

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

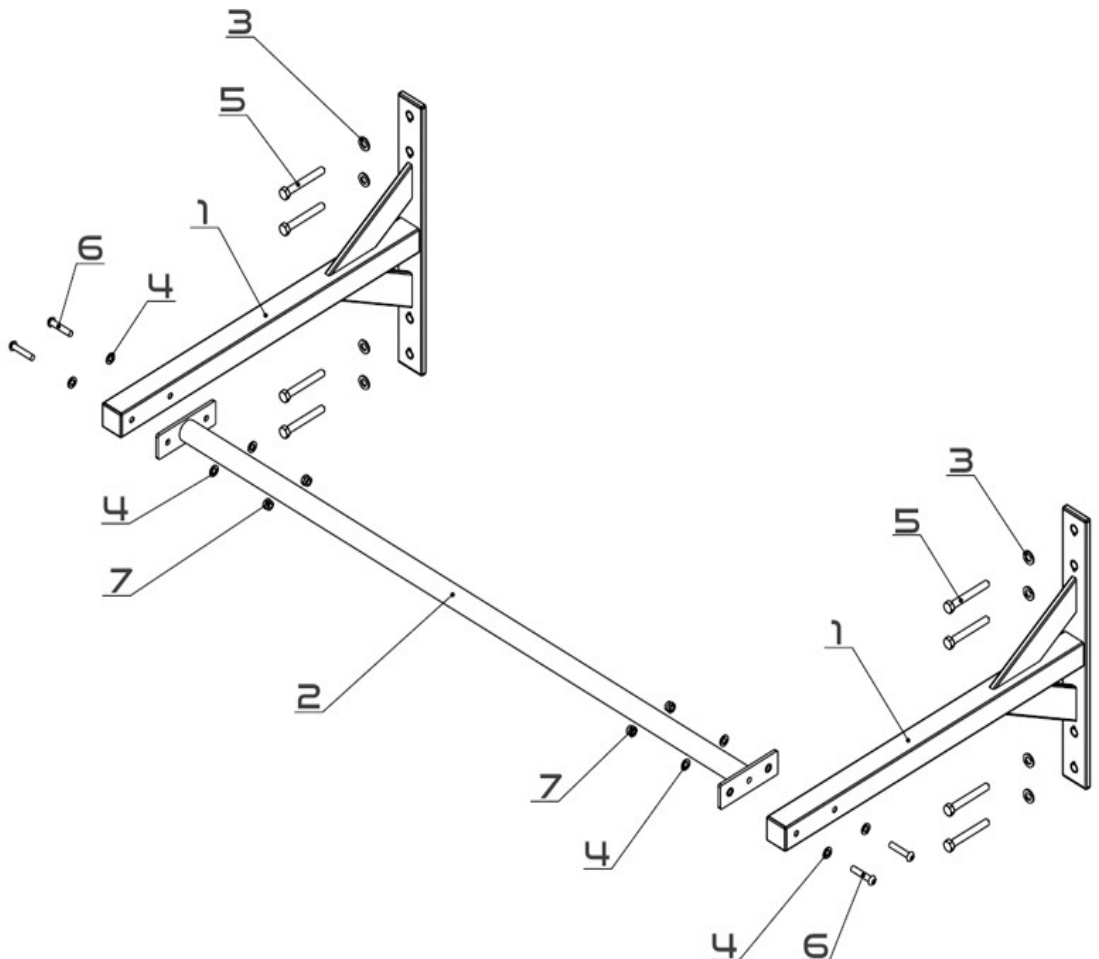
Email:
support@ultimatebodypress.com

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(M-F 9am-5pm EST)

FOR YOUR SAFETY: This pull up bar is designed to be mounted to walls or ceilings with solid wood studs or rafters measuring 48 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 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.

WMPL-SE Wall or 9 FOOT CEILING MOUNT Pull Up Bar
PARTS LIST

1. Support Bracket x 2
2. Pull Up Bar
3. Large Flat Washers x 8
4. Small Flat Washers x 8
5. Lag Bolts x 8
6. 60mm Allen Bolts x 4
7. Nylon Lock Nuts
8. Allen Wrench


TOOLS REQUIRED

- Pencil, level & tape measure
- Power Drill
- 5/16 in. Drill Bit
- Socket Drive Adapter for Power Drill (Recommended)
- 17mm Socket Wrench
- 17mm Open Socket Wrench
- Tape

WALL INSTALLATION

(Requires Two People for Installation)

1. Find two studs measuring 48 inches apart on-center.
2. Mark the location of the center of each stud.
3. Tape the first mounting template to the wall with the mount holes centered over the stud center line. Set the 'Pull Up Bar' indicator approximately 7' from the floor.
4. Tape the second template to the wall. Level template 2 to template 1.
5. Double check your template installation: Both templates should be level and plumb with the mount holes spaced 48 inches apart directly over the center lines over your studs.
6. Pre-drill the 8 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.**
7. Loosely install the risers (part #1) to the wall using eight lag bolts (part #5) and eight large washers (part #3). For quicker installation use a power drill and socket drive to drive the bolts. Do not tighten risers to wall until after step 8.
8. Assemble the pull up bar to the support brackets using the hex-head 60 millimeter bolts (part #6), small flat washers (part #4), and lock nuts (part #7).
9. Tighten all bolts
10. Carefully examine your installation to ensure that the pull up bar is securely fastened in place before attempting using the pull up bar.



9 FT CEILING INSTALLATION

(Requires Two People for Installation)

1. Loosely assemble the pull up bar to the support brackets using the Allen Bolts and Small Flat Washers.
2. Find two rafters measuring 48 inches apart on center.
3. Mark the location of the center of each rafter.
4. Tape the first mounting template to the ceiling with the mount holes centered over the rafter center line. Once you determine your desired distance from the wall, apply that distance to the second template and similarly tape the second template over the center of the second rafter.
5. Double check your template installation: Both templates should be the same distance from the wall with the mount holes spaced 48 inches apart directly over the center lines of your rafters.
6. Pre-drill the 8 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.**
7. Loosely install the risers (part #1) to the wall using eight lag bolts (part #5) and eight large washers (part #3). For quicker installation use a power drill and socket drive to drive the bolts. Do not tighten risers to wall until after step 8.
8. Assemble the pull up bar to the support brackets using the hex-head 60 millimeter bolts (part #6), small flat washers (part #4), and lock nuts (part #7).
9. Tighten all bolts
10. Carefully examine your installation to ensure that the pull up bar is securely fastened in place before attempting using the pull up bar.

