



# **Chin-Up Bar (single, double, or triple)**

## **Installation Instructions**

NOTES: Please check for any damage caused by the shipping company and take appropriate steps to file a claim, if needed.

\*Please call **Digsafe** and check for any underground utilities before digging anywhere.

### **Materials needed**

Water source, measuring tape, screw gun, Phillips and star bits, a bunch of one and 1/2 in sheetrock screws, post hole digger, level, cement, something to mix cement in (or mix in the hole), minimum 6 pieces of 1x3x8' strapping (cut 1' pieces off the ends of each, and make points on the ends to make 6 stakes), 3# sledge hammer, shovel, drainage stone

Driver / drill (torque driver bit provided in kit), Post hole shovel, spade shovel, level, tape measure, hand tamp, and fourteen (14) 50lb bags of fast-setting premixed concrete (not included). Concrete amount required may vary depending on how deep you can get the holes. Concrete amounts can be easily calculated at <http://www.quikrete.com/Calculator/Main.asp>.

### **Instructions**

1. Keep in mind that this is a climbing element and therefore it needs a fall zone extending 6 feet out on all sides of it which is usually 12" deep. You can create a container for this material by using either 2 layers of 6x6 retainers made for this purpose (which we can provide), or by digging a hole 12" deep. If you choose to dig the 12" deep hole, keep in mind that it needs to be drained so it doesn't fill up with rainwater or snow melt.
2. Decide where you want to place the Chin-Up Bars. For the double bar, there will be 3 posts in a row, so you will need 6' total for the posts. For the Triple Bar, there will also be 3 posts, but they will be in a triangle pattern/footprint. The fall zone is required to be 6' out around all sides of this play feature, so in this case, the fall zone would be a kind of oval shape about 12' wide and 18' long.
3. Use the attached drawing to determine the spacing between the posts, lay your plan out on the ground making sure that the holes are all aligned up, and dig the two or three holes as deep as you're comfortable. We recommend at least 3 feet. For the Triple Bar, two posts would be spaced as above, and the 3rd post will be at the point between the other 2 posts, and the length of the pipes away, so there is a triangle shape on the ground.
4. Assemble the posts by attaching the two L-notched post halves together with the screws provided. If some go missing, just purchase 3 inch structural screws and drive those through the extenders into the bottom of the post, keeping everything aligned.
5. Next, find the middle post which has an upper and a lower hole, and find the other long post, and lay them both down on a very level surface, such as a parking lot, facing the appropriate holes toward each other, and insert the hollow pipe. Fasten in place at both ends where indicated. For the Triple Bar, follow the markings on the posts, matching the heights so that each of the 3 bars will be parallel with the ground when mounted on the posts. Follow the nest instructions for erecting the two posts. The location of the 3rd post at the point of the triangle, and the location for mounting of the bars to it will be obvious.
6. Now, if you pick up the first 2-post assembly, it will want to rotate around the ends of the pipe which will put enormous stress on this whole thing. Therefore, before you move it, and while it is laying on the very flat surface, grab your measuring tape, 2 long pieces of strapping, 4 sheetrock screws, and crossbrace the two posts above the ground line. Use your measuring tape to measure from the top of one post to the bottom of the other post, and then adjust the posts up or down on the ground to make sure that the measurements are exactly the same. The chin up bar should now be perpendicular to the first 2 posts.

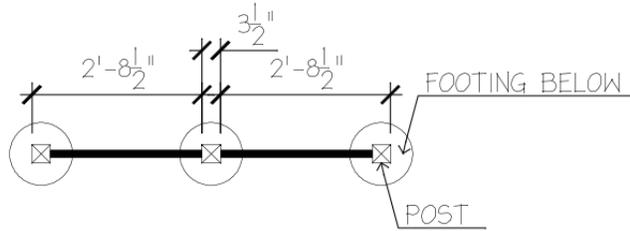
# Chin-Up Bar (single, double, or triple)

## Installation Instructions

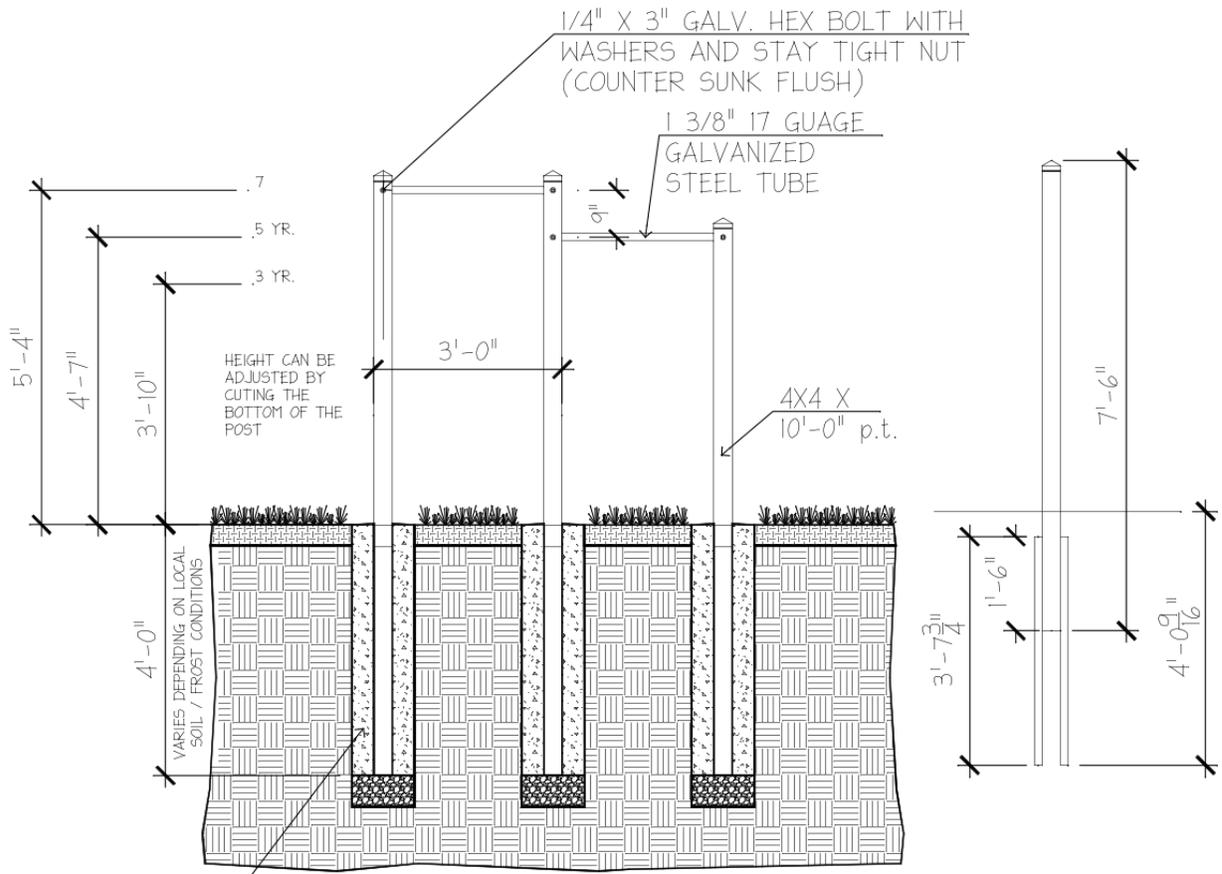
7. Two people should gently pick up this assembly, and put it into the holes, making sure that the holes for the other bars are facing where they need to face on the missing post.
8. Grab some drainage stone, and using your level on the bar, adjust the posts up or down with the drainage stone until the bar is level.
9. Use your strapping, stakes, and level to plumb both of these posts.
10. Grab your last post and the two remaining chin up bars. Put the 3rd post in the hole following the measurements on the diagram (or following where you marked on the ground and dug the hole for the 3rd post), and put the bars in the holes, but don't fasten the bar(s).
11. Adjust this last post up and down using drainage stone under the post until the bar(s) is(are) level.
12. Fasten the bar(s) in place at both ends, and brace this last post with strapping and stakes.
13. You should now be ready to backfill all the holes with concrete or with well packed drainage stone or other material of your choice.
14. If you are using concrete, once it's set up, remove the cross braces and other braces and stakes.
15. Install fall zone material.
16. All wood is treated with kid-friendly preservative, but as is the case with all wood facing the elements, it needs to be cared for, so check it periodically for rough spots, splinters, etc, and sand them out, and treat it with kid-friendly wood preservative (we have it available if you can't find it) once or twice a year to keep the wood from deteriorating.
17. Enjoy your chin-up bars!



# Chin-Up Bar (single, double, or triple) Installation Instructions



**PLAN VIEW**  
N.T.S.



3000 PSI CONC IN  
12" HOLE OR  
CONSTRUCTION  
TUBE

**FRONT VIEW**  
N.T.S.

**POST EXTENSION**  
N.T.S.

## DOUBLE PULL-UP BAR

CHECK WITH LOCAL LICENSING. FALL ZONE MAY BE REQUIRED.  
SPECIFY HEIGHTS OR AGE GROUPS FOR EACH SIDE



Natural Playgrounds Co.  
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ITEM:  
**PULL UP BAR**  
DRAWN BY: JHM  
SCALE AS NOTED DATE: 8/11/11

SHEET TITLE:

**D-1**