Please read this guide thoroughly before beginning assembly and follow each process step by step.

*Note: Some steps may require two people.*

Tools required for assembly and installation:

- 3/16" Allen Hex Wrench (included)
- 1/2" Wrench or Socket Wrench
- Tape Measure
- Drill with 7/32" Wood Bit (for wood backer board installation)
- Hammer Drill with 1/2" Masonry Bit (for concrete, block, brick installation)
- Concrete anchors not included.
- Stud Finder (if needed)
- Two Wood Backer Boards and Hardware (for sheetrock wall installation)
VSB Series-90,80,72

VSB Stall Bar Components
A - Stall Bar Upright Beams (Qty. 2)
B - Stall Bar Wall Mount Stand Off Brackets (Qty. 4)
C - 1-1/2" Dia. Stall Bar Rungs (Qty. 11 for 90", 10 for 80", 9 for 72")
D - 1-1/2" Dia. Chin Up Bar (Qty. 1)
E - Chin Up Bar Brackets (Qty. 2)
F - 5/16" Hex Set Screws (26 for 90", 24 for 80", 22 for 72")
   (Note: Above set screws are pre-installed on rung collars)
G - 5/16" X 1" Button Head Socket Bolt with Flat & Lock Washer (Qty. 24)
   (Note: Above hardware items are pre-installed on upright beams)
H - 5/16" x 2-1/2" Lag Bolt with Flat Washer for Wall Attachment (Qty. 8)
I - Decorative Bolt Head Cover Caps for Above (Qty. 8)
J - 3/16" Hex Wrench

Note: Some hardware items may include additional pieces and are considered spares.
STEP 1
Lay one stall bar upright beam (A) on the floor with the collared sleeves facing the side and the collar nuts facing up. Fully insert all stall bar rungs (C) into the collared sleeves. You may first need to back out the pre-installed set screws (F) to make sure rungs are fully inserted. Gently tighten set screws. NOTE: DO NOT FULLY TIGHTEN SET SCREWS AT THIS TIME.

STEP 2
Lay the other stall bar upright beam on the floor with the collared sleeves facing the other upright beam. Starting at one end, fully insert the rungs into each collared sleeve one at a time until all rungs are fully inserted. Gently tighten set screws. NOTE: DO NOT FULLY TIGHTEN SET SCREWS AT THIS TIME.

STEP 3
At this point, you will need to confirm that the stall bar is square. If you have a large carpenter’s square use it to insure the unit is square, if you don’t have a carpenter’s square you can confirm that the unit is square by simply measuring diagonally from corner to corner both ways. Once these measurements are equal the unit will be square and all set screws can now be securely tightened with supplied hex wrench. NOTE: Tighten Set Screws So That The Top Of Set Screw Is Flush With Collar Nut. Tightening Further May Damage The Wood
STEP 4

Now that the stall bar is square and all rung set screws are tight and still facing up, install the four wall mount brackets (B) using the pre-installed 5/16" X 1" button head socket bolts and supplied hex wrench (J). After all four wall brackets are securely fastened, turn the stall bar over so that it is resting on the wall brackets. (this may require help from another person)

Note: Your new XSB42 Stall Bar offers you three height options for the chin up bar attachment.

Once you decide on the desired height you can then install the upper wall brackets (B) in the other open locations.

Install the two chin up brackets (E) using the pre-installed 5/16" X 1" button head socket bolts (G) and supplied hex wrench (J). You can choose between three outward positions for the chin up bar (4",6" & 8") Once you decide on the chin up bar position, install the 4 bolts (G) per side. NOTE: DO NOT FULLY TIGHTEN THESE BOLTS AT THIS TIME.

Slide the chin up bar (D) into both chin up bracket collars, center the chin up bar so that an equal amount is extending beyond each collar and logo name is facing outward. Firmly tighten all 8 chin up bracket bolts (G). Firmly tighten the four pre-installed 5/16" set screws (F) on the chin up bracket collars to secure chin up bar.

STEP 5

Your new stall bar is now ready to be mounted to the wall. With the help of another person stand the assembled stall bar up against the wall in your desired location. If mounting to a concrete, block or brick wall, you will need to first install 5/16" (minimum) anchors at each hole location. (concrete anchors are not included but can be purchased at most hardware stores)

If mounting to a wood or metal stud wall, you may need to add additional support blocking or backer board rigidly secured to the wall fastening to a minimum of three studs then mount the assembled stall bar to the support wood by first drilling a 7/32" pilot hole then fasten with the supplied 5/16" X 2-1/2" Lag Bolts and washers (H). Note: Securely mount using all eight mounting points / bolts.

STEP 6

Push the optional decorative bolt head cover caps (I) onto the exposed bolt heads of the supplied lag bolts (H) used to mount stall bar to the wall.

Note: Before each use confirm that bar is rigidly fastened to the wall and all hardware is tight and secure.

If you are unfamiliar with this type of work or feel uncomfortable installing this equipment we would suggest seeking out a contractor to install for you. Vita Vibe, Inc. or it’s affiliates shall not be liable for any damages or injuries associated with the install and use of this equipment.

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 assembly guide 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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