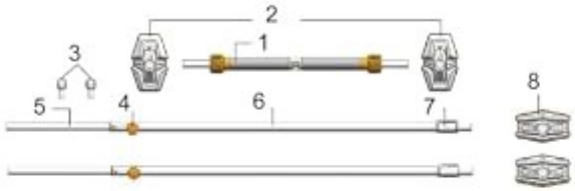
r pull up bar

upport stand)



Packing list:



1,Pull up bar *1
2,Bar pad*2
3,Expansion fitting*2
4,Hex nut *2
5,Stand inner tube*2
6,Stand outer tube*2
7,Stand height adjustment*2
8,Stand pad*2

Please check the list and contact the seller if missing parts

Step for installing:

1,



Fit the bar pads onto both ends of the bar

by aligning the holes, then press firmly until fully locked.

Sted 2,

Fasten the nuts



Adjust bar length:

Lay the bar on the floor. Twist both end lock knobs counterclockwise to loosen.

Spin the main tube to make the bar longer or shorter.

Special Notee: How to Install the safe lock



Step 3:

Mount bar brackets onto vertical

Preassemble vertical supports: fo

Telescope inner tubes to your tar

Hold the main bar, twist to extend

Adjust vertical height knobs to sta



Please ma

right side

Fit door s