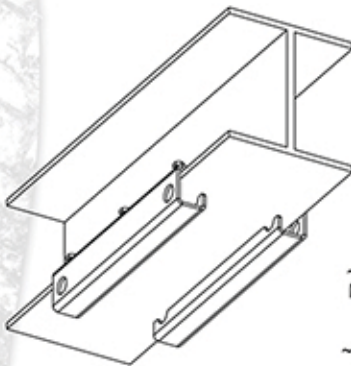


**PULL-UP BAR MOUNT**

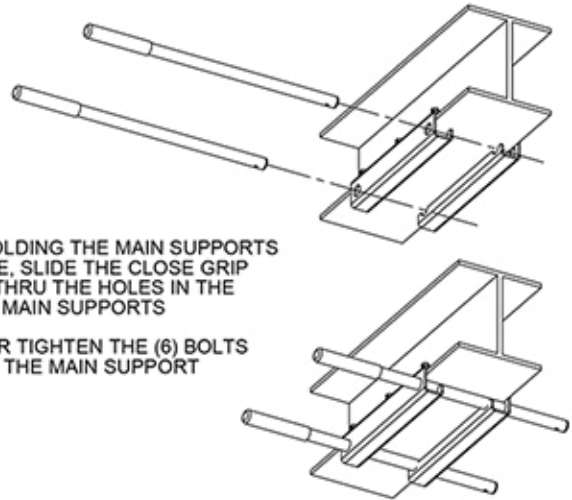
**I-BEAM PULL-UP BAR  
 INSTALLATION INSTRUCTIONS**

STEP 1



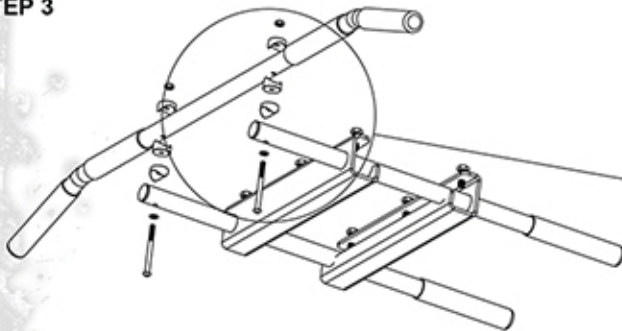
~ PLACE THE PULL-UP BAR  
 MAIN SUPPORTS ON EACH  
 SIDE OF THE I-BEAM  
 ~ SLIDE THEM BOTH AS FAR  
 IN AS THEY WILL GO.

STEP 2



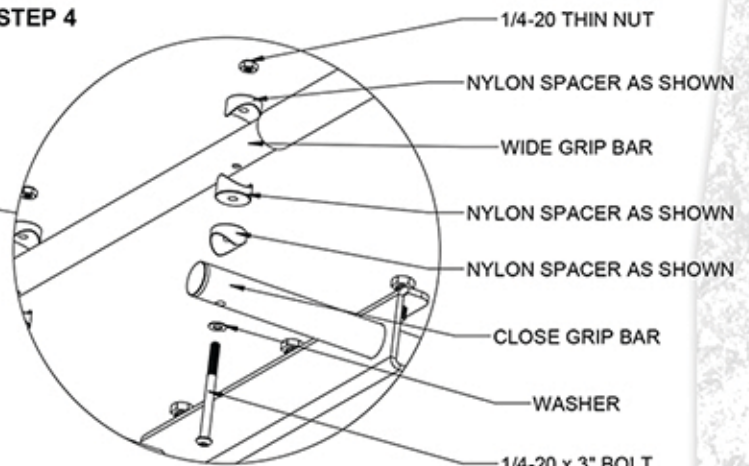
~ WHILE HOLDING THE MAIN SUPPORTS  
 IN PLACE, SLIDE THE CLOSE GRIP  
 BARS THRU THE HOLES IN THE  
 MAIN SUPPORTS  
 ~ FINGER TIGHTEN THE (6) BOLTS  
 ON THE MAIN SUPPORT

STEP 3



~ ASSEMBLE WIDE GRIP BAR AS SHOWN

STEP 4



1/4-20 THIN NUT  
 NYLON SPACER AS SHOWN  
 WIDE GRIP BAR  
 NYLON SPACER AS SHOWN  
 NYLON SPACER AS SHOWN  
 CLOSE GRIP BAR  
 WASHER  
 1/4-20 x 3" BOLT

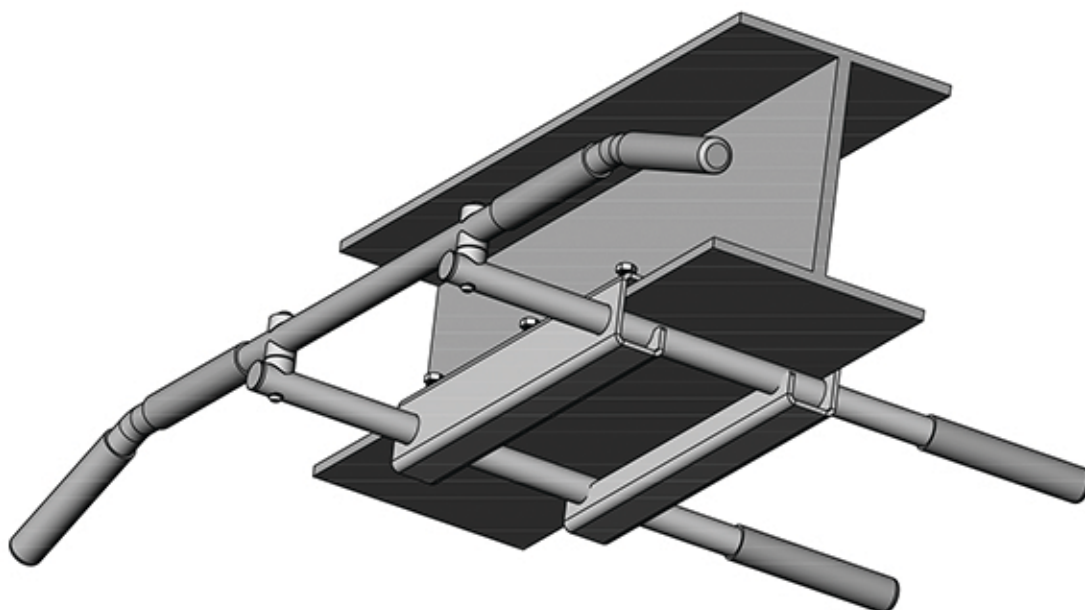




# DATA SHEET

## PULL-UP BAR MOUNT

### I-BEAM PULL-UP BAR INSTALLATION INSTRUCTIONS



- ~ CHECK TO MAKE SURE EVERYTHING IS SQUARE
- ~ TIGHTEN ALL BOLTS A LITTLE AT A TIME, WHILE CHECKING EVERYTHING STAYS SQUARE.

