







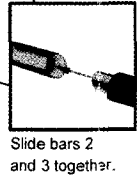
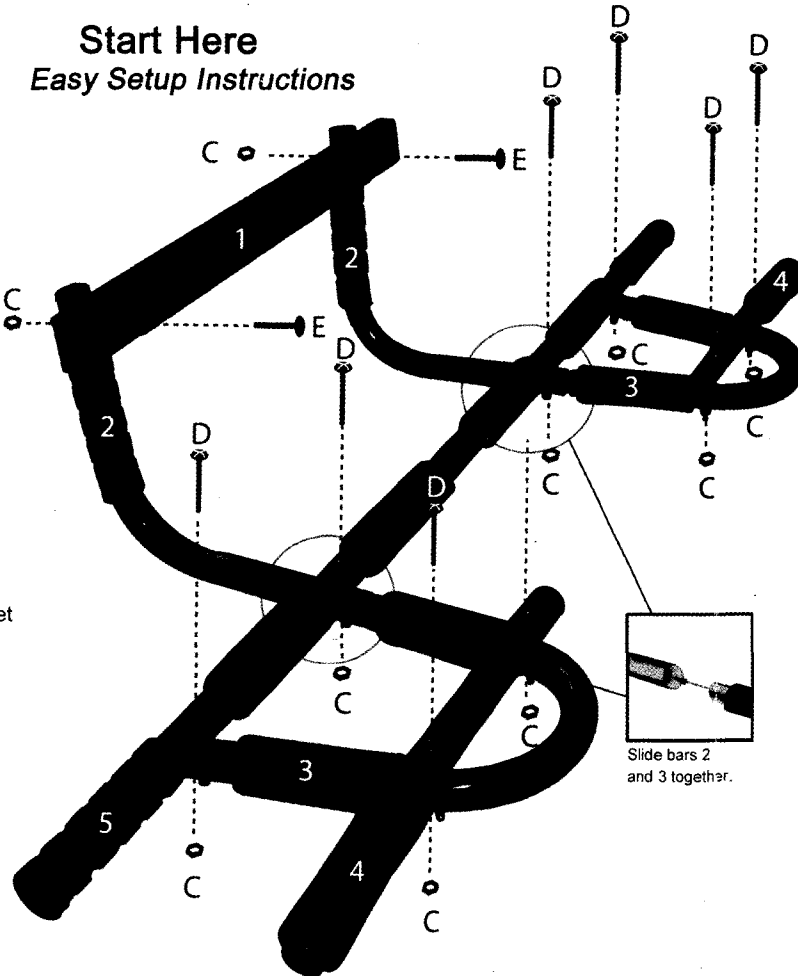
Chin-Up Bar Instruction Sheet

Assembly inventory:

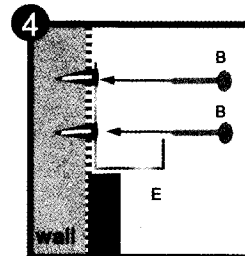
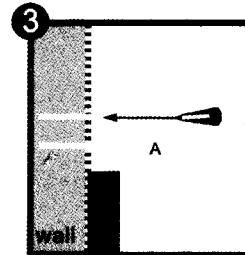
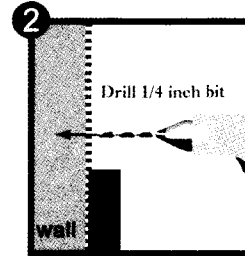
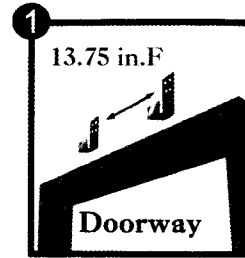
-  A: qty: 8
Wall anchor
-  B: qty: 8
Wall screw
-  C: qty: 10
Nut
-  D: qty: 8
Screw
-  E: qty: 2
Screw
-  F: qty: 2
Door "J" bracket

Chin-Up Bar assembly:

Start Here
Easy Setup Instructions

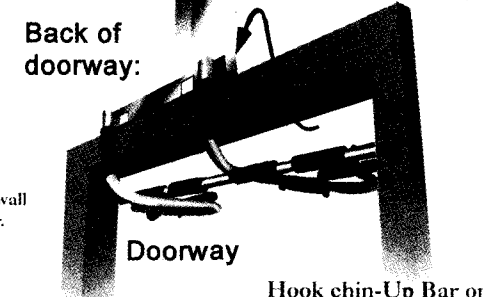
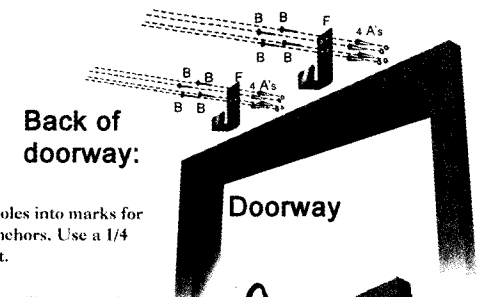


Door "J" bracket mounting:

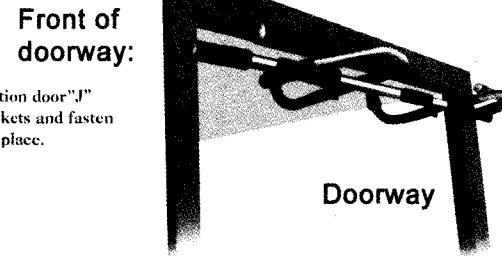


Chin-Up Bar mounting:

Door "J" bracket assembly:



Hook chin-Up Bar onto back "J" brackets as shown.



READ THIS BEFORE USING YOUR CHIN-UP BAR

Due to the physical nature of using this equipment, recommends a complete physical examination from your physician before beginning any exercise program. If you experience any discomfort while using the Chin-Up Bar, discontinue use and consult your physician.

The Chin-Up Bar is a serious workout tool that should ONLY be used to perform chin-up and pull-up exercises. It has been designed to fit residential doorways 24" to 32" wide and support up to 300 pounds. While this product has been manufactured and tested to decrease the risk of injury, the potential for personal injury or property damage does exist. Therefore, the user assumes all risks in the use of this product.

IMPORTANT: Before using this piece of equipment, make absolutely certain it is securely and correctly mounted in a doorway of appropriate size. If the doorway foundation is not strong and stable, **DO NOT USE** this product in that location. It is the user's responsibility to determine if a doorway will safely sustain the proper use of the Chin-Up Bar.

With a total of 12 separate grip locations, the Chin-Up Bar gives you the option to perform a variety of pull-ups using different hand positions, targeting different muscles and areas of the body. However, in every instance, your body should be pulled up in a straight and controlled motion.

Important Safety Reminders

- DO NOT swing or bounce when using this product.
- DO NOT attempt to hang by your feet or legs when using this product.
- DO NOT use this product if you weigh over 300 pounds.
- DO NOT use this product if you are unsure of the stability of the doorway or doorjamb.
- DO NOT allow children under the age of 18 to use this product without adult or professional supervision.
- DO test thoroughly to make sure your Chin-Up Bar is completely secure in the doorway before using it.
- DO maintain a controlled motion when performing chin-ups.

Workouts specify using a chin-up bar for the following exercises:

- Wide Front Pull-Ups
- Reverse Grip Chin-Ups
- Closed Grip Overhand Pull-Ups
- Switch Grip Pull-Ups
- Corn Cob Pull-Ups

See your Fitness Guide for specific instructions.

CHIN-UP BAR

Usage Guide and Safety Reminders

MADE IN CHINA

INS SAF JJ Rev. 08/07