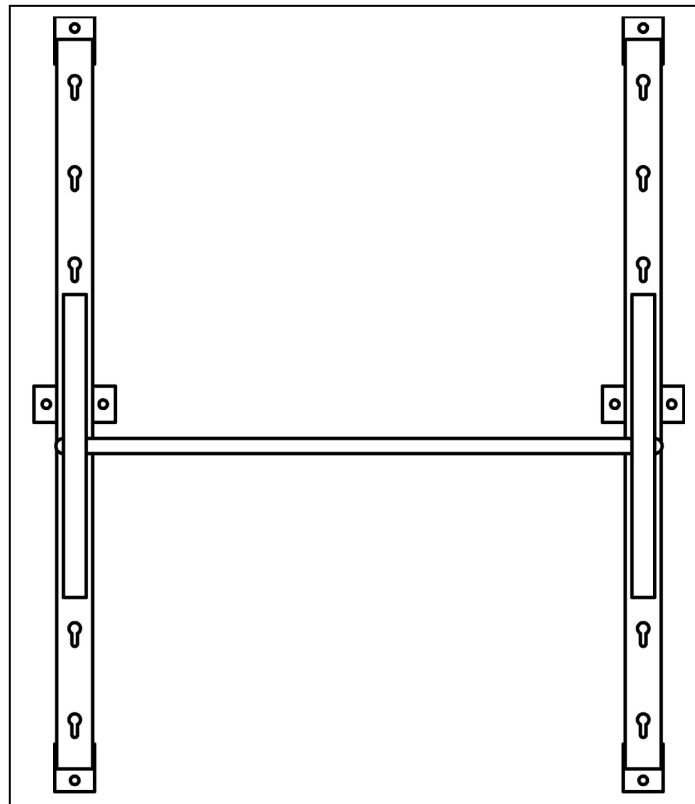




CHIN-UP BAR

Models: CHIN UP AND 1090



Installation, Operation and Maintenance Instructions

.....
Please read all instructions before attempting installation or operation of these units
.....

SAVE THESE INSTRUCTIONS FOR FUTURE USE

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CHIN UP BAR



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CHIN UP BAR



Introduction

Thank you for your purchase of a Gared Sports model chin up bar. To ensure that our equipment will provide years of use to you, we are including this installation, operation, and maintenance guide. This guide will provide information on the proper assembly and installation methods, operating procedures, and preventative maintenance of your system.

Please note that a Bill of Materials is being included with this guide. Please check that all of the parts called out on the Bill of Materials are present prior to beginning assembly and setup. Please do not substitute for factory parts. Please contact the Gared Sports customer service department and allow them to determine if substitute parts are acceptable.

It is recommended that an individual who has been properly trained perform assembly and set up of the backstop. No one under the age of 18 should attempt assembly or set up of the unit, unless properly supervised.

To prevent normal wear and tear from shortening the life of the unit, preventative maintenance inspections and repairs should be performed at least once per year. If the units are subject to high or unusual usage, inspections should be scheduled to occur more frequently. If items are found to be nonconforming, replacements can be ordered from Gared Sports or one of our authorized dealers. When contacting Gared Sports, please have information regarding the dealer/installer who sold the unit, the name of the project, and any applicable warranty information.

Before proceeding with assembly, read all instructions and assembly procedures. Make sure all parts have been received and are not damaged.

Parts Checklist

Verify all parts listed on packing list are present prior to installation.

The following parts have been packed separately

Please refer to your packing slip to verify the correct parts have been received.

DESCRIPTION	QUANTITY
PULL UP BAR	1
CHIN UP RAIL WELDMENT	2
CHIN UP BAR MOUNT	2
½" DIA POWER STUD ANCHOR	8
CHIN UP BAR MOUNT (SPRING LOCK MODEL 1090)	2

Contact Gared Customer Service at 800-325-2682 for assistance with replacement of any parts missing or damaged.



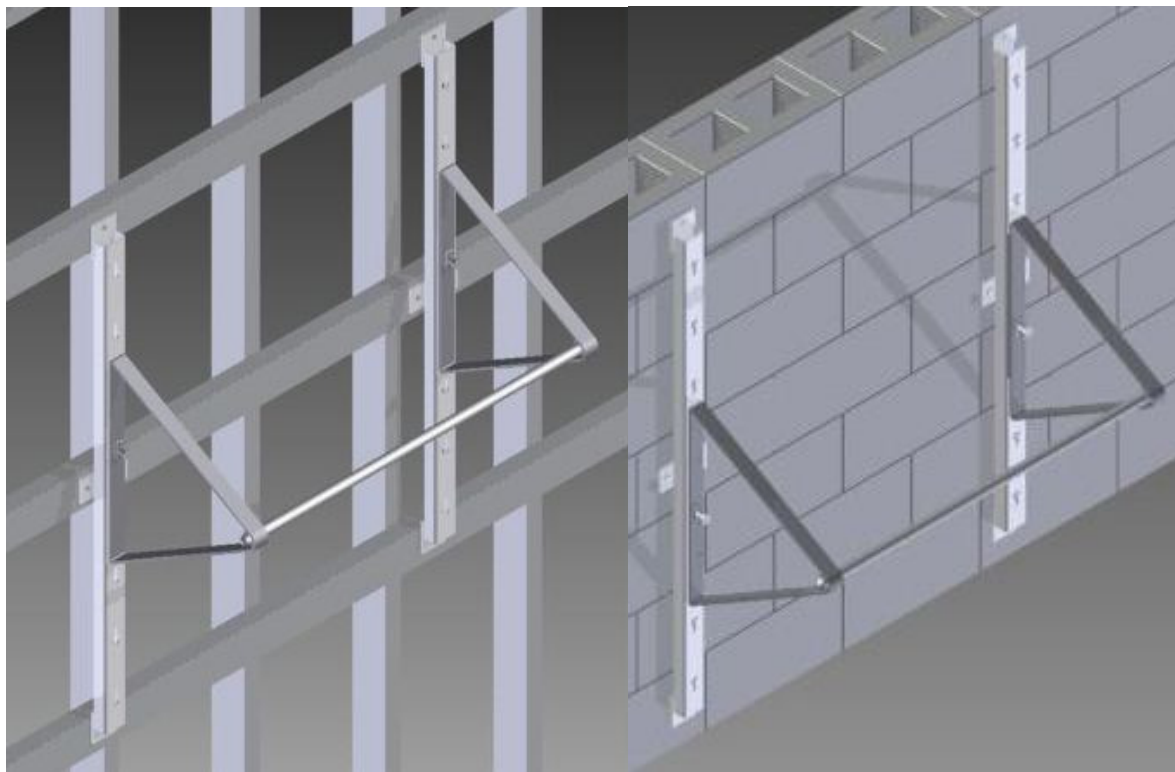
POWER STUD ANCHOR

INSTALLATION INSTRUCTIONS

Tools Required:

5/8" Masonry Drill bit
DRILL
Adjustable Wrench
22mm Wrench
Hammer

After parts are confirmed and ready to install mark out the area you plan on installing it. There are different methods of installation for different structures.



FRAMED WALL

FIG.1

CONCRETE OR BLOCK WALL FIG. 2

Framed Wall

Support joists need to be mounted at mounting locations to allow multiple studs to be attached for support. The chin up rail is to be mounted per dimensions. See Figure 3 and figure 1. Once attached add the bar support and the bar. The bar must be secured by the set screws in the collar. See figure 4.

Concrete or Block wall

The power stud anchors will be used in this scenario. Check with GC or architect to confirm desired mounting method for structure. If concrete, anchors provided can be used. If hollow block wall, threaded rod with 1/4" thick minimum support plates on opposite wall is recommended in bolt through construction. Once attached add the bar support and the bar. The bar must be secured by the set screws in the collar. See figure 4.

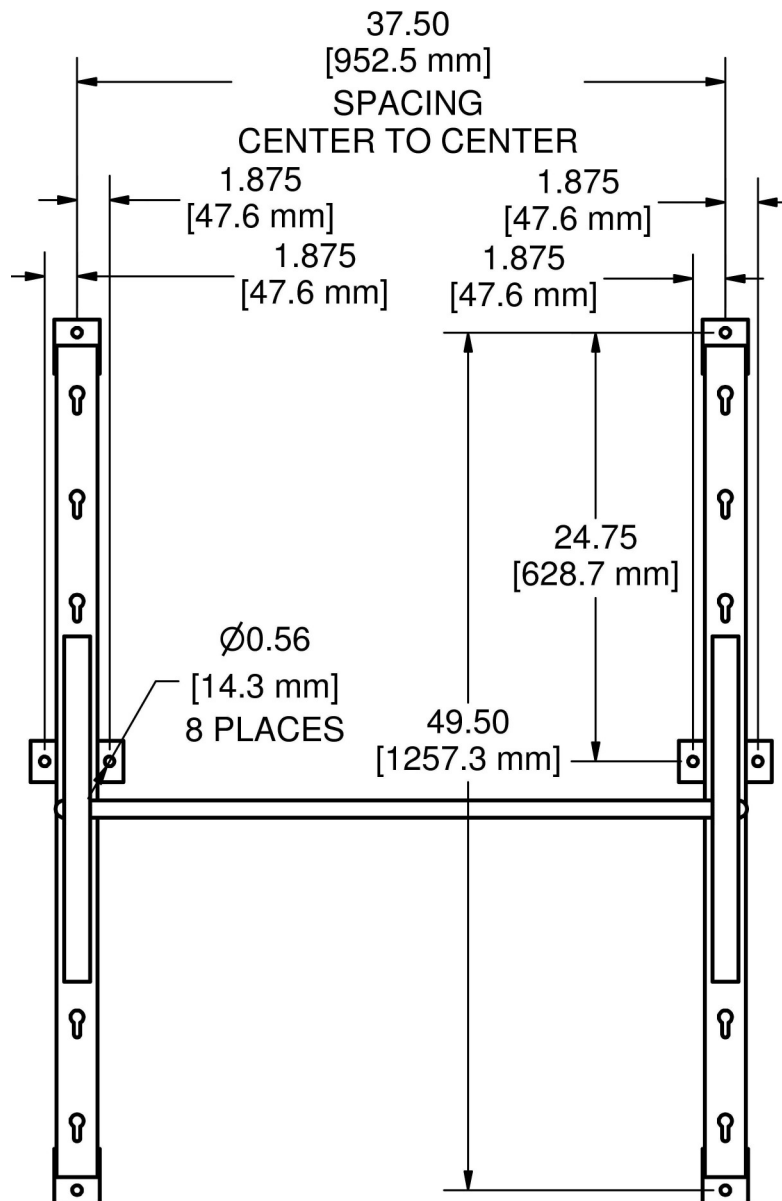


Figure 3

Operation

Once installed at preferred height and assembled the unit can be used. Always check to make sure the bar is locked firmly in the bracket collars before use. When wanting to change height simply slide the bar mount upwards to slide it out to the top of the keyhole and the pull towards yourself. This will release it. It can then be reinstalled at any location. Push in and then slide it down until it can no longer go any farther. If using the spring lock model it must be released to move it and it will automatically lock into place when reinstalling the bar mount brackets on the rail at the desired height. Figure 4 and 5.

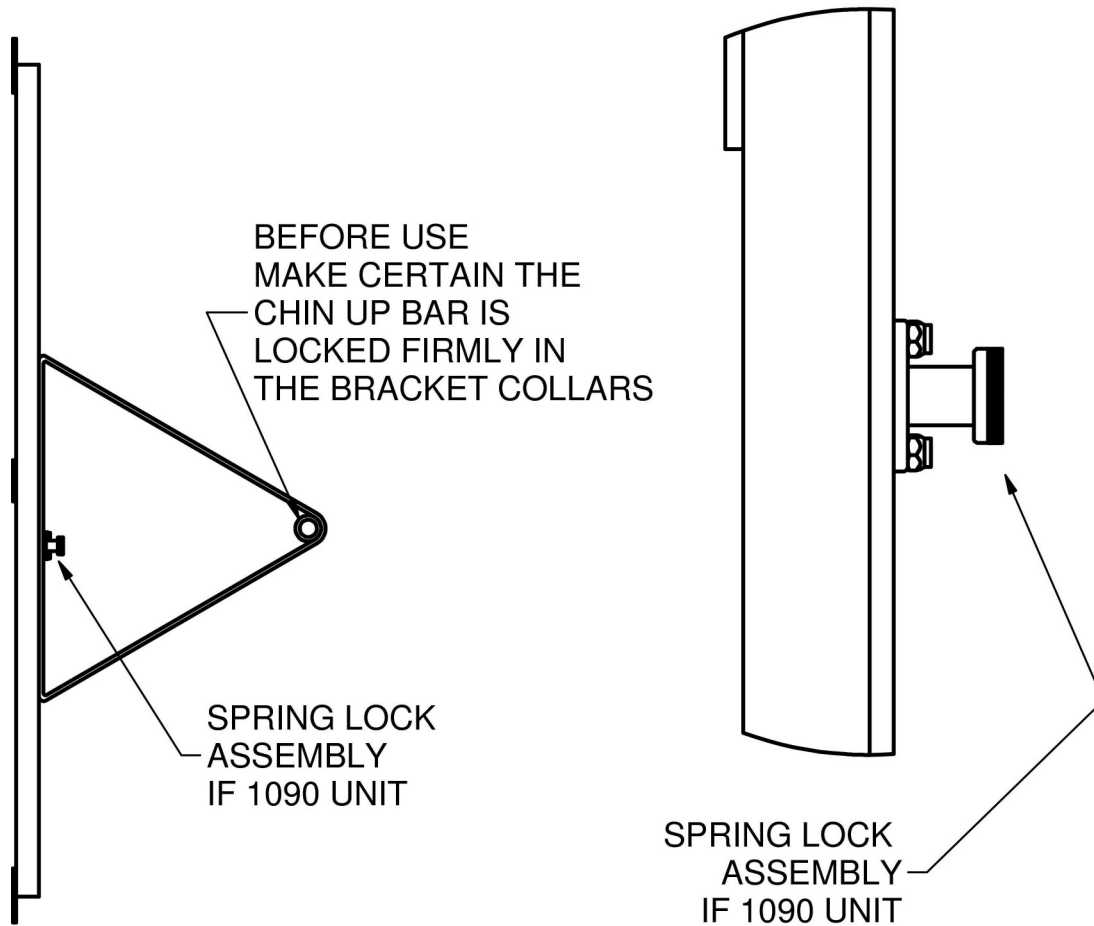


Figure 4

Figure 5



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