

ULTIMATE BODY PRESS

2-Way Adjustable Doorway Pull Up Bar

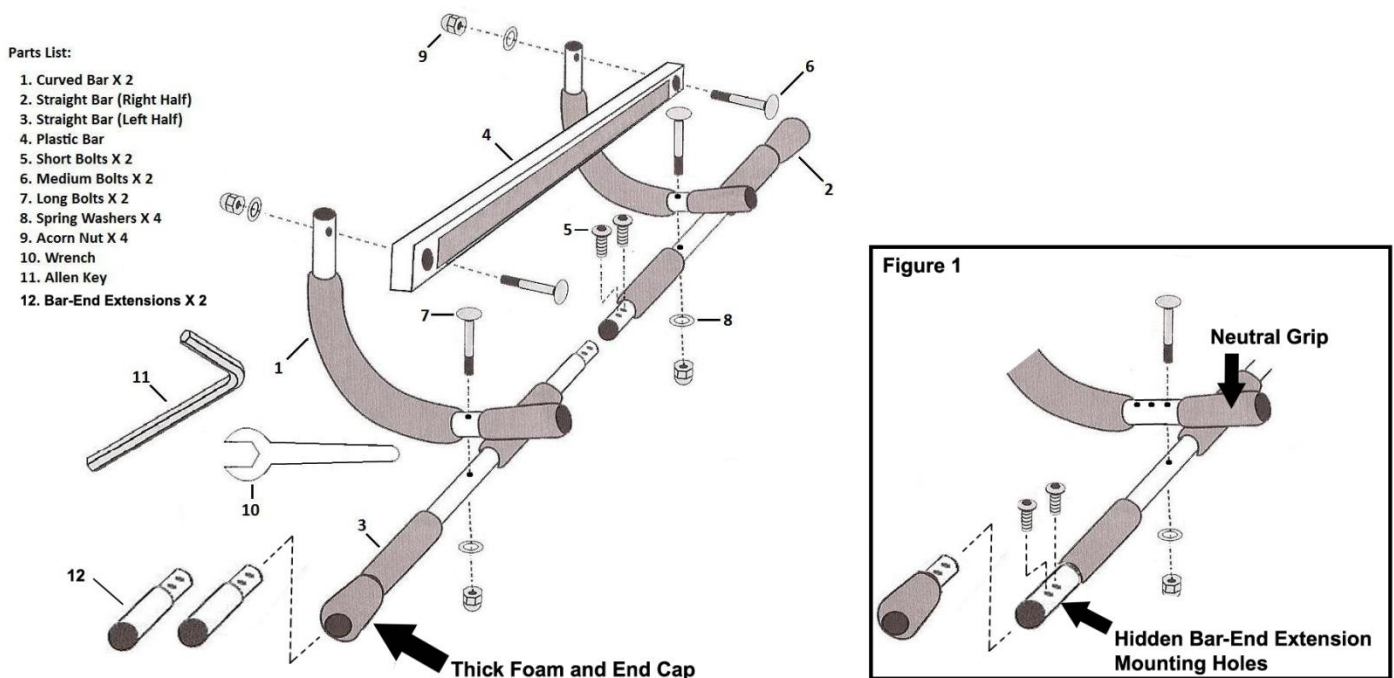
ASSEMBLY: Fasten all parts as illustrated below.

Standard Doorways:

1. Fasten the Straight Bar to the Curved Bars using the holes closest to the Neutral Grips. **See Figure 1**
2. Use other holes to adjust for thinner doorways.

Wide Doorways: Install Bar-End Extensions

1. Remove thick foam and End Caps from the Straight Bar to expose Bar-End Extension Mounting Holes
2. Attach Thick Foam and End Caps to the Bar-End Extensions
3. Insert Bar-End Extensions into the ends of the Straight Bar. **See Figure 1**
4. Secure Bar-End Extensions to Straight Bar with extra Short Bolts provided. **See Figure 1**



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