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> [K-Sport Stationary Pull-Up Bar with Push-Up Handles \(Model KSSL060\) User Manual](#)

## K-Sport KSSL060

# K-Sport Stationary Pull-Up Bar with Push-Up Handles

Model: KSSL060

## 1. INTRODUCTION

This manual provides essential information for the safe and effective use of your K-Sport Stationary Pull-Up Bar. Please read all instructions carefully before assembly and use. This equipment is designed for home gym fitness, offering versatile upper body and core workouts.



Image 1.1: Overview of the K-Sport Stationary Pull-Up Bar, highlighting its adjustable nature, versatile training capabilities, and enhanced stability.

## 2. SAFETY INFORMATION

- Always consult with a healthcare professional before starting any new exercise program.
- Ensure all bolts and nuts are securely tightened before each use. Regularly check for loose parts.
- Place the equipment on a flat, stable surface. Do not use on uneven ground.
- Maintain a clear area of at least 1 meter (3 feet) around the equipment during use.
- Do not exceed the maximum weight capacity of 140 kg (308 lbs).
- Children should only use the equipment under strict adult supervision.
- Inspect the equipment for any damage or wear before each use. Do not use if damaged.
- Wear appropriate athletic footwear and clothing during exercise.

### 3. PACKAGE CONTENTS

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Verify that all components are present before beginning assembly. If any parts are missing or damaged, contact K-Sport customer support.

- Main frame components (vertical posts, base bars)
- Adjustable pull-up bar
- Push-up handles (integrated into base)
- Weight plate storage pegs
- Barbell support hooks (optional/additional feature)
- Assembly hardware (bolts, nuts, washers, pins)
- Assembly tools (if included)

### 4. SETUP AND ASSEMBLY

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Assembly typically requires two people. Follow these general steps:

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface. Check against the package contents list.
2. **Assemble Base:** Connect the base bars to the vertical support posts using the provided bolts and nuts. Ensure all connections are snug but do not fully tighten until the entire frame is assembled.
3. **Attach Vertical Posts:** Secure the vertical posts to the assembled base. Ensure they are oriented correctly to allow for pull-up bar adjustment and push-up handle placement.
4. **Install Pull-Up Bar:** Insert the adjustable pull-up bar into the designated holes on the vertical posts. Use the locking pins to secure it at your desired height.
5. **Attach Accessories:** Install any additional accessories such as weight plate storage pegs or barbell support hooks onto the frame as indicated in the specific assembly diagram (not provided in this general manual).
6. **Final Tightening:** Once all components are in place and the frame is upright, systematically tighten all bolts and nuts. Do not overtighten.



Image 4.1: The fully assembled K-Sport Stationary Pull-Up Bar, ready for use.



Image 4.2: A close-up view of the sturdy base of the pull-up bar, highlighting the integrated push-up handles for floor exercises.

## 5. OPERATING INSTRUCTIONS

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### 5.1 Adjusting Pull-Up Bar Height

The pull-up bar height is adjustable to accommodate various exercises and user heights. To adjust:

1. Ensure the area around the bar is clear.
2. Remove the locking pins from both sides of the pull-up bar.
3. Carefully slide the bar up or down to the desired height.
4. Re-insert the locking pins through the frame and the bar at the chosen height. Ensure both pins are fully engaged and secure before use.



Image 5.1: Detail of the pull-up bar's height adjustment mechanism, showing the secure pin system.

## 5.2 Using Push-Up Handles

The integrated push-up handles on the base allow for a deeper range of motion during push-ups, targeting chest and triceps muscles more effectively. Simply position yourself on the floor with hands gripping the handles.

## 5.3 Utilizing Weight Plate Storage and Barbell Support

The base includes pegs for storing standard weight plates, which can also add stability to the unit during intense workouts. Additionally, the frame features hooks for supporting a barbell, expanding your exercise options to include squats, presses, and more.



Image 5.2: The base of the pull-up bar featuring integrated pegs for storing weight plates, enhancing stability and organization.



Image 5.3: Detail of the additional hooks designed to support a barbell, expanding the exercise options of the pull-up station.

## 6. MAINTENANCE

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- **Cleaning:** Wipe down the frame with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and connections for tightness. Re-tighten as necessary.
- **Wear and Tear:** Inspect the frame for any signs of rust, cracks, or structural damage. If any damage is found, discontinue use immediately and contact customer support.
- **Storage:** Store the equipment in a dry environment to prevent rust and prolong its lifespan.

## 7. TROUBLESHOOTING

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- **Equipment feels unstable:**  
Ensure all bolts are fully tightened. Verify the equipment is on a flat, level surface. Consider adding weight plates to the storage pegs for increased stability.
- **Difficulty adjusting height:**  
Check that the locking pins are fully disengaged. Ensure the bar is not jammed. Apply a small amount of silicone lubricant to the sliding parts if necessary.
- **Squeaking noises during use:**  
Identify the source of the noise. Often, it's a loose bolt or a metal-on-metal contact point. Tighten any loose fasteners. Applying a small amount of lubricant to pivot points may help.

## 8. SPECIFICATIONS

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Model Number	KSSL060
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<b>Material</b>	Powder-coated Alloy Steel
<b>Adjustable Height</b>	1550 - 2420 mm (155 - 242 cm)
<b>Base Width</b>	817 mm (81.7 cm)
<b>Base Depth</b>	1280 mm (128 cm)
<b>Pull-Up Bar Width</b>	Approximately 120 cm
<b>Item Weight</b>	23 kg (50.7 lbs)
<b>Maximum Load Capacity</b>	140 kg (308 lbs)
<b>Color</b>	Red and Grey
<b>Special Features</b>	Integrated Push-Up Handles, Weight Plate Storage, Barbell Support Hooks

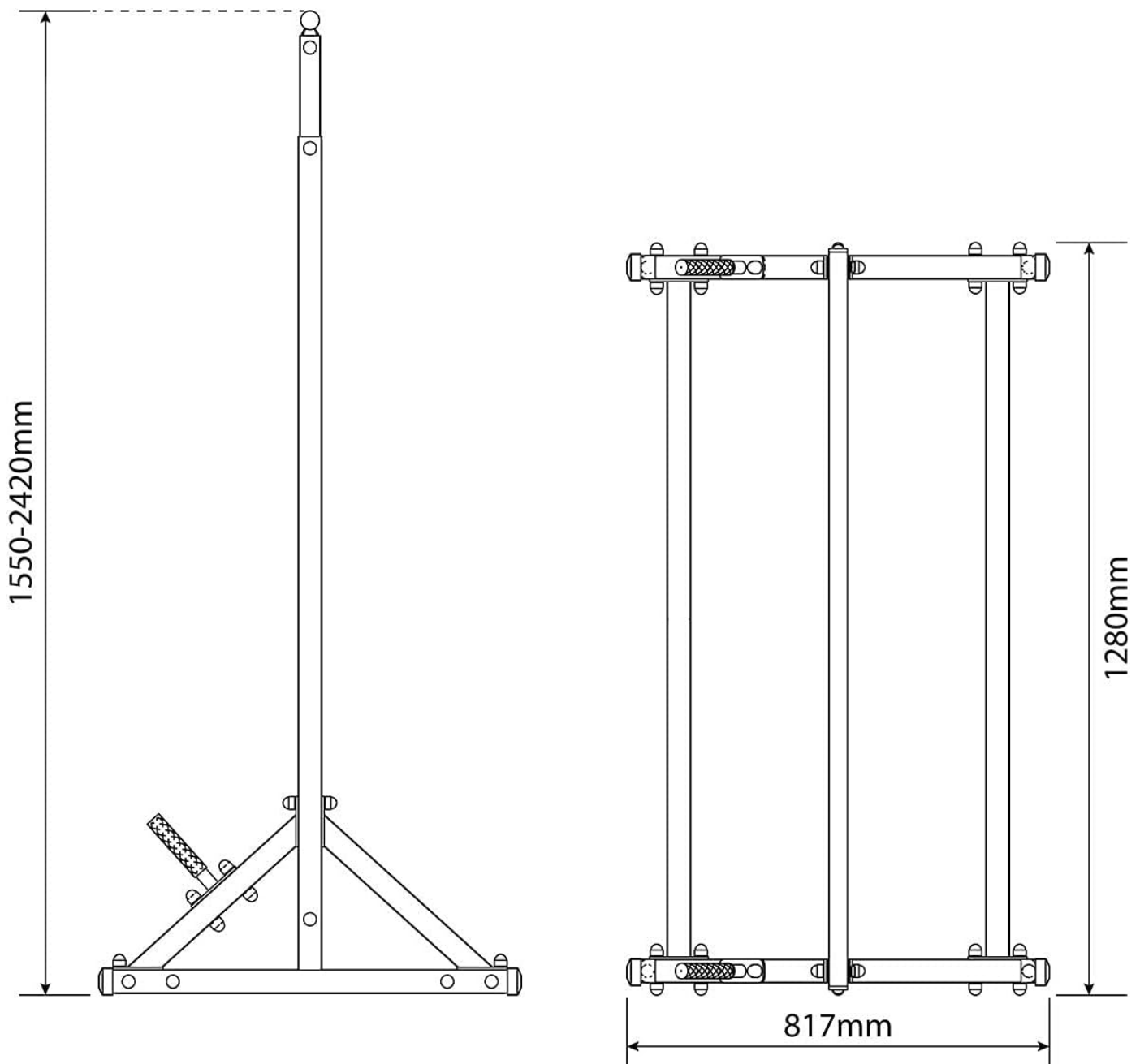


Image 8.1: A technical diagram illustrating the dimensions of the pull-up bar, including an adjustable height range of 1550-2420mm, a base width of 817mm, and a depth of 1280mm.

+ Revêtement en poudre  
+ Structure en acier massif



**Produit  
en Europe**



**Diverses possibilités  
d'utilisation**



**Conçu pour une  
formation sûre**



**Résistant aux  
intempéries**



**Développé par des  
athlètes**

Image 8.2: Features of the K-Sport Pull-Up Bar, including powder coating, solid steel construction, and European manufacturing.

## 9. WARRANTY AND SUPPORT

For warranty information, technical support, or to order replacement parts, please contact K-Sport customer service through the retailer where the product was purchased or visit the official K-Sport website. Please have your model number (KSSL060) and proof of purchase available.