

# The Delta Bar

## Installation Instructions for Masonry

Please read instructions before assembly!

**Caution: Please use care when handling the brackets some of the machined edges may be sharp!**

### Bracket Assembly:

Each bracket comes in three parts. Part 1 mounts to the wall. Part 2 holds the bar in place. Part 3 provides support for 1 & 2.

First, assemble part 3 to both 1 & 2 so that the bracket looks like figure 1-1.

Next, finish driving the 1/4" pin through part 1 (a gentle tap of a hammer will drive it through). Now install each screw in the location as shown in figure 1-1. **Note:** The head of the screw goes into the larger hole, so that the head of the screw will be flush with the bracket. Also, it is a good idea to start the screw by hand then use the Allen wrench to tighten it down fully.

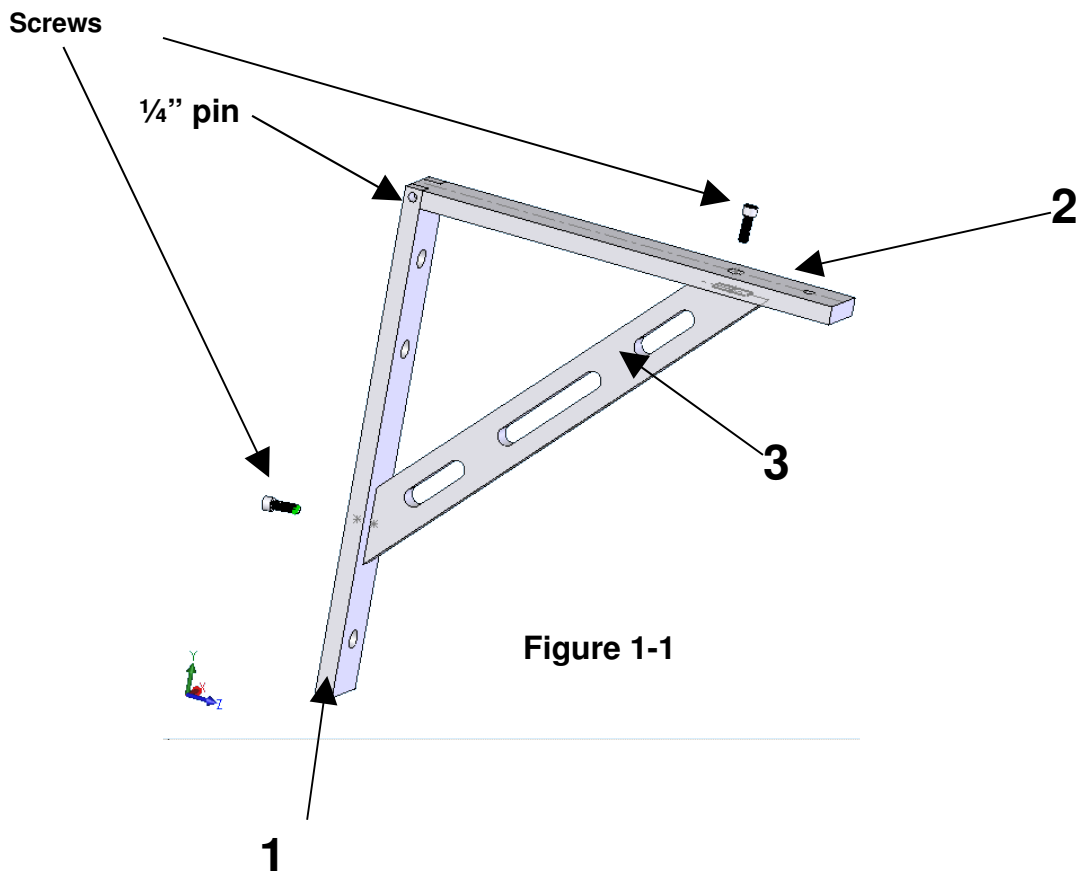


Figure 1-1

Questions?

Please contact us at: [DeltaFitness@gmail.com](mailto:DeltaFitness@gmail.com)

## Mounting the brackets:

The first step is to plan the location of the brackets. Decide how close to the ceiling you want the top of the brackets and how far apart you want them to be. Remember to leave enough room so your head will not hit the ceiling when you do a pull-up. Next, measure from the ceiling down or the floor up and mark where you want the top of the brackets to be. Hold the bracket up to the wall and mark the holes; a friend can be very helpful with this. Make sure the brackets are at equal distance from the ceiling.

Next, using a masonry drill bit, drill a 5/8" hole to a depth of at least 2.5' at each of the six lag screw locations. Now, insert the lag anchors into each hole. Next, hold the brackets up to the wall, insert and tighten the lag screws down with a socket or open-ended wrench into the anchors.

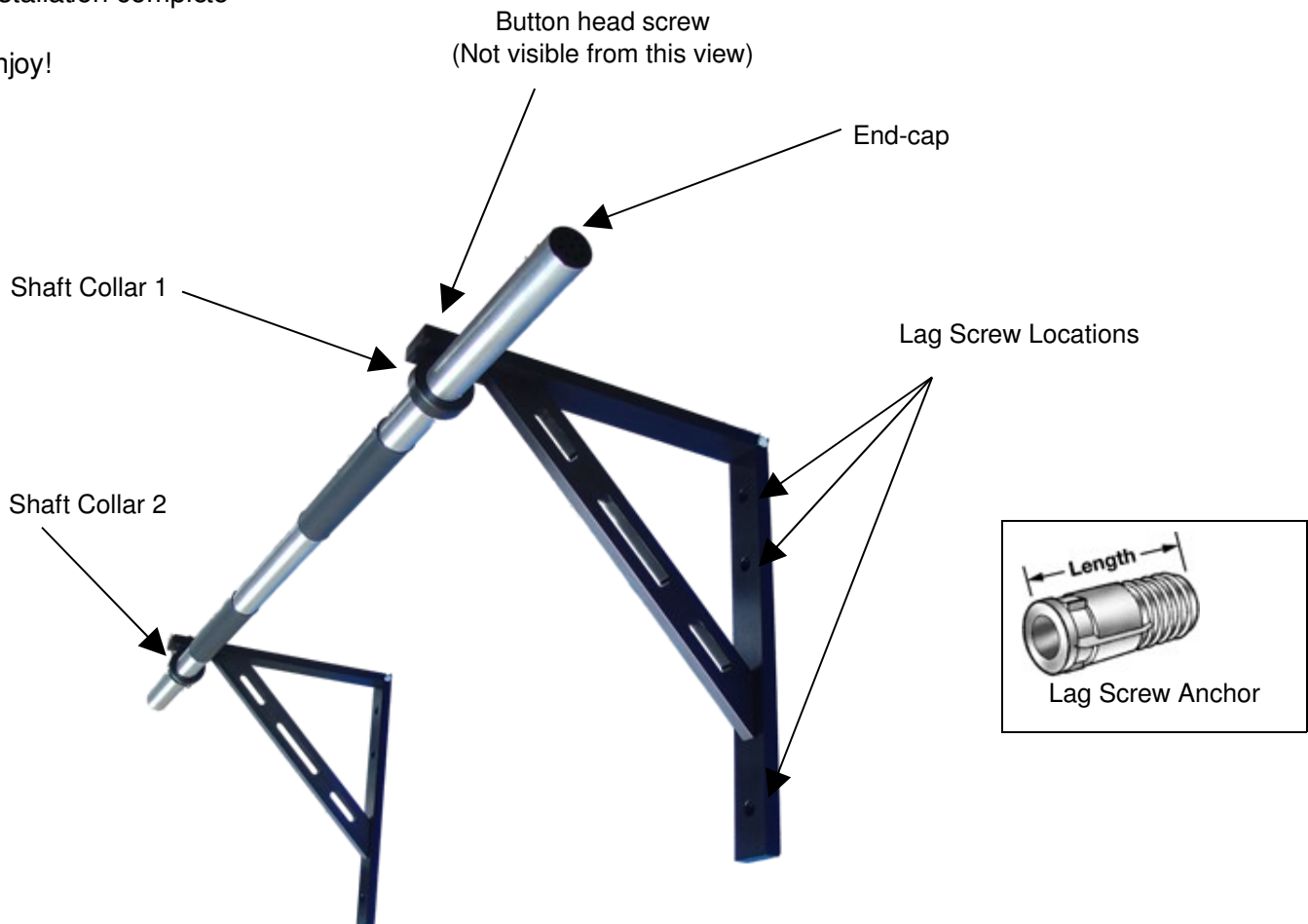
Now that both brackets are mounted, loosen the button head screws that hold the shaft collars in place. Then slide the bar through the shaft collars. Next, tighten down the button head cap screws. This will lock the bar in place. Snap in end-caps into each end of the bar.

## For Bars with Grips:

If your bar has grips on it, remove shaft collar 2 from the bracket, then slide the bar through shaft collar 1. Next, slide shaft collar 2 over the bar and use the button head screw to lock the bar in place. (Note: Either collar can be removed. 1 or 2)

Installation complete

Enjoy!



Questions?

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