Chin-Up Bars (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.

Instructions for Single and Double Chin-Up Bars

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 very 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.

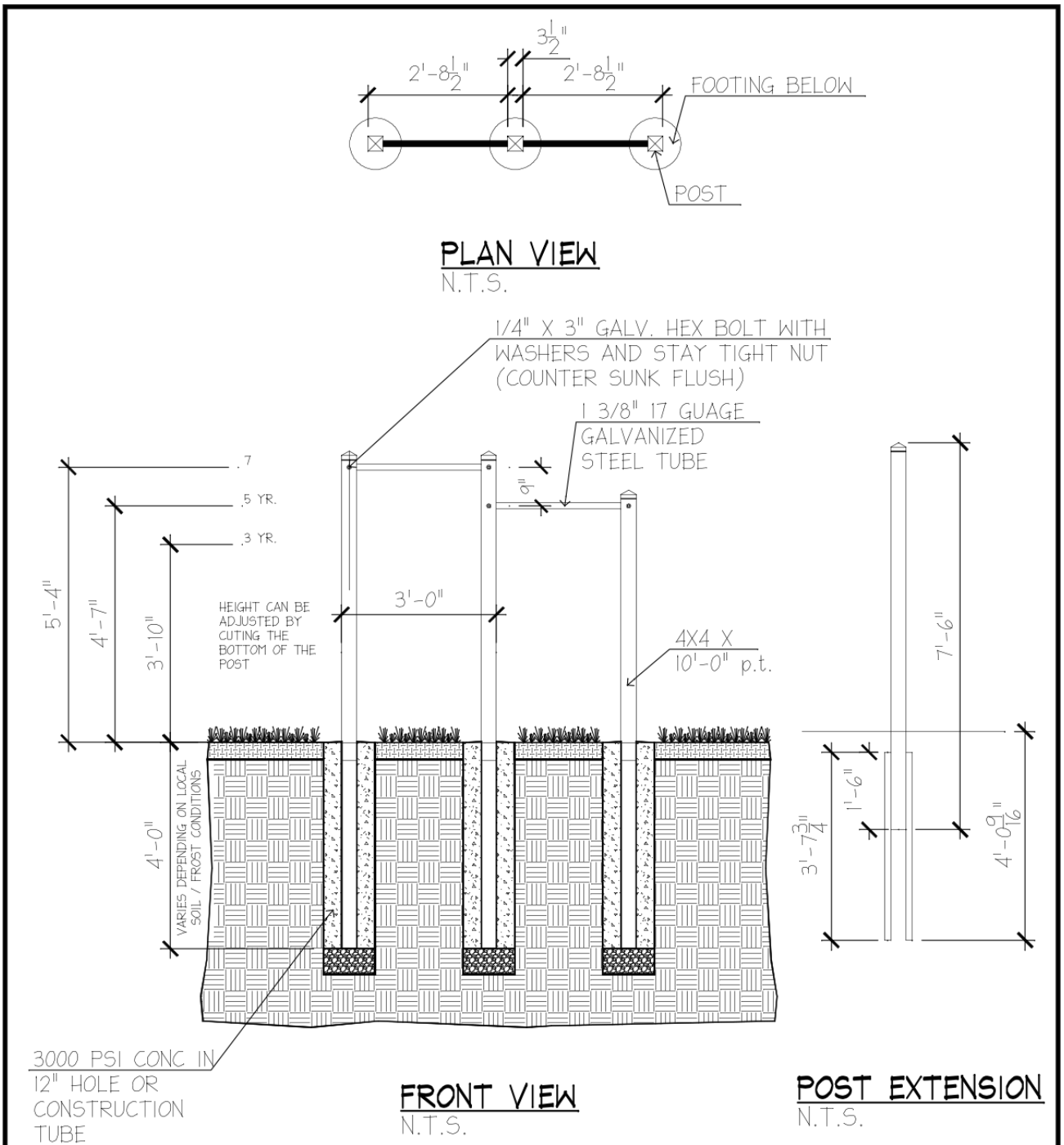
6. Now, if you pick up the first 2-post assembly, it will want to rotate around the ends of the pipe which will put enormous stress on this whole thing. Therefore, before you move it, and while it is laying on the very flat surface, grab your measuring tape, 2 long pieces of strapping, 4 sheetrock screws, 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.

7. Two people should gently pickup 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 Bars (single, double, or triple)

Installation Instructions



DOUBLE PULL-UP BAR

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

Natural Playgrounds Co.
85 Warren Street
Concord, NH 03301
(888) 290-8405
www.naturalplaygrounds.com

ITEM: PULL UP BAR
DRAWN BY: JHM
SCALE: AS NOTED DATE: 8/11/11
SHEET TITLE: D-1

Chin-Up Bars (single, double, or triple)

Installation Instructions

Instructions for Triple Chin-Up Bars

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 and all around 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. We typically recommend 4" perforated and sleeved drainage pipe.

2) With this size area in mind, find an appropriate location, and transport your tools and product pieces to that location.

3) If you are excavating a shallow, 12 inch deep hole to accommodate the fall zone material and perforated drainage pipe, then excavate this hole and level out the bottom.

4) You will be installing the highest bar first; the final installation looks like an L, with the lowest bar angled at 90° from the tall and medium bars.

5) To assemble, find the two posts for the highest bar, face the holes toward each other, and insert the bar. If it requires a little force, use a sledgehammer on the outside of the posts while someone is standing on the other post. Keep in mind that this will damaged the post, so you should put a scrap piece of wood between the post and the sledge.

6) Now you need to use the cross bracing to ensure that the posts remain parallel to each other during installation. Find that cross bracing and fasten to these two posts.

7) Find the location of this first bay, mark the location of the two posts on the newly cleared ground, and dig 3 foot deep by 8 inch diameter holes. The depth is up to you, soil conditions, and frost line.

8) Drop the posts in the holes. At this point you may do some adjusting. There is a ground line marked on the posts, and this would represent the top of the fall zone material. However, the height of this first, tall bar could be adjusted depending on the age of the people using it, as long as enough post is left in the ground to secure it.

9) Once you have decided on the height of the bar, grab a 4 pieces of strapping along with 4 pointed stakes, and prepare to make the posts plumb using the strapping screwed high on the post on two adjacent sides and into the stakes in the ground.

10) At this point, you can use the two speed clamps to clamp the levels on two adjacent sides of the first post, level up/plumb the post and fix it in position using the strapping and sheet rock screws.

11) Copy this procedure for the second post.

12) Fill the holes with concrete, either premixed or dry. If you use dry concrete mix, you will have to pour water into the hole on top of the powder, and then mix the concrete and water in the hole with the piece of rebar. Keep the concrete slightly below the top of the hole.

13) If you need to hammer the second bar/pipe into place for the next bay, wait for the concrete to dry in the first two holes so that you don't loosen the posts with the hammering.

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

14) Follow the same procedure for the third post, fixing it in place with concrete.

15) Installing the fourth post requires a little ingenuity, as you want to make sure that it is perpendicular to the other line of posts. If you have some string and a large carpenter square, that could work, or you can use the Pythagorean formula, or you could eyeball it. It might also work, once you let the concrete in that third post set up, to pound in the third pipe/bar which should head in the 90° direction. It can be further checked by pounding in the pipe into the fourth post (after you dig the hole for that post).

16) Follow the same procedure for the third post, fixing it in place with concrete. You may want to cross brace the third post to the second post.

17) Installing the fourth post requires a little ingenuity, as you want to make sure that it is perpendicular to the other line of posts. If you have some string and a large carpenter square, that could work, or you can use the Pythagorean formula, or you could eyeball it. It might also work, once you let the concrete in that third post set up, to pound in the third pipe/bar which should head in the 90° direction. It can be further checked by pounding in the pipe into the fourth post (after you dig the hole for that post).

18) Follow the same procedure for the fourth post, fixing it in place with concrete. You may want to cross brace the third post to the second post.

19) Now you are ready to install whatever drainage you decided will work, and then spread your fall zone material (most likely woodchips).

20) All the 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) two or three times a year to keep the wood from deteriorating.

21) Enjoy your chin-up bars!

Chin-Up Bars (single, double, or triple)

Installation Instructions