

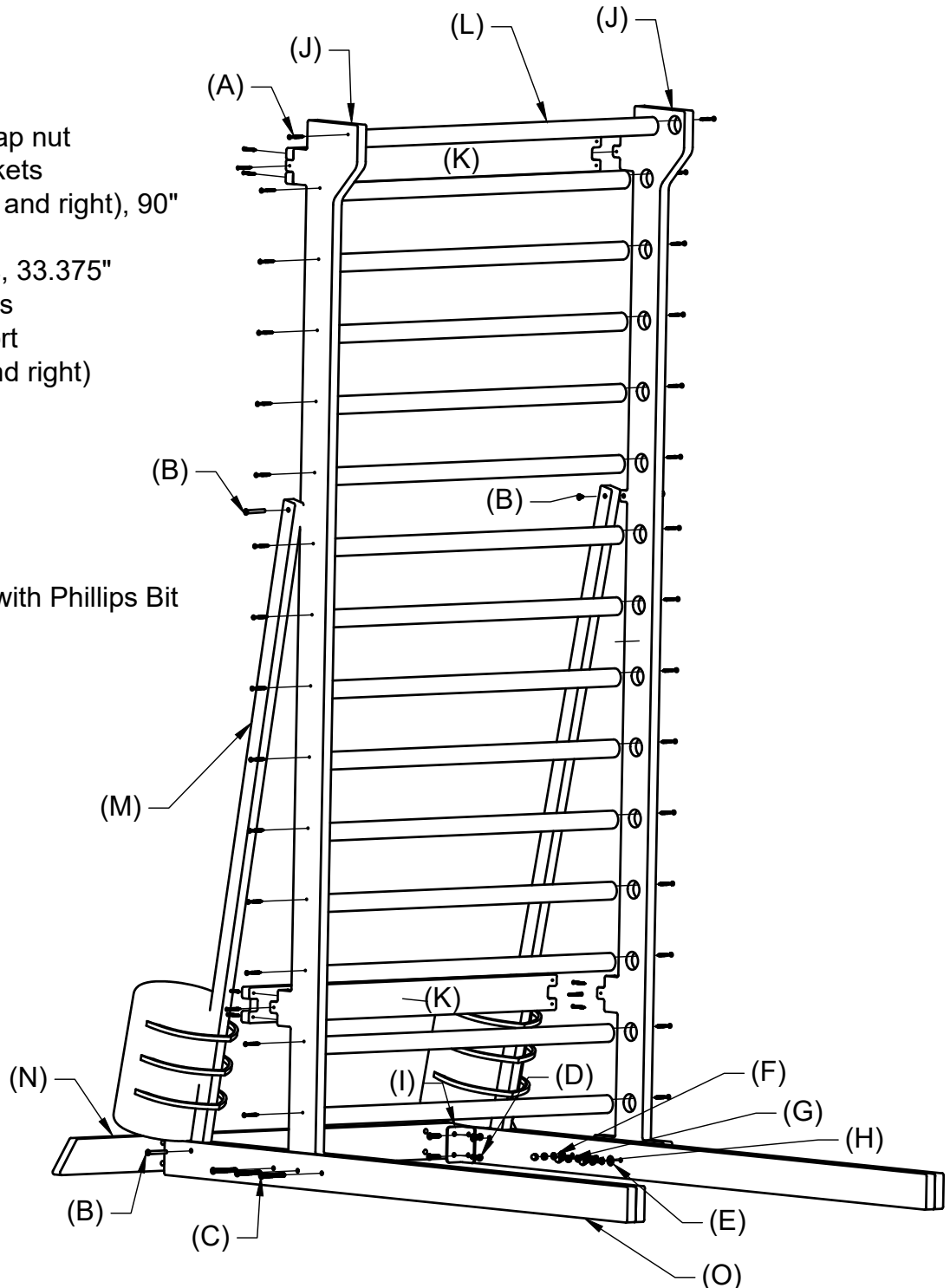
Freestanding Fitness Stall Bar Assembly Instructions

Included Hardware and Materials:

- (A): [42] 1.5" black #8 screws
- (B): [4] 2" barrel bolts with cap screw
- (C): [6] 2.5", $\frac{1}{4}$ x 20, pan head bolts
- (D): [8] 1", $\frac{1}{4}$ x 20, pan head bolts
- (E): [6] flat washers
- (F): [6] lock washers
- (G): [6] $\frac{1}{4}$ x 20 nuts
- (H): [6] $\frac{1}{4}$ x 20 rounded cap nut
- (I): [2] black corner brackets
- (J): [2] side uprights (left and right), 90°
- (K): [2] back plates, 34"
- (L): [15] hardwood rungs, 33.375"
- (M): [2] diagonal supports
- (N): [1] base back support
- (O): [2] base legs (left and right)
- (P): [2] weight bags

Tools Required:

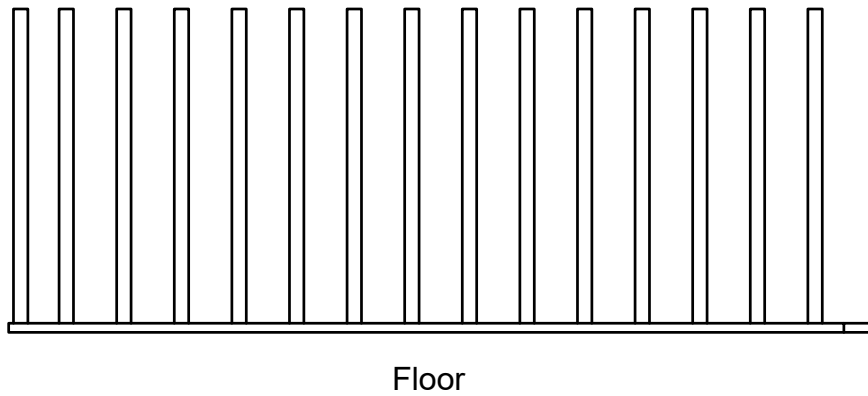
- Electric Drill or Impact with Phillips Bit
- Wood Glue
- Tape Measure
- $\frac{7}{16}$ " Wrench
- Phillips Screw Driver



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

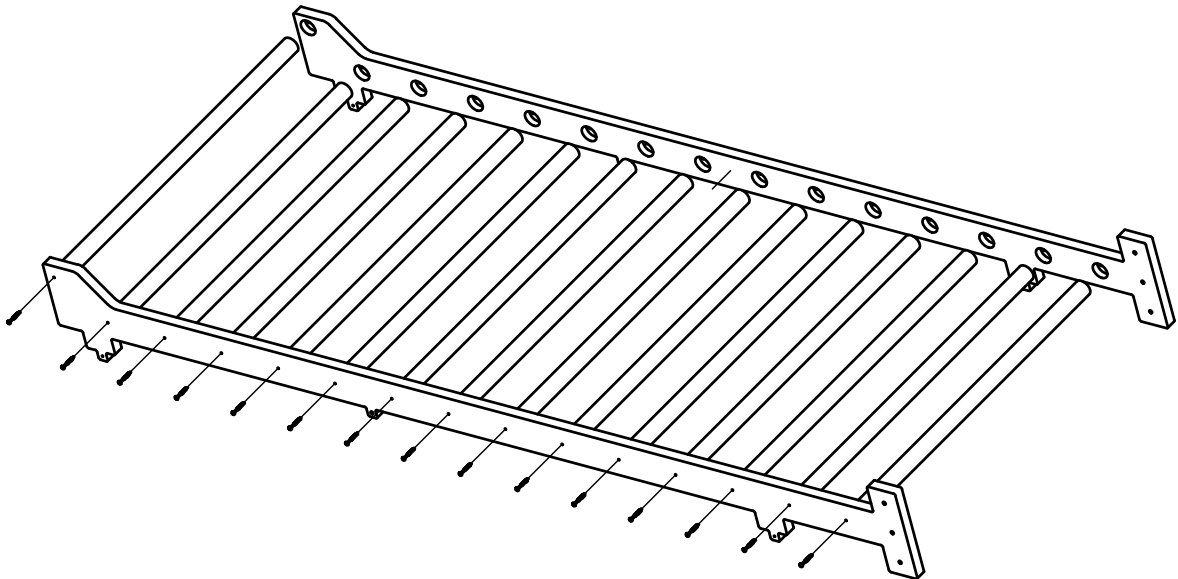
*Recommended: Add a small amount of wood glue in each hole and spread to prevent running. Insert each of the 15 hardwood dowels fully into the holes

Figure 1



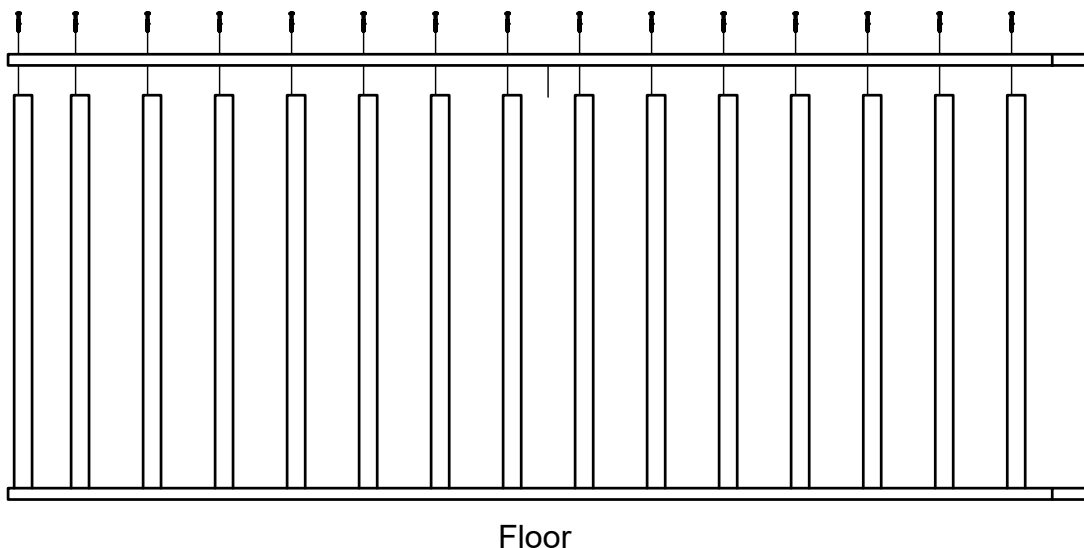
STEP 2: Gently place (J) upright on its side and start inserting (A) black 1.5" screws into each of the pre-drilled holes securing all 15 dowels to (J) upright.

Figure 2



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

Figure 3

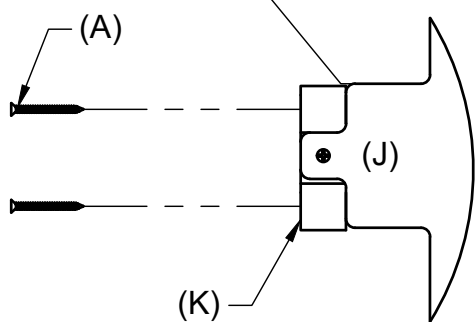
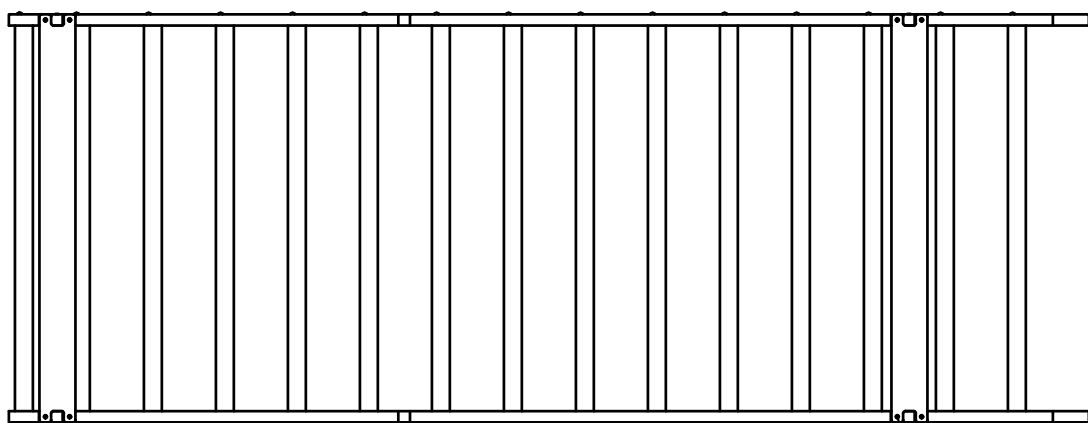


STEP 4: Once all dowels are secured, measure the width of the assembly and confirm 34" at top, middle, and bottom. If the assembly is larger than 34" then all dowels are not seated fully. Loosen, seat fully, and re-tighten screws. Measure to confirm correct dimensions.

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

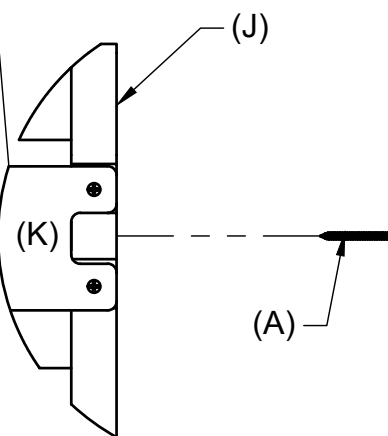
STEP 5: Place assembly facing down in order to install (K) backplates. Two black 1.5" screws are required at each of the (4) locations from the back and one black 1.5" screw is required from the side of the finger joint. (*Figures 4 & 5*)

Note: Confirm logo is right side up



Back (*Figure 4*)

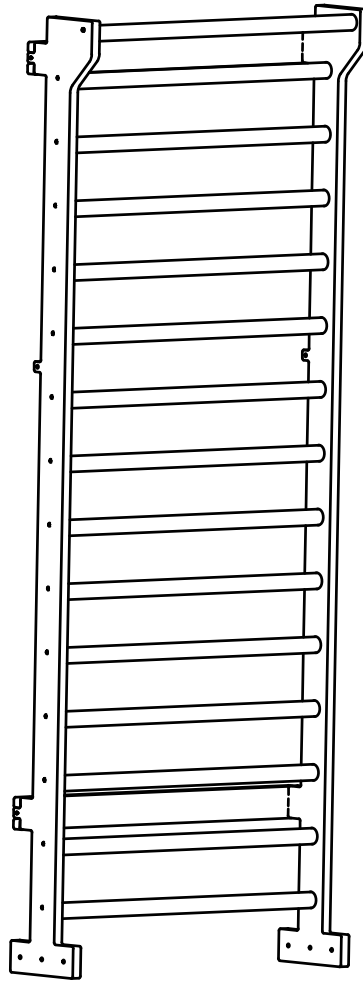
[2] black (A) 1.5" screws installed from back of backplate.



Side (*Figure 5*)

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

STEP 6: Set upright assembly to the side.



STEP 7: Base assembly:

Locate (O) left and right making sure that the pre-drilled holes for (I) are on the inside of the assembly. Install (I) angle bracket to the inside of (O) by inserting two of the (D) 1" bolts. Once both sides are installed, align (N) holes with the (I) angled brackets and insert the remaining (D) 1" bolts. (Figures 6 &7)

Note: Do not fully tighten assembly until the very last step.

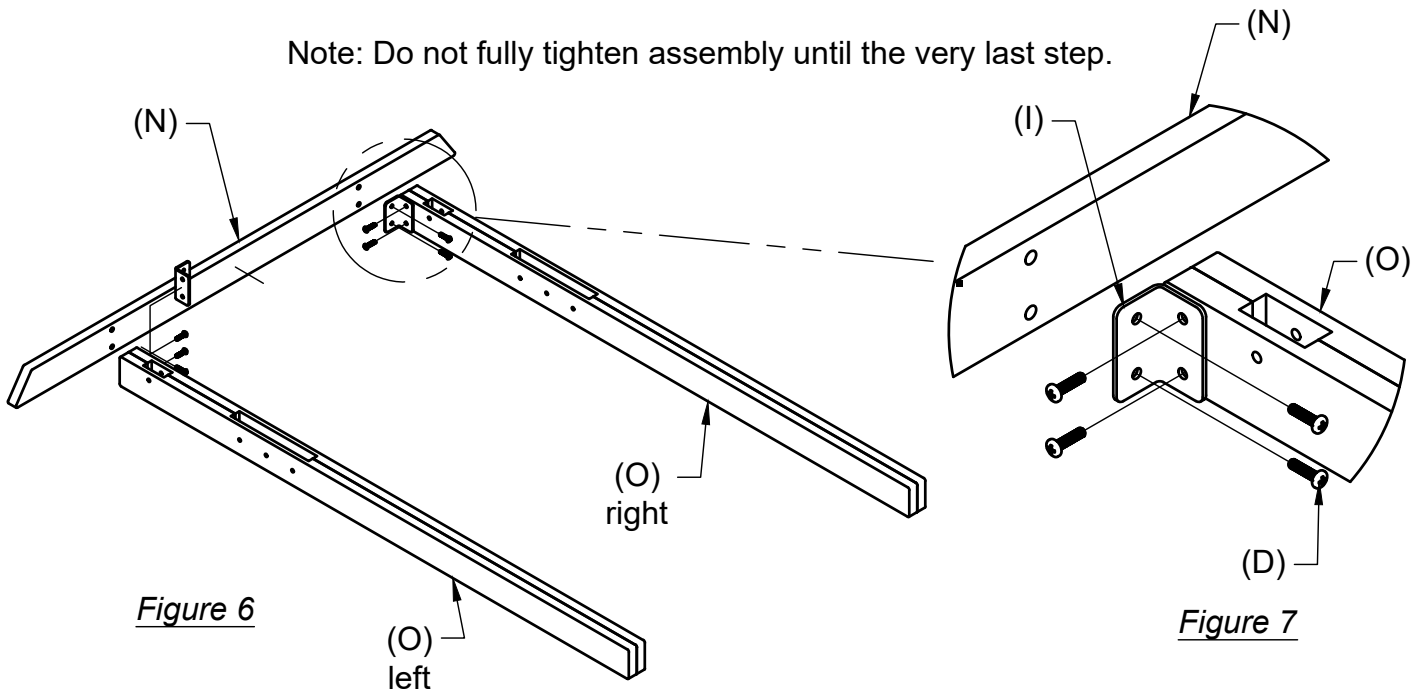


Figure 6

Figure 7

STEP 8: Locate the upright assembly, insert into the slots of the base assembly, and insert three (C) screws into each (O) base leg from outside to inside. (*Figure 8*). From inside of leg install the hardware in order (E) (F) (G) (H). (*Figure 9*).

Note: Do not fully tighten assembly until the very last step.

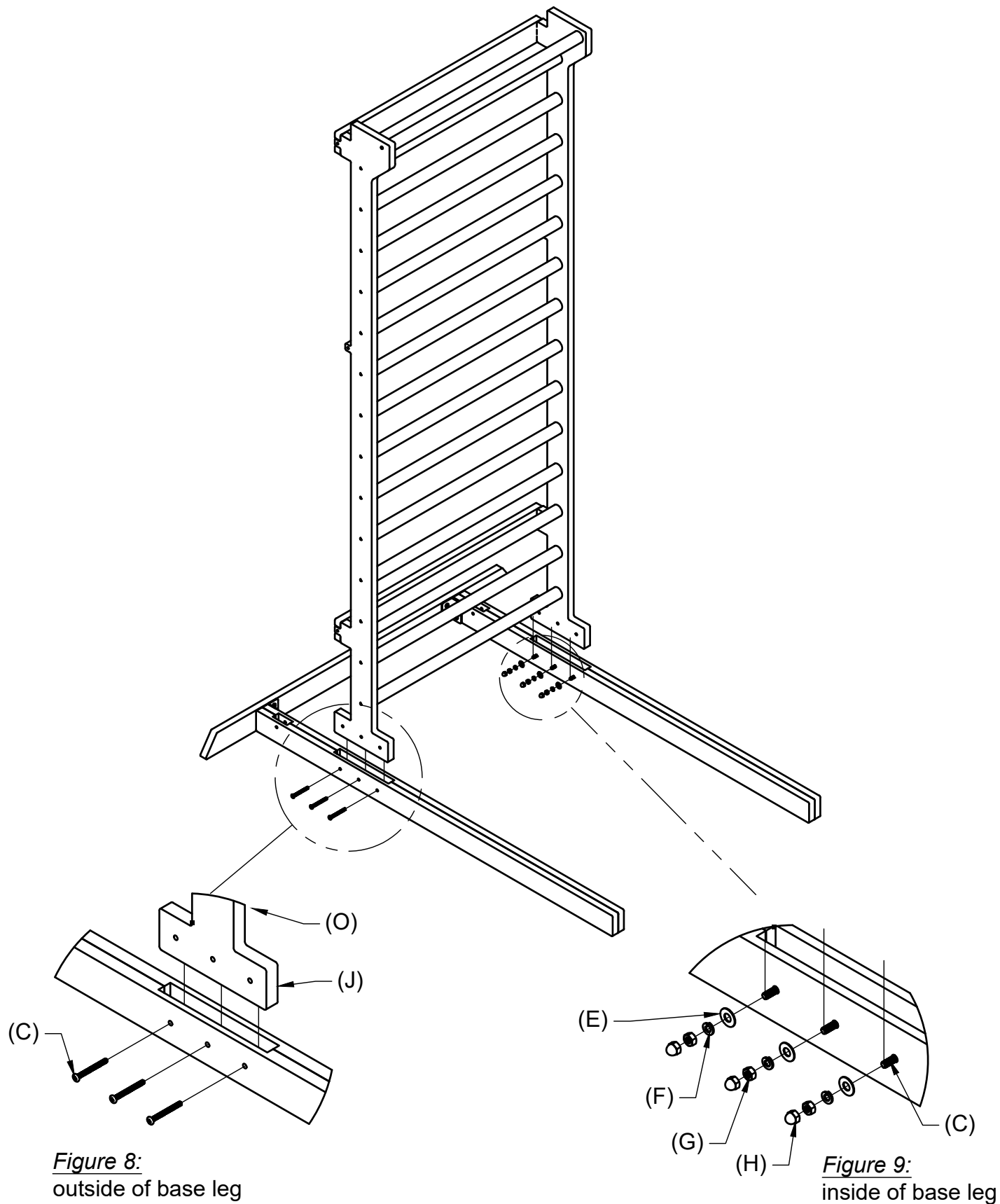


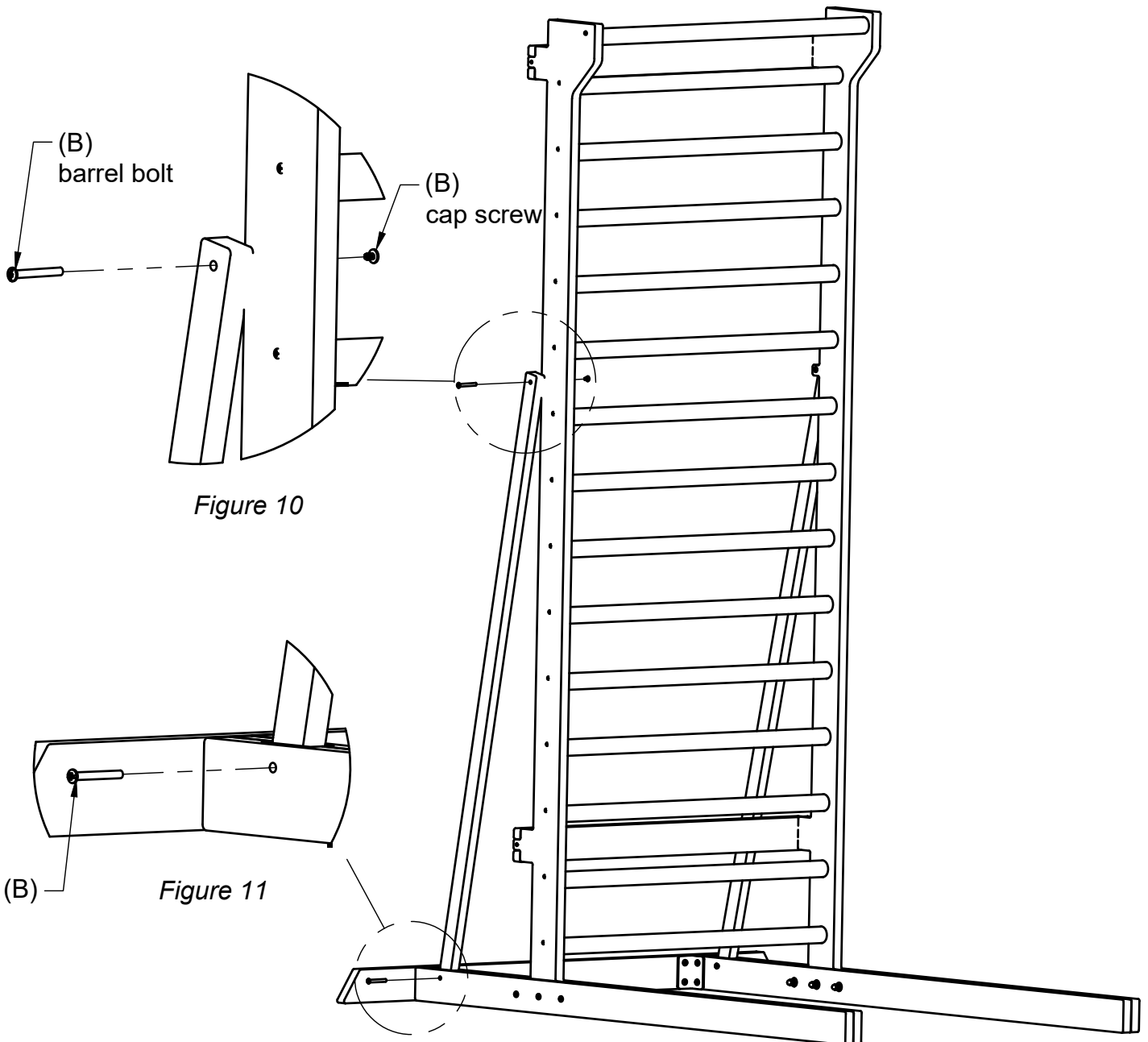
Figure 8:
outside of base leg

Figure 9:
inside of base leg

STEP 9: Locate (M) diagonal supports and insert into the slot located on the back of the base assembly. Starting from the base insert the (B) barrel bolt from outside to inside and screw in cap screw. Repeat on second side. (*Figure 11*)

STEP 10: Align the (M) diagonal on the outside of the (J) hole and insert (B) barrel bolt and corresponding cap screw. Repeat on second side. (*Figure 10*)

STEP 11: Tighten all hardware completely.



STEP 12: Now that the upper and lower assemblies are attached and fully tightened you can fill up (P) weight bags with either sand or water* and strap to (M) diagonals while resting on the base assembly. (*Figure 12*)

*If using water, remove and empty after each use.

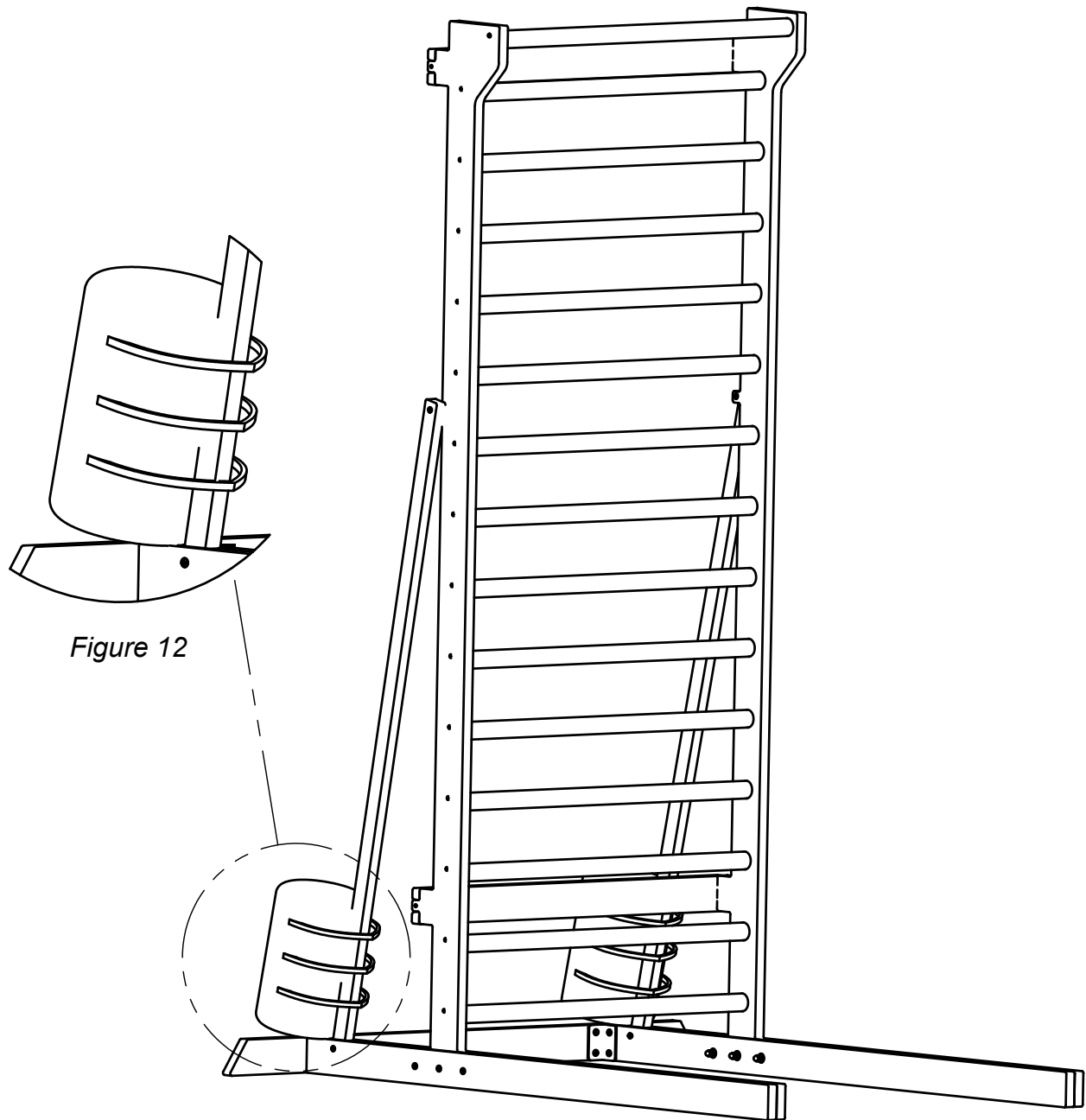


Figure 12

Congratulations!
You are now ready to use your freestanding stall bars.

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

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