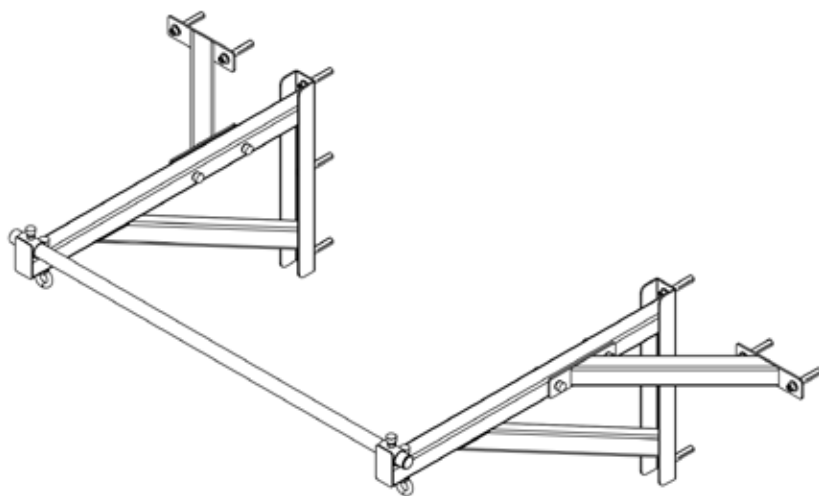


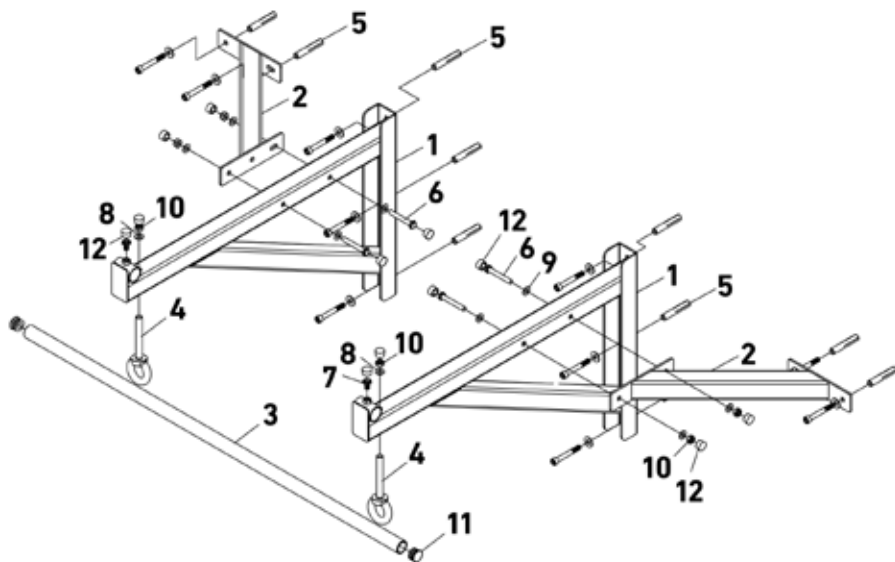
SOLO CHIN UP AND BAG BRACKETS

XF-WM-CUB



SMAI™

SOLO CHIN UP AND BAG BRACKETS



PART NUMBER	DESCRIPTION	QUANTITY
1	MAIN FRAME	2
2	SUPPORT ROD	2
3	CHIN-UP BAR	1
4	HOOK	2
5	EXPANSION SCREW M10*70	10
6	HEX BOLT M10*70	4

PART NUMBER	DESCRIPTION	QUANTITY
7	HEX BOLT M10*16	2
8	BIG WASHER 10	2
9	WASHER 10	8
10	LOCK NUT M10	6
11	ROUND PLUG	2
12	BOLT CAP M10	12

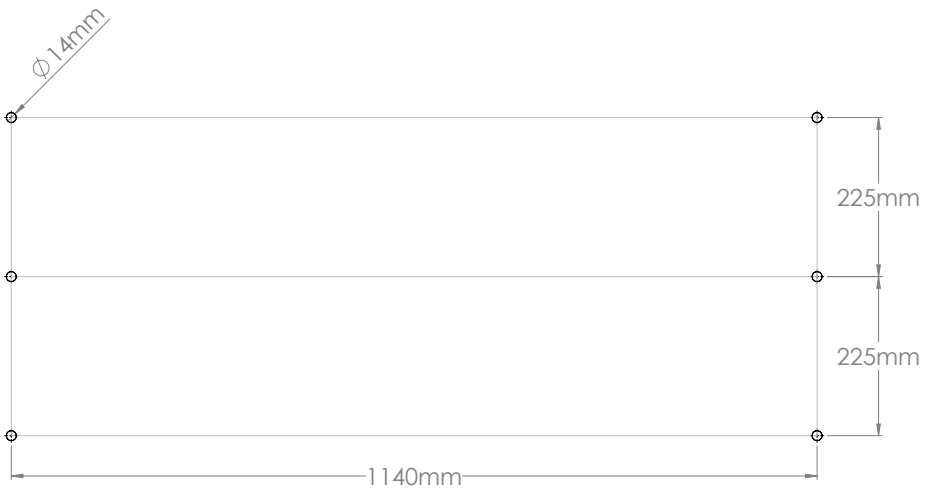
1
Remove all components from packaging. Check the parts list from the previous page to ensure all components are accounted for.

2
The assembly requires at least 2.0m of space width-wise on a wall. Ensure you have a suitable location.

3
Take 1 of the **MAIN FRAME (#1)** components and test fit against the wall. You will need to determine the appropriate height for the bracket. This will depend on your intended use or on the installation height of any bags you intend to hang from the frame.

4
Once the adequate height has been determined, mark the location of the lowest bolt hole.

5
Remove the main frame from the wall. Use a ruler to mark the drill locations for the additional holes. These are spaced 225mm vertically as per the attached mounting diagram below. Use a spirit level, laser level or plumb bob if available to ensure the mounting points are precisely vertical.



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6

The other **MAIN FRAME (#1)** must now be located. The mounting holes must be marked 1140mm away from the first bracket mounting holes. This must be horizontal. A spirit level can be used to ensure the points are precisely horizontal.

7

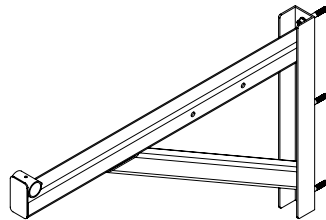
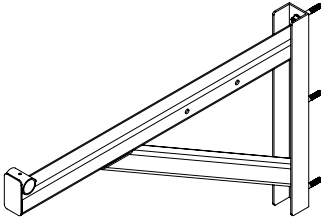
Use a 14mm masonry bit to drill out the mounting holes. A 9/16" bit can be used as an alternative. These must be drilled out to a minimum depth of 75mm.

8

Ensure that all debris are removed from the mounting holes.

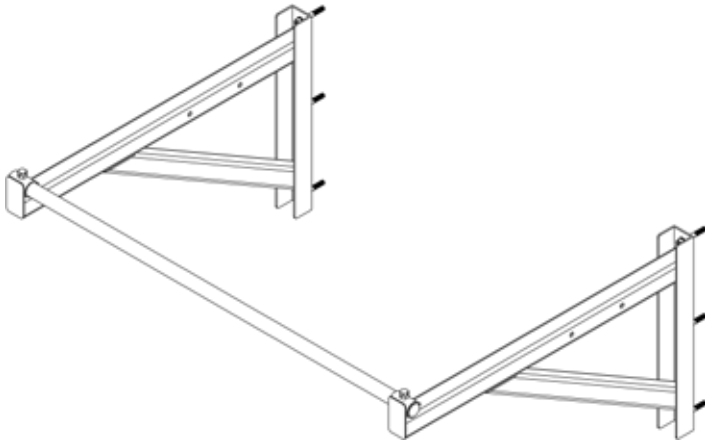
9

The main frames can now be lifted into position and fixed to the wall using the supplied anchor bolts, **EXPANSION SCREW M10*70 (#5)**.



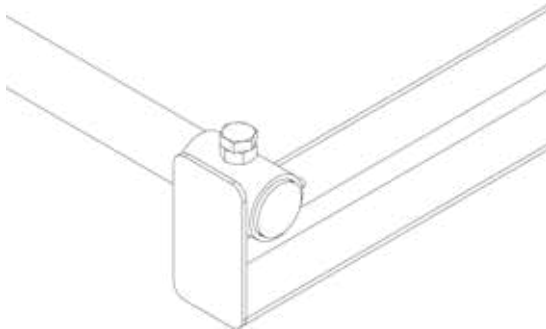
10

Install the **CHIN UP BAR (#3)**. If there are issues with fitment, it can help to loosen the anchor bolts of one or both of the main frames to allow some freedom of movement. Once the chin up bar is installed, ensure that these anchor bolts are tightened back down appropriately.



11

Install the **HEX BOLT M10*16 (#7)** set screws to lock the chin up bar in position.



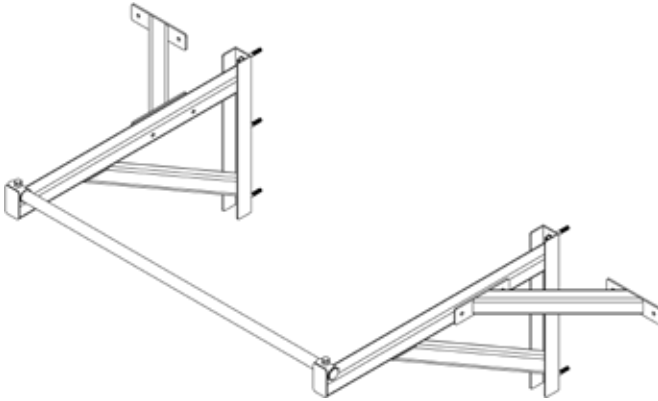
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12

The **SUPPORT ROD (#2)** can now be lifted into position. Use the supplied **HEX BOLT M10*70 (#6)** bolt to fix the support rod in position loosely.

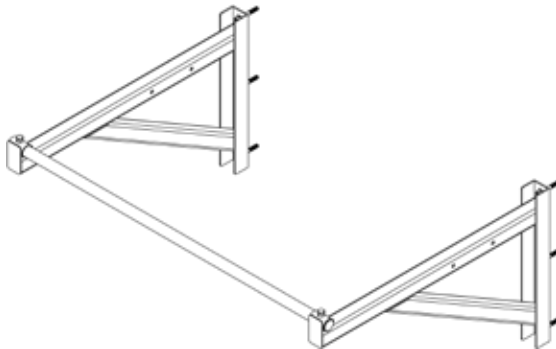
13

Mark the position of the outer mounting hole. The inner mounting hole **DOES NOT** require an anchor bolt. Repeat for both sides and remove the support rods for drilling.



14

Drill out the mounting holes as **PER STEP 7**.

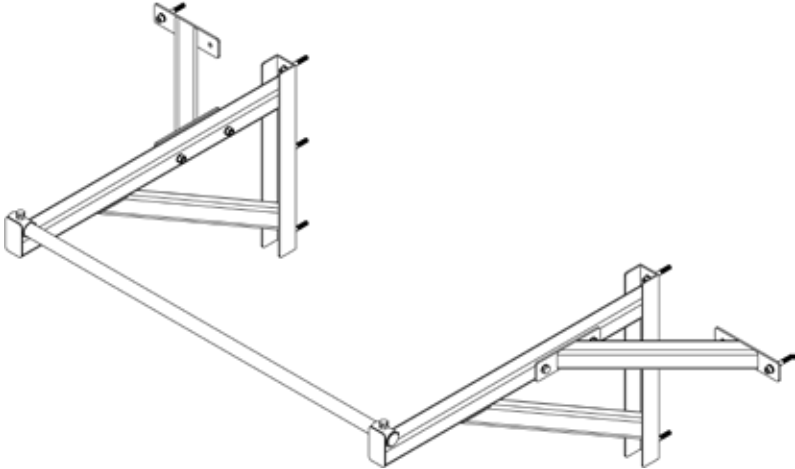


15

Ensure that all debris are removed from the mounting holes.

16

Reinstall the support rod to the main frame using supplied **HEX BOLT M10*70 (#6)**, **WASHER 10 (#9)**, and a **LOCK NUT M10 (#10)**. Install these bolts loosely at first to ensure there are no alignment issues for the anchor bolt installation.



17

Install the **EXPANSION SCREW M10*70 (#5)** anchor bolts and tighten down securely.

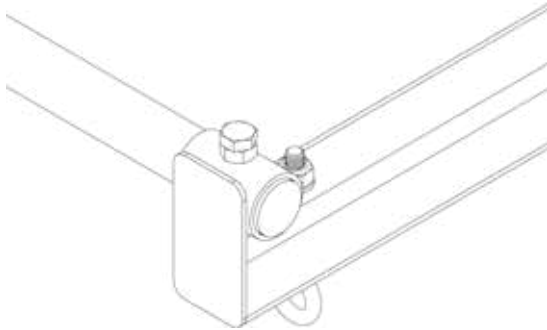
18

Tighten the M10*70 bolts to fully secure the support rod to the main frame. Ensure both sides are fully secure.

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19

Install the **HOOK (#4)** to the main frame using a **BIG WASHER 10 (#8)** and a **LOCK NUT M10 (#10)**. Install on both sides and ensure they are tightened securely



20

Be sure to install the **ROUND PLUG (#11)** cap over any exposed nuts/bolts that may cause injury.

21

Make sure to double check:

- a. All fasteners are tightened appropriately.
- b. You have used washers where necessary, and;
- c. There are no left over parts.

22

Job done!