



ASB36-70C 36" Wide 74" Tall Stall Bar with Chin Up Bar Assembly Guide



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:

9/16" and 1/2" Wrench or Socket Wrench

Phillips Screwdriver

Tape Measure

Power Drill with 7/32" and 1/8" Drill Bits

Stud finder (for wood stud mounting)

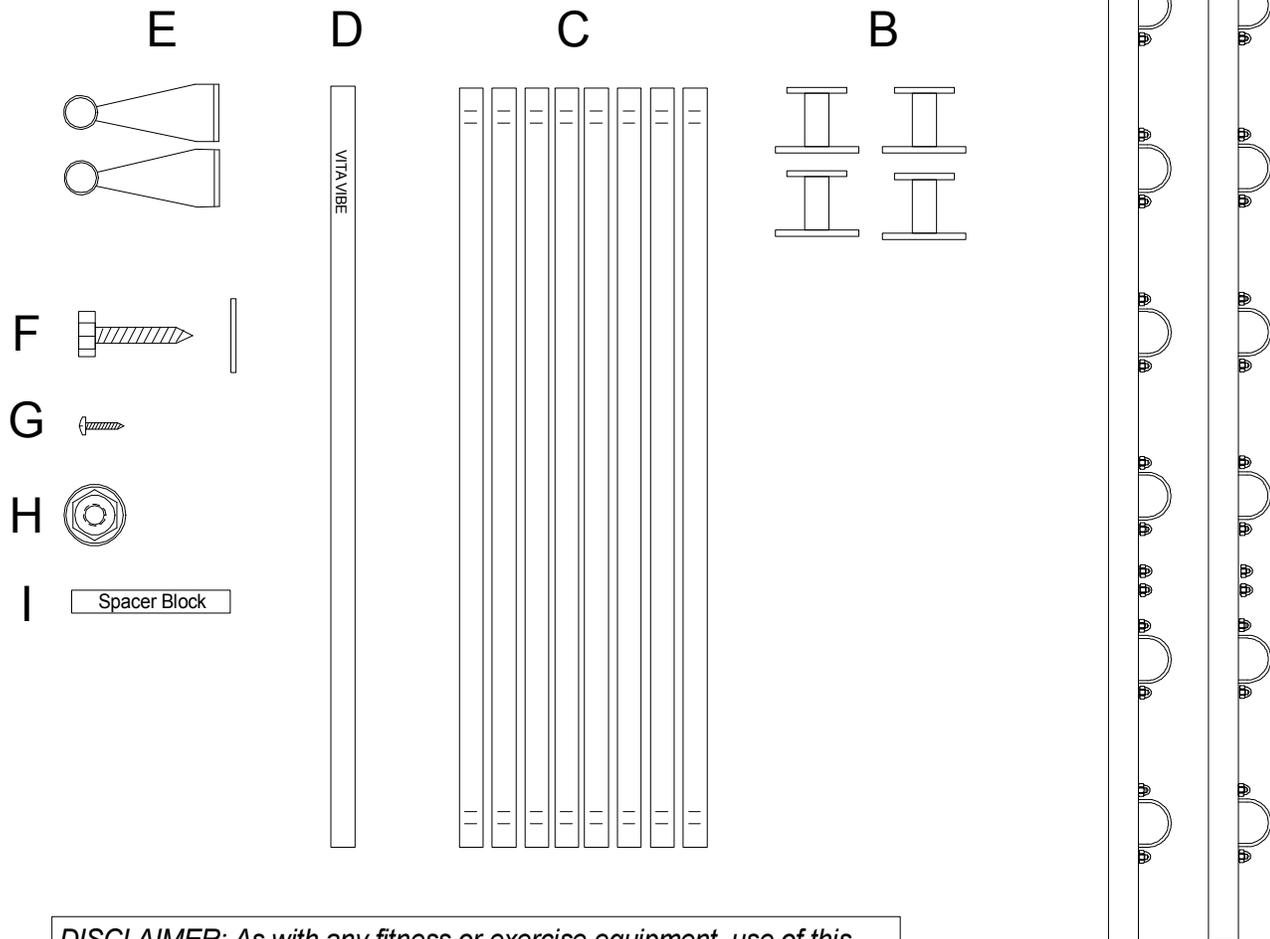
ASB36-70C

36" Wide 74" Tall Stall Bar

With Chin Up Bar Carton Contents.

- A - 74" Stall Bar Upright Beams with Rung Saddles & Hardware (Qty. 2)
- B - Stall Bar Wall Mount Standoff Brackets (Qty. 4)
- C - 1-1/2" Dia. Hardwood Ash Rungs (Qty. 8)
- D - 1-1/2" Dia. Hardwood Ash Chin Up Rung (Qty. 1)
- E - Chin Up Brackets (Qty. 2)
- F - 5/16 x 2-1/2" Lag Bolt with Flat Washer (Qty. 8)
- G - #10 X 3/4" Black Wood Screw (Qty. 4)
- H - Decorative Bolt Head Cover Caps (Qty. 8)
- I - Spacer Block (Qty. 1)

Note: Some hardware items may include additional pieces and are considered spares.

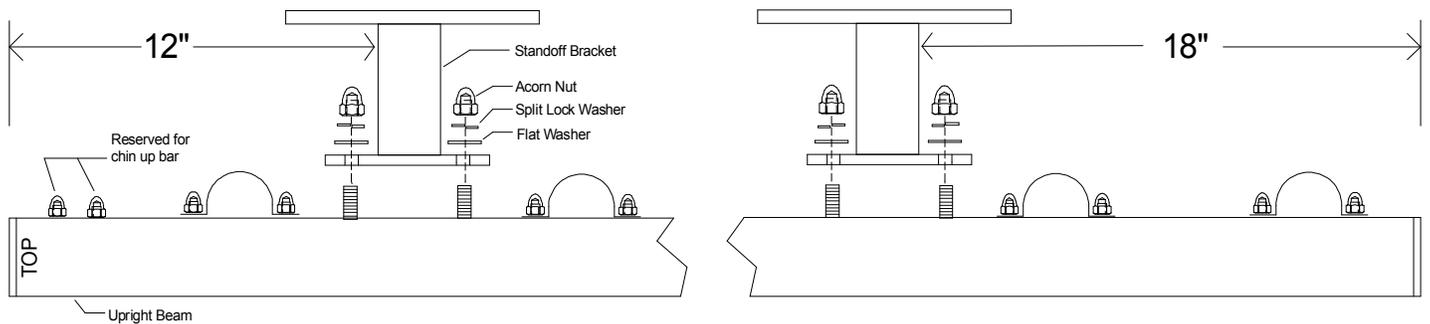


DISCLAIMER: As with any fitness or exercise equipment, use of this equipment should only be used by persons who are physically able to use the equipment as it is designed for. Proper safety gear such as padded mats, shoes, clothing and the like should always be used. This equipment should not be used alone. Always have someone nearby in case of an emergency. Vita Vibe, Inc. and its 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.

STEP 1

Attach the four wall mount standoff brackets (B) to the two upright beams (A) as shown by removing the pre-installed acorn nuts and washers then placing the smaller side of the standoff bracket over the threaded bolts and re-installing the washers and acorn nuts. **DO NOT TIGHTEN NUTS YET.**

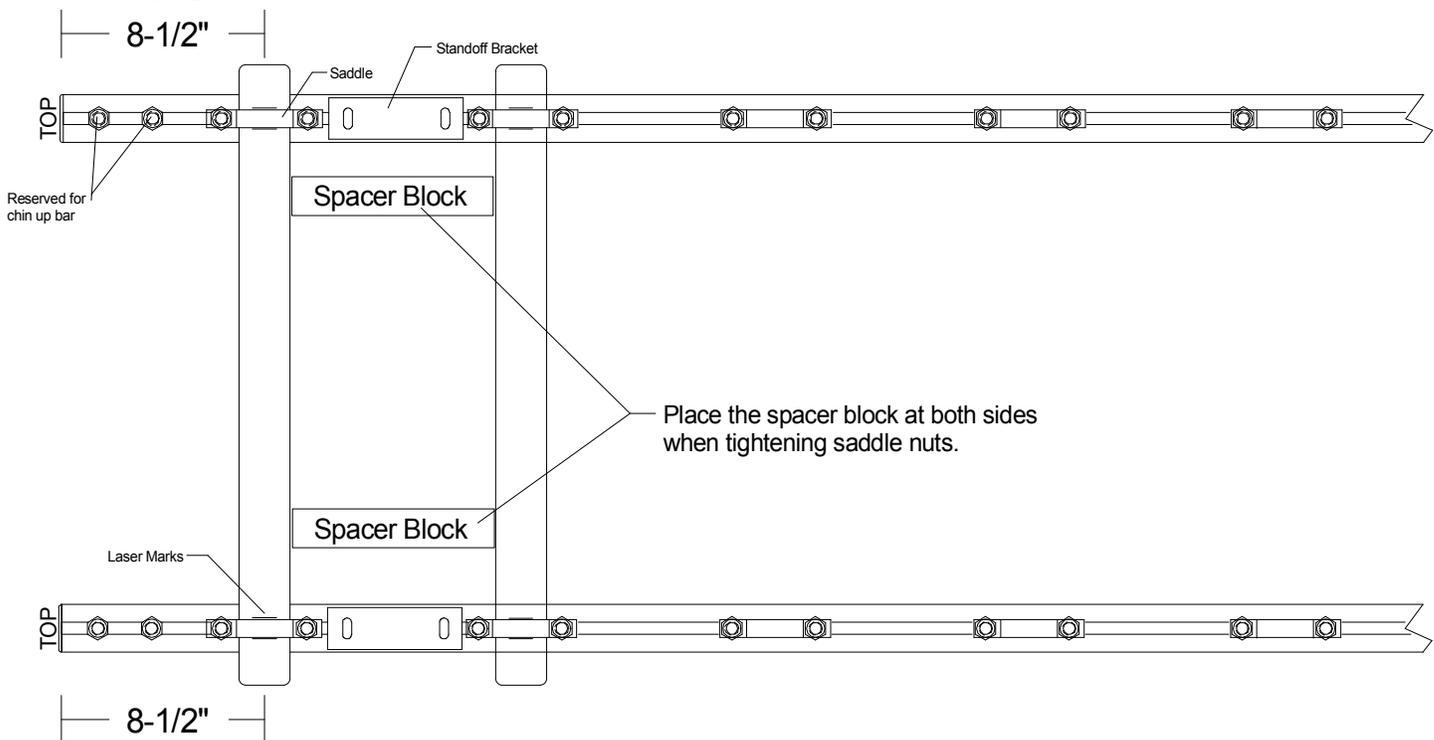
Measure 12" from the TOP end of the upright beam to the standoff bracket as shown below then securely tighten nuts. Measure 18" from the BOTTOM end of the upright beam to the standoff as shown below then securely tighten nuts.

**STEP 2**

Attach the top rung (C)

Lay the two upright beams on the floor 32" apart. Loosen the acorn nuts on the top rung saddles enough to insert the first wood rung. Position this wood rung under the top saddles locating the saddle between the laser marks on each end of the rung. **DO NOT TIGHTEN YET.**

Measure 8-1/2" from the TOP of the upright beam to the CENTER of the wood rung as shown below. Securely tighten saddle nuts.

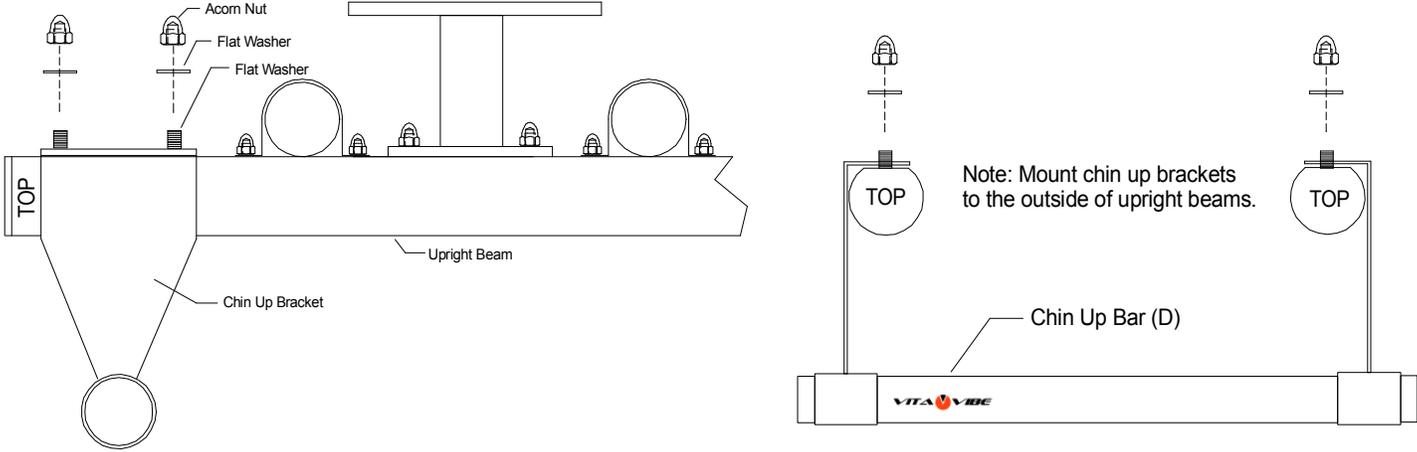
**STEP 3**

Attach the balance of rungs (C)

Once the top rung is in the correct position and securely tightened, begin attaching the rest of the rungs working from the top to the bottom. Again, loosen the acorn nuts at each saddle enough to insert the wood rungs. Position the wood rung under the saddles and locate the saddle between the laser marks at each end of each rung. **DO NOT TIGHTEN YET.** Use the supplied wood spacer block to evenly space the balance of the rungs by placing this spacer between the rungs as shown above. Once you have the rungs spaced out you can then securely tighten the saddle nuts. Note: These instructions are for evenly spaced rungs (8-1/2" center spacing) you can space the rungs to your desired location if you prefer.

STEP 4

Attach the two chin up bar brackets (E) to the two upright beams (A) as shown by removing the pre-installed acorn nuts and washers then placing the chin up bracket over the threaded bolts and re-installing the washers and acorn nuts finger tight only. DO NOT FULLY TIGHTEN NUTS YET. Insert the wood chin up bar (D) into the chin up bar brackets as shown below. DO NOT INSTALL THE WOOD SCREWS YET.



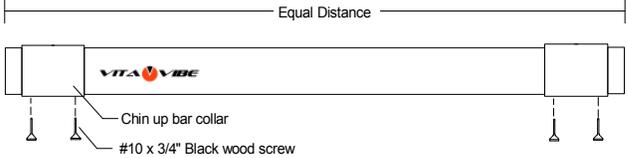
STEP 5

Mounting the assembled stall bar. If assembled correctly, the wall mount standoff brackets will be spaced 32" apart allowing it to mount to standard wood wall studs that are typically spaced 16" on center. once you have located your wood studs and with the help of another person, stand the stall bar up against the wall and mark the spots where the stall bar will be bolted to the wood studs. Pilot drill these eight locations with a 7/32" drill bit. NOTE: If you are not experienced in doing this type of work you may want to consult a handyperson or professional for help. There is the possibility of utilities within the wall that you will want to avoid.

Securely fasten stall bar to the wall with the supplied 5/16" x 2-1/2" lag bolts and washers (F) If mounting to a metal stud wall you will need to first mount wood blocking spanning at least 3 studs for both upper and lower wall mount brackets. If mounting to a concrete or masonry wall you will first need to install lag shield anchors or other type of 5/16" min. anchor bolts. After all bolts are installed push on the supplied decorative bolt head cover caps (H) If mounting to a metal stud wall, you will need to securely attach two backer / blocking boards to the metal stud wall then attach the stall bar as described above.

STEP 6 (Final)

Now that the stall bar is safely mounted to the wall, Adjust the chin up bar brackets to your desired height and securely tighten both acorn nuts on both sides. Center the wood chin up bar between the two chin up bar brackets. Pilot drill a 1/8" hole through the holes found on the bottom of each collar into the wood chin up bar and install the supplied #10 x 3/4" black wood screws (G) (two per collar)



To keep you new stall bar in top condition you may periodically treat the wood rungs with a light coat of Danish oil or Linseed oil. Typically twice a year will suffice. Before each use please make sure all fasteners are tight and secure.

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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