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HAKENO B

HAKENO Wall Mounted Pull-Up Bar Instruction Manual

Model: B

Introduction

Thank you for choosing the HAKENO Wall Mounted Pull-Up Bar, Model B. This manual provides essential information for the safe and effective installation, operation, and maintenance of your new fitness equipment. Please read these instructions thoroughly before assembly and use to ensure proper function and to prevent injury.

Important Safety Information

- Always consult with a physician before starting any new exercise program.
- Ensure the pull-up bar is securely mounted to a suitable wall structure as described in the installation section. Failure to do so may result in serious injury.
- Do not exceed the maximum recommended weight capacity of 660 lbs (approximately 300 kg).
- Inspect the pull-up bar for any signs of wear, damage, or loose components before each use. Do not use if damaged.
- Keep children and pets away from the equipment during use.
- Use appropriate exercise techniques to avoid muscle strain or injury.
- Wear suitable athletic attire and footwear during workouts.

Package Contents

Please verify that all components are present before beginning assembly:

- HAKENO Wall Mounted Pull-Up Bar frame components
- Mounting hardware (screws, anchors, washers)
- 8 soft grip cushions
- Instruction manual

Setup and Installation

The HAKENO Wall Mounted Pull-Up Bar requires secure installation to a sturdy wall. It is recommended that two people perform the installation.

1. Choose a Suitable Mounting Location

The pull-up bar must be mounted on a solid, load-bearing wall. Suitable wall types include solid cement walls and solid brick walls.

Do not install on hollow brick walls or wooden walls, as these may not provide adequate support and could lead to equipment failure and injury.



Figure 1: Wall Mounting Requirements. Ensure your wall is solid cement or solid brick for safe installation.

2. Assemble the Pull-Up Bar Frame

Follow the included assembly instructions to connect the main frame components. Ensure all bolts are tightened securely. The design features a double rod support and an elongated, thickened base for enhanced stability.

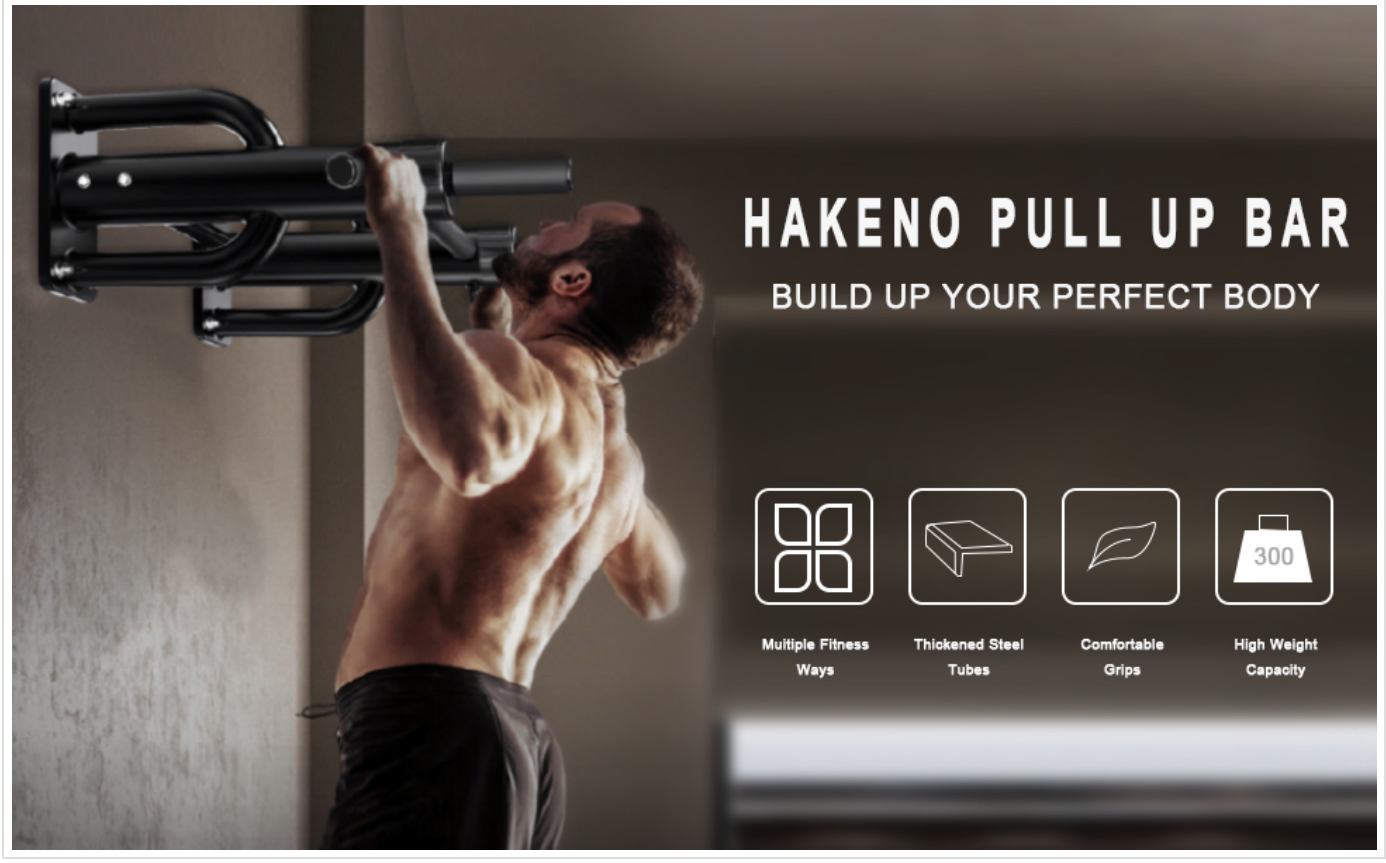


Figure 2: Frame Assembly Details. Note the double rod support and thickened base for stability.

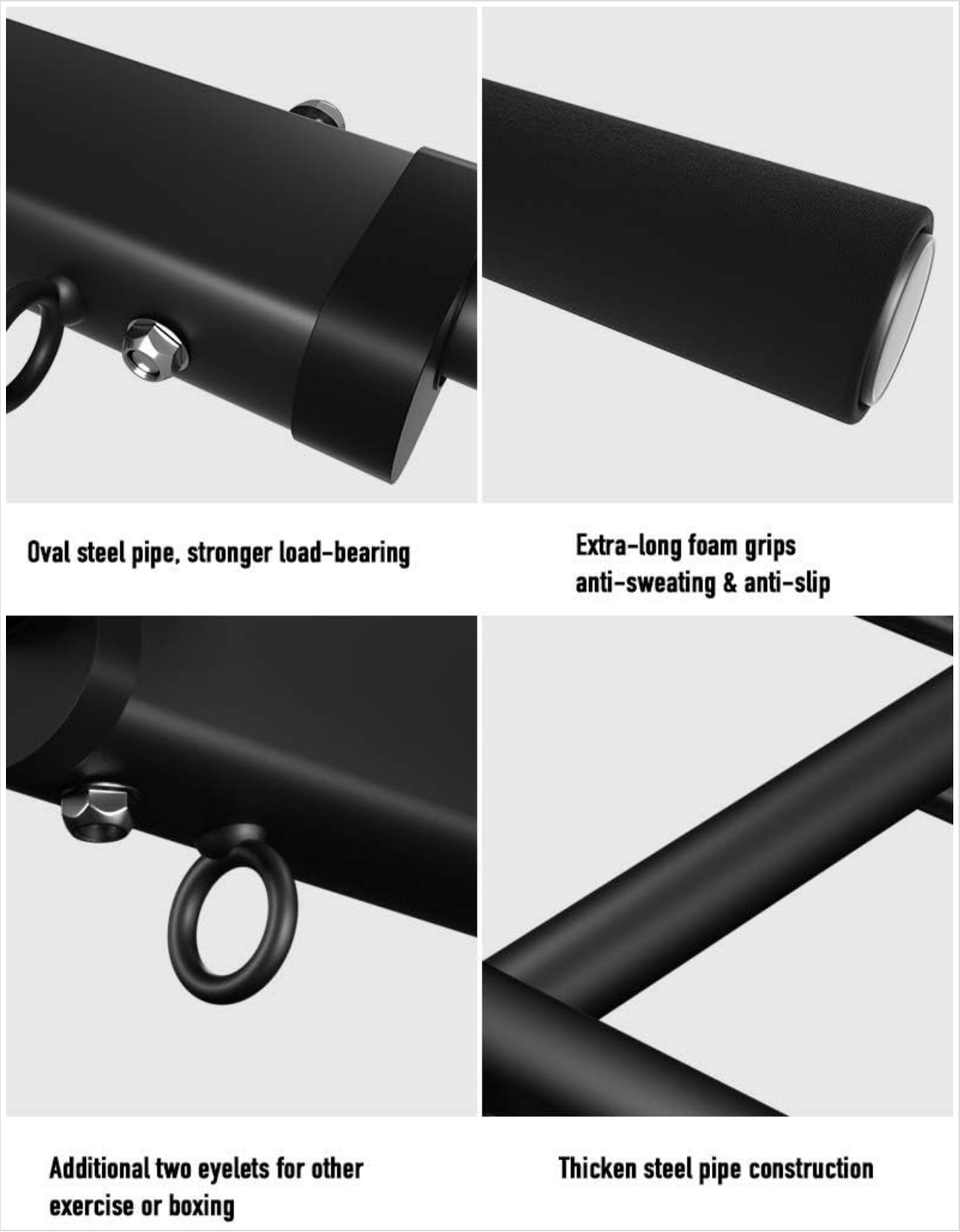


Figure 3: Component Features. Shows oval steel pipe, foam grips, and accessory eyelets.

3. Mark Drilling Points

Hold the assembled pull-up bar against the chosen wall at the desired height. Use a level to ensure it is perfectly horizontal. Mark the positions for the 6 mounting holes on each side of the thickened fixed base. The 6-hole design provides superior stability compared to 4-hole designs.



Figure 4: Thickened Fixed Base with 6 Screws. This image shows the secure mounting points.

4. Drill Holes and Mount

Drill holes at the marked positions using an appropriate drill bit for your wall type and the provided anchors. Insert the anchors, then align the pull-up bar and secure it with the provided screws and washers. Ensure all 12 screws (6 per side) are fully tightened. Test the stability by applying moderate weight before full use.

Operation

The HAKENO Pull-Up Bar offers multiple grip positions for a comprehensive upper body workout.

Grip Positions

- **Wide Grip:** Targets the lats and upper back.
- **Parallel Grip:** Engages the biceps and mid-back.
- **Narrow Grip:** Focuses on the biceps and inner back muscles.

The 8 soft cushions on the grips provide comfort and prevent slipping during your workout.

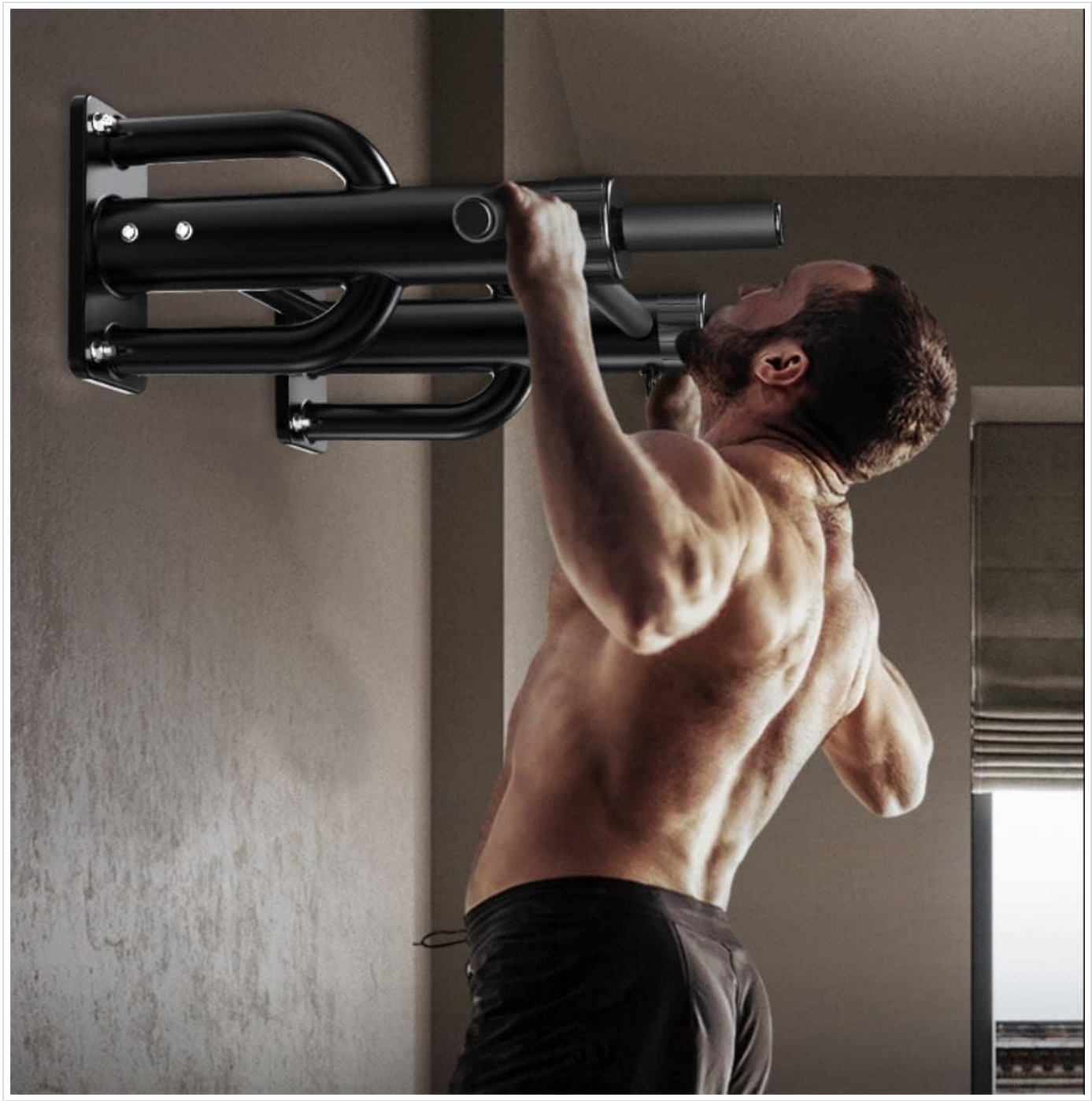


Figure 5: User performing a pull-up, illustrating a common exercise with the bar.

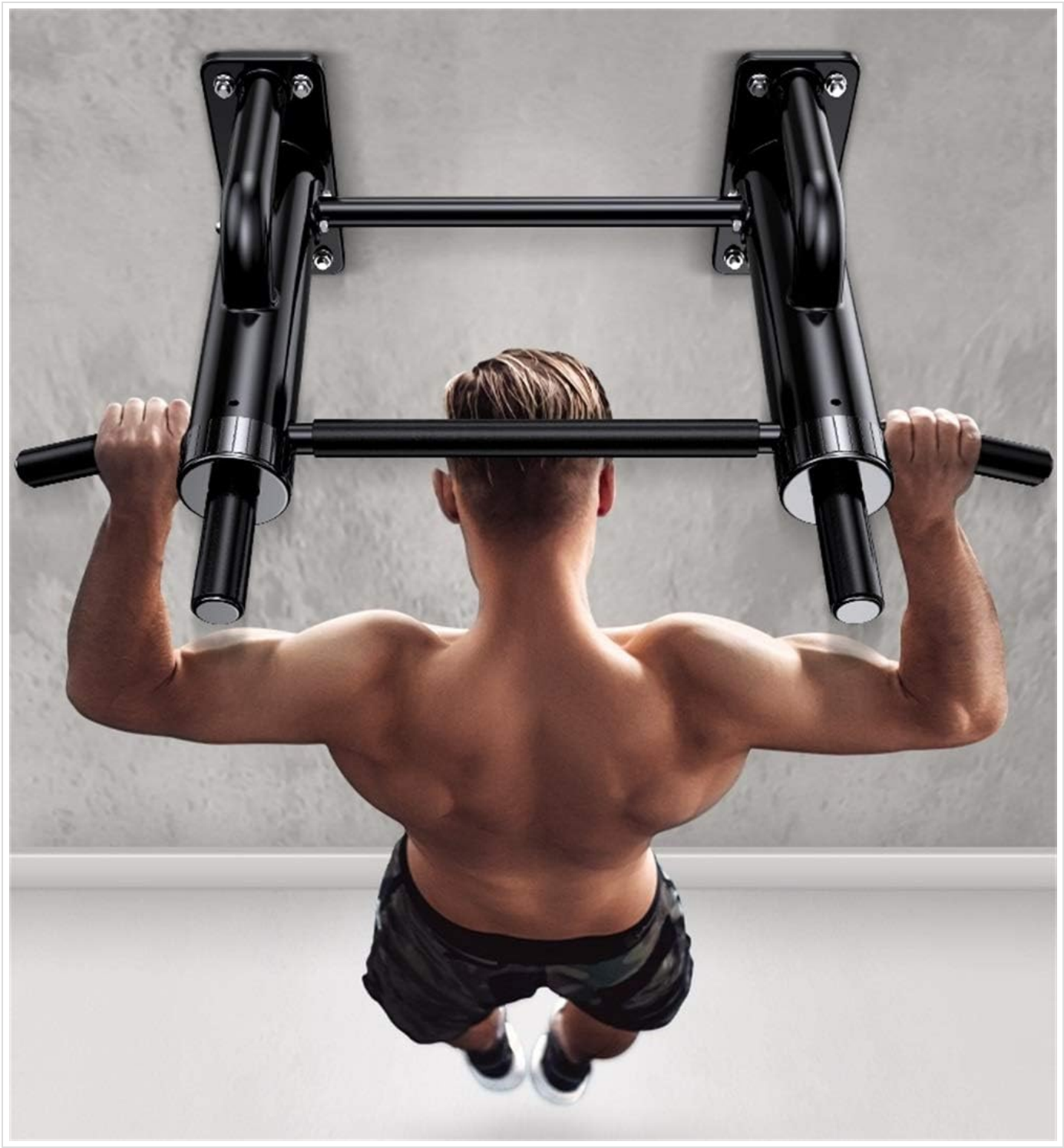


Figure 6: Overhead view of a user, highlighting the multi-grip functionality.

Accessory Eyelets

The pull-up bar includes two additional eyelets. These can be used to attach fitness rings, resistance bands, or other compatible training accessories to expand your workout options.

Maintenance

- Regularly check all bolts and connections to ensure they remain tight. Retighten as necessary.
- Inspect the steel frame and grips for any signs of wear, rust, or damage.
- Clean the bar with a damp cloth and mild detergent. Avoid abrasive cleaners.
- Store in a dry environment to prevent rust, especially if used outdoors.

Troubleshooting

Problem	Possible Cause	Solution
Bar feels unstable or wobbly	Loose mounting bolts; unsuitable wall type; incorrect installation.	Check and tighten all mounting bolts. Verify wall type is solid cement or brick. Re-install if necessary, ensuring proper procedure.
Grips are slipping	Excessive sweat; worn grip cushions.	Ensure hands are dry. Consider using chalk or gloves. Replace grip cushions if significantly worn.
Squeaking noise during use	Loose connections; friction between metal parts.	Check and tighten all assembly bolts. Apply a small amount of lubricant to contact points if noise persists (ensure it does not affect grip safety).

Specifications

Brand	HAKENO
Model Number	B
Material	Alloy Steel
Mounting Type	Wall Mount
Maximum Weight Capacity	660 lbs (approximately 300 kg)
Color	Black
Package Dimensions	66.7 x 28 x 16.6 cm
Package Weight	7.92 kg
Country of Origin	China

Warranty and Support

For warranty information or technical support, please refer to the contact details provided with your purchase or visit the official HAKENO website. Keep your purchase receipt for warranty claims.

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