

Ironmaster Ultimate Chin Up Attachment for IM2000 Assembly and Use Instructions



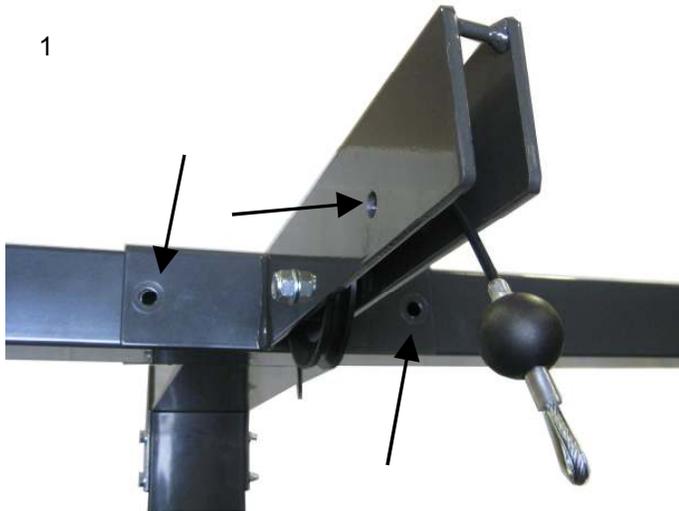
The Ultimate Chin Up attachment is designed for use on the Ironmaster IM2000 self spotting machine. This device allows for various grip positions and spacing for pull ups, chin ups and other exercises. The left and right hand grips are adjustable and have four handles with different angles to best suit your exercise plan. This attachment is made to fit the IM2000 machine, but will also fit some older models Ironmaster machines like the IM950 and IM1000. Please check with Ironmaster for compatibility to be sure it will fit your machine.

The capacity is rated at 300 lbs and it is recommended to use one hand on each side rather than put all your weight only on one side.. This is an attachment and is not designed to use stand alone.

Parts List

No.	Description	Qty	Detail
1	Crossbar	1	Chrome steel
2	Handle Grips	2	Chrome steel with knurled grips, left and right
3	Hardware kit	1	Bolt kit includes below
	M12x100 Bolt	2	Hex bolt, zinc
	M12 washer	6	Flat washer, zinc
	M12 Nut	3	Hex nut with nylon inserts, zinc
	M12x60 bolt	1	Allen bolt, black
	Thumbscrew	2	Plastic knobs

Congratulations on your purchase of this fine Ironmaster product. The following instructions will help you assemble the unit and provide some details on use as well. Unpack all the parts and make sure you have received all the parts as shown on the parts list. If you are missing anything or have questions, please call Ironmaster right away and we will assist you. 800-533-3339.



Step 1: Remove the two M12 bolts from the top center of the IM2000. Then also remove the outer pulley wheel bolt. Be careful as the pulley wheel can fall out.



Step 2: Set Crossbar frame over the top of the IM2000 machine and insert the M12 x 100 bolts through the top center bracket and crossbar rear tabs. Use washers on both sides and hand tighten the nuts.



Step 3: Insert M12 x 60 Allen bolt through Crossbar front tabs and reinstall the pulley wheel. Use washers on both sides and hand tighten nut. **Then fully tighten all three bolts and nuts using two wrenches so the lock nuts are seated tightly.**



Step 4: Put thumb screws in the handles and slide on over the ends of the crossbar to desired positions. You can put the handles in multiple positions and can move them in and out.

Note: You will have to swap the left and right handles for more grip options. Be sure to tighten the thumb screws before use.