



Wall Mounted Hinged Sit Up bar Installation Instructions

Normally sit up bars are mounted at 8" to 10" above the floor. Of course you can mount the bar to any height you desire. Please keep in mind that this adjustable height hinged sit up bar has three usable height positions and two stored positions. It is best to mount this bar while in the middle position at your desired height then you will have the option of repositioning the barre 5" up or down from the center position.

First determine where you will mount your new sit up bar making sure to attach to the wall studs. Depending on the bar length and based on your wall studs being spaced at 16" on center, the hinged brackets should be attached to each end of the bar thus allowing the brackets to land on a stud. Mount the bar to the brackets by sliding in the supplied 5/16" carriage bolts into "T" track from the end of the bar and then insert this bolt into the hole at the end of each hinged wall bracket. (note: the locking pin handles should be facing inward) Install the supplied split lock washer and then the 5/16" acorn nut , position the brackets to each end of the bar and securely tighten all nuts. Tap in the supplied end caps at each end of bar.

Mount the brackets using the supplied 1/4" lag bolts and washers. If mounting to wood studs, drill 3/16" pilot holes into the wall / stud 1-3/4" deep prior to screwing in lag bolts. If mounting to a masonry wall, first install a 1/4 lag shield anchor (not included) prior to screwing in lag bolt. If mounting to a metal stud wall, it is highly recommended that a 1"X6" wood backer board first be mounted to the metal stud wall. **Be sure that the brackets are mounted level for proper operation.** After brackets are securely mounted, push the black caps onto the exposed bolt heads for a finished look.

Once you are satisfied with the bar and bracket location, install the supplied black rubber grip strip by first measuring the distance between the brackets. Carefully cut the grip strip to this length and remove the adhesive tape liners from the back side of the grip strip and install into the bar groove and press firmly. Note: Easily cut the grip strip with garden shears or heavy duty scissors.

To Use: Simply pull the locking pin knobs located at the hinged brackets and turn it a 1/4 turn to keep it in the unlocked position, adjust the bar to your desired height and release the locking pins onto this position. **Make sure both all locking pins are fully engaged before using.** To Store: Repeat to process above and position the bar either fully up or down towards the wall and engage the locking pins.

DISCLAIMER: As with any fitness or exercise equipment, use of this equipment should only be used by persons who are physically able to use the equipment as it is designed for. Proper safety gear such as padded mats, shoes, clothing and the like should always be used. This equipment should not be used alone. Always have someone nearby in case of an emergency. Vita Vibe, Inc. and it's affiliates will not be liable for any injury or death resulting from use of this equipment. User assumes responsibility for proper assembly, maintenance and use of this equipment.

Please keep this instruction sheet for future reference. Should you need assistance with assembly or replacement parts contact us directly. Do not return to place of purchase.

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