



Wall Mounted Fixed Height Sit Up bar Installation Instructions

Sit up bars are mounted at 8" to 10" above the floor. Of course you can mount the bar to any height you desire.

First determine where you will mount your new sit up bar making sure to attach to the wall studs.

Depending on the bar length and based on your wall studs being spaced at 16" on center, the brackets should be attached to each end of the bar thus allowing the brackets to land on a stud.

If your sit up bar is of a length that requires more than two brackets, evenly space the other bracket(s) so that they will mount to a stud.

Mount the bar to the brackets by sliding in the supplied 5/16" carriage bolts into "T" track from the end of the bar and then insert this bolt into the hole at the end of each wall bracket.

(note: the bracket mounting holes should be facing inward as shown below)



Install the supplied split lock washer and then the 5/16" acorn nut, position the brackets to each end of the bar and securely tighten all nuts. Tap in the supplied end caps at each end of bar.

Mount the brackets to the wall by using the supplied 1/4" lag bolts and washers.

If mounting to wood studs, pilot drill 3/16" holes into the wall / stud 1-3/4" deep prior to screwing in lag bolts.

If mounting to a masonry wall, first install a 1/4 lag shield anchor (not included) prior to screwing in lag bolt.

If mounting to a metal stud wall, it is highly recommended that a 1"X6" wood backer board first be mounted to the metal stud wall. **Be sure that the brackets are mounted level.**

After brackets are securely mounted, push the black caps onto the exposed bolt heads for a finished look.

Once you are satisfied with the bar and bracket location, install the supplied black rubber grip strip by first measuring the distance between the brackets.

Carefully cut the grip strip to this length and remove the adhesive tape liners from the back side of the grip strip and install into the bar groove and press firmly.

Note: Easily cut the grip strip with garden shears or heavy duty scissors.

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 it's 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.

Please keep this instruction sheet 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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