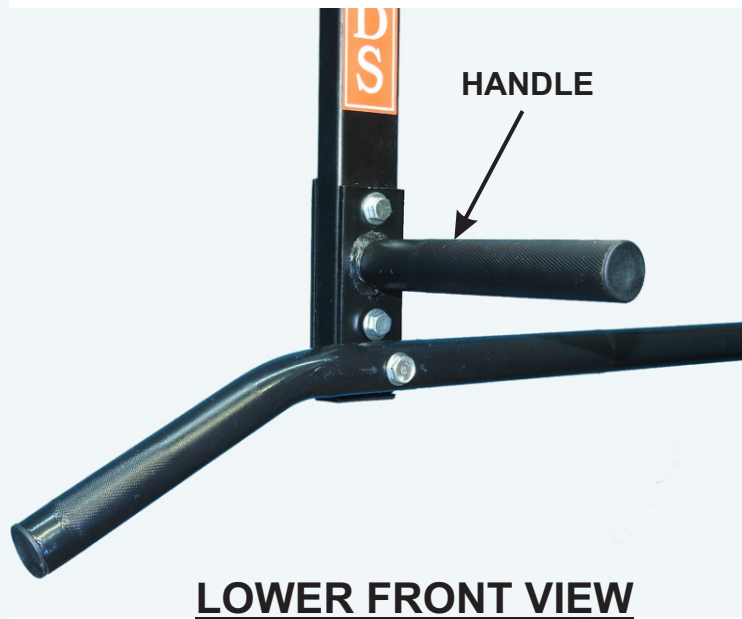
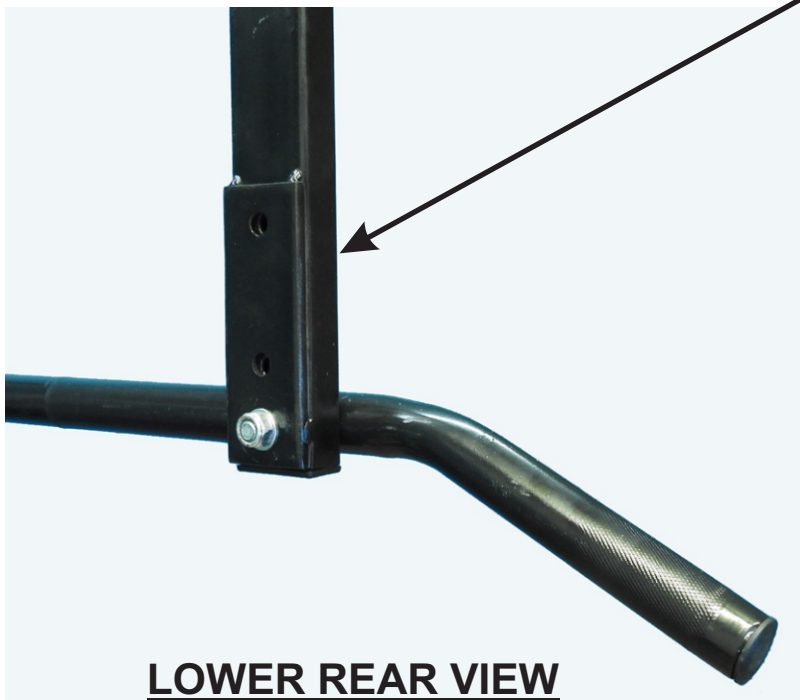
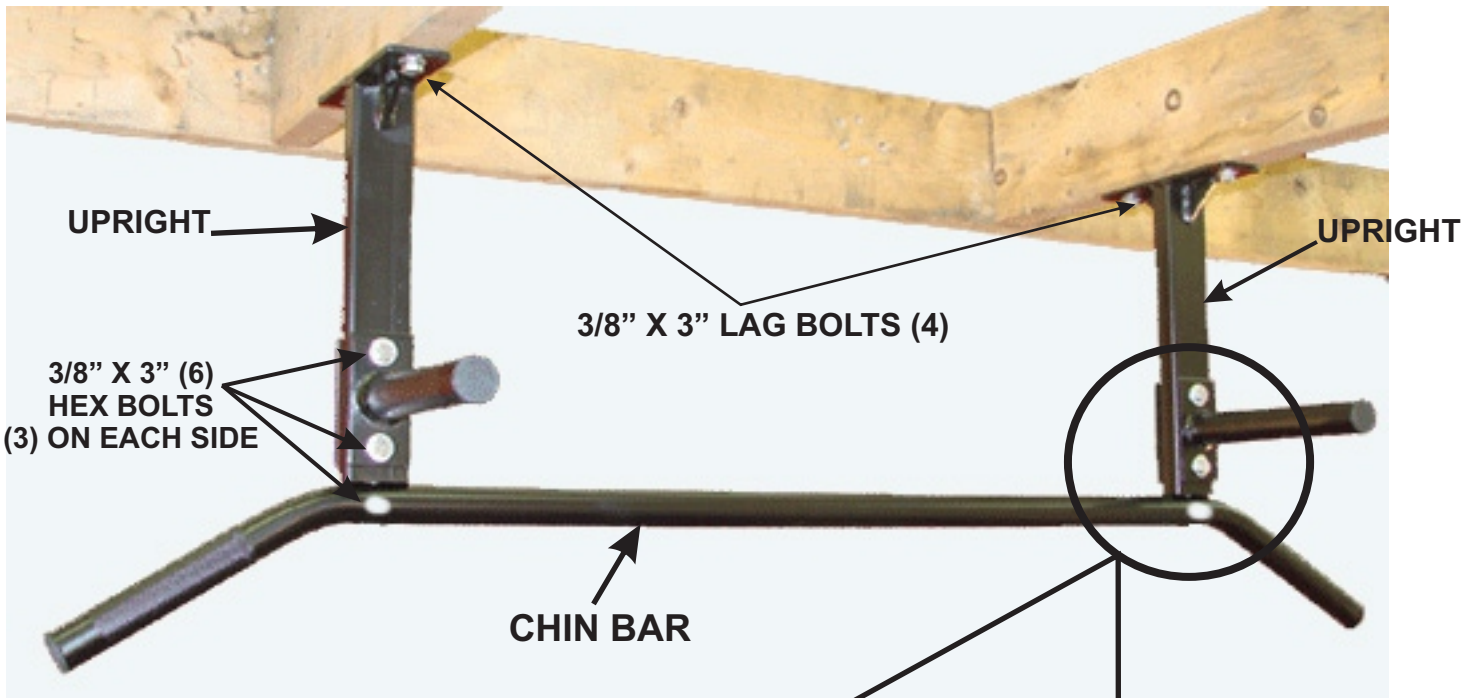


ASSEMBLY INSTRUCTIONS FOR (H-0540G-SPL) CEILING MOUNT PULL UP BAR COMBO





ASSEMBLY: You need two people since the unit requires perfect positioning and markings on the beam.

Attach (1) Chin Bar to (2) Uprights with (2) 3/8" x 3" Hex bolts, (4) 3/8" Flat Washers and (2) 3/8" lock nuts. Hold the assembled bar to a strong wooden beam and then mark holes on the beam with a marker.

Drill (4) pilot holes into the beam using (3/16") drill into the beam from bottom position and then insert (4) 3/8" x 3" Lag bolts. Do not over tighten. Check the Chin Bar and Two Uprights positioned for 90 degree.

Attach (2) Handles to (2) Uprights with (4) 3/8" x 3" Hex bolts, (8) 3/8" flat washers and (4) 3/8" lock nuts.

Check again the Chin Bar and Two Uprights well positioned for 90 degree.

Then tighten all bolts before you start your exercises.

CAUTION: Check the hardware every time, before you start using this Chin Bar to avoid injury

HARDWARE:

3/8" X 3" BOLTS - 6 PCS

3/8" X 3" LAG BOLTS - 4 PCS

3/8" FLAT WASHERS - 16 PCS

3/8" LOCK NUTS - 6 PCS