

CFF WALL MOUNT PULL UP BAR

Assembly & Care Instructions



THANK YOU!

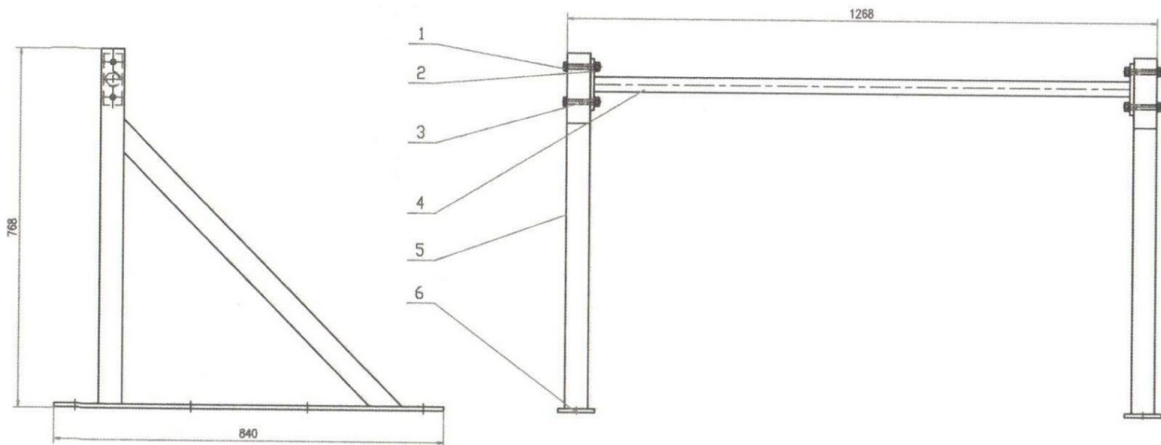
First, thank you for purchasing the CFF Pull Up Bar (CFF-PUBAR). Now let's turn a wall into a pull up rack. Please review these instructions to ensure your rig is correctly assembled and lasts.

INCLUDED IN THIS DOCUMENT

- exploded drawing & parts list
- assembly steps
- caring for your pull up bar

EXPLODED DRAWING & PARTS LIST

PLEASE MAKE SURE YOU HAVE ALL THE PIECES!



No.	Description	Qty
1	Bolt, M10x75mm	4
2	Washer, M10	8
3	Nut, M10	4
4	Single Beam	1
5	Support Frame	2
6	Expansion Screw, M10x80mm	8

ASSEMBLY STEPS

STEP 1

Assemble the pull up bar.

Stand support frames upright on flat, level surface (eg; floor, table, or countertop). Have bolts, washers & nuts ready. Put (1) washer on each bolt, slip the bolts through the center beam's bolt holes, then through the support frame. Install another washer & nut finger tight on outside of each bolt as shown below. Repeat for other side.



STEP 2

Mount to wall.

! IMPORTANT ! Pull up bar MUST be mounted to solid wood studs or brick/concrete/masonry using appropriate hardware. Failure to do so may result in damaged walls & personal injury. CFF cannot assume liability for damaged property or personal injury as a result of incorrect equipment assembly or installation.

TIP #1

Use an electronic stud finder to locate the nearest studs at your desired install location. If they do not exactly match up with the pull up bar, have your local home improvement store cut a couple 2x4s to a length long enough to fit the bar AND cross (2) studs - one for the top mounting points, the other for the bottom. This will distribute the weight evenly between the studs.

Don't forget to make sure your rack is installed level!

TIP #2

If mounting to brick/concrete/masonry, it is recommended you source proper masonry anchor bolts (not included) from your local hardware or home improvement store.

STEP 3

Tighten all hardware.

Note: Tighten wall-mounting hardware first so the rig is square to the surface, THEN use a wrench to tighten the pull up bar bolts.

CARING FOR YOUR PULL UP BAR

MAKE YOUR INVESTMENT LAST

Cleaning

After each use, wipe your bar down with a clean, dry towel. If deeper cleaning is required, a damp towel and mild detergent should suffice. Avoid harsh chemical cleaning products, as they may damage the finish.

Re-tighten hardware

Periodically inspect the pull up bar for signs of wear or loosening hardware. Make sure all nuts & bolts are tight. This pull up bar is designed to support a good amount of weight and deliver reliable service over many years, but it will only do so when properly assembled, installed and maintained.

CONTACT CFF WITH ANY QUESTIONS

WE WANT YOU HAPPY!

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We're here if you need us. (And we appreciate your feedback!)