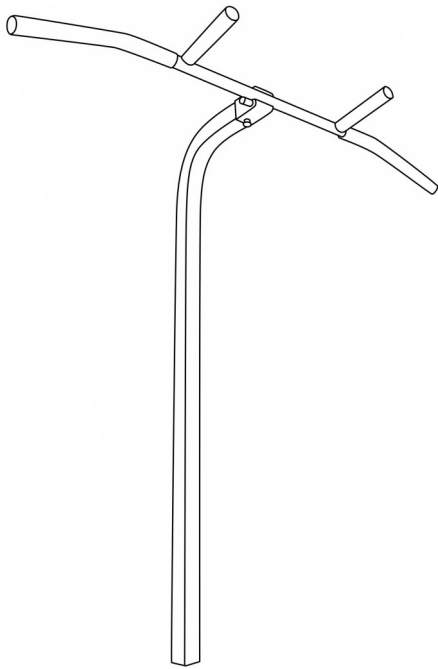


# Assembly & Operating Instructions

## Ironmaster Chin Up Bar

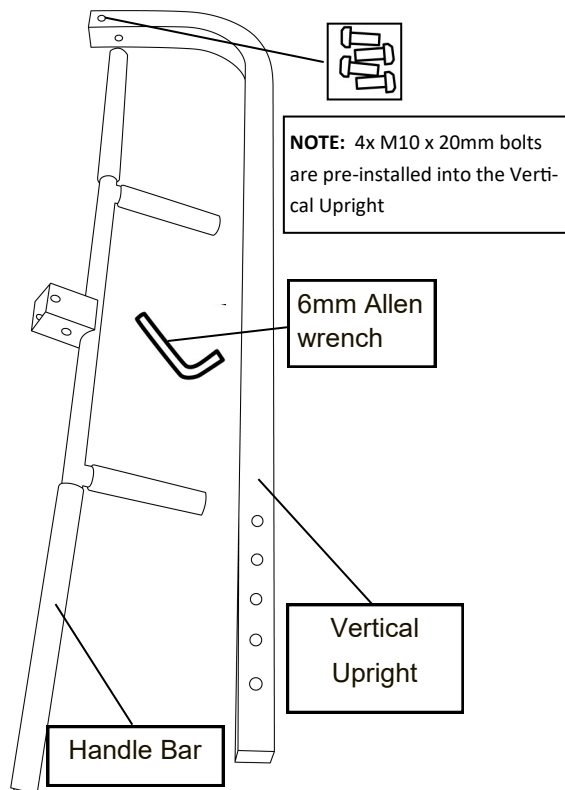
Congratulations on your purchase of this fine Ironmaster product. For any technical questions or support please contact us at 1-800-533-3339. Be sure to read and understand the operating instructions.



The Ironmaster Chin up bar attachment is designed specifically to be used with the Ironmaster Superbench for Pull up and Chin Up exercises.

### Box Contents:

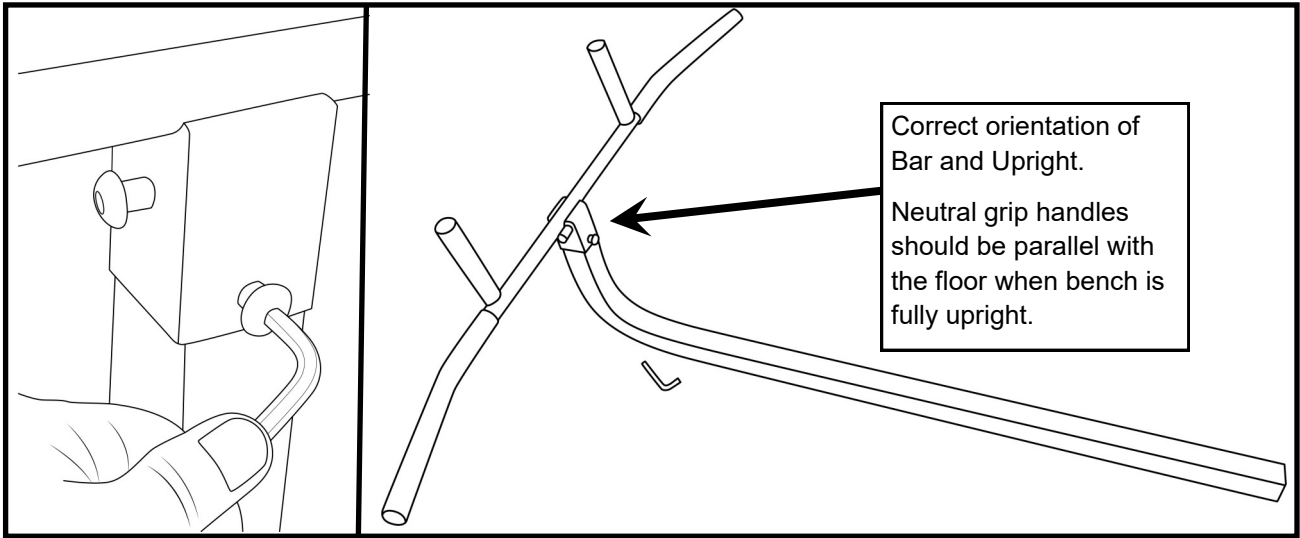
- 1x Vertical Upright
- 1x Chin Up Handle Bar
- 1x 6mm Allen wrench
- 4x M10 x 20mm Mounting bolts (Pre-installed)



### Assembly:

Remove box contents and locate Allen wrench.

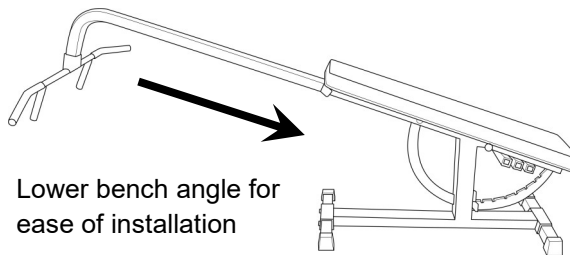
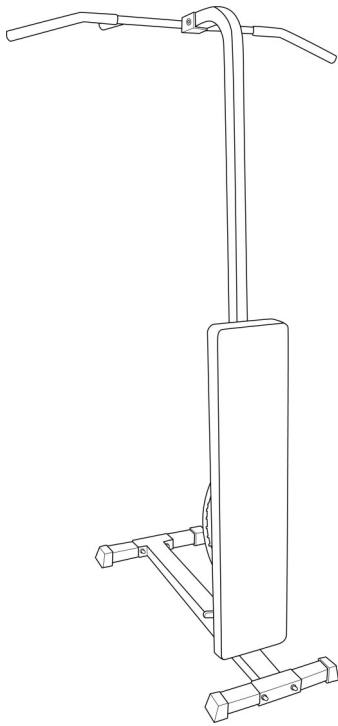
Remove the 4 M10 bolts from the chrome VERTICAL UPRIGHT then position the HANDLE BAR over the frame and reinstall the bolts. Do not tighten until all four bolts are installed by hand, then tighten securely with the Allen wrench.



### Operating instructions:

Once you have familiarized yourself with the safety aspects of accessory usage with the Super Bench, install your Chin up Bar into the bench frame as shown left. You can set the height with many hole positions. Be sure the pull pin is engaged in a hole then tighten before use.

Tip: It is both easier and safer to install the Chin up bar at a lower bench angle and then, once the Pull pin is locked into position (taking note of light fixtures, low ceilings, etc) adjust the Super Bench into the operational full upright position as shown.

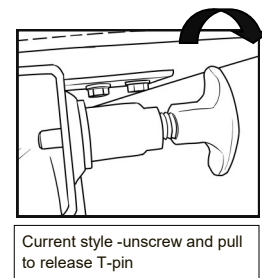
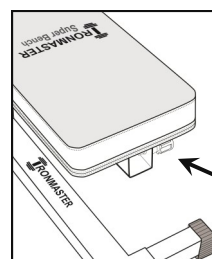


### Using the Super Bench with accessories:

The Ironmaster Super Bench is designed to accommodate an array of accessories (Note only Ironmaster accessories are to be used with the Super Bench). Located at the front of the Super Bench is a pull pin, which is both spring loaded and threaded for additional safety/positive locking.

First, locate the Pull pin at the front of the frame under the main bench pad. To operate, turn the pin counter clockwise until you are able to pull the pin against the spring.

On some older Super Benches, the Pull Pin will be a round knob.



Current style -unscrew and pull to release T-pin

## WARNING:

Do not use the Chin up bar attachment in any exercise that involves swinging such as Kipping pull ups or any variation thereof. This could cause the base of the Super Bench to become unstable due to the high center of gravity when using this attachment. Use smooth straight up and down movement.

Only use your Chin up attachment with your Super Bench on a flat/level surface.

Do not attach straps or attempt to hang upside down from the Chin up bar under any circumstances. Serious injury could occur.

Use common sense and keep your exercise platform stable. If for any reason the Bench feels unstable or has excessive play in the frame/locking lever or feet immediately discontinue use and either adjust or contact Ironmaster Customer Service for support.

## OPERATING TIPS:

This item can only be used with the Ironmaster bench and is rated at 300 lbs. The chrome locking ring of the bench may interfere with a hanging style weight belt. A weight vest will work well.

Some movement is normal when you arms get tired. If your Super Bench shakes or wobbles excessively during exercise check:

- Make sure pull pin is tightened.
- Position bench on a firm solid floor. Soft mats or thick carpet will let the bench base move.
- Check and tighten (If needed) the Super Bench feet.
- Check and tighten (If needed) the Super Bench pivot bolt and nut. Tighten the pivot bolt a little at a time and check the full range of motion of the bench after each adjustment. Overtightening will cause restriction in the range of movement of the bench so use caution.
- Exercise with control and smoothness.

**WARNING:** Never under any circumstances use any of the Super Bench accessories with either a faulty or missing pull pin in conjunction with the Super Bench/ Super Bench PRO. Serious injury could occur. If the Pull pin fails to operate correctly or for any reason, fails to locate properly with the Ironmaster Seat Press Pad accessory, discontinue use and contact your nearest dealer. This attachment is only for situp/crunch exercises or decline bench presses. Do not use for other purposes.

For further details regarding the Chin up Attachment, operation, tutorials and video links, please visit our website [www.ironmaster.com](http://www.ironmaster.com)

## Warranty Information:

Ironmaster warrants to the original purchaser that this Home Fitness Product will be free from defects in workmanship and materials for a specific period from date of purchase based on the part type listed below. During the warranty period, Ironmaster will either repair or replace, at its option, defective part(s) at no charge. Warranty covers in home use only.

1 year for normal wear items such as rubber, upholstered parts and surface finishes.

10 years for frame and structural components.

Shipping costs are not included in the warranty and some items may need to be sent to Ironmaster for repair or replacement. Installation of any parts and labor involved is not included. The warranties described above shall be the sole and exclusive remedy available to the purchaser. Correction of defects, in the manner and for the period of time described above, shall constitute complete fulfillment of all liabilities and responsibilities of Ironmaster to the purchaser with respect to the product, and shall constitute full satisfaction of all claims, whether based on contract, negligence, strict liability or otherwise. In no event shall Ironmaster be liable or in any other way responsible for damages or defects in the product which were caused by repairs or attempted repairs performed by anyone other than Ironmaster or Authorized service Contractor. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear of the product purchased. Nor shall Ironmaster be liable or in any way responsible for any incidental or consequential economic or property damage. Some states do not allow the exclusion of incidental or consequential damage, so the above exclusion may not apply to you.

