

PSSE Adjustable Pull-up and Dip Bar Assembly Instructions

Included Hardware and Materials:

- (A): [10] 1.5" black #8 screws
- (B): [2] 2" barrel-bolt with cap screw
- (C): [6] flat washers
- (D): [2] oval dowels, 31.25" x 1.6" x 1.2"
- (E): [1] upper support with logo
- (F): [1] lower support
- (G): [2] arms, left and right
- (H): [2] diagonal supports
- (I): [1] velcro retaining strap

Tools Required:

- Phillips Screw Driver
- Electric Drill/Impact with Phillips Bit
- Wood Glue
- Tape Measure

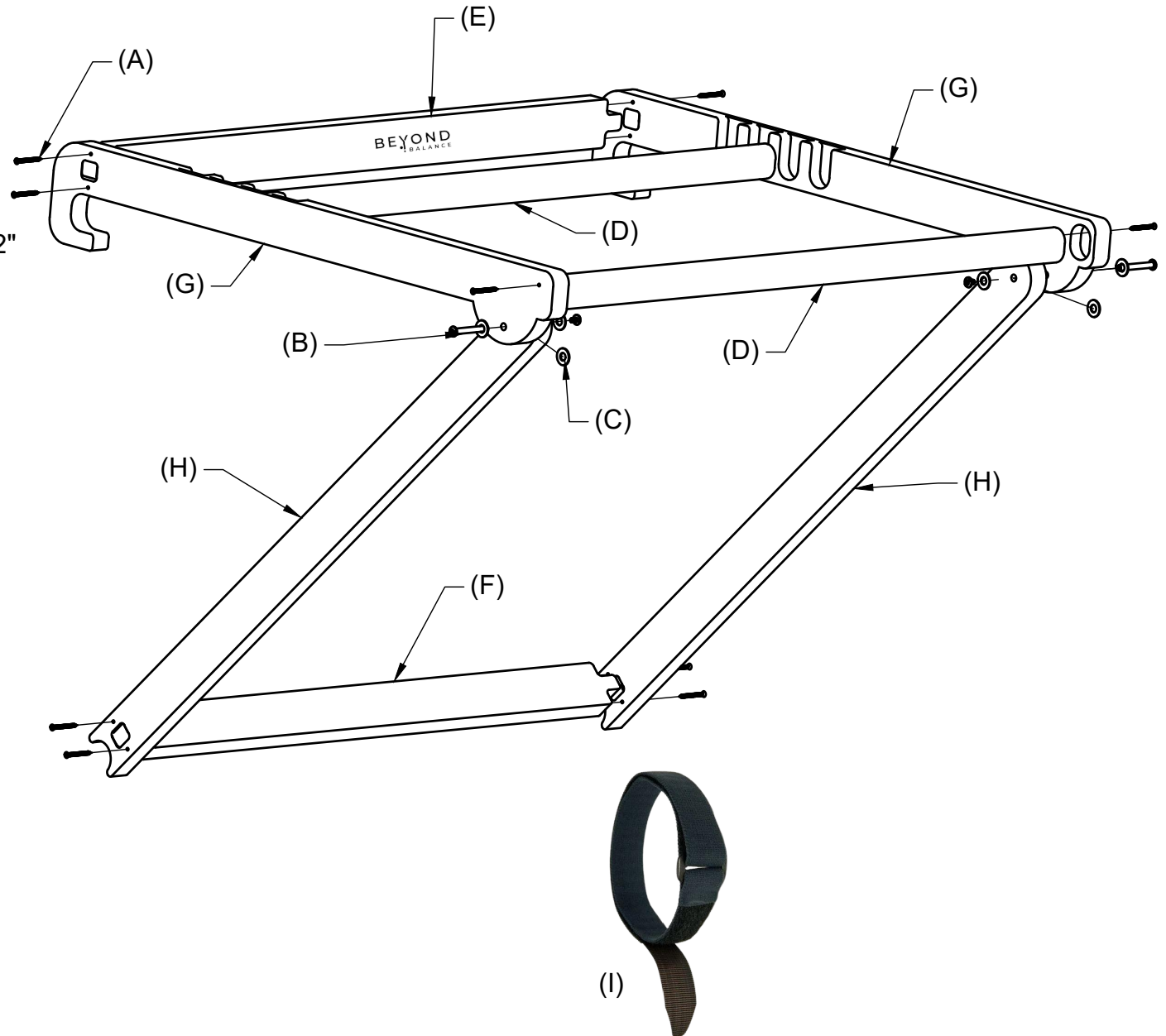
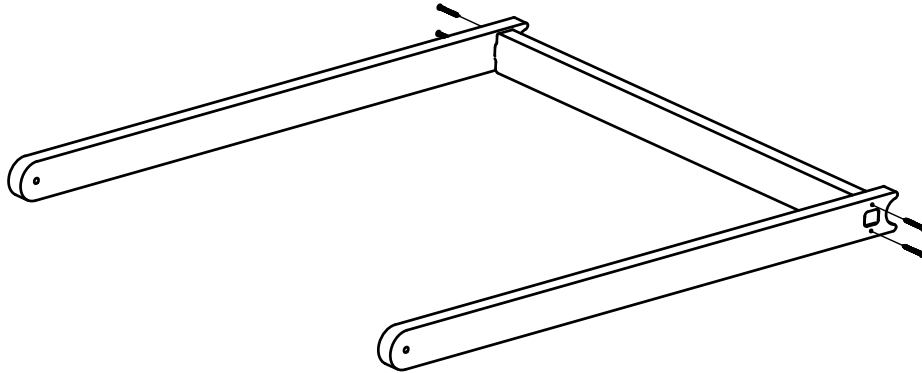


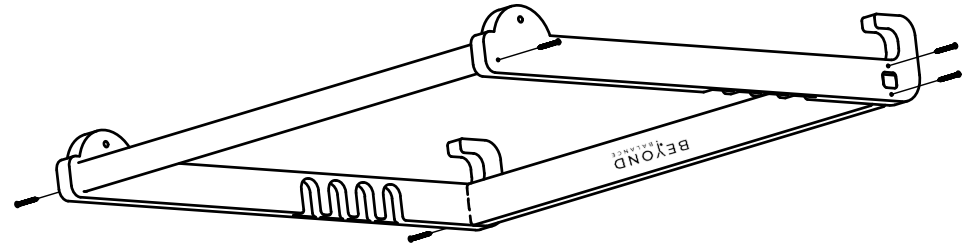
Figure 1: Lower Assembly



STEP 1: Place (H) diagonal supports on a flat surface, insert ends of (F) lower support, and screw (A) #8 screws into [4] pre-drilled holes as level as possible. Set assembly to the side. (*Figure 1*)

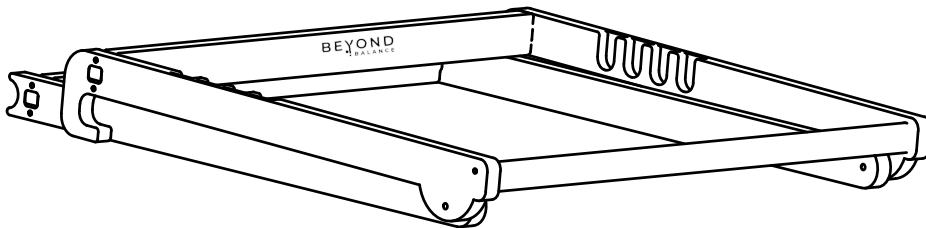
Note: when installing any screws into pre-drilled holes throughout the installation make sure they are straight/level and not at an angle to prevent the tip of the screws from poking through any pieces.

Figure 2: Upper Assembly



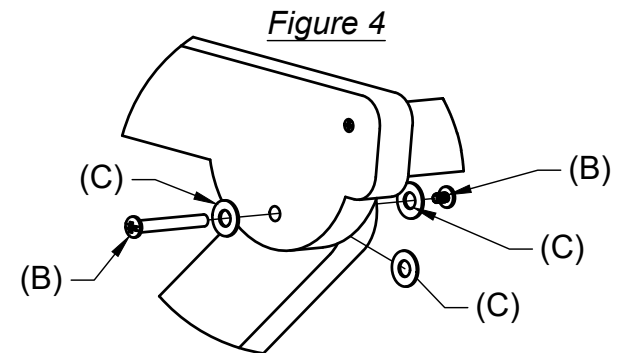
STEP 2: Place (G) arms upside down on a flat surface and insert (E) upper support (logo facing upside down and inwards). Partially screw (A) #8 screws into [4] pre-drilled holes. Apply wood glue inside the front [2] large dowel holes and insert (D) hardwood dowel into holes. Screw (A) #8 screws into the [2] pre-drilled holes in (G) arms as level as possible. Return to (E) upper support and tighten all screws for upper assembly. (*Figure 2*)

Figure 3: Upper and Lower Assemblies

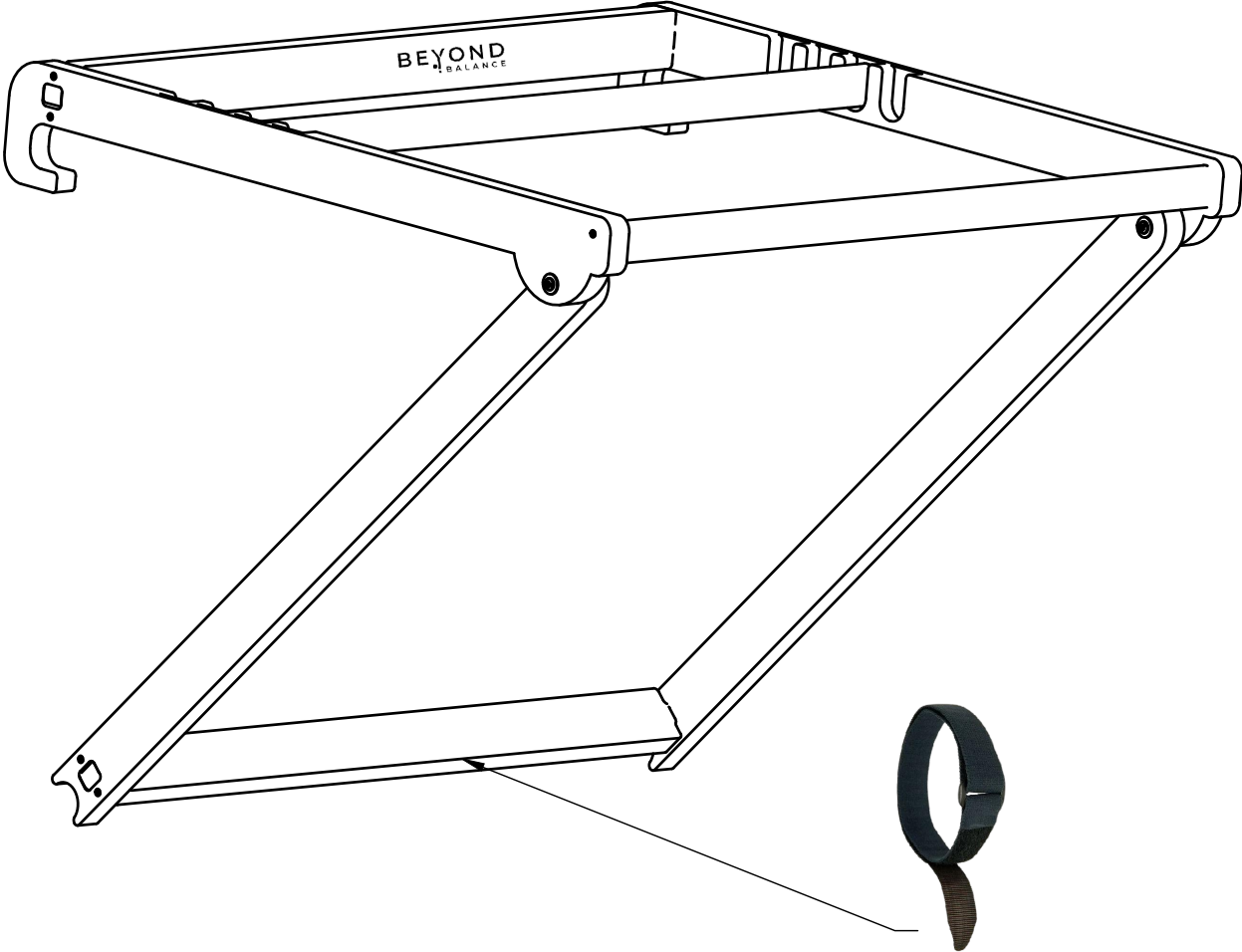


STEP 3: Place bottom assembly on a flat surface and place upper assembly on top of it, lining up the holes. (*Figure 3*) Insert (B) barrel bolt into hole with (C) flat washers : [1] washer will be located on the outside, [1] will be between the wood, and [1] on the inside against (H), followed by the cap screw. Screw in (B) barrel bolt on both ends using [2] screwdrivers to tighten. (*Figure 4*) Repeat on the other side.

Note: periodically check the barrel bolt on both ends and tighten if needed.



STEP 4: Loop (I) restraining velcro strap around the lower support and the rung it is on to secure the accessory to your stall bar.



Congratulations!
You are ready to use your pull-up/dip bar!

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