



The Garden Gym

NB- Before you start!

Ensure that the pull up bar is solid. You will connect the brackets to the pull up bar which can create movement in the foundations. We recommend that you let the pull up bar concrete harden before starting. **NB The bracket can ONLY be fitted to a 1m pull up bar without an integrated dip station.**



Squat and bench press bracket Installation guide

General guidance

These instructions are provided as a guide to help you install your equipment. Depending on the type of ground conditions it may be necessary to modify the installation. If you are unsure, please consult a qualified professional or contact the Garden Gym Team. The installation should be carried out by 2 people. Before digging you must ensure that there is no risk of encountering services such as drains or electricity.

The Garden Gym does not accept any liability in relation to the installation and subsequent use of the gym relating to incorrect or improper installation.



You will need

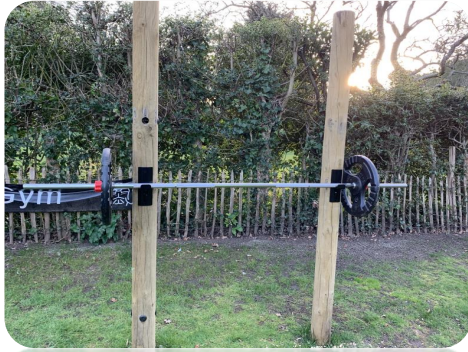
16mm Auger bit and drill, socket set, gloves, ladder, level



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1



Position – important!!

You will need to decide the height of the brackets depending on your choice of exercise and height. The central hole will be the height of the bar, use a level to transfer the height between the posts

2



Mark out and drill the holes

This is the most difficult part of the installation, if necessary, consult a professional or TGG. Using the back plate carefully align the bracket and mark the 3 holes, then carefully drill with a 16mm auger bit ensuring they are level and true

3



Insert bracket

The bracket can now be inserted into position, it should slide easily into position

4



Attach rear plate, bolt up and fit caps

Slide the rear plate into position then add the black cap (rear part) then the washer and nyloc. Tighten all 3 bolts with a socket wrench until secure. Finally tap the cover caps into place with a hammer



Foundations



The stability of your Gym relies on correct installation of the posts. We recommend a minimum depth of 600mm. Ensure the concrete is fully hardened before use (2-3 days) and the hole is suitable for the ground conditions and planned usage. We also recommend using a small amount of pea shingle at the base of the post to aid drainage.



Maintenance

Should there be any scratches to the paintwork on the brackets these should be painted over with Hammerite paint. **It is essential to check the bolts and fixings on a monthly basis and tighten where necessary as they can loosen off as the timber goes through the natural drying process.**

Train Safe!



1. Always consult your doctor before undertaking any physical exercise.
2. Injuries to health may result from excessive, incorrect training or using the equipment in a way that it is not designed for.
3. Remove jewellery, watches or anything else that may catch or snag before exercising.
4. Always warm up prior to exercising, if you are unsure consult a health professional for advice.
5. Children should not be allowed to use the equipment without the strict supervision of adults who are aware of how to exercise correctly.
6. Our products have been designed to carry out exercise and are not meant as a climbing frame or piece of play equipment. The user is wholly responsible for any accidents or injuries occurring from usage of the equipment regardless of proper or improper usage.
7. The Garden Gym Ltd disclaims all liability from the mis-use or incorrect installation of our products.
8. The user must not adapt, amend or remove any part of the equipment.