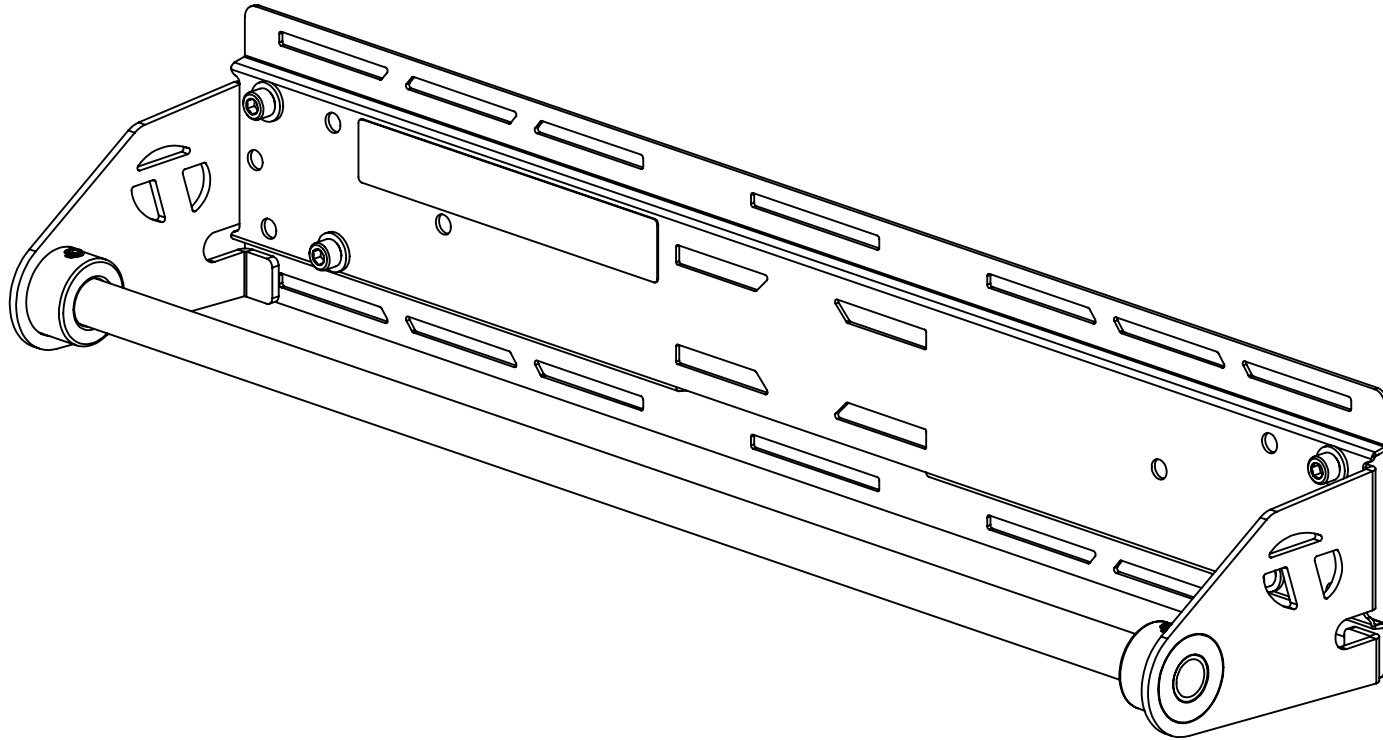


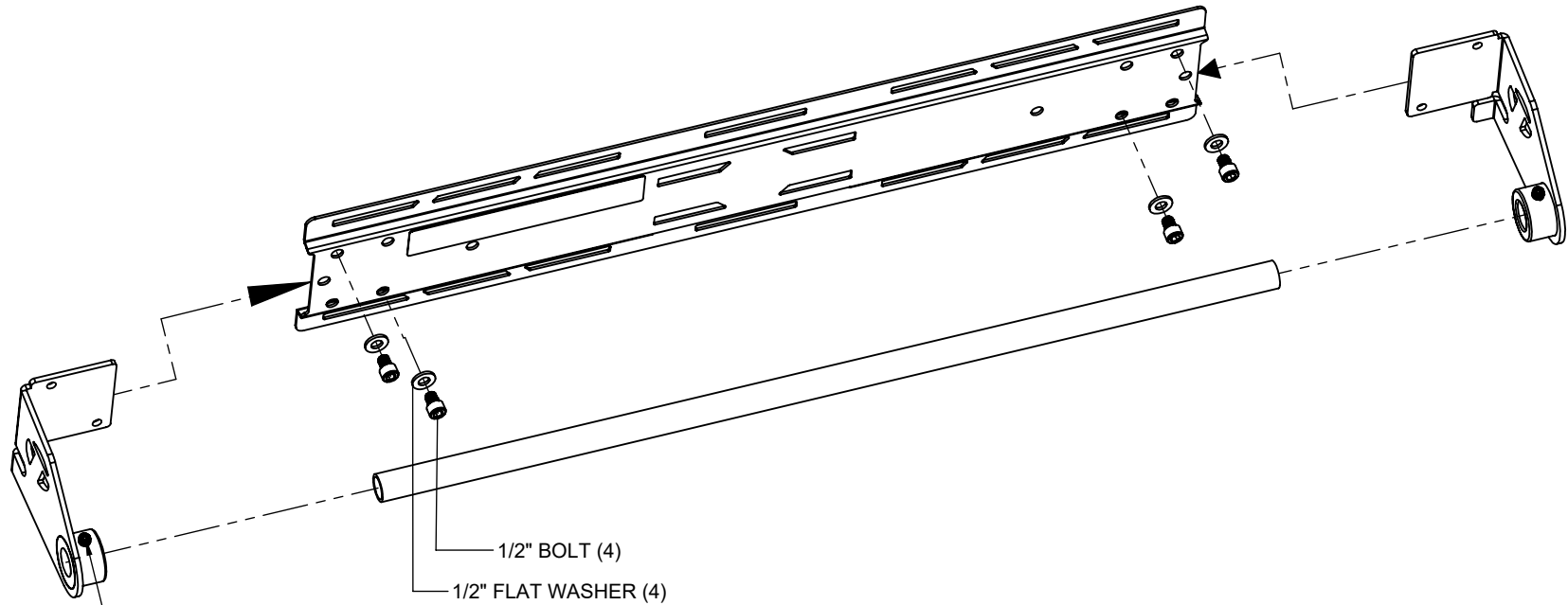
X-GYM HEADER BRACKET PULL UP BAR

VERSION: XG-4HBPUB

PART #: 5771401-A



STEP 1 (HEADER BRACKET PULL UP ASSEMBLY)

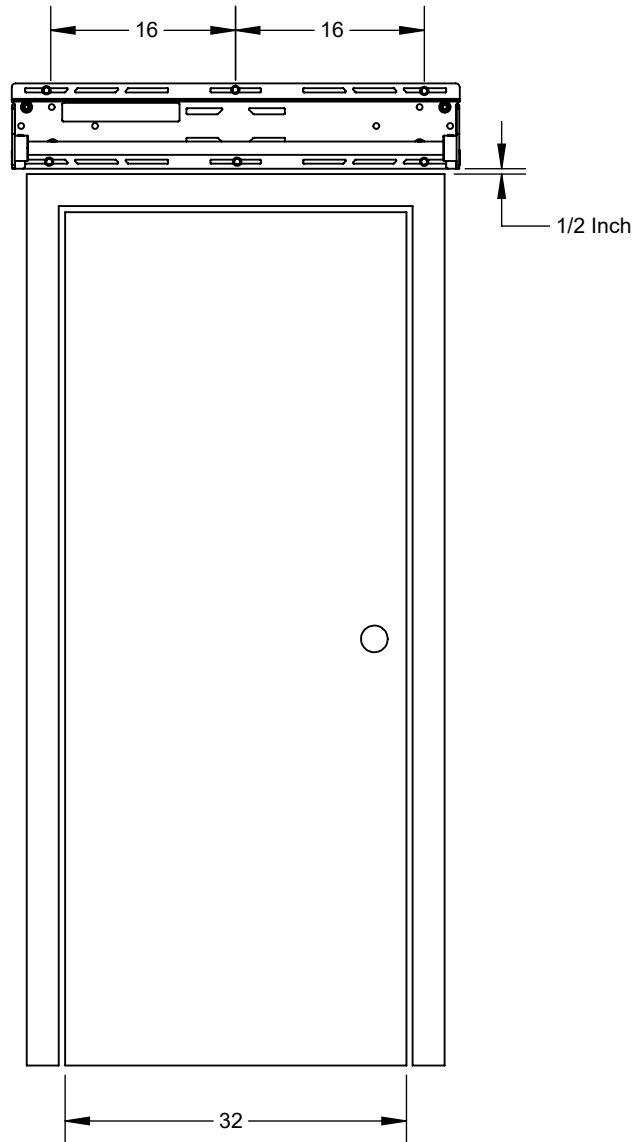


NOTE:
Loosen set screw
before installing

NOTE:

SECURELY tighten all bolt connections in this step.

STEP 2A&2B (HEADER PLATE MOUNT - WOOD STUDS 16" CENTER)

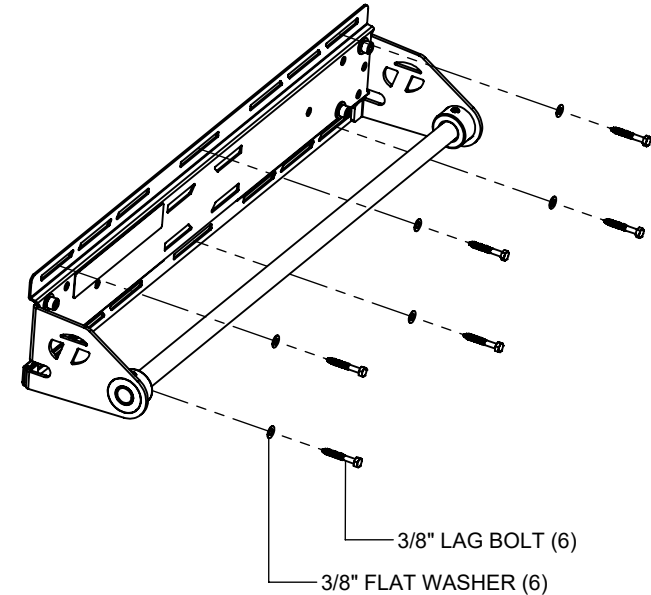


NOTES:

Center header plate over door or on wall at desired height. Mark and drill pilot holes with a 1/4" drill bit to a depth of 2.5". The image above shows a standard door size and mounting location.

WARNING:

THE HEADER BRACKET **MUST** BE ANCHORED TO THE WALL USING FOUR OR MORE WALL ANCHORS SUITABLE FOR THAT PARTICULAR WALL CONSTRUCTION.



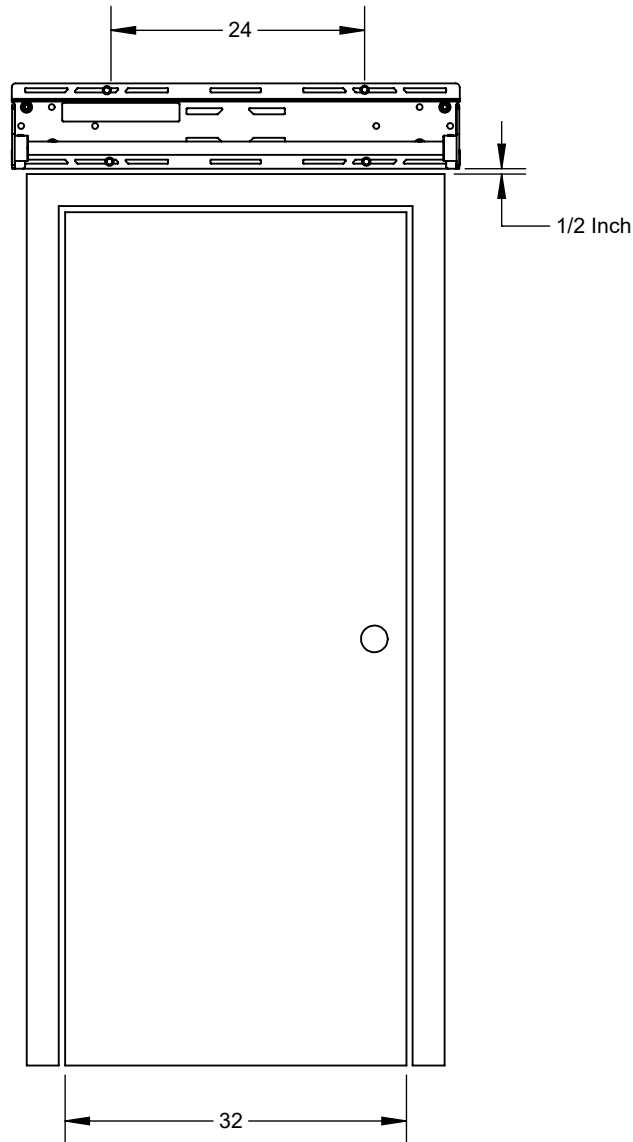
NOTES:

The images above show how to attach the header bracket to a typical wall with wood studs spaced 16" on center. The anchors used will depend on the wall construction. Anchoring into metal studs is not recommended.

Four or more anchoring locations must be used. The pull-out strength of the anchoring hardware used must be equal to or greater than 200 lbs. (91 kg) each.

SECURELY tighten all bolt connections in this step.

STEP 3A&3B (HEADER PLATE MOUNT - WOOD STUDS 24" CENTER)

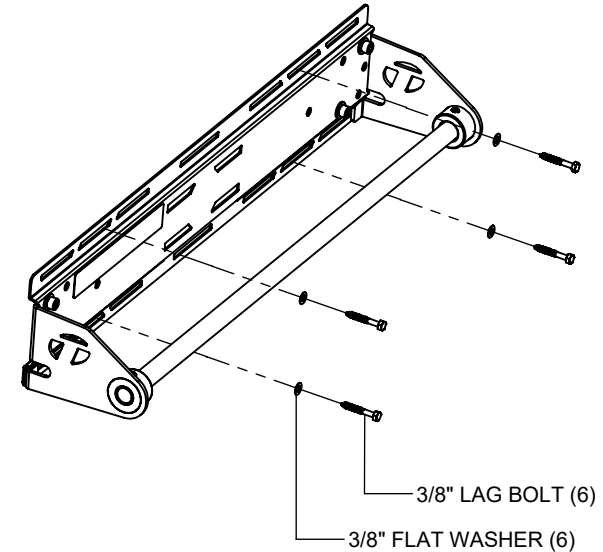


NOTES:

Center header plate over door or on wall at desired height. Mark and drill pilot holes with a 1/4" drill bit to a depth of 2.5". The image above shows a standard door size and mounting location.

WARNING:

THE HEADER BRACKET **MUST** BE ANCHORED TO THE WALL USING FOUR WALL ANCHORS SUITABLE FOR THAT PARTICULAR WALL CONSTRUCTION.



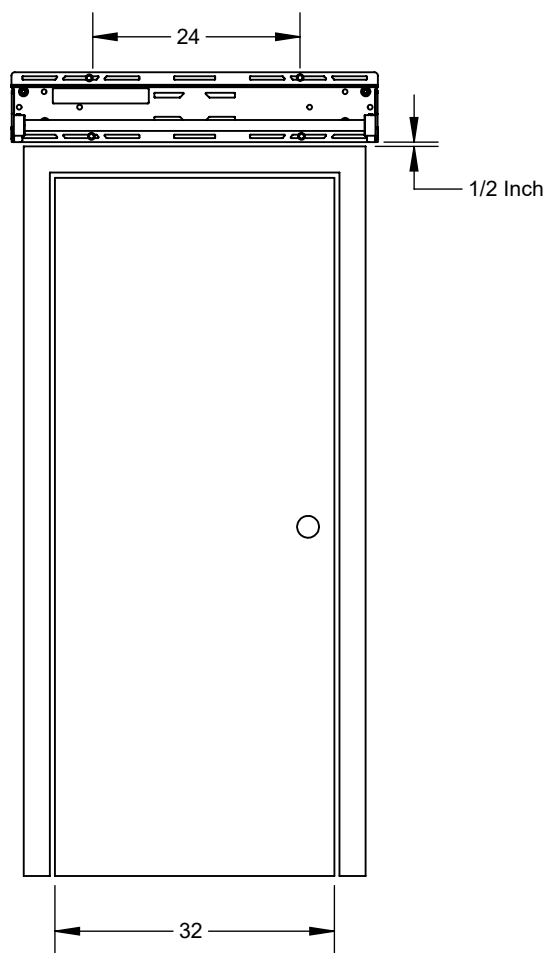
NOTES:

The images above show how to attach the header bracket to a typical wall with wood studs spaced 24" on center. The anchors used will depend on the wall construction. Anchoring into metal studs is not recommended.

All Four anchoring locations must be used. The pull-out strength of the anchoring hardware used must be equal to or greater than 200 lbs. (91 kg) each.

SECURELY tighten all bolt connections in this step.

STEP 3A&3B (HEADER PLATE MOUNT CONCRETE)



NOTES:

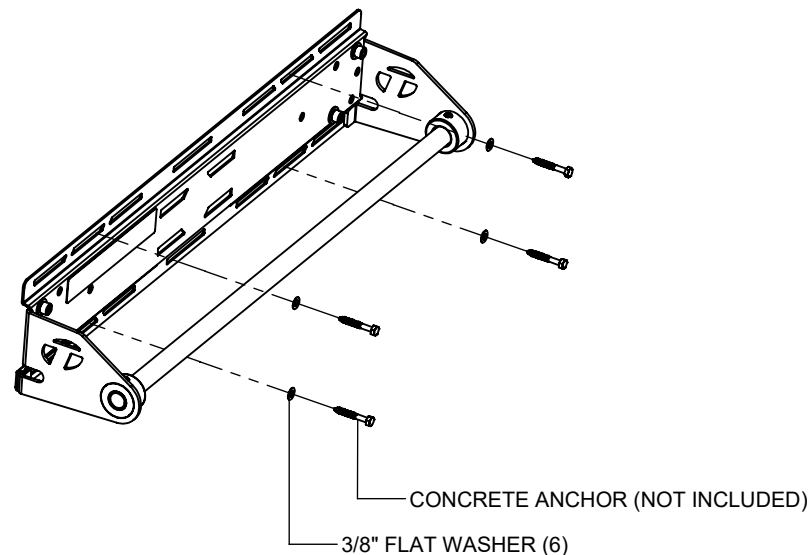
Center header plate over door or on wall at desired height. Mark and drill pilot holes according to the anchors used. The image above shows a standard door size and mounting location.

Mount the wall plate directly to the concrete surface.
Minimum concrete thickness: 8 in.
Minimum block size: 8 x 8 x 16 in.

Horizontal space between fasteners should be 24 in or greater.

WARNING:

THE HEADER BRACKET **MUST** BE ANCHORED TO THE WALL USING FOUR WALL ANCHORS SUITABLE FOR THAT PARTICULAR WALL CONSTRUCTION.



NOTES:

The images above show how to attach the header bracket to a typical concrete wall. The anchors used will depend on the wall construction.

All Four anchoring locations must be used. The pull-out strength of the anchoring hardware used must be equal to or greater than 200 lbs. (91 kg) each.

SECURELY tighten all bolt connections in this step.

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