



OUTDOOR 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 solid wood posts (not included) measuring 4x4, 4x6, or 6x6. It is the users responsibility to choose posts suited to their application and properly install the posts and pull up 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.

OBL-G Outdoor Pull Up Bar

PARTS LIST

1. Pull Up Bar x 1
2. Lag Bolts x 4
3. Washers 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

Please Note:

Additional tools maybe required to set your posts. Consult a professional if you need assistance.





OUTDOOR PULL UP BAR

ASSEMBLY INSTRUCTIONS

INSTALLATION

Your Ultimate Body Press Outdoor Pull Up Bars can be configured in a variety of ways from a single pull up bar station to a full outdoor fitness station comprising multiple posts and bars. Your site and intended usage will determine your unique installation.

Post Selection: We recommend using pressure treated posts available at your local home center set in concrete footings. For tall single pull up bar applications, a 6x6 post will resist movement for all exercise variations. 4X6 and 4x4 posts can be used for stand alone pull up bar installations but some movement will occur during workouts. All installations will gain rigidity with the use of additional bars and posts – and will expand the your exercise options with Dips, Push Ups, Body Weight Rows and much more.

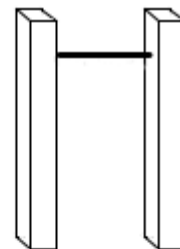
Sample Bar Heights (Approximate – Adjust to Suit)

Pull Up Bars: 7' (6x6 post rec.)	Dip Station / Parallel Bars: 3'-5'	Assisted Pull Ups: 4-5'
Body Weight Rows: 3-4'	Push Up Bar: 6"	Crunches: 6"

Fitness Station Variations:

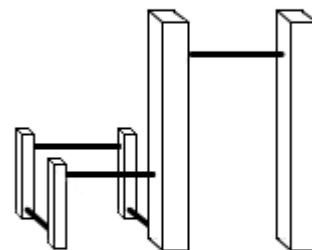
Single Pull Up Bar

- Long Pull Up Bar (qty 2)
- Posts 6x6 (qty 2)



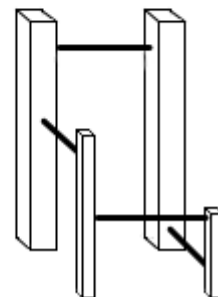
Pull Up Bar and Dip Station

- Long Pull Up Bar (qty 5)
- Posts: 4x6 (qty 2) / 4x4 (qty 4)



Pull Up Bar, Assisted Pull Up Bar, Bodyweight Row and Push Up Station

- Long Pull Up Bar (x4)
- Posts: 4x6 (qty 2) / 4x4 (qty 2)



1. Plan your outdoor installation. Make a list of all posts, concrete (one bag per post) and any additional needs from the home center like marking paint, stakes and 2x4s to locate your posts while the concrete sets. Your home center may rent post hole diggers. Contact your utility company and have the location of your underground utility lines marked before you dig.
2. Layout all components and double check all measurements.
3. Mark the location of each post hole.
4. Dig each post hole so diameter of the hole is 3 times the width of the post (i.e., the hole for a 4inch wood post should be about 12 inches wide). The depth of the hole should be 1/3-1/2 the post height above ground (i.e., a 6-foot tall post will require a hole depth of at least 2 feet).
5. Add about 6 inches of all-purpose gravel into the bottom of the hole. Then compact and level the gravel using a post or 2x4.
6. Set the post into the hole and attach 2x4 braces to adjacent sides of the post.
7. Use a level to position the post perfectly vertical. Attach 2x4s to stakes to lock post in position while concrete cures.
8. Fill the hole with Fast-Setting Concrete up to 3 to 4 inches below ground level. Follow the instructions provided to add the correct amount of water (approx 1 gal per 50 lb bag) into the hole and allow the water to saturate the concrete mix.
9. Allow concrete to set per the manufacturers instructions.
10. Using the bar height chart provided, select you bar heights and adjust to suit your personal preferences.
11. Position each bar between your posts and hold in position with a level. Center your bar on the post and mark the position of each pilot hole using the mounting plates as a guide.
12. Pre-drill all holes to a depth of 3 inches / 7.6 cm using a 5/16 or 9mm drill bit.

For easier installation, make sure your drill bit length, when installed on the power drill, is at least 3 inches / 7.6cm.

13. Hang the the pull up bar from the pre-drilled holes using the lag bolts and washers.
14. Tighten all bolts. We recommend using a power drill and socket drive adapter. Using a socket drive adapter makes installation much quicker and easier.
15. Carefully examine your installation to ensure that the pull up bar are securely fastened in place before attempting using the pull up bar.

