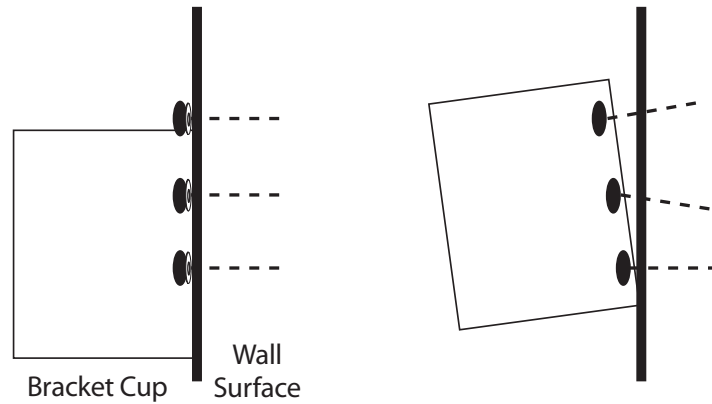


CHIN UP BAR

INSTALLATION INSTRUCTIONS

⚠ WARNING

- BE SURE BRACKET IS FLAT AGAINST THE WALL SURFACE AND ALL 3 SCREWS PULL IN TIGHT AGAINST IT.
- CHECK BAR BEFORE EACH USE TO BE SURE IT IS TIGHTLY HELD IN PLACE. IF BAR IS LOOSE, ADJUST THE LENGTH FOR A TIGHT FIT OR CHECK THE BRACKETS.
- DO NOT ALLOW BRACKET TO BE CROOKED OR BE LOOSE ON THE SURFACE

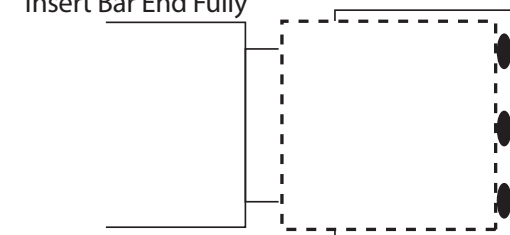


CORRECT BRACKET INSTALLATION

INCORRECT BRACKET INSTALLATION

Insert Bar End Fully

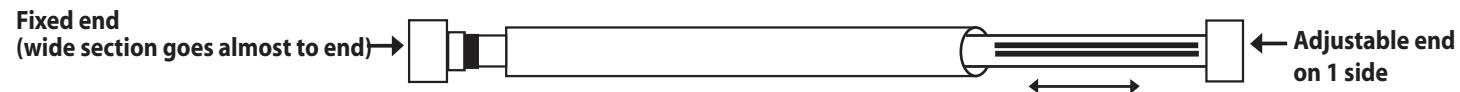
The enclosed washers must be used with the screws for proper bracket mounting.



ALWAYS BE SURE TO MOUNT End of bar FULLY into bracket mounting cap

This Chin Up Bar comes with 2 sets of brackets to install in your doorway plus 12 screws. Fits doorways 26 1/4" to 37 1/2". Do not use on door width exceeding 37 1/2".

- Excellent for strengthening and toning
- Special Feature: 2 sets of brackets for easy move from hi-level Chin Up bar to low-level Sit Up position
- Soft, Foam covered bar for comfort
- Fully adjustable (only on one side of bar) to any doorway with telescoping action**
- **Important** - Holds up to 300 lbs maximum



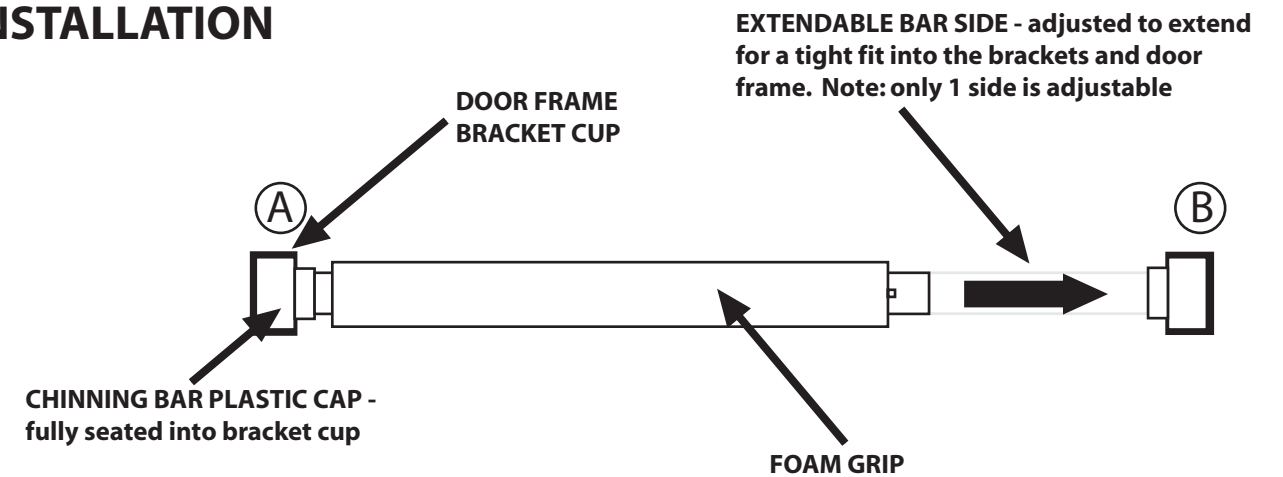
- 2 sets of brackets for an easy switch from chin ups to sit ups without having to reinstall
- Screw brackets into the doorway frame at appropriate levels for chin ups and sit ups.

IMPORTANT

**Telescopes from only one end. Foam can be adjusted to the center by pushing down firmly on it until it reaches desired position.

THIS IS NOT A TOY. KEEP OUT OF REACH OF CHILDREN.

INSTALLATION



DETAILED INSTALLATION INSTRUCTIONS:

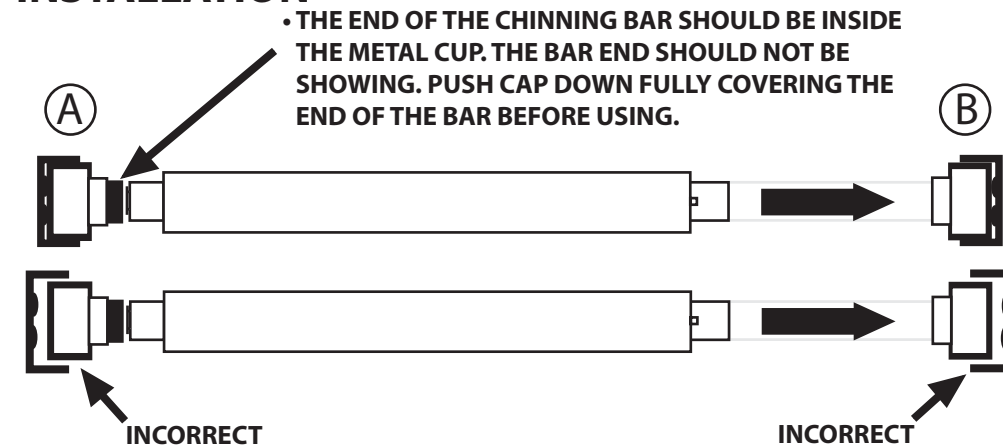
- Do not use on door width exceeding 37 inches.
- Do not allow the bracket to be crooked on the wall or screws loose in the bracket.
- **Warning:** Be sure the bracket is flat against the wall surface and all 3 screws pull in tight against the wall.
- Insert bar end fully. Always make sure to mount both ends of the bar fully into bracket mounting cup.
- Be sure the bracket cup installation is level and avoids tilting or not keeping the bar level :
 - 1) Extend the chinning bar extend to almost to door width and then insert both bracket cups onto the ends of the chinning bar as shown in above sketch.
 - 2) Extend the inner tube fully to fit the door width by rotating the tube's "B" side until it sits tight into the door frame and then align and level the bar to the desired height.
 - 3) Before tracing or marking the bracket location, check that the bar is level.
 - 4) Trace / mark the bracket cup locations onto both sides of the door frame.
 - 5) Retract the chinning bar's adjustable "B" side and use the traced outside circle pattern to locate the screw holes, align and to screw the bracket onto the door frame.

Note: to help avoid splitting the wood frame, a very small pilot hole can be drilled to guide the bracket screw in for a tight fit.

WARNING

- 1) Always inspect the equipment or chinning bar connections /bracket fittings **BEFORE EACH USE**. Be alert to refrain from use if the chinning bar appears damaged or inoperable as it was intended or if it is loose in the brackets.
- 2) At every use be sure to check for a tight fit by pushing the chinning bar sideways toward side "A" or side "B" to check for loose brackets. If it is loose in the brackets then adjust the bar length to be a tight fit in the door frame **BEFORE USING** the bar.

INCORRECT INSTALLATION



GN2405ISO1RC
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