

Toorx 8029975994581

Toorx TTM-Pro Multi-Grip Wall-Mounted Pull-Up Bar User Manual

Model: TTM-Pro (8029975994581)

[Installation](#) [Operation](#) [Maintenance](#) [Troubleshooting](#) [Specifications](#) [Warranty & Support](#)

1. SAFETY INFORMATION

Before assembling or using the Toorx TTM-Pro Multi-Grip Wall-Mounted Pull-Up Bar, please read and understand all instructions in this manual. Retain this manual for future reference.

- **Maximum User Weight:** This pull-up bar is designed to support a maximum user weight of 150 kg (330 lbs). Do not exceed this weight limit.
- **Installation:** Ensure the pull-up bar is securely mounted to a solid, load-bearing wall structure (e.g., concrete, solid brick, or wooden studs). Consult a professional if you are unsure about your wall's suitability.
- **Fasteners:** Mounting hardware (screws, anchors) is **not included**. Use appropriate fasteners for your specific wall type to ensure maximum safety and stability.
- **Inspection:** Before each use, inspect the pull-up bar for any signs of wear, damage, or loose fasteners. Do not use the equipment if any issues are found.
- **Proper Use:** Use the pull-up bar only for its intended purpose. Avoid swinging, sudden movements, or any actions that could compromise stability.
- **Children and Pets:** Keep children and pets away from the equipment during use.

2. PACKAGE CONTENTS

Carefully unpack all components and verify that you have received the following items:

- Main pull-up bar frame (multi-grip design)

- Wall mounting brackets
- Assembly hardware (bolts, washers, nuts for connecting frame parts)
- Instruction Manual (this document)

Note: Wall mounting fasteners (e.g., concrete anchors, lag screws for wood studs) are not included and must be purchased separately based on your wall type.

3. SETUP AND INSTALLATION

Proper installation is crucial for safety. If you are not confident in your ability to install this product, seek professional assistance.

1. **Choose Location:** Select a sturdy wall capable of supporting the pull-up bar and user weight. Ensure there is sufficient overhead clearance and space around the bar for exercises.
2. **Determine Mounting Height:** The ideal mounting height allows you to hang with your feet off the ground, with a slight bend in your knees. Mark the desired height on the wall.
3. **Assemble Frame:** Connect the main pull-up bar frame components using the provided bolts, washers, and nuts. Do not fully tighten all bolts until the unit is mounted to the wall.
4. **Mark Drilling Points:** Hold the assembled pull-up bar against the wall at the desired height. Use a level to ensure it is straight. Mark the drilling points for the wall mounting brackets.
5. **Drill Holes:** Drill holes at the marked points using a drill bit appropriate for your chosen wall fasteners.
6. **Install Wall Fasteners:** Insert the appropriate wall anchors or lag screws into the drilled holes.
7. **Mount Pull-Up Bar:** Securely attach the pull-up bar to the wall using the chosen fasteners. Tighten all wall mounting bolts firmly.
8. **Final Tightening:** Once the bar is securely mounted, fully tighten all bolts on the frame components.
9. **Test Stability:** Before full use, gently apply weight to the bar to test its stability. Gradually increase weight to ensure it is securely installed.



Image 1: Toorx TTM-Pro Multi-Grip Wall-Mounted Pull-Up Bar, front view. This image shows the robust construction and multiple grip positions of the pull-up bar, illustrating its design for varied exercises.

4. OPERATING INSTRUCTIONS

The Toorx TTM-Pro Multi-Grip Wall-Mounted Pull-Up Bar offers various grip options for a comprehensive upper body workout.

- **Wide Grip:** Use the outermost handles for wide-grip pull-ups, targeting the lats and upper back.
- **Neutral Grip:** Utilize the parallel handles for neutral-grip pull-ups, which can be easier on the shoulders and target different back muscles.
- **Close Grip:** Use the inner handles for close-grip pull-ups or chin-ups, emphasizing biceps and inner back muscles.
- **Chin-Ups:** Reverse your grip (palms facing you) on any of the handles for chin-ups, which heavily engage the biceps.
- **Leg Raises:** Hang from the bar and perform leg raises to engage core muscles.

Always perform exercises with controlled movements. Avoid jerking or swinging, which can lead to injury or stress on the equipment.

5. MAINTENANCE

Regular maintenance ensures the longevity and safety of your pull-up bar.

- **Cleaning:** Wipe down the bar with a damp cloth after each use to remove sweat and dirt. Do not use abrasive cleaners.
- **Fastener Check:** Periodically check all bolts and nuts (both frame assembly and wall mounting) to ensure they remain tight. Retighten as necessary.
- **Inspect for Wear:** Regularly inspect the steel frame for any signs of rust, cracks, or deformation. If any damage is observed, discontinue use immediately and contact customer support.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Bar feels unstable or wobbly.	Loose mounting bolts or inadequate wall support.	Ensure all wall mounting bolts and frame assembly bolts are securely tightened. Verify the wall structure is suitable for mounting. If necessary, consult a professional for re-installation.
Difficulty assembling components.	Incorrect alignment or missing hardware.	Refer to the assembly instructions. Ensure all parts are correctly oriented and all necessary hardware is present. Do not force components.
Squeaking noise during use.	Loose connections or friction between metal parts.	Check and tighten all bolts. A small amount of lubricant (e.g., silicone spray) can be applied to contact points if the noise persists, ensuring it does not affect grip.

7. SPECIFICATIONS

Model:	TTM-Pro
Brand:	Toorx
Material:	Alloy Steel
Color:	Black
Mounting Type:	Wall Mount
Maximum Recommended Weight:	150 Kilograms (330 lbs)
Product Dimensions (L x W x H):	118 x 66 x 53 cm (approx. 46.5 x 26 x 20.9 inches)
Product Weight:	15 Kilograms (33.07 lbs)
Tube Dimensions (Square):	50x50 mm
Tube Dimensions (Circular):	ø 30 mm
Manufacturer Reference:	8029975994581

8. WARRANTY AND SUPPORT

The Toorx TTM-Pro Multi-Grip Wall-Mounted Pull-Up Bar comes with a **2-year warranty** from the date of purchase, covering manufacturing defects.

For warranty claims, technical support, or inquiries regarding parts, please contact your retailer or the Toorx customer service department. Please have your proof of purchase and model number (TTM-Pro, 8029975994581) ready when contacting support.

Note: The warranty does not cover damage caused by improper installation, misuse, neglect, or normal wear and tear.