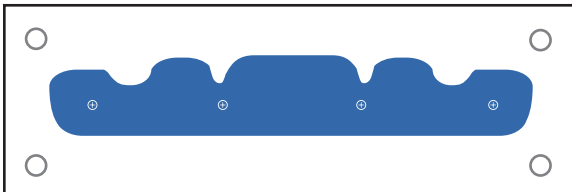




INSTALLATION GUIDE

How to create a pull-up station
using a Nicros H.I.T. Strip™



MATERIALS



(1) H.I.T. Strip™

Dimensions: 21" long x 3.5" high x 2.5" deep



(4) Spax Wood Screws

provided for H.I.T. Strip™ installation



(2) 2" x 8" boards

trimmed to 24" length



(2) 2½" deck screws

to secure 2 x 8 lumber together

Please Note: It is important to securely mount this system onto a solid surface. This surface should be strong enough to support at least double your body weight.

**BE CAREFUL, OVER-TIGHTENING MAY STRIP SPAX® SCREW FROM WOOD.
PLEASE READ THE ENCLOSED SAFETY WARNING.**

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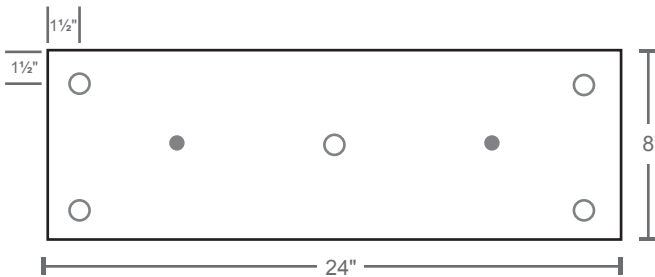
Step 1: Trim (2) 2" x 8" boards to size, based on diagram below.

Step 2: Pilot and screw two boards together with 2½" deck screws.

Step 3: Drill ¼" diameter pilot holes through two layers of 2" x 8" lumber. Counter sink top board with 1" diameter hole at a ½" depth.

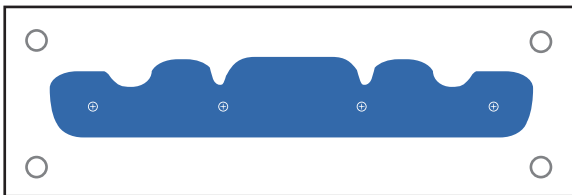
Holes' diameter can be adjusted to accommodate different anchors, which

Note: may be required due to various substrates. ¼" concrete screw would be used to secure wood to concrete or block wall applications.



KEY

- pilot hole through both layers of 2 x 8 lumber
- 2½" deck screw



Step 4: Hold the H.I.T. Strip™ in the desired position and, with the drill, drive the first SPAX wood screw into one of the four holes taking care to ensure that it is level.

Step 5: Double check that it is still level and drive the other three SPAX wood screws through the H.I.T. Strip™ and into the substrate. Make sure it is tight.

Step 6: Work on your pull-ups and have fun!



NICROS

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