



INSTALLATION GUIDE

PRIMAL 7 PULL UP BAR

Disclaimer: This document is intended to be used solely as a reference guide for the installation of a Primal 7 Wall-Mounted Pull-Up Bar. While every effort has been made to give complete and accurate information, an installation specialist should be consulted to assist with the specific needs of your space and to avoid damage or injury. Primal 7 shall not be held liable for improper installation, operation, or maintenance of any Primal 7 Performance System or Wall-Mounted Pull-Up Bar.

FREQUENTLY ASKED QUESTIONS:

How much space do I need?

For clinical use, we recommend at least 3 - 4 ft. of lateral clearance per unit. Additionally, you will need 8 ft. of outward clearance to perform movements like squats, bends, and gait. For performance use, you may need up to 6 ft. (lateral) x 10 ft. (outward).

How high do I hang the bar?

For adult use, we recommend hanging the bar at about 7.5 ft. from the ground. This will give taller individuals enough room for their legs to hang straight. For kids and shorter adults, you can use a step platform or jump box.

What if I have metal studs or need to reinforce the wall?

You have two options for reinforcement if you have metal studs. Depending on your setup and aesthetic preferences, you may choose to do a full plywood panel or a pair of 2 x 6 boards. Reinforcing the wall, distributes the weight more evenly and negates the need for studs. This is generally used for commercial installations. See the following page for step-by-step instructions.

Note: If you have wood studs, you do not need to reinforce your wall. You can purchase wood stud hardware to mount each support bracket directly to your studs.

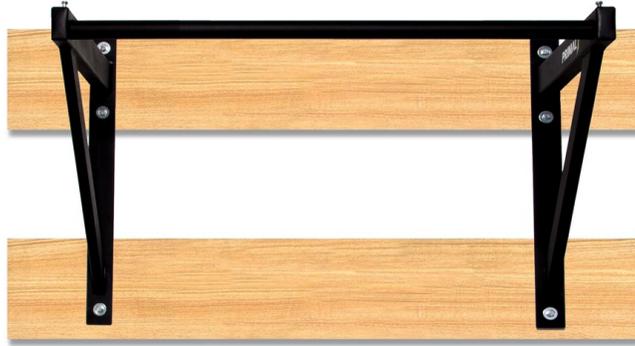
What comes with the order and what else will I need?

You will receive the following in your package from Primal 7:

- (1) One 52" bar
- (2) Two support brackets
- (2) Two tightening bolts (to secure the bar to the brackets)

You can purchase the following at your local hardware store:

- (6) Six 3/8" x 2" Lag bolts (possibly longer depending on your wall) w/ washers
- (1) One 5' x 8' finished plywood sheet - OR - (2) Two 2' x 6' boards
- (8) Eight 1/4" toggle bolts w/ washers
- Paint and associated supplies
- Power drill
- 3/8" drill bit



OPTION 1 - 2' X 6' HORIZONTAL REINFORCEMENT



OPTION 2 - 2' X 6' VERTICAL REINFORCEMENT

STEP-BY-STEP INSTRUCTIONS FOR 2 X 6 REINFORCEMENT:

1. Cut two pieces of 2' x 6' lumber to extend at least 4 inches beyond the bar on either side.
2. Paint each 2' x 6' the desired color and allow time to dry.
3. Using the brackets as templates, pre-drill 3/8" holes in each board.
4. Attach the boards to the wall using four toggle bolts around the perimeter for each one.
5. Using the lag bolts, attach one bracket at a time, lining up with the pre-drilled holes.
6. Carefully slide the bar into one bracket and guide it to the other side.
7. Secure the bar with the provided bolts.



OPTION 3 - 5' X 8' PLYWOOD VERTICAL



OPTION 4 - 5' X 8' PLYWOOD HORIZONTAL

STEP-BY-STEP INSTRUCTIONS FOR PLYWOOD REINFORCEMENT:

1. If hanging horizontally, cut the 5' x 8' panel to size, leaving at least 4 inches on either side.
2. Paint each piece of plywood the desired color and allow time to dry.
3. Using the brackets as templates, pre-drill 3/8" holes in each panel.
4. If hanging vertically, line up the bottom of the panel with the floor or base board.
5. Attach the panel to the wall using eight toggle bolts along the perimeter.
6. Using the lag bolts, attach one bracket at a time, lining up with the pre-drilled holes.
7. Carefully slide the bar into one bracket and guide it to the other side.
8. Secure the bar with the provided bolts.