

Contrology® Wall Tower Assembly Instructions

READ FIRST: IMPORTANT INSTALLATION NOTE

The Contrology Wall Tower is designed to be mounted on a wall with wood studs spaced 16" apart. Be sure the lag bolts go into the studs. If your wood studs are not 16" apart, a wooden 2"x4" (stringer) may be horizontally mounted to the wall into at least 3 studs. The top of the Contrology Wall Tower can then be attached to the stringer using the included lag bolts.

If you do not have wood frame construction or are not sure, consult a contractor or local hardware store.

Please read through these instructions completely prior to assembling your Contrology Wall Tower.

PARTS INCLUDED

Description	Part No.	Qty
Vertical Poles	18739	2
Wood Floor Base	18745	1
Pole Mounts (Installed on floor and wall mounts)	18743	4
Horizontal Poles (Assembled)	18740	2
Cross Bar (Assembled)	18741	1
Wood wall Mount (Assembled)	18744	1
Push Through Bar	17598	1
Wooden Roll Back Bar	17111	1
Wire Handles	17174	1 Pr
Roll Back Bar Springs	16910	2
Push Through Bar Spring*	17780	1
Push Through Bar Spring (Bottom)	16912	1
Light Arm Springs**	17109	2
Light Leg Springs***	17094	2
Single Cotton Loops	16992	1 Pr
Short Safety Chain	18758	1
Long Safety Chain	18759	1
Spring Sleeve	19026	2
Double Clips	16399	12
Wire Stops	17922	1
Lag Bolts	14140	4
Washers	13721	4
3/16" Allen Wrench	13777	1
3/32" Allen Wrench	17930	1
7/16" Combo Flat Wrench	11670	1
Quick Link Clip	17160	2



*Push Through Bar Spring should be attached to the 4th eyebolt down from the top.

** Suggested attachment is the 2nd eyebolt up from the mat.

*** Suggested attachment is the 3rd eyebolt up from the mat.

LAY OUT ALL THE PARTS.

1. Make sure you have all the components listed in the parts list. Also make sure you have acquired the hardware necessary to attach the equipment to your wall if it is constructed with anything other than wooden studs.

ATTACHING TUBES TO THE WALL MOUNTED TOP TUBE ASSEMBLY

2. Make sure there is enough room to lay the entire system on the floor without hitting any furniture in the room. Remove the tube assembly from the shipping box. Lay the tube assembly on the floor with the eyebolts facing up. Place wall mount plate on floor with open ends of couplers facing the tubes. Lift the tubes and slide into couplers. Make sure tubes are fully inserted into each coupler and doublecheck to make sure they are secure. Using 3/16" Allen wrench tighten set screw on each coupler. See Figure A.



Figure A. Picture of Contrology tubes being inserted into the flanges on wall mounted section of frame. See description in instructions for proper orientation.

SECURE THE CONTROLOGY WALL TOWER TO THE WALL

3. A power drill would be helpful if available. With help stand Contrology Wall Tower on base plate and slide up against wall making sure wood base is flat against wall. Once in position, insert lag bolts with washers through the 1/4" holes in the wooden wall mount and tighten with 7/16" wrench or 7/16" socket with ratchet. Make sure both lag bolts are tightened securely. See Figure B.

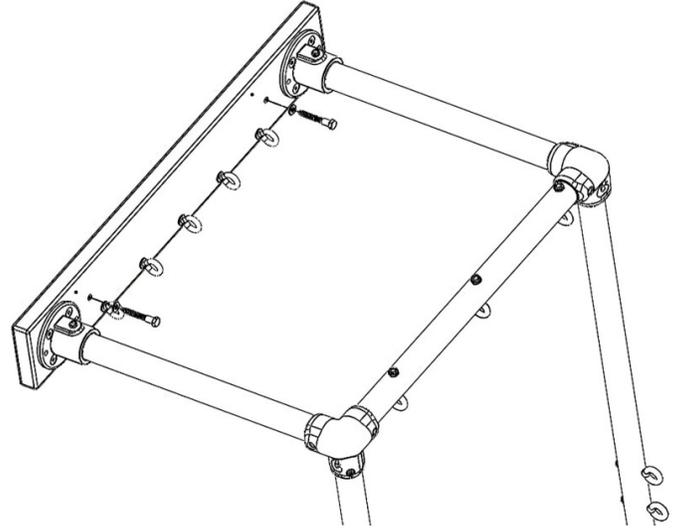


Figure B. Picture of lag bolts with washers going through wall mount plate.

SECURE THE CONTROLOGY WALL TOWER TO THE FLOOR

4. A power drill would be helpful if available. There are two 1/4" holes in the wooden base plate to secure the Contrology Wall Tower to the floor. See Figure C. If you have a wood floor, you can use the enclosed lag bolts and washers. If you have a concrete floor, check with your contractor or local hardware store to obtain the necessary hardware and tools.

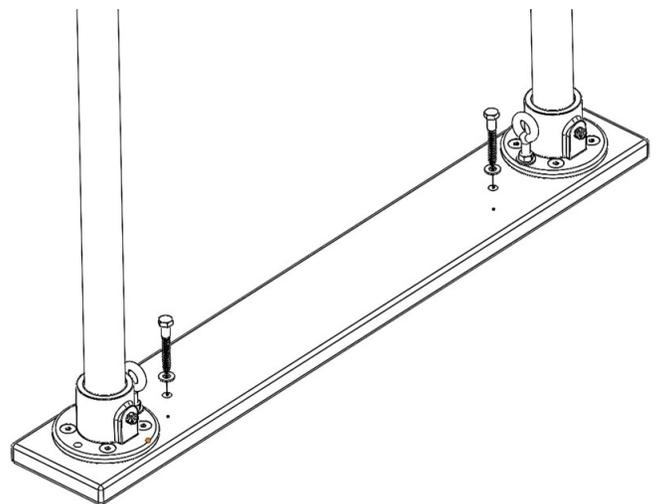


Figure C. Picture of lag bolts and washers going through floor mount plate.

YOU MUST PROPERLY SECURE THE CONTROLOGY WALL TOWER TO THE WALL AND THE FLOOR. FAILURE TO DO SO COULD RESULT IN SERIOUS INJURY.

INSTALLING THE SAFETY CHAINS

5. Attach the Long Safety Chains to the outside eye bolt on the top cross tube. See Figure D. Attach the short Safety Chain to the middle eye bolt on the cross tube. The quick links will be attached to the eye bolts on the cross tube.

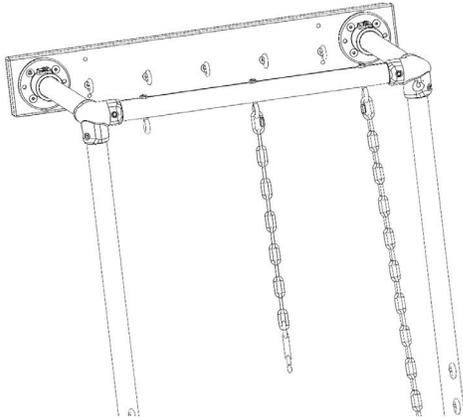


Figure D. Picture of quick link attaching long safety chain to outer eyebolt and short safety chain to center eyebolt.

INSTALLING THE PUSH THROUGH BAR SPRINGS AND WIRE STOPS

6. Install open hook end of push through bar spring through the eyebolts on the floor mount. See Figure E. Install the wire stop onto the open end of hook. See Figure F. Install set screw into the wire stop so about 1/4" of the set screw is sticking out. Slide the middle opening of the wire stop onto the spring hook so that the hook end is barely coming out from the underside of the wire stop. Make sure the wire stop length of the body is perpendicular to the wire. See Figure F. Use the provided 3/32" Allen wrench to tighten the set screw. Ensure the set screw is very tight to prevent them from coming loose. Slide the optional spring sleeves onto spring. Find spring that has a quick link on one end. Open quick link and attach it to one of the outer eyebolts on the center cross tube. Install a double-sided clip to the other end.

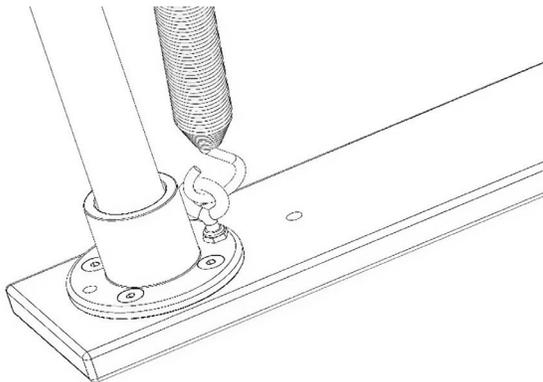


Figure E. Picture of open hook-on spring inserted through the eyebolts on floor plate.

Note- For bottom mounted push thru bar exercises please make sure to attach the long safety chain.

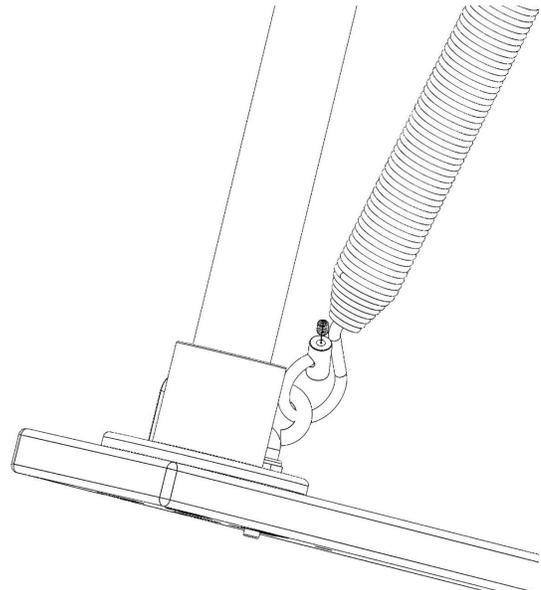


Figure F. Picture showing set screw installed into the wire stop and installed onto spring.

INSTALLING THE UPPER PUSH THROUGH BAR SPRING

7. Find spring that has a quick link on one end. Open quick link and attach it to the 4th eyebolt down on the vertical tube of your choice, as shown in Figure G and tighten hex of quick link. Install a double-sided clip to the other end.

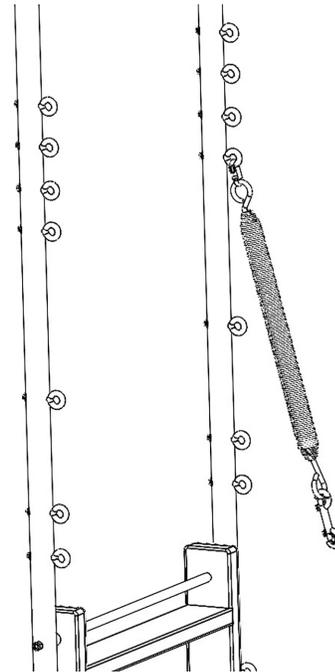


Figure G.

