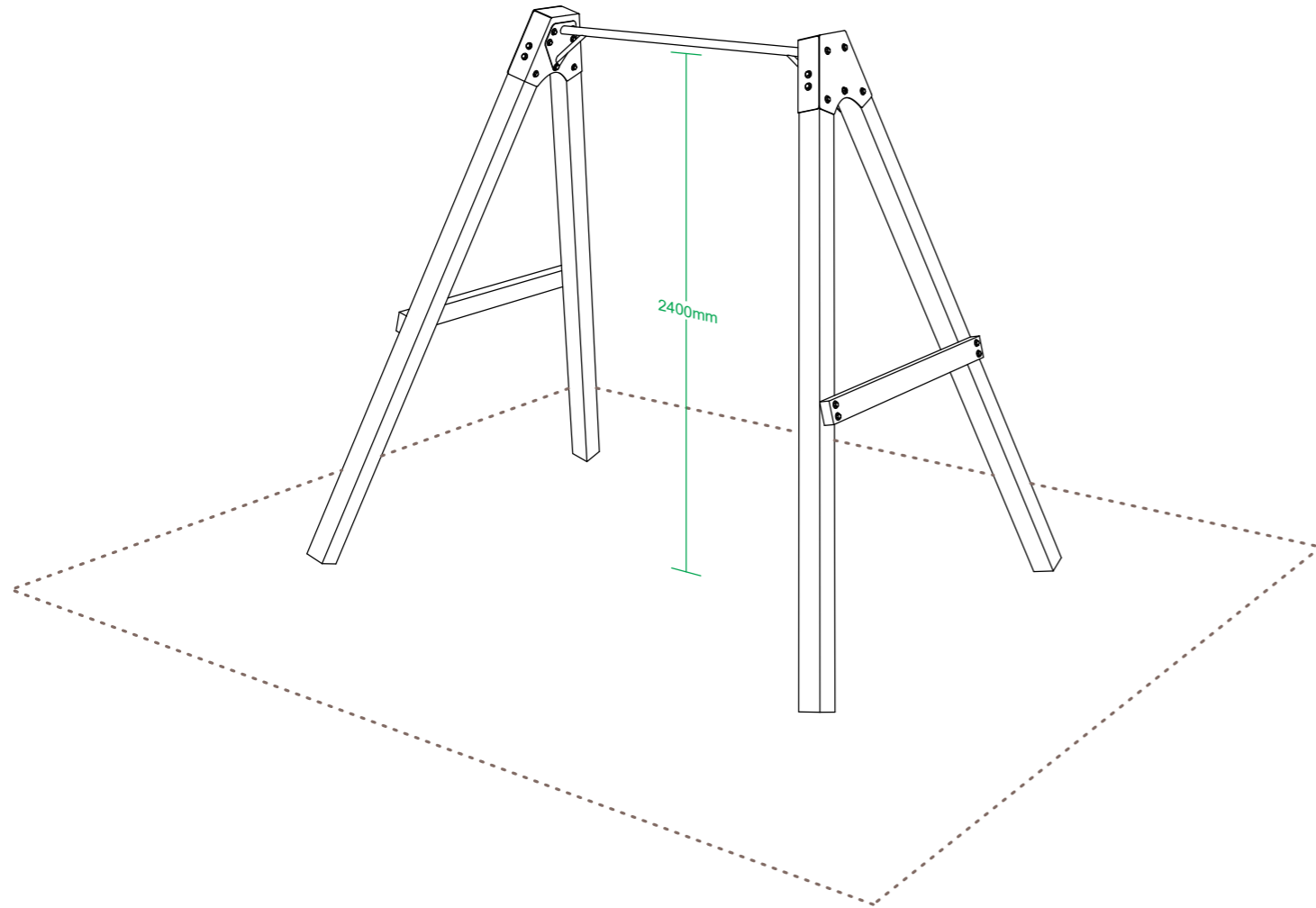


NEW

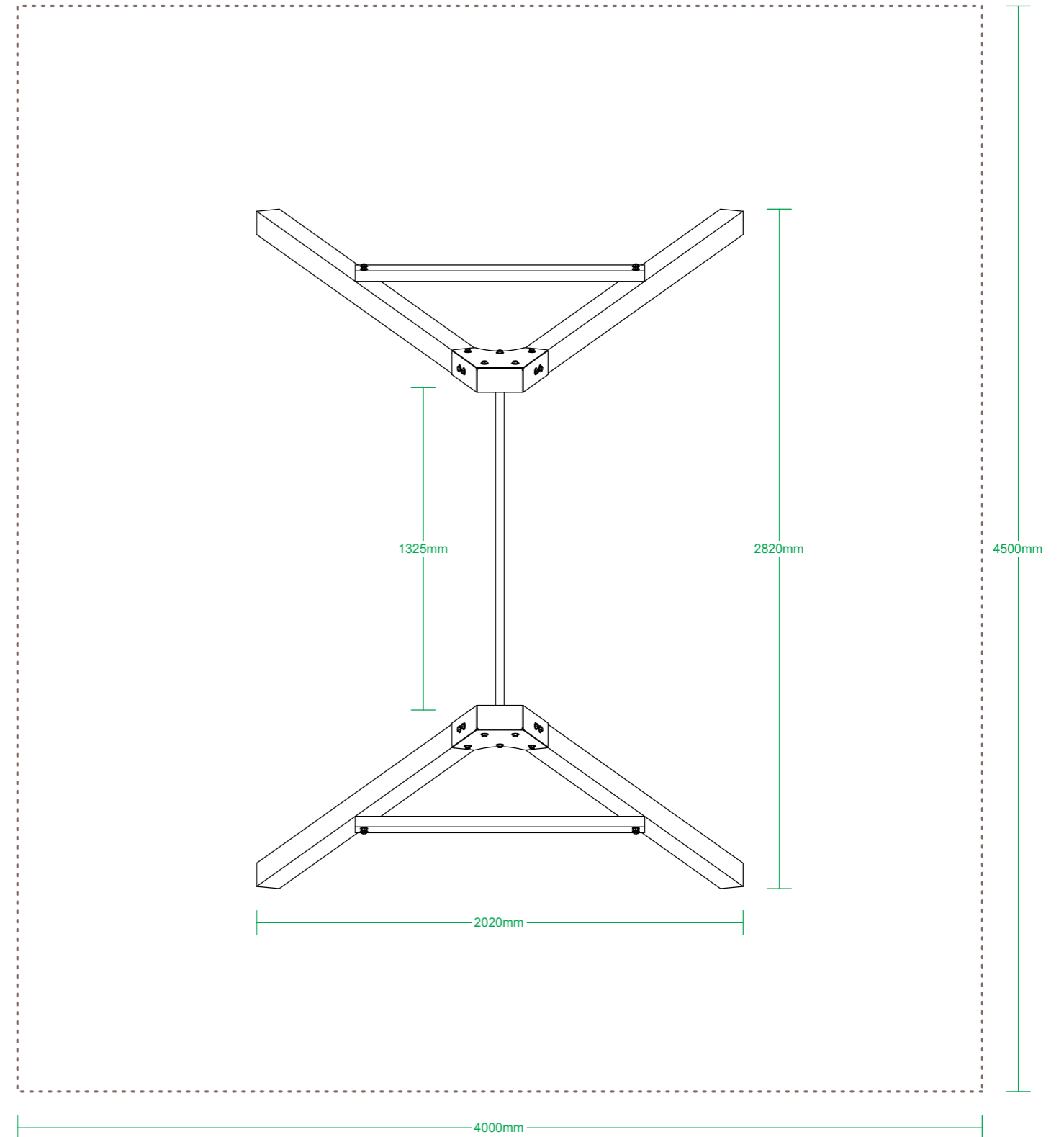


Free Standing Pull Up Bars

'Designing & Developing Free Standing Gyms for Gardens'



Dimensions shown are based on a 2400mm bar height



INCLUDED



24 x M10 Coach Screws
2 x 125mm Bolt and Nut
26 x Washers

STEP 1

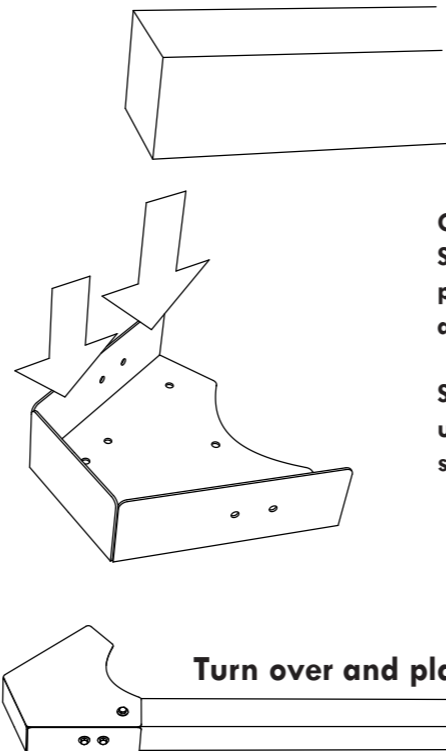
Set Your Bar Height

HEIGHT FROM GROUND TO BAR (mm)	POST LENGTH (mm)
2000	2235
2100	2345
2200	2455
2300	2565
2400	2675
2500	2785
2600	2895



Remember to put the cut end inside the bracket.

STEP 2

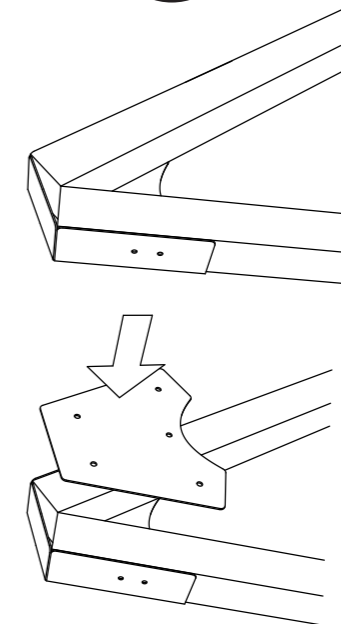


On a flat and scratch free surface, lay down SECTION A - Place 1 x 100mm x 100mm post inside. There is a V shape marker to align the end of the post.

Secure the post on one SIDE of SECTION A using a 7mm pilot hole and the M10 coach screws provided.

Turn over and place 1 x coach screw at the bottom

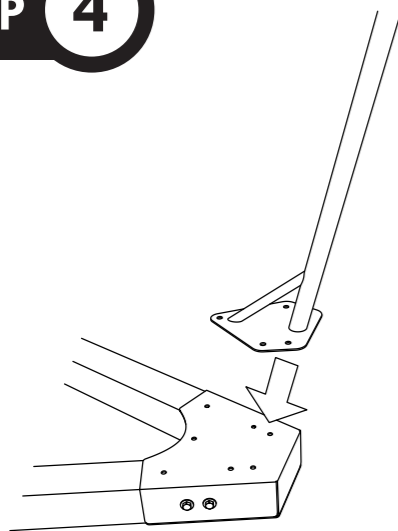
STEP 3



Place the second post inside section A and secure on the side.

Place SECTION B over the top of the posts and secure in place.

STEP 4

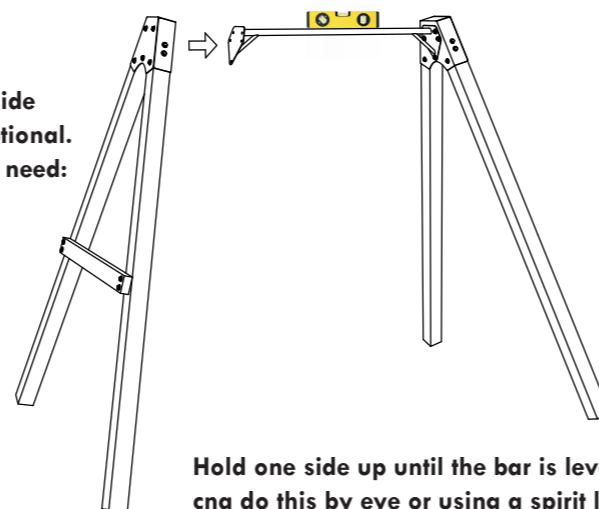


Place the pull up bar on SECTION A and secure using the coach bolts. The lower hole is for a bolt that goes all the way through to the other side. This can be secured later.

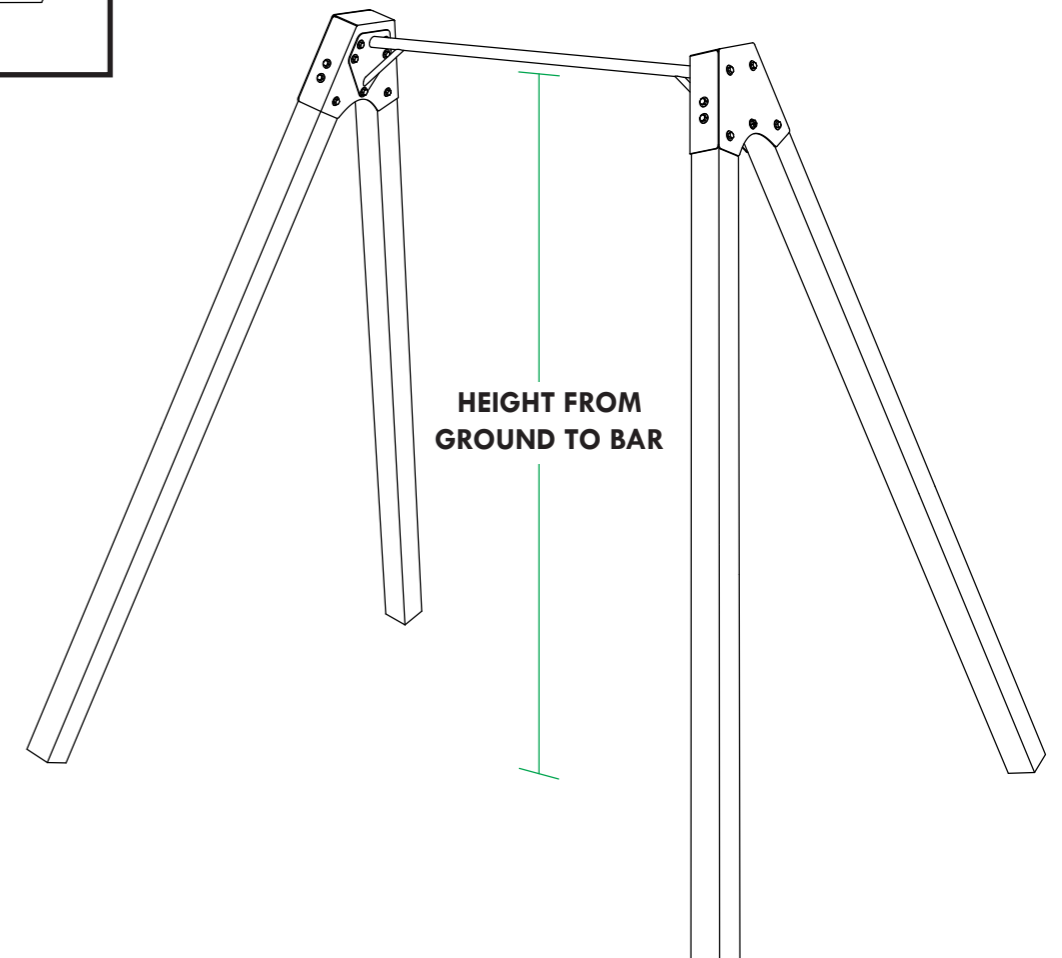
STEP 5

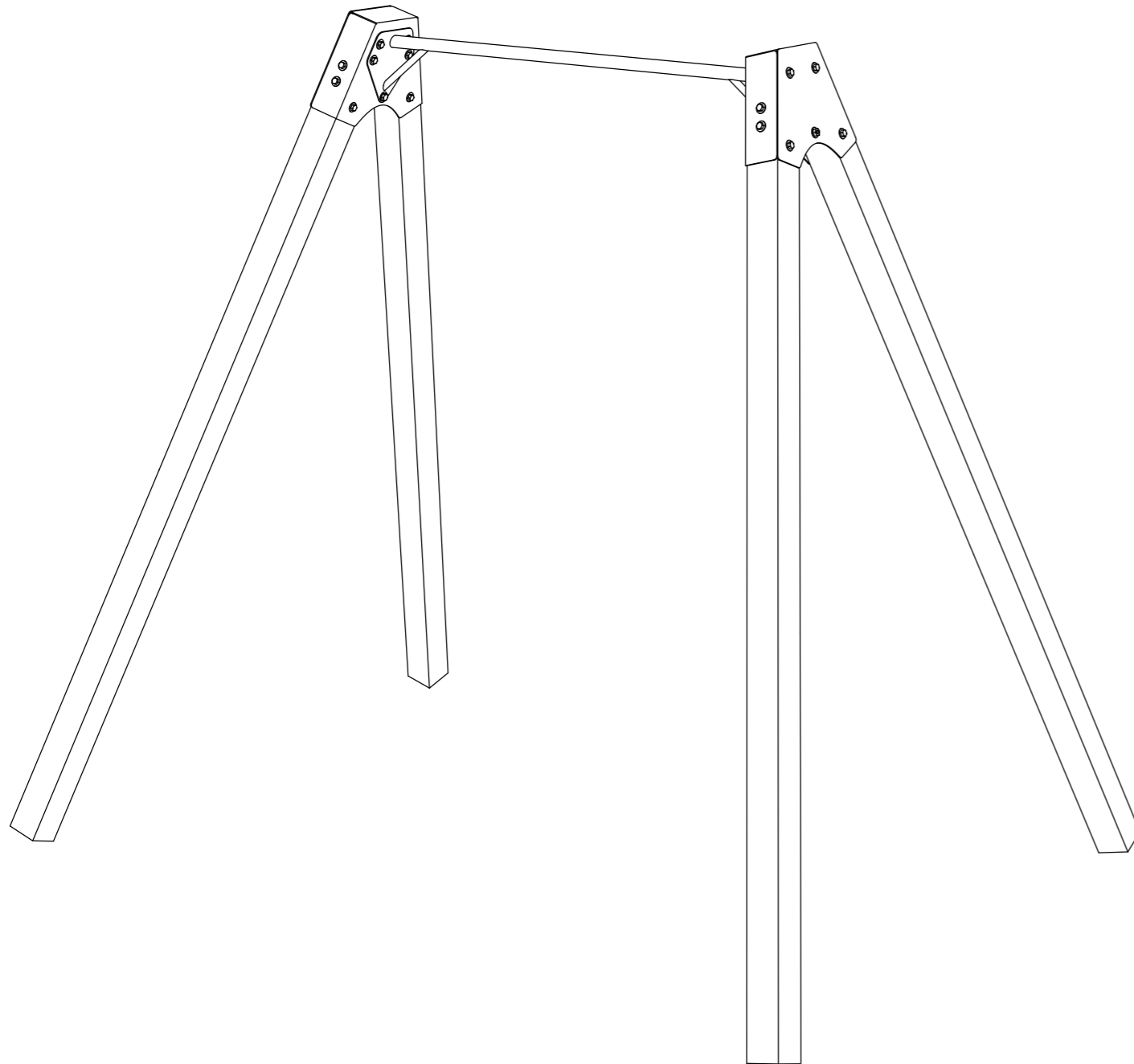
X2 PEOPLE REQUIRED

Adding a side brace is optional. You would need:



Hold one side up until the bar is level. You can do this by eye or using a spirit level as shown. Carefully manoeuvre the other side into place and secure using the coach bolts.





SAFETY

Observing the following statements and warnings reduces the likelihood of serious injury.
Warning!

This unit is designed to be used by adults or teenagers if under supervision
This is designed as a pull up bar. It has not been tested for use as a swing or for gymnastics.

We **DO RECOMMEND** anchoring if there is the chance of children using the product unsupervised.

It is recommended that the equipment be located on level ground. Anchoring is not necessarily required if using as a pull up bar.

DO NOT use this equipment in any manner other than intended.

DO NOT install over concrete, asphalt, gravel or any other hard surface which may cause injury should a fall occur.

Place equipment on level ground not less than 2M from any structures or obstacles such as fences, overhanging branches, laundry or electrical lines, garages, sheds or houses.
Check all nuts and bolts twice monthly and tighten as required. Replace when necessary.

Maintaining the set on a level location is very important. As you use it, it will slowly dig its way into soil, and it is very important that it is settled evenly. Make sure the pull up bar is level and true once each year.

DO NOT climb or use on the equipment whilst wet (slips or falls may occur).

Please retain these instructions for future reference. **Warning! Only for domestic use.**
Assembly requires at least 2 adults for assembly.

Please install this equipment facing away from the sun to avoid causing dizziness whilst exercising.

The surface underneath your play system can cause or prevent injuries.
Check all coverings for bolts and sharp edges and replace when required.

DO NOT attach items that are not specifically designed for use with this equipment.
This equipment is for family domestic use and is intended for outdoor use only.