

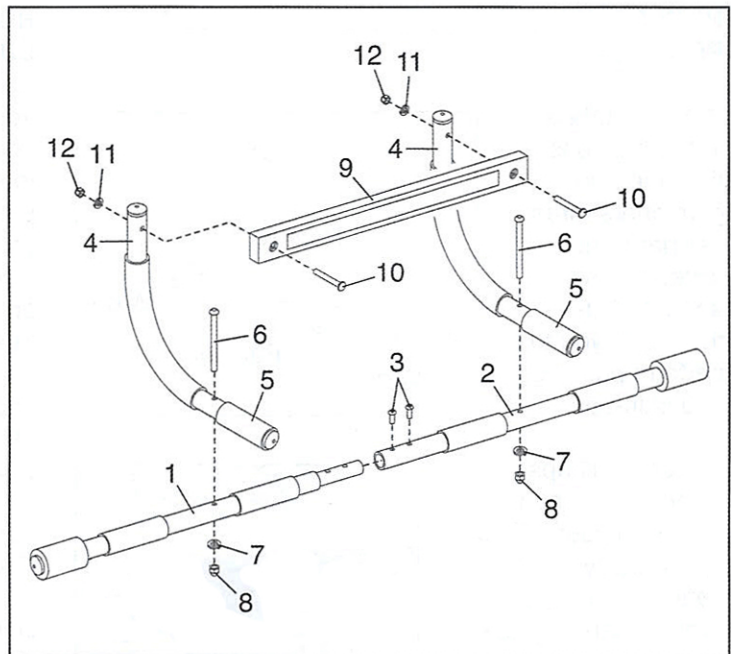
DOOR GYM ASSEMBLY

Note: Some parts may be preassembled.

1. Insert the Inner Bar (1) into the Outer Bar (2). Attach the Inner Bar to the Outer 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 58mm Bolt (6), an M8 Washer (7), and an M8 Acorn Nut (8).

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

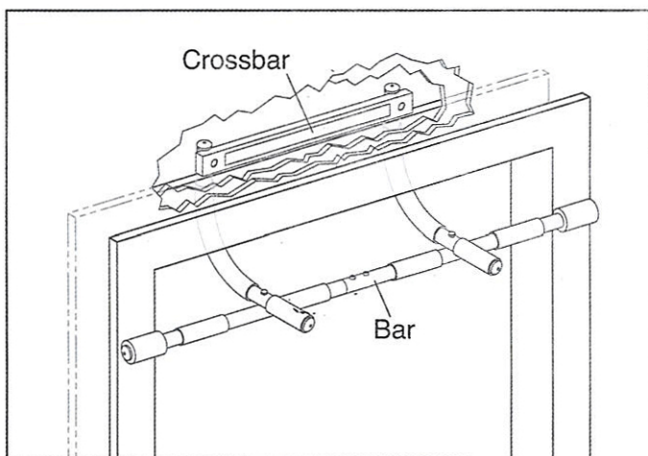
3. Attach the Crossbar (9) to the Parallel Bars (4) with two M6 x 48mm Bolts (10), two M6 Washers (11), and two M6 Locknuts (12).



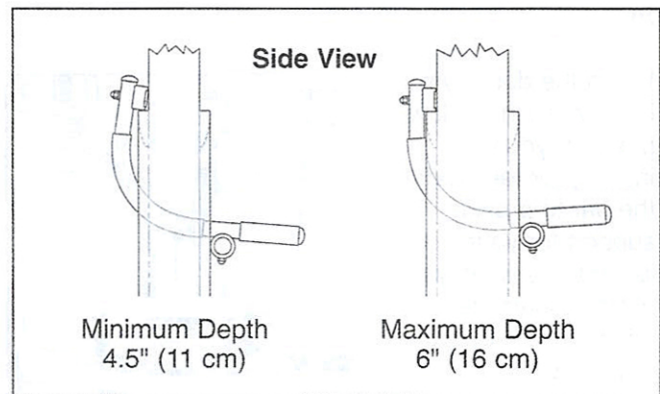
HOW TO INSTALL THE DOOR GYM IN A DOOR FRAME

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

To install the door gym in the high position, insert the door gym 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 and the door hinges are on the same side of the door frame.**



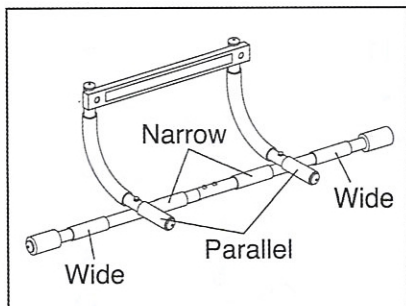
⚠ WARNING: The door gym is designed to fit door frames with a width of 27.5–30 inches (70–78 cm) and a depth of 4.5–6 inches (11–16 cm). Do not install the door gym in a door frame that does not meet these specifications. The crossbar must rest on the top edge of the door frame when the door gym is installed in the high position.



To install the door gym in the low position, see the photograph in HOW TO USE THE DOOR GYM IN THE LOW POSITION on page 3. Orient the door gym so that the ends of the parallel bars face upward. Next, insert the door gym through an open doorway near 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 and the door hinges are on the same side of the door frame.**

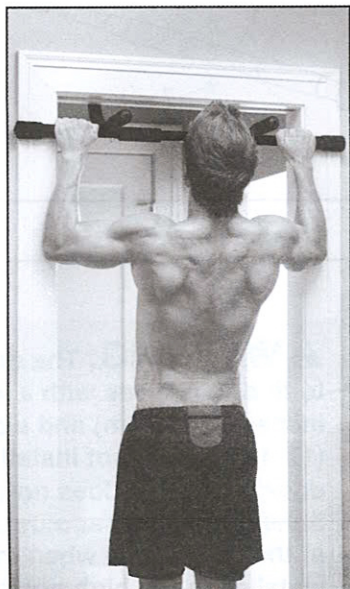
HOW TO USE THE DOOR GYM IN THE HIGH POSITION

When installed in the high position, the door gym offers three bar positions—wide, narrow, and parallel—that allow you to perform pull-ups and chin-ups.



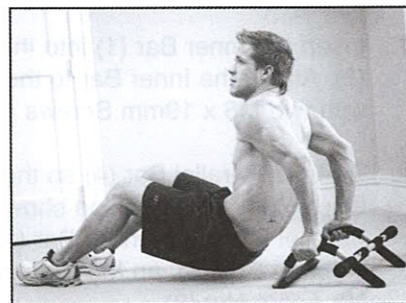
Perform pull-ups using an overhand grip, with your palms facing away from your body, in the wide or narrow position.

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 using a neutral grip, with your palms facing each other, in the parallel position.



HOW TO USE THE DOOR GYM ON A LEVEL SURFACE

You can use the door gym to perform dips or push-ups when you place it on a level surface in an open area. First, orient the door gym so that the parallel bars curve upward while the crossbar and the ends of the parallel bars touch the floor as shown. Position your body opposite the bar and hold the pads while you perform dips or push-ups.



DOOR GYM MAINTENANCE AND CARE

Inspect the door gym each time it is used. Make sure that all parts are properly tightened.

Clean the door gym, if necessary, with a damp cloth and a small amount of mild dish soap. Rinse the door gym with clean water and dry it completely before using it.

Store the door gym away from direct sunlight.

HOW TO USE THE DOOR GYM IN THE LOW POSITION

When the door gym 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.

