



WALL MOUNTED DOORWAY PULL UP BAR ASSEMBLY INSTRUCTIONS

FOR YOUR SAFETY:

This pull up bar is designed to be mounted to wood frame walls with solid wood studs. This pull up bar should not be mounted to drywall alone or thin walls. It is the users responsibility to choose a secure location and properly install the pullup bar using the instructions provide. 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.

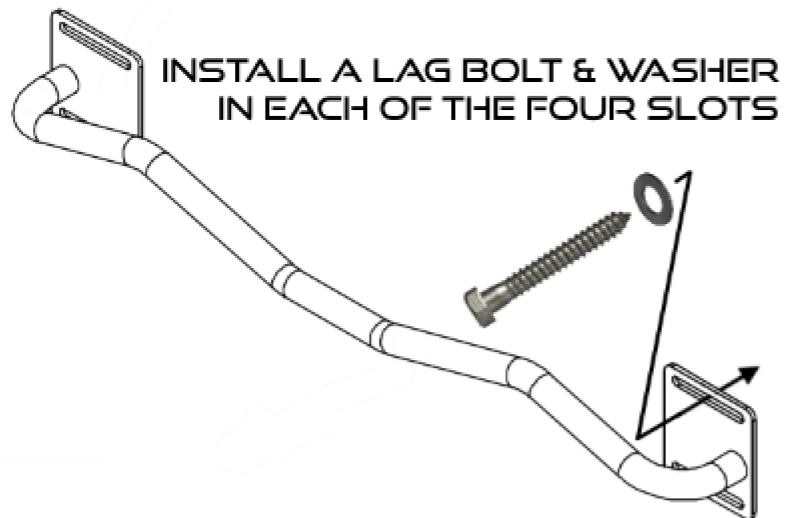
WMP-D Wall Mount Doorway Pull Up Bar

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



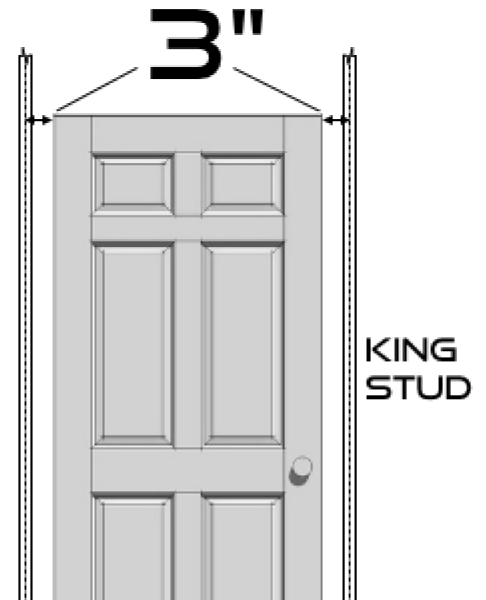


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INSTALLATION

1. This pull up bar is designed to be mounted directly to the solid wood wall studs known as "king studs" which are a structural element of most residential doorways.
2. Locating King Studs: King studs are full length studs located just outside the framing of the door. The centers of each king stud will be located 3 inches to the outside of your door. Take your measurements from the door edge.
3. Once you have determined the general location of the king studs use an electronic stud finder to mark the centers of each stud and mark the location of the stud centers on the wall above your door trim.
4. Hold the pull up bar to the wall just above the door trim over the door. Place a level on top of the bar, ensure that the assembly is level and, using a pencil, mark the position of the four pilot holes.
5. Pre-drill all four holes to a depth of 3 inches / 7.6cm using a 5/16 inch 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.
6. Hang the the pull up bar from the pre-drilled holes using the lag bolts and washers.
7. Tighten all bolts. We recommend using a power drill and socket drive adapter. Using a socket drive adapter makes installation much quicker and easier.
8. Carefully examine your installation to ensure that the pull up bar are securely fastened in place before attempting using the pull up bar.

MEASURE 3"
FROM DOOR EDGE



**!REQUIRED!
3 INCH
PILOT HOLE**

