

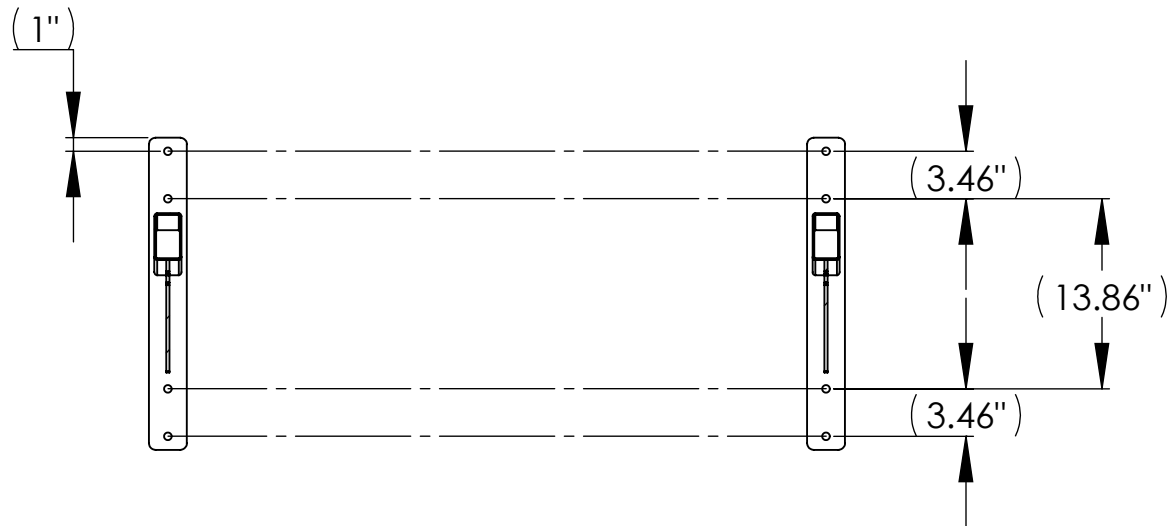
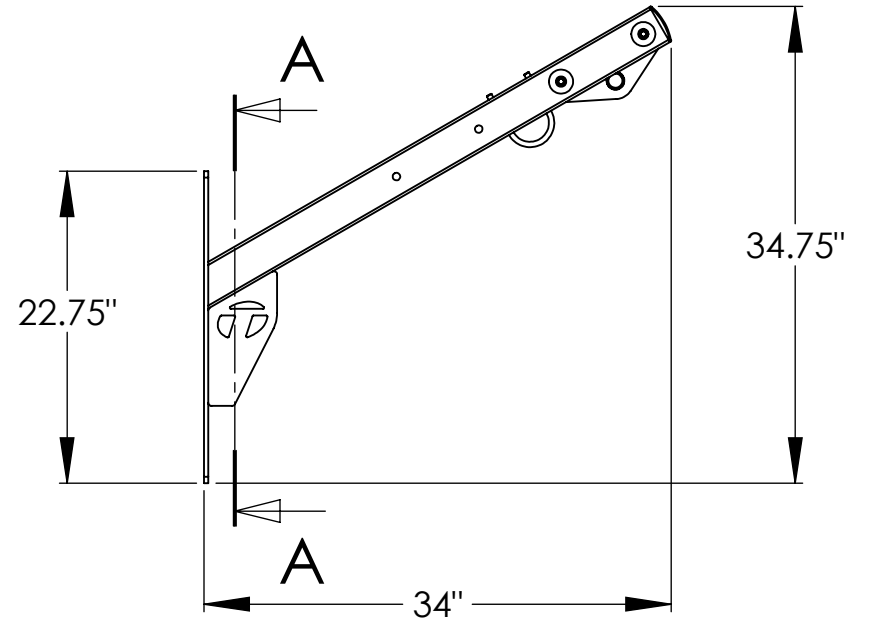
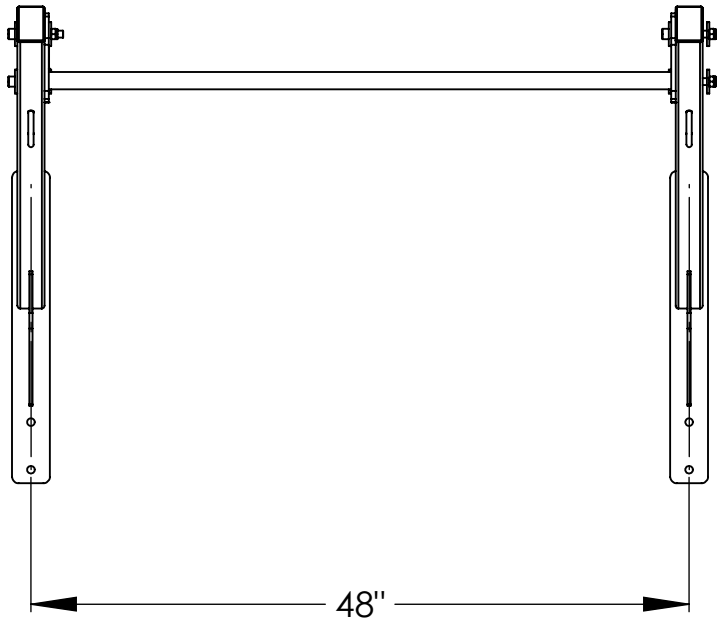


WALL MOUNTED PULL-UP

Assembly Guide

WALL MOUNTED PULL-UP

Important Installation & Safety Information

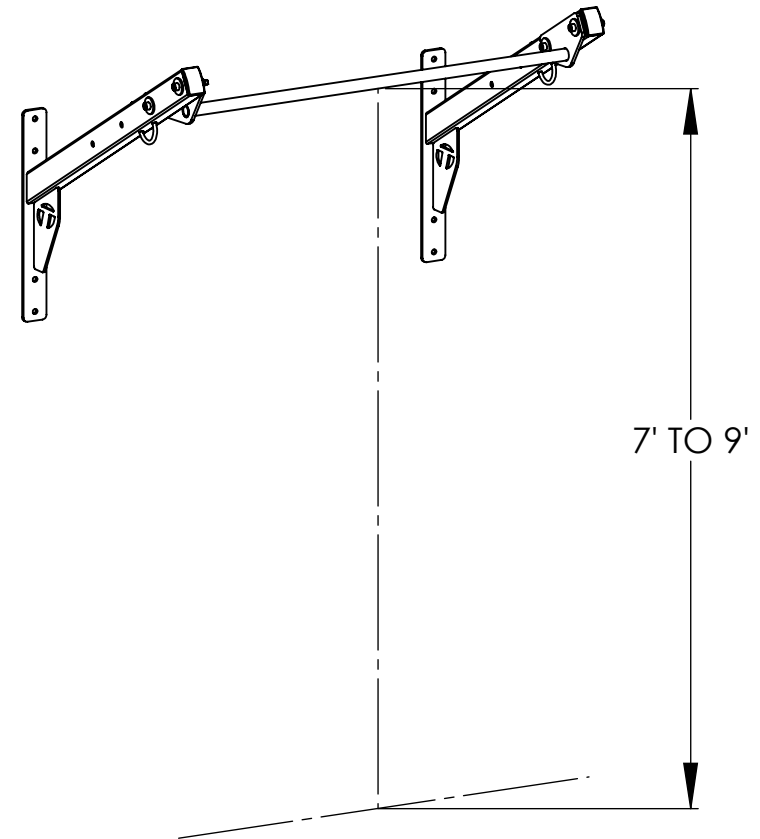


SECTION A-A

WALL MOUNTED PULL-UP

Important Installation & Safety Information

1. **IMPORTANT! Professional Installation Is Strongly Recommended**
It is important that the Wall Mounted Pull-up be **SECURELY** attached to a wall that can bear the weight of the exercisers who will use it. Failure to **SECURELY** attach the Wall Mounted Pull-up to a load-bearing wall could cause serious injury. We strongly recommend that the Wall Mounted Pull-up be professionally installed.
2. **Required Maintenance**
Check regularly the tightness of the bolts used to assemble the Wall Mounted Pull-up to the wall. **SECURELY** tighten with a wrench if necessary.
3. **Anchoring to walls with metal studs**
Anchoring the Wall Mounted Pull-up to a wall with metal studs will require different tools and anchoring hardware. Please consult a professional contractor.
4. **Required tools:**
 - a. Hammer
 - b. Socket wrench
 - c. Allen Wrench
 - d. Drill motor
 - e. Drill bits (for pilot holes)
 - f. Pencil
 - g. Level
 - h. Tape measure
 - i. Stud finder
 - j. Ladder
5. **Before Installation:**
 - a. **GET HELP!** Installing the Wall Mounted Pull-up requires two people, minimum.
 - b. Make sure to select a load bearing wall strong enough to support the weight of the Wall Mounted Pull-up and the exercisers who will use it. Make sure that there is enough user space around the Wall Mounted Pull-up for suspension training.

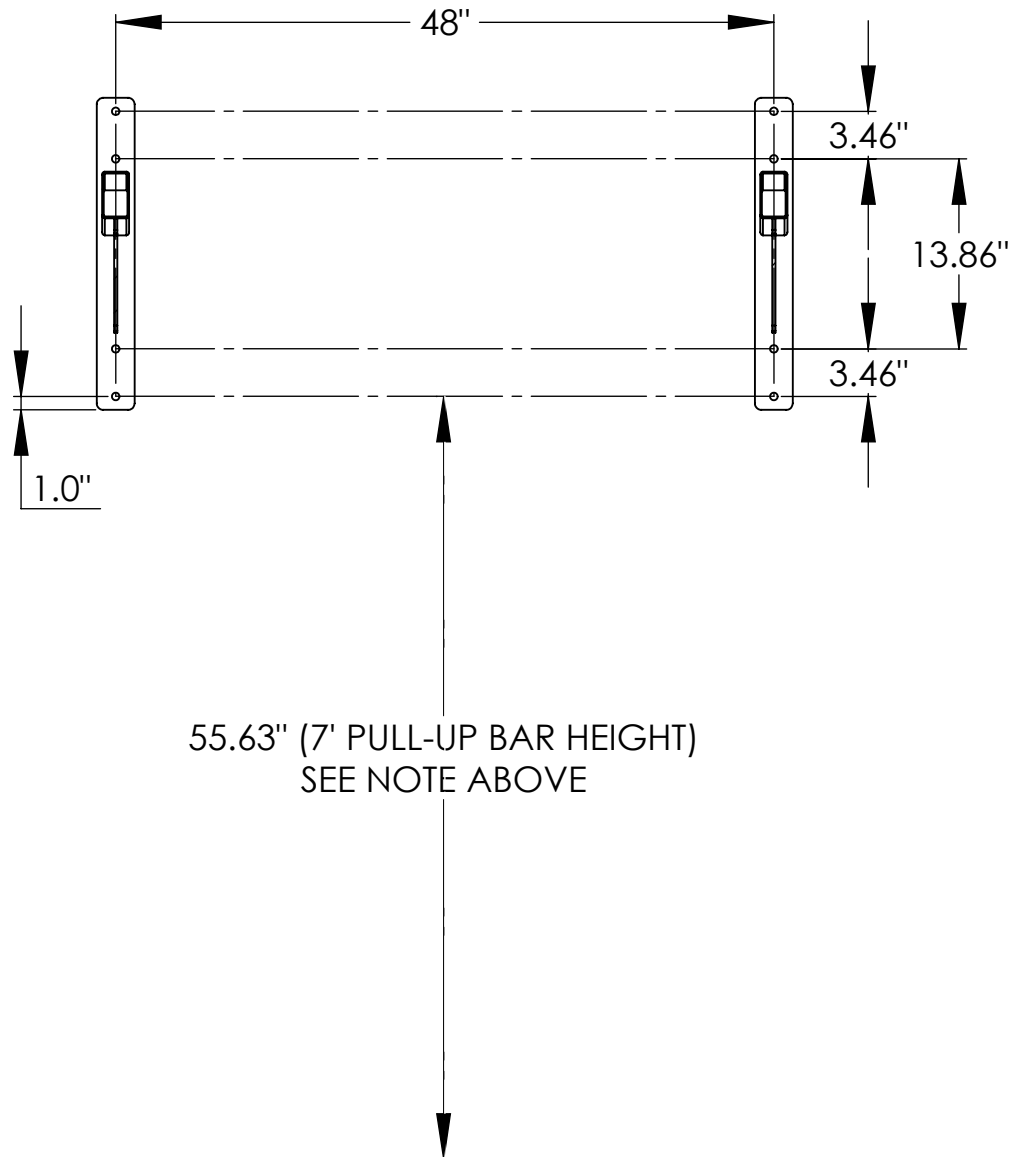


WALL MOUNTED PULL-UP

Important Installation & Safety Information

Step 1: Mark location of mounting holes.

1. Using a pencil and a level, mark the eight hole locations on the wall as shown. **(NOTE: the dimension from the floor to the first set of holes is set for a 7' pull-up bar height. Adjust this dimension proportionally if a higher pull-up height is desired.)**

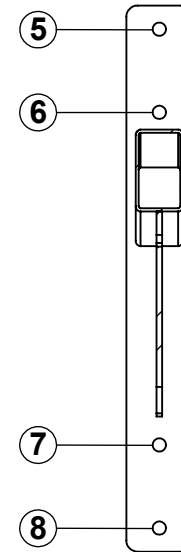
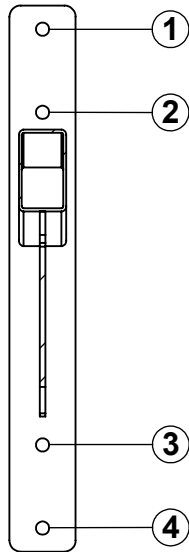


WALL MOUNTED PULL-UP

Important Installation & Safety Information

Step 2: Anchoring the Pull-up Sides to wall.

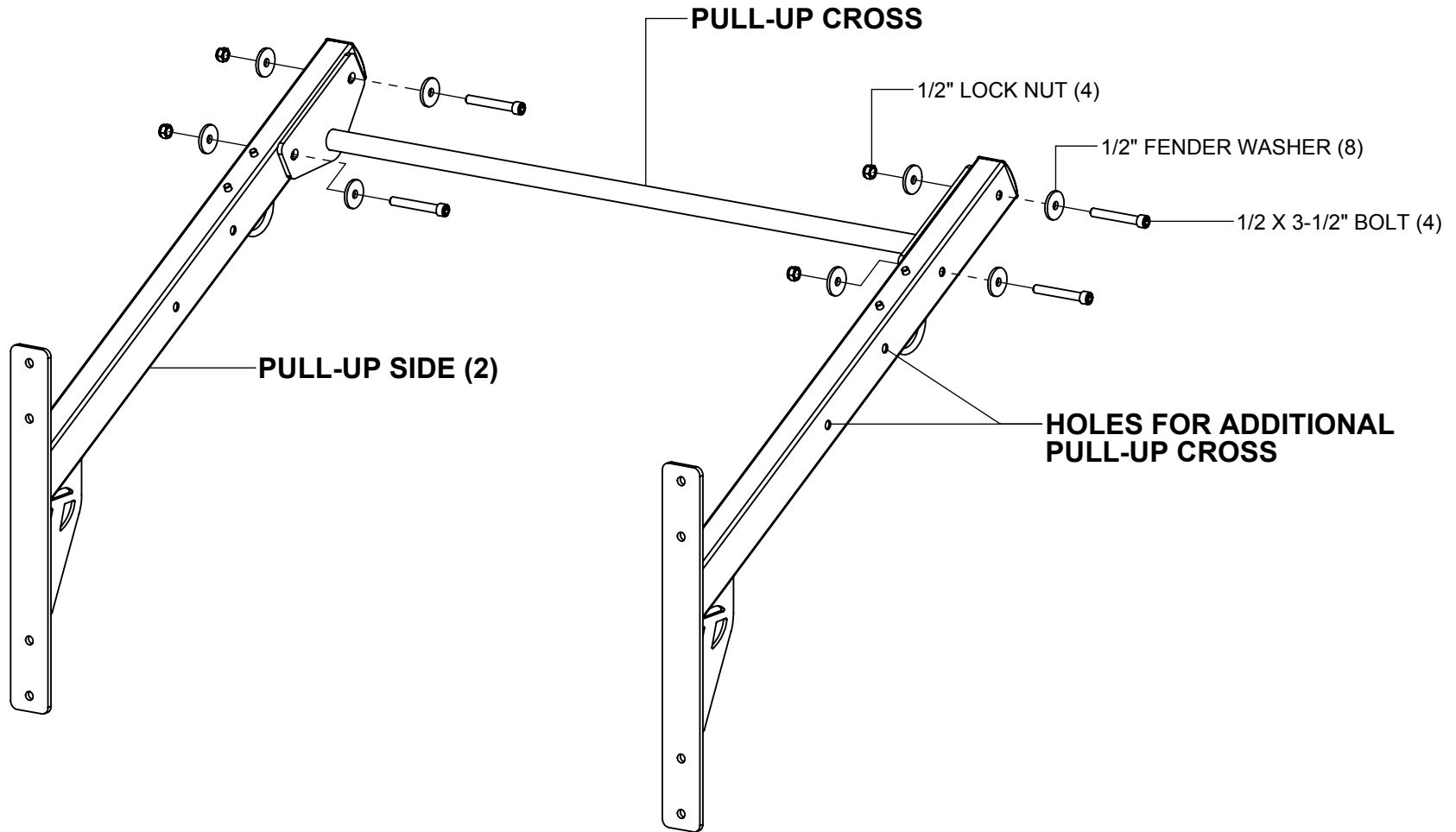
1. For wooden stud assembly, 3/8" Lag Screws should be used. Drill eight pilot holes in the markings from the previous step using a 1/4" drill bit. Attach the two Pull-up Sides to the wall using eight 3/8 X 3" Lag Screws and eight 3/8" fender washers. **(Note: Do not tighten the Lag Screws completely at this time)**
2. For metal stud assembly, a header board may need to be anchored to the wall first. Consult a professional contractor for the best solution to anchor the Pull-up Sides to metal stud walls. **(Note: Do not tighten the Bolts or Screws completely at this time)**
3. For concrete wall assembly, 1/2" concrete Anchors should be used. Drill eight pilot holes in the markings from the previous step using the drill bit recommended on the Anchor package. Attach the two Pull-up Sides to the wall using eight 1/2 X 3" Anchors and eight 1/2" washers. **(Note: Do not tighten the Anchors completely at this time)**



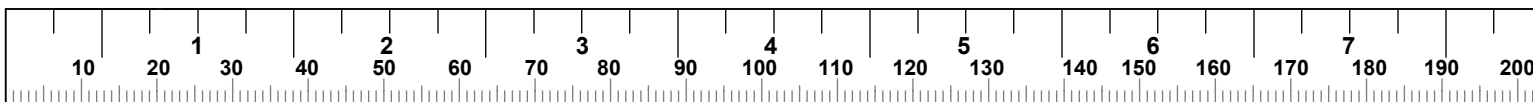
WALL MOUNTED PULL-UP

Important Installation & Safety Information

Step 3: Pull-up Cross assembly.



SECURELY tighten all bolt connections made it this step.

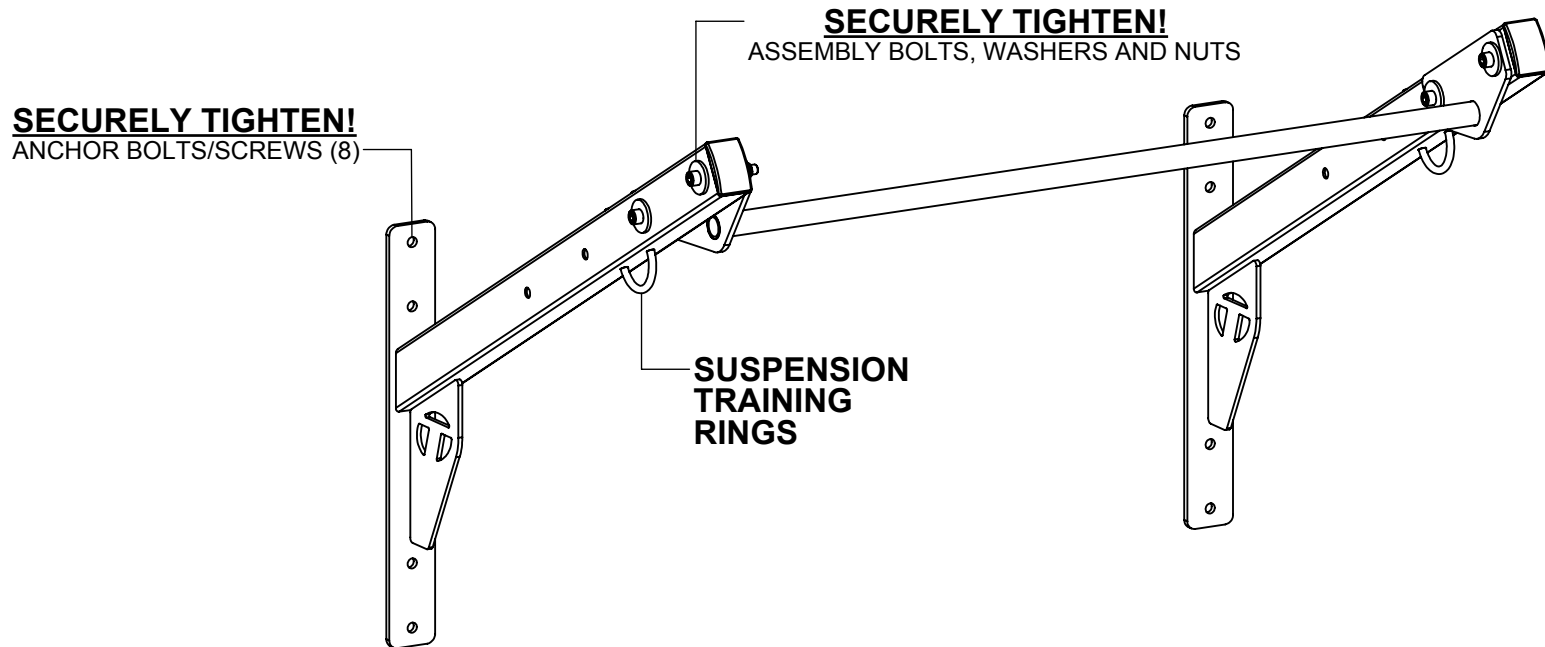


WALL MOUNTED PULL-UP

Important Installation & Safety Information

Step 4: Tighten wall hardware and weight test.

1. **SECURELY tighten all eight Anchor Bolts or Screws that attach the Pull-up Side to the wall.**
2. The Wall Mounted Pull-up will accommodate one user for pull-ups and two users for suspension training using the rings underneath each Pull-up Side.
3. Conduct a weight test on the Wall Mounted Pull-up to ensure proper installation before training. Have two users hang from the Pull-up Cross to test the installation. All Anchor Bolts or Screws as well as the assembly Bolts and Nuts should be tight without movement. The Wall Mounted Pull-up should feel securely attached to the wall.
4. Regularly check the tightness of all Anchor Bolts or Screws and Nuts used to assemble and anchor the Wall Mounted Pull-up. Tighten bolts with a wrench if necessary.



WALL MOUNTED PULL-UP

Important Installation & Safety Information

Two or more Wall Mounted Pull-ups

1. Install the first Wall Mounted Pull-up to the wall using these installation instructions.
2. Using a pencil and a level, mark four hole locations for the Pull-up Side at the exact same height as the other Pull-up sides. See page 4.
3. Anchor one Pull-up Side to the wall following the instructions from page 5. (Note: Do not tighten the Toggle Bolts completely at this time).
4. **SECURELY** assemble the Pull-up Cross in between the two Pull-up Sides using the hardware provided as shown on Page 6.
5. **SECURELY** tighten all four Anchor Bolts or Screws that attach the Pull-up Side to the wall.
6. The Wall Mounted Pull-up will accommodate one user for pull-ups and two users for suspension training using the rings underneath each Pull-Up Side.
7. Conduct a weight test on the Wall Mounted Pull-up to ensure proper installation before training. Have two users hang from the Pull-up Cross to test the installation. All Anchor Bolts or Screws as well as the assembly Bolts and Nuts should be tight without movement. The Wall Mounted Pull-up should feel securely attached to the wall.
8. Regularly check the tightness of all Anchor Bolts or Screws and Nuts used to assemble and anchor the Wall Mounted Pull-up. Tighten bolts with a wrench if necessary.

