XORBARS

DIY Outdoor Pull Up Bars

DIY Installation Guide

Please note that theses instructions are meant as a guideline. Your requirements may vary depending on ground structure. If you are unsure, please consult a reputable builder.

Erecting your pull up bar is easier with two people. On average, allow 1 hour per post. The finished height will depend on the person using the bar.

Tool Kit

NECESSARY

- Tape Measure
- Pencil
- Set Square
- Spirit Level
- Stringline
- Spade
- Folk
- Drill
- 4mm Drill Bit
- Spanner or Socket Set

OPTIONAL

- Step Ladder
- Wheel Barrow
- Watering Can
- Post Hole Digger
- Post Hole Borer
- Large Set Square
- 6ft Heavy Duty Digging Bar

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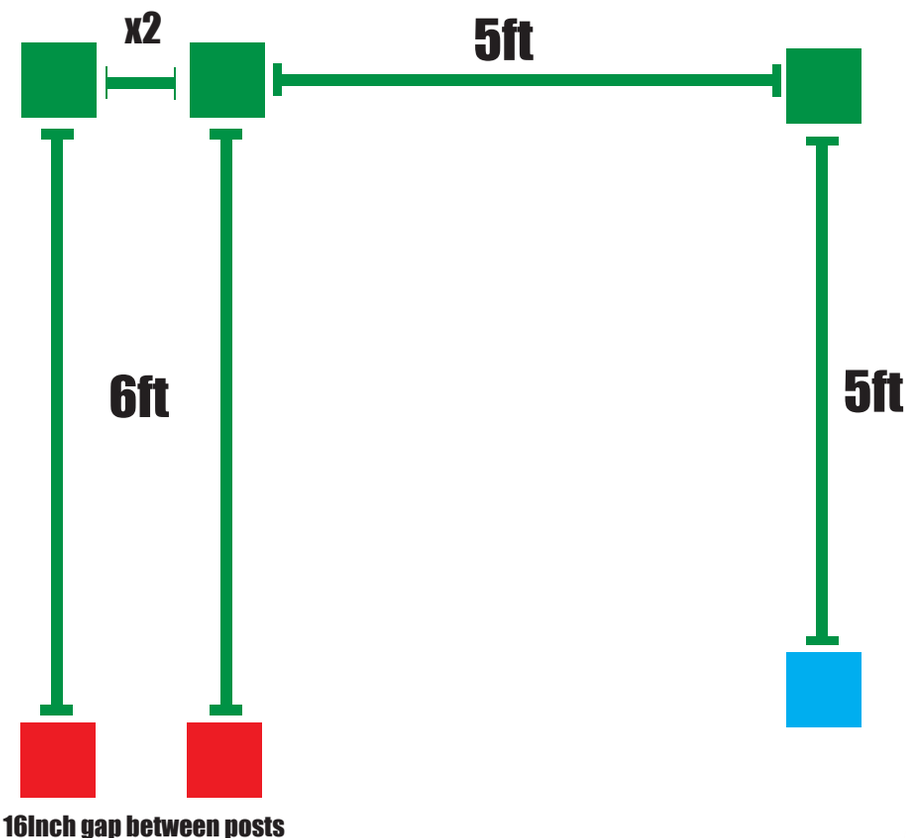
MultiGym

This guide is can be used for all pull up bars from Xorbars.

WIDTH: 3.ft = 1066.8mm / 5ft = 1524mm / 6ft = 1828.8mm

Layout Birds Eye View



Note: 16 inch bars between parallel bars are positied as follows:

1 @ 500mm from the top of the post.
1 @ 1000mm from the top of the post

Standard Height out of ground: 2400mm

Standard Height out of ground: 1700mm

Standard Height out of ground: 1100mm

DETERMINE THE HEIGHT OF YOUR POSTS BEFORE STARTING.

Post heights shown here will suit most people. However you can use the custom height page for more accurate measurements

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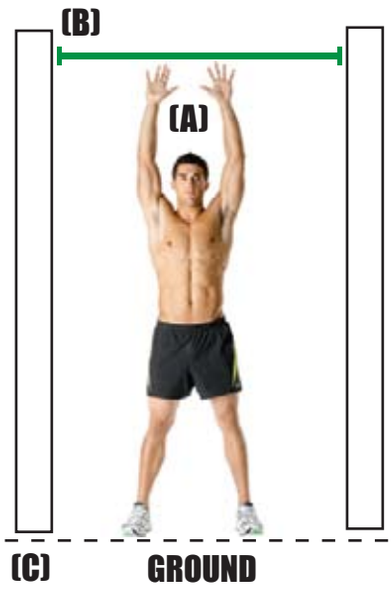
Custom Bar Heights

STANDARD CALCULATIONS ARE SHOWN AT BOTTOM OF THE PAGE OR PERSONALISE TO YOUR SIZE USING THE DIAGRAMS

HIGH BAR



(A) Height of person to finger tips

+

(B) Plus bar and top of post

140mm = 50mm gap at top
190mm = 100mm gap at top

+

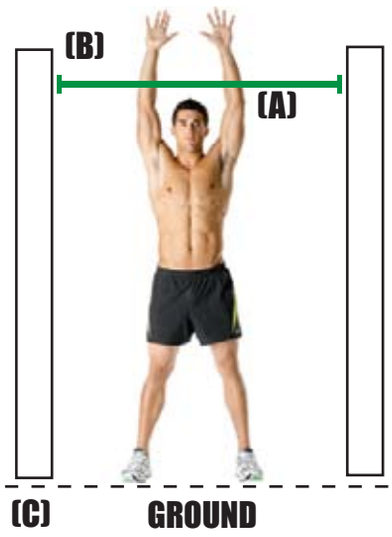
(C) DEPTH OF POST IN GROUND

900mm to 1000mm

=

TOTAL HEIGHT OF POST

MID RANGE BAR



(A) Height of person to elbows

+

(B) Plus bar and top of post

140mm = 50mm gap at top
190mm = 100mm gap at top

+

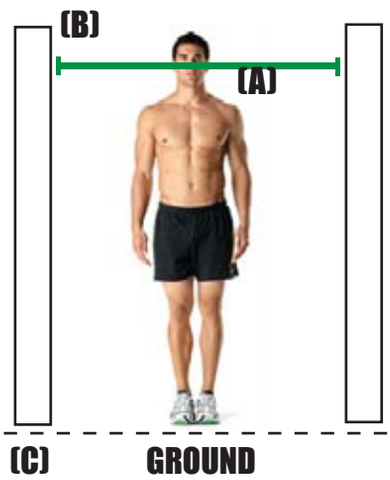
(C) DEPTH OF POST IN GROUND

900mm to 1000mm

=

TOTAL HEIGHT OF POST

LOW BAR



(A) Height of person to nose level

+

(B) Plus bar and top of post

140mm = 50mm gap at top
190mm = 100mm gap at top

+

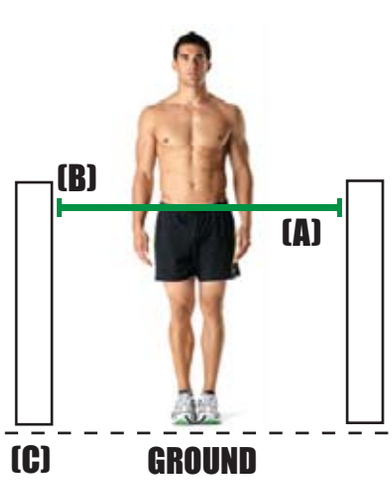
(C) DEPTH OF POST IN GROUND

900mm to 1000mm

=

TOTAL HEIGHT OF POST

BACK ROW BAR



(A) Height of person to hip level

+

(B) Plus bar and top of post

140mm = 50mm gap at top
190mm = 100mm gap at top

+

(C) DEPTH OF POST IN GROUND

900mm to 1000mm

=

TOTAL HEIGHT OF POST

STANDARD POST HEIGHT FROM THE GROUND

HIGH BAR: 2400mm
MID RANGE BAR: 2000mm
LOWER BAR: 1700mm
BACK ROW BAR: 1000mm

\+ 900mm IN THE GROUND

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Installation Instructions

PART: A

Please note: This is only a guide!

DETERMINE THE HEIGHT OF YOUR POSTS BEFORE STARTING.

Cut the post to the correct height. You can either cut it at an angle so that any rain on the top of the post runs away OR simply cut and use this end to go in the ground...Especially IF you don't make a very neat cut!

STEP 1: Decide on your placement of the pull up bar by laying it out on the ground. If positioning in grass, use a spade to cut a 250 - 300mm square in the location of the first post. Remove the grass and place to the side. You can re-use the grass later for a neat job. Keep out of the sun and well watered.

STEP 2: Dig you first hole. We recommend each hole is 900mm minimum in depth depending on the ground. KEEP your hole nice and narrow especially if the ground is hard.

Position your 1st post in place to check that it is at the correct depth and allows enough space around the post for the post mix. Note: the softer the ground and the way in which you plan to use the bar will determine the dimensions of your hole. In most cases 250 - 300mm is sufficient.

STEP 3: Put a few stones or gravel in the bottom of your hole to allow for drainage. Place your post in the centre of the hole with the pull up bar on the ground touching the bottom of the post. There are two main things you now need to check:

a) Place the bar up against the post and make sure that (IF) attached, the bar would be running in a line that will meet where you want the next post.
b)Using a spirit level check the vertical level on 2 x adjacent sides of the post. DO NOT ONLY check the vertical level of a post on one side.

Once the above is correct, fill the hole approximately half way up with water. Pour in a bag of postmix and use a piece of wood to tamp down the post mix. For a stronger mix, throw in approximately 5 fist sized bits of brick, stone or rubble (it is not compulsory – good in soft ground). The post will feel more secure at this point. Check your levels and fill the hole with further bags of postcrete. You may need to add more water either before, after or at the same time (it's not rocket science). Again add in a few more bits of rubble if you have any as you do this and then tamp down. Leave a few inches (75mm at the top to re-lay your grass)

STEP 4: With the bar in position on the ground complete STEP 1 to STEP 2 to prepare your next hole.
At this stage you may need a string line. Run it along the post you have just put in and over the top of where your next hole will be. This helps you to get the next post in following a perfectly straight line.

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Installation Instructions

PART: B

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STEP 5: With the bar in position on the ground, place the post in the 2nd hole and use a spirit level to check the post height is the same as your first post. You may need a step ladder for this. If your spirit level is not long enough to span between the two posts then place it on top of a straight piece of wood.

STEP 6: Once your height is correct, follow STEP 3. Note: making sure that the bar is tight in between the two posts (on the floor). Providing that your vertical level is correct, the distance at the bottom will be exactly the same as the distance between the posts at the top. You can choose to let the posts set for 24hrs before attaching the bar. OR, you can attach the bar straight away. NOTE: some posts can often be slightly bowed. DO NOT WORRY. You may need to pull the top of the post in or push out to get the bar in place. You can be pretty rough!

STEP 7: You can place the bar as high or as low down the posts as you require. The following is a recommendation: Starting at the top of your first post, draw a vertical line approximately 300mm in length down the centre. Mark between 50mm and 100mm from the top and draw a horizontal line. This is where the top of the bracket will be placed.

Place the centre of the bracket down the centre line on your post. Use a pencil to mark the holes required for drilling. Next, using a 4mm drill bit, drill your PILOT holes (just a small hole). With a spanner or socket wrench, screw your pull up bar to the post using the 50mm coach screws. Ideally, you will need someone at the other end of the bar to support it. NOTE: it is easier to fit the top coach screw first and move to the other post before fixing the bottom one.

Once in place, move to the second post and repeat the process. Use a spirit level to double check that your bar is horizontal before drilling. NOTE: if your posts are exactly level then a measurement is all that is required. Fix all four coach screws and washers in place.

STEP 8: Allow 48 hours for the postmix to fully set before using. If applicable, cut the turf to fill in the gaps in your lawn. KEEP WELL WATERED or it will DIE!

SANDING AND OR PAINTING

Oak and Pine Posts DO NOT need to be treated. However you can paint or stain them if preferred.

We recommend that you sand the corners / edges of the posts to avoid any injuries and for a clean finish.

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Installation Instructions

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Decide on your placement

250 - 300mm square

Use your bar on the ground to check your measurements

Dig next hole using a string line

Mark your post 50 - 100mm down from the top

Drill and fix coach washers and coach screws

EXAMPLE OF BAR BETWEEN TWO POSTS

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Install the largest pull up bar first and use that as a guide to work from.

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Maintenance

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The following information is to help you with general maintenance. We advise that you take a common sense approach to looking after your pull up bar equipment.

PULL UP BAR

Xorbars are powered coated and therefore designed to withstand general weather conditions. However you may find that over the years your bars require some touch up paint. Check annually for any signs of wear and tear and treat accordingly.

COACH SCREWS

All coach screws supplied are galvanised for greater weather resistance. However depending on the weather conditions etc., we recommend that you assess the condition of the coach screws every few years. Should you need to replace a coach screw then we recommend the following: Remove the coach screw. Drill a 10mm hole through the post and replace with a bolt approximately 115mm in length.

WOOD POSTS

Pine posts supplied are tantalised. This means that they can withstand general weather conditions. However, we recommend that you treat pine posts every couple of years with a suitable wood weather protection varnish, stain or paint.

For safety, we also advise that you check for splinters, cracks and any signs of decay.
The part of the post that is submerged in the ground is at greater risk of rotting. The degree at which the post will eventually rot will depend on the soil and the drainage. We recommend that you check the stability of you post every few years by pulling laterally on it. Should any movement or cracking underground become apparent, then the post should be removed and replaced.

BE SAFE & HAVE FUN!

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