

Installing the Delta Bar

Please read instructions before assembly!

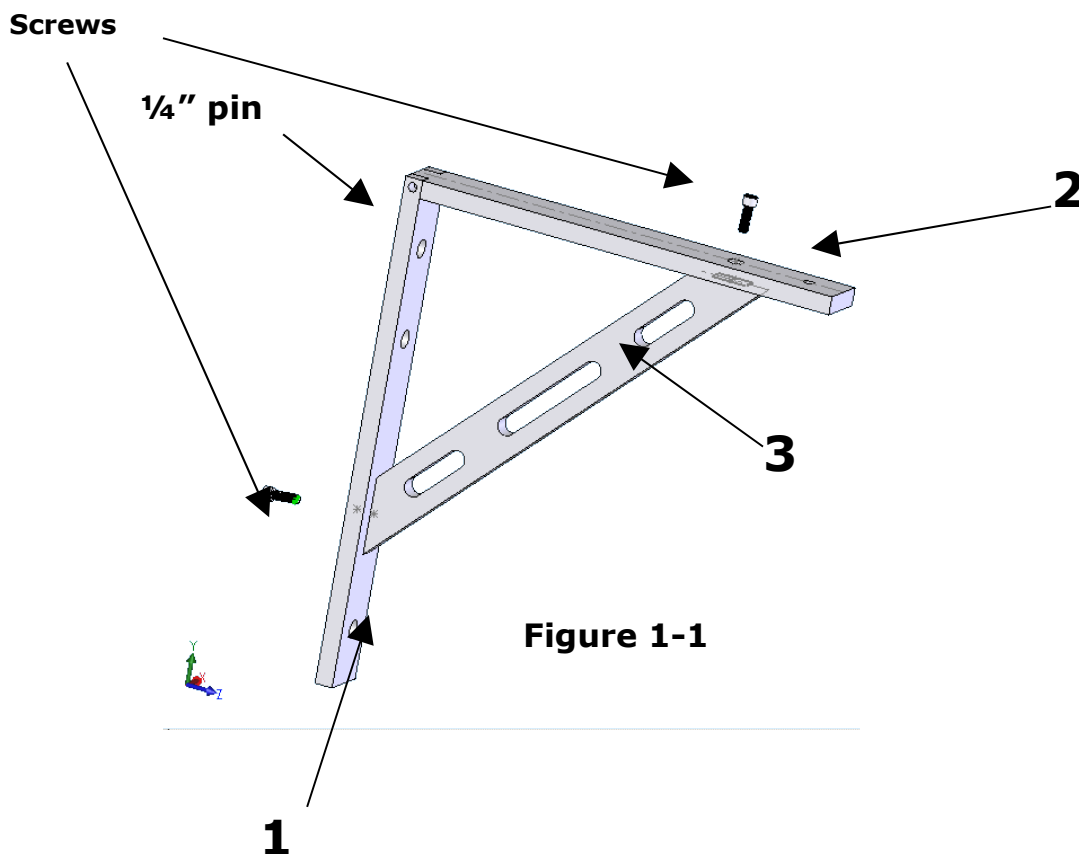
Caution: Please use care when handling the brackets some of the machined edges may be sharp!

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 $\frac{1}{4}$ " 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.



Mounting the brackets:

First, it is important to make sure brackets will be bolted into a stud. This is best accomplished with the use of a stud finder. If you don't have one you can tap the wall and listen for a change in sound. Once you find the studs, decide how close to the ceiling you want the top of the bracket. Remember to leave enough room so your head will not hit the ceiling when you do a pull-up. 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, drill pilot holes about 1/8" diameter; this will make the lag screws go in much easier. Tighten lag screws down with a socket or open-ended wrench.

Snap in end-caps into each end of the bar.

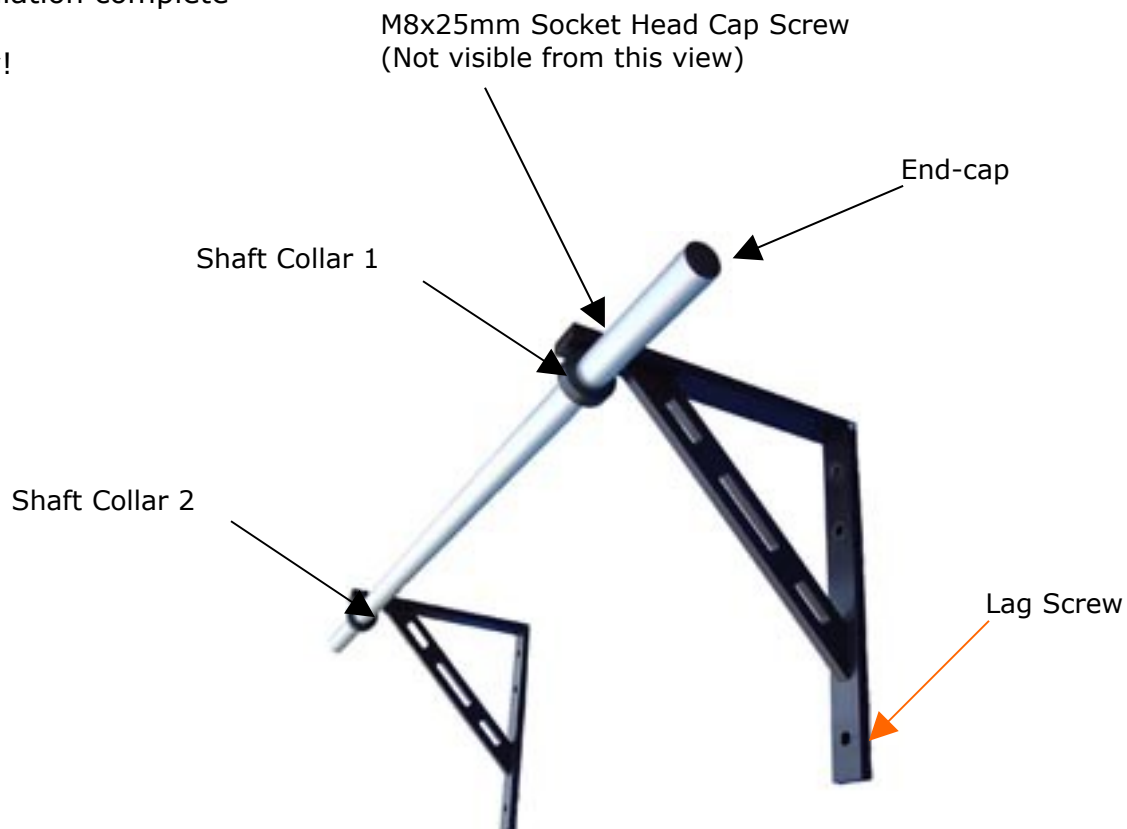
Now that both brackets are mounted, loosen the M8x25mm socket-head-cap-screw (SHCS) that holds the shaft collars in place. Then slide the bar through the shaft collars. Next, tighten down the M8x25mm SHCS. This will lock the bar in place.

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 the shaft collar 2 over the bar and use the screw to lock it in place. (Note: Either collar can be removed. 1 or 2)

Installation complete

Enjoy!



Problems or Questions?

Please contact us at: Deltafitness@gmail.com

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