

XOR Pull Up Bar Installation

Please note that these instructions are meant as a guideline. Your requirements might vary depending on ground structure. If you are unsure, please consult a reputable builder. Erecting your pull up bar is easier with two people. On average, it takes 1-2 hours to complete. The finished height will depend on the person using the bar.

STEP 1: Decide on your placement of the pull up bar by laying it out on the ground. If positioning in grass, use the spade to cut a 250 - 300mm square in the location of the first post. Remove the grass and place to the side. You can re-use the grass later for a neat job. Keep out of the sun and well watered.

STEP 2: Dig your first hole. We recommend a hole 750mm - 900mm depending on the ground. If you intend to use the bar for other activities other than pull ups, we recommend 900mm.

Position your 1st post in place to check that it is at the correct depth and allows enough space around the post for the concrete mix. Note: the softer the ground and the way in which you plan to use the bar will determine the dimensions of your hole. In most cases 250 - 300mm is sufficient.

STEP 3: Place your post in the centre of the hole with the pull up bar on the ground touching the bottom of the post. There are two main things you now need to check:

- Place the bar up against the post and make sure that (IF) attached, the bar would be running in a line that will meet where you want the next post.
- Using a spirit level check the vertical level on 2 x adjacent sides of the post. **DO NOT** only check one vertical level of a post.

Once the above is correct, pour or shovel in 6 - 10 inches of concrete and recheck your levels. Then pour or shovel in the remaining concrete (approximately 1 x large barrow per post). If applicable, leave approximately 2-3 inches at the top for turf.

STEP 4: With the bar in position on the ground complete STEP 1 to STEP 2 to prepare your next hole.

STEP 5: With the bar in position on the ground, place the post in the hole and use a spirit level to check the post height is the same as your first post. You may need a step ladder for this. If your spirit level is not long enough to span between the two posts then place it on top of a straight piece of wood.

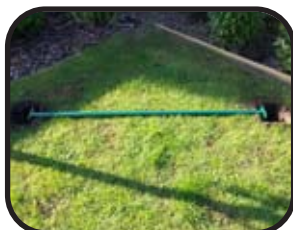
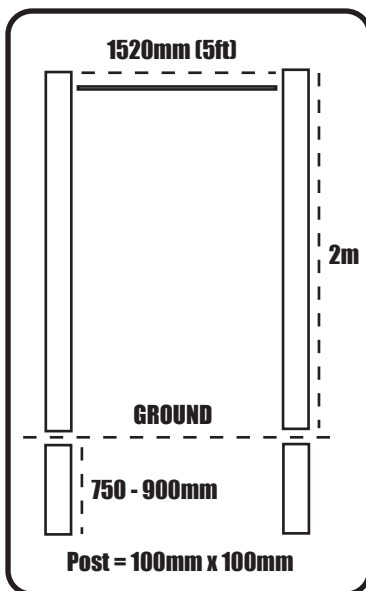
STEP 6: Once your height is correct, follow STEP 3. Note: making sure that the bar is tight in between the two posts (on the floor). Providing that your vertical level is correct, the distance at the bottom will be exactly the same as the distance between the posts at the top. You can choose to let the posts set for 48hrs min before attaching the bar. **OR**, if careful and your concrete mix is not too wet, you can attach the bar straight away.

STEP 7: You can place the bar as high or as low down the posts as your require. The following is a recommendation: Starting at the top of your first post, draw a vertical line approximately 200mm down the centre. Mark approximately 30mm from the top and draw a horizontal line. This is where the top of the bracket will be placed. If concrete is **NOT** dry, repeat this on the second post before drilling or fixing.

Place the centre of the bracket (width) down the centre line on your post and level with your horizontal line. Use a pencil to mark the holes required for drilling. Next, using an 7-8mm drill bit, drill your holes. With a spanner or socket wrench, screw your pull up bar to the post using the 10mm coach screws. Ideally, you will need someone at the other end of the bar to support it. **NOTE:** it is easier to fit the top coach screw first and move to the other post before fixing the bottom one.

Once in place, move to the second post and repeat the process. Use a spirit level to double check that your bar is horizontal before drilling. **NOTE:** if your posts are exactly level then a measurement is all that is required. Fix all four coach screws in place.

STEP 8: Allow 48 - 72 hours for the concrete to fully set before using. If applicable, cut the turf to fill in the gaps in your lawn.



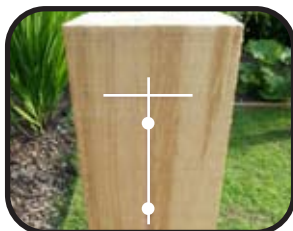
Decide on your placement



250 - 300mm square



Use your bar on the ground to check your measurements



Mark your post 30mm down from the top



Drill and fix coach screws



Tools Required

Tape Measure
Pencil
Set Square
Spirit Level
Spade
Drill
8mm Drill Bit
Spanner or Socket Set
Step Ladder

Material Required

5ft XOR Bar
4 x Stainless Steel Coach Screws
2 x 11ft 4 inches x 4 inches Posts (Green Oak or Green Pine)
One bag of Cement
Approximately two wheel barrow loads of Ballast (sharp sand and stone mix)
Under normal conditions, a 3 to 1 mix of Ballast and Cement is sufficient.
If using poscrete: Use at least two bags per post.