

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 or studs to which you wish to install the Delta Bar. This measurement will be needed so you can set the brackets at the correct place along the bar; before you lag the bar down.

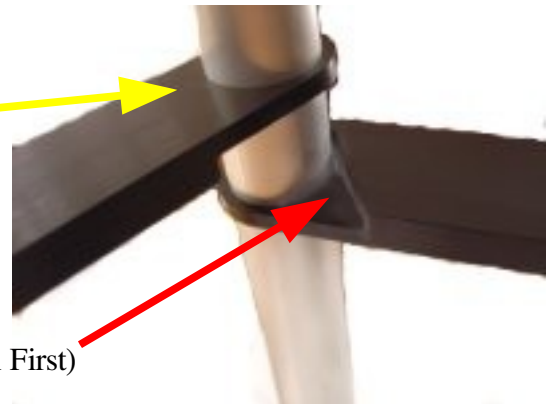
Step 1a:

Next, mark the lag screw holes for your brackets on the ceiling. Hold part "B" (see diagram at the end of instructions) up to the ceiling or joist and mark the holes with a pencil. Try to be as careful as possible not to move part "B" when making the holes. Having someone help you with this step makes it much easier. Next, drill the hole locations you just marked with an 1/8" to 3/16" drill bit. Drill to a depth of about 3"

Step 2 (Bracket Assembly):

Slide the bracket part "A" onto the bar with the cutout side facing you. **NOTE:** Always start sliding the bracket pieces on the end of the bar with the small hole in it (shown below step 3) 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.

Cut Side Facing Away From You
(Slide On Second)
Part "A"



Cut Side Facing You (Slide on First)
Part "A"

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.



← **Start the bracket pieces from this end!**

Step 4:

Next, carefully set the partially assembled brackets down on the floor (laying on their side.) Next, take part "B" and attach it to both of the part "A's" as shown below in the diagram. You will notice the part "B" has five holes in it. The two holes closest to either end are the ones that 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 can be difficult because the holes will not line up easily; this is done so the bracket exerts torsion onto the bar to 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.

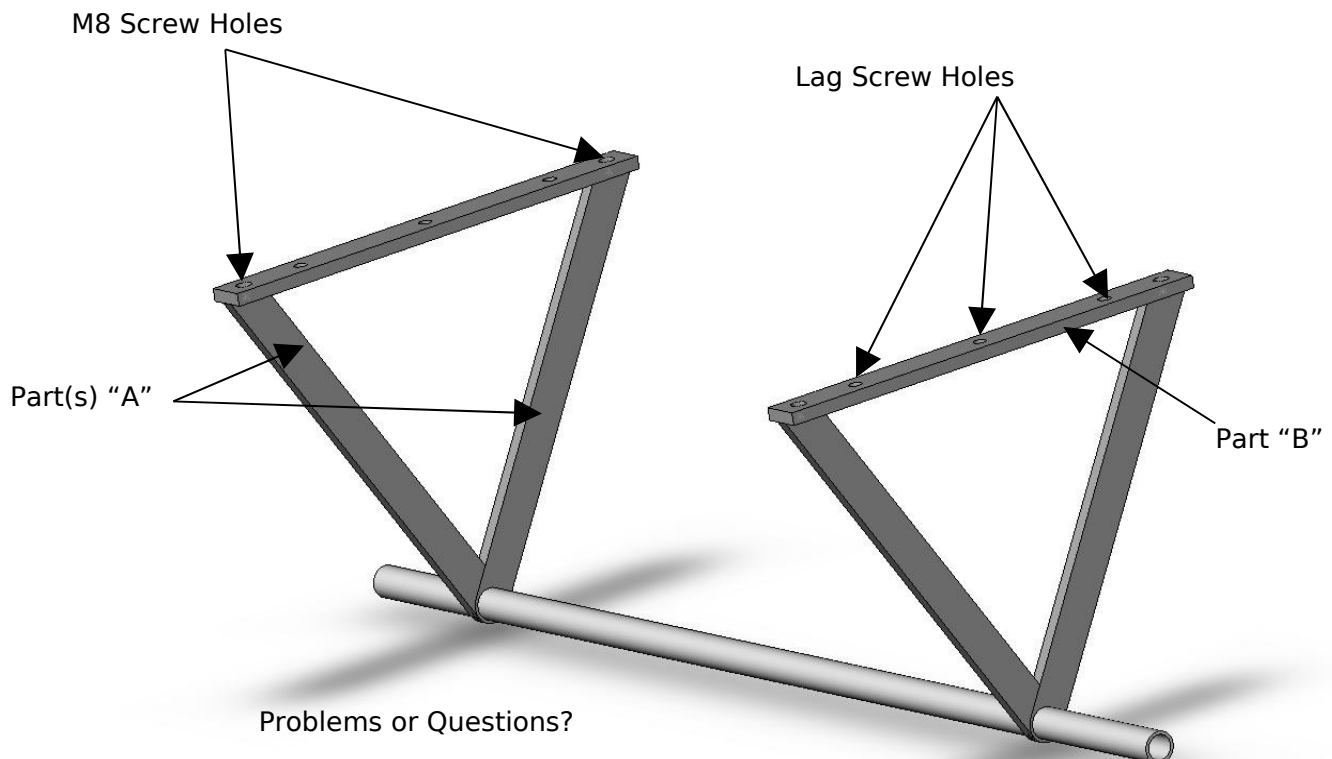
Step 5:

Repeat the process for the bracket.

Step 6:

Now that both brackets are installed on the bar, you can mount the Delta Bar to the ceiling. Use a socket (9/16") wrench or equivalent to tighten down the lag screws.

Ceiling Mount Pull-Up Bar Layout:



Problems or Questions?

Please contact us at: DeltaFitness@gmail.com