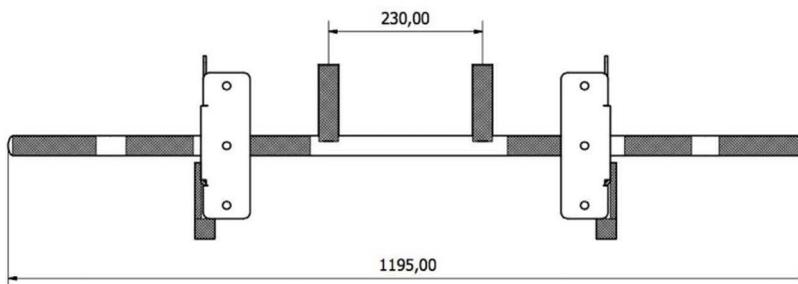
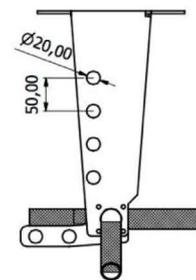
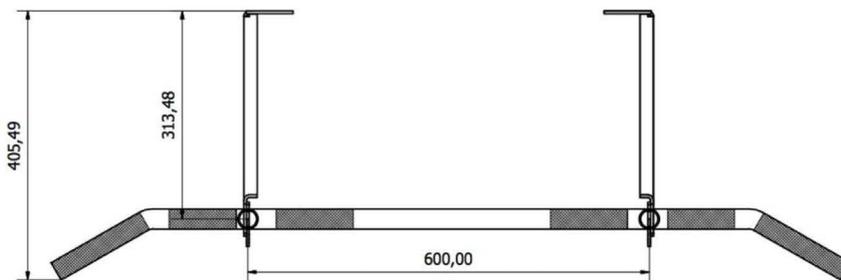


Sport-Thieme® Multi Klimmzugstange

Thank you very much for choosing a Sport-Thieme product!

Please read the instructions fully before you assemble the equipment, so you can enjoy the product and safety is guaranteed. We are happy to answer any questions you may have.



Maximum load capacity:

200 kg for bodyweight exercises on bar including weight of accessories. Eyelets max load 40kg.

Parts list:

1x pull-up bar
6x wall plugs for solid walls or ceilings
6x M8 screws
6x washers
1x aerobis Mini Sling

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1. General information

Please read these operating and installation instructions carefully before installing and using the pull-up bar. Please pay particular attention to the information about maximum load capacity. This value must not be exceeded. Please also note that improper use (e.g. exceeding the weight, use for purposes other than working out) and/or installation can lead to a loss of warranty rights if you are responsible for this.

2. Intended purpose of the item

The item serves as sports equipment for indoor and outdoor use, for doing pull-ups, similar sports exercises and as a wall/ceiling mount for other sports equipment such as sling trainers and resistance bands with a central carabiner. For outdoor use, we recommend sports equipment made of stainless steel. When installing outdoors, please ensure that it is suitable for outdoor use (powder-coated steel = indoor / stainless steel = outdoor).

3. Installation instructions

It is advisable to perform the installation with two persons. The scope of delivery includes the necessary mounting material including screws, washers and wall plugs for brickwork (walls and concrete ceilings).

Checking the structure of the wall:

- The pull-up bar may only be mounted on load-bearing walls or ceilings.
- It is essential to check the wall for power lines, especially when mounting above the door frame. Consult an expert if necessary.
- Mounting on plasterboard walls or porous old building walls is not suitable due to the lack of stability.
- Use a spirit level to align the pull-up bar.
- Dust must be removed from the drill holes after drilling to avoid screw breakage! Unless otherwise specified, the screws should only be slightly tightened during installation. They are properly tightened once the installation is complete. Thorough checks must be made to ensure that all screws have been properly tightened.
- After installation, all equipment functions must be checked to make sure they work smoothly and error-free. If problems should arise, the origin can be traced using the installation instructions and the fault can be rectified. If the problem cannot be eliminated, it is advisable to contact the dealer.

4. Required tools

- 13 mm wrench
- Suitable drill (impact drill/hammer drill)
- Hammer
- Drill bit
- Spirit level

5. Safety information

- Sufficient time should be allowed for reading the installation instructions before installation.
- In addition, a basic medical examination by a doctor is advisable in order to minimise health risks.
- It should be noted that improper use of sports equipment, such as incorrect settings and excessive working out, increases the risk of injury. The intended use of the item is only for use by adolescents and adults with sufficient mental and physical development.
- Furthermore, every user of the workout equipment should familiarise himself/herself with it before use. It is not suitable for children and they should not play in the immediate vicinity of the item.
- If individual components of the product are worn or defective, they must be replaced immediately. Otherwise there is an incalculable safety risk. The equipment must not be used until the defect has been repaired.
- The product may only be used for the intended purpose and up to the specified load limit. The space required for proper operation and execution of the exercises must be taken into account.
- Always pay attention to moving parts.
- The ceiling and wall must have sufficient load-bearing capacity.
- After each workout, the device should be left in such a condition that no one can be injured by any protruding components.

6. Drilling and mounting instructions

No matter how good a pull-up bar is, its value use is mainly measured above by its solid and reliable installation. Even the best-construction cannot function correctly if it is poorly mounted. For safety reasons, the greatest care must therefore be taken when installing a pull-up bar. However, there is no need to worry: it is not actually that difficult to install a pull-up bar. A second person is absolutely required to ensure correct installation!

1.) The installation height must be suitable for the user

The ideal installation height must be determined before the pull-up bar can be installed. On the one hand, this of course depends on the local conditions. However, the height of the user is also crucial.

If several people of different sizes want to work out using the pull-up bar, a compromise has to be found regarding the installation height. The perfect height is if the pull-up bar can be grasped well when standing (or even standing upright on tiptoes). It should not be installed too high so that no one gets the idea of jumping up to grab the bar. Pull-up bars are not suitable for such gymnastic exercises! On the other hand, it must not be too low – otherwise the intended exercises cannot be performed correctly. Please find out about the installation options before purchasing. In particular, this applies to the material into which the mounting devices (see installation instructions) are to be screwed.

2.) Marking the drill holes

A second person is required to mark the drill holes for the pull-up bar, because the pull-up bar must be held against the wall and aligned precisely using a spirit level. This is the only way to precisely mark the drill holes. However, before doing this, the suitability of the wall should be checked.

Before drilling, check that there are no power lines, gas or water pipes in the way. The best way to do this is using an appropriate locating device from a DIY store. Please note that each drilling point must be a sufficient distance from the cables – this is particularly the case for power cables. Power cables often run near the ceiling and next to and above door frames. If the wall is free of such obstacles, the pull-up bar can be installed.

Correct alignment using a spirit level is essential, otherwise the forces will be transmitted unevenly to the construction during subsequent use. This is not only unfavourable to the workout, but also carries the risk of the material being distorted. The drill holes can be marked using a pencil.

3.) Which drill bit is the right one?

A masonry drill bit should generally be used for installing the pull-up bar. Please refer to the manufacturer's information regarding

the installation requirements. If you are unsure about the structure of the wall or if the wall plugs' holding force is limited due to cavities or porous bricks, etc., seek the advice of a specialist. Even the most precise installation and the most stable construction are useless if the wall cannot hold the weight! The standard size of the fixing material requires the use of a 12 mm drill bit. Depending on the substrate, normal drills or impact drills are recommended. A hammer drill can be useful for particularly hard concrete walls.

4.) How deep do you drill?

The drilling depth is also important. If the hole is not deep enough, the holding force of the wall plug is not sufficient. This would also make a flush installation more difficult. If, on the other hand, it is too deep, the wall plug can slip in too far. Some drills have a stopping aid that can be used to adjust the drilling depth. As a rule of thumb, the depth of the drill hole should be the sum of the diameter and length of the wall plug.

If the drill does not have an adjustment option for the depth stop, simply mark the spot directly on the drill bit using some coloured adhesive tape. The ability to safely handle a drill is a must! As already mentioned, the ladder being in a secure position is essential for drilling safely and precisely. If you are not properly supported, you will drill imprecisely. This can result in large holes or holes in the wrong place or with an inclined drill channel. It can then become more difficult or even impossible to correctly install the pull-up bar. Work should generally be performed from a fixed position. The drill must be positioned frontally to the wall. On the ladder, right-handed people should place their left leg on the highest rung, while left-handed people should have their right leg at the top. The second person, who has already helped with marking the drill holes, should secure and hold the ladder so that the installer can use all his/her strength for drilling.

5.) Always drill at right angles

Drilling can begin. The drill should be held precisely at right angles to the wall. This is the only way to achieve a straight drill channel. The drilling dust can be collected using a vacuum cleaner (additional person may be required) or using other tools. An open envelope, for example, which can be attached underneath the drill hole using a little double-sided adhesive tape, has proved to be a good solution. But special tools from the DIY store can also be used to collect dirt and dust. Firstly, use the rotary drilling function (without the hammer function!) to drill into the plaster. Do not exert too much pressure – to avoid slipping. Once you have drilled through the plaster, activate the hammer function, depending on the substrate. Drill until the desired hole depth is reached (observe the marking on the drill bit or the depth stop). Stop the drill before pulling it out. If the drill gets stuck, pull it out using the reverse function. Do not drill any further forward or the hole may fray.

6.) Check the finished drill hole

Then clean the drill hole so that it is free of dust so that it provides a perfect hold for the wall plug and screw. A vacuum cleaner or a brush can be used for this purpose. If the drill is the correct size and depth, you can check it using the wall plug by pushing it into the drill hole. If the drill hole is too small, repeat the drilling process using a larger drill bit. If it is too large, the hole must be filled with injection mortar. Then push the wall plug in and wait at least two hours before screwing in the screw.

7.) Screw on the pull-up bar

The pull-up bar consists of individual, screwable components that are screwed together before the drill holes are marked. The required screws and washers are supplied. The screws and wall plugs supplied must be used for the installation. If other fixing materials are used in exceptional cases, they must have at least the same load-bearing capacity as the original parts (if this is the case with wall plugs, make sure that they are suitable for the type of wall!). When tightening, it is also advantageous to work with a second person to place the pull-up bar above the drill holes. The installer can then fit and tighten the screws and washers. It is recommended to fit the screws crosswise in the case of screwed connections at corner points in order to effectively compensate for the tensions occurring at the screw connection. At the end, all screws should be tightened again and checked to make sure they are correctly fitted. If everything is correctly installed, you can start using the pull-up bar for workouts.

7. Maintenance and care measures

The care instructions concern the stainless steel product. After installation, the article item should be cleaned to make sure it is free from grease contamination. You can use a cloth with warm water and a little detergent. Then clean the surface with clear water. If the water contains a lot of lime, the stainless steel should be dry cleaned using a dry cloth. This prevents the formation of white stains. In order to preserve the beautiful appearance, clean the item again as required.

8. Workout tips

- It is a good idea to undergo a basic medical examination before starting to use the pull-up bar for workouts. This will help to prevent potential health risks.
- It is important to set realistic workout goals to begin with in order to ensure the best possible workout success and sustained motivation.
- You should thoroughly warm up your muscles and joints before each workout. Mobilisation workouts, cardio workouts, stretching exercises and yoga are the best options.
- Movements should always be clean in order to reduce the risk of injury. This is especially essential when exercising with heavy weights (e.g. additional weights for pull-up exercises).
- Make sure not to overstrain yourself. Your body knows its performance limits and will make you aware of them with unmistakable signs such as exhaustion and severe pain.
- As a beginner or after not having worked out for a long time, you should start working out slowly.
- Always make sure that you breathe evenly.
- Avoid holding your breath during exercises. Instead, exhale when lifting the weight and inhale when lowering the weight.
- As with any other piece of workout equipment, you should be aware of how the pull-up bar works before using it.

9. Services

Please do not hesitate to contact us in the event of warranty claims or an order for spare parts. You must provide the following information in order for us to be able to process your request swiftly:

- Name and address
- Order or customer number

10. Legal claims

The statutory claims shall apply, e.g. the liability for defects (warranty).