



Installation Guide for 'Fitness Tree CHUNKY PLUS Pull Up Bar'

Tools required:

Spade/digging shovel
Post hole digger
String line
Tape measure
Bucket
Postcrete (enough for 2 poles)
Steps
Spirit Level
Drill and 4mm drill bit
Socket set

Tools Optional:

Heavy digging bar
Stepladder
Wheelbarrow

Parts identification:

2 x Class 4 timber poles
Fitness Tree steel attachment branch and locating pin
FT Pull up bar
2 x Black Plastic cap for top of poles
4 x coach screws and washers

Important

The installation instructions are meant as a guideline. Dependent on the structure of the ground you are installing the posts in your requirements may vary. If you are unsure please seek the advice of a reputable builder or landscape gardener.

It will prove easier to install your poles with two people. On average it takes 1 hour per post. The finished height will depend on the person using the Fitness Tree.

Tel: 07956 406585 Email: martin@fitnesstree.co.uk Website: www.fitnesstree.co.uk
Fitness Tree Office: 56 Main Street, Lambley Nottingham NG4 4PP



CHUNKY PLUS

Layout - Frontal View

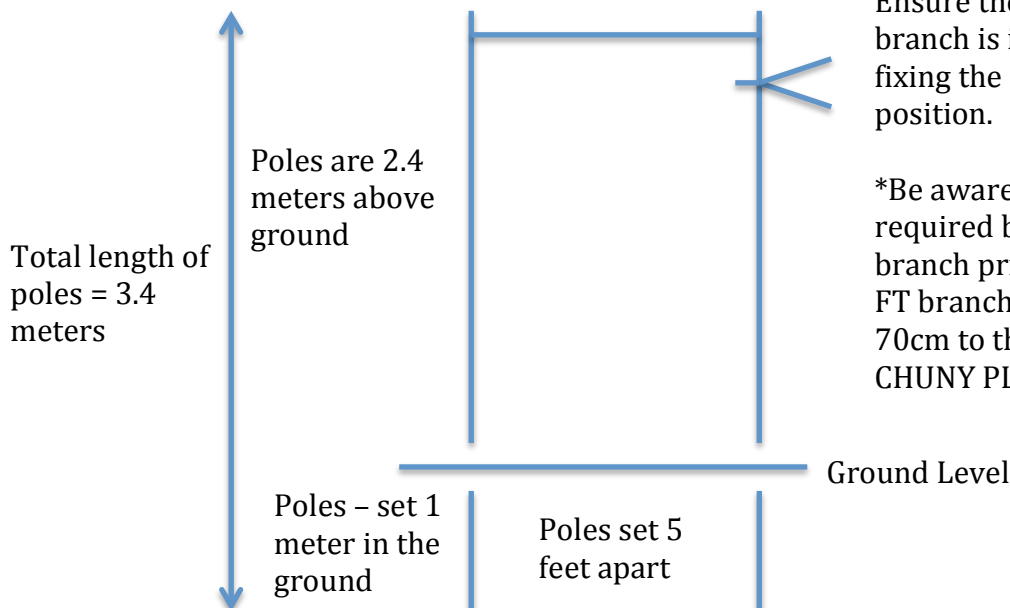


Standard measurements for installing the Fitness Tree CHUNKY PLUS Pull-Up Bar

Pull up bar set between 10 cm and 20 cm from top of poles dependant on height of user

Ensure the Fitness Tree branch is installed prior to fixing the Pull up bar in position.

*Be aware of the extra width required by the Fitness Tree branch prior to install. The FT branch will add a further 70cm to the width of the CHUNY PLUS.





CHUNKY PLUS

Step 1: Decide on the placement of your pull up bar by laying it on the ground. Be aware that the Fitness Tree Branch will be located on the side of one of the poles and will add further width to the pull up bar rig. Therefore place the Fitness Tree branch to the side of the pull up bar so you can workout the total width and spacing required.

Use a spade to cut 250mm-300mm square in the earth where the first post is to be located. The first post will be the one that you are using to house the Fitness Tree attachment branch.

Step 2: Dig the hole 1 meter (marked by the black tape on the pole) in depth making sure the width of the hole is consistent all the way down. When you have dug the hole place a brick or stones in the base of the hole as it provides a firm bed for the bottom of the pole to sit on. (For strength and stability purposes it is essential that the hole is 1 meter in depth)

Step 3: Place the bottom end of the fitness tree attachment pole in the hole (this pole is easy to identify as it will have the locating pin holes and the 2 metal slider strips on the pole). Centre the post in the hole making sure it is in the correct position for use. Anything below the black tape on the pole should be in contact with the ground

*** IMPORTANT - HAVE YOU GOT THE FITNESS TREE ATTACHMENT BRANCH POLE IN THE CORRECT POSITION??**

On the black tape is a silver strip marking 'FRONT' and 'BACK'. These will be in line with one of the 2 galvanised metal strips facing in the Front and Back direction. It is important that the pole is placed the right way round.

The FRONT of the pole should be facing away from the rig with the 'BACK' of the pole pointing inwards towards where the other pole will be located. At the top of the 'BACK' of the pole is where the Pull up bar will attach. You will notice that the metal strip finishes below the top of the pole leaving a gap for one end of the pull up bar to be attached.

Step 4 – Now place the Pull-up bar up against the Fitness Tree post and make sure that IF attached, the bar would be running in a line that will meet where you wish the second post (5 feet away – the length of the pull up bar – see picture). You are ready to postcrete so follow the instructions given on the side of the postcrete bags. Using a spirit level make sure the post remains straight as you add the postcrete to the water in the hole.

*** At this stage Slide the FT attachment branch over the top of the pole and pin in position near the base of the pole while the postcrete sets.**





CHUNKY PLUS

Step 5: As you have now installed the Fitness Tree attachment pole (shown in picture below) you should be left with the plain pole to install. With the Pull up bar in position on the ground (shown in pictures below) complete Steps 1 to Step 2 to prepare your plain hole. At this stage you may need a string line. Run it along the Fitness tree post you have just postcreted in place and over the top of where your next hole will be (shown below). This helps you to get the next post in following a perfectly straight line. See pictures below.



Step 6: With the bar in position and the second hole now dug, place the second pole into the hole.

*** IMPORTANT – ENSURE THAT THE SECOND POLE IS POSITIONED SO THAT THE FLAT GROOVE LOCATED AT THE TOP OF THE POLE FACES INWARDS TOWARDS THE FITNESS TREE POLE. THIS IS THE AREA THAT THE PULL UP POLE WILL BE ATTACHED TO THE POLE AS IT HAS A FLAT EDGE.**

Use a spirit level to ensure the second post is the same height as the first Fitness Tree post. You may need a stepladder for this. If your spirit level is not long enough to span between the posts then place it along a straight piece of wood.

Step 7: Once the height is correct follow above guidelines to postcrete the second pole in place. Note – Make sure the pull up bar is tight between the two posts on the floor. Providing that your vertical level is correct, the distance at the bottom of the two poles will be exactly the same as the distance between the posts at the top.



CHUNKY PLUS

Step 8: You can choose to let the posts set for 24 hours or before setting the pull up bar or you can do it straight away.

The height of the pull up bar can be set anywhere above top of the metal strip located on the back of the Fitness Tree pole. The poles should have a flat groove facing inwards where the pull up bar brackets can be attached.

Place the centre of the brackets down the centre line of the post. Use a pencil to mark the holes required for drilling once you have decided the exact height you wish to have the bars. Next using a 4 mm drill bit drill the pilot holes.

Using a drill, spanner or socket wrench screw the pull up bar to the post using the coach screws and washers provided. Ideally you will want someone else the other end to support the pull up bar. Always fit the top coach screw first and move to the other pole before fixing the bottom one.

If the posts are exactly level then a measurement is all that is required to ensure the pull up bar is level. If there is a slight difference in the height of the poles, not to worry just use a spirit level to check that the bar is horizontal before drilling the holes.

Allow 48 hours for the postcrete to fully set before using the Fitness Tree CHUNKY PLUS pull up bar rig.



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