



## OWNER'S MANUAL

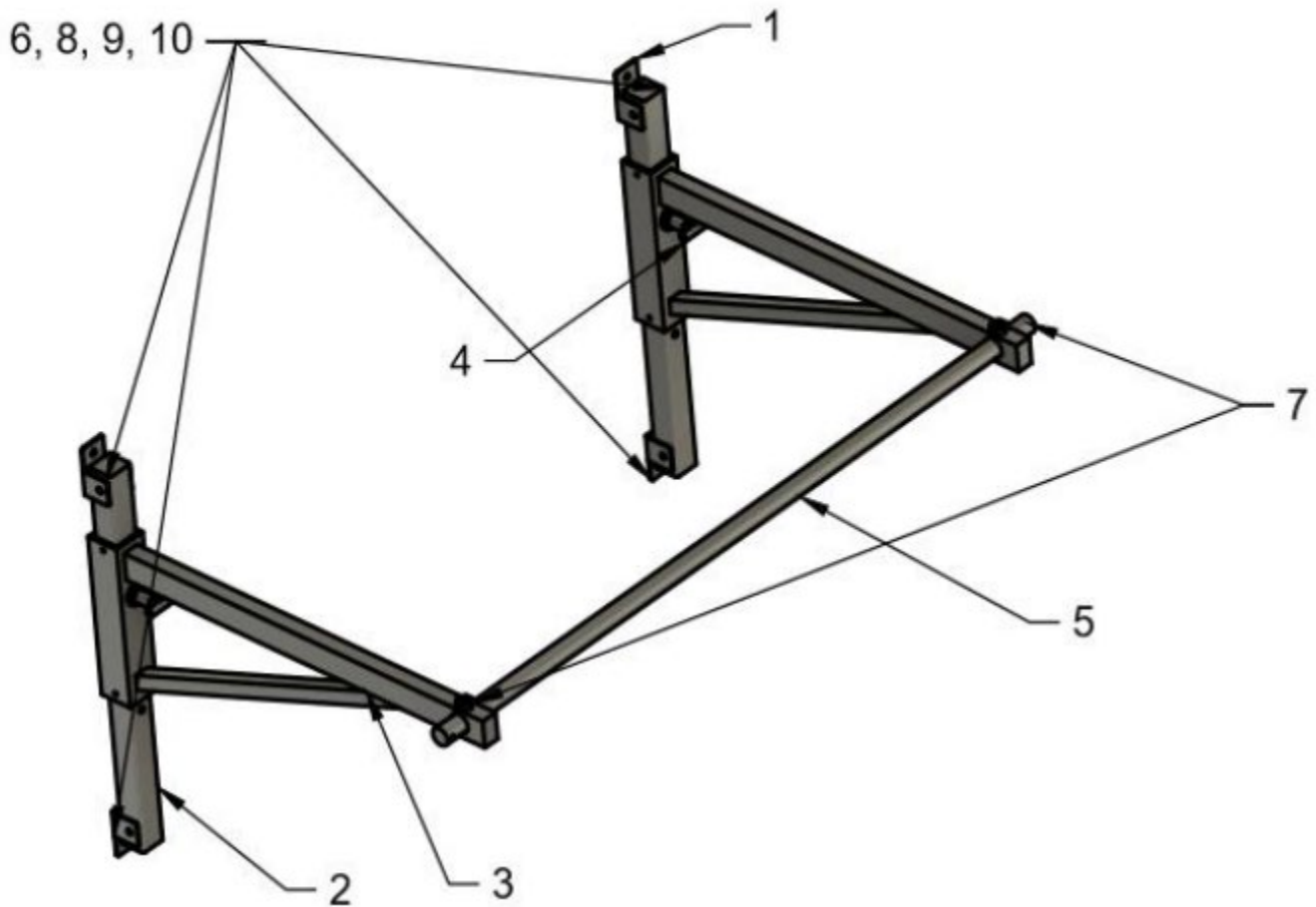
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**MPN(s):** ADJPUB

**SKU(s):** 400511

**UPC(s):** 765857422503

# PARTS DIAGRAM / EXPLODED VIEW



| KEY | DESCRIPTION    | QTY | KEY  | DESCRIPTION      | QTY |
|-----|----------------|-----|------|------------------|-----|
| (1) | WALL MOUNT     | 4   | (6)  | FLAT WASHER 10   | 4   |
| (2) | ADJUSTBALE BAR | 2   | (7)  | FLAT WASHER 10   | 2   |
| (3) | PULL-UP ARM    | 2   | (8)  | FLAT WASHER 10   | 8   |
| (4) | LOCK PIECE     | 2   | (9)  | SPRING WASHER 10 | 4   |
| (5) | PULL-UP BAR    | 1   | (10) | M10 HEX NUT      | 4   |



# ASSEMBLY INSTRUCTIONS

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## 1. ATTACH THE WALL MOUNT (1) TO THE WALL:

Attach the Wall Mount (1) to the wall by inserting the 3/8 inch Lag Bolts into the predrilled holes on the Wall Mount (1) then drive the 3/8 inch Lag Bolts into the studs located in the wall. Repeat this process for the remaining Wall Mount (1) to be mounted 25.75 inches either above or below the first Wall Mount (1), then the Wall Mounts (1) on the opposite side. The second set of Wall Mounts (1) should be mounted 48 inches away from the placement of the drilled holes in which the 3/8 inch Lag Bolts are inserted on the already mounted set of Wall Mounts (1).

## 2. SECURE THE ADJUSTMENT BARS (2) TO THE WALL MOUNTS (1):

Align the holes on each side of the Adjustment Bar (2) to the holes located on each side of the Wall Mounts (1), with the Adjustment Bar (2) being vertically oriented within the Wall Mount (1). Then, assemble the Adjustment Bar (2) to the hole of the atop Wall Mount (1) using the following hardware: Hex Bolt M10x70 (6), then Flat Washer 10 (8), then push the bolt through the Wall Mount (1) and Adjustment Bar (2). Finally, secure the bolt on the other side of your Wall Mount (1) using the Spring Washer 10 (9) and Hex Nut M10 (10). Repeat this process for the second Adjustment Bar (2).

### **DON'T KNOW HOW ASSEMBLED IT MAY COME**

Will the arms come attached to the adjustment bar

## 3. SECURE THE PULL UP BAR (5) TO THE PULL UP ARMS (3):

Slide the Pull Up Bar (5) through the circular holes located at the end of the Pull Up Arms (3) until the Pull Up Bar (5) is centered. Once centered, thread the Hex Bolt M12x30s (7) through the holes drilled on top of each Pull Up Arm (3) and tighten them to secure the Pull Up Bar (5) in place.





*This concludes the ADJPUB Owner's Manual.*

*If applicable to your product, make sure to tighten  
all nut-and-bolt combinations before use.*

*Enjoy!*

### **DISCLAIMER**

This equipment must be used with care by capable and competent individuals under supervision, if necessary.

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