



CEILING MOUNTED PULL UP BAR ASSEMBLY INSTRUCTIONS

CUSTOMER SERVICE / SATISFACTION GUARANTEE

Our passion is providing high quality affordable fitness equipment that lets you get the most from your workouts every day. We are proud to serve your gym needs and want to meet and exceed your expectations for customer service. Satisfaction is guaranteed, please contact us if you need any assistance.

Ultimate Body Press
16 Avenue A,
Leetsdale, PA 15056-1304

Email:
support@ultimatebodypress.com

Phone Number:
877-734-7227
(M-F 9am-5pm EST)

FOR YOUR SAFETY: This pull up bar is designed to be mounted to wood frame ceilings with solid wood beams measuring 16 or 24 inches apart on center. This pull up bar should not be mounted to drywall alone. It is the users responsibility to choose a secure location and properly install the pullup bar using the instructions provided. Tighten all bolts and carefully examine your installation to ensure that the pull up bar is securely fastened in place before attempting to use the pull up bar. Consult your physician before beginning this or any exercise program. If you experience any discomfort while using this machine, discontinue use and consult your physician immediately.

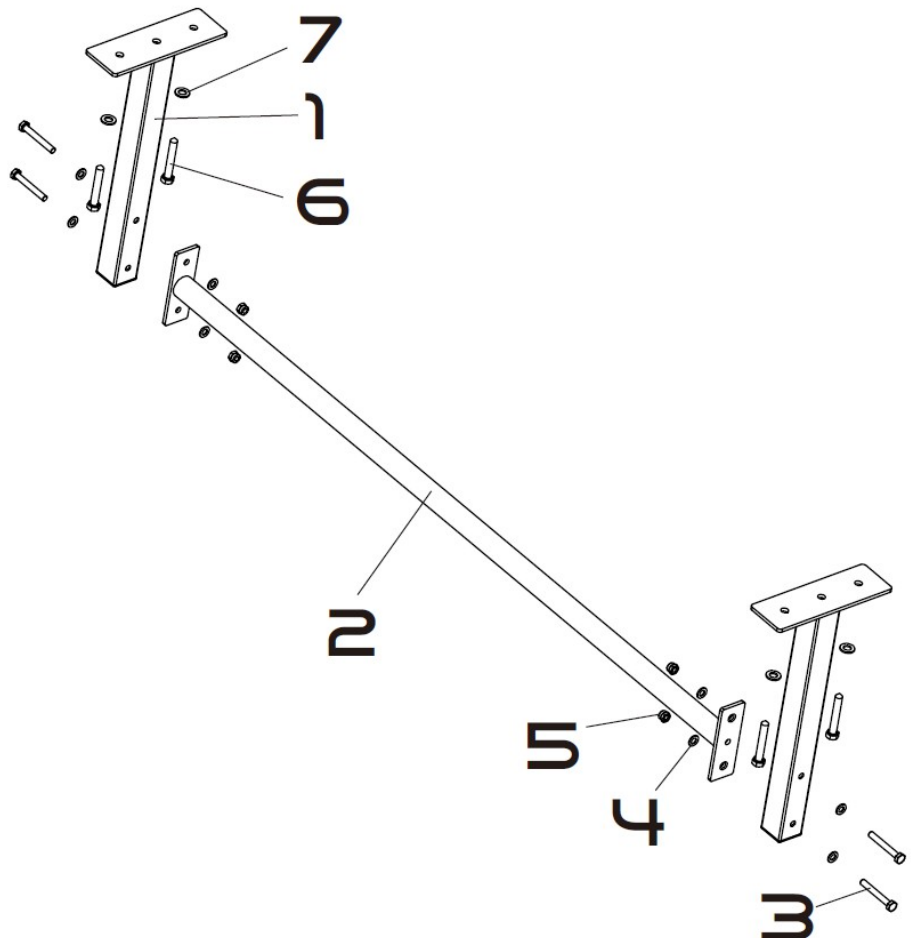
CMP-48 Ceiling Mounted Pull Up Bar

PARTS LIST

1. **Support Bracket x 2**
2. **Pull Up Bar**
3. **60mm Allen Bolts x 4**
4. **Small Black Washer x 8**
5. **Lock Nuts x 4**
6. **Lag Bolts x 4**
7. **Large Black Washer x 4**

TOOLS REQUIRED

- **Power Drill**
- **5/16 in. Drill Bit**
- **Socket Drive Adapter for Power Drill (Highly Recommended)**
- **17mm Socket Wrench**
- **17mm Open Socket Wrench**



8 FT CEILING INSTALLATION

(Requires Two People for Installation)

1. Find two rafters measuring 48 inches apart on center.
2. Mark the location of each rafter.
3. Hold a support bracket over the first rafter and mark the location of the pilot holes.
4. Pre-drill the pilot holes to a depth of 3 inches using a 5/16 inch or 9mm drill bit. **For an easier, more secure installation and to avoid damage to studs and hardware, make sure the drill bit length, when installed on the power drill, is at least 3 inches.**
5. Install the first support bracket to the ceiling using two lag bolts and large washers. For quicker installation use a power drill and socket drive to drive the bolts.
6. Attach pull up bar to second bracket using 2 60mm Allen bolts, 2 small black washers and 2 lock nuts.
7. Attach the other end of the pull up bar to the previously mounted support bracket, hold the second support bracket up to the ceiling over the second rafter location and mark the location of the second support bracket.
8. Remove the second bracket and pull up bar assembly and pre-drill the pilot holes.
9. Attach the second bracket and pull up bar assembly to the ceiling.
10. Attach the other end of the pull up bar to the first bracket using 2 60mm Allen bolts, 2 small black washers and 2 lock nuts.
11. Carefully examine your installation to ensure that the pull up bar are securely fastened in place before attempting using the pull up bar.

