread to prevent running.
Insert each of the 15 hardwood dowels fully into the holes

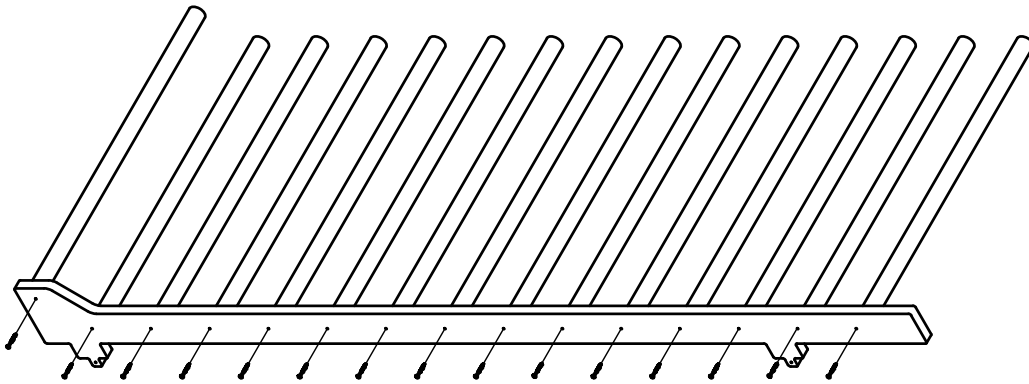
Figure 1



STEP 2: Gently place (B) upright on its side and start inserting (A) black 1.5" screws into each of the pre-drilled holes as straight as possible securing all 15 dowels to (B) upright.

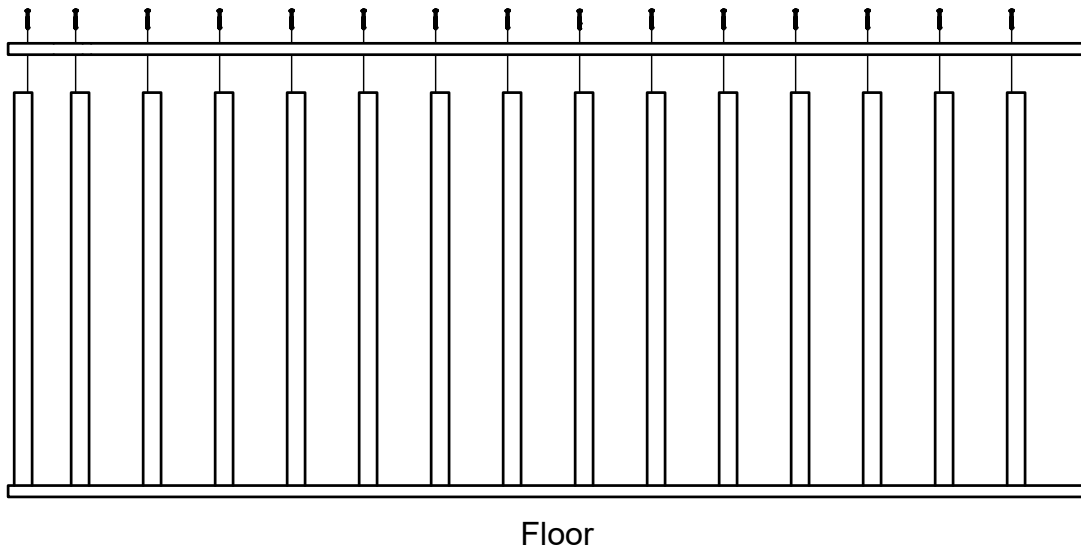
Note: when installing any screws into pre-drilled holes throughout the installation make sure they are straight/level and not at an angle to prevent the tip of the screws from poking through any pieces.

Figure 2



STEP 3: Add glue to second upright pockets and spread lightly. Rotate (B) upright on its side (dowels facing up) and align the second (B) upright into all holes and insert (A) black 1.5" screws into each of the pre-drilled holes as straight as possible securing all 15 dowels to (B) upright.

Figure 3

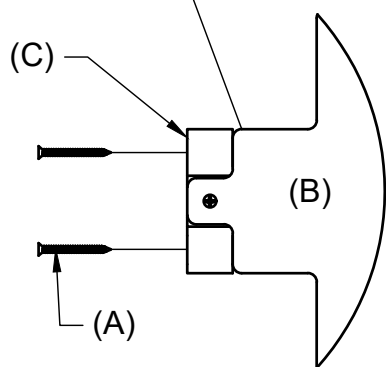
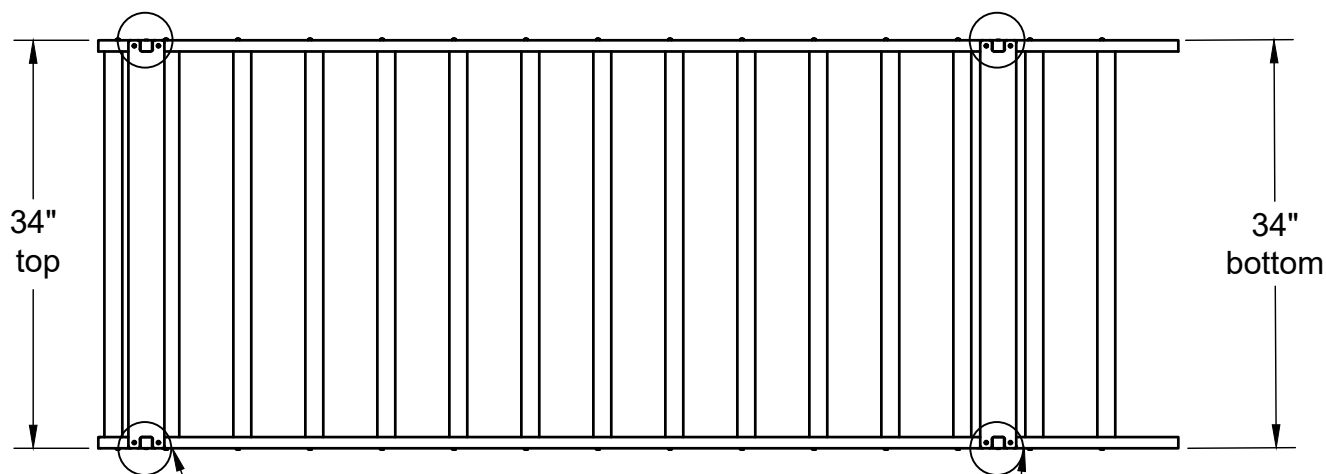


STEP 4: Once all dowels are secured, measure the width of the assembly and confirm 34" at top, middle, and bottom. If the assembly is larger than 34" then all dowels are not seated fully. Loosen, seat fully, and re-tighten screws. Measure to confirm correct dimensions.

Note: Due to our tight tolerances, dowels can be tapped with a wood block or rubber mallet to fully seat if necessary.

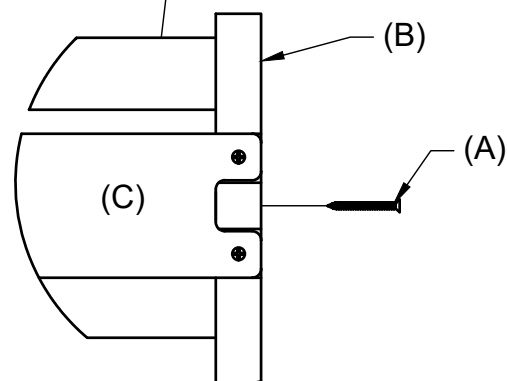
STEP 5: Place assembly facing down in order to install (C) backplates. Two black 1.5" screws are required at each of the (4) locations from the back and one black 1.5" screw is required from the side of the finger joint as straight as possible. (*Figures 4 & 5*)

Note: Confirm logo is right side up



Back (*Figure 4*)

[2] black (A) 1.5" screws installed from back of backplate.

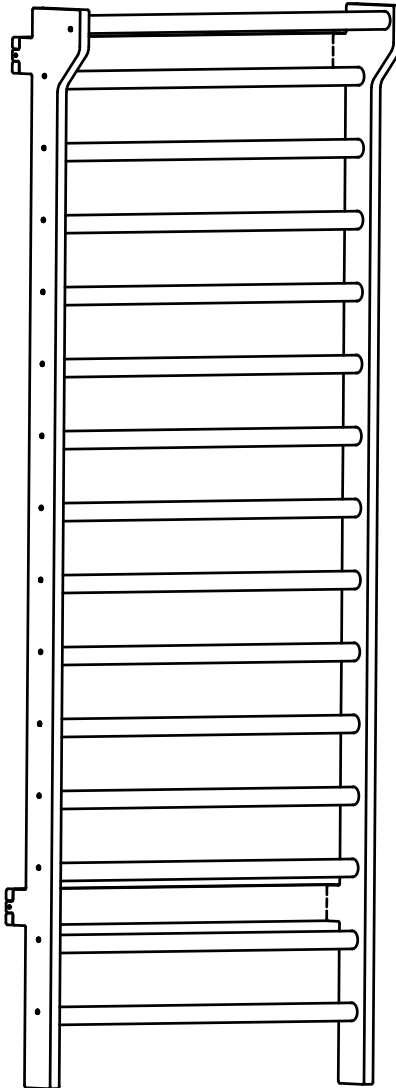


Side (*Figure 5*)

[1] black (A) 1.5" screw installed from side of finger joint.

↓

Congratulations!
You are ready to mount your bars to the wall.



At Beyond Balance customer service is our top priority. If at any time you have any questions, comments or concerns please reach out to us at: 281-813-9999 or info@beyond-balance.net

In addition to this instructional packet you can view our instructional assembly video at beyond-balance.net on the product page and installation videos at our FAQ page.

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