

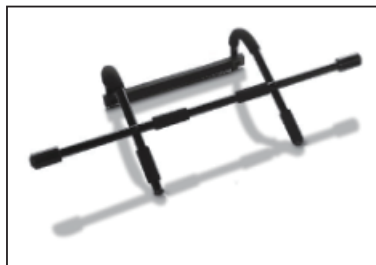
USER'S MANUAL

Doorway Pull Up Bar

SP37634

BEFORE YOU BEGIN

Thank you for purchasing the Doorway Pull Up Bar. The Doorway Pull Up Bar is designed to help you strengthen your entire upper body.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using this product. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

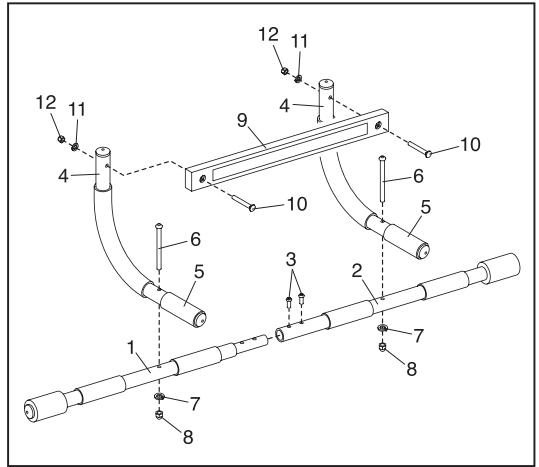
1. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. This product is intended for home use only. Do not use this product in a commercial, rental, or institutional setting.
4. Use this product indoors. Keep all components of this product away from moisture, direct sunlight, and sharp objects.
5. Inspect all components of this product regularly. Make sure that all parts are properly tightened.
6. Inspect the assist band for abrasions, cracks, and cuts before each use. Do not use the assist band or attempt to repair it if it is worn or damaged.
7. Keep children under age 12 and pets away from this product.
8. This product should not be used by persons weighing more than 250 lbs. (113 kg).
9. To perform push-ups or dips, place the Doorway Pull Up Bar in an open area on a level surface.
10. To perform pull-ups, chin-ups, or sit-ups, install the Doorway Pull Up Bar in a sturdy door frame with a width of 27.5–32 inches (70–81 cm) and a depth of 4.5–6 inches (11–16 cm). Do not install the Doorway Pull Up Bar in a door frame that does not meet these specifications. Make sure that the Doorway Pull Up Bar is securely installed in the door frame.
11. When the Doorway Pull Up Bar is installed in the high position, the crossbar must rest on the top edge of the door frame. Push the crossbar as far as possible onto the top edge of the door frame.
12. Do not hang upside down from the Doorway Pull Up Bar and do not hang objects other than the assist band from the Doorway Pull Up Bar.
13. Remove the Doorway Pull Up Bar from the door frame when the Doorway Pull Up Bar is not being used.
14. Always wear eye protection while using the assist band.
15. Always move the assist band straight up and down; moving the assist band at an angle could pull the door gym off the door frame.
16. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

DOORWAY PULL UP BAR ASSEMBLY

Note: Some parts may be preassembled.

1. Insert the Inner Bar (1) into the Outer Bar (2). Attach the Inner Bar with two M6 x 19mm Screws (3).
2. Orient a Parallel Bar (4) so that the Foam Grip (5) is in the position shown. Attach the Parallel Bar to the Inner Bar (1) with an M8 x 55mm Bolt (6), an M8 Washer (7), and an M8 Acorn Nut (8).
3. Attach the Crossbar (9) to the Parallel Bars (4) with two M6 x 48mm Bolts (10), two M6 Washers (11), and two M6 Locknuts (12).

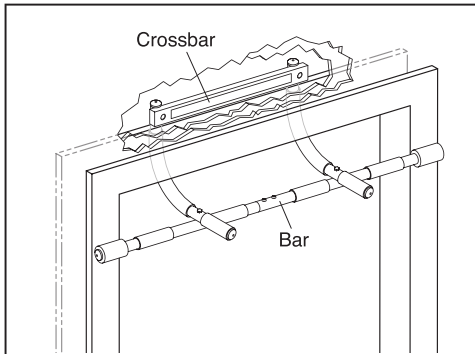
Attach the other Parallel Bar (4) to the Outer Bar (2) in the same way.



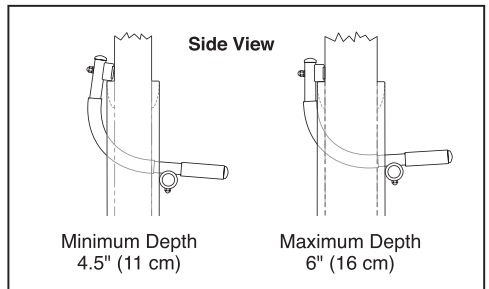
HOW TO INSTALL THE DOORWAY PULL UP BAR IN A DOOR FRAME

The Doorway Pull Up Bar can be installed in a high position for pull-ups, chin-ups, and off-the-floor core exercises. The Doorway Pull Up Bar can also be installed in a low position for sit-ups.

To install the Doorway Pull Up Bar in the high position, insert the Doorway Pull Up Bar through an open doorway. Set the crossbar on the top edge of the door frame and push the crossbar as far as possible onto the edge of the door frame. Then, brace the ends of the bar against the opposite side of the door frame. **If there is a door attached to the door frame, make sure that the crossbar is on the same side of the door frame as the door hinges.**



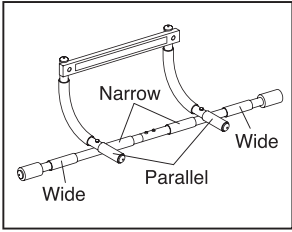
⚠ WARNING: The Doorway Pull Up Bar is designed to fit door frames with widths of 27.5–32 inches (70–81 cm) and depths of 4.5–6 inches (11–16 cm). Do not install the Doorway Pull Up Bar in a door frame that does not meet these specifications. The crossbar must rest on the top edge of the door frame when the Doorway Pull Up Bar is installed in the high position.



To install the Doorway Pull Up Bar in the low position, see the photograph in HOW TO USE THE DOORWAY PULL UP BAR IN THE LOW POSITION. Orient the Doorway Pull Up Bar so that the foam grips on the parallel bars point upward. Next, insert the Doorway Pull Up Bar through an open doorway at floor level. Set the crossbar on the floor, and brace the ends of the bar against the opposite side of the door frame. **If there is a door attached to the door frame, make sure that the crossbar is on the same side of the door frame as the door hinges.**

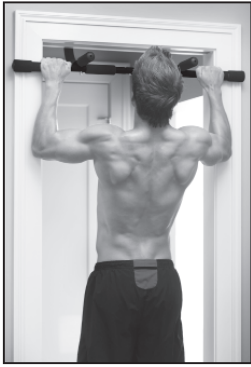
HOW TO USE THE DOORWAY PULL UP BAR IN THE HIGH POSITION

When installed in the high position, the Doorway Pull Up Bar offers wide, narrow, and parallel positions that allow you to perform pull-ups and chin-ups.



Perform pull-ups using an overhand grip, with your palms facing away from your body, in the wide or narrow position.

Perform chin-ups using an underhand grip, with your palms facing your body, in the wide or narrow position. You can also perform chin-ups by holding the parallel bars, with your palms facing each other.



HOW TO USE THE DOORWAY PULL UP BAR IN THE LOW POSITION

When the Doorway Pull Up Bar is installed in the low position, you can insert your feet under the bar to provide support for your lower body while you perform exercises such as sit-ups and crunches.



HOW TO USE THE DOORWAY PULL UP BAR ON A LEVEL SURFACE

To perform dips, first place the Doorway Pull Up Bar on a level surface as shown. The parallel bars should curve upward and the crossbar should touch the floor. Position your body opposite the bar, and hold the dip pads while you perform dips.



EN

With your inspiring rating, COSTWAY will be more consistent to offer you EASY SHOPPING EXPERIENCE, GOOD PRODUCTS and EFFICIENT SERVICE!

DE

Mit Ihrer inspirierenden Bewertung wird COSTWAY konsistenter sein, um Ihnen EIN SCHÖNES EINKAUFSERLEBNIS, GUTE PRODUKTE und EFFIZIENTEN SERVICE zu bieten!

FR

Avec votre évaluation inspirante, COSTWAY continuera à fournir une EXPÉRIENCE D'ACHAT PRATIQUE, des PRODUITS DE QUALITÉ et un SERVICE EFFICACE !

ES

Con su calificación inspiradora, COSTWAY será más consistente para ofrecerle EXPERIENCIA DE COMPRA FÁCIL, BUENOS PRODUCTOS y SERVICIO EFICIENTE.

IT

Con la tua valutazione incoraggiante, COSTWAY sarà più coerente per offrirti ESPERIENZA DI ACQUISTO FACILE, BUONI PRODOTTI e SERVIZIO EFFICIENTE!

PL

Dzięki twojej opinii COSTWAY będzie mógł oferować jeszcze WYGODNIEJSZE ZAKUPY, LEPSZE PRODUKTY i SPRAWNIEJSZĄ OBSŁUGĘ KLIENTA.

US office: Fontana

UK office: Ipswich

DE office: FDS GmbH, Neuer Höltigbaum 36, 22143 Hamburg, Deutschland

FR office: Saint Vigor d'Ymonville

PL office: Gdańsk