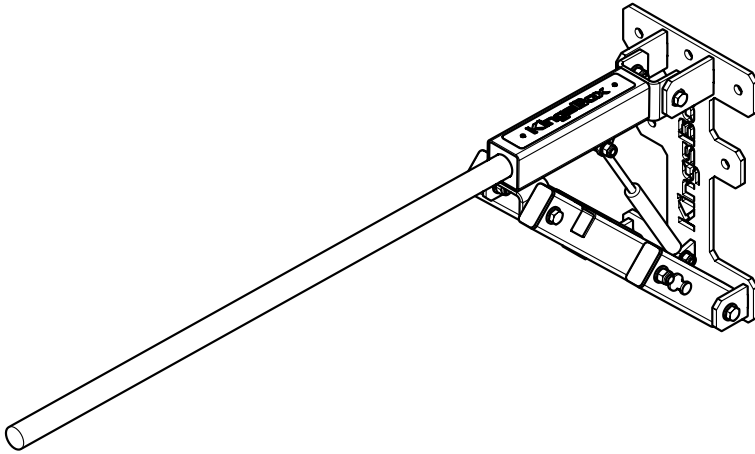


3 Seconds Pull Up Bar

(KB07RI-026 / KB07RI-027)



Manufacturer:
Kingsbox d.o.o.
Partizanska 129, 6210 Sežana
Slovenia

KingsBox®
BUILDING BETTER HUMANS

Customer service:

Write us on info@kingsbox.com or send us a message through our website at www.kingsbox.com/help

Usage class:

Studio (S)

Designed in compliance with:

ISO 20957:1

Warnings:

- Freestanding equipment shall be installed on a stable and levelled base
- All equipment designed with anchoring/attachement holes (e.g. PU bars, rigs, racks, equipment and accessories for racks, storage pins/shelves, etc.) should be securely screwed to the fixed ground/wall/structure through all the designated fixing holes and with appropriate sized screws.
- Injuries to health may result from incorrect or excessive training
- Check the equipment for any damage before every training. Do not use the equipment if you find damaged parts. Please, contact Kingsbox for assistance with replacement parts.
- Keep unsupervised children away from the equipment

Maximum user body mass: 155 kg

Maximum training mass ⁽¹⁾: 30 vkg

⁽¹⁾ Training mass - achieved through different means of resistance (weight plates, stacked weights, dumbbells, elastic cords, etc.), excluding user's

WARNING!

Equipment installed on the rigs and racks:

The structure (rig/rack) onto which the equipment is attached **MUST** be securely anchored into the ground, otherwise a high risk of structure overturning exists.

Failure to do so presents a high risk of injuries that could eventually lead to death of the people exercising or present near the equipment.

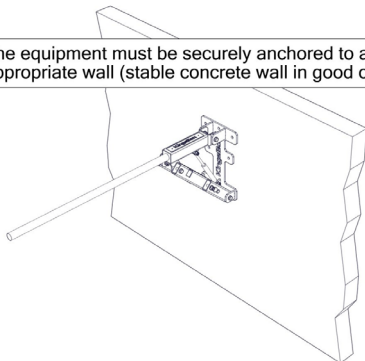
The fixing bolts for wall and / or floor are not included in the package, since different types of anchor bolts must be used for different wall / floor types. Please, consult with a construction expert regarding the appropriate type of anchor bolts for your wall.

WARNING!

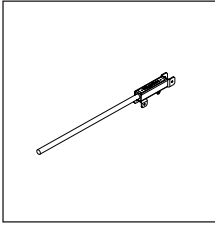
Equipment installed on the wall:

The equipment **MUST** be securely anchored to an appropriate wall (stable concrete wall in good condition) to avoid any failure of the equipment during exercise (such as equipment detaching from the wall, wall damage, wall collapse etc.).

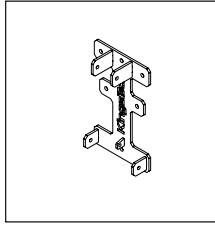
The equipment must be securely anchored to an appropriate wall (stable concrete wall in good condition).



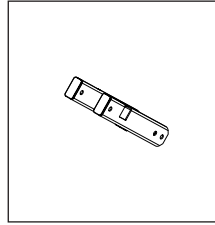
Assembly elements:



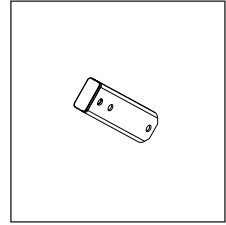
Position 1
Solo PU Bar



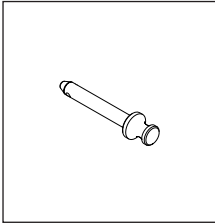
Position 2
Solo PU Bar Wall Mount



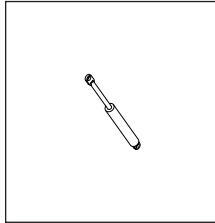
Position 3
SPB Top Fix



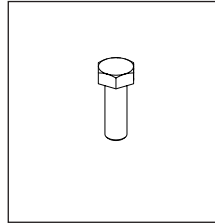
Position 4
SPB Bottom Arm



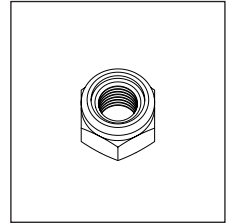
Position 5
Pin 84x12



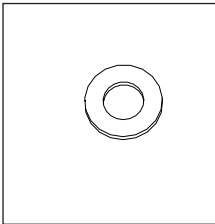
Position 6
Gas Spring



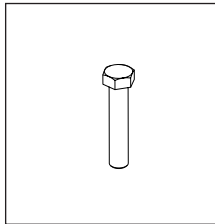
Position 7
M10x35



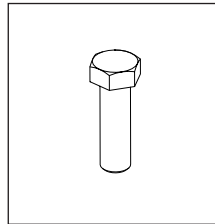
Position 8
M10 Nut



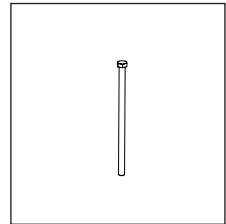
Position 9
M10 Washer



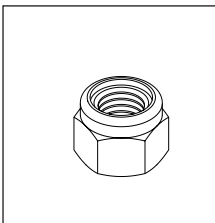
Position 10
M12x60



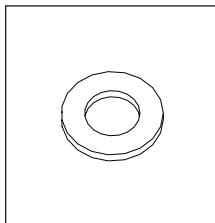
Position 11
M12x40



Position 12
M12x230

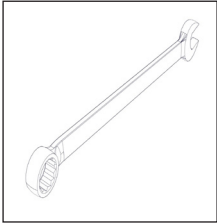


Position 13
M12 Nut



Position 14
M12 Washer

Tools needed:



Wrench 19
2x

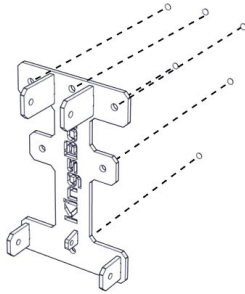


Wrench 17
2x

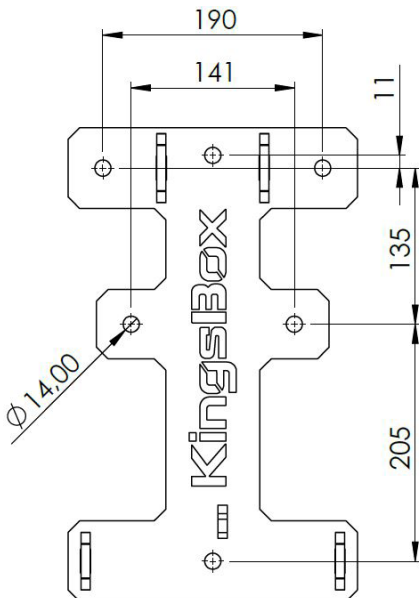
Assembly instruction:

1

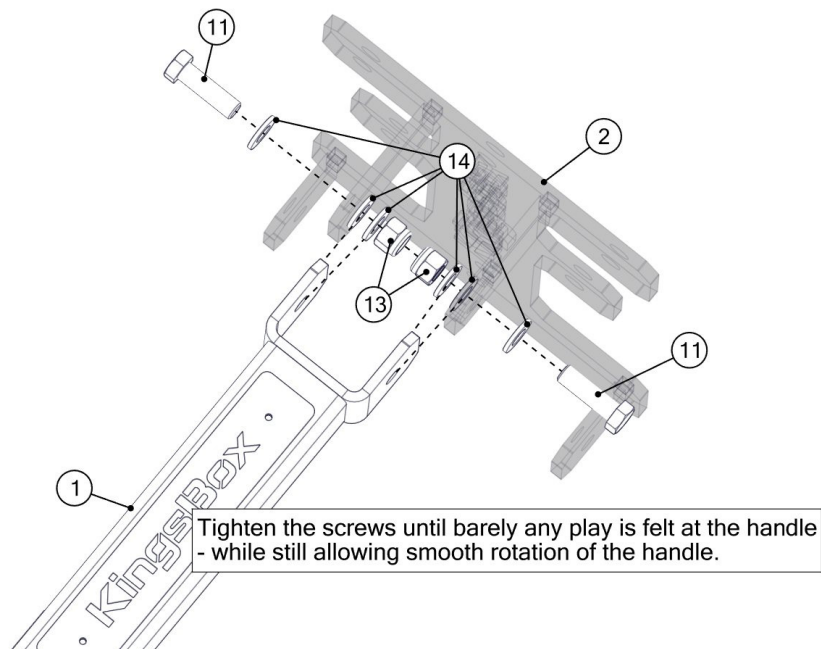
Please, consult with a construction expert regarding the appropriate type of anchor bolts for your wall.



Hole Positions:

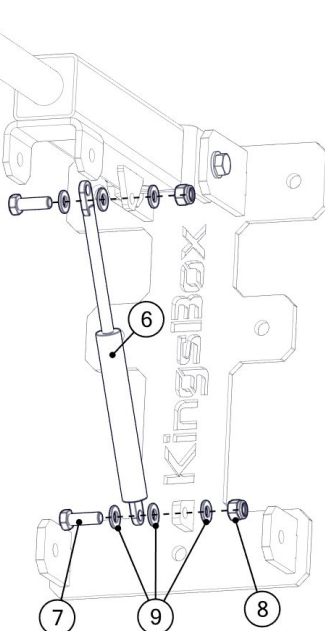
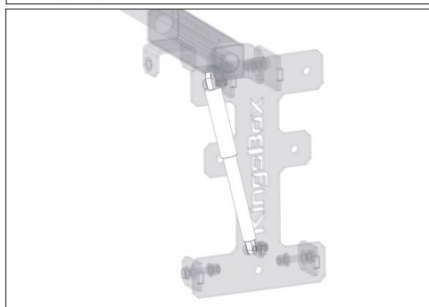


2

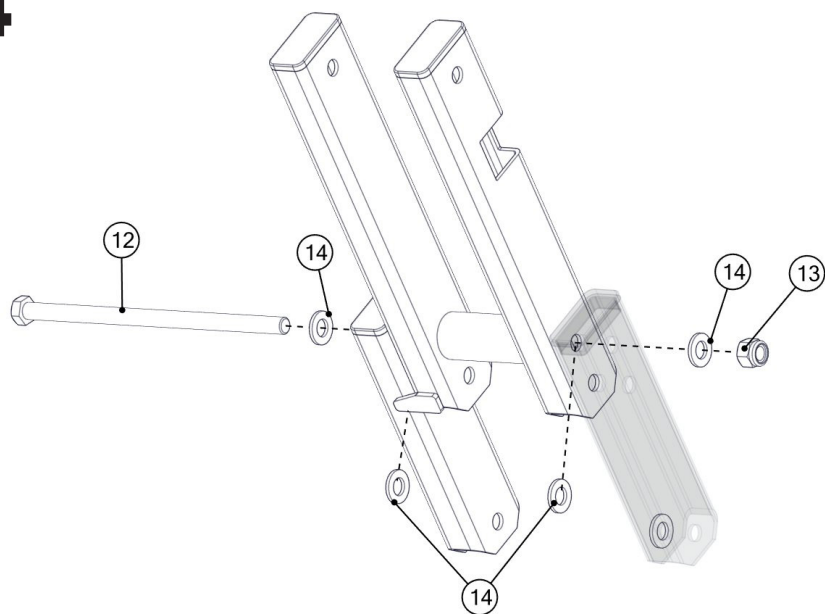


3

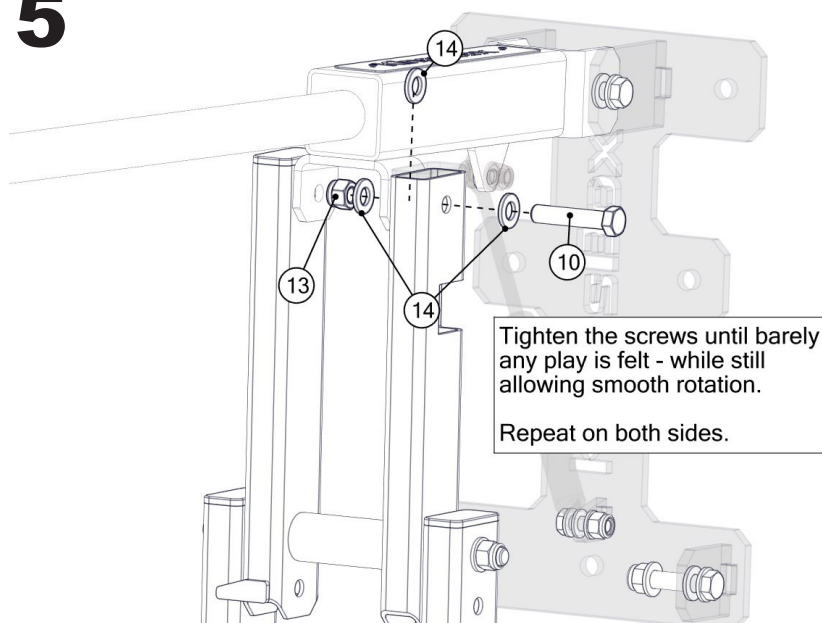
NOTE:
Outdoor version - spring cover must be facing up.



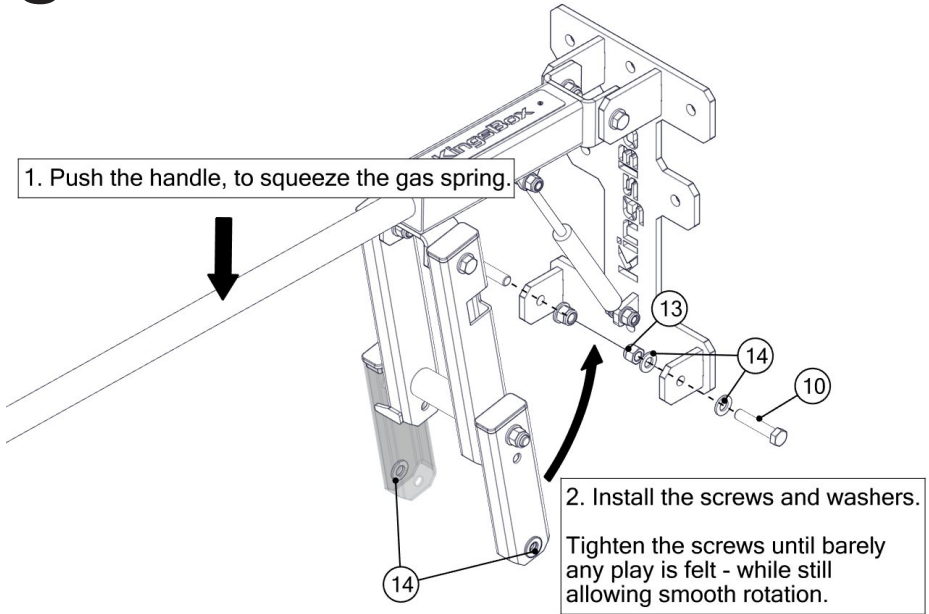
4



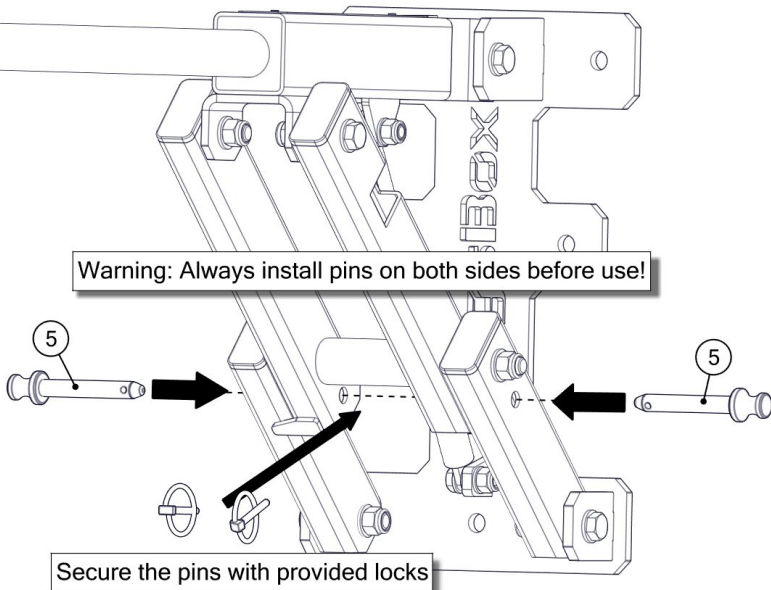
5



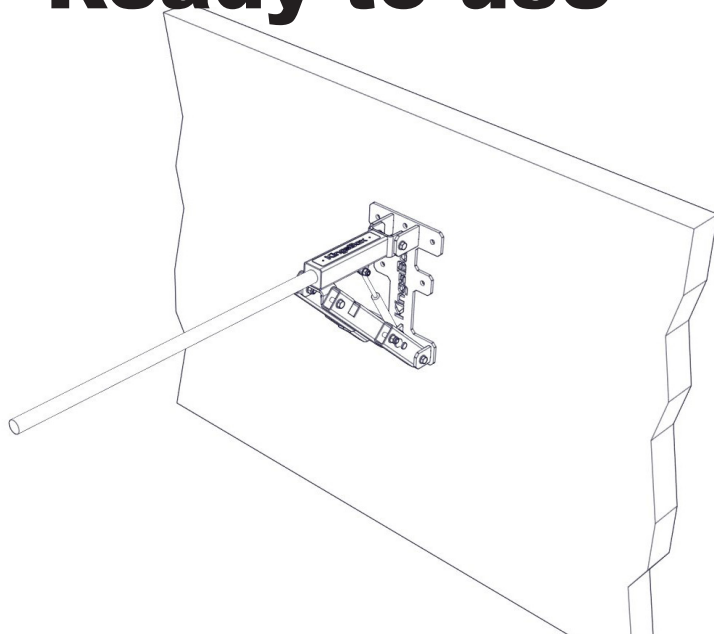
6



7

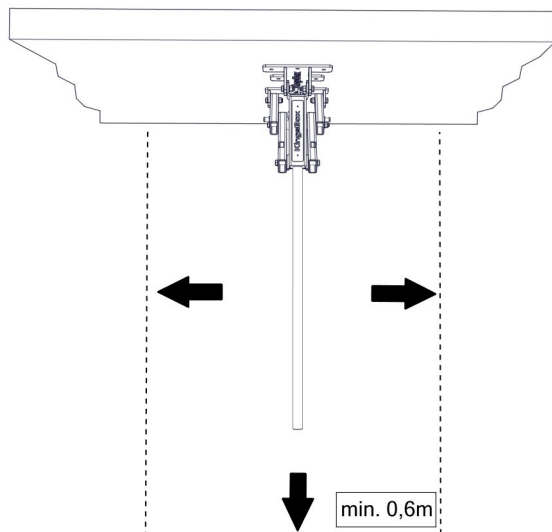


8 - Ready to use



Note:

Free area around the training equipment should be $>0,6\text{m}$ than the training area in the direction from which the equipment is accessed.

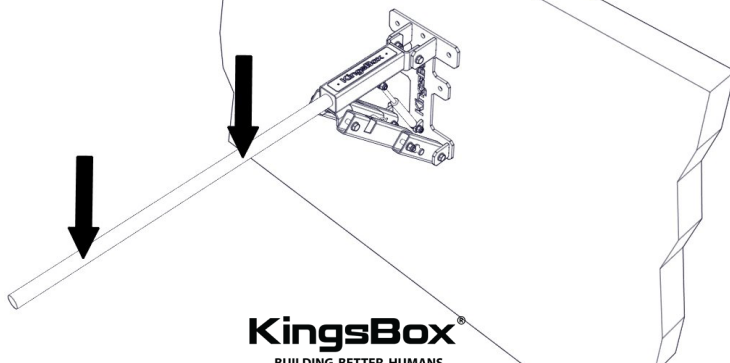


Max. load



Check that the equipment is securely fixed to the wall before every exercise!

Max. combined load: 185kg (see pg. 2)



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