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› Soozier Wall Mount Pull Up Bar Instruction Manual (Model A91-201)

Soozier A91-201

Soozier Wall Mount Pull Up Bar Instruction Manual

Model: A91-201 | Brand: Soozier

1. IMPORTANT SAFETY INFORMATION

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

- **Maximum Weight Capacity:** This pull-up bar is designed to support a maximum user weight of **264 lbs (120 kg)**. Do not exceed this weight limit.
- **Wall Type Requirements:** The pull-up bar must be securely installed on a solid concrete wall or a sturdy wooden wall.
- **DO NOT INSTALL** on hollow brick walls, honeycomb brick walls, drywall, plasterboard, or any other unstable surfaces. Improper installation can lead to the unit detaching from the wall, causing severe injury.
- Ensure all bolts and fasteners are tightened securely before each use. Regularly check for any loose parts.
- Consult a professional if you are unsure about your wall's suitability for installation.
- Always warm up before exercising and use proper form to prevent injury.



Image: Important warning regarding wall types for installation.

2. PACKAGE CONTENTS

Carefully unpack all components and ensure you have received all items listed below. If any parts are missing or damaged, please contact customer support before proceeding with assembly.

- Pull Up Bar Frame (Main Unit)
- Mounting Brackets (Pre-attached or separate)
- Non-Slip Foam Grips (Pre-installed)
- Assembly Hardware (Bolts, washers, nuts, wall anchors)
- Instruction Manual

3. SETUP AND INSTALLATION

The Soozier Wall Mount Pull Up Bar is designed for easy assembly and installation. Follow these steps carefully to ensure a secure setup.

1. **Choose a Suitable Location:** Select a solid concrete or wooden wall that can safely support the weight of the pull-up bar and the user. Ensure there is enough clear space around the bar for full range of motion during exercises.
2. **Mark Drilling Points:** Hold the pull-up bar assembly against the wall at the desired height. Use a pencil to mark the positions for drilling the mounting holes. Ensure the marks are level.
3. **Drill Holes:** Using an appropriate drill bit for your wall type (e.g., masonry bit for concrete, wood bit for wood), drill holes at the marked points. The depth and diameter of the holes should match the provided wall anchors/bolts.
4. **Insert Anchors (if applicable):** For concrete walls, insert the appropriate wall anchors into the drilled holes. For wooden walls, ensure the bolts are driven directly into studs.
5. **Mount the Bar:** Align the pull-up bar's mounting brackets with the drilled holes. Insert the bolts through the brackets and into the wall anchors/studs.
6. **Secure Tightly:** Use a wrench to tighten all bolts securely. Ensure there is no wobble or movement

in the mounted bar. Do not overtighten to avoid damaging the wall or hardware.

7. **Test Stability:** Before full use, gently apply weight to the bar to confirm it is securely mounted and stable.

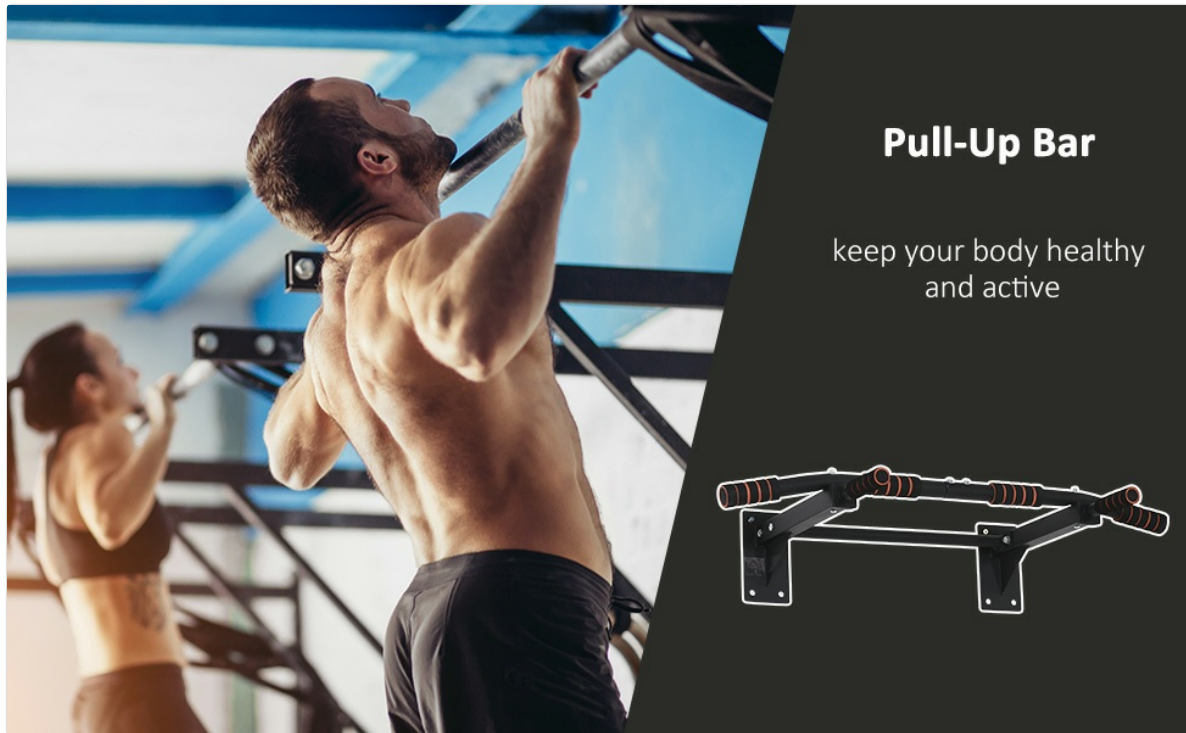


Image: The Soozier Pull Up Bar securely mounted on a wall, ready for use.



Image: Detailed view of the wall mounting bracket and securing bolts.

4. OPERATING INSTRUCTIONS AND USAGE

The Soozier Pull Up Bar features multiple grip positions to target various muscle groups. Always maintain control and use proper form during exercises.

Exercise Variations:

- **Wide Grip Pull-ups:** Use the outer handles for a wide grip to target the lats (back muscles) more effectively.

- **Close Grip Pull-ups/Chin-ups:** Use the inner handles for a close grip. Pull-ups (palms facing away) focus on back and biceps, while chin-ups (palms facing towards you) emphasize biceps and inner back.
- **Neutral Grip Pull-ups:** Utilize the parallel handles for a neutral grip, which can be easier on the wrists and shoulders, targeting the back and biceps.
- **Leg Raises:** Hang from the bar and raise your legs to engage your core muscles.

The non-slip foam grips provide comfort and reduce hand fatigue during your workout sessions.



Image: A user demonstrating a pull-up exercise on the mounted bar.

MULTI FUNCTIONAL

Build Your Upper Body Strength



arms



shoulders



waist



back



Image: Illustration highlighting the muscle groups (arms, shoulders, waist, back) strengthened by using the pull-up bar.



Image: Detail of the multi-grip design featuring six non-slip padded foam grips for varied exercises.

5. MAINTENANCE

Regular maintenance will ensure the longevity and safety of your Soozier Pull Up Bar.

- **Check Fasteners:** Periodically inspect all bolts, nuts, and screws to ensure they remain tight. Retighten as necessary.
- **Clean the Bar:** Wipe down the bar and grips with a damp cloth after use to remove sweat and dirt. Avoid abrasive cleaners.
- **Inspect for Damage:** Regularly check the steel frame and foam grips for any signs of wear, cracks, or damage. Discontinue use if any damage is found and contact customer support.

6. TROUBLESHOOTING

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

- **Bar feels wobbly after installation:** Ensure all mounting bolts are fully tightened. Re-check the stability of your wall. If installed on a wooden wall, verify that bolts are secured into studs. If the issue persists, consult a professional for re-installation.

- **Foam grips are loose or torn:** While the grips are designed for durability, wear can occur over time. If grips become excessively loose or torn, they may need replacement. Contact customer support for assistance.
- **Unusual noises during use:** This could indicate loose fasteners. Stop using the bar immediately and inspect all connection points, tightening any loose bolts.

7. SPECIFICATIONS

Feature	Detail
Model Number	A91-201
Brand	Soozier
Material	Alloy Steel
Color	Black
Mounting Type	Wall Mount
Overall Dimensions (L x W x H)	37" L x 20.1" W x 7.1" H (94 x 51 x 18 cm)
Item Weight	3.99 kg (8.8 lbs)
Maximum Weight Recommendation	264 Pounds (120 kg)
Special Feature	Padded Grip
Country of Origin	China
UPC	673986382479

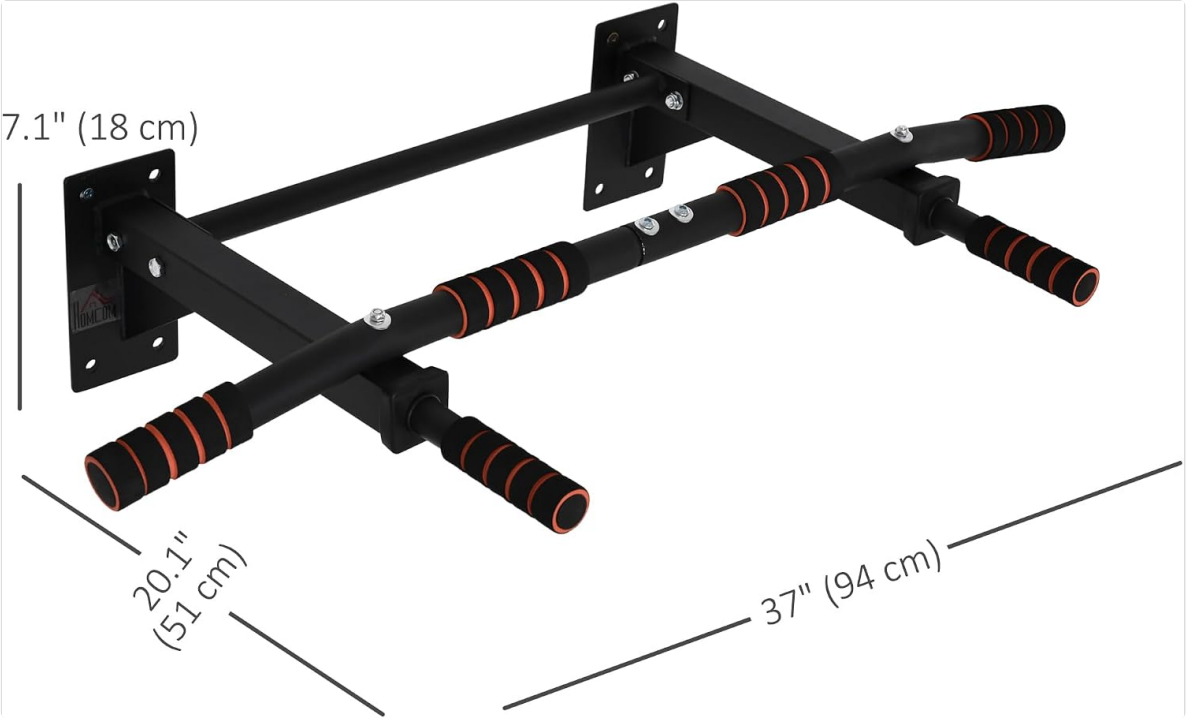


Image: Dimensional drawing of the pull-up bar, indicating length, width, and height.

8. WARRANTY AND SUPPORT

For product support, missing parts, or warranty inquiries, please contact the manufacturer directly.

- **Manufacturer:** Aosom Canada
- **Contact Information:** Markham, Ontario, CA Tel. 1-416-792-6088
- Specific warranty details may vary. Please retain your proof of purchase for any warranty claims.