

COMPETITION FREESTANDING RIG

ASSEMBLY GUIDE





OVERVIEW

Congratulations on your new Competition Freestanding Rig!

The Again Faster® Competition Freestanding Pull-up Rig is an evolution of design, while setting a new standard for quality, functionality, and affordability.

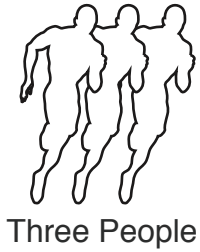
Sporting 1 1-gauge, 3x3 uprights, our Competition line has been designed in conjunction with top strength and conditioning athletes in mind, to ensure these pull-up rigs exceed all expectations.

WARNING

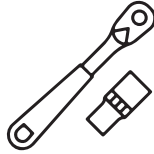
Serious or fatal crushing injuries can occur from equipment tip-over. To prevent this rig from tipping over, it must be permanently fixed to the floor



WHAT YOU'LL NEED



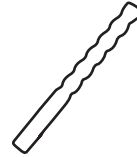
Three People



19mm Ratchet



19mm Wrench



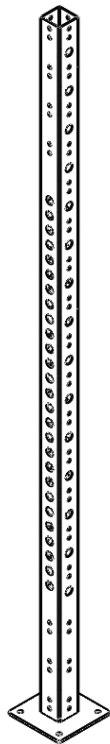
14mm Concrete Drill Bit



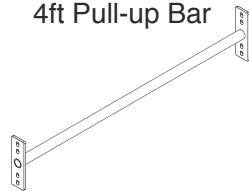
Impact Driver

PARTS GUIDE

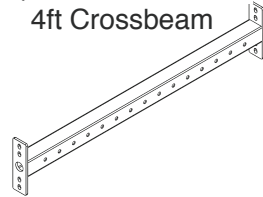
9ft (108") Upright Beam



4ft Pull-up Bar



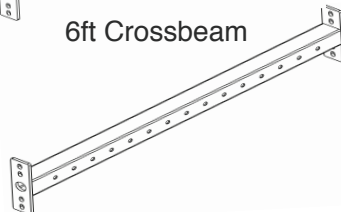
4ft Crossbeam



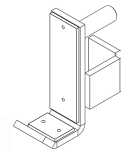
6ft Pull-up Bar



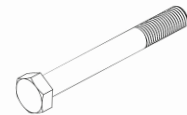
6ft Crossbeam



J-Cup



110mm M12 Bolt



M12 Washer



M12 Nuts



14mm Concrete Anchors





WHAT'S INCLUDED

The list below displays the quantity of each part included based on the length of your pull-up rig. Please review your inventory of parts upon receipt and let us know if you have any discrepancies.

10FT 14FT 20FT 24FT 30FT 34FT 40FT 44FT

Upright Beam	6	8	10	12	14	16	18	20
4FT Pull-up Bar	2	4	4	6	6	8	8	10
4FT Crossbeam	2	4	4	6	6	8	8	10
6FT Pull-up Bar	5	6	9	10	13	14	17	18
6FT Crossbeam	3	4	5	6	7	8	9	10
J-Cup Pair	2	4	4	6	6	8	8	10
M12 Bolt	48	72	88	112	128	152	168	192
M12 Washer	96	144	176	224	256	304	336	384
M12 Nut	48	72	88	112	128	152	168	192
Concrete Anchor	24	32	40	48	56	64	72	80

Please Note: We also include some longer M12 Bolts for the scenario that you line up 6FT pull-up bars with a 4FT.



ASSEMBLIES

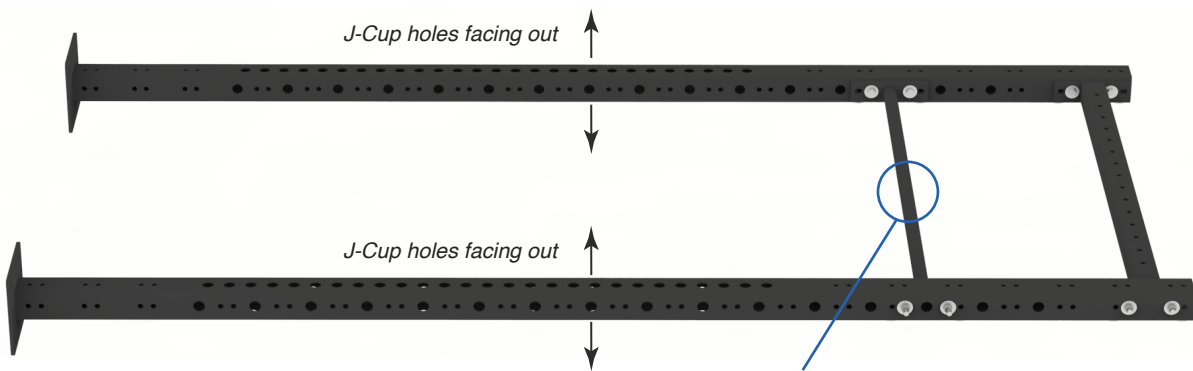
The diagram below shows how many of each assembly type is needed based on the rig length.

		ASSEMBLIES NEEDED	
10FT		1x 1	1x 5
14FT		2x 1	
20FT		2x 1	1x 5
24FT		3x 1	
30FT		3x 1	1x 5
34FT		4x 1	
40FT		4x 1	1x 5
44FT		5x 1	



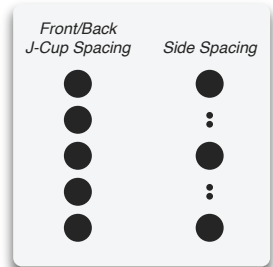
STEP ONE

Note: Steps 1 & 2 will be completed horizontally on the ground.
 Connect two Upright Beams together using one 4ft Pull-up Bar and one 4ft Crossbeam. You will repeat this step for the other side of the assembly.

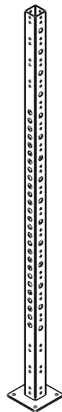


2x

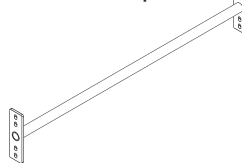
Repeat this step for the other side of the assembly



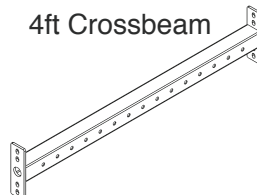
4x
 9ft (108")
 Upright Beam



2x
 4ft Pull-up Bar



2x
 4ft Crossbeam



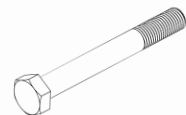
32x
 M12 Washer



16x
 M12 Nuts



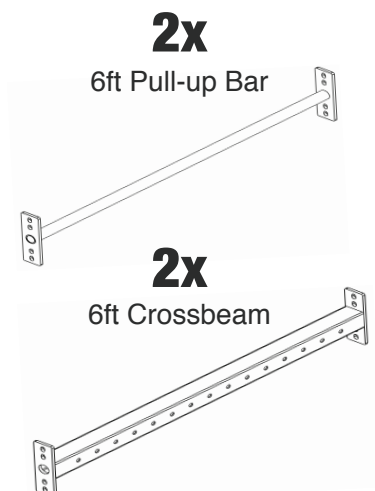
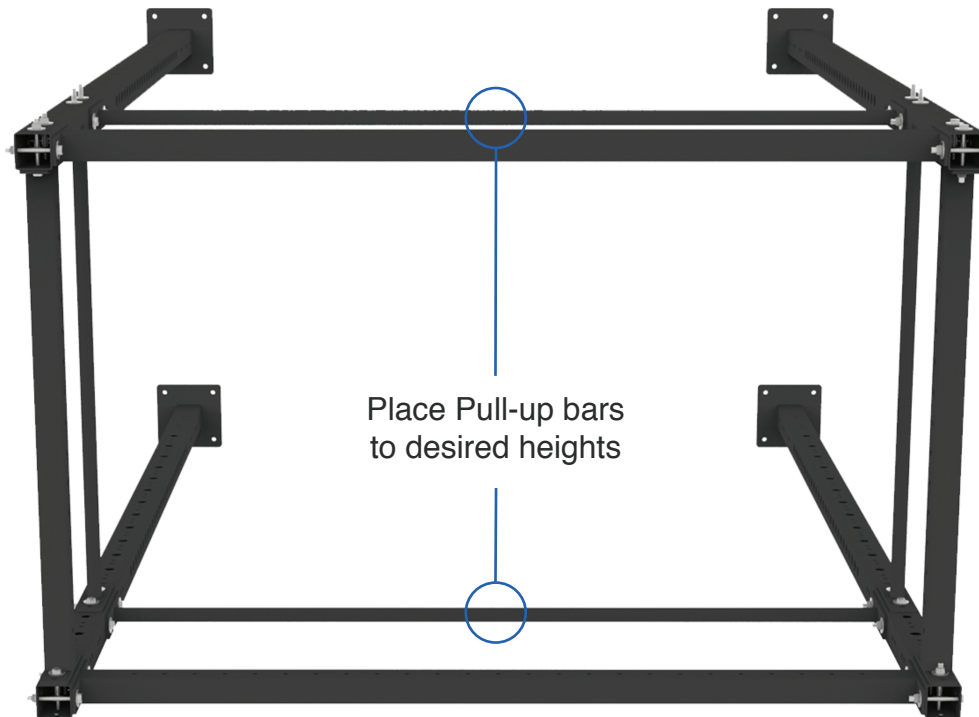
16x
 110mm M12 Bolt





STEP TWO

Connect the two sides of your assembly from Step One together using two 6ft Pull-up Bars and two 6ft Crossbeams.



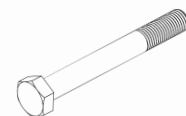
16x
M12 Washer



8x
M12 Nuts



8x
110mm M12 Bolt

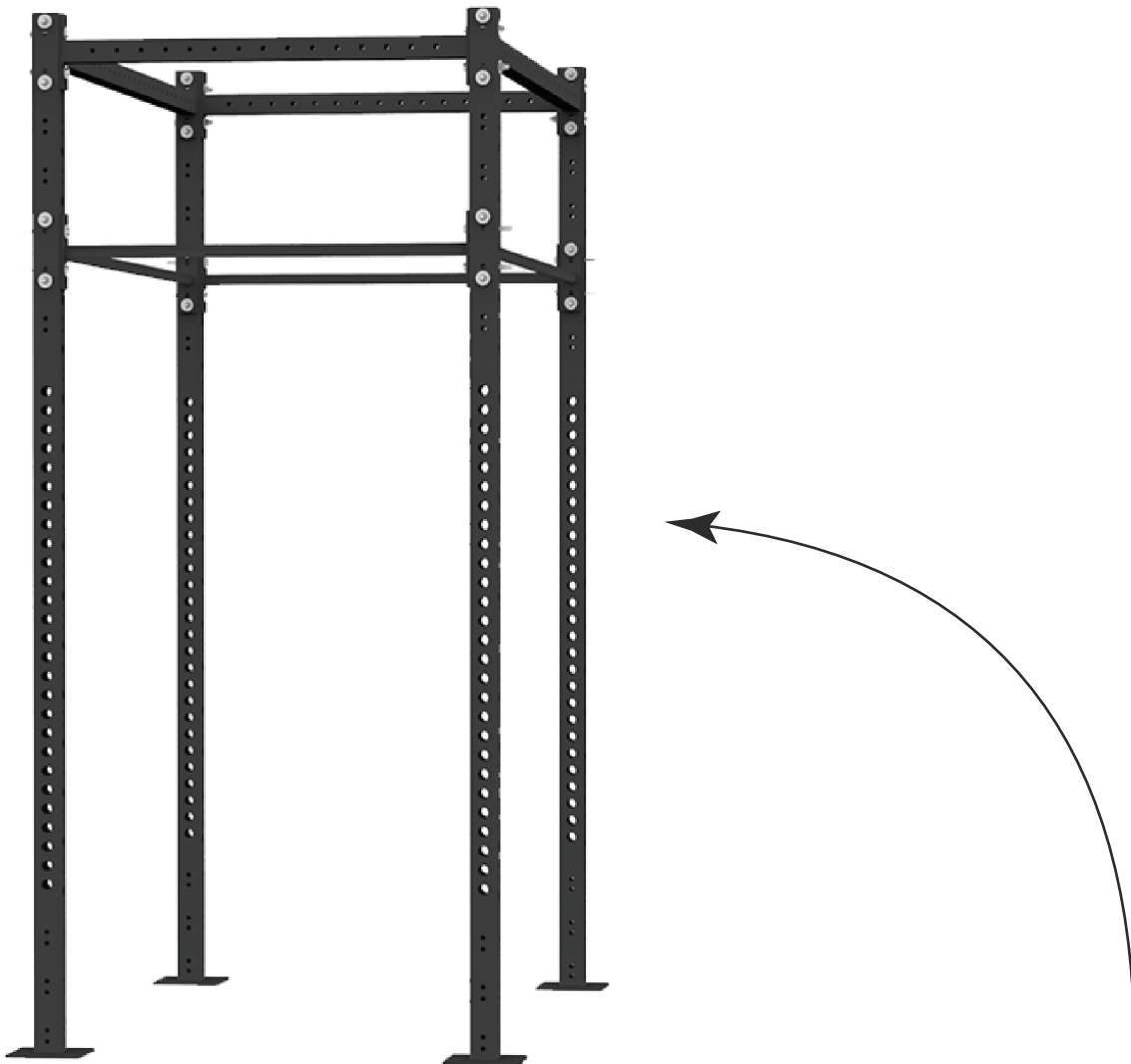




STEP THREE

With your partners, carefully tilt the rig into it's upright position.

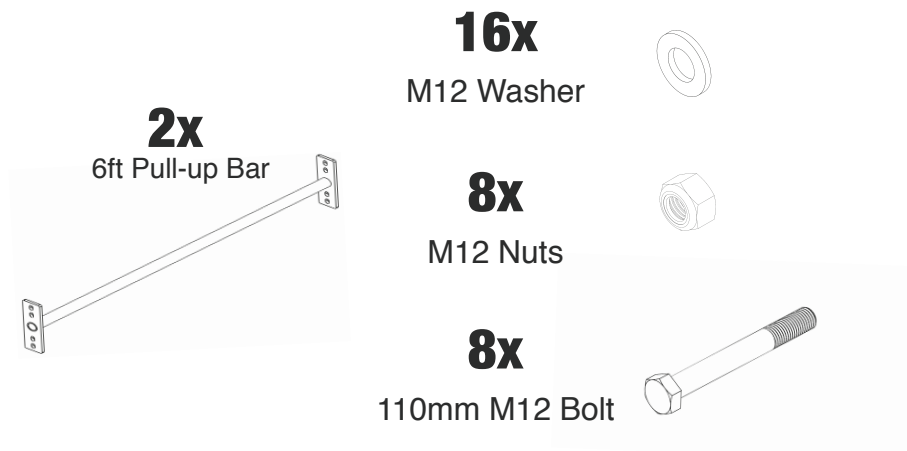
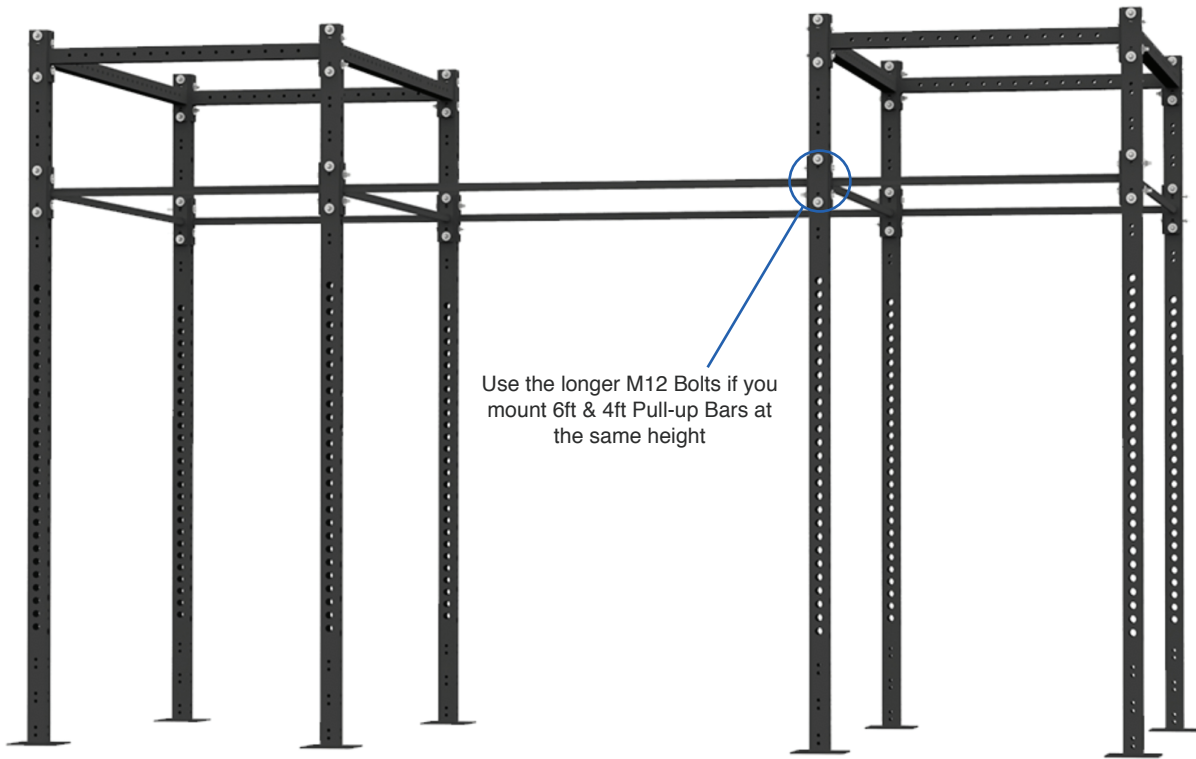
Repeat Steps One and Two for every Squat Station your rig has.
See 'Assemblies' page for reference.





STEP FOUR

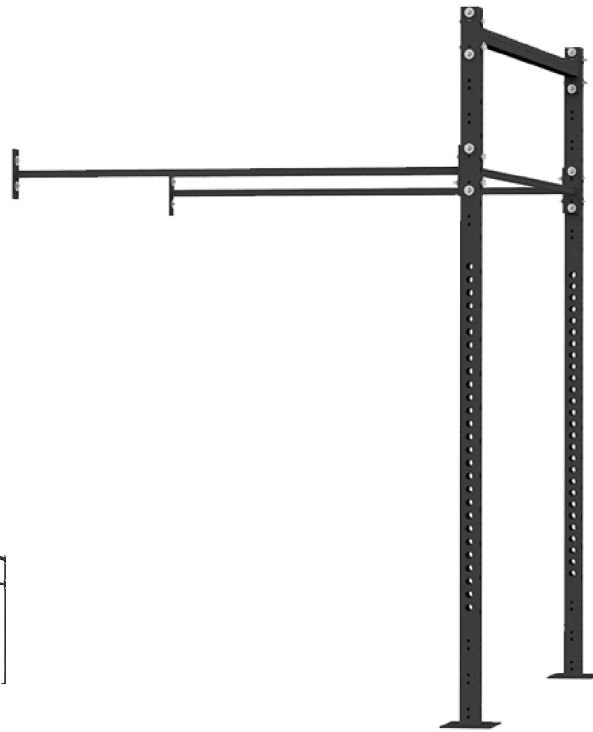
Once all of the Squat Stations have been assembled, connect them together using 6ft Pull-up bars.



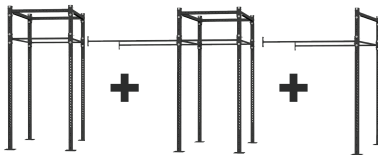


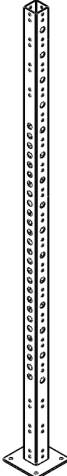

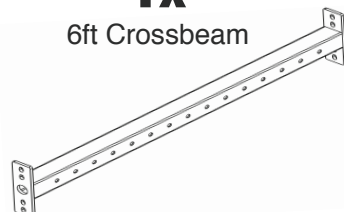


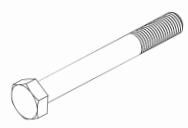
STEP FIVE

10ft, 20ft, 30ft, and 40ft Rigs will end in the following 6ft wide assembly using two Upright Beams, three 6ft Pull-up Bars, and one 6ft Crossbeam. Once assembled, tilt up with your partners and bolt to the end of your rig.



Example: 20FT

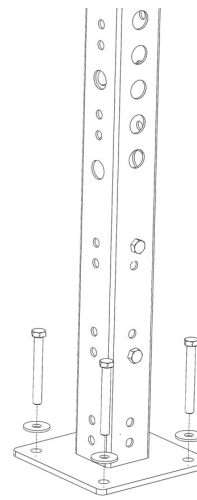
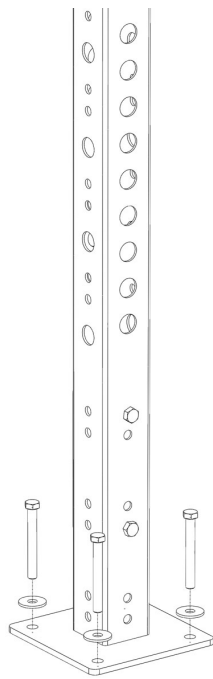


<p>2x 9ft (108") Upright Beam</p> 	<p>3x 6ft Pull-up Bar</p>  <p>1x 6ft Crossbeam</p> 	<p>24x M12 Washer</p>  <p>12x M12 Nuts</p>  <p>12x 110mm M12 Bolt</p> 
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STEP SIX

To fully secure the rig, bolt it to the floor using the provided Concrete Anchors. This step will vary depending on your structure. Contact a qualified contractor for additional help.



14mm
Concrete Anchors





COMPLETE

Congrats, your Pull-up Rig is now complete!
It is important to check your bolts are securely tightened before every use.

