

Body-Solid®
Built for Life



PUB30

MOUNTLESS PULL UP/PUSH UP BAR

Assembly & Instructions
OWNER'S MANUAL

v. PUB30-070312

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Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

*Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice.
Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*

Antes de comenzar cualquier programa de ejercicios, deberías tener un examen físico con su doctor.

When using exercise equipment, you should always take basic precautions, including the following:

- Read all instructions before using the PUB30. These instructions are written to ensure your safety and to protect the unit.
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- Use care when getting on or off the unit.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit before each use. Make sure all fasteners are secure and in good working condition.
- Do not use the equipment outdoors or near water.

Personal Safety During Assembly

- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the PUB30 on a solid level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

Read all "Notes" on each page before beginning each step. While you may be able to assemble the PUB30 using the illustrations only, important safety notes and other tips could be included in the text.

The PUB30 is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your Body-Solid PUB30.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.

Obtaining Service

Please use this Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you must use the part number and description from this Owner's Manual. Use only Body-Solid replacement parts when servicing this machine. Failure to do so will void your warranty and could result in personal injury.

For information about product operation or service, check out the official Body-Solid website at www.bodysolid.com or contact an authorized Body-Solid dealer or a Body-Solid factory-authorized service company or contact Body-Solid customer service at one of the following:

Toll Free: 1-800-556-3113
Phone: 1-708-427-3555
Fax: 1-708-427-3556
Hours: M-F 8:30-5:00 CST
E-Mail: service@bodysolid.com

Or write to: Body-Solid, Inc.
Service Department
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA

Retain this Owner's Manual for future reference. If you need to order replacement parts please be prepared to provide the following information when contacting us so that we can assist you better.

- 1. Model Number**
- 2. Place of Purchase**
- 3. Part # and Description**

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

1. Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for signs of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing. **FAILURE TO FOLLOW THESE RULES MAY RESULT IN SERIOUS INJURY.**
2. Keep clear of the cables and all moving parts when the machine is in use.
3. Always make sure all Snap Links are closed when doing any cable/pulley/strap exercises.
4. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
5. It is recommended that you should workout with a training partner.
6. Do not allow children or minors to play on or around this equipment.
7. If unsure of proper use of equipment, call your local Body-Solid distributor or the Body-Solid customer service department at 1-800-556-3113.
8. **WARNING:** Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction. RAL8-6-03 WC-54

Part List / Illustration

Part#	Size	Description	Quantity
1	NA	INNER BAR	1
2	NA	OUTER BAR	1
3	NA	PARALLEL BAR	2
4	Ø 45 X 80mm	FOAM ROLL	2
5	Ø 35 X 210mm	FOAM ROLL	2
6	Ø 55 X 100mm	FOAM ROLL	2
7	348 X 24 X 3mm	EVA PAD	1
8	Ø 25mm	ROLL TUBE WITH CAP	6
9	M6 X 55mm	SCREWS	2
10	M6 X 45mm	SCREWS	2
11	M6 X 16mm	SCREWS	2
12	M6	LOCKNUT	4
13	M6	WASHER	4
14	NA	CROSSBAR	1
15	NA	STRAPS	2
16	NA	WRENCH	1

STEP**1**

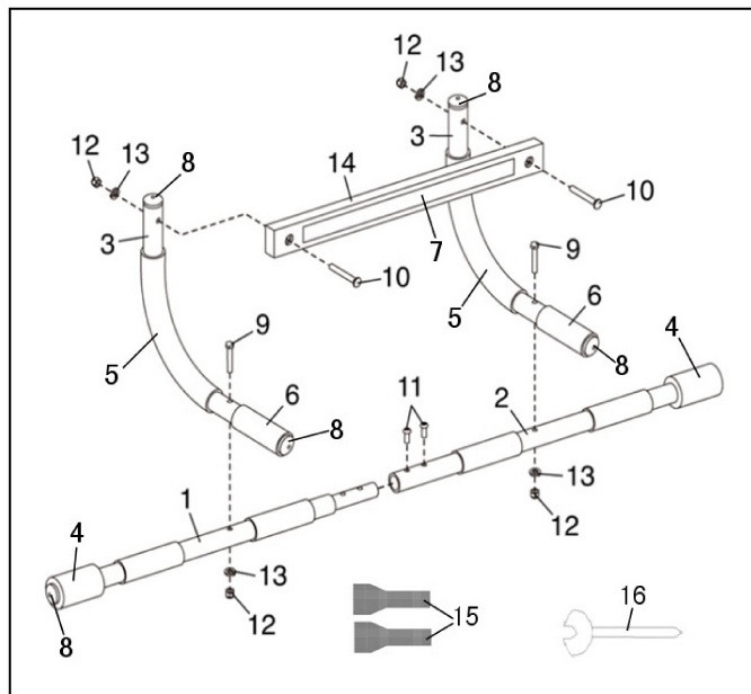
Be careful to assemble all components in the sequence they are presented.

Note: Some parts may be pre-assembled.

1. Insert the Inner Bar (1) into the Outer Bar (2). Attach the Inner Bar to the Outer Bar with two M6 x 16mm Screws (11)
2. Orient a Parallel Bar (3) so that the Foam Pad (6) is in the position shown. Attach the Parallel Bar to the Inner Bar (1) with an M6x 55mm Screw (9), an M6 Washer (13), and an M6 Locknut (12)

Attach the other Parallel Bar (3) to the Outer Bar (2) in the same way.

3. Attache the Crossbar (14) to the Prallel Bars (3) with two M6 x 45mm Screws (10), two M6 Washers, and two M6 Locknuts



Installation on Door Frame Instruction

The bar can be installed in a high position for pull-ups, chin-ups, and off the floor core exercises. The bar can also be installed in a low position for sit-ups

To Install the bar in the high position, insert the bar through an open doorway. Set the crossbar as far as possible onto the edge of the door frame. Then, brace the ends of the bar against the opposite side of the door frame, make sure that the crossbar and the door hinges are on the same side of the door frame. See Figure #1.

Warning: The bar is designed to fit door frames with a width of 27.5-30 inches (70-78cm) and a depth of 4.5-6 inches (11-16cm). Do not install the bar in a door frame that does not meet these specifications. The crossbar must rest on the top edge of the door frame when the bar is installed in the high position. See Figure #2.

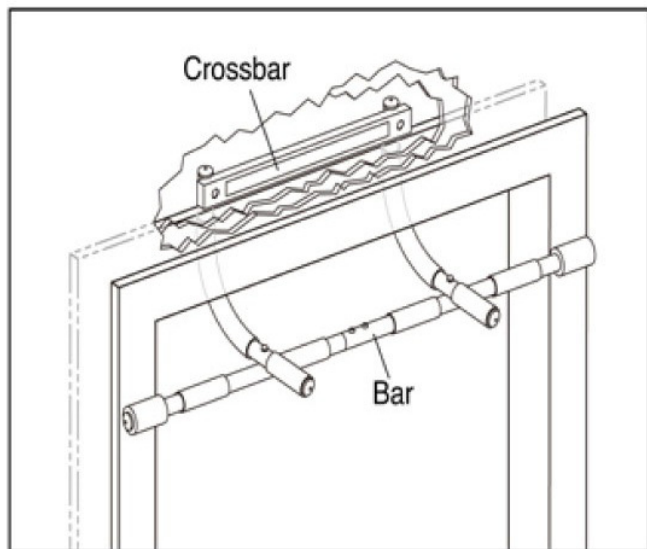


Figure #1

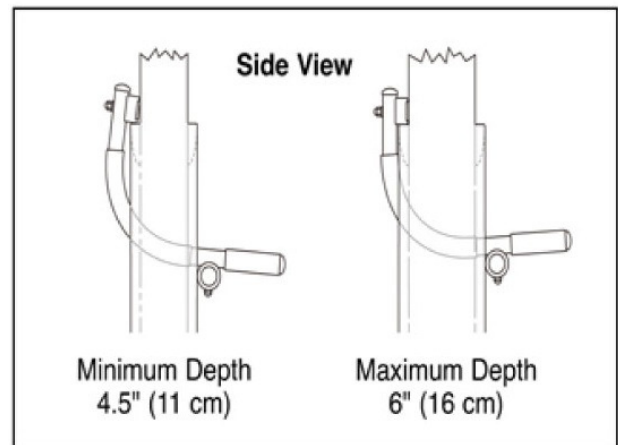


Figure #2

Exercise Guideline

When installed in the high position, the bar offers three bar position: wide, narrow, and parallel that allow you to perform pull-ups, and chin-ups. See Figure #3 and #4.

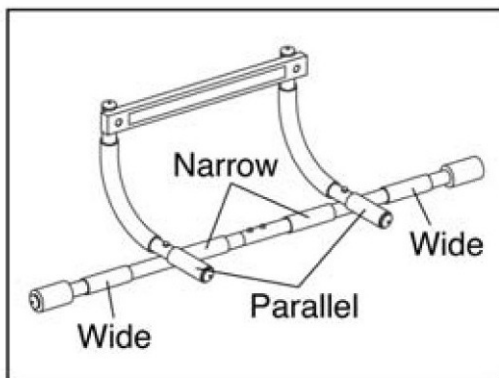


Figure #3



Figure #4

Exercise Guideline

When the bar is installed in the low position, you can put your feet under the bar to provide support for your lower body while you perform exercises such as sit-ups and crunches. See figure # 5.



Figure #5

You can also use the bar to perform dips or push ups when you place it on the level surface. see Figure #6.



Figure #6



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