

# Assembly & Operating Instructions

## Ironmaster Chin Up Bar

Congratulations on your purchase of this fine Ironmaster product. For any technical questions or support please contact us at 1-800-533-3339. Be sure to read and understand the operating instructions.



### **CAUTION:**

The Ironmaster Chin up bar attachment is designed specifically to be used with the Ironmaster Superbench as shown left. Do not under any circumstances use the attachment with any other product except the Ironmaster Super Bench. Maximum load capacity for the Chin up bar is 300pds (145kg).

### **Note:**

Super Bench sold separately

### **Box Contents:**

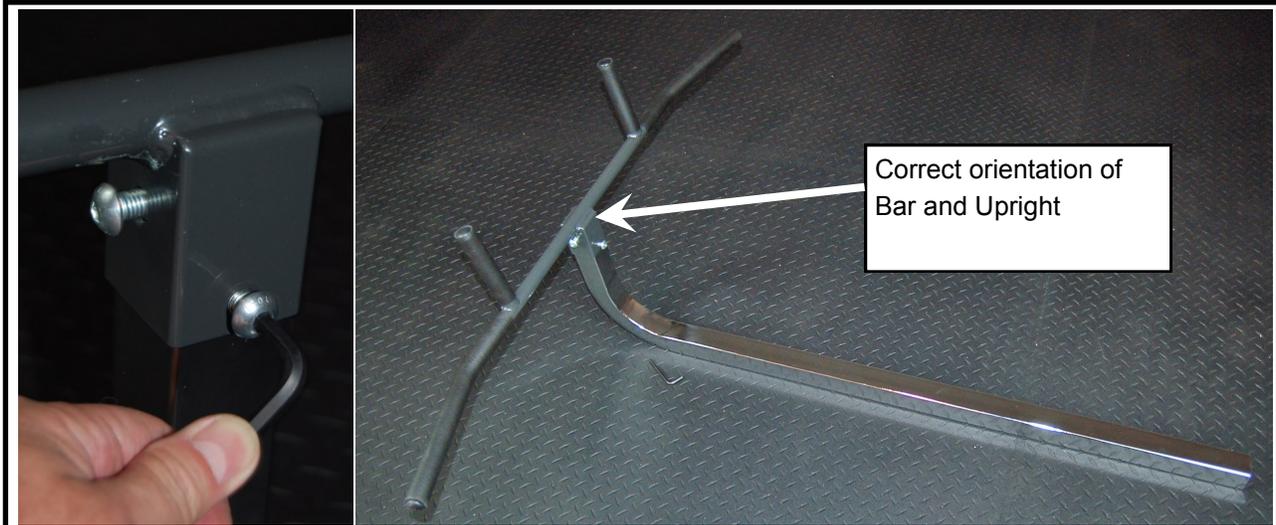
- 1x vertical Upright
- 1x Chin up handle bar
- 1x bolt pack (includes 4x M10x20 mounting bolts and 1x 6mm Allen wrench)

### **Assembly:**

Remove box contents and locate bolt pack. Then, attach the Chin up handle Bar using the four bolts and Allen wrench as shown on illustration step 1. Once assembly is complete, you may install the Chin up bar into the Super Bench main frame as shown in Step 2.

If this is your first time to use an accessory in conjunction with your Ironmaster Super Bench, please take a moment to familiarize yourself with the Pull pin locator as described on Page 2 prior to installing your

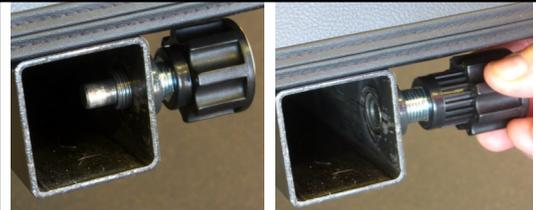




Correct orientation of Bar and Upright

**Step 1:** Assemble Chin up bar and Vertical Upright as shown. Chin up bar must be attached to the upright in this orientation.

**Note** prior to installation of Chin up Bar or any other Ironmaster Super Bench accessory familiarize yourself with the function and safety tips for the Pull pin as described in your Super Bench manual. The type of Pull pin you have will be determined by the age of your product. Always secure the pin tightly before use.



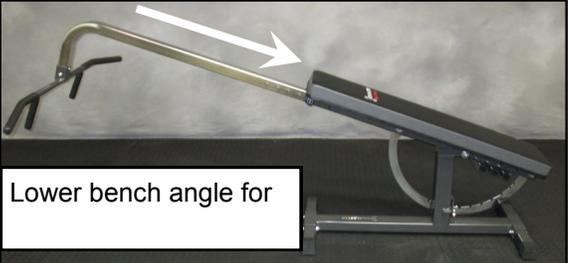
First, locate the Pull pin at the front of the frame under the main bench pad. To operate, turn the pin counter clockwise until you are able to pull the pin against the spring (note if you continue to turn, the entire Pull pin assembly will come out of the Super Bench frame).

It is recommended to unthread the pin once or twice to familiarize yourself with how many turns it takes to disengage the threads but keep the pull pin barrel inside the frame before using any accessories.

When used correctly, the barrel should just be flush with the inside of the Super Bench



**T-pin type:**  
Unscrew the T-pin until it releases. Then pull outward to remove/install accessories.  
You will hear an audible 'click' when the accessory locks into position. Tighten securely.



Lower bench angle for



Adjust Super Bench into

**Step 2:**

Once you have familiarized yourself with the safety aspects of accessory usage with the Super Bench, install your Chin up Bar into the mainframe as shown left.

**Tip:** It is both easier and safer to install the Chin up bar at a lower bench angle and then, once the Pull pin is locked into position (taking note of light fixtures, low ceilings, etc) adjust the Super Bench into the operational full upright position as shown.



### **Using your Chin up Bar Attachment.**

Only use the Chin up Attachment in the orientation shown, with the bench in the FULL UPRIGHT POSITION. Using the Chin up bar with the Super Bench at a lower angle will be unstable and could tip over/ cause injury.

The Chin up bar attachment is designed primarily for Chin ups and Pull ups.

### **WARNING:**

Do not use the Chin up bar attachment in any exercise that involves swinging such as Kipping pull ups or any variation thereof. This could cause the base of the Super Bench to become unstable due to the high center of gravity when using this attachment.

Only use your Chin up attachment with your Super Bench on a flat/level surface.

Do not attach straps or attempt to hang upside down from the Chin up bar under any circumstances. Serious injury could occur.

Use common sense and keep your exercise platform stable. If for any reason the Bench feels unstable or has excessive play in the frame/locking lever or feet immediately discontinue use

### **Warranty Information:**

Ironmaster warrants to the original purchaser that this Home Fitness Product will be free from defects in workmanship and materials for a specific period from date of purchase based on the part type listed below. During the warranty period, Ironmaster will either repair or replace, at its option, defective part(s) at no charge. Warranty covers in home use only.

1 year for normal wear items such as rubber, upholstered parts and surface finishes.

10 years for frame and structural components.

Shipping costs are not included in the warranty and some items may need to be sent to Ironmaster for repair or replacement. Installation of any parts and labor involved is not included. The warranties described above shall be the sole and exclusive remedy available to the purchaser. Correction of defects, in the manner and for the period of time described above, shall constitute complete fulfillment of all liabilities and responsibilities of Ironmaster to the purchaser with respect to the product, and shall constitute full satisfaction of all claims, whether based on contract, negligence, strict liability or otherwise. In no event shall Ironmaster be liable or in any other way responsible for damages or defects in the product which were caused by repairs or attempted repairs performed by anyone other than Ironmaster or Authorized service Contractor. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear of the product purchased. Nor shall Ironmaster be liable or in any way responsible for any incidental or consequential economic or property damage. Some states do not allow the exclusion of incidental or consequential damage, so the above exclusion may not apply to you.