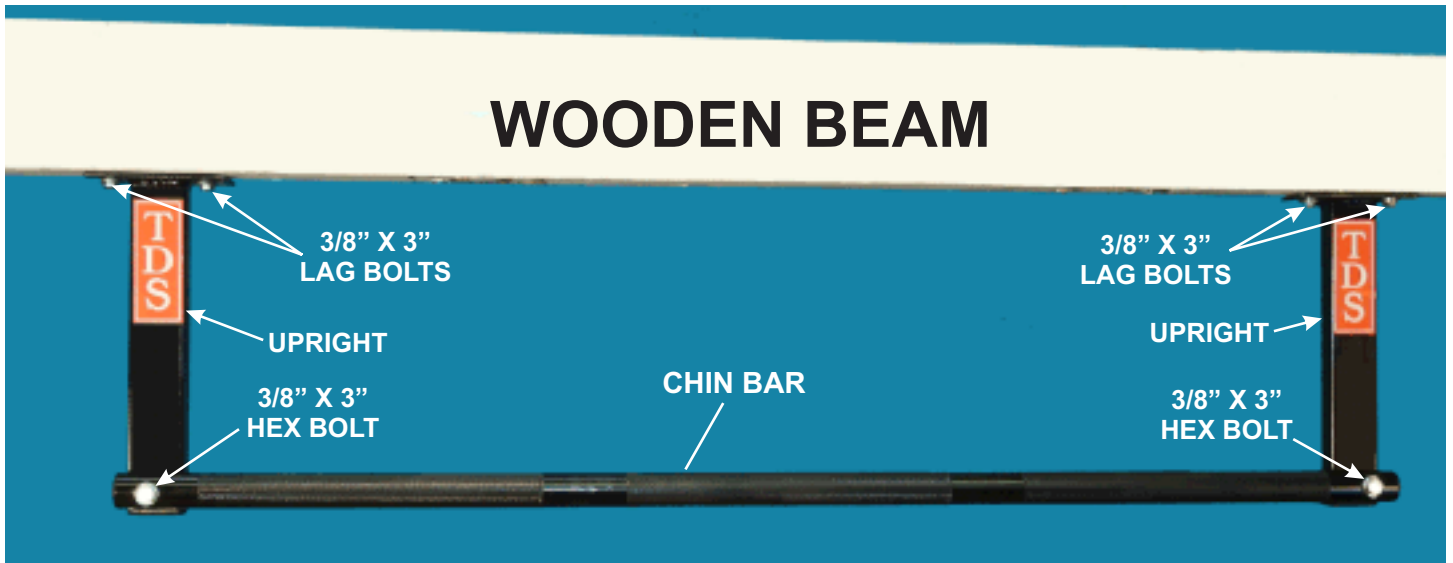


## **H-0570KD - CEILING MOUNT CHIN / PULL UP BAR**



**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 (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. 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 - 2 PCS  
3/8" X 3" LAG BOLTS - 4 PCS  
3/8" FLAT WASHERS - 8 PCS  
3/8" LOCK NUTS - 2 PCS

**TDS Fitness Equipment**