



ENGLISH

User manual – Pull Up bar "THE BAR" by Pullup & Dip

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Please read the operating and installation instructions before using and operating the product.

Table of Contents

- 1 Overview of equipment (delivery contents)
- 2 Safety instructions and disposal of equipment
- 3 Variants of Installation
- 4 Installation
- 5 Care and Service
- 6 Guarantee, right to return
- 7 Contact



THE BAR – multi-grip bar

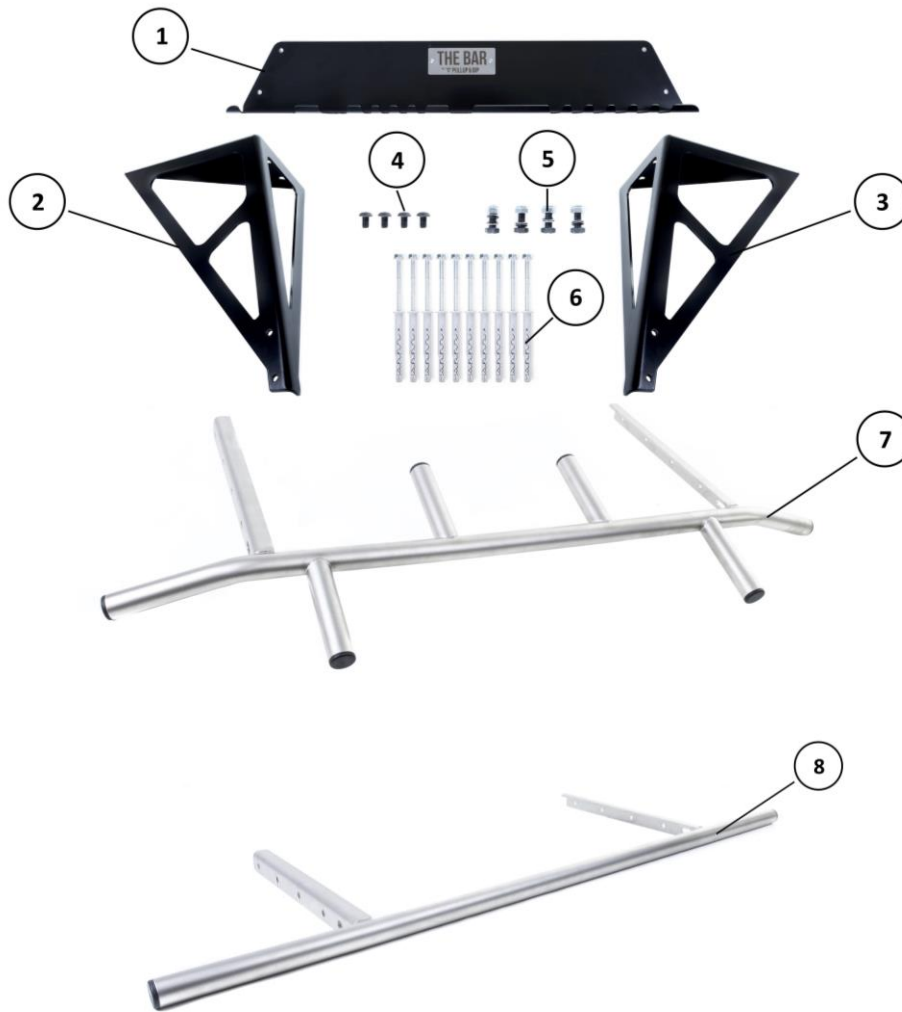


THE BAR – straight bar

1 Overview of equipment

Thank you for purchasing the pull-up bar **THE BAR** from Pullup & Dip. THE BAR is a versatile pull-up bar designed specifically for exercises such as pull-ups, front-levers, backlevers or muscle-ups. The device offers the possibility to be used on an outside wall as well as an inside wall (for example in the apartment, studio, CrossFit Box, in the basement, etc.).

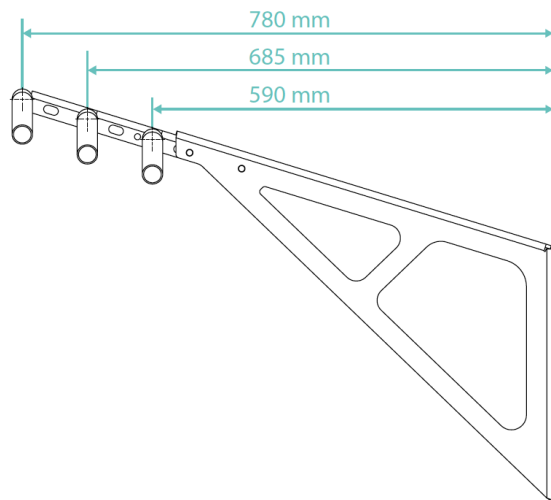
(Exploded) view with description



- ① 1x sheet metal rack - screw with screws (4) to side arm (2) & (3)
- ② 1x side arm left
- ③ 1x side arm right
- ④ 4x fixation for sheet metal rack
- ⑤ 4x fixation for bar (7) or (8)
- ⑥ 10x Fischer long-shaft dowels
- ⑦ Pull Up Bar – Multi-grip bar out of stainless steel
- ⑧ Pull Up Bar – Straight bar out of stainless steel
- ⑨ Drilling template (not shown)

Technical specifications

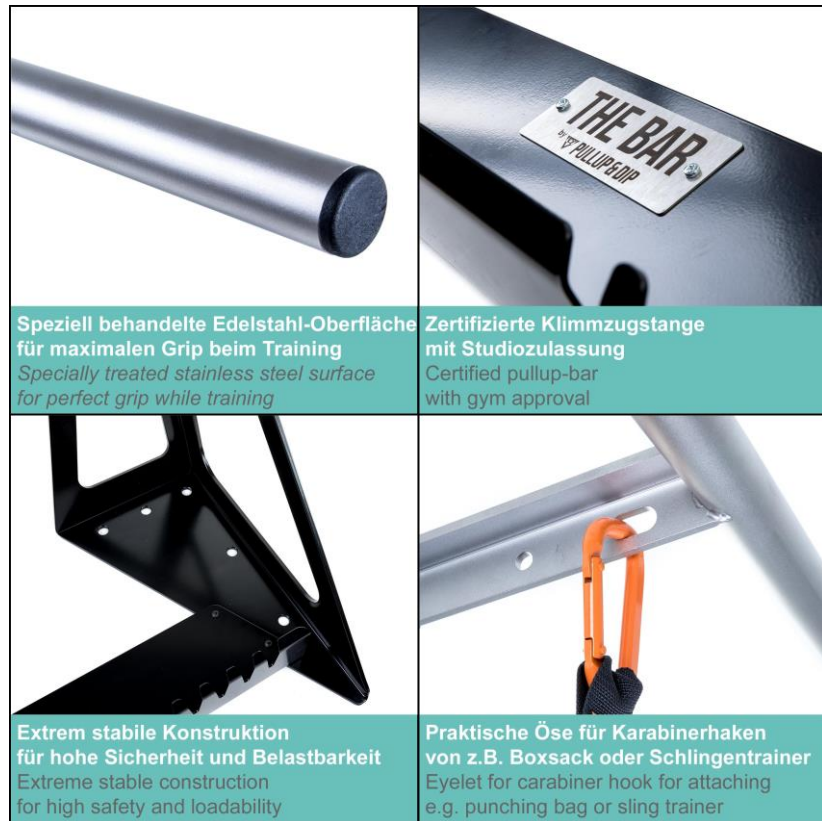
Load capacity	Up to 250 kg
Material	Side arm right + left: powder-coated steel Sheet metal rack: powder-coated steel Multi-grip bar: stainless steel Straight bar: stainless steel
Color	black, stainless steel
Bar diameter	30 mm
Distance to wall	Adjustable: Stage 1: 590 mm Stage 2: 685 mm Stage 3: 780 mm



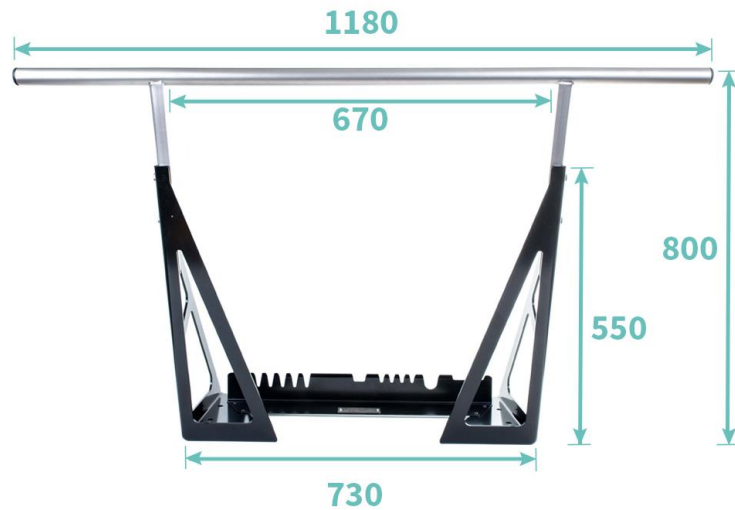
Storage options



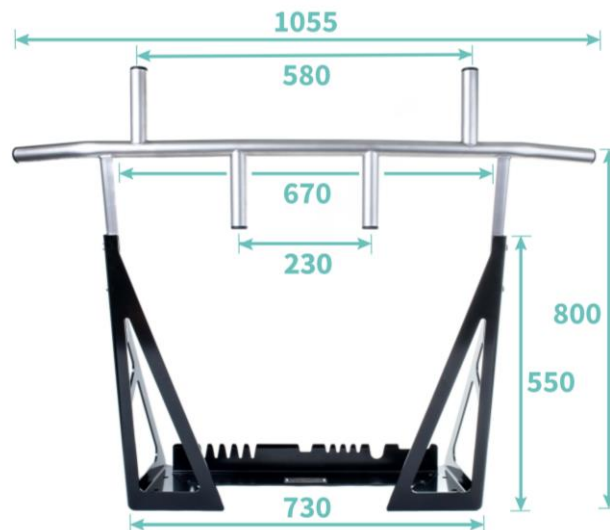
Features



Measurements straight bar



Measurements multigrip bar



Scope of delivery

	Multigrip bar	Straight bar
Side arm right + left	✓	✓
sheet metal rack	✓	✓
Drilling template	✓	✓
10x fischer long-shaft dowels	✓	✓
Attachment for bar	✓	✓
Multi-grip bar	✓	
Straight bar		✓
Weight	15,5 kg	14,8 kg

2 Safety instructions and disposal

Important!

- ▽ Before using the device, familiarize yourself with all safety, installation, operating and training instructions in this printed manual. All precautionary statements must be strictly followed to prevent risks of injury.
- ▽ Use the device only as described in the manual.
- ▽ The manual should be kept in a safe place.
- ▽ When distributing the device, attach the operating instructions.
- ▽ Failure to follow the instructions and warnings contained in this manual may result in personal injury or structural damage, which may void any warranty or liability

Safety instructions

This training device is suitable for indoor and outdoor use. The device is designed for a load of up to 250 kg. A suitable and safe installation location for the device should be made in accordance with the safety regulations described in this operating manual.

Improper use of the device due to excessive load, incorrect handling such as jerky movements or improper mounting etc. damage to health and damage to the indoor and outdoor area can not be ruled out!

Before using the training device, all assembly parts must be checked.

Before using THE BAR, all screw connections (side arm right + left with the masonry, side arm right and left with the grip-bar) must be checked and all visible parts (especially welds) must be checked for damage, cracks or wear. Any damaged or worn parts as well as any cracks in welds pose a safety risk. Torn welds should be reported to the company FT Fitness Technology GmbH or otherwise repaired expertly if the warranty insists. It must not be used in the event of obvious damage or cracks in the welds.

Please note that the company FT Fitness Technology GmbH assumes no liability for damages that occur during or as a result of improper installation, use or overload.

NOTE THE FOLLOWING INFORMATION TO PREVENT THE RISKS OF INJURY:

- ∇ Maximum load: 250 kg
- ∇ The device may only be used by one person.
- ∇ Children using the device should be in appropriate physical development and under supervision of an adult.
- ∇ (Swallowable) small parts should be kept away from children.
- ∇ The device should always be kept clean and dry for the usage.
- ∇ Wrong and excessive training can endanger your health.
- ∇ The product should be used only after warming-up.
- ∇ The device must be properly installed and deinstalled.
- ∇ A secure attachment must be ensured before starting the training.
- ∇ Mounting parts are to be checked for safe fixation before use and if necessary exchange.
- ∇ No other attachments may be used for mounting the device.

NOTE THE FOLLOWING INFORMATION TO AVOID DAMAGE TO THE ENVIRONMENT:

- ∇ The device may only be used on solid walls such as on a concrete or brick wall (not on hollow walls, plasterboard etc.).
- ∇ Before the installation, the course of electricity and water pipes in the wall must be checked.
- ∇ During thunderstorms, the training device may not be used outdoors!

Disposal

Please pay attention to an environmentally friendly disposal of the packaging according to local regulations! When disposing the device, observe the local disposal regulations.

Note for studio admission

The pull-up bar THE BAR by Pullup & Dip complies with DIN EN ISO 20957-1 and therefore has a gym certificate.

3 Installation variants

The device may only be mounted on bricks or concrete walls.

4 Installation

Indications

The side arms can only be mounted on solid walls that withstand the loads, such as concrete or brick walls. Hollow walls or plasterboard walls are not suitable for the installation. Before holes are drilled in the wall, consult a landlord and a specialist for power and water lines. If you are not sure about the condition of your wall and / or the use of dowels, you need to consult an expert. In a hardware store, you will be advised and find the right fasteners. The installation recommendation below is only a suggestion. Use a second person as support for the wall mount.

Required material

- ▽ Drilling template THE BAR + tape for attachment
- ▽ Screw together side arm right + left with sheet metal rack and the bar in advance
- ▽ Water level + pencil
- ▽ impact drill
- ▽ hammer
- ▽ Suitable driller
 - Brick wall: 10 mm diameter (5 mm pre-drill)
 - Concrete wall: 11 mm diameter (5mm pre-drill) - or 10 mm and drill in and out about 3x in the end
- ▽ Pocket rule
- ▽ 13 mm wrench
- ▽ 1x ratchet with 13 mm wrench size
- ▽ 1 x Allen key 4 mm
- ▽ Vacuum for the drilling dust

Installation steps

- 1) Align the drilling template very precisely with the water level and stick it to the wall with a minimum distance of 64 cm to the ceiling. The desired height can be determined by yourself. We recommend a distance between ceiling and pole of at least 40-45 cm when the bar is fully extended in level (3).
- 2) For the ten holes, pierce the center of the hole on the template and mark the holes in the center with a pencil. Now the drilling template can be removed again. (It can also be drilled directly through the drilling template)
- 3) Now pre-drill all ten holes with 5 mm.
- 4) Then drill the 10 holes with the driller to 10 mm final diameter and a drilling depth of at least 10 mm.
- 5) Vacuum the dust out of the drilling holes.

5.1) Concrete wall & brick wall

Align the preassembled pull-up bar (side arm right + left, shelf and bar) to the ten holes. Tap the dowels with a hammer through the holes of the side arms into the wall holes and tighten the screws with the wrench.

Installation video

Under the following LINK you can also find an installation video of THE BAR.

<https://www.pullup-dip.com/en/about-pullup-dip/pull-up-bar-installation/>

5 Care and Maintenance

To clean the pull-up bar, use a wet cloth with some detergent. Do not use chemical cleaning agents as they may cause damage to the parts. The device must be checked for damage (especially at screwed and welded connections) before each use and must not be used in case of damage.

Defects within the guarantee time must be reported immediately to service@pullup-dip.com or repaired professionally out of the warranty time. The device may then not be used until it is repaired.

6 Guarantee and right to return policy

The warranty period is lifelong, therefore 25 years, starting from the date of the invoice. Please keep the invoice as a proof of purchase and thus the warranty claim.

The following guarantee conditions apply:

The manufacturer guarantees free correction of defects that are due to material or manufacturing defects. If a defect is discovered, the buyer is obliged to notify the manufacturer immediately. Damage due to improper handling, wrong assembly, failure to follow the operating instructions, the use of force or normal wear and tear is not covered by this guarantee.

Irrespective of this, the warranty expires when the product:

- ▽ is rebuilt unauthorized
- ▽ the predetermined maximum load limit is exceeded.
- ▽ the product is not used for its intended purpose.
- ▽ is mounted improperly.

The following wearing parts are excluded from the warranty:

- ▽ Contact surfaces where there is abrasion and where scratches can occur for example powder coating due to scratches.

The manufacturer is not liable for causal or consequential damages of any kind, unless such limitation of liability is expressly prohibited by law. It is the discretion of the manufacturer to meet the warranty by repair or replacement. Further claims do not exist.

In the case of unauthorized warranty consignment, the manufacturer reserves the right to return the goods without freight.

In the event of a warranty claim, contact our service team (service@pullup-dip.com) immediately. In order to adequately protect the goods in the event of a repair or return shipment, we ask you to keep the original packaging for the duration of the warranty period, if possible. Please always contact our service team in advance.

Any repairs after the warranty period, including shipping, are subject to a charge. Your legal rights are not limited by this warranty.

7 Contact

If you have further questions about the product or if you have difficulties with the installation of the device, you can find information (FAQs) on our website <http://www.pullup-dip.com/> as well as installation videos. If you can not find a suitable answer here, you are also welcome to contact us.

If something is wrong with the device or if it should get damaged, please contact us. For technical information or questions, please contact us at service@pullup-dip.com.

When returning please return the complete accessories in the original packaging, as well as enclose the operating instructions and a copy of the invoice.

Contact details:

FT Fitness Technology GmbH (limited liability)
Blutenburgstrasse 25
80636 Munich, Germany
E-Mail: info@fitness-technology.de
Tel.: +49 89 6606 3007
Web: <http://www.pullup-dip.com/>

Registered Office: Munich, Germany.
Register Court / Register Court: AG Munich (Munich), HRB 224 919.
Managing Director / Managing Director: Michael Weber, Johannes Diem.

The general terms and conditions of the website www.pullup-dip.com apply