



The Garden Gym



Pull up bar
Installation guide

General guidance

These instructions are provided as a guide to help you install your equipment. Depending on the type of ground conditions it may be necessary to modify the installation. If you are unsure, please consult a qualified professional or contact the Garden Gym Team. The installation should be carried out by **2 people**. Before digging you must ensure that there is no risk of encountering services such as drains or electricity.

The Garden Gym does not accept any liability in relation to the installation and subsequent use of the gym relating to incorrect or improper installation.



You will need

Spade / hole diggers / safety gloves / step ladder / tape / measure / level / 2 x 19mm socket drivers / hammer



Post mix

Between 1 and 2 bags per post, depending on the size of your holes and ground conditions



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Select location and mark out

Your Pull up bar should be installed in a level area of soft ground or lawn. Please ensure that there is no risk of disturbing underground services or other hazards. When you have selected your area, you will need to mark where to dig the holes. The metal pull up bar has holes drilled in each end. These holes are the centers of the holes that you will dig.

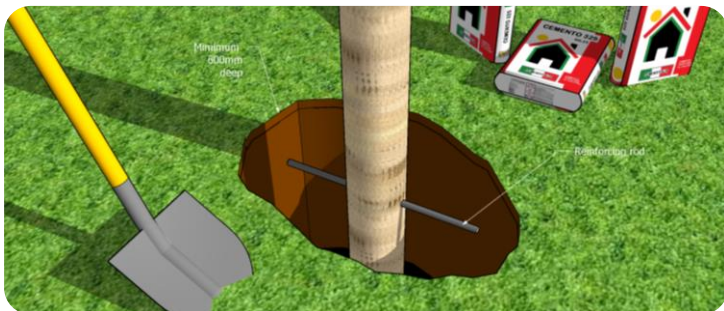
2



Digging the holes

Digging the holes for the posts is a key part of the installation. The hole must be a minimum of 600mm deep (700mm for 3.6m posts). You will notice that the post has a 12mm hole on the lower section, this is to take the supplied metal bar which is to be inserted prior to concreting. Ensure that the hole is large enough to take this bar. Leave plenty of space for alignment.

3



Reinforcing rods

We supply metal rods to provide additional support to the foundation. Insert the rod through the hole in the post prior to adding the concrete to each hole

4



Insert the post, concrete and level

Level the post in all directions and fix with the post mix following the product instructions. This post will need to set prior to moving to the next step. **Important! Ensure the hole that will receive the pull up bar is orientated in the correct direction.**



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Insert the pull up bar

Ensuring the post has set in the concrete you will now use the pull up bar to set the position and height of the second post. You will need to slide the pull up bar into the hole and through the first post by about 20mm.

6



Insert the second post and align

Insert the second post into the second hole. Using the position of the pull up bar you will need to adjust the height of the post to find the correct alignment. This is achieved by either removing more soil from the hole or backfilling the hole slightly. As with the first post please ensure that the post is buried to a minimum of 600mm/700mm and the rod is added. **Do not concrete the post in**

7



Align the bar with both posts

You can now slide the pull up bar, across into the second post. If necessary, add a squirt of WD40. Check that the hole in the pull up bar is aligned with the holes in the posts on both ends.

8



Bolt the bar into the first post

Align the holes in the posts with the holes in the pull up bar by twisting the bar. Push the bolt through the hole, adding a washer to each side. Tighten the nut and bolt (see below.)



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Final steps

Check the second post and the pull up bar to ensure that everything is level. You can add some dry post mix to the hole to help get everything perfectly aligned. Now you can bolt up the second post and, then concrete in the second post, checking everything is level before each step, add bungs (when concrete is set) and backfill the holes



Happy training!

Foundations

The stability of your Gym relies on correct installation of the posts. We recommend a minimum depth of 600mm. Ensure the concrete is fully hardened before use (2-3 days) and the hole is suitable for the ground conditions and planned usage. We also recommend using a small amount of pea shingle at the base of the post to aid drainage.

Maintenance

All of our materials are maintenance free, the posts are supplied with a tanalised finish and 10 year life expectancy. **It is essential to check the bolts and fixings on a monthly basis and tighten where necessary as they can loosen off as the timber goes through the natural drying process.**

Train Safe!

1. Always consult your doctor before undertaking any physical exercise.
2. Injuries to health may result from excessive, incorrect training or using the equipment in a way that it is not designed for.
3. Remove jewellery, watches or anything else that may catch or snag before exercising.
4. Always warm up prior to exercising, if you are unsure consult a health professional for advice.
5. Children should not be allowed to use the equipment without the strict supervision of adults who are aware of how to exercise correctly.
6. Our products have been designed to carry out exercise and are not meant as a climbing frame or piece of play equipment. The user is wholly responsible for any accidents or injuries occurring from usage of the equipment regardless of proper or improper usage.
7. The Garden Gym Ltd disclaims all liability from the mis-use or incorrect installation of our products.
8. The user must not adapt, amend or remove any part of the equipment.