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ONETWOFIT OT103

ONETWOFIT Wall Mounted Pull Up Bar

Model: OT103

User Manual

1. INTRODUCTION

Thank you for choosing the ONETWOFIT Wall Mounted Pull Up Bar, Model OT103. This manual provides essential information for the safe and correct installation, operation, and maintenance of your new fitness equipment. Please read all instructions carefully before assembly and use.

This pull-up bar is designed to provide a stable and versatile platform for various upper body exercises, including pull-ups, chin-ups, and exercises with resistance bands or a punch bag. Its robust 6-hole design ensures enhanced stability and safety.

Important Safety Information:

- Always consult with a healthcare professional before starting any new exercise program.
- Ensure the pull-up bar is securely installed according to the instructions. Improper installation can lead to serious injury.
- The maximum weight capacity for this unit is 440 lbs (200 kg). Do not exceed this limit.
- Regularly inspect the equipment for wear and tear, loose bolts, or damage. Do not use if damaged.
- Keep children and pets away from the equipment during use.

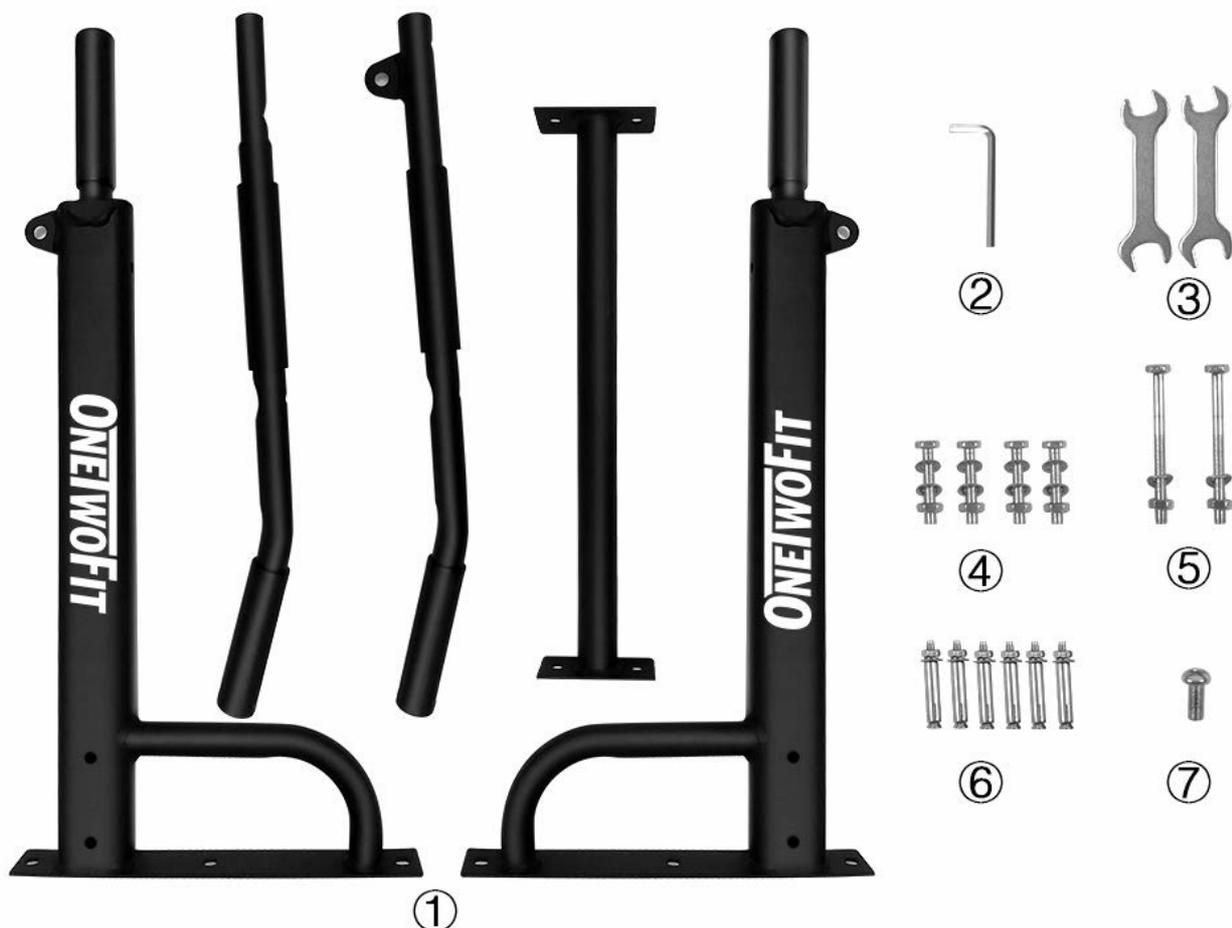


Image 1.1: Front view of the ONETWOFIT Wall Mounted Pull Up Bar.

2. PACKAGE CONTENTS

Please verify that all components listed below are present and undamaged before beginning assembly. If any parts are missing or damaged, please contact customer support.

- 1 x Wall Mounted Pull Up Bar Frame
- 1 x Hex Screwdriver
- 2 x Wrenches
- 4 x M8×40 Screws
- 2 x M8×95 Screws
- 6 x 12mm Expansion Screws
- 1 x M6×14 Screw



- | | |
|-------------------------------|----------------------------|
| ① wall mounted pull-up bar *1 | ⑤ M8 x 95 screws * 2 |
| ② Hex screwdriver * 1 | ⑥ 12mm expansion screw * 6 |
| ③ Wrench * 2 | ⑦ M6×14 screws * 1 |
| ④ M8×40 screws * 4 | |

Image 2.1: All components and hardware included in the package for the pull-up bar.

3. SPECIFICATIONS

Brand	ONETWOFIT
Model Number	OT103
Material	Solid Steel
Color	Black, Red
Mounting Type	Wall Mount
Maximum Weight Recommendation	199.58 kg (440 lbs)
Item Weight	5.62 kg
Product Dimensions (Overall Width)	97 cm (38.1 inches)
Product Dimensions (Depth from Wall - Top Bar)	65 cm (25.5 inches)
Product Dimensions (Depth from Wall - Lower Bar)	53.5 cm (21 inches)
Mounting Plate Height	31 cm (12.2 inches)
Distance Between Mounting Plates	49 cm (19 inches)

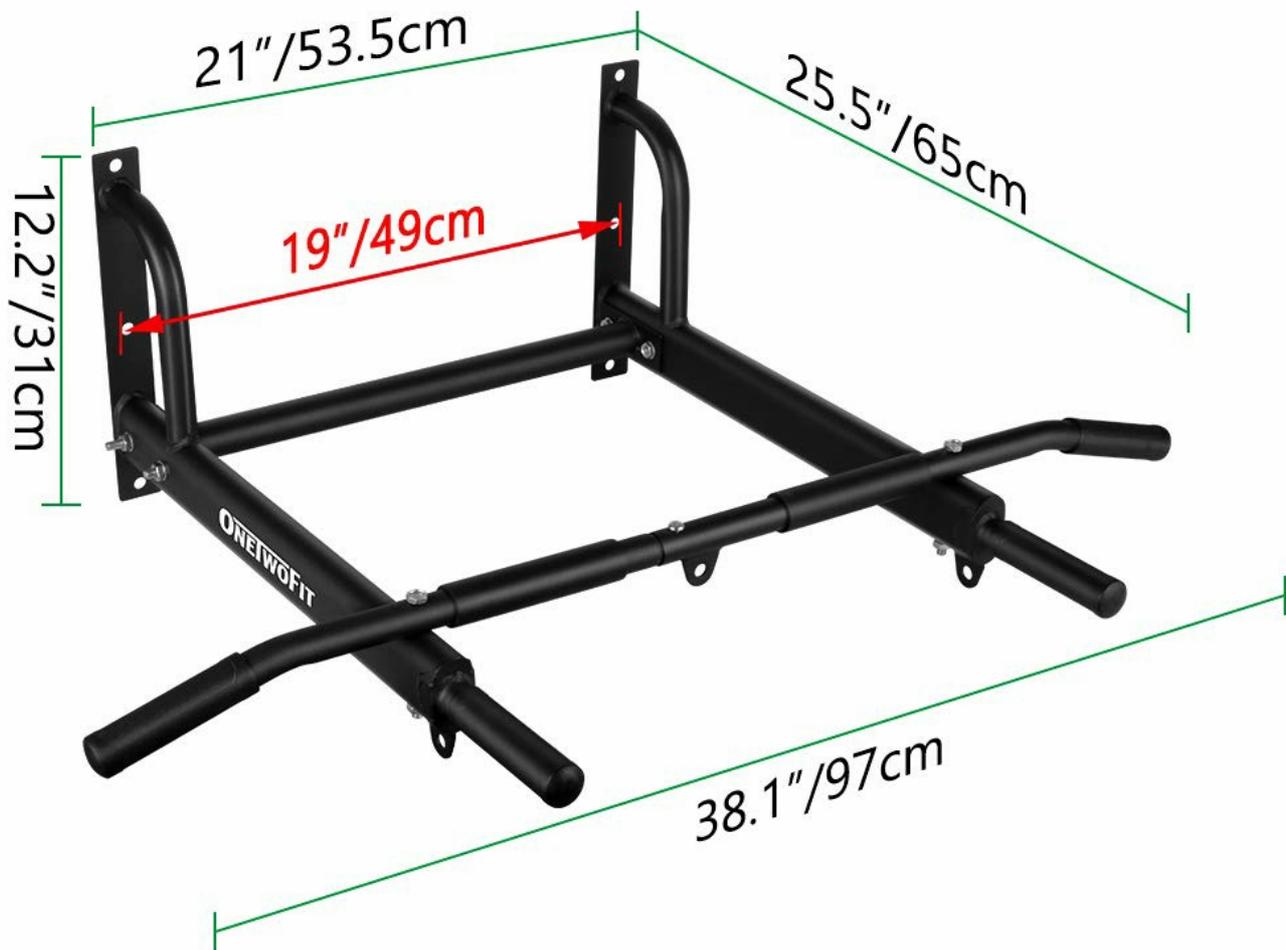


Image 3.1: Detailed dimensions of the pull-up bar for installation planning.

4. SETUP AND INSTALLATION

Proper installation is critical for the safety and stability of your pull-up bar. If you are unsure about any step, it is recommended to seek professional assistance.

4.1 Wall Mounting Requirements

The ONETWOFIT Wall Mounted Pull Up Bar must be installed on a solid, load-bearing wall. Suitable wall types include:

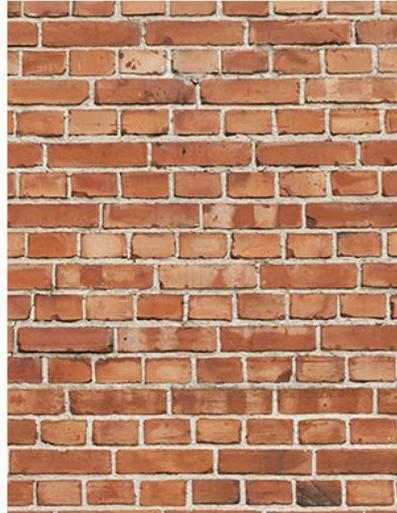
- Concrete brick wall
- Solid cement wall
- Solid red brick wall
- Solid tile wall

DO NOT install on:

- Hollow brick wall
- Honeycomb brick wall
- Drywall
- Sandwich panel

WALL MOUNTED REQUIREMENTS:

**1-Should be installed on the Concrete brick/ solid cement wall/
solid red brick wall / solid tile wall.**



**2-Do not install the product on hollow brick wall,honeycomb brick wall
and sandwich panel.**



3-For more installation advice,Pls see the product details page!

Image 4.1: Visual guide for acceptable and unacceptable wall types for installation.

4.2 Assembly Steps

- 1. Prepare the Wall:** Choose a suitable location on a solid wall, ensuring there is enough clear space around the bar for full range of motion during exercises. Use a stud finder to locate wall studs if applicable, or ensure the chosen solid wall can support the weight.
- 2. Mark Drilling Points:** Hold the assembled pull-up bar frame against the wall at the desired height. Use a level to ensure it is perfectly horizontal. Mark the six drilling points for the expansion screws. Refer to Image 3.1 for mounting plate dimensions.
- 3. Drill Holes:** Using an appropriate drill bit (e.g., 12mm for the expansion screws), drill holes at the marked points to the required depth. Ensure the holes are clean and free of debris.

4. **Insert Expansion Screws:** Insert the 12mm expansion screws (6 pieces) into the drilled holes.
5. **Mount the Frame:** Align the mounting plates of the pull-up bar frame with the expansion screws. Secure the frame tightly using the provided wrenches. Ensure all six screws are fully tightened to prevent any movement or instability.
6. **Final Check:** Once installed, gently pull on the bar to test its stability before full use. Ensure there is no wobbling or loosening.

Note: The included hardware is suitable for concrete or brick walls. For other solid wall types, you may need to source appropriate fasteners from a hardware store.

5. OPERATING INSTRUCTIONS / USAGE

The ONETWOFIT Wall Mounted Pull Up Bar offers multiple grip positions and attachment points for a comprehensive upper body workout.

5.1 Exercise Variations

- **Close Grip:** Targets biceps and back muscles effectively.
- **Mid Grip:** Engages overall muscle groups in the back and arms.
- **Wide Grip:** Maximizes targeting of the latissimus dorsi (lats).

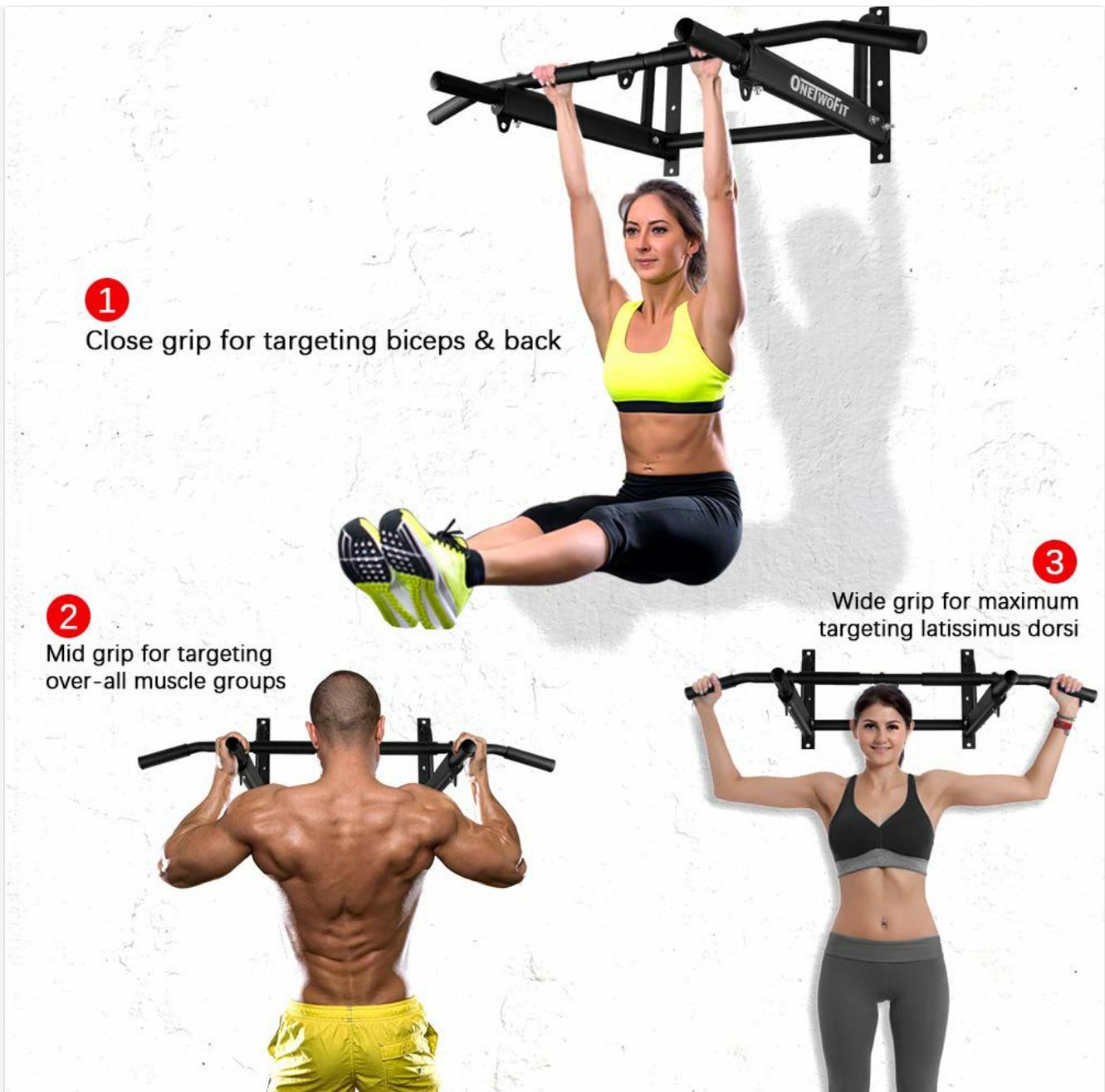


Image 5.1: Examples of different grip positions for varied muscle targeting.

5.2 Additional Uses

The bar features additional eyelets and a hook, allowing for integration with other fitness accessories:

- **Punch Bag:** Attach a punch bag for boxing or kickboxing training.
- **Resistance Bands:** Use resistance bands for assisted pull-ups or other exercises.
- **TRX Training / Slings:** Compatible with various suspension training systems.



Image 5.2: The pull-up bar used with a punch bag and resistance bands.

5.3 Exercise Safety Tips

- Always warm up before exercising and cool down afterward.
- Maintain proper form to prevent injury. If you are new to pull-ups, consider using resistance bands for assistance.
- Do not swing excessively or perform jerky movements.
- Stop exercising immediately if you feel pain or discomfort.

6. MAINTENANCE

Regular maintenance will ensure the longevity and safe operation of your ONETWOFIT Wall Mounted Pull Up Bar.

- **Inspection:** Periodically check all bolts, nuts, and welds for tightness and integrity. Tighten any loose fasteners immediately.
- **Cleaning:** Wipe down the bar and grips with a damp cloth after each use to remove sweat and dirt. For deeper cleaning, use a mild soap solution and dry thoroughly.

- **Rust Prevention:** The solid steel construction with black powder coating is designed to resist rust and corrosion. However, avoid prolonged exposure to moisture. If used outdoors, consider additional protective measures.
- **Grip Condition:** Inspect the soft cushions on the grips for any signs of wear or damage. Replace if necessary to maintain comfort and safety.

7. TROUBLESHOOTING

If you encounter any issues with your pull-up bar, refer to the following common troubleshooting steps:

- **Bar feels unstable or wobbly:**
 - Ensure all mounting screws are fully tightened.
 - Verify that the wall type meets the installation requirements (Section 4.1). If installed on an unsuitable wall, it must be relocated.
 - Check for any damage to the mounting plates or frame.
- **Difficulty during installation:**
 - Re-read the installation instructions carefully (Section 4.2).
 - Ensure you are using the correct drill bit size for the expansion screws.
 - If the wall material is exceptionally hard, a hammer drill may be required.
 - Consider seeking professional installation assistance.
- **Noise during use:**
 - Check all connection points and bolts for tightness. Loose components can cause creaking.
 - Ensure the wall surface is even and the mounting plates are flush against it.

8. WARRANTY AND SUPPORT

ONETWOFIT is committed to providing high-quality fitness equipment. For specific warranty details, please refer to the warranty card included with your purchase or visit the official ONETWOFIT website. Keep your proof of purchase for any warranty claims.

If you have any questions, require technical assistance, or need to report a missing/damaged part, please contact ONETWOFIT customer support through the retailer where you purchased the product or via the contact information provided on the official ONETWOFIT website.