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› [Yes4All Kingstud Wall Mounted Pull Up Bar Instruction Manual](#)

Yes4All X19F

Yes4All Kingstud Wall Mounted Pull Up Bar

Model: X19F | Brand: Yes4All

1. SAFETY INFORMATION

Please read and understand all instructions and warnings before installation and use of this product. Failure to follow these instructions may result in serious injury or property damage.

- This product is intended for experienced adults over 18 years of age.
- Ensure the installation surface (wall studs) is structurally sound and capable of supporting the pull-up bar and user's weight.
- Always use a stud finder to locate and confirm the center of the wall studs before drilling.
- Verify all bolts and connections are securely tightened before each use.
- Do not exceed the maximum weight capacity of 300 lbs.
- Perform exercises in a controlled manner. Avoid sudden movements or swinging that could compromise stability.
- Regularly inspect the pull-up bar for any signs of wear, damage, or loose components. Discontinue use immediately if any issues are found.

The manufacturer is not liable for any incidental or consequential loss, damage, or injury due to improper use or installation of this product.

2. PACKAGE CONTENTS

Verify that all components are present before beginning assembly:

- Yes4All Kingstud Chin Up Bar components
- Mounting hardware (bolts, washers, nuts)
- Instruction manual

3. INSTALLATION GUIDE

The Yes4All Kingstud Wall Mounted Pull Up Bar is designed for secure attachment to wall studs. It is compatible with king studs ranging from 34" to 38" apart. A minimum wall width of 38" is required for installation.

3.1 Tools Required (Not Included)

- Stud finder
- Drill with appropriate drill bits for pilot holes
- Wrench or socket set
- Level
- Measuring tape
- Pencil

3.2 Step-by-Step Installation

1. **Locate Wall Studs:** Use a stud finder to accurately locate and mark the center of two adjacent king studs. Ensure they are within the 34" to 38" compatibility range.
2. **Position Mounting Brackets:** Hold one of the mounting brackets against the wall, aligning its pre-drilled holes with the marked stud centers. Use a level to ensure it is perfectly vertical. Mark the drill points.
3. **Drill Pilot Holes:** Using an appropriate drill bit (refer to hardware instructions for recommended size), drill pilot holes at the marked points.
4. **Attach Mounting Brackets:** Securely fasten the mounting brackets to the wall studs using the provided lag screws and washers. Tighten all bolts firmly. Repeat for the second bracket, ensuring both are level and at the desired height.
5. **Assemble Pull Up Bar:** Connect the main pull-up bar to the installed mounting brackets using the remaining hardware. The bar offers multiple positions; choose the one that best suits your workout needs (closer or further from the wall).
6. **Final Tightening:** Double-check and securely tighten all bolts and nuts. Ensure there is no wobble or movement in the assembled unit.

KING STUDS COMPATIBILITY

DESIGNED FOR KING STUDS

34" TO 38"



Figure 1: King Studs Compatibility (34" to 38" spacing).



Figure 2: King Stud Mounted installation example.



Figure 3: Product dimensions, highlighting the 36-inch width.

4. OPERATING INSTRUCTIONS (USAGE)

The Yes4All Kingstud Pull Up Bar offers multiple grip positions for a versatile workout. Always maintain proper form and control during exercises.

4.1 Exercise Variations

- **Pull-ups:** Use an overhand grip (palms facing away from you).
- **Chin-ups:** Use an underhand grip (palms facing towards you).
- **Neutral Grip Pull-ups:** Use the parallel grips (palms facing each other).
- **Leg Raises:** Hang from the bar and raise your legs to engage core muscles.
- **Resistance Band Training:** Utilize the integrated hooks to attach resistance bands for assisted pull-ups or other exercises.



Figure 4: Multi-point grips for varied exercises.

KING STUD MOUNTED



Figure 5: Example of pull-up exercise on the bar.

4.2 Knurled Grips

The bar features knurled grips to enhance traction and prevent slipping during workouts, ensuring extra safety and comfort.

5. MAINTENANCE

Proper maintenance will ensure the longevity and safe operation of your pull-up bar.

- **Regular Inspection:** Before each use, visually inspect the entire unit for any loose bolts, cracks, bends, or other signs of damage.
- **Tighten Fasteners:** Periodically check and tighten all mounting bolts and assembly hardware to ensure maximum stability.
- **Cleaning:** Wipe down the bar and grips with a damp cloth after use to remove sweat and dirt. Avoid abrasive cleaners that could damage the finish.
- **Rust Prevention:** The bar is made of stainless steel with a black powder coating to prevent rust and corrosion. However, avoid prolonged exposure to moisture or extreme humidity to maintain its condition.

6. TROUBLESHOOTING

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

- **Wobbling or Instability:**

- Ensure all mounting bolts are securely tightened into the wall studs.
- Verify that the mounting brackets are installed directly into the center of the studs, not just drywall.
- Check that the main bar is correctly assembled and tightened to the brackets.

- **Difficulty with Installation:**

- Re-read the installation instructions carefully.
- Ensure you are using the correct tools and drill bit sizes.
- If studs are not standard spacing, consider consulting a professional for alternative mounting solutions.

- **Damaged Components:**

- Do not use the product if any part is damaged. Contact customer support for replacement parts or assistance.

7. SPECIFICATIONS

Feature	Detail
Brand	Yes4All
Model Name	X19F
Mounting Type	Wall Mount
Material	Alloy Steel
Maximum Weight Recommendation	300 Pounds
Product Dimensions (LxWxH)	13.39" x 13.39" x 5.91"
Item Weight	4.06 Kilograms
Special Feature	Padded Grip
UPC	810019295935

8. WARRANTY AND SUPPORT

Your Yes4All Kingstud Wall Mounted Pull Up Bar comes with a 30-day return policy and a 1-year warranty.

- **Returns:** Please refer to the retailer's return policy for details on initiating a return within 30 days of purchase.
- **Warranty Claims:** For warranty-related issues within the 1-year period, please contact Yes4All customer support with your proof of purchase.
- **Customer Support:** For any questions, concerns, or assistance with your product, please visit the official Yes4All website or contact their customer service department.

