

Ceiling-Mount Delta Bar Installation Instructions

Please read instructions before assembly!

Caution: Please use care when handling the brackets. Some of the machined edges may be very sharp!

Step 1:

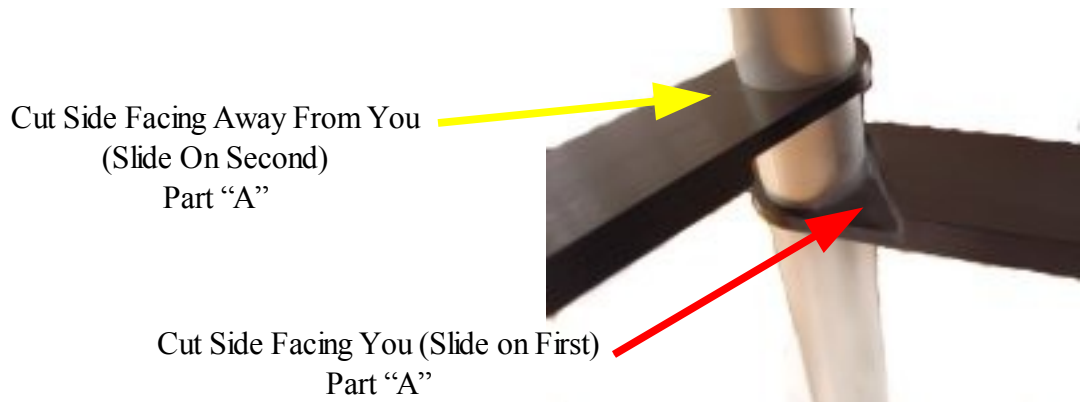
The first step is to measure the spacing between the joists onto which you will install the Delta Bar. You will need to know this measurement so you can set the brackets at the correct place along the bar.

Step 1a:

Now is also a good time make the holes for your brackets. Hold part "B" (see diagram at the end of instructions) up to the ceiling or joist and mark the holes with a felt pen or something similar. Try to be as careful as possible not to move part "B" when making the holes. Having someone help you with is step makes it much easier. With the holes marked you need to pre-drill the holes with an 1/8" drill bit. A 3/16" drill bit will also work. Drill to a depth of 2.5"-3".

Step 2 (Bracket Assembly):

Slide the bracket part "A" onto the bar with the cutout side facing you. Slide it until it is close to the correct location for the joist spacing from step 1. This is typically about 7.5 inches from the end of the bar.



Step 3:

Now slide another part "A" onto the bar. This time the cut-out end will be facing away from you. The idea is that the two pieces should fit together.

Step 4:

Carefully set the partially assembled bracket down on the floor as shown below. Next, take part "B" and attach it to both of the part "A's" as show below. You will notice the part "B" has five holes in it. The two holes closest to either end are the ones the the M8 mounting screws go through. Also, you will notice that one side is counter-bored. This is so the head of the M8 screw will fit flush into part "B". This side should be placed against the ceiling or joist.

Note: Getting the second M8 screw into the bracket is difficult because the holes will not line up easily. This is done so the bracket exerts torsion onto the bar to help lock the bar into place. You can get this screw into place by yourself, but it is easier if you have someone help you. Place your index finger into the adjacent hole and use your thumb to squeeze parts A and B together. Then use your other hand to thread in the M8 screw.



Step 5:

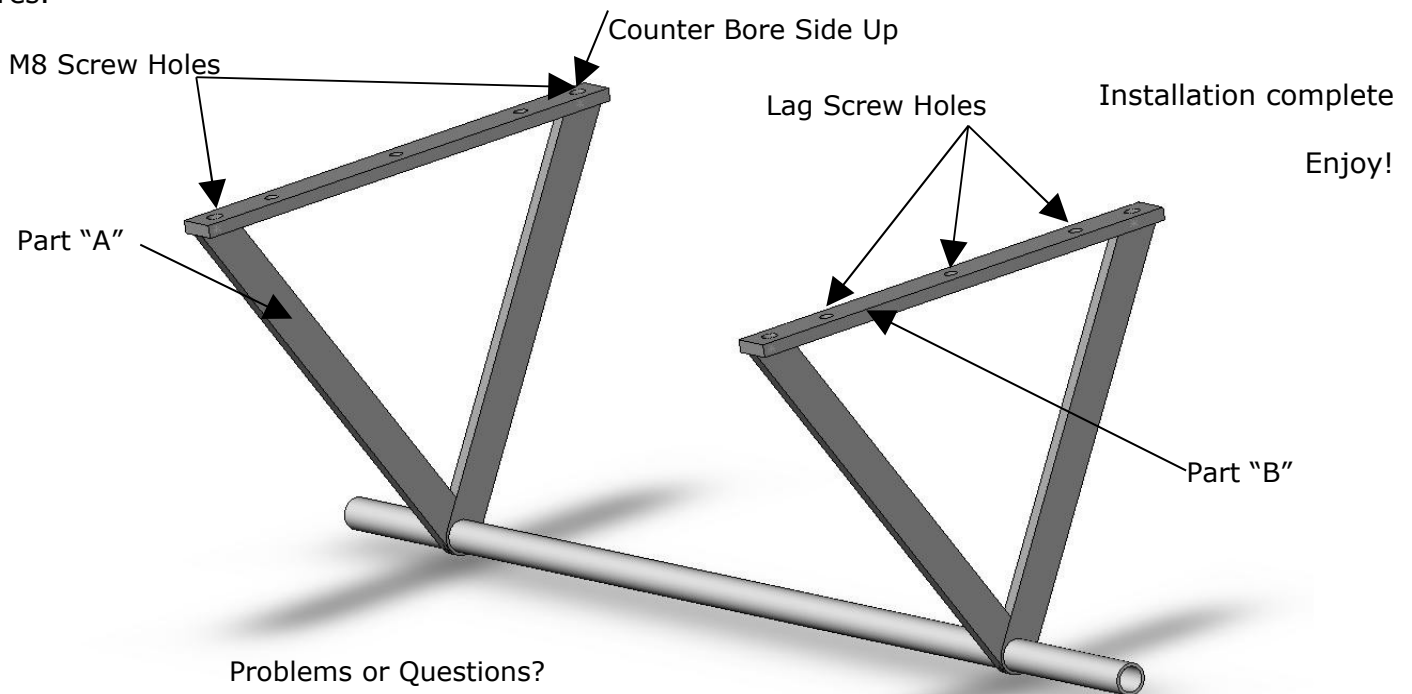
Repeat the process for the other side.

Step 6 (Mounting to the ceiling):

Now that both brackets are installed, you can mount the Delta Bar to the ceiling. It is recommended that you use a socket (9/16") wrench to tighten down the lag screws.

Step 7 (optional):

With the Delta Bar installed, you may notice the bar will rotate slightly if you try to rotate it with your hands. For many people this does not bother them. However, if you want absolutely no rotation you can use the super glue to lock the bar firmly in place. (see the picture below) A few drops around each side of the bar is all you need. Let the glue set for 15 minutes. Now the bar **will not rotate**. If you need to remove the bar in the future simply heat the bar at the glue joints with a lighter or propane torch. This will free the glue. You can also use super glue solvent available at hardware stores.



Problems or Questions?

Please contact us at: DeltaFitness@gmail.com