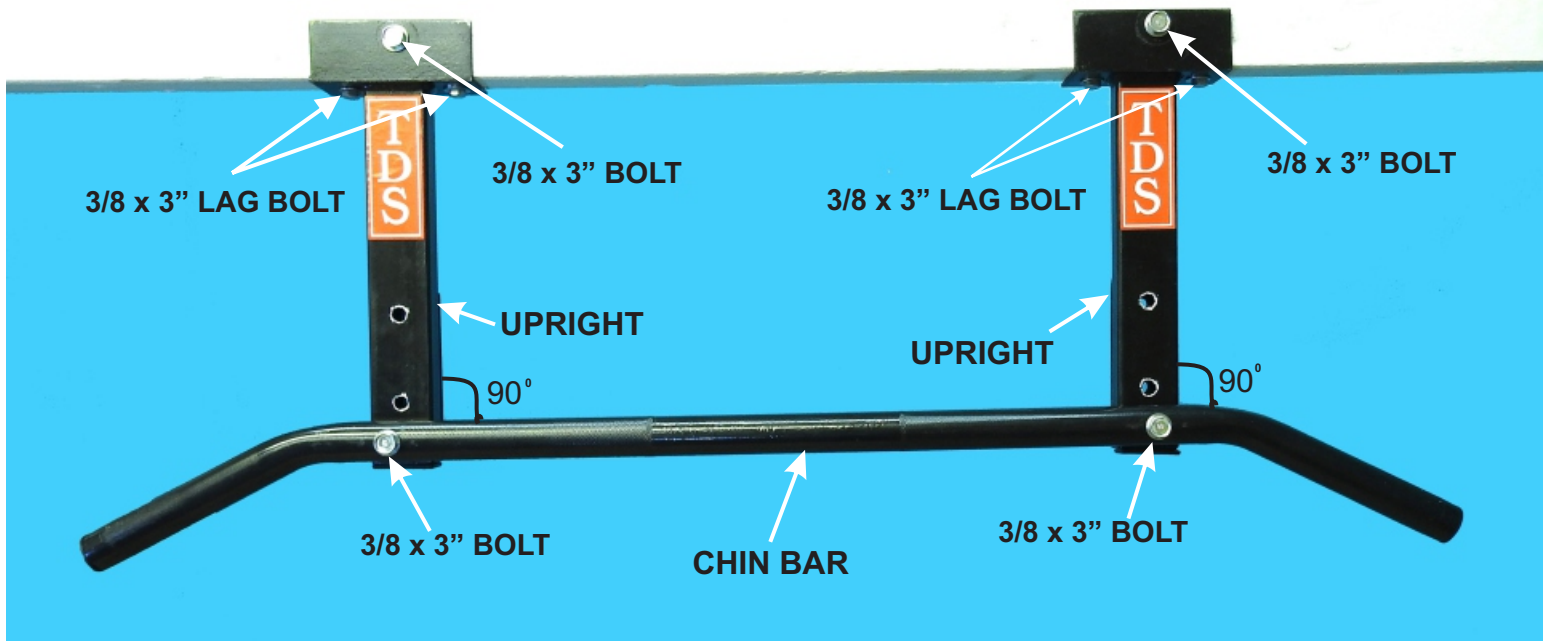


H-0545 - JOIST TWO WAY MOUNT PULL UP BAR



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" 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 (2) holes and then attach the unit to beam using (2)-3/8" x 3" Hex bolts, (4)-3/8" Flat washers and (2)-3/8" Lock Nuts. Do not over tighten. Check the Chin Bar and Two Uprights positioned for 90 degree.

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. Tighten all bolts before you start your exercises.

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

HARDWARE:

3/8" X 3" BOLTS - 4 PCS

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

3/8" FLAT WASHERS - 12 PCS

3/8" LOCK NUTS - 4 PCS