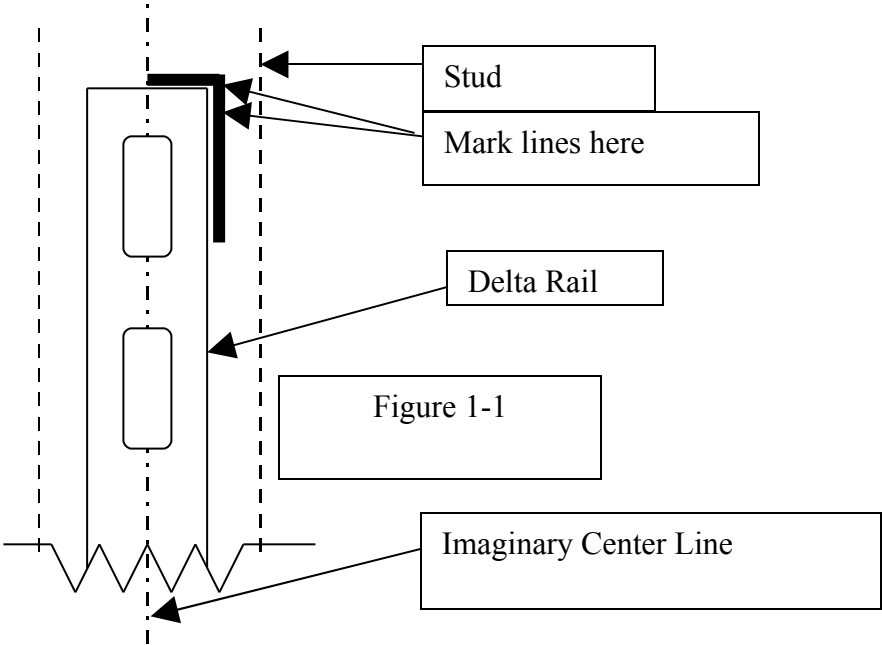


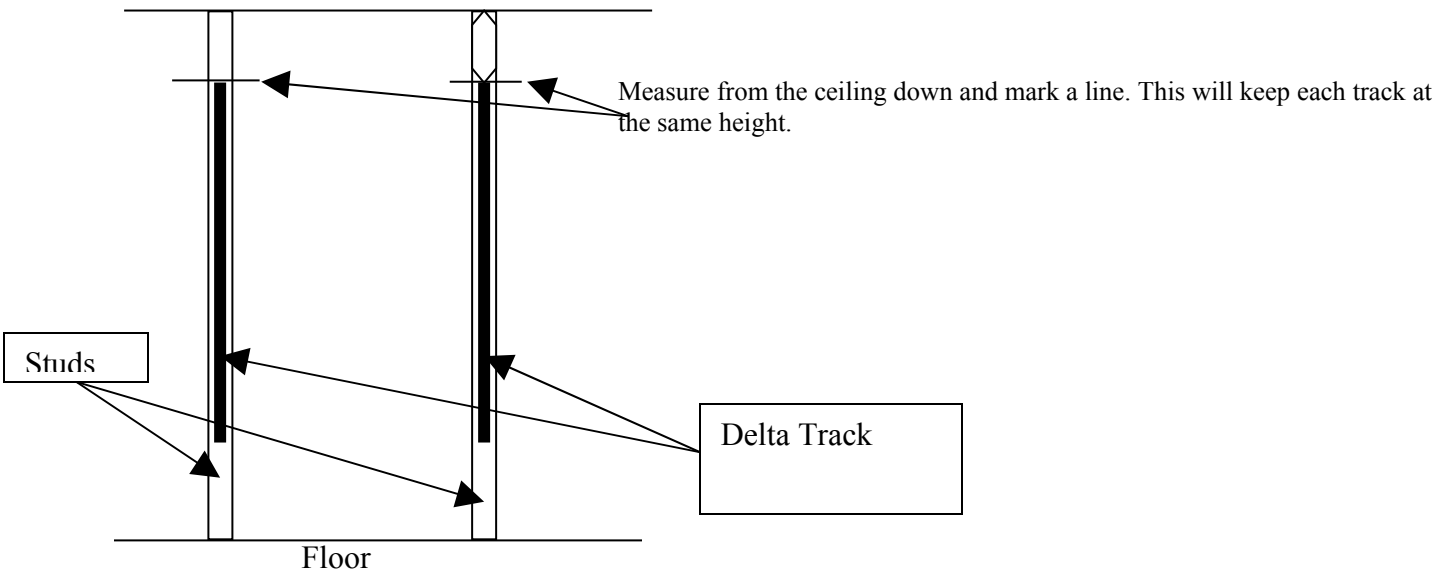
Installation Instructions for the Delta Track
Note: A partner will be very helpful for this installation
Rev. A

First, you will need to find the studs beneath the drywall, unless you are mounting to masonry in which case you can mount anywhere on the wall. For more information on finding and attaching the track to the wall, see the other set of instructions included. It will tell you how to lag to the wall and how to assemble the brackets.

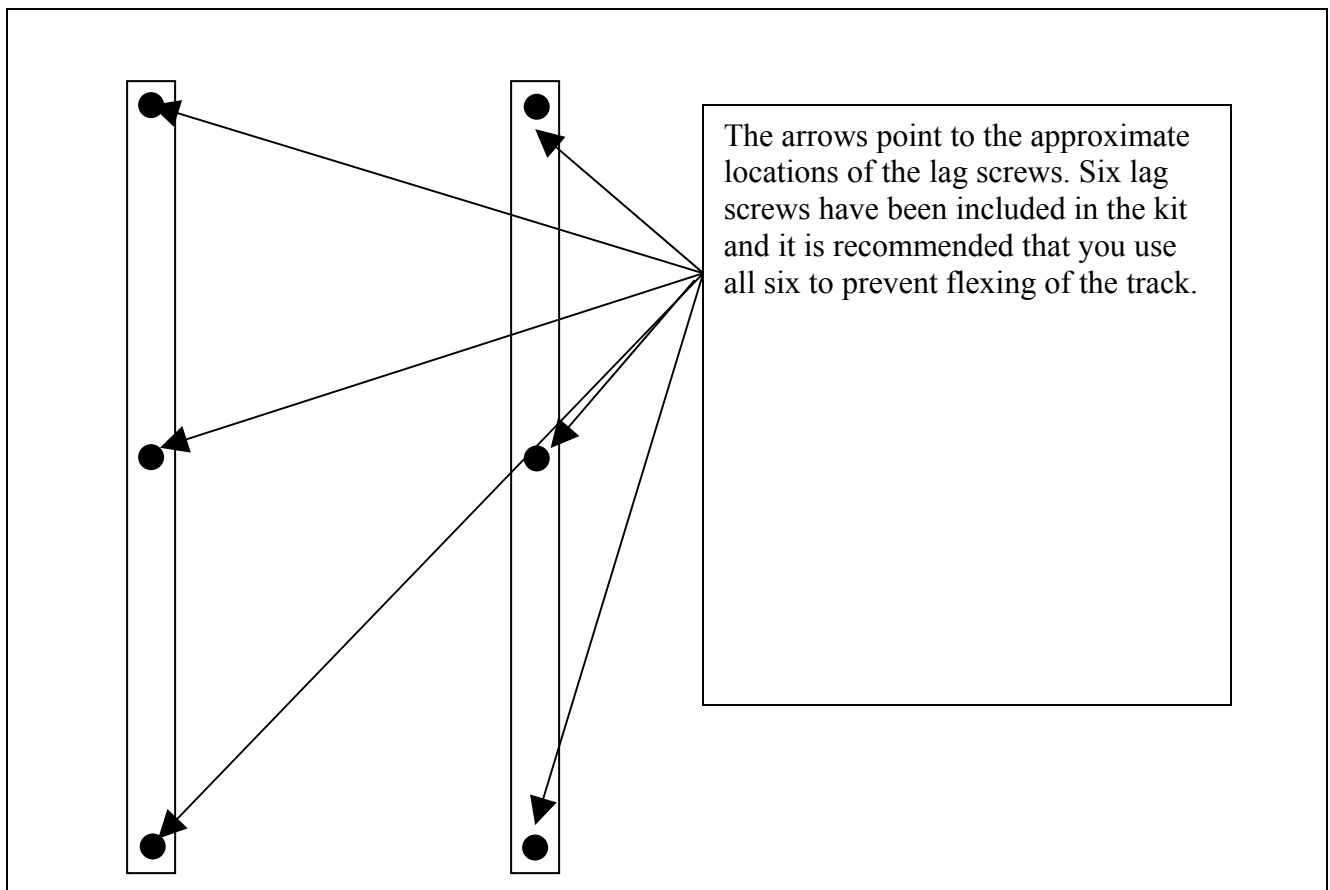
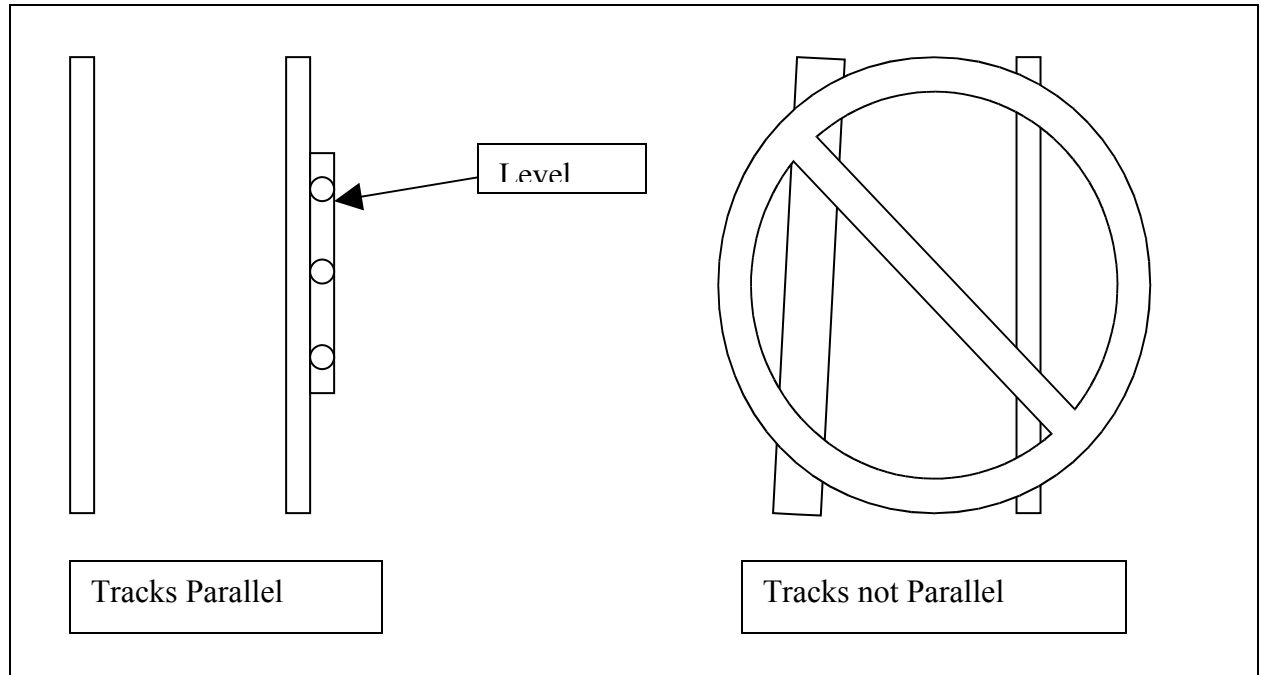
Once you have located the studs you can decide how high you want to mount the tracks. The top of the track determines the maximum height of the bar. Next, measure from the ceiling down and mark a line for the top of the Delta Rail (see figure 1-1 below). Make sure you have the Delta Rail on the center of the stud when you mark the line.



Ceiling



Now, with the top marked and while you or your partner is still holding the Delta Track on the wall, use a level to make sure the track will be parallel to the other tack when you mount them. This is very important. If your tracks are not parallel the brackets will not be able to slide up and down.



Next assemble the brackets. Please use the other instruction sheet included in this packet.

The last step is to put the adjustment knobs and metal clamp parts on. The following photos will illustrate the assembly process graphically.



The left photo shows proper lag screw installation

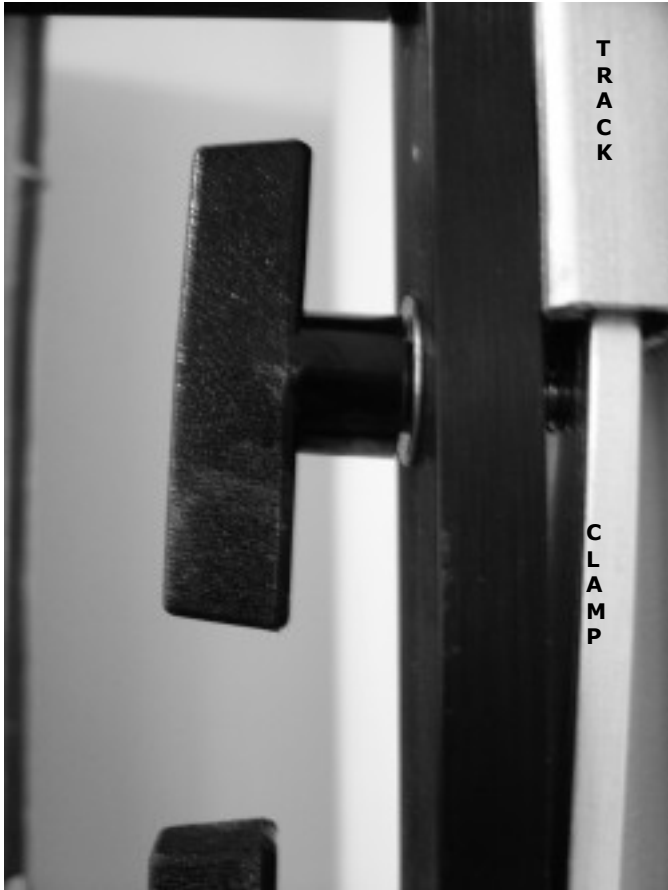


Attaching knob and metal clamp to bracket.



This photo shows the assembled bracket with mounting hardware installed ready to slide into the track.

NOTE: The design has been changed to use only two knobs per bracket. This was done for two reasons. Firstly, a total of four knobs is easier to adjust than six. Lastly, we have found that six knobs are unnecessary to secure the brackets in place.



A close up of the bracket sliding into the track



Left: Sliding the bracket up the track. Note: This is a smaller (shorter height) track. We now use the larger track for more strength.



Both brackets on the tracks ready for the bar installation.



Left: shows the bar installation procedure. Slide the bar through one shaft collar first. Note: The shaft collar on has been removed for easy installation.



Now, slide the second shaft collar onto the bar. Then insert button head screw through the top of the bracket and into the shaft collar.



Tighten the screws down with the hex key.

Now the installation is complete!

Enjoy!

If you have any questions or problems please contact us at deltafitness@gmail.com or 1-765-473-2909

www.pull-up-bars.com

