

## Bolt-Down Single Bar Trainer

SKU: DGS-BR0334x

### Required Tools:

- Wrench Set
- Hammer
- Concrete Drill
- 5/8" Masonry Drill Bit

### Recommended Tools:

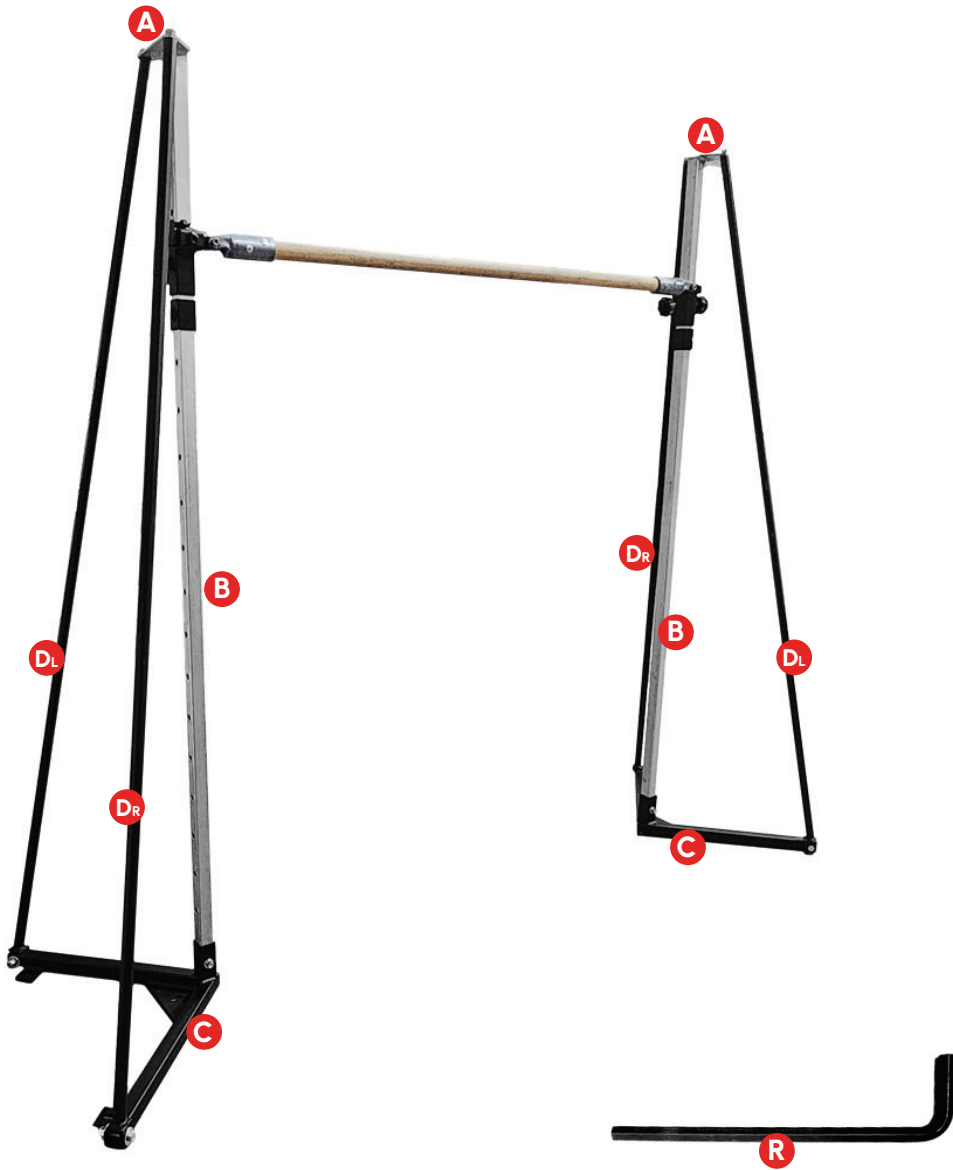
- Magnetized Torpedo Bubble Level
- Permanent Marker
- Rubber Bulb Vacuum or Air Hose



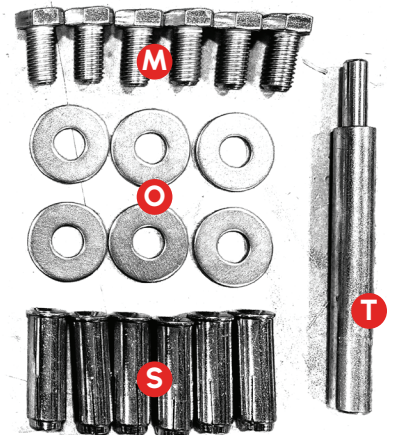
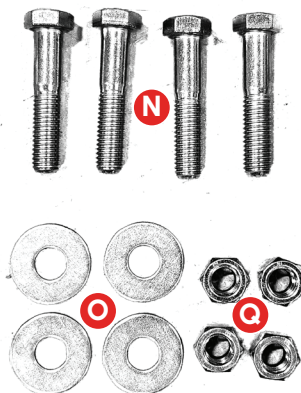
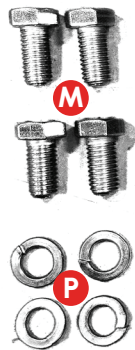
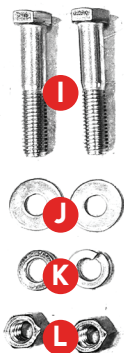
Reference	Part Number	Part Description	Quantity
A	SP004-1421516612	Top Plate	2
B	TUI08108120	Upright	2
C	CUSTOM	Base	2
D	BP001240	Left & Right Round Side Supports	2 each
E	CUSTOM	Adjustable Upright Sleeve	1
F	CUSTOM	Non-adjustable Upright Sleeve	1
G	CUSTOM	Safety Collar	2
H	CUSTOM	Rail Hardware (Rail Bundles Only)	2
I	91247A633	3/8"-16 x 2-1/4" Hex Screws	2
J	1133008	3/8" Flat Washer	2
K	1133622	3/8" Lock Washer	2
L	1136306	3/8"-16 Hex Nut	2
M	92865A712	1/2"-13 x 1" Hex Screws	10
N	91247A722	1/2"-13 x 2-1/2" Hex Screws	4
O	1133012	1/2" Flat Washer	10
P	1133626	1/2" Lock Washer	4
Q	95615A210	1/2" Nylon Lock Nut	4
R	7122A49	1/4" Hex L-Key	1
S	30RZ51	1/2" Drop-In Anchors with Lip	6
T	97077A180	Drop-In Setting Tool	1

### Need help?

Call 1-800-932-3339 or  
Email [info@gymsupply.com](mailto:info@gymsupply.com)



included with rail bundles only



## Part 1: Assembly

### Step 1:

Fully assemble the Single Bar Trainer with the rail in place before mounting the bases to the floor: To do so, first slide the **Adjustable Upright Sleeve (E)** onto one **Upright (B)** and the **Non-adjustable Upright Sleeve (F)** onto the other. Then slide one **Safety Collar (G)** onto the bottom of each **Upright**. The Safety Collars should always be positioned directly below the Upright Sleeves.

### Step 2:

With the **Base (C)** positioned to resemble an "A" shape, attach the square tube **Upright (B)** so that the height adjustment holes are facing toward you. Use a **3/8"-16 x 2-1/4" Hex Screw (I)**, **3/8" Flat Washer (J)**, **3/8" Lock Washer (K)**, and **3/8"-16 Hex Nut (L)**. Tighten until the square **Upright** is secure.

### Step 3:

Make sure you're facing the **Base (C)** so that it looks like an "A." Then, position the **Left Round Side Supports (DL)** labeled "L" on the left and the **Right Round Side Supports (DR)** labeled "R" on the right. Attach the **Round Side Supports** to the **Top Plate (A)** using a **1/2"-13 x 1" Hex Screws (M)** and **1/2" Lock Washer (P)**. Secure the **Round Side Supports** to the **Base** using a **1/2"-13 x 2-1/2" Hex Screw (N)**, **1/2" Flat Washer (O)**, and **1/2" Nylon Lock Nut (Q)**.

### Step 4:

Position the unit at your chosen location and attach the rail to the **Upright Sleeves** on both uprights using **Rail Hardware (H)** if included. Tighten the Jam Nut and Allen Set Screw with the **Allen Key (R)** to enable future adjustments to the rail. Lower the rail to its lowest setting. Using the **Magnetized Torpedo Bubble Level**, plum the unit so that it's level on both the face and the sides of the Uprights.

## Part 2: Anchoring

### Step 5:

Mark the floor through the holes in the tabs of the **Base** to determine the locations for the drop-in anchors. Precision in marking these holes is crucial. Using a **5/8" Masonry Drill Bit**, drill into the concrete to a depth of 2". Ensure the hole is centered. Clean out the hole using a **Rubber Bulb Vacuum** or an **Air Hose**. Insert the **Drop-In Anchor with Lip (S)** into the hole, slotted end first, so that it is flush with the top of the concrete. Use a **Hammer** to drive the **Drop-In Setting Tool (T)** into the anchor until the lip of the setting tool meets the top of the anchor.

### Step 6:

Place the Single Bar Trainer back over the anchors. Loosely install the **1/2"-13 x 1" Hex Screws (M)** with **1/2" Flat Washers (O)** through the tabs in the base, and into the anchors. Level the unit by placing shim washers under the **Base** if necessary. Use a **Magnetized Torpedo Bubble Level** on the upper section of the **Upright** to ensure it is perfectly vertical in both planes (forward/backward and side to side). Tighten all anchor hex screws once leveled.

### Step 7:

Check for ease of adjusting the rail up and down. If binding occurs, make slight adjustments to the adjusting rail end-piece, then retighten and test again. Make sure the **Safety Collars** are in the correct position beneath the uprights. Ensure the hex screws, nuts, and jam nuts are properly tightened after adjustments.

### Step 8:

Regularly recheck the tightness of all nuts, screws, and fixtures, and regularly test the unit for stability and safety to ensure ongoing proper function. Always make sure the **Safety Collars** are in the correct position beneath the uprights when making adjustments to the rail height.