



PULL-UP SYSTEM

by *Bob AND Brad*

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The Pull-Up System was invented by Bob and Brad—the two most “famous” physical therapists on the internet (in their opinion, of course).

Pull-ups are one of the best arm and core strengthening exercises you can do. With the Bob & Brad Pull-Up System you can perform multiple grip variations (narrow and wide) to target different muscles. The Pull-Up System can also be used for passive hanging, which is often recommended for shoulder pain, and as a form of traction to help relieve back pain.

Find videos on uses for the Pull-Up System at BobandBrad.com and OPTP.com/Pull-Up-System

Subscribe to the Bob & Brad YouTube channel for videos on how to stay healthy, fit and pain-free.

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Brad Heineck, PT, C.S.C.S.



Item #4040

INSTALLATION

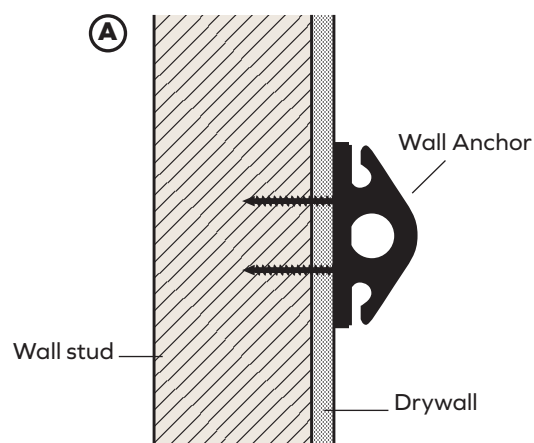
EACH PULL-UP SYSTEM INCLUDES:

- Two pull-up units
- Two handles
- Three wall anchors
- Six screws

WARNING! TO USE THE PULL-UP SYSTEM, THE INCLUDED WALL ANCHORS MUST BE FASTENED DIRECTLY TO A WALL STUD USING THE LAG SCREWS PROVIDED. NEVER USE DRYWALL ANCHORS OR TOGGLE BOLTS, AS THE WALL ANCHORS COULD COME LOOSE.

EQUIPMENT NEEDED

- Pencil
- Stud finder
- Drill with 1/8" bit
- 5/16" socket
- Wrench or construction-grade cordless drill to tighten

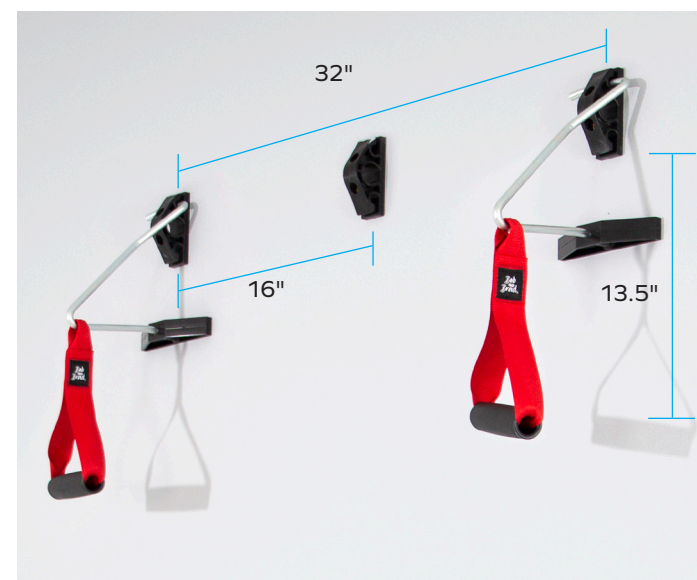


PROCEDURE

1. Locate a wall stud. If the stud is not exposed and is behind drywall, locate the stud with a stud finder and mark the location. Confirm the position by drilling a 1/8" hole through the drywall into the stud. Feel for continued resistance as the drill goes through the drywall into the wood of the stud.
2. Place the wall anchor at the desired height over the stud (Diagram A) and mark the locations of the screw holes on the wall. **See RECOMMENDED POSITIONING section to determine proper height/width.**
3. Drill six pilot holes to guide the lag screws.
4. Place the wall anchor flat against the wall and install the six lag screws using a 5/16" socket and wrench or drill to tighten. Tighten the lag screws until they are snug. Do not overtighten—you could strip the threads.
5. Attach the pull-up units to wall anchors.
6. Test by pulling aggressively on each handle, while keeping both feet on the ground.

RECOMMENDED ANCHOR POSITIONING

- Install the wall anchors according to the instructions.
- If your wall studs are 16" apart, place the first two anchors 16" apart. Place the third anchor 32" from the first anchor.
- All three anchors should be the same height.
- Install the anchors at a height that allows your feet to comfortably touch the ground when starting a pull-up. Taller people may need to bend their knees significantly—this is perfectly acceptable.
- The center of the handles will be approximately 13.5" below the bottom of the wall anchors.



ATTACHING PULL-UP UNITS AND HANDLES

- Turn each black plastic foot so it is perpendicular to the metal bar.
- Take each pull-up unit and slide the top end of the metal bar through the **TOP HOLE of a wall anchor**. Failure to insert in the TOP hole could result in damage to the product and/or injury.
- Make sure that each handle has slid down to the point **FARTHEST FROM THE WALL**. The product may be damaged or could cause injury if not positioned properly.



IMPORTANT SAFETY INFORMATION

⚠️ READ AND FOLLOW ALL INSTRUCTIONS AND WARNINGS

NOT RECOMMENDED FOR USERS OVER 400 LBS.

The Pull-Up System is rated to handle 200 lbs. per handle (400 lbs. total).

WARNING! The included wall anchors must be fastened directly to the center of a wall stud using the lag screws provided. Never use drywall anchors or toggle bolts, as the wall anchors could come loose.

WARNING! These exercises are NOT RECOMMENDED for people whose shoulder or shoulders are prone to dislocation.

WARNING! Pull-up units are only to be mounted in the TOP HOLE, the handle must be in the position FARTHEST FROM THE WALL, and the black plastic feet must be positioned PERPENDICULAR TO THE WALL UNIT. Failure to follow these procedures could cause damage to the product and/or injury to the user.

USE FINGERS AND THUMBS to grasp the handles during all exercises.

WARNING! Before using the Pull-Up System check to make sure the right-side handle is secure by pulling on the handle aggressively, with both feet on the ground. Then check the left-side handle in the same manner. If secure, place your back to the wall and grasp both handles, with feet touching the ground. Test that the handles will hold your weight by slowly allowing the full weight of your body to sink toward the floor with both feet still touching the ground.

CONSULT YOUR PHYSICIAN before beginning any exercise program. As with any exercise program, muscle soreness may be experienced over the first few days. If your pain is severe or persists for more than three or four days, consult your physician or therapist. Do not exercise while experiencing pain.

CONDITIONS OF SALE, WARRANTY, LIMITATIONS

OPTP, LLC, warrants that this product is free from manufacturing defects, is fit for the ordinary purposes for which such goods are used, and conforms to the descriptions stated herein or on the product labels or containers. Results should be obtained if this product is used according to directions and recommendations of healthcare professional. Unintended consequences may result because of such factors as improper use or placement of the product or use without consultation with a healthcare professional, all of which are beyond the control of OPTP, LLC, or the seller. Inasmuch as OPTP, LLC, has no control over the manner in which others may use this product, it does not guarantee the results to be obtained. All such risks shall be assumed by the buyer.

HOW TO USE THE

PULL-UP SYSTEM

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STRENGTHENING EXERCISES

With the Bob & Brad Pull-Up System you can perform strengthening exercises using multiple grip variations (narrow and wide) to target different muscles. Your torso/knees may slide along the wall when performing exercises, which prevents you from swaying and using momentum to perform the pull-up.

Bob AND Brad

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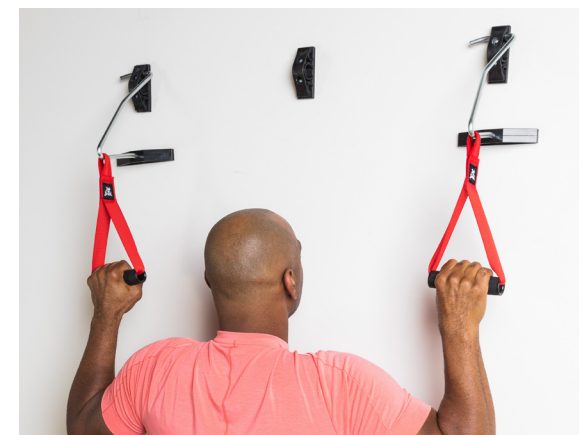
WIDE-BASED AND NARROW-BASED VARIATIONS

Each of the following exercises can be performed using the handles farthest from each other (wide-based) or with two handles right next to each other (narrow-based). These grip variations allow you to target different muscles.



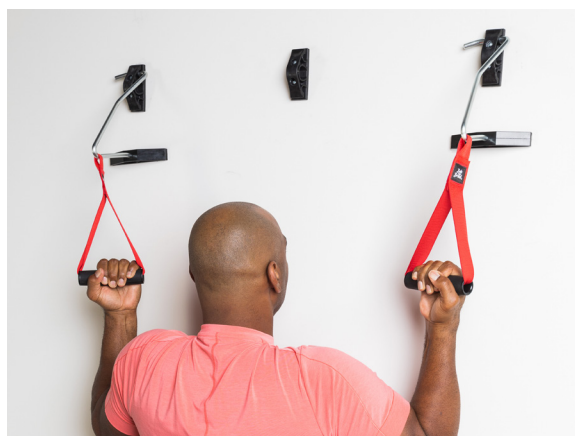
PULL-UPS (LAT MUSCLES)

1. Stand facing the wall
2. Grip two handles, palms facing away from you
3. Hang with arms straight, legs off floor
4. Pull yourself up until your chin is even with the handles



CHIN-UPS (BICEP MUSCLES)

1. Stand facing the wall
2. Grip two handles, palms facing toward you
3. Hang with arms straight, legs off floor
4. Pull yourself up until your chin is even with the handles



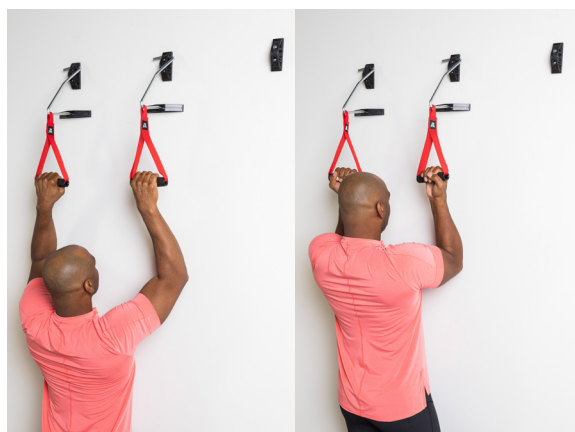
NEUTRAL GRIP PULL-UPS (BRACHIORADIALIS AND FOREARM MUSCLES)

1. Stand facing the wall
2. Grip two handles, palms facing each other
3. Hang with arms straight, legs off floor
4. Pull yourself up until your chin is even with the handles



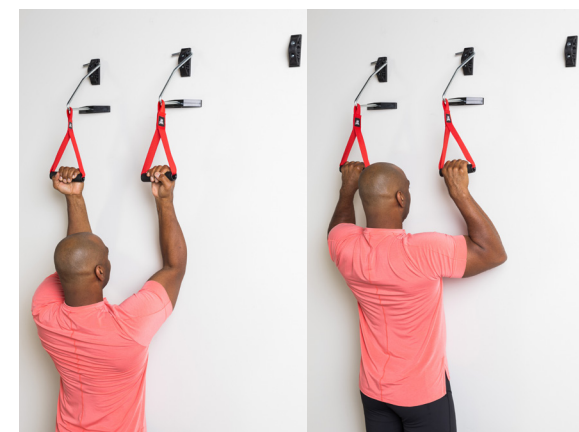
TWIST CHIN-UPS (FOREARM MUSCLES)

1. Stand facing the wall
2. Grip two handles, palms facing away from you
3. Hang with arms straight, legs off floor
4. Pull yourself up while twisting hands to face toward you



TWIST PULL-UPS (FOREARM MUSCLES)

1. Stand facing the wall
2. Grip two handles, palms facing toward you
3. Hang with arms straight, legs off floor
4. Pull yourself up while twisting hands to face away from you



PASSIVE/ACTIVE HANGING EXERCISES

The Pull-Up System can also be used for passive and active hanging, which is often recommended for shoulder pain and as a form of traction to help relieve back pain.

PASSIVE HANGING SPINAL DECOMPRESSION (FULL BACK STRETCH)

1. Grasp handles with palms facing away from you and feet on the floor
2. Lean back with feet on or off the floor, keeping your spine straight
3. Allow spine to relax and stretch



HANGING MARCH (CORE STRENGTHENING)

1. Place back against wall and grasp the handles with palms facing away from you
2. Lift both feet off the ground and bring one bent knee to waist level
3. Alternate lifting knees to waist level, as if marching



HANGING TWIST (MID- AND LOW-BACK STRETCH)

1. Stand with back against wall and grasp handles with palms facing away from you
2. Hang with feet touching floor and knees slightly bent
3. Rotate knees side to side to achieve a slight twisting motion to lumbar and thoracic spine



DOUBLE LEG LIFTS (CORE STRENGTHENING)

1. Stand with back against wall and grasp handles with palms facing away from you
2. Extend both legs to the front with heels just above the ground
3. Lift both legs to roughly waist level, and then return to start



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