

## Home Ninja Sytem: Flying Bar

SKU: NW-HCPFBL5

### Recommended Tools:

- ☐ Tape Measure
- ☐ Stud Finder
- ☐ Power Drill
- ☐ T30 Torx Bit
- ☐ 3/16" Drill Bit
- ☐ 9/16" Ratchet
- ☐ 7/32" Hex Key



Part Number	Part Description	Quantity
NW-HCP	28" x 58" Ceiling Panel	2
1147938	5/16" x 3-1/8" Lag Screws	24
NW-HPB5	5' Pegboard Panel	2
C-BRKT-2A90	90° Angle Brackets	6
C-BRKT-HCPPB	45° Angle Brackets	4
91286A627	3/8"-16 x 1" Hex Bolt	10
187594	3/8"-16 x 2" Carriage Bolt	10
1133622	3/8" Lock Washer	32
1133006	5/16" Flat Washer	42
1136306	3/8" Hex Nut	22
NW-HPB5WB	Pair of Fly Bar Panels	1
91255A628	3/8"-16 Button Head Hex Drive Screw	10
189585	3/8"-16 x 4" Carriage Bolt	12
CUSTOM	Fly Bar Cradle	4
CUSTOM	3' Fly Bar	1
DGS-280110I	Red Trainer's Tape	1
NW-PEG8	8" Peg	2

### Need help?

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

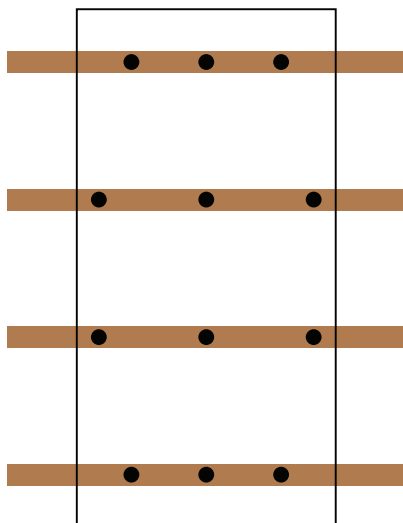


#### Step 1:

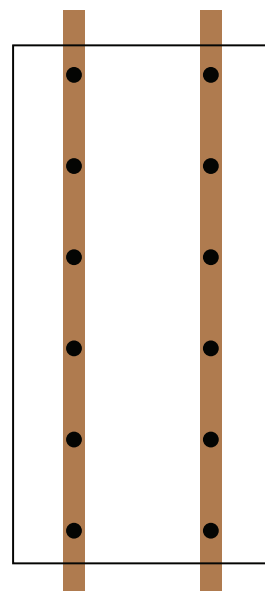
Loosely attach three of the **90° Angle Brackets** to one **Ceiling Panel**, with the brackets facing outward. Use **3/8"-16 x 1" Hex Bolts**, **5/16" Flat Washers**, and **3/8" Lock Washers**, tightening them by hand for now. Repeat this for the second Ceiling Panel.

#### Step 2:

Locate the ceiling joists or studs, then pre-drill for each Lag Screw. Use at least three **5/16" x 3-1/8" Lag Screws** per stud, with a minimum of 12 screws per **Ceiling Panel**. While installation across two studs is possible, securing the panel across four studs is recommended for better support. Ensure the **Ceiling Panel** is flush and securely fastened to the ceiling.



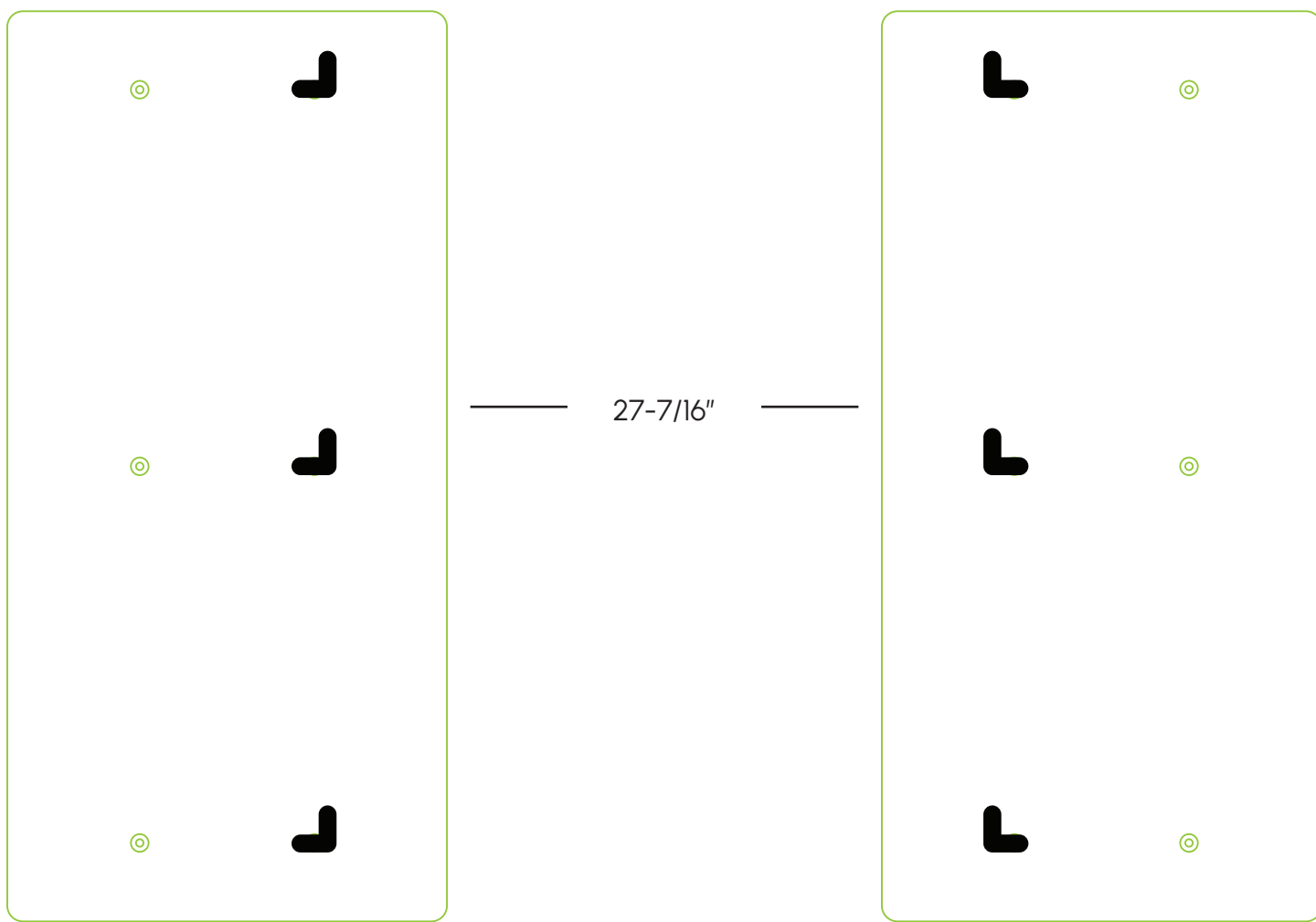
Use 3 screws per stud across 4 studs.



Use 6 screws per stud across 2 studs.

### Step 3:

Repeat Step 2 for the second **Ceiling Panel**, making sure to leave *approximately 27-7/16"* between the two panels.



#### Step 4:

Through the three pre-drilled holes, attach the first **5' Pegboard Panel** to the **90° Angle Brackets** on one **Ceiling Panel**. Secure it with **3/8"-16 x 2" Carriage Bolts**, **5/16" Flat Washers**, **3/8" Lock Washers** and **3/8" Hex Nuts**, making sure the flat end of the Carriage Bolt is on the inside of the Pegboard. Tighten the Carriage Bolts and Hex Bolts on the 90° Angle Brackets until secure.



#### Step 5:

Install two **45° Angle Brackets** at each end of the first Pegboard, aligned with the two outermost 90° Angle Brackets. Attach each **45° Angle Bracket** to the Ceiling Panel using **3/8"-16 x 1" Hex Bolts**, **5/16" Flat Washers**, and **3/8" Lock Washers**, hand-tightening for now. Then attach the brackets to the Pegboard using **3/8"-16 x 2" Carriage Bolts**, **5/16" Flat Washers**, **3/8" Lock Washers** and **3/8" Hex Nuts**, with the flat end of the Carriage Bolt on the inside of the Pegboard. Tighten the Carriage Bolts and Hex Bolts on the 45° Angle Brackets until secure.

#### Step 6:

Repeat **Step 4** and **Step 5** to install the second 5' Pegboard Panel on the other Ceiling Panel.

#### Step 7:

Attach one **Fly Bar Panel** to the inside of the first **Pegboard Panel** using **3/8"-16 Button Head Hex Drive Screws** and **5/16" Flat Washers**. Tighten with a **7/32" Hex Key**.



#### Step 8:

Attach the **Fly Bar Cradles** to the **Fly Bar Panels** using **3/8"-16 x 4" Carriage Bolts**, **5/16" Flat Washers**, **3/8" Lock Washer** and **3/8"-16 Hex Nuts**. Position the cradles opposite each other for **Flying Bar setups**, or **staggered** for **Walking Bar setups**.

#### Step 9:

Repeat **Step 7** and **Step 8** to install the second **Fly Bar Panel** on the other **Pegboard Panel**.

**Weight and Motion Test:** Check the stability of the assembled Home Ninja System: Fly Bar to ensure there's no movement in the ceiling panel during testing. If no movement, then it is ready to use!