



## 54" Parallett Bar *Use on Floor or Wall*



**Strength Training**



**Ballet Bar**



**Stretch Bar**

### **WARNING:**

Because of the nature of the sport, the possibility of injury is inherent in gymnastics. The equipment is intended for use only by properly trained and qualified participants under supervised conditions. When you use our products, know your limitations and the limitations of your equipment. Keep your equipment in good condition by inspecting for loose fittings or damage and test for stability before each use.



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# Installation Instructions

**FOR WALL BRACKETS**

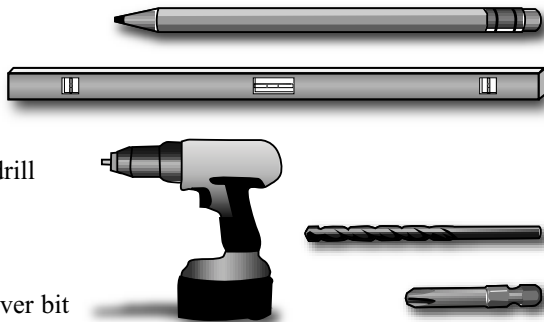
# Parallett Bar Wall Mount Instructions

Thank you for purchasing Resilite's 54" Parallett Bar. This bar comes complete with two wall mount brackets for added versatility. In seconds you can take this bar from the floor and place it on the wall for various elements of strength, flexibility and dance training. Below are the installation instructions for you to mount the provided wall mount brackets.

(note: These instructions and accompanying hardware are for cement block wall mounting, however the bar can be mounted onto almost any wall surface. Installation procedures, required hardware and materials needed will vary with each installation that is not a cement block wall surface. Please obtain the assistance of someone knowledgeable in construction before installing Resilite's Parallett bar onto wall surfaces other than cement block wall.)

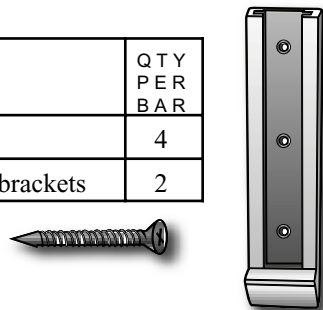
## YOU WILL NEED TWO PEOPLE AND THE FOLLOWING TOOLS:

- pencil
- level
- electric or cordless drill
- 3/16" masonry bit
- P-3 phillips head driver bit



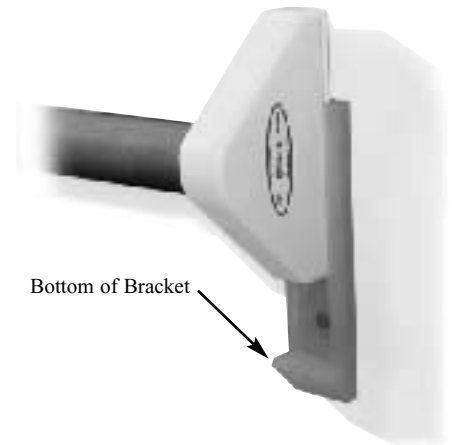
## PARTS LISTING PROVIDED

PART NO	SIZE	NAME	QTY PER BAR
1	1/4" x 1 3/4"	tapcon screws	4
2		Parallett Bar wall brackets	2



## STEP 1

Slide wall mount brackets onto the end caps of Parallett Bar and hold against the cement block wall at the desired height. Place the level on the bar to ensure bar is level to the floor. With pencil lightly draw a line on the wall along the outside and top side of each bracket.



## STEP 2

Remove wall brackets from end caps and place on wall in alignment with pencil marks of step #1. With pencil, mark the top and bottom holes of each bracket (All three holes may be required for wall installations other than cement block wall).

## STEP 3

Using drill and 3/16" masonry bit, drill into cement block at least 1 1/2". Insert P-3 screw driver bit into drill and tighten the self-threading tapcon screws through the top and bottom holes of each bracket. CAUTION: Tighten each screw so that they are flush with the pre-countersunk holes—do not over tighten. Over tightening will result in stripped-out threads.

*350 LB WEIGHT CAPACITY*



*Start working out!  
Use your P 54 for pull-ups, stretching or ballet.*