

PARTS

A	PULL UP BAR	1
B	SUPPORT BAR	1
C	PLASTIC SUPPORT RAIL	1
D	FRAME RAILS	2
E	BAR END EXTENSIONS	2

HARDWARE

1		ALLEN BOLT: 55mm	2
2		CARRAIGE BOLT: 65mm	4
3		ALLEN BOLT: 12mm	4
4		CAP NUT	2
5		FLAT WASHER	4
6		SPRING WASHER	2
7		PLASTIC ARC WASHER	4
8		ARC WASHER	8
9		LOCK NUT	4
10		ALLEN WRENCH	2
11		BOX WRENCH	2

ULTIMATE BODY PRESS XL DOORWAY PULL UP BAR PLB-XL ASSEMBLY INSTRUCTIONS

DISCLAIMER

Test your installation with partial bodyweight before each use. It is the users responsibility to properly hang the pull up bar. Consult your physician before beginning a new exercise program. If you experience any discomfort while using this pull up bar discontinue use and consult your physician immediately.

ASSEMBLY

FASTEN ALL PARTS
AS ILLUSTRATED

TIGHTEN ALL FASTENERS
BEFORE USE

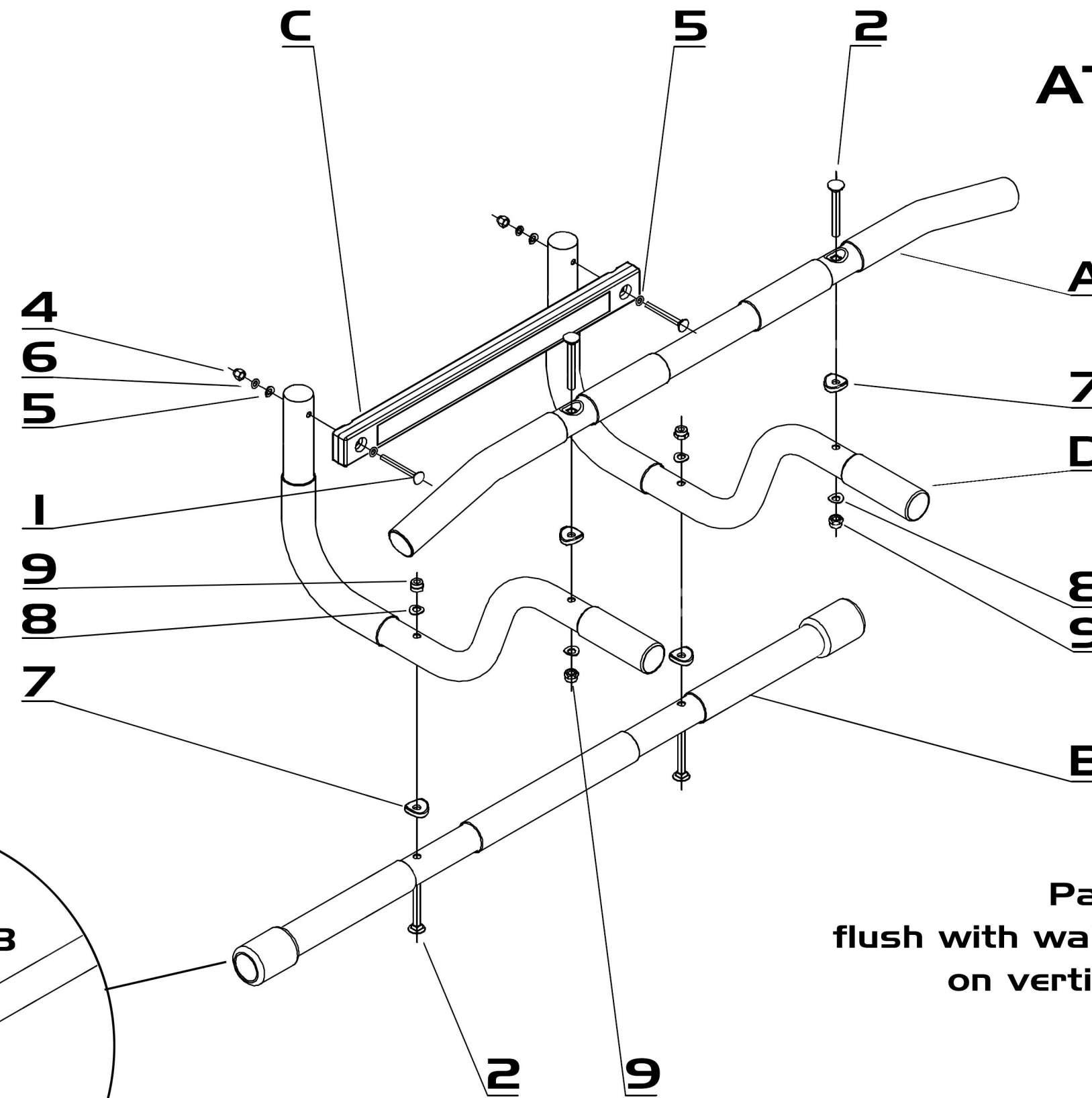
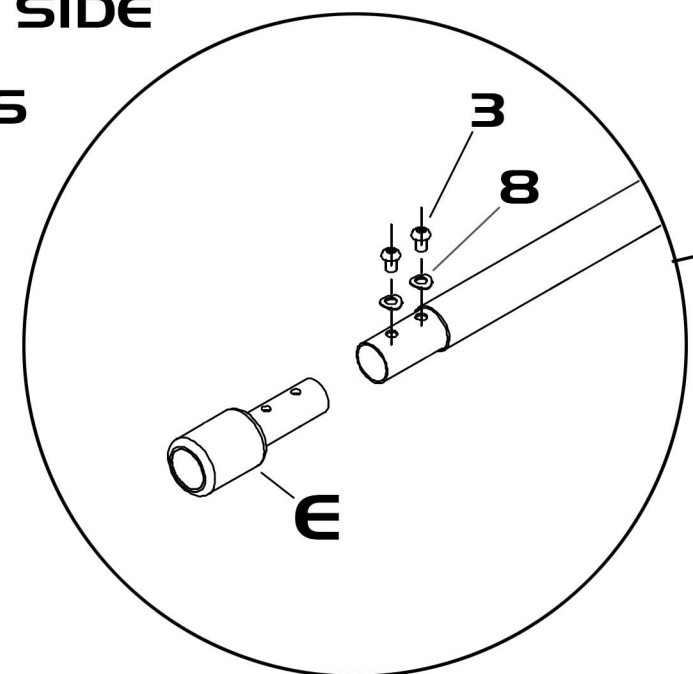
⚠ DO NOT OVERTIGHTEN LOCK NUTS
AND CRUSH BLUE ARC WASHERS

FOR WIDE DOORWAYS

1. REMOVE SHORT FOAM
PADS AND PLASTIC END CAPS
FROM BOTH ENDS OF SUPPORT BAR

2. INSTALL BAR END EXTENSIONS
AND SECURE WITH TWO SMALL
SCREWS AND WASHERS PER SIDE

3. INSTALL SHORT FOAM PADS
AND PLASTIC END CAPS
ONTO THE BAR EXTENSIONS.



ATTENTION: ARC WASHERS

DO NOT OVERTIGHTEN LOCK NUTS AND
CRUSH ARC WASHERS (PART #7, QTY: 4)



INSTALLATION

Pass plastic bar (Part C) through door and set
flush with wall above door trim. Rest support bar (Part B)
on vertical trim on the opposite side of the doorway.

QUESTIONS

CONTACT CUSTOMER SERVICE

877-734-7227

support@ultimatebodypress.com



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.