

## Assembly:

1. Decide where you would like to mount your chin up bar. Determine whether you would like the chin up bar to be assembled with a bracket width of 16" or 24".
2. Once you have determined the location and width of the assembly, measure the space from the bar to the ceiling and mark your first pilot hole. We recommend having at least 20" of over-the-bar clearance for safety.
3. Make your first pilot hole with a drill and 15/32" masonry drill bit approximately 3" deep.
4. Remove debris from any drilled holes with a vacuum or other tool.
5. Take the first nylon expansion anchor and evenly hammer it into the pilot hole with the anchor opening facing out.
6. Grab a (#8) lag screw and (#13) washer. Take the assembly and place one of top holes (the side with two predrilled holes is the top) over the anchored pilot hole. The chin up bar does not need to be correctly oriented yet, just align the holes for now. Using a 17mm or 11/16" wrench or socket, tighten the lag screw with washer through the assembly and into the first anchored pilot hole enough to support the weight of the chin up bar but loose enough to swivel and position the next bracket.
7. Rotate the bar and make sure your assembly is level and mark the top hole of the second bracket. Make your second pilot hole with a drill and 15/32" masonry drill bit approximately 3" deep.
8. DO NOT place the expansion anchor in the second pilot hole yet.
9. Grab another (#8) lag screw and (#13) washer and loosely feed it through the assembly and into the second pilot hole only enough to hold the chin up bar in place.
10. With the assembly loosely mounted to the wall with the top two lag screws, make the marks through the remaining predrilled holes in the chin up bar brackets.
11. Remove the loose lag screw from the second pilot hole and allow the assembly to hang from the first lag screw.
12. With the newly marked holes exposed, make your remaining pilot holes with a drill and 15/32" masonry drill bit approximately 3" deep for each. Maneuver the chin up bar to access all markings for the drill where necessary.
13. Remove debris from all drilled holes with a vacuum or other tool.
14. Take the remaining nylon expansion anchors and evenly hammer them into the pilot holes with the anchor opening facing out.
15. Rotate the chin up bar back into place and replace the second lag screw into the now anchored pilot hole leaving about a 1/2" of thread remaining. Repeat this for all remaining lag screws. Fully tighten the lag screws in a diagonal pattern. Starting with the top left screw, then bottom right, second top left, top right, bottom left, second top right.

If you need help with product questions, you need replacement parts, or have concerns, please reach out to us and we will do our best to accommodate you.

Email: [info@jfit.com](mailto:info@jfit.com)

If your order arrived incorrect, damaged, or missing parts, please contact the customer service where you purchased the item, i.e. Amazon.com. All refunds and returns will need to be processed through the original point of purchase as JFIT does not have access to order information or funds.

## Product Disclaimer:

There are some inherent risks involved in using any JFIT product including but not limited to serious physical injury. We will not be held liable under any circumstance for incidental or consequential loss, damage, or injury due directly or indirectly to the use of this product including any malfunction from negligence or defect. The seller makes no claims as to the suitability of this product for any specific purpose or use. The Buyer understands that the use of the product can cause possible injury or death to themselves or others. The Buyer agrees to release, discharge, indemnify, and hold harmless our company and its officers, directors, shareholders, members, employees, agents, and their respective successors and assignees against any loss, liability, damage, claim, cause of action, known or unknown cost, or expense of any nature whatsoever, including without limitation reasonable attorneys' fees and other legal costs arising from the use of our products and content.

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# Wall-Mount Chin-Up Bar

Assembly Guide

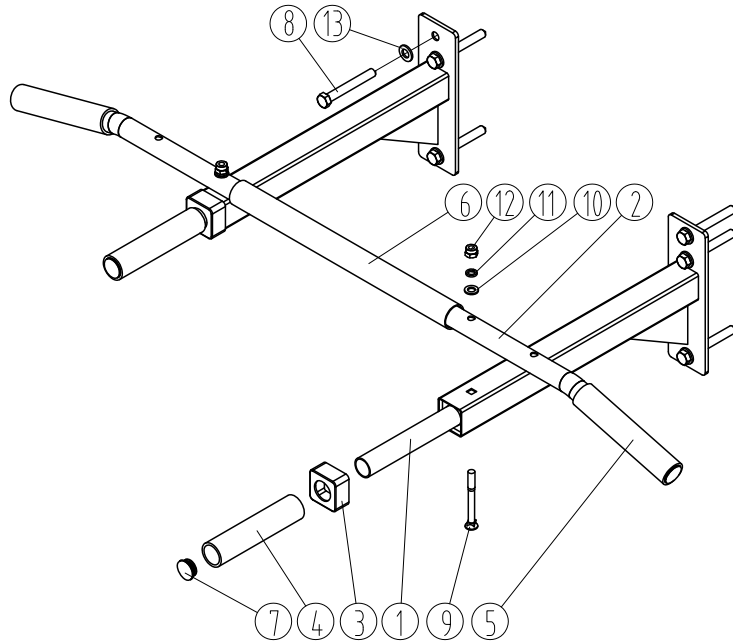
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# Wall Mount Chin-Up Bar - Assembly Guide



#	Description	Qty	#	Description	Qty
1	Pull Up Bar	1	8	Lag Screws M10*75	6
2	Support Bracket	2	9	Carriage Bolts M8*85	2
3	Reducing Sleeve (Pre-installed)	2	10	Spring Washers $\psi 8$	2
4	Foam-135mm (Pre-installed)	2	11	Washer $\psi 8$	2
5	Foam-160mm (Pre-installed)	2	12	Lock Nut M8	2
6	Foam-350mm (Pre-installed)	1	13	Washer $\psi 10$	6
7	Round Cap (Pre-installed)	4		Flat Wrench (Included)	

## Assembling the chin-up bar:

1. Decide where you would like to mount your chin up bar and determine whether your stud spacing is 16" or 24".
2. With the support brackets (#2) on a flat surface and the side with two predrilled holes on top, place the pull up bar (#1) across the top of the brackets (#2) aligning with the predrilled 16" or 24" holes.
3. Once the holes are aligned, insert the carriage bolts (#9) up through the bottom of the support brackets (#2) and through the aligned hole of the pull up bar (#1).
4. After the carriage bolt (#9) threads are fitted through both the brackets (#2) and bar (#1), place the following over the carriage threads in this order: spring washer (#10), washer (#11), thread the lock nut (#12) tight with the provided wrench, and lastly the nut cap (#14).

## Mounting into wood studs (16" or 24" spacing):

\*\*Having a second set of hands to help will make mounting the chin up bar easier.

### Tools required:

Flat Wrench (included)  
Electric drill  
9/32" drill bit  
Vacuum

### Optional:

Stud finder  
Socket Wrench and 17mm or 11/16" Socket  
(or Large Wrench 17mm or 11/16")  
Leveling tool

### Assembly:

1. Decide where you would like to mount your chin up bar. Find the studs and determine the spacing. The chin up bar requires the standard of 16" or 24" stud spacing.
2. Once you have determined the location and the spacing of the studs, mark the center of the studs and assemble your chin up bar.
3. Next you will need to measure the space from the bar to the ceiling. We recommend having at least 20" of over-the-bar clearance for safety.
4. Using the over-the-bar measurement mark your first pilot hole on the stud's center.
5. Make your first pilot hole with a drill and 9/32" drill bit approximately 3" deep. (Using anything smaller than 9/32" could result in the stud splitting)
6. Remove debris from any drilled holes with a vacuum or other tool.
7. Grab the (#8) lag screw and (#13) washer. Take the assembly and place one of top holes (the side with two predrilled holes is the top) over the pilot hole. The chin up bar does not need to be correctly oriented yet, just align the holes for now. Using a 17mm or 11/16" wrench or socket, tighten the lag screw with washer through the assembly and into the first pilot hole enough to support the weight of the chin up bar but loose enough to swivel and position the next bracket.
8. Rotate the bar and make sure the second bracket's top hole aligns with the stud measurement you have marked. Make sure your assembly is level and mark the top hole of the second bracket. Make your second pilot hole with a drill and 9/32" drill bit approximately 3" deep.
9. Grab another (#8) lag screw and (#13) washer. Using a 17mm or 11/16" wrench or socket, tighten the lag screw with washer through the assembly and into the second pilot hole only enough to hold the chin up bar in place.
10. With the assembly loosely mounted to the wall with the top two lag screws, make the marks through the remaining predrilled holes in the chin up bar brackets.
11. Remove the loose lag screw from the second pilot hole and allow the assembly to hang from the first lag screw.
12. With the newly marked holes exposed, make your remaining pilot holes with a drill and 9/32" drill bit approximately 3" deep for each. Maneuver the chin up bar to access all markings for the drill where necessary.
13. Remove debris from all drilled holes with a vacuum or other tool.
14. Rotate the chin up bar back into place and replace the second lag screw leaving about a 1/2" of thread remaining. Repeat this for all remaining lag screws.
15. Fully tighten the lag screws in a diagonal pattern. Starting with the top left screw, then bottom right, second top left, top right, bottom left, second top right.

## Mounting into cement or brick wall:

\*\*Having a second set of hands to help will make mounting the chin up bar easier.

### Tools required:

Flat Wrench (included)  
Electric drill (hammer drill preferred)  
15/32" masonry drill bit  
Hammer  
Vacuum

### Optional:

Socket Wrench and 17mm or 11/16" Socket  
(or Large Wrench 17mm or 11/16")  
Leveling tool

(Assembly Continued on Back)

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