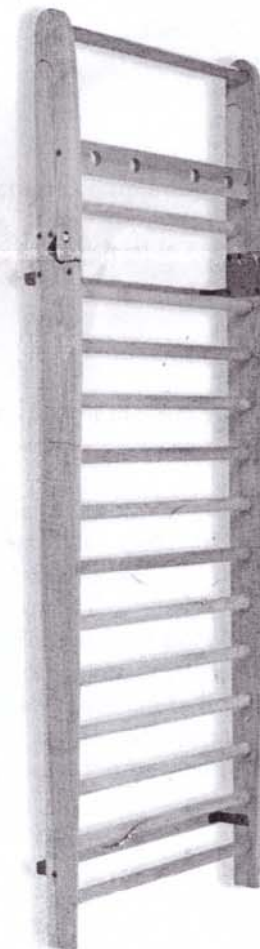


PURE

DESIGN

FITNESS

WALLBAR ASSEMBLY INSTRUCTIONS



INDEX:

- A. (x2) Uprights
- B. (x2) Adjustable arms
- C. (x1) Arm spacer
- D. (x10/x14) Cross dowels
- E. (x2) Mount plates
- F. (x4) Wall Bracket
- G. (x12) JCB
- H. (x16) JCN
- I. (x16/x22) 2.25in Wood Screw
- J. (x4) 2.75in Wood Screw
- K. (x4) Lag bolt
- L. (x1) Allen key
- M. (x1) Square driver bit
- N. (x2) Strap
- O. (x1) Loctite 242 ®
- P. (x2) Wall Mount

DIMENSIONS:

Height: 230cm / 91in (fully upright)
Width: 80cm / 31.5in
Depth: 13.5cm / 5.3in

WEIGHT:

10 bars: 19kg / 42lb
14 bars: 21kg / 46.3lb

WOOD TYPES:

Ash, Cherry, Walnut

NUMBER OF DOWELS:

10 or 14
10 bar distance between bars:
21.5cm / 8.46in
14 bar distance between bars:
15.35cm / 13.6in

PLEASE NOTE:

Read through the instructions completely before beginning assembly.

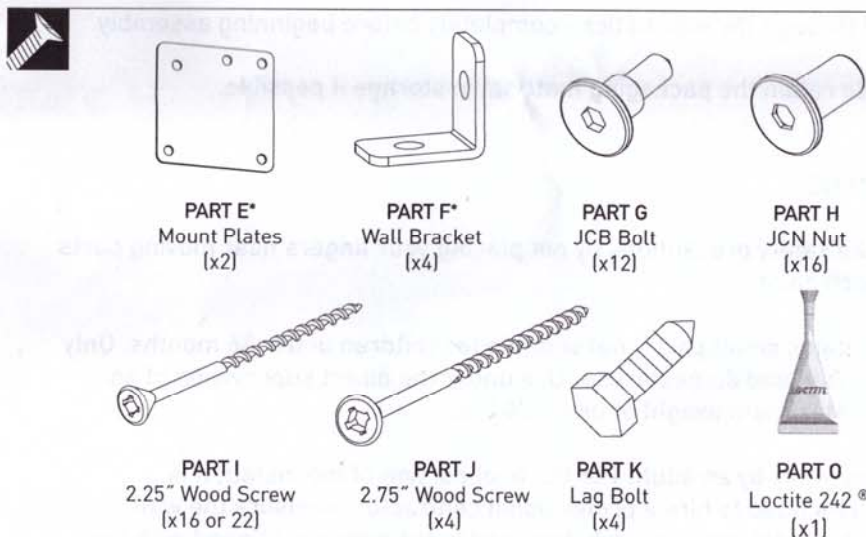
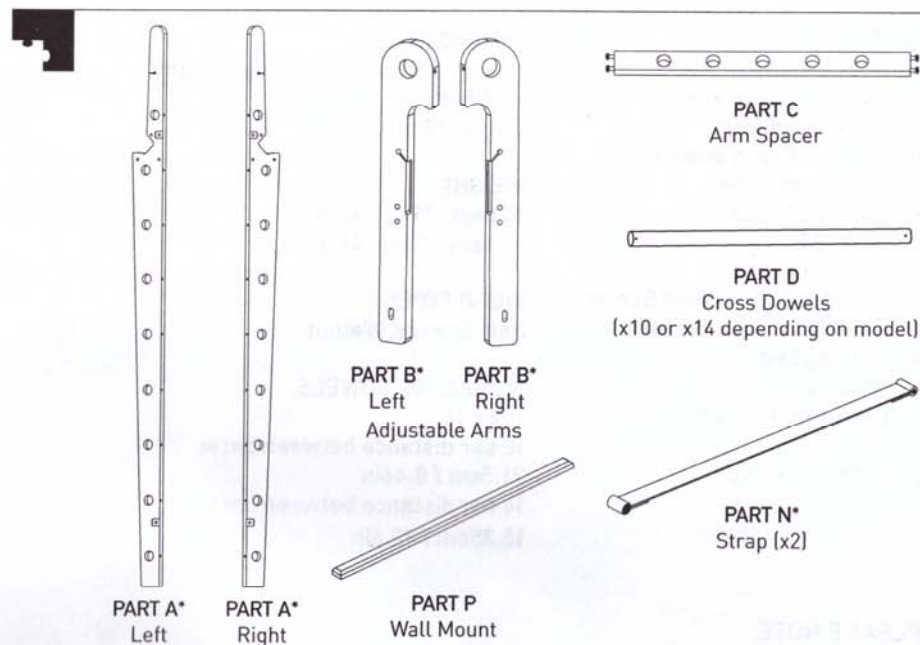
Please retain the packaging material in storage if possible.

WARNING:

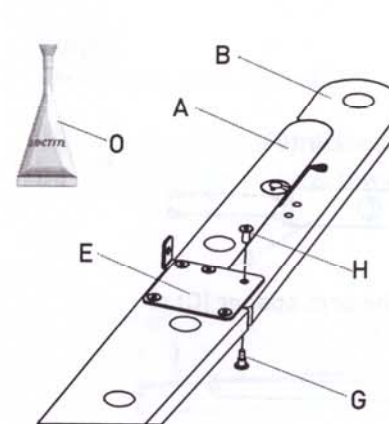
⚠ Take safety precautions by not placing your fingers near moving parts or pinch points.

⚠ Contains small parts, not suitable for children under 36 months. Only for private and domestic use. Use under the direct supervision of an adult. Maximum weight of user 300 lbs.

⚠ Assembly by an adult. For the final portion of the install, it is recommended to hire a professional contractor to ensure the wall mount is safely and securely fastened to the wall and aligned with the floor. Failure to accurately install to the appropriate load-bearing wall fixture could result in damage and/or severe injury.



*These parts are already attached or partially assembled.

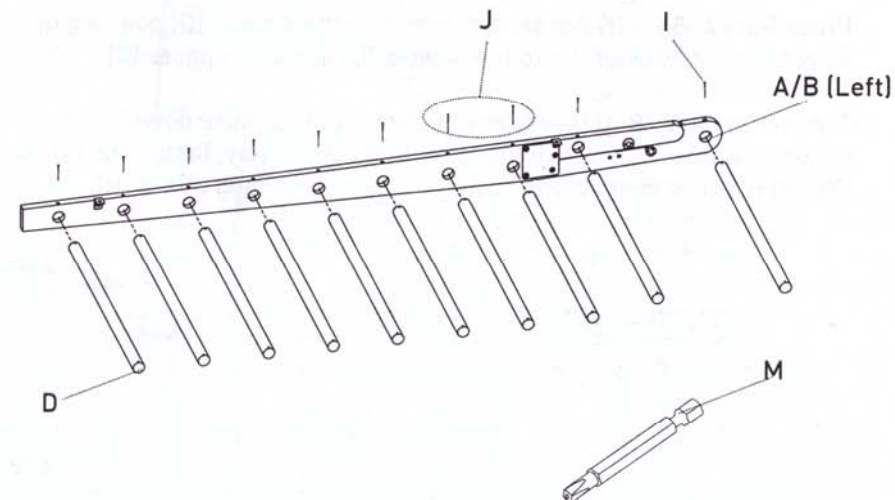


Step 2

Parts used: **A** (x1), **D** (x10), **I** (x8), **J** (x2), **M** (x1)

Starting with **Part A/B (Left)** laying flat, insert the dowels (**D**) into the upright holes. Tap in the dowels with a rubber mallet to secure dowels in the holes. Next, install the wood screws (**I** and **J**) through **A/B (Left)** as indicated and into the wooden dowels (**D**).

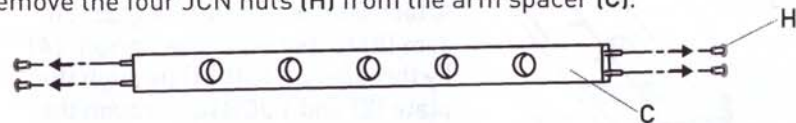
Use **Part M** to secure screws, making sure to not overtighten.



Step 3

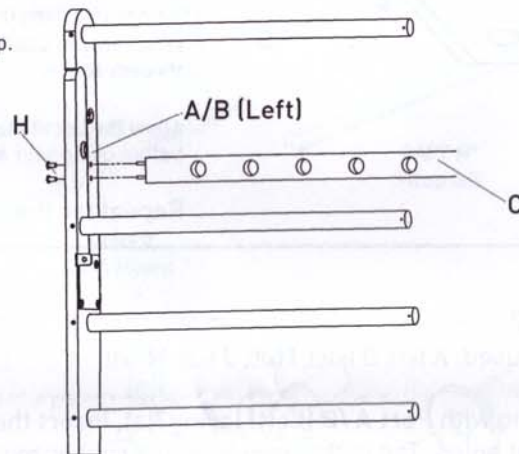
Parts used: C (x1), H (x2), Allen Key (L)

Remove the four JCN nuts (H) from the arm spacer (C).



Using two JCN nuts (H), attach and tighten the arm spacer (C) to Part A/B (Left).

*Do not use Loctite in this step.

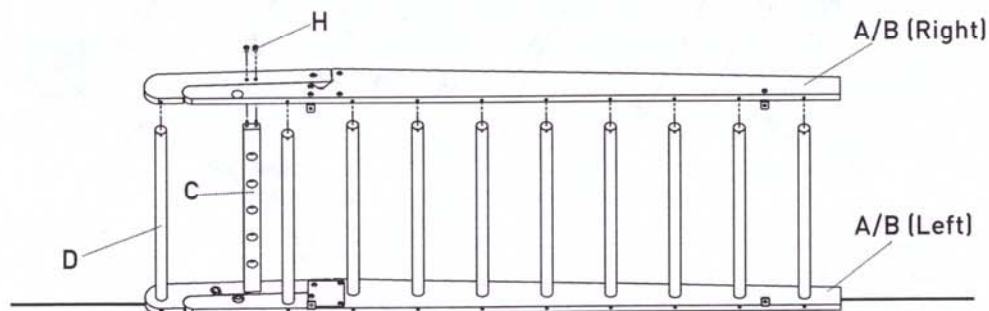


Step 4

Parts used: H (x2), L (x1)

Place Part A/B (Left) flat on the floor with the dowels (D) pointing up. Attach Part A/B (Right) into the dowels (D) and arm spacer (C).

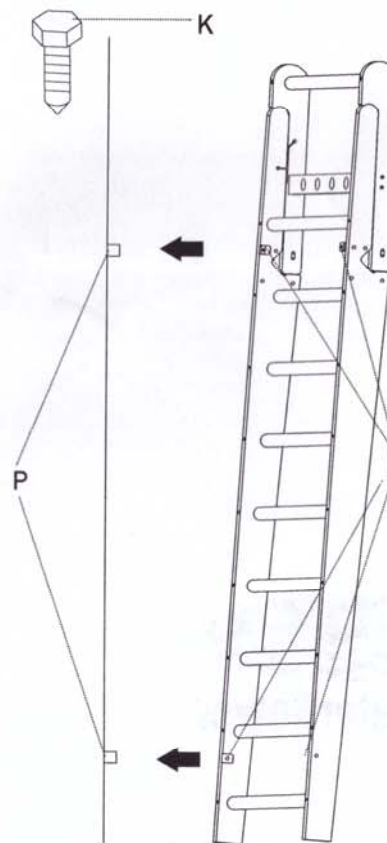
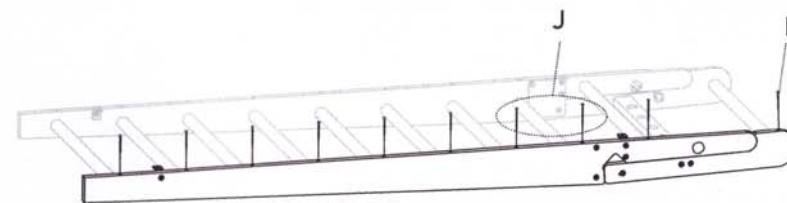
Tap on Part A/B (Right) with a rubber mallet to ensure dowels are secured in their respective holes. With the Allen Key, fasten Part A/B (Right) to the arm spacer (C) using the two remaining JCN's (H).



Step 5

Parts used: I (x8) J (x2) M (x1)

With wood screws (I and J), secure the dowels into Part A/B (Right). Do not over tighten the screws.



Step 6

Parts used: P (x2) F (x4) K (x4)

Have a professional complete Step 6 to ensure accuracy and safety.

Install wall brackets (P) onto the appropriate load-bearing supports on the wall at the correct height so the four holes in the wall mounts (F) line up. Make sure the bottom of the wallbars will be positioned firmly on the floor when installed.

Mark where the wall brackets (P) line up on the wall mounts (F). Using a 7/32" drill bit, drill pilot holes into the wall brackets (P).

Bolt the assembly to the wall brackets (P) by inserting the lag bolts (K) through the wall mounts (F) and securing into pilot holes that were made in the wall brackets (P).

You are now ready to begin using your WallBars.

As you begin using your Wall Bars, please note that wood is a natural material and may make noise while in use.

PURE
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FITNESS

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