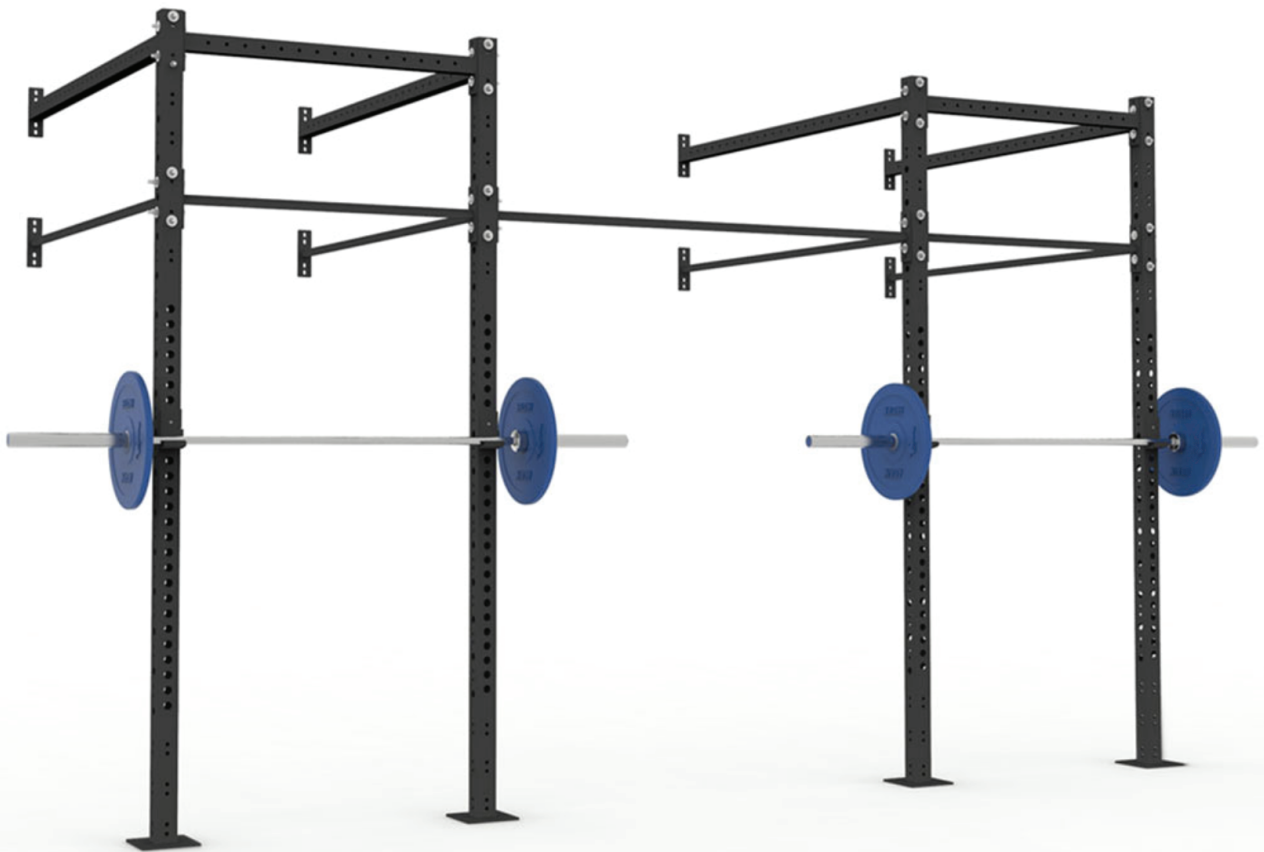


COMPETITION WALL-MOUNT RIG

ASSEMBLY GUIDE



Again Faster Equipment ▪ service@againfaster.com ▪ (877) 763-8775



OVERVIEW

Congratulations on your new Competition Wall-Mount Rig!

The Again Faster® Competition Wall-Mount 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 wall and floor

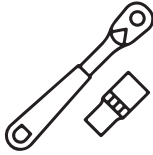


WHAT YOU'LL NEED

To properly secure your wall-mounted rig it must be bolted to a wood stringer or concrete block wall. Each 2in x 8in stringer must be mounted to at least three studs using 3/8in lag bolts. If you are mounting into concrete walls then you can simply use concrete anchors without a wood stringer.



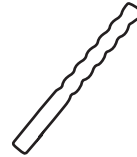
Two People



19mm Ratchet



19mm Wrench

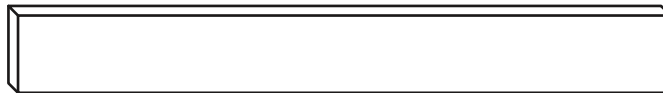


14mm Concrete Drill Bit

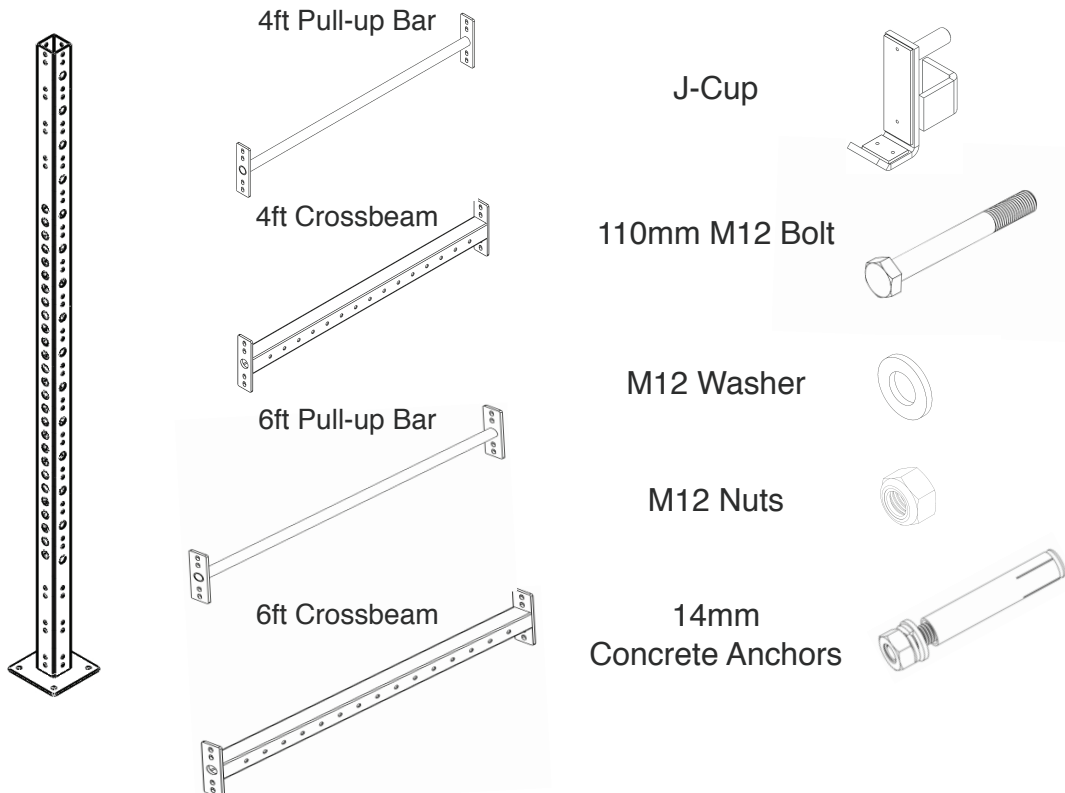


Impact Driver

Wood Stringer + Mounting Hardware



PARTS GUIDE





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	3	4	5	6	7	8	9	10
4FT Pull-up Bar	1	2	2	3	3	4	4	5
4FT Crossbeam	1	2	2	3	3	4	4	5
6FT Pull-up Bar	4	5	7	8	10	11	13	14
6FT Crossbeam	3	4	5	6	7	8	9	10
J-Cup Pair	1	2	2	3	3	4	4	5
M12 Bolt	24	36	44	56	64	72	84	92
M12 Washer	38	72	88	112	128	144	168	184
M12 Nut	24	36	44	56	64	72	84	92
Concrete Anchor	12	16	20	24	28	32	36	40

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.

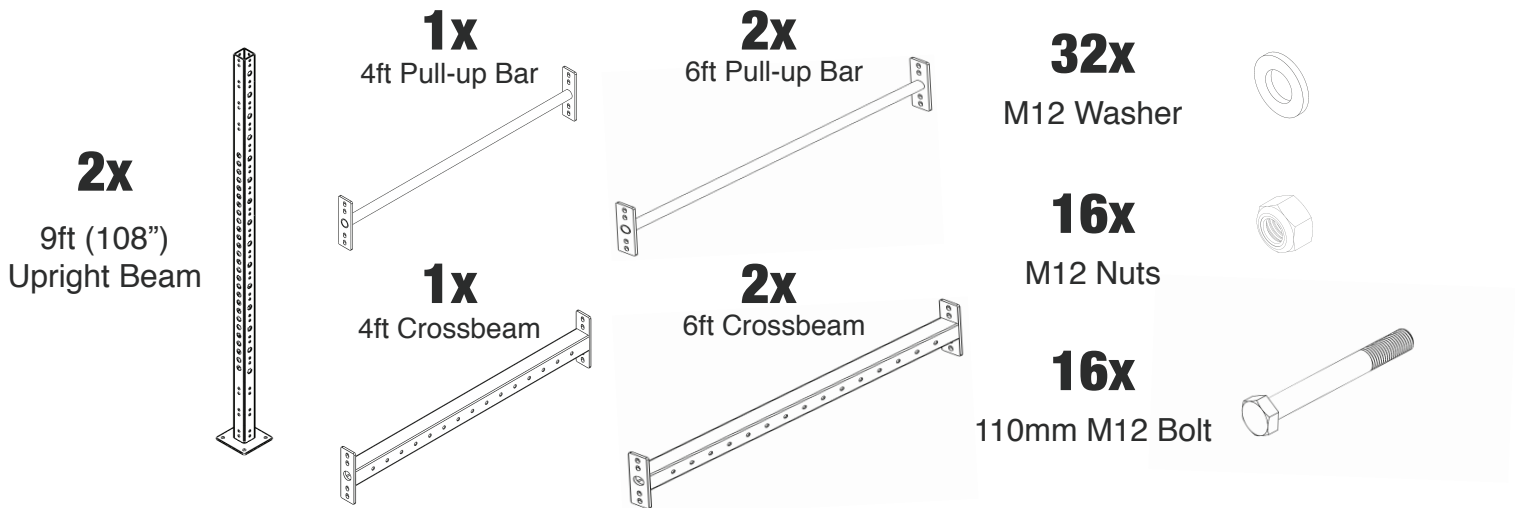
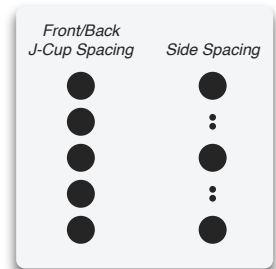
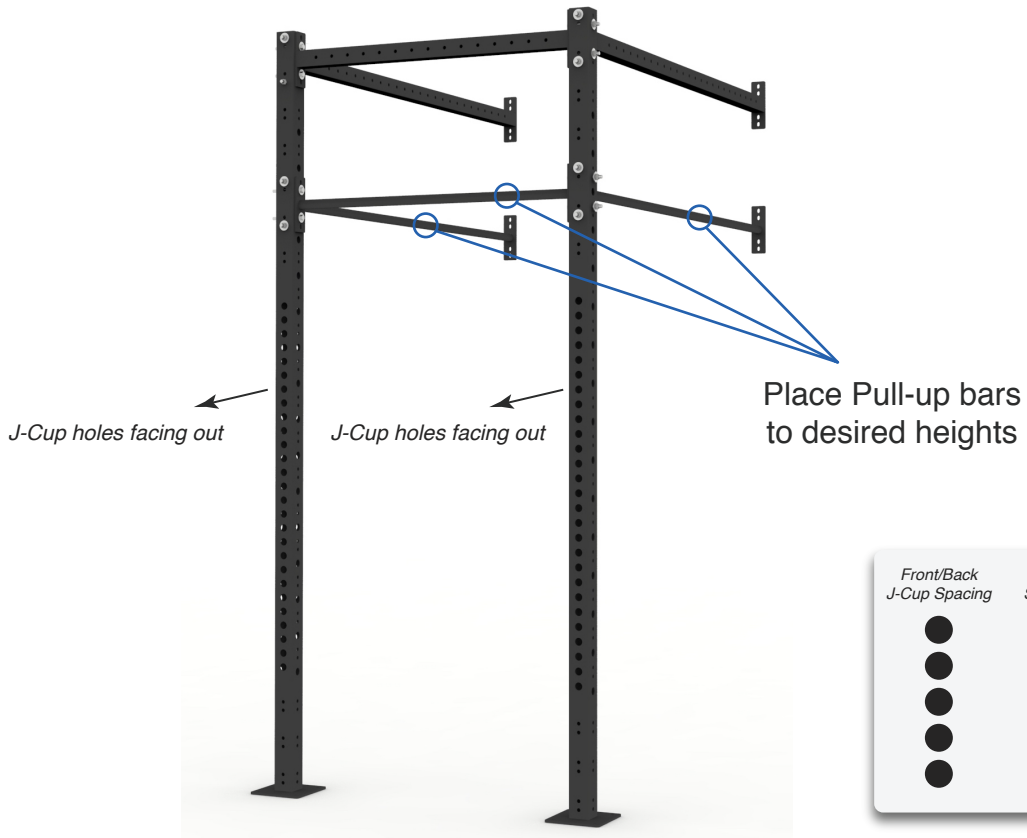
		ASSEMBLIES NEEDED		
10FT		1x 1	1x 5	
14FT		1x 1	1x 4	
20FT		1x 1	1x 4	1x 5
24FT		1x 1	2x 4	
30FT		1x 1	2x 4	1x 5
34FT		1x 1	3x 4	
40FT		1x 1	3x 4	1x 5
44FT		1x 1	4x 4	



STEP ONE

Complete this step with the rig horizontally on the ground.

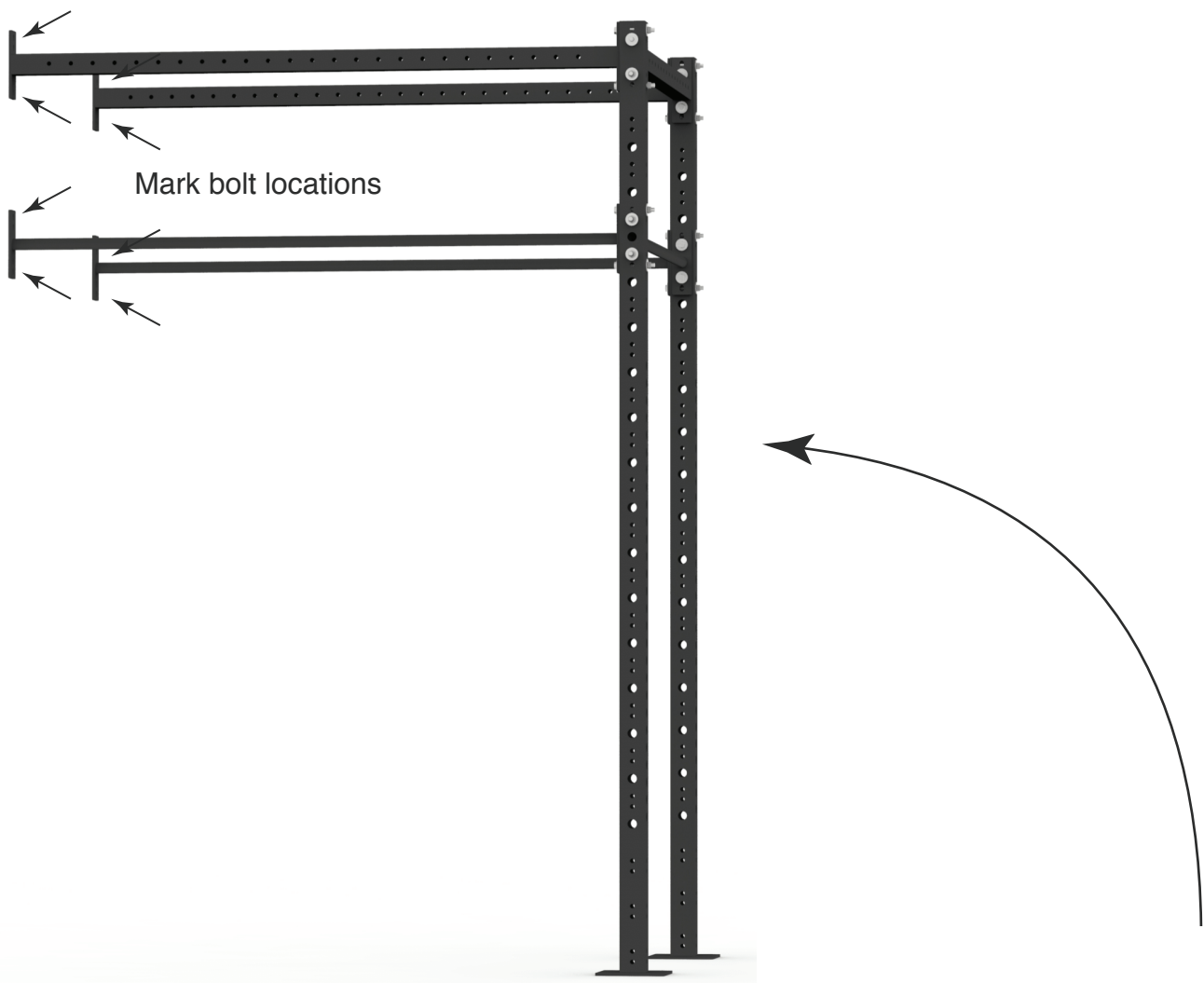
Build your first 4ft section using two Upright Beams, one 4ft Pull-up Bar, one 4ft Crossbeam, two 6ft Crossbeams, and two 6ft Pull-up Bars.





STEP TWO

With your partner, carefully tilt the assembly up and move to desired location and mark the bolt locations on the wall. Tilt the assembly back down to mount your stringer.

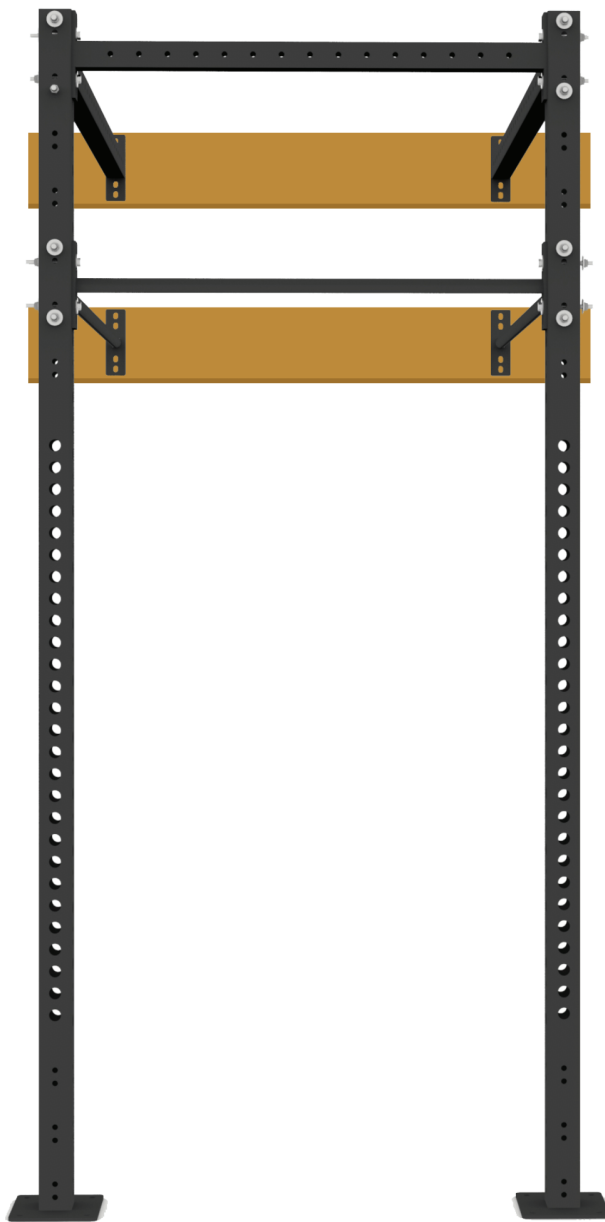




STEP THREE

Mount the stringers to your marked locations. This step will vary depending on your structure. Contact a qualified contractor for additional help.

Once you have mounted your stringer, tilt the assembly back up and bolt it into desired location.

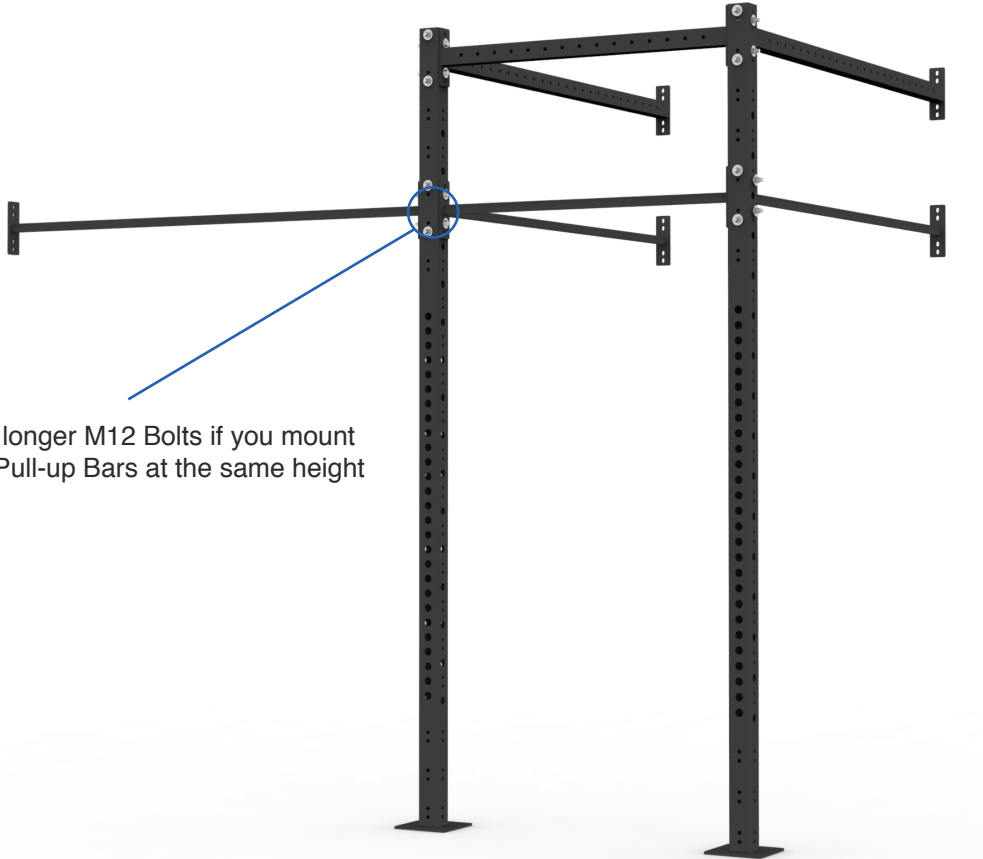


If you are mounting into concrete walls, you can simply use concrete anchors without a wood stringer.

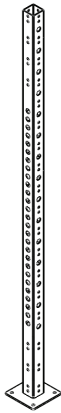
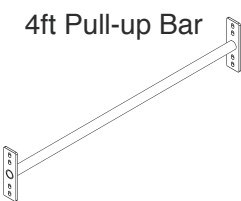
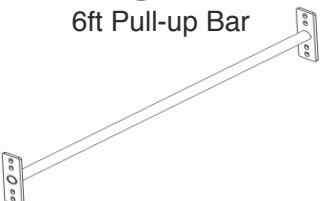

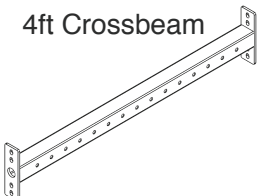
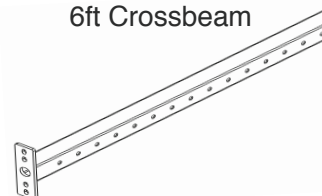

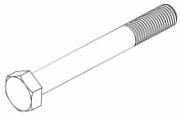


STEP FOUR

For each additional Squat Rack(4ft section) your Rig has, build the following assembly using two Upright Beams, one 4ft Pull-up Bar, one 4ft Crossbeam, two 6ft Crossbeams, and three 6ft Pull-up Bars.



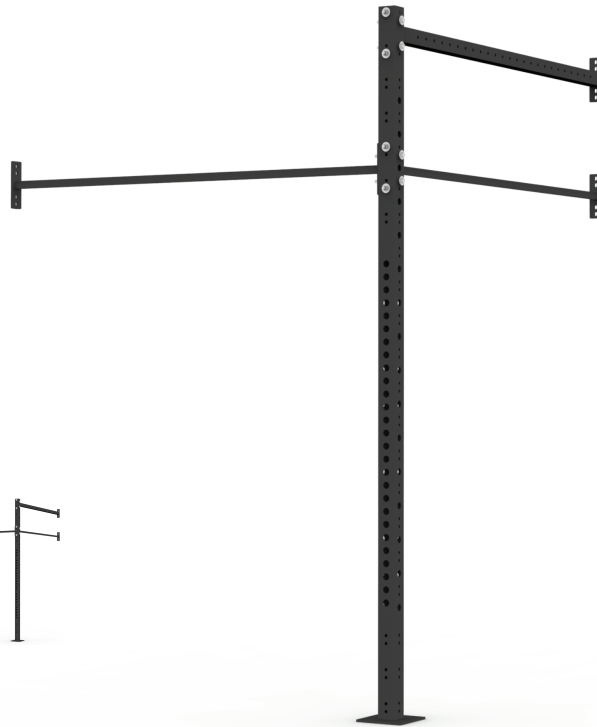
Use the longer M12 Bolts if you mount 6ft & 4ft Pull-up Bars at the same height

<p>2x 9ft (108") Upright Beam</p> 	<p>1x 4ft Pull-up Bar</p> 	<p>3x 6ft Pull-up Bar</p> 	<p>32x M12 Washer</p> 
	<p>1x 4ft Crossbeam</p> 	<p>2x 6ft Crossbeam</p> 	<p>16x M12 Nuts</p> 
			<p>16x 110mm M12 Bolt</p> 



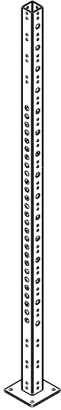

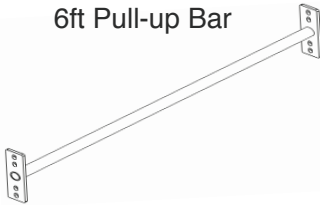

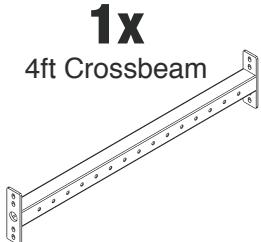

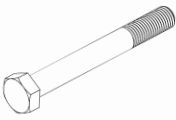
STEP FIVE

10ft, 20ft, 30ft, and 40ft Rigs will end in the following 6ft wide assembly using one Upright Beam, one 4ft Pull-up Bar, one 4ft Crossbeam, and one 6ft Pull-up Bar. This step is not needed if your rig ends with a Squat Station(4ft section).



Example: 20FT



<p>1x 9ft (108") Upright Beam</p> 	<p>1x 4ft Pull-up Bar</p> 	<p>1x 6ft Pull-up Bar</p> 	<p>12x M12 Washer</p> 
<p>1x 4ft Crossbeam</p> 			<p>6x M12 Nuts</p> 
			<p>6x 110mm M12 Bolt</p> 



STEP SIX

One assembly at a time, tilt it up and place it flush against the previously mounted assembly to mark the bolt locations. Tilt it back down to mount your stringers(if applicable). Then tilt the assmeby back up and secure it to the rig and wall.



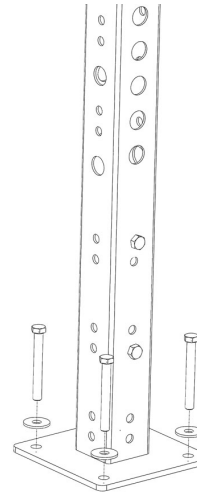
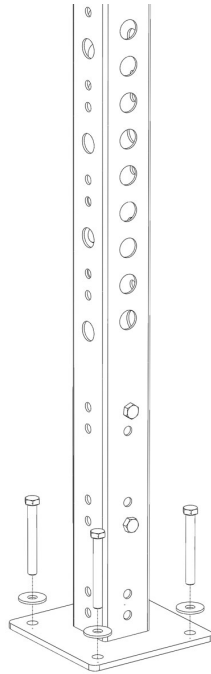
Repeat this step for each Squat Station. Refer to 'Assemblies' page for reference.





STEP SEVEN

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.

