

FOR YOUR SAFETY:

This pull up bar is designed to be mounted to solid wood joists. 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 pull up bar, discontinue use and consult your physician immediately.

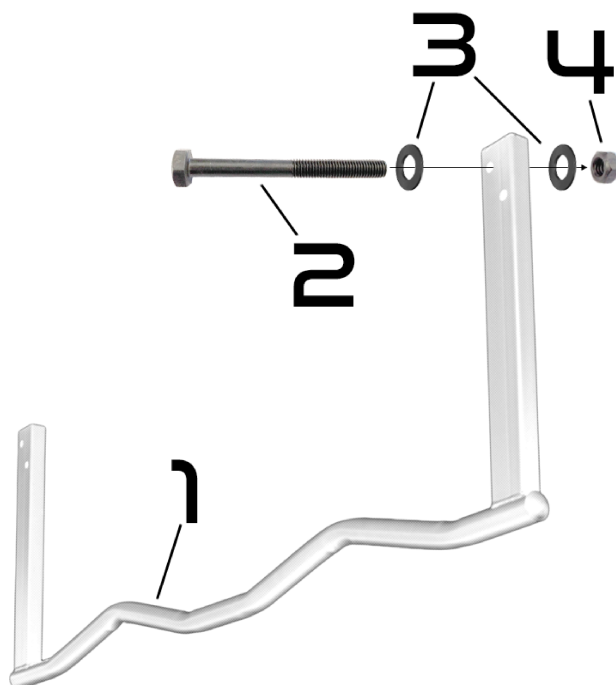
JMP-S Joist Mounted Pull Up Bar

PARTS LIST

1. Pull Up Bar
2. M10 Hex Bolt 110MM x 4
3. Black Washer x 8
4. Nylon Lock Nuts x 4
5. Box Wrench

TOOLS REQUIRED

- Power Drill
- 7/16 in. Drill Bit
- Socket Drive Adapter for Power Drill (Highly Recommended)
- 17mm Socket Wrench
- 17mm Open Box Wrench



Mounting Instructions

1. Choose a location for your pull up bar. Hold the left half of the pull up bar against the joist and mark the location of the upper mounting hole. Pre-drill the hole using a 7/16" bit.
2. Hang the the pull up bar from the predrilled hole using one long bolt. Hand tighten the lock nut to the bolt to support the bar.
3. Make sure the pull up bar is level and mark the location of the 3 remaining mounting holes.
4. Remove the pull up bar and predrill the remaining holes.
5. Secure the pull up bar to the joist using the long bolts, washers and lock nuts.
6. 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.