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WilTec 62899

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PRODUCT OVERVIEW

This WilTec Pull-Up Bar is designed for home fitness, allowing you to perform strength training exercises conveniently. It features a robust steel construction with a chrome-plated surface and soft, non-slip foam grips for secure handling.

It is suitable for door frames between 62 cm and 85 cm wide.

The maximum load capacity is 160 kg when securely installed with screws. When using only pressure mounting, the maximum load capacity is lower and depends heavily on the door frame's integrity and surface friction. Always test the bar's stability before full use.

SAFETY INSTRUCTIONS

WARNING: Improper installation or use can lead to serious injury.

- Ensure the door frame is sturdy and structurally sound before installation.
- Do not install on glass, hollow, or weak door frames.
- Always test the bar's stability and your full body weight before beginning any exercise.
- Do not exceed the maximum weight capacity of 160 kg.
- Regularly check the bar for wear, damage, or loose components.
- Children should only use the pull-up bar under adult supervision.

PACKAGE CONTENTS

- 1x WilTec Pull-Up Bar

- 2x Metal Washers (for screw mounting)
- Screws (for screw mounting)



Image: The WilTec Pull-Up Bar shown with its components, including the main bar, two metal washers, and screws for installation.

SETUP AND INSTALLATION

The WilTec Pull-Up Bar offers two installation methods: pressure mounting (without screws) and screw mounting (with metal washers).

Method 1: Pressure Mounting (No Screws)

1. Extend the bar by twisting the ends until it fits snugly within your door frame (62-85 cm width).
2. Continue twisting until the bar is firmly secured by pressure against the door frame. Ensure the non-slip ends are flush and stable.
3. **Important:** This method relies solely on friction. Always test the bar's stability with your full weight before use. This method is generally suitable for lighter loads and less intense exercises. The maximum load capacity for pressure mounting is lower and depends on the door frame material and surface.

Method 2: Screw Mounting (Permanent Installation)

1. Identify a suitable, sturdy door frame between 62 cm and 85 cm wide.
2. Position the pull-up bar at the desired height. Mark the locations for the two metal washers on the door frame.
3. Drill pilot holes at the marked locations.
4. Secure the metal washers to the door frame using the provided screws.
5. Insert the pull-up bar into the secured metal washers. Extend the bar by twisting until it is firmly seated and stable within the washers.
6. This method provides a more secure installation and supports the full 160 kg maximum load capacity.



Image: The WilTec Pull-Up Bar securely installed within a door frame, ready for use.

OPERATING INSTRUCTIONS

Once securely installed, the WilTec Pull-Up Bar can be used for various exercises.

- **Pull-Ups:** Grip the bar with an overhand or underhand grip, hands shoulder-width apart. Pull your body upwards until your chin clears the bar. Lower yourself slowly.
- **Chin-Ups:** Grip the bar with an underhand grip, hands shoulder-width apart. Pull your body upwards until your chin clears the bar. Lower yourself slowly.
- **Leg Raises:** Hang from the bar and raise your legs towards your chest or straight up for abdominal exercises.

Always maintain control during exercises and avoid sudden, jerky movements.



Image: A close-up view of the soft, non-slip foam grip on the pull-up bar, designed for comfortable and secure handling.

MAINTENANCE

- Clean the bar regularly with a damp cloth. Avoid abrasive cleaners.
- Inspect the foam grips for tears or excessive wear.
- Periodically check all mounting points and screws (if applicable) to ensure they remain tight and secure.
- Store the bar in a dry environment when not in use.

TROUBLESHOOTING

- **Bar feels unstable:** Re-check the installation. Ensure the door frame is suitable and the bar is extended tightly. If using pressure mounting, consider screw mounting for added stability.
- **Bar slips:** Ensure the door frame surface is clean and dry. For pressure mounting, ensure sufficient pressure is applied. For screw mounting, verify the washers are securely fastened.
- **Grips are worn:** While the grips are designed for durability, excessive wear may occur over time. Consider replacing the bar if grips become too damaged to provide a safe hold.

SPECIFICATIONS

Brand	WilTec
Model Number	62899
Material	Chrome-plated steel
Adjustable Width	62 cm - 85 cm
Bar Diameter	30 mm
Material Thickness	1 mm
Maximum Weight Capacity	160 kg (with secure screw mounting)
Special Feature	Padded, non-slip grips
Product Weight	1.12 kg

WARRANTY AND SUPPORT

For warranty information or technical support, please contact Wiltec Wildanger Technik GmbH, the manufacturer. Refer to your purchase documentation for specific contact details.