



**Affordable. Reliable. Home Improvement.**

## **Wall Mounted Pull Up Bar**

**MODEL:S3004**

Technical Support and E-Warranty Certificate  
[www.vevor.com/support](http://www.vevor.com/support)

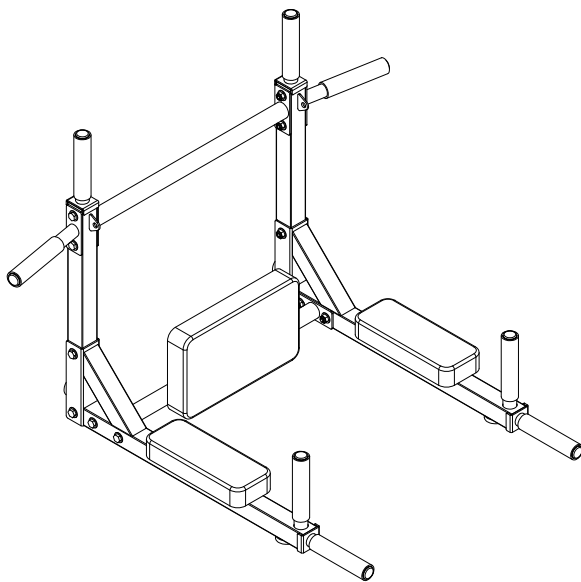


# VEVOR

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## Wall Mounted Pull Up Bar

**MODEL:S3004**



This is the original instruction, please read all manual instructions carefully before operating. VEVOR reserves a clear interpretation of our user manual. The appearance of the product shall be subject to the product you received. Please forgive us that we won't inform you again if there are any technology or software updates on our product.



Warning-To reduce the risk of injury, user must read instructions manual carefully.

## ASSEMBLY PRECAUTIONS

1. Moving parts will need to be lubricated periodically
2. Inspect and tighten all parts before using the equipment.
3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent, Solvents may damage the material.
4. Examine the equipment regularly for signs of damage or wear.
5. Replace any defective components immediately and/or keep the equipment out of use until repair.
6. Failure to examine regularly may affect the safety of the equipment.

## INSTRUCTIONS

Please read all of the instructions before using it. The information will help you achieve the best possible results.

### Safety Precautions

Before you undertake any exercise program, please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Excessive or incorrect training may result to health injuries.

Please read this manual carefully before commencing the assembly of your product or starting to exercise.

- Please keep all children away from this item when in use. Do not allow children to climb or play on this item when it is not in use.
- Supervise teenagers while they use this unit.

- For your own safety, always ensure that there is at least 3 feet of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage.
- Any adjustment devices that could interfere with the user's movement on this unit should not be left projecting.
- Clean only with a damp cloth, do not use solvent cleaners.

If you are in any doubt, do not use your product; contact CUSTOMER SUPPORT.

- Before use, always ensure that your product is positioned on a solid, hard-flat surface.
- Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught in moving parts during exercise.
- Do not use this unit if it is not functioning properly or if it is not fully assembled.
- Do not use this unit for commercial purposes. This unit is for home use only.
- Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment.
- It is the facility owner's responsibility to properly instruct users on the proper operation of the equipment and to warn them of the potential hazards.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.
- Make sure all nuts, bolts, and screws are tightened prior to use.
- Be sure that all adjustment locking devices and safety devices are properly engaged prior to use!
- Never over-tighten the above-mentioned devices and parts to avoid damage to the unit.
- Check for loose parts and components and make proper adjustments prior to use.

- Check to see if there are any tears or bends in the welding or metal prior to use. If tears or bends are found, DO NOT use the unit and contact our CUSTOMER SUPPORT.
- Extreme care must be taken to not allow your feet, fingers, hair, clothing, and/or any loose items to be snagged into any portion of the unit when the unit is in use. Failure to follow these instructions could result in serious injury.

### **WARNING:**

Before starting any exercise program, you should always consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

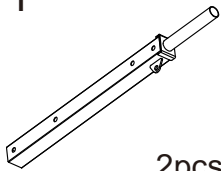
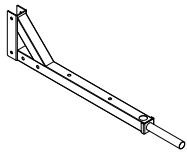
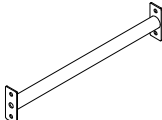
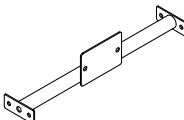
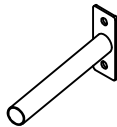
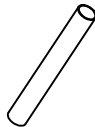
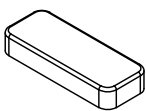
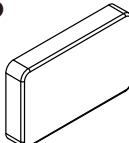
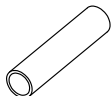






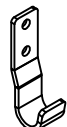

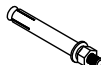
1. Take a few minutes to familiarize yourself with the parts and hardware included with your product.
2. Assembly may require two people.
3. Check the frame for any damage and check any wiring (if present) for rips or tears. If you detect damage, rips, or tears, please contact our Customer Support Team before beginning any assembly.
4. Make sure all the hardware needed is included.
5. It is very important to follow the assembly instructions correctly and to make sure all parts are attached correctly and firmly tightened when the assembly process is complete.
6. Parts that are not tightened correctly will seem loose and can cause irritating noises and will cause damage to the equipment.

**PLEASE NOTE:** Some of the parts and hardwares listed on the parts list may already pre-assembled or installed on the unit.

**Read all instructions carefully before operating this product. Retain this Users Manual for future reference.**

## PARTS LITS

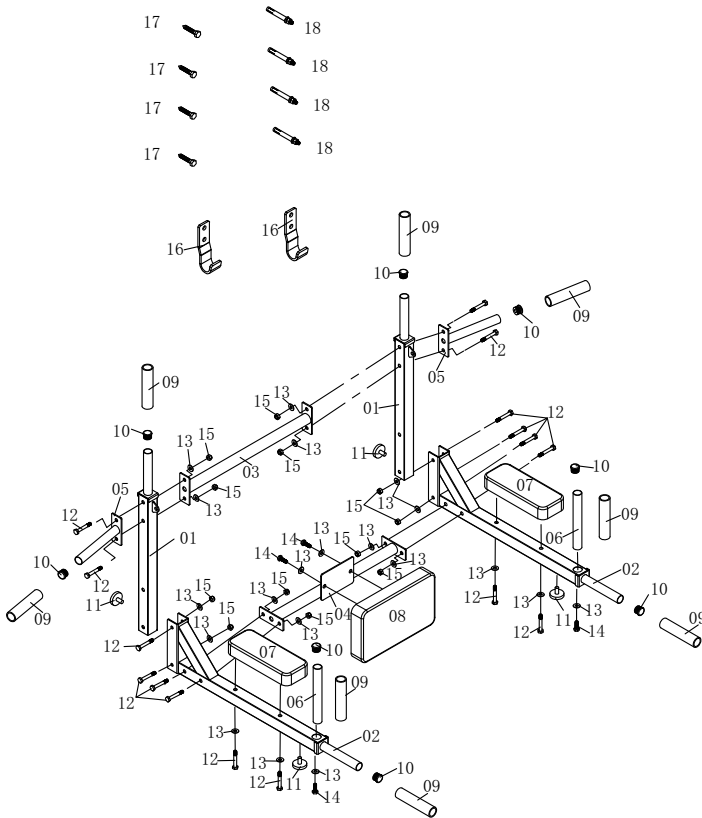
No	Description	Qty	No	Description	Qty
01	Square tube	2	10	Plastic round plug	8
02	Square tube	2	11	Anti-collision screw	4
03	Connecting pipe	1	12	Hex Bolt M8*55	16
04	Connecting pipe	1	13	Flat washer M8	20
05	grip	2	14	Hex Bolt M8*25	4
06	grip	2	15	Nylon Nut M8	16
07	Board cushion	2	16	Iron hook	2
08	Board cushion	1	17	Expansion screws	4
09	Cannot tear the foam	8	18	Wood screws	4

1  2pcs	2  2pcs	3  1pc	4  1pc
5  2pcs	6  4pcs	7  2pcs	8  1pc
9  8pcs	10  8pcs	11  4pcs	12  16pcs
13  20pcs	14  4pcs	15  16pcs	16  2pcs
17  4pcs	18  4pcs		



## EXPLODED DIAGRAM

Please note that not all of the parts and hardware you see here will be used when you assemble the machine, as some of them are already pre-installed.



### NOTE:

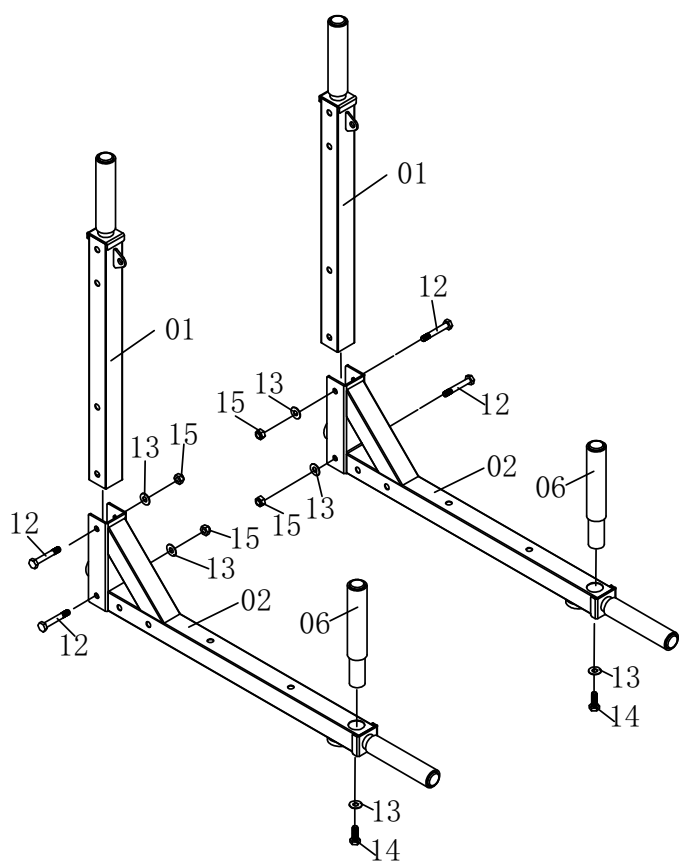
To avoid misalignment due to excessive tightening, do not use a wrench at this time.

Please tighten manually for now, this will help ensure a smooth assembly process.

After all parts have been assembled, tighten them using a wrench to ensure that all nuts, bolts and parts are secured in place before use.

**STEP1**

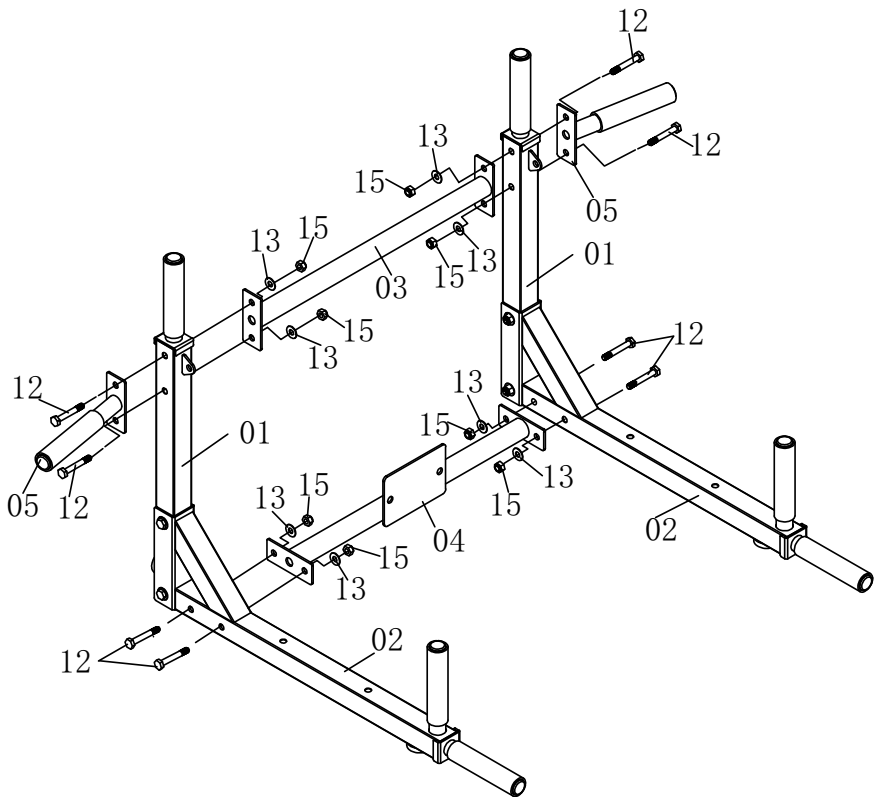
- A) Use four (12) hex screws, four (13) flat washers, and four (15) jam nuts to secure two (1) square tubes and two (2) square tubes together.
- B) Use two (13) washers and two (14) hex screws to install the two(06) handles onto the (02) square tube.



## STEP2

A)Install the (05) handle and (03) connecting tube onto the (01) square tube using four (12) hex screws, four (13) flat washers, and four (15) anti loosening nuts.

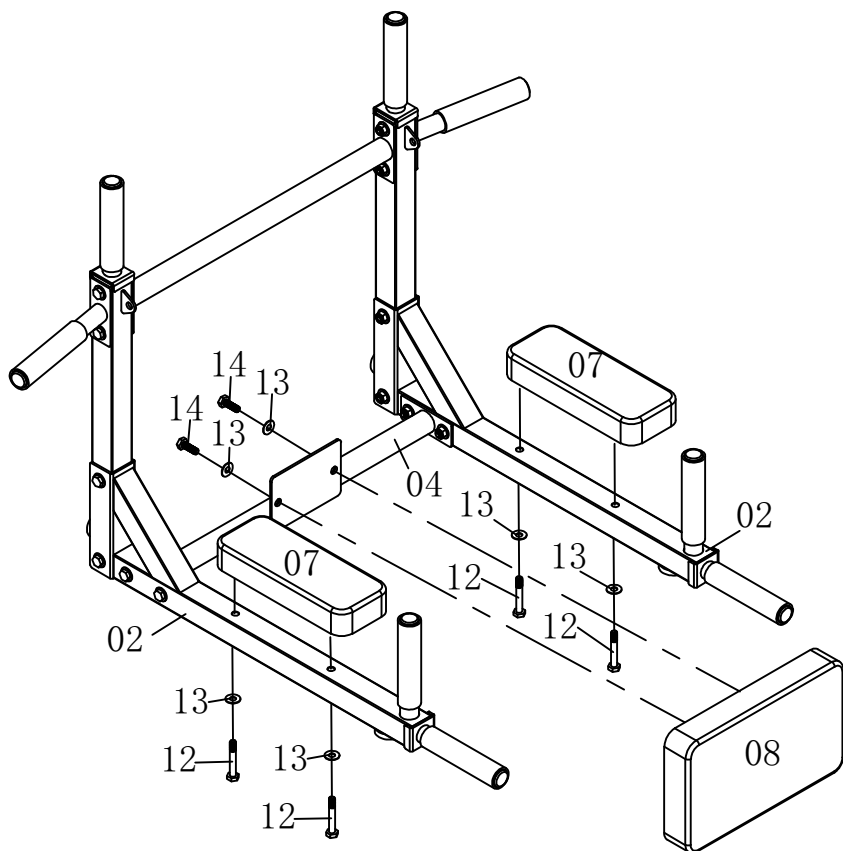
B)Install the (0) connecting pipe onto the (02) square pipe using four(12) hex screws, four (13) flat washers, and four (15) anti loonuts.sening



### STEP3

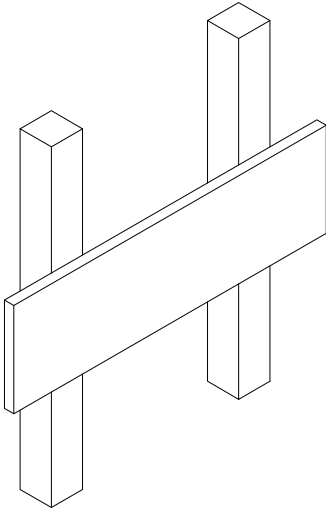
A) Use two (14) hex screws and two (13) flat washers to install the (08) large plate washer onto the (04) connecting pipe.

B) Use four (12) hex screws and four (13) flat washers to install two (07) plate washers onto two (02) square tubes.



# ASSEMBLY STEPS

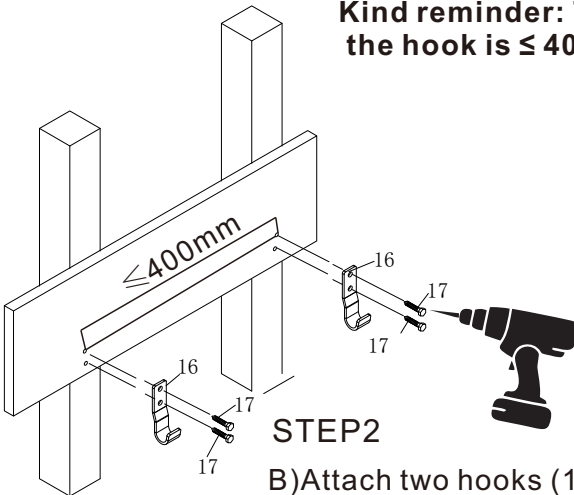
## Installation Mode 1



### STEP1

A) please choose thick wooden boards with wooden beams.

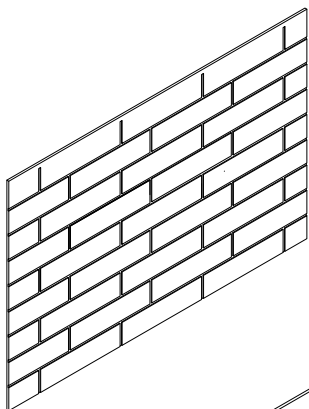
**Kind reminder: The hole position of the hook is  $\leq 400\text{mm}$ .**



### STEP2

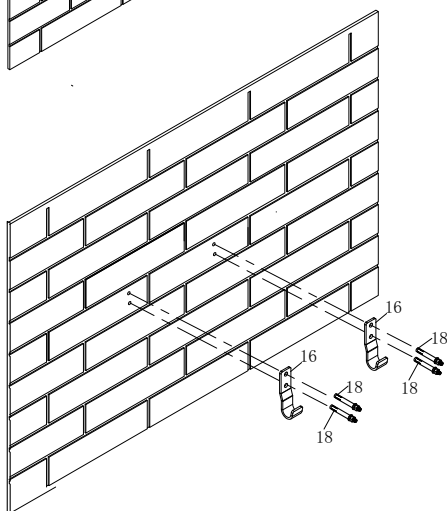
B) Attach two hooks (16) and fix them to the wooden wall with wooden screws (17).

## Installation Mode 2



### STEP1

A) Please select a cement wall with a thickness of  $\geq$  ten centimeters.



**Kind reminder: The hole position of the hook is  $\leq$  400mm.**

### STEP2

B) When drilling holes in the wall, the distance between the two hooks is less than the width of the (03) and (04) stretching pipes. Use the (18) expansion screw to fix the (16) hook to the cement wall.

### THE ASSEMBLY PROCESS IS NOW COMPLETE.

For your safety, please tighten the screw and adjust it to the appropriate position. Please visually and functionally inspect and test the unit after assembly is complete.

## WARM-UP INSTRUCTIONS

Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment. Before beginning any exercise program including the following flexibility exercises, please consult with your physician.

The following flexibility exercises are provided to you as a means to prevent injury while you are exercising. A proper warm-up routine decreases the chance of injuring your muscles while you are exercising. Please take the time to do these flexibility exercises before and after each time you exercise.



## **Groin Stretch**

1. Sit with your knees flexed and soles of feet together.
2. Hold your ankles and bend at your hips (keep your back straight) as you press your knees toward the floor with your elbows.

## **Hamstring Stretch**

1. Sit with your left leg extended and bend your right leg at the knee as you place the sole of your right foot against the inner thigh of your extended leg.
2. Flex the foot of your extended leg (toes pointed toward ceiling) and gently bend forward from your hips; keep your back straight.
3. Reach your hands on your extended leg as far as possible and then switch legs and repeat

## **Trunk Twister**

1. Sit with your leg extended and bend your right knee as you cross your right leg over your left leg. Your right foot of your extended leg foot should be flat on the floor alongside your left knee.
2. Place your left arm on the outside of your right leg and pull against that leg while twisting your trunk as far as possible to the right. Place your right hand on the floor behind your but- tocks. Reverse leg positions and repeat.

## **Groin Stretch**

1. Lie on your back and raise your right leg as you clasp both hands under the back of the knee. Keep your left leg straight.
2. Gently pull your right leg toward your trunk without raising your upper body. Switch leg positions and repeat.

## **Trunk Flexion, Prone**

1. Assume the depicted position on your hands and knees. Stretch your hands out in front of you and then slowly start to pull them back in toward your body as you tuck your chin and arch your back upward.
2. Return to the starting position slowly.



## **Shoulder Stretch**

1. Bring your right hand over your right shoulder to the upper back and bring your left hand under your left shoulder to the upper back.
2. Try to reach your fingertips. If you are not able to reach your fingertips, use a towel as an extension of your hands and gently pull one hand toward the other.

Reverse arm positions and

## **Quadriceps Stretch**

1. Stand on your left leg and hold onto a support with your left hand.
2. Flex your right leg behind you, grasp your ankle or foot with your right hand and pull your foot toward your buttocks. Keep your back straight and right knee pointed down. Repeat on the other leg.

## **Calf Twister**

1. Place both hands against a wall to aid your balance. Press the ball of your left foot against the wall and keep the heel of the same foot rested on the floor (make sure your left knee is bent).
  2. Slowly start to straighten your left knee and you will feel the muscles in your left calf stretch.
- Switch leg positions and repeat.

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