



BAREFOOT  
*Masters*

Free DIY Schematics  
Ashi-Bars w/Trusses



©2008 Mark R. Lambert

# Bar Installation

There are many ceiling situations, and varied ways to install bars. This is only for situations that have trusses above ceiling.

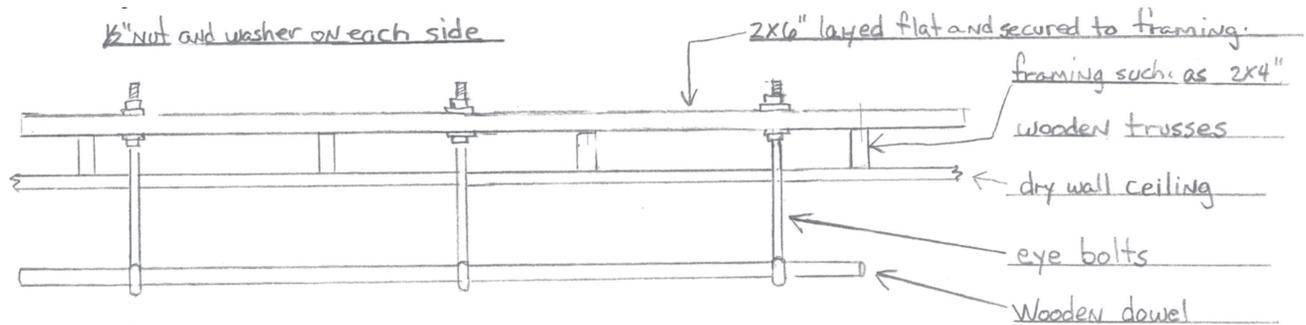
It is not necessary to hire a general contractor to install the bar systems. A competent carpenter or someone with good mechanical skills is adequate.

If the installer looks at the schematics and doesn't understand them, then perhaps you need someone with more skills. The Barefoot Masters<sup>®</sup>, Inc. accepts no liability for installation of bars or their use. Even though the wood dowel schematics have been used for more than 10 years without problems, it is the responsibility of the installer to make sure bars safely support the weight of anyone using them. I recommend at least a 250 pounds or more load test.

Bars should be 12-14 inches apart, full length of table, and preferably anchored to the wall that stool is against. The height of the table at which you normally use it + therapists height + 1-inch. If the ceiling is really low then you will need to adjust your table.

# Bar Installation continued

## Ceilings with accessible trusses:



2 Wood Pine Dowels (1 1/4 to 1 5/16 inches in diameter and 12 feet long), cut each for an eight foot usable length and then spaced 12-14 inches apart

6 to 8 Eyebolts with bolts (UPC #O-30699-14586-7); For every 24-27 inches, 12 inches from end

6 to 8 screws

6 to 8 nuts

Optional: Threaded rods (can be cut to appropriate length depending on your ceiling)

6 to 8 threaded rod couplers

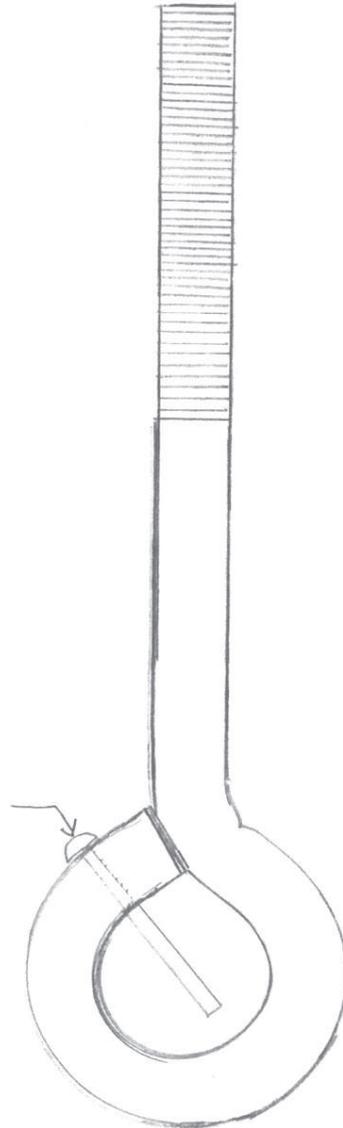
Wood dowels can be purchased and cut for you at Home Depot or similar stores. You want to hand check each dowel for splinters and cracks. You should lay your dowel on the floor and make sure it's straight and not warped.

Sanding the bars is also something that should also be done. Do not paint or varnish wood dowels.

## Bar Installation continued

Eye bolts need to be spaced 24-27 inches apart, beginning 12 inches from end. You need to have holes pre-drilled into the eyebolts before installing them. Make sure when you are in the lumber store to see if the dowels fit nicely through the eyebolts (see diagram below.)

Drill hole through eyebolt and insert a machine or wood screw.



Drill hole through eyebolt for machine screw. Then drill holes into the trusses and slide the threaded part of the eyebolt through and bolt it from both sides. Slide the bars through the eyebolts and put in the screws.

## Bar Installation - continued

To eliminate this problem, attach brackets across to each rod; take a piece of wood, drill dowel-rod sized holes, and secure them directly into wall studs. (See photos below.)



# Bar Installation - continued

## Other Stationary Bar Options:

### 4 Other ways to Install Stationary Bars

Schematics available from The Barefoot Masters® website.

## Portable bar options:

Schematics for portable bar sets are available from The Barefoot Masters® website.

