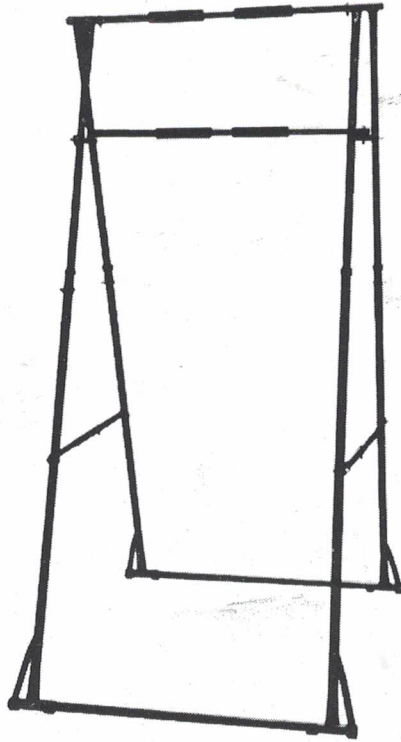


PULL UP FITNESS



DOUBLE-TIERED FOLDING PULL UP BAR INSTALLATION GUIDE

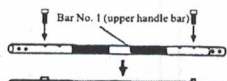
Contain 2 phases:

- + Phase 1: Install the frame of pull up bar
- + Phase 2: Install the lower handle bar

PHASE 1: INSTALL THE FRAME OF PULL UP BAR

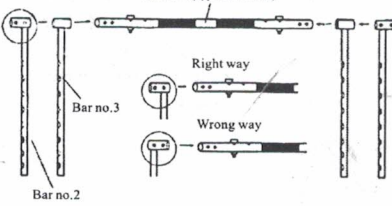
STEP 1

Screw 02 bolts into 2 holes at 02 heads of the "upper handle bar" as the following image;

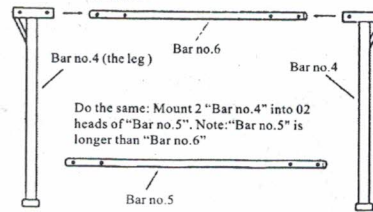


If you do not set up a swing for children, these 2 holes are not used

STEP 2

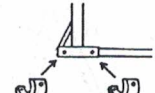


STEP 3



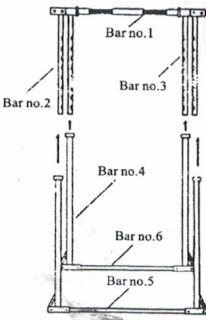
AT STEP 3

Insert rubber pads into legs of pull up bar (Bar no. 4) to prevent slipping



Screw bolts through the rubber pads and the pull up bar's leg to bind them together

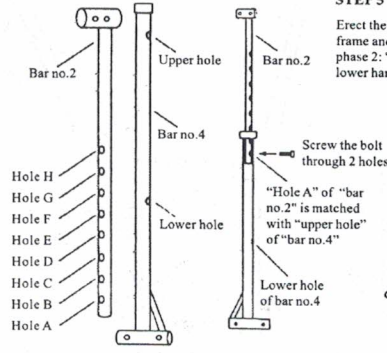
STEP 4



At step 4, to do easily, you should do as this image

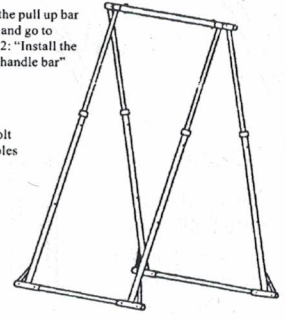


The upper handle bar (bar no. 1) is priority for the highest people. The lower people use the lower handle bar (bar no. 7). Thus, in the phase 1, adjust the height of the "bar no. 1" as follows:
 + If the highest people is from 1m75 to 1m 85 tall: match "upper hole" of "bar no. 4" with "hole A" of "bar no. 2" (or "bar no. 3") then screw the bolt through them
 + If the highest people is from 1m65 to 1m 75 tall: match "upper hole" of "bar no. 4" with "hole B" of "bar no. 2" (or "bar no. 3")
 + If the highest people is from 1m55 to 1m 65 tall: match "upper hole" of "bar no. 4" with "hole C" of "bar no. 2" (or "bar no. 3")

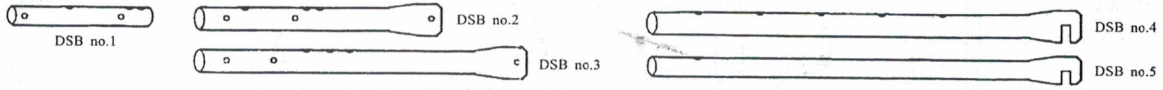


STEP 5

Erect the pull up bar frame and go to phase 2: "Install the lower handle bar"



THE DISTANCE-SETTING-BARS(DSB) OF DOUBLE TIERED FOLDING PULL UP BAR



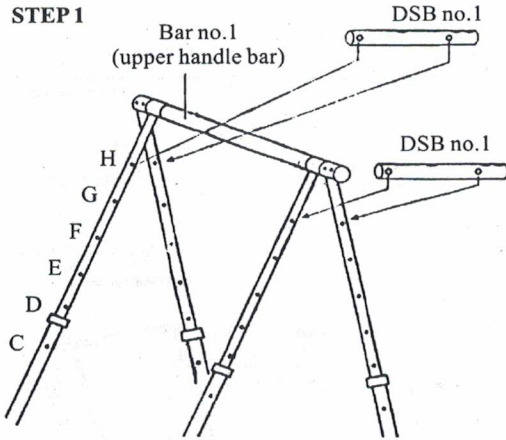
The lower handle bar (bar no. 7) (only 01 hole at the head of bar)

* DSB : distance-setting-bar

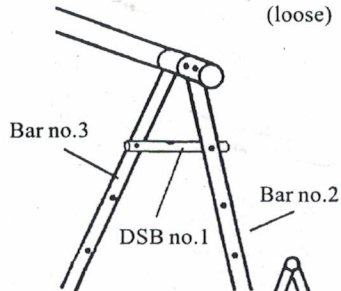
PHASE 2: INSTALL THE LOWER HANDLE BAR (CASE 1)

If the arm's reach of the shorter people is near the "Hole H" of "bar no.2" (or "bar no.3"), we only use 02 "DSB no.1" to support the "lower handle bar"(bar no.7). "DSB no.2" and "DSB no.3" are not used in this case

STEP 1

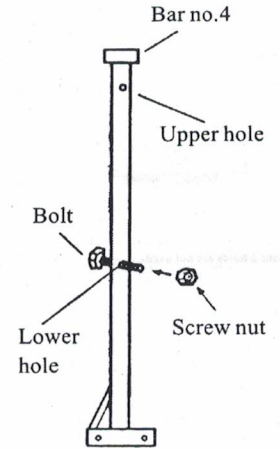


Note: Install "DSB no.1" outside "bar no.3" and inside "bar no.2" as below image



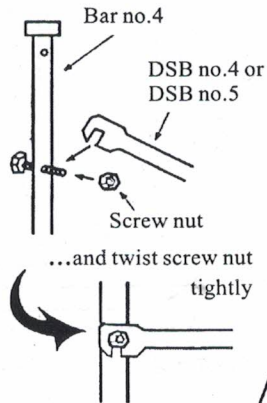
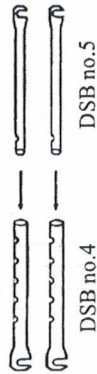
STEP 2

Screw 1 bolt through the lower hole of "bar no.4" (the leg). Twist screw nut temporarily (loose)



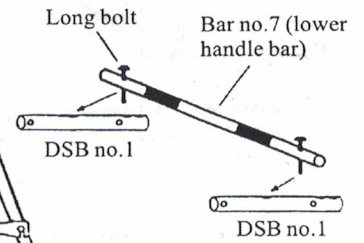
STEP 3

Put DSB no.5 into DSB no.4, matching holes between them to adjust the distance, then put one head of DSB onto body of the bolt...



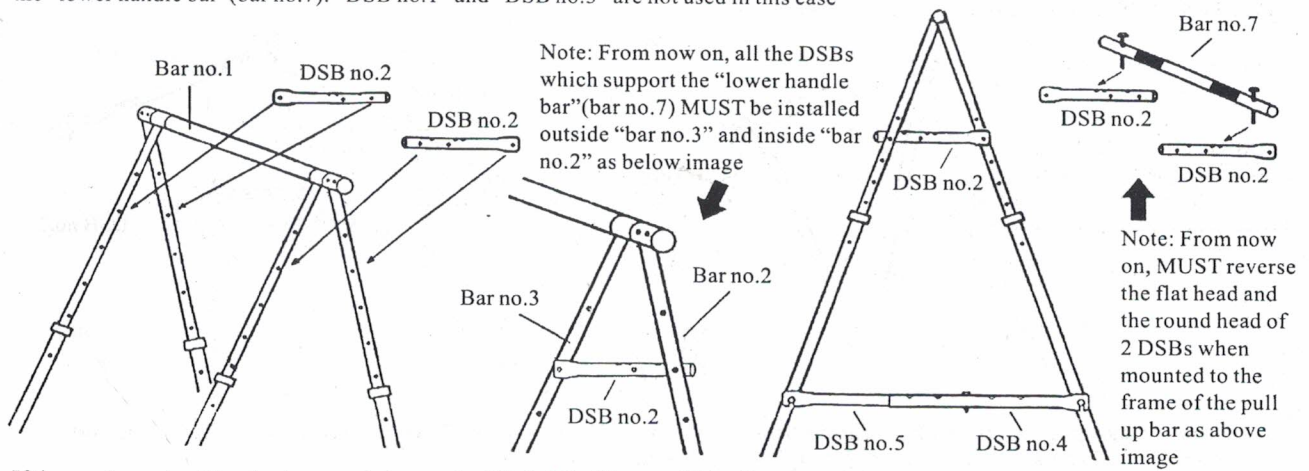
STEP 4

When the shorter people use the pull up bar, put "bar no.7" onto "DSBs no.1", then bolting with long bolts

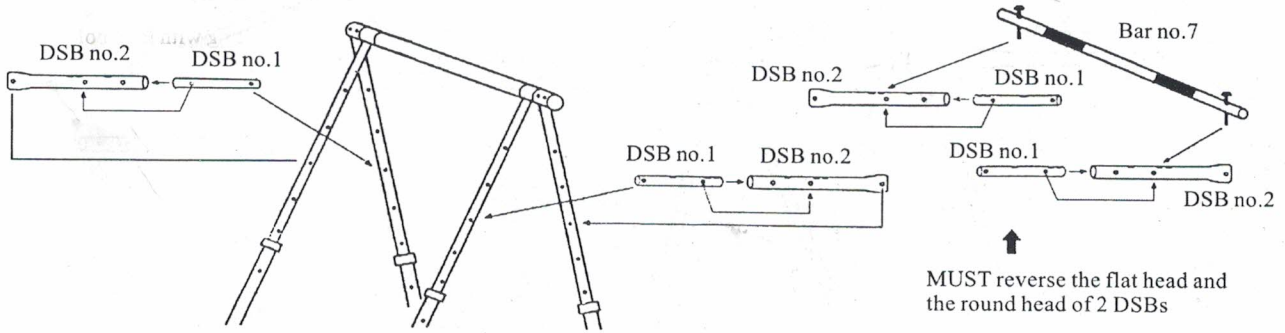


INSTALL THE LOWER HANDLE BAR (CASE 2, CASE 3)

If the arm's reach of the shorter people is near the "Hole G" of "bar no.2" (or "bar no.3"), we only use 02 "DSB no.2" to support the "lower handle bar"(bar no.7). "DSB no.1" and "DSB no.3" are not used in this case

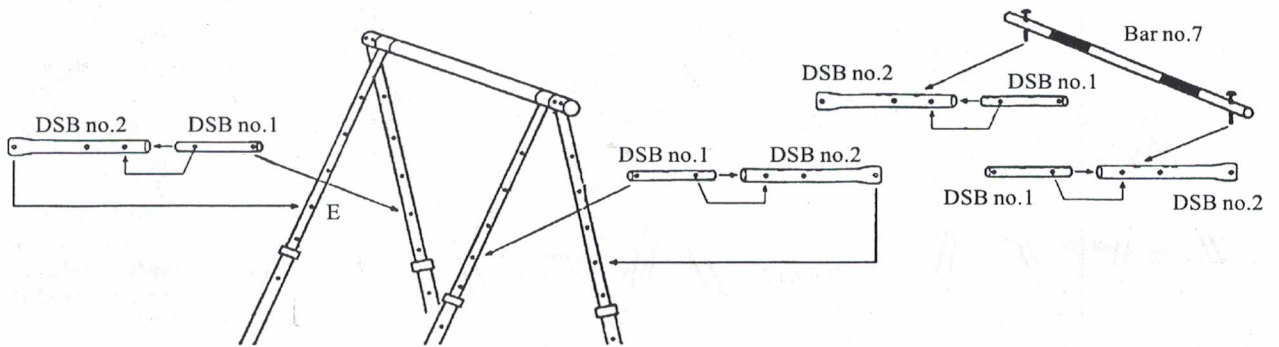


If the arm's reach of the shorter people is near the "Hole F" of "bar no.2" (or "bar no.3"), we can put "DSB no.1" into "DSB no.2" to make the DSB longer. "DSB no.3" is not needed

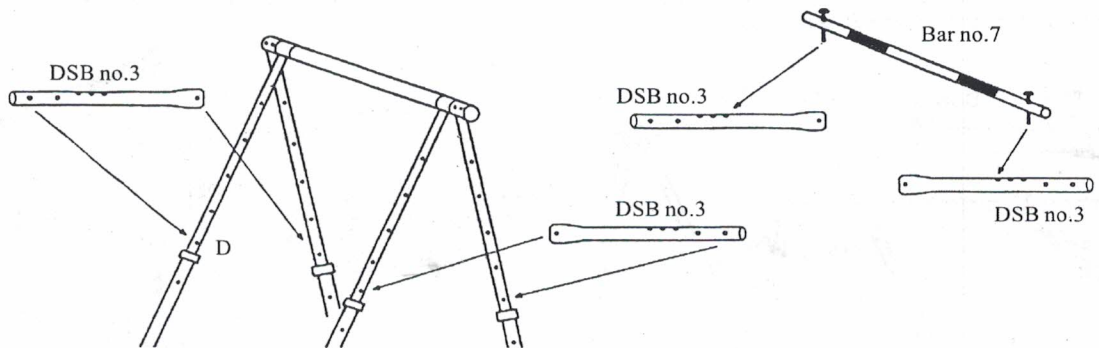


INSTALL THE LOWER HANDLE BAR (CASE 4, CASE 5)

If the arm's reach of the shorter people is near the "Hole E" of "bar no.2" (or "bar no.3"), we can put "DSB no.1" into "DSB no.2" to make the DSB longer. "DSB no.3" is not needed

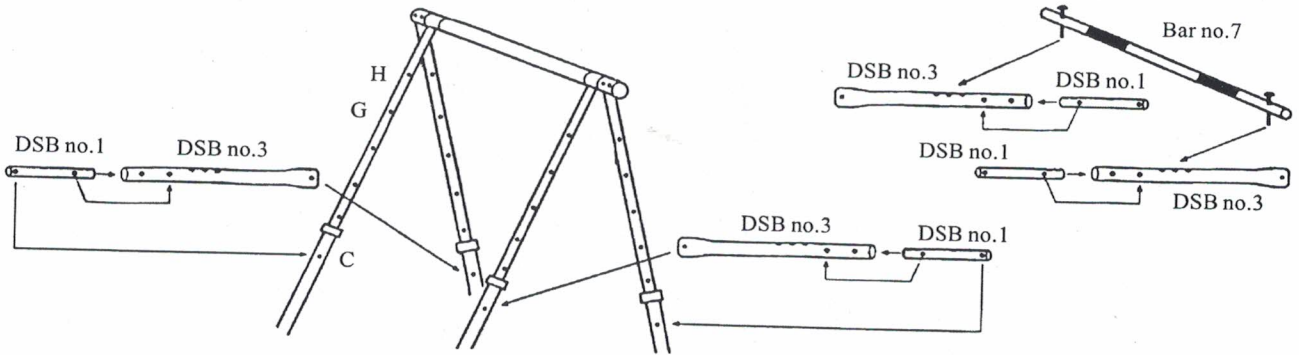


If the arm's reach of the shorter people is near the "Hole D" of "bar no.2" (or "bar no.3"), we only use 02 "DSB no.3" to support the "lower handle bar" (bar no.7). "DSB no.1" and "DSB no.2" are not used in this case



INSTALL THE LOWER HANDLE BAR (CASE 6, CASE 7)

If the arm's reach of the shorter people is near the "Hole C" of "bar no.2" (or "bar no.3"), we can put "DSB no.1" into "DSB no.3" to make the DSB longer. "DSB no.2" is not needed



Case 7: If in the phase 1, we match the "upper hole" of "bar no.4" with Hole A or Hole B of "bar no.2"(or "bar no.3"). Now, we can enlarge the distance by putting "DSB no.1" and "DSB no.3" and mount the DSB into the "upper hole" of "bar no.4"

