

Important Safety Reminders:

- DO NOT swing or bounce when using this product.
- DO NOT attempt to hang by your feet or legs when using this product.
- DO NOT use this product if you weigh over 300 pounds.
- DO NOT use this product if you are unsure of the stability of the doorway or door jam.
- DO NOT allow children under the age of 18 to use this product without adult or professional supervision.
- **DO** test thoroughly to make sure your doorway pull up bar is completely secure in the doorway before using it.
- **DO** maintain a controlled motion when performing exercises.
- If you have any concerns about your physical wellness, please contact your physician before beginning any fitness program.



Black Mountain Products
Reach Your Peak Performance!

Pull Up Bar Assembly Instructions



1. Please refer to Diagram 1 to make sure all pieces of the Pull Up Bar have been included.
2. Assembly requires an adjustable wrench and a Philips screwdriver.
3. Follow instructions in order for proper assembly and safety.
4. Do NOT tighten down Bolts and Nuts until the Pull Up Bar is fully together.
5. The provided Hex Nuts are LOCK Nuts and will not tighten by hand.
6. The Pull Up Bar will fit residential doorways 24" to 32" wide with a trim length at a maximum of 3 1/2", for a secure and safe fit.

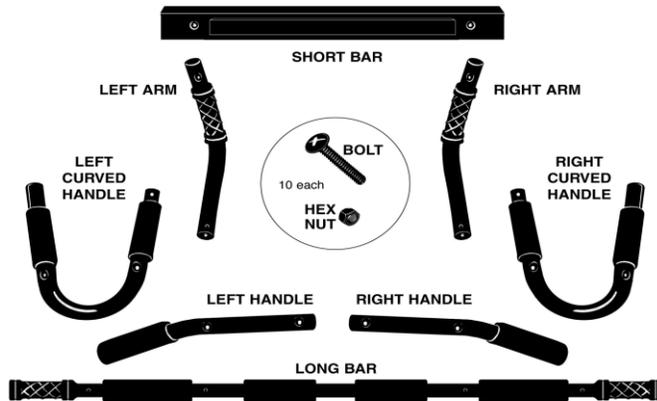


Diagram 1

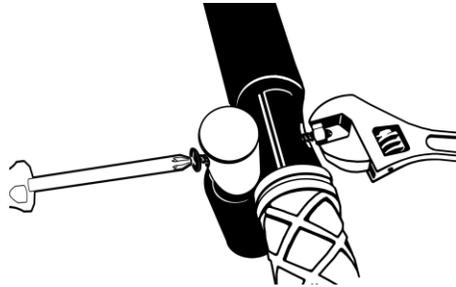
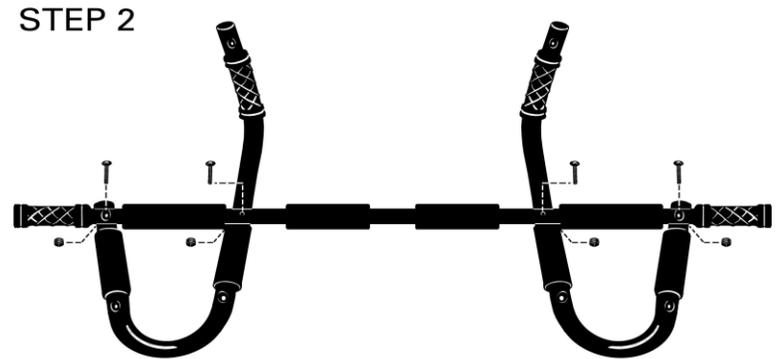


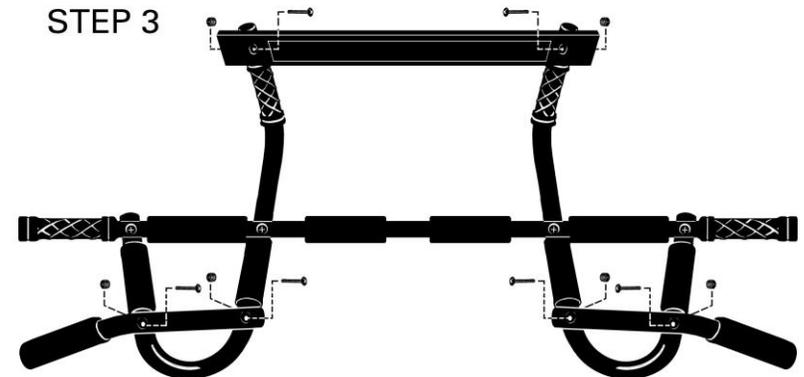
Illustration of tightening Lock nut to Bolt. Use both wrench and screwdriver at same time to tighten completely.



Step 1: Insert Left arm into Left Curved Handle. Align drilled holes. Repeat step for right side. Note: Curved Handles are universal.



Step 2: Place Curved Handles on flat surface. Place Long Bar on top of Curved Handles. Insert Bolts into Long Bar through both Curved Handles and Arms. Place Lock Nuts on Bolts and tighten by hand. (Do Not Completely Tighten) Repeat step for right side.



Step 3: Connect the Short Bar to Left and Right Arms with Lock Nuts and Bolts with pad side facing long bar. Next, connect Left and Right handles to Right and Left Curved Handles with Lock Nuts and Bolts tightening by hand.

Step 4: Tighten all Lock Nuts and Bolts securely with a wrench and Phillips screwdriver.