



ELEVATED CHIN UP STATION

ASSEMBLY INSTRUCTIONS





Fully assembled— shown in chin up position

Fully assembled—shown in push up position

DO NOT tighten Bolts fully until you reach Step 10 to allow for assembly and leveling.



Place Self-Seating Bolts through holes on *Leverage Bar* as shown—one Bolt for each Side Bar. Side Bars will rest in indentions on *Leverage Bar*.



Put Bolt through hole on *Side Bar* (adjust height by choosing one of 3 holes).
Place Lock Washer on Bolt; thread on Lock Nut. Repeat for each Side Bar.



Finger-tighten to secure Lock Nuts. (Note: do not fully tighen with wrench until Step 10). Photo shows Leverage Bar attached at center holes.



Slide two halves of **Straight Bar** together (small end into larger end). Line up holes and put Short Hex Bolt through hole on **Straight Bar**. Place Lock Washer on Bolt; thread on Lock Nut. Finger-tighten.



Slide two halves of *Curved Bar* together (small end into larger end). Line up holes and put Short Hex Bolt through hole on Curved Bar. Place Lock Washer on Bolt; thread on Lock Nut. Finger-tighten.



Position Curved Bar as shown in fully assembled photo above (be sure curve is facing correctly). Line up holes in Curved Bar with holes in Side Bars; slide Eye Bolts through holes as shown.



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Place Lock Washer onto *Eye Bolt* end; thread on Lock Nut. Repeat for each *Eye Bolt* on each *Side Bar*.



Position *Straight Bar* as shown in fully assembled photo. Line up *Straight Bar* holes with *Side Bar* holes; slide Long Hex Bolt through holes as shown.



Place Lock Washer onto Long Hex Bolt end; thread on Lock Nut. Repeat for each Long Hex Bolt on each *Side Bar*.



Easy In-Out Installation

Step 1

First install *Door Molding Wedge* as shown on page 4. Standing on non-hinge side of doorway, pass *Leverage Bar* through the doorway while moving it upward, above door frame molding on other side of doorway.



Position bottom edge of *Leverage Bar* into the installed *Door Molding Wedge*, (see page 4) then guide Chin Up Station downward, until the *Leverage Bar* securely rests on top of door frame molding.



Place Chin Up Station on a flat surface. Securely tighten all Lock Nuts with wrench, ensuring that all parts are assembled firmly while staying square and level.



Be sure the protective, Foam End Pieces on the non-hinge side of doorway, are in full contact with, and resting against, the two side door frame moldings.

