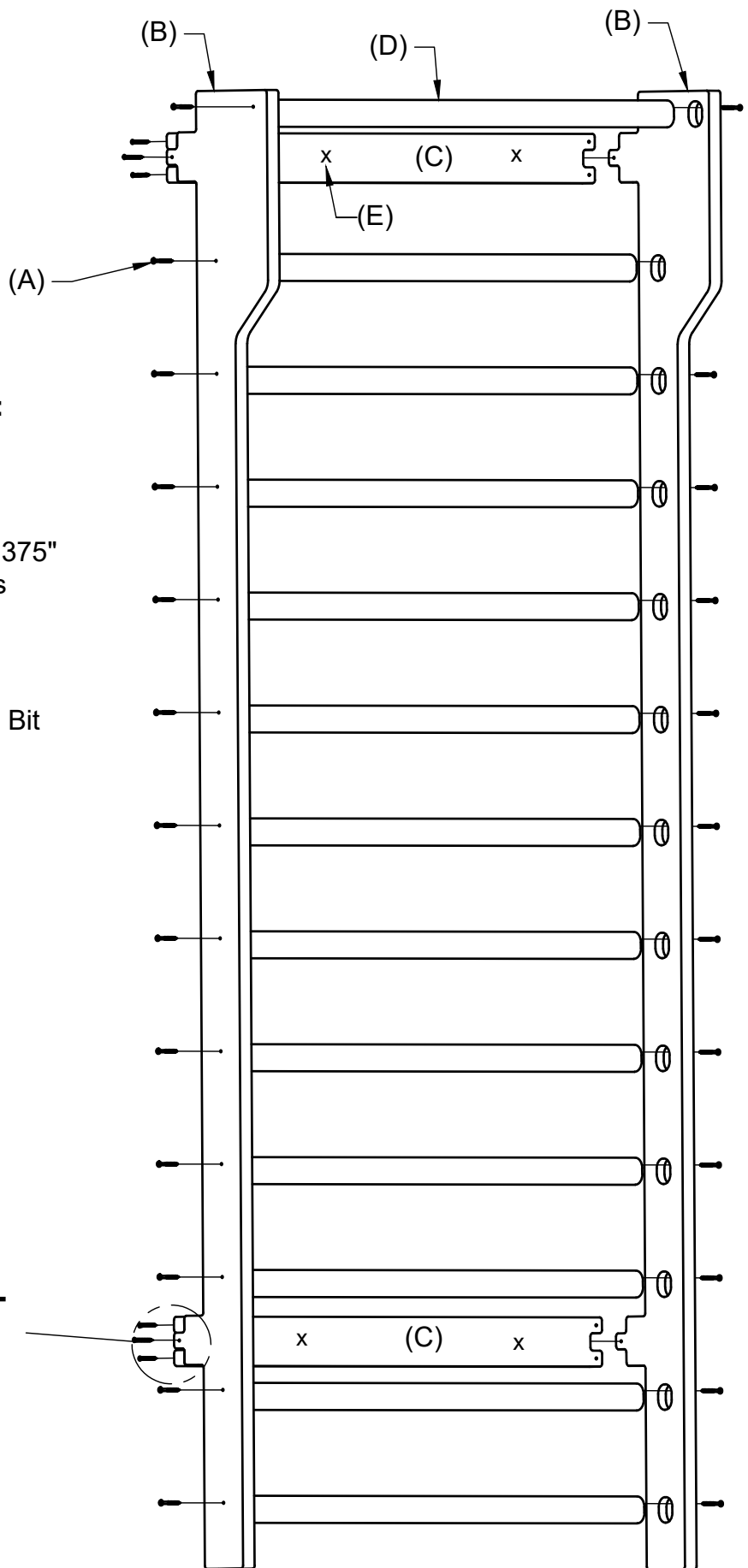


PSSE Bar Assembly Instructions



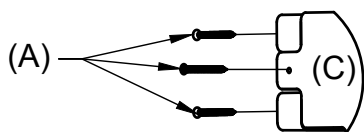
Included Hardware and Materials:

- (A): [38] 1.5" black #8 screws
- (B): [2] Side Uprights, 90"
- (C): [2] Back Plates. 34"
- (D): [13] Oval Hardwood Rungs, 33.375"
- (E): [4] 3" #10 stud mounting screws

Tools Required:

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

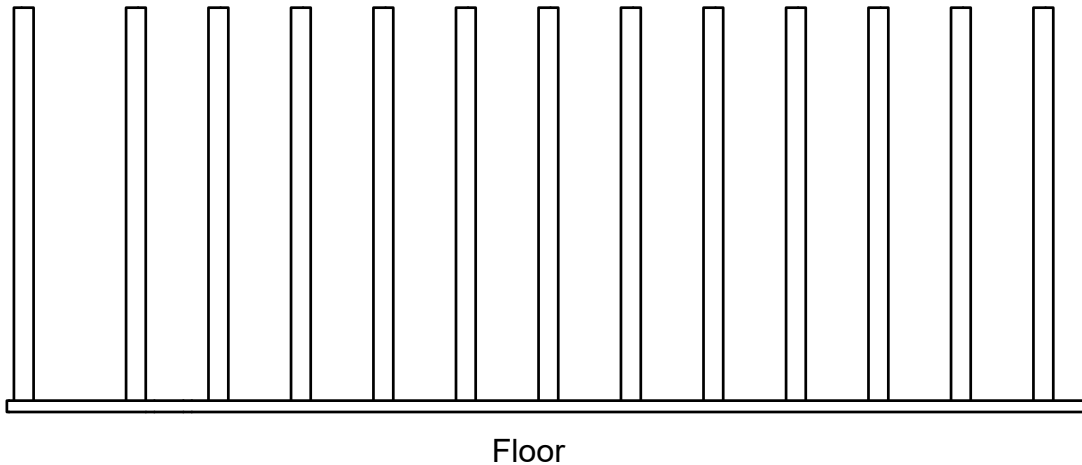
FINGER JOINT
(4 locations)



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 13 hardwood dowels fully into the holes

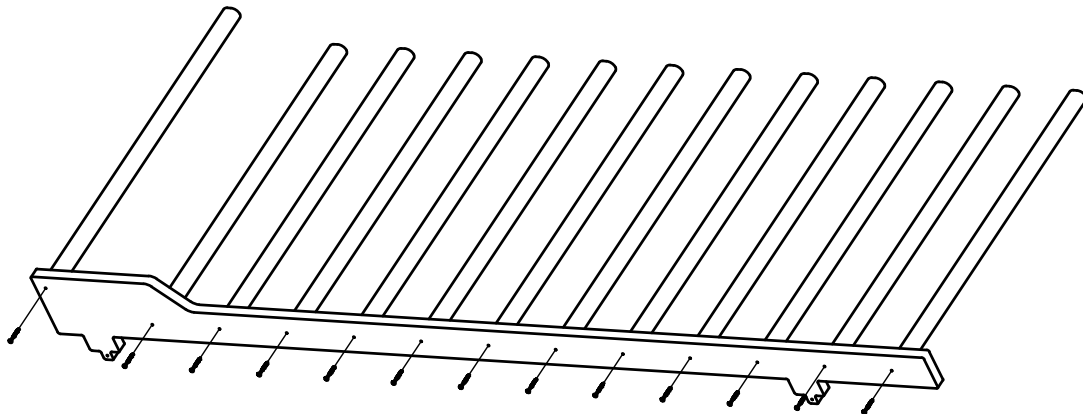
Figure 1



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 13 dowels to (B) upright.

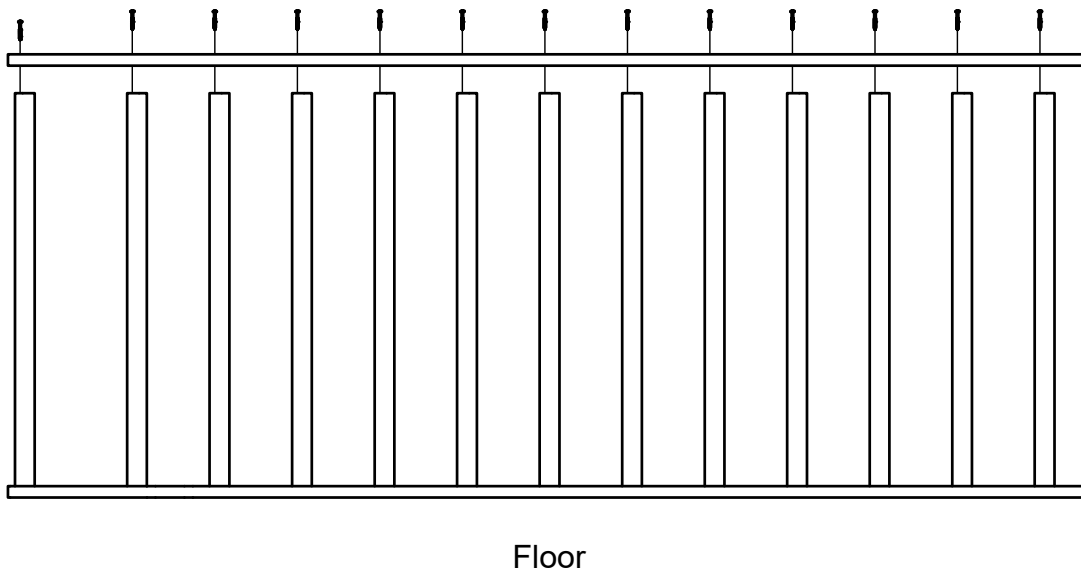
Note: when installing any screws into pre-drilled holes throughout the installation make sure they are straight/level and not at an angle to prevent the tip of the screws from poking through any pieces.

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 13 dowels to (C) upright.

Figure 3



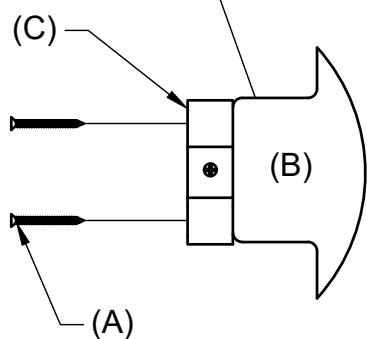
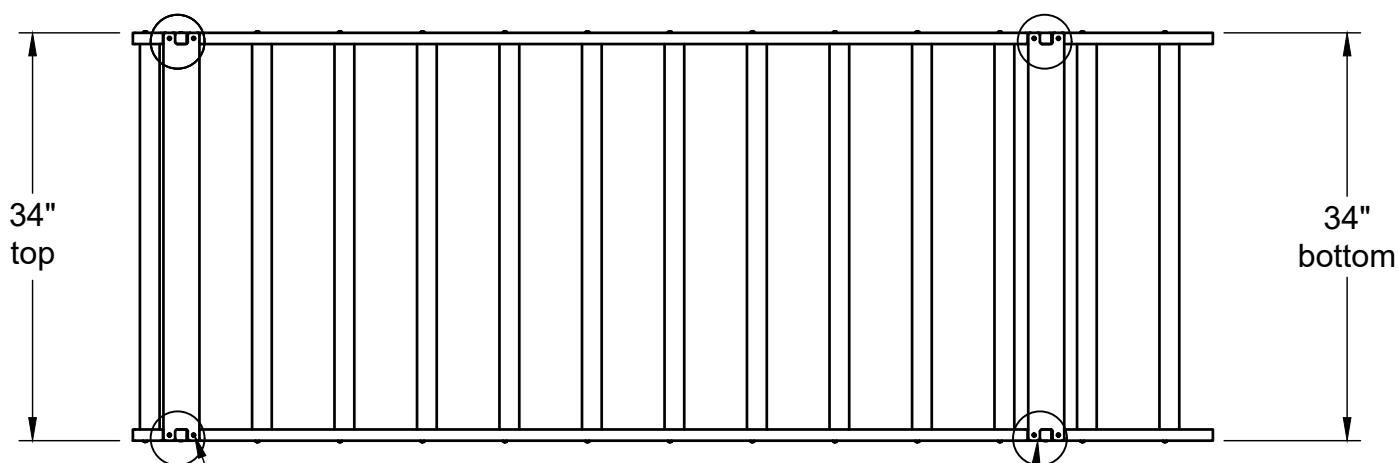
Floor

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.

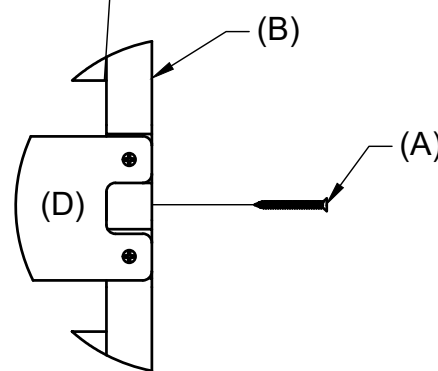
STEP 5: Place assembly facing down in order to install (C) backplates. Two black 1.5" screws are required at each of the (4) locations from the back and one black 1.5" screw is required from the side of the finger joint as straight as possible. (*Figures 4 & 5*)

Note: Confirm logo is right side up



Back (*Figure 4*)

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

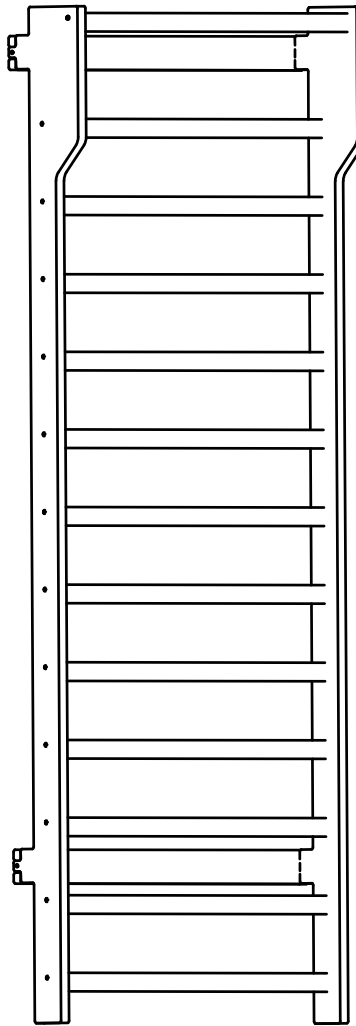


Side (*Figure 5*)

[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.

BEYOND
BALANCE

Follow and tag us at:



@GoBeyondBalance

Use of our products is at your own risk. By purchasing this product you are assuming all responsibility for your own safety. As with all exercise equipment, any misuse of this product can result in injury, and by purchasing this product you agree that you are liable for any action taken with the product. Buyer understands and agrees that the use of the goods purchased from Beyond Balance may be dangerous to human safety, may result in injury or death and present a risk of damage to property if not used properly. You must routinely inspect your equipment for any wear or tear which can occur after repeated use. We are not responsible for any mishaps, injuries or damages resulting from your use of our products. As with any training program or other physical activity performed on these items, there is a risk of injury and proper supervision is required. Purchaser assumes responsibility and acknowledgment of all risk factors. For more training and safety information, we recommend online information from qualified coaches, trainers, and therapist or bringing some of your equipment to your gym/coach/trainer/therapist.