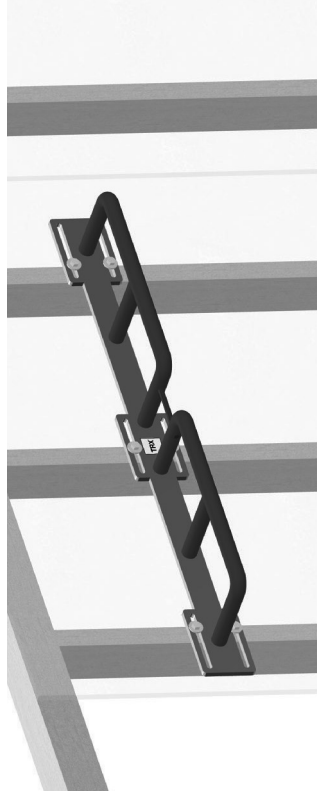


TRX

PULL UP BAR

INSTALLATION GUIDE



INCLUDED:

Pull Up Bar
1/2" washer x 6
1/2" lag bolt x 6

NOT INCLUDED BUT NEEDED FOR INSTALL:

Pencil
Stud finder
Drill with 1/4" drill bit
1/2" wrench or ratchet

THE DESIGN:

This pull up bar can be installed in a variety of locations such as a wall, above a doorway, or garage rafters.

The bar in the middle of the Pull Up Bar is designed to be an anchor point for either a TRX Strength Band (pull up assistance) or a TRX Suspension Trainer.

WARNING: The pull up bar must be anchored directly into 2x4 studs or similar construction. Using drywall anchors will compromise user safety when using the pull up bar.

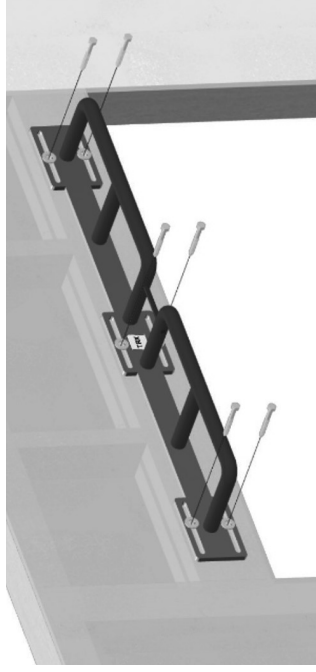
TRX

PULL UP BAR

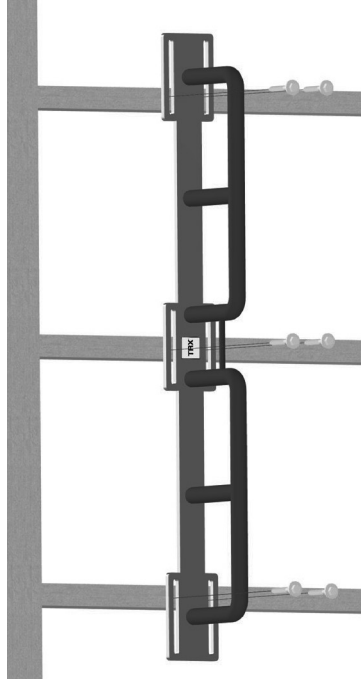
INSTALLATION GUIDE

INSTALLATION:

1. If you are installing above a doorway, locate the header board. For other install locations, use a stud finder to locate a 2x4 stud behind the drywall.
2. For applications other than in a header board, use the slots in the pull up bar to locate the appropriate hole locations. Mark with a pencil.
3. Pre-drill $\frac{1}{4}$ " x 3" holes at hole marks.
4. Place the $\frac{1}{2}$ " washer and the $\frac{1}{2}$ " lag bolt and use a wrench or ratchet to screw in lag bolts.



HEADER BOARD INSTALLATION



2X4 INSTALLATION