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> HAKENO DJB Wall Mounted Pull-Up Bar Instruction Manual

HAKENO DJB

HAKENO Wall Mounted Pull-Up Bar

Model: DJB
Brand: HAKENO

1. SAFETY INFORMATION

Please read all instructions carefully before installation and use. Failure to follow these instructions may result in serious injury or damage to the product.

- Ensure the mounting surface is structurally sound and capable of supporting the pull-up bar and user weight.
- Do not exceed the maximum weight capacity of 300 kg (660 lbs).
- Regularly inspect all components for wear, damage, or loose fasteners. Do not use if any part is damaged.
- Keep children and pets away from the product during installation and use.
- Consult a professional if you are unsure about the suitability of your wall for mounting.

2. PACKAGE CONTENTS

Verify that all components are present before beginning installation:

- HAKENO Wall Mounted Pull-Up Bar frame
- Mounting hardware (12 expansion screws)
- Additional handles (2 units)
- Instruction Manual

3. SETUP AND INSTALLATION

3.1 Wall Requirements

The HAKENO Wall Mounted Pull-Up Bar requires a strong, stable wall for secure installation. Refer to the image below for suitable wall types.

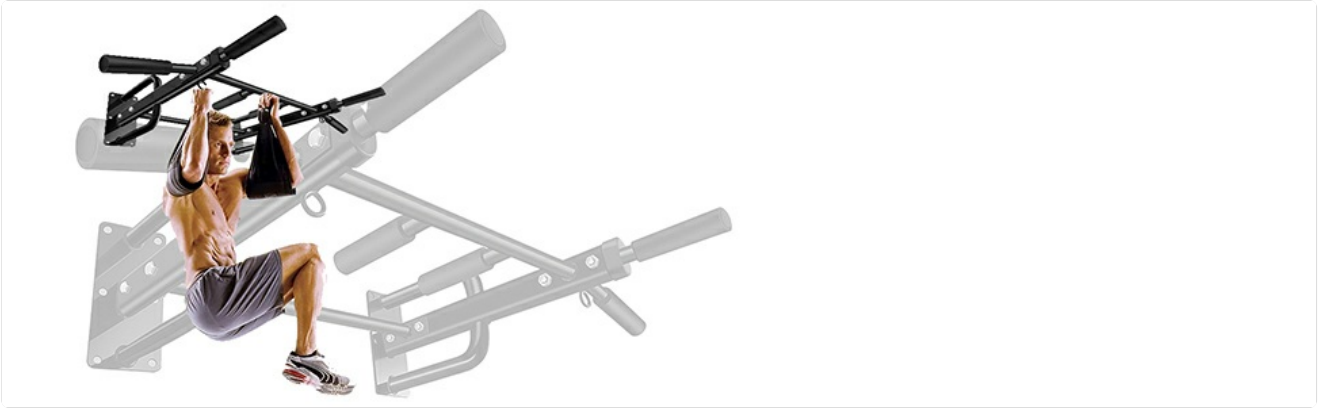


Figure 3.1: Wall Mounting Requirements. Only install on solid concrete or solid brick walls. Avoid hollow brick walls and wood walls.

- **Suitable Walls:** Solid concrete walls, massive brick walls.
- **Unsuitable Walls:** Hollow brick walls, wood walls, plasterboard, or any other unstable surfaces.

3.2 Mounting Process

The pull-up bar features a thickened fixed base with 6 screws on each mounting plate, totaling 12 expansion screws for secure attachment.



Figure 3.2: Thickened Fixed Base and Double Rod Support. This design ensures enhanced stability and safety.

1. Select a suitable location on a solid wall, ensuring sufficient clearance for exercises.
2. Hold the pull-up bar against the wall at the desired height and mark the 12 drilling points through the mounting plates.
3. Drill holes at the marked points using an appropriate drill bit for your wall type.
4. Insert the expansion screws into the drilled holes.
5. Align the pull-up bar's mounting plates with the screws and securely fasten them. Ensure all 12 screws are tightened

firmly.

6. Perform a test pull to ensure the bar is securely mounted before full use.

4. OPERATING INSTRUCTIONS

The HAKENO Wall Mounted Pull-Up Bar offers multiple grip positions and attachment points for a comprehensive workout.

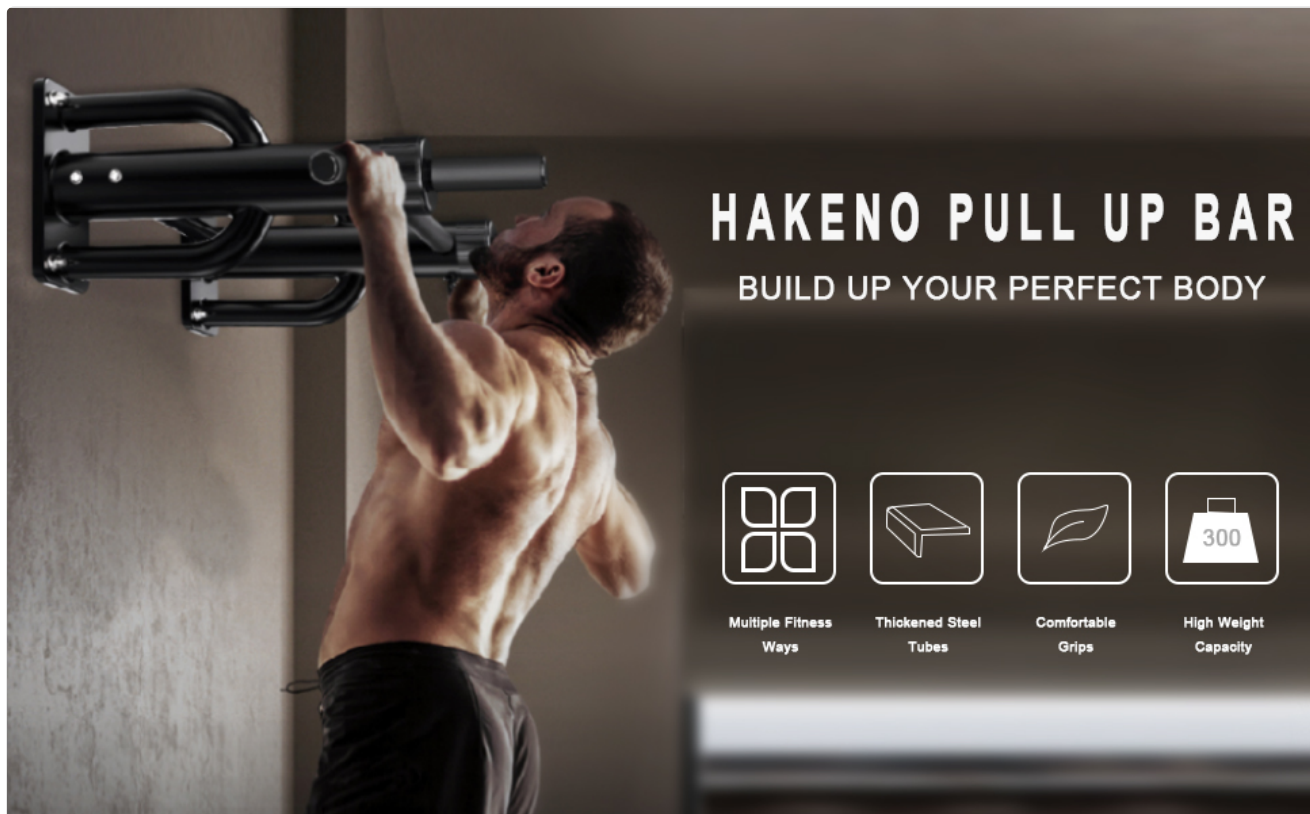


Figure 4.1: User performing a pull-up exercise.

4.1 Grip Positions

The bar provides six different grip widths, allowing for varied exercises targeting different muscle groups:

- **Wide Grip:** Targets the latissimus dorsi (lats) for back width.
- **Neutral Grip:** Engages the lats and biceps effectively.
- **Close Grip:** Focuses more on the biceps and inner back muscles.
- **Additional Handles:** Use the two extra handles for further grip variations and comfort.

4.2 Multifunctionality and Attachments

The two integrated carabiner eyelets allow for the attachment of various fitness accessories, expanding your workout possibilities.



Figure 4.2: Multifunctional use with attachments and bodyweight exercises.

- **Gymnastic Rings:** Ideal for rowing exercises and advanced bodyweight training.
- **Sling Trainers (TRX):** Suitable for full-body workouts, including core and stability exercises.
- **Punching Bags:** Attach a punching bag for boxing or kickboxing training.
- **Leg Raises:** Perform leg raises for abdominal muscle development.

5. MAINTENANCE

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

- **Cleaning:** Wipe down the bar with a damp cloth after each use to remove sweat and dirt. Use a mild detergent if necessary.
- **Inspection:** Periodically check all bolts and screws to ensure they remain tight. Re-tighten if any looseness is detected.
- **Damage Check:** Inspect the steel frame and welds for any signs of cracks, bends, or corrosion. Discontinue use immediately if damage is found.

6. TROUBLESHOOTING

If you encounter issues with your HAKENO Wall Mounted Pull-Up Bar, refer to the following common solutions:

- **Bar feels unstable:** Ensure all 12 expansion screws are fully tightened. Re-check the wall type to confirm it meets the requirements for secure mounting.
- **Squeaking noises:** This may indicate loose fasteners. Inspect and tighten all bolts and screws.
- **Difficulty installing:** Ensure you are using the correct drill bit size for the expansion screws and your wall material. If

issues persist, consult a professional installer.

7. SPECIFICATIONS

Model Number	DJB
Brand	HAKENO
Material	Stainless Steel
Color	Black
Mounting Type	Wall Mount
Maximum Weight Capacity	300 Kilograms (660 lbs)
Package Dimensions	66.59 x 26 x 16.7 cm
Package Weight	7.97 Kilograms

8. WARRANTY AND SUPPORT

For warranty information or product support, please contact HAKENO customer service through the retailer's platform or the official HAKENO website. Keep your purchase receipt as proof of purchase.