



Junior High Bar Set Up Instructions

1.

First things first, open up both boxes and remove all packing material.

Lay all items out on the floor so that you have a clear view of the task ahead.

Start with the base by lying down the **cross support** and the **base legs**. This should form a capital H shape.

2.

From the inside of the H, use the **longest allen key bolts** to go through the legs and join the pieces together.

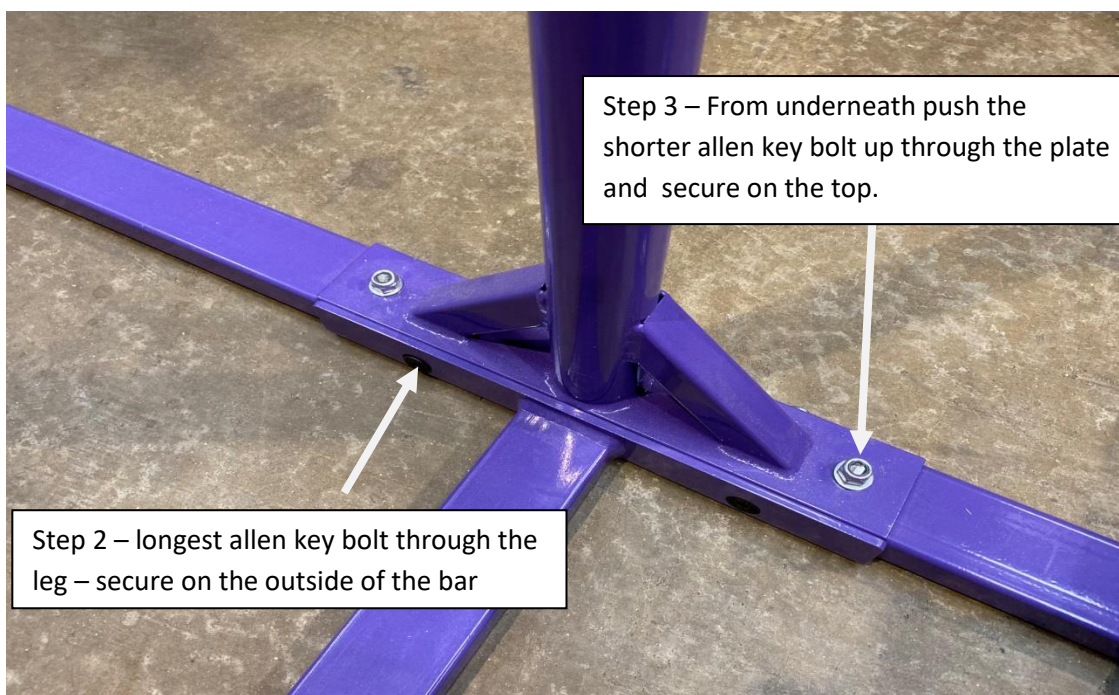
Secure with a **washer and bolt**.

Repeat x4 to firmly bolt the H together.

3.

Attach the purple uprights to the H frame. Do this by using the **shortest allen key bolt**, push through from the **underside of the frame**, through the plate on the upright. Secure with **washer and bolt**.

Repeat x4 to firmly secure both purple uprights to the H frame.





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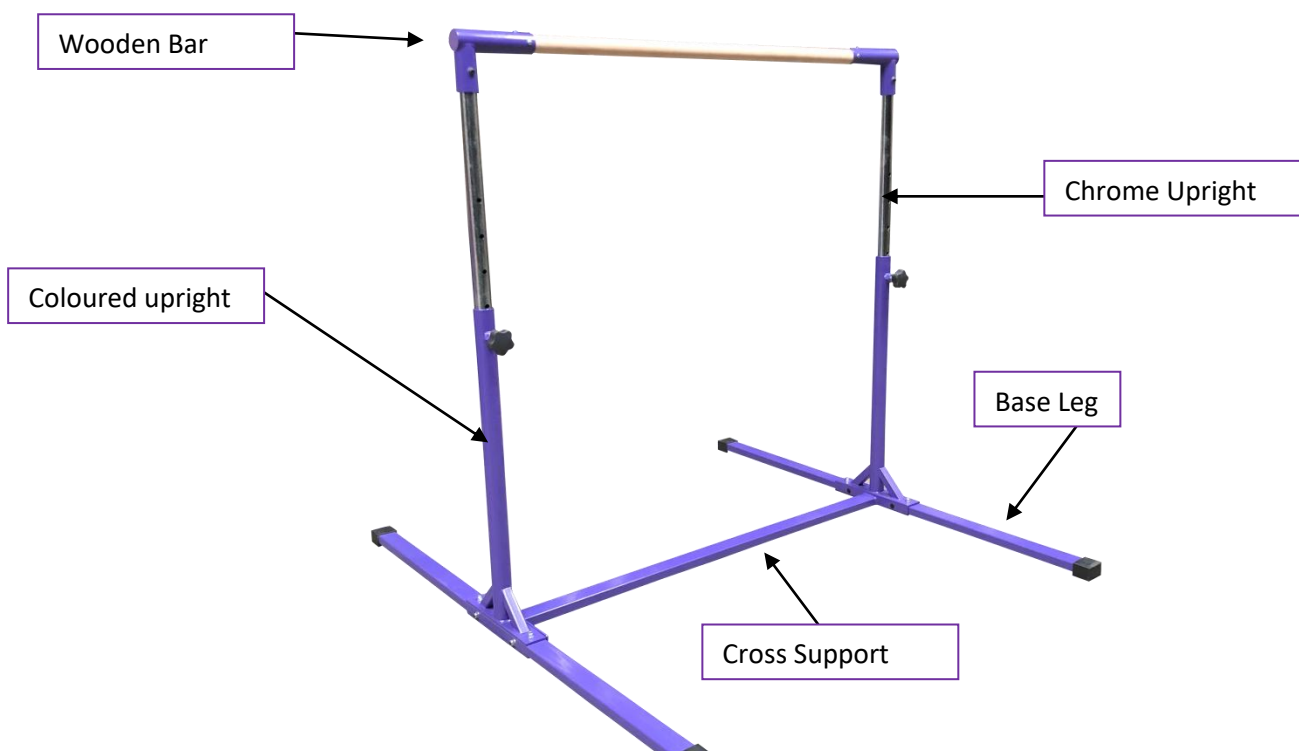


4. Insert the **chrome uprights** into the **purple uprights**. Ensure spin lock is in a hole in the chrome upright.

Tighten by hand and repeat on the other side, ensuring the same hole has been used on both sides so that the chrome uprights are the same height.

5. Slot the **wooden bar** onto the **chrome uprights** and fix into place using the remaining **allen key bolt** and secure with **washer and bolt**.

To easily adjust the height of the bar, use a person on each side of the bar to loosen the hand tightened knob and slide the chrome upright up or down.



6. If it looks like this, then you've done it right! ;-)