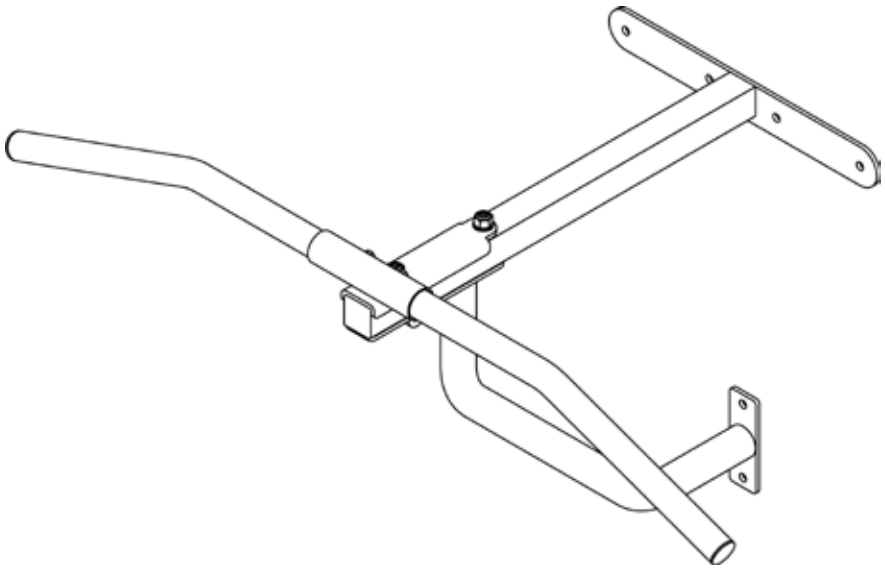




# WALL MOUNTED PULL UP BAR



## PULL UP BAR INSTRUCTIONS AND ASSEMBLY MANUAL

### CAUTION

READ ALL PRECAUTIONS AND INSTRUCTIONS IN THIS MANUAL BEFORE USING THIS EQUIPMENT. KEEP THIS MANUAL FOR FUTURE REFERENCE.

**1 YEAR WARRANTY**

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# SAFETY INSTRUCTIONS

1. Ensure there are no electrical cables or water pipes in the wall when securing the Pull Up Bar.
2. Ensure the Pull Up Bar is securely fastened.  
Always check this prior to use.
3. Ensure that the wall or wooden beam that you secure the Pull Up Bar to, are of sound construction.

# PARTS LIST

Part No	Description	Q'ty
01	Main Tube	1
02	Up Connect Tube	1
03	Support Tube	1
04	Right Handle Tube	1
05	Left Handle Tube	1
06	M10 X 60mm Bolt	2
07	M8 X 20mm Bolt	2
08	M8 X 70mm Bolt	6
09	M10 Washer	4
10	M8 Washer	8
11	Nylon Lock Nut M10	2
12	Expansion Sets	6

# ASSEMBLY DIAGRAM

## Tools required

1. Drill bit - 12mm.
2. Wall plugs
3. Spanners: 13mm, 14mm and 17mm

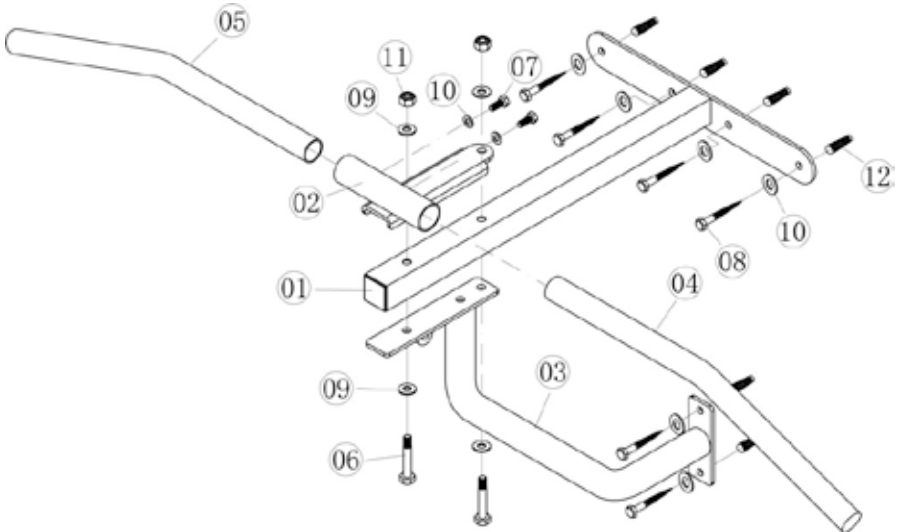
## INSTALLATION

Follow the diagram below to fix your bracket to either a brick or stone wall.

The bracket must be fixed to a solid surface and not a cavity or plaster board wall.

### WALL FIXING

- Drill holes deep enough to insert wall plugs.
- Ensure all Bolts are tightened.
- Re-check all bolts after regular use.





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