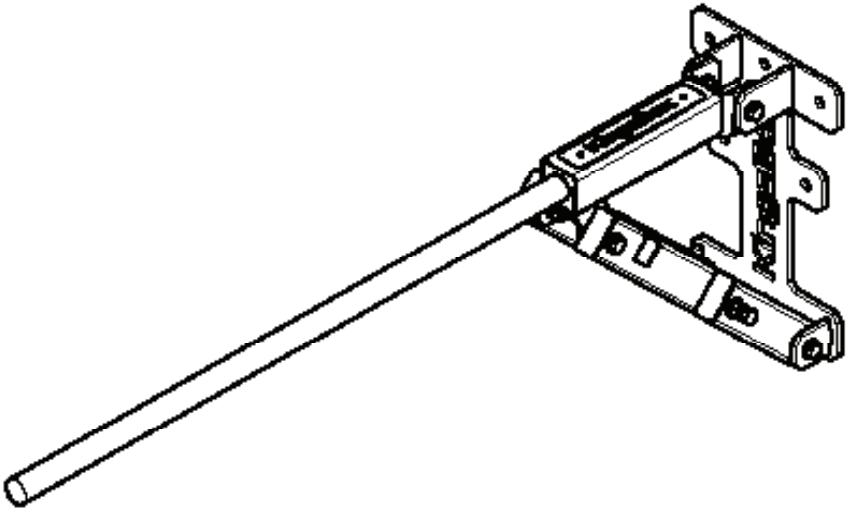


# 3 Second Pull Up Bar



**KingsBox®**  
BUILDING BETTER HUMANS

## **ATTENZIONE!**

**Se la struttura non viene fissata a terra e/o al muro, può rib-altarsi e/o provocare danni a persone o oggetti in immediata vicinanza.**

I bulloni per il fissaggio del rig a muro e/o al pavimento non sono inclusi nel pacco, in quanto per diversi tipi di muro e pavimentazione bisogna utilizzare diversi tipi di bulloni d'ancoraggio.

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## **OPOZORILO!**

**Če se struktura prevrne, lahko pride do resnih telesnih poškodb. Da bi preprečili nevarnost, da se ta struktura prevrne, mora biti pritrjena na steno in / ali v tla.**

Vijaki za pritrjevanje strukture na steno oz. tla niso priloženi, saj različne sestave zidov oz. tal zahtevajo različne vrste pritrdilnih elementov. Uporabite take, ki ustrezajo sestavi vaše stene oz. tal.

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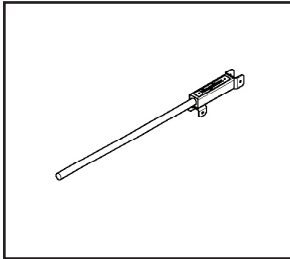
## **WARNING!**

**If the structure is not secured to the ground and / or to the wall, it may overturn and / or cause damage to person or object in the immediate vicinity.**

The fixing bolts for wall and / or floor are not included in the pack-age, since different types of anchor bolts must be used for different wall / floor types.

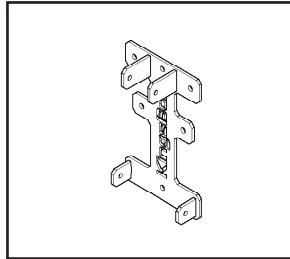
**General ISO 20957-1:2013 instructions for use**  
**→ [kingsbox.com/help/assembly-instructions](https://kingsbox.com/help/assembly-instructions) ←**

# Assembly elements:



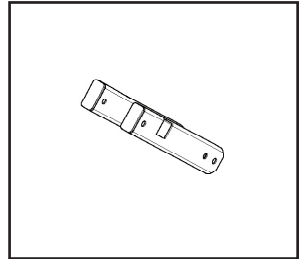
**Position 1**

**Solo PU Bar**



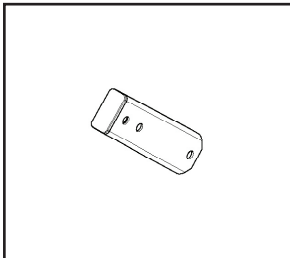
**Position 2**

**Solo PU Bar Wall  
Mount**



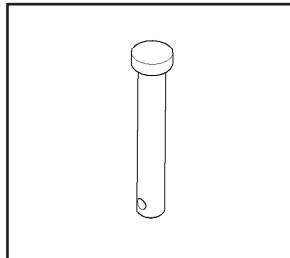
**Position 3**

**SPB Top Fix**



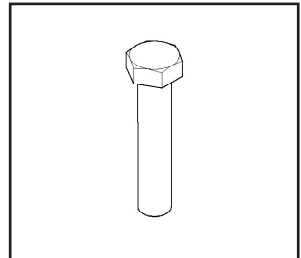
**Position 4**

**SPB Bottom Arm**



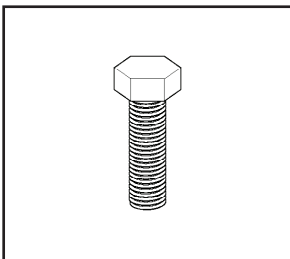
**Position 5**

**Pin 84x12**



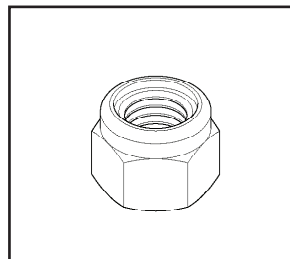
**Position 6**

**M12x60**



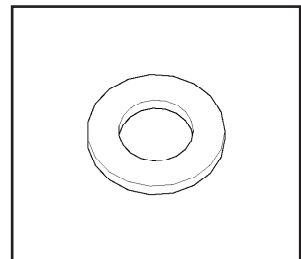
**Position 7**

**M12x40**



**Position 8**

**M12 Nuts**



**Position 9**

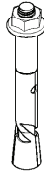
**M12 Washer**

# Assembly elements:



**Position 10**

**M12x230**

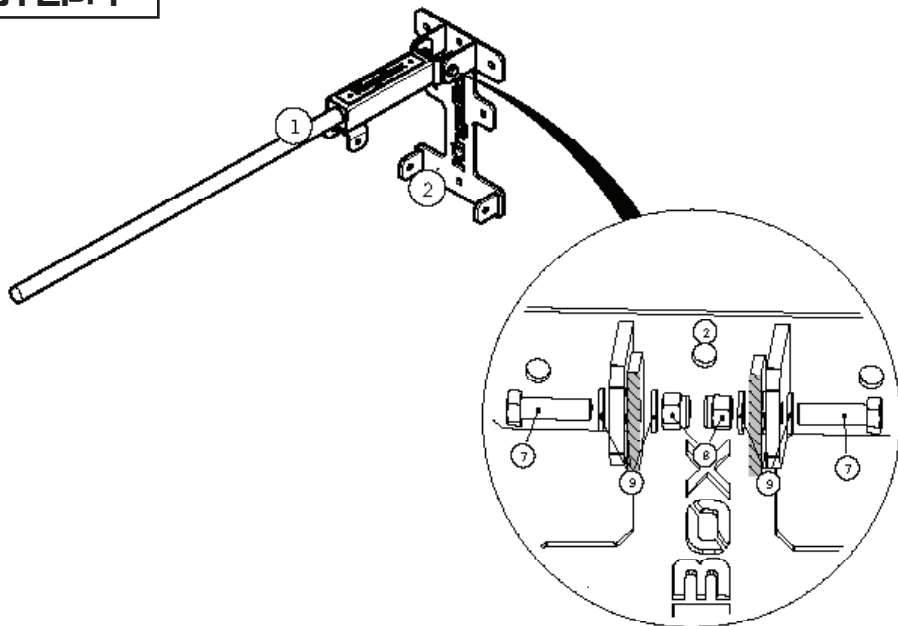


**Position 11**

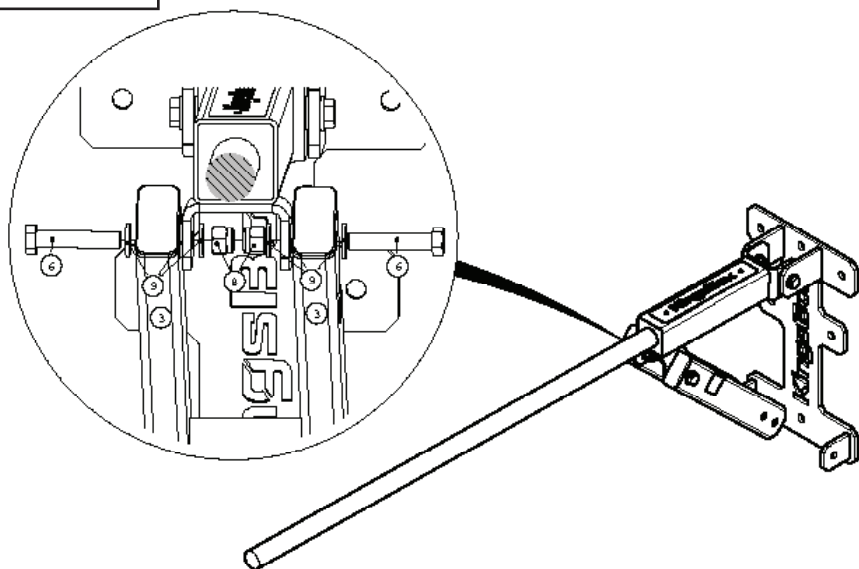
**Concrete Screw (not  
included)**

# Assembly instruction:

## STEP: 1

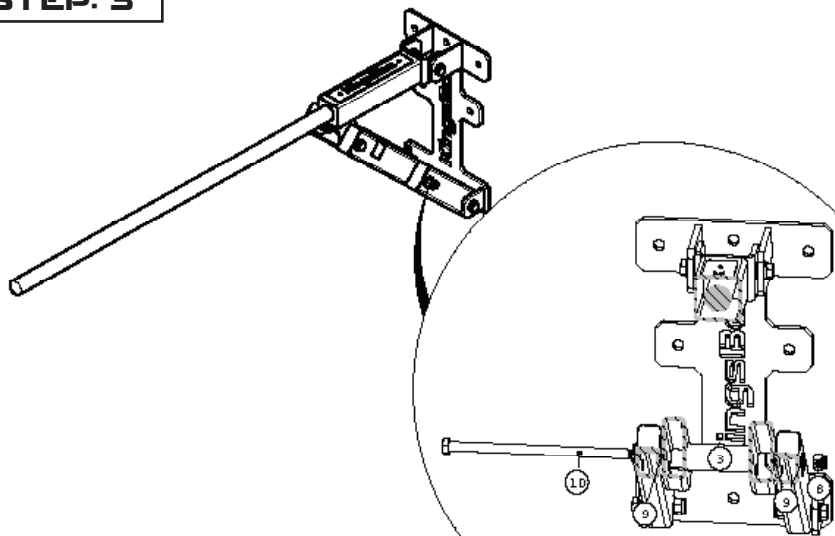


## STEP: 2

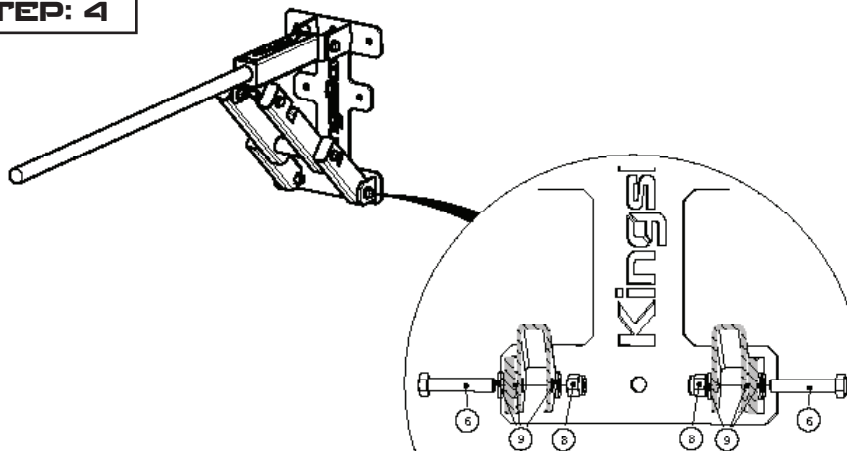


# Assembly instruction:

**STEP: 3**

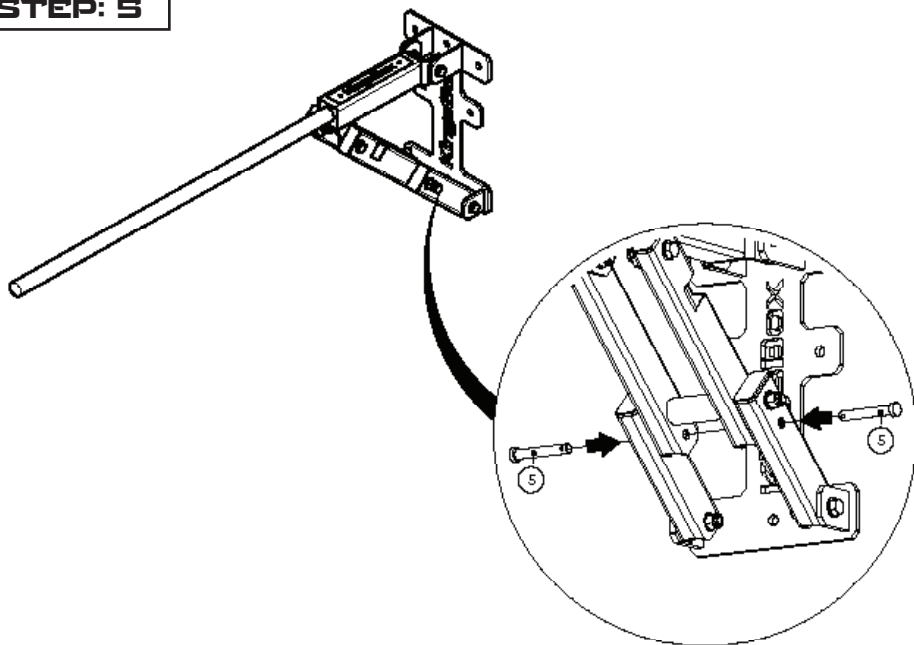


**STEP: 4**



# Assembly instruction:

**STEP: 5**



**STEP: 6**

