



Gravity-Tightening Mechanism Pull-Up Bar

Installation Guide

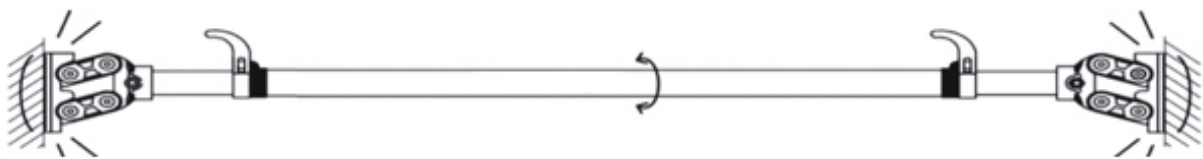
Step 1: Lift up the lever lock & loosen the screw in order to adjust the length of the bar.



Step 2: Rotate both end of the bar individually until the ends come into contact the surface of the wall or corridor on each side. Ensure that the heads on the end of the bar are pointing downwards when tightening against the surface (see image).



Step 3: Continue to rotate the middle of the bar until it is fully extended and securely tightened against the wall.



Step 4: Secure the bar with the locking catch the prevent the bar from shrinking when in used.

