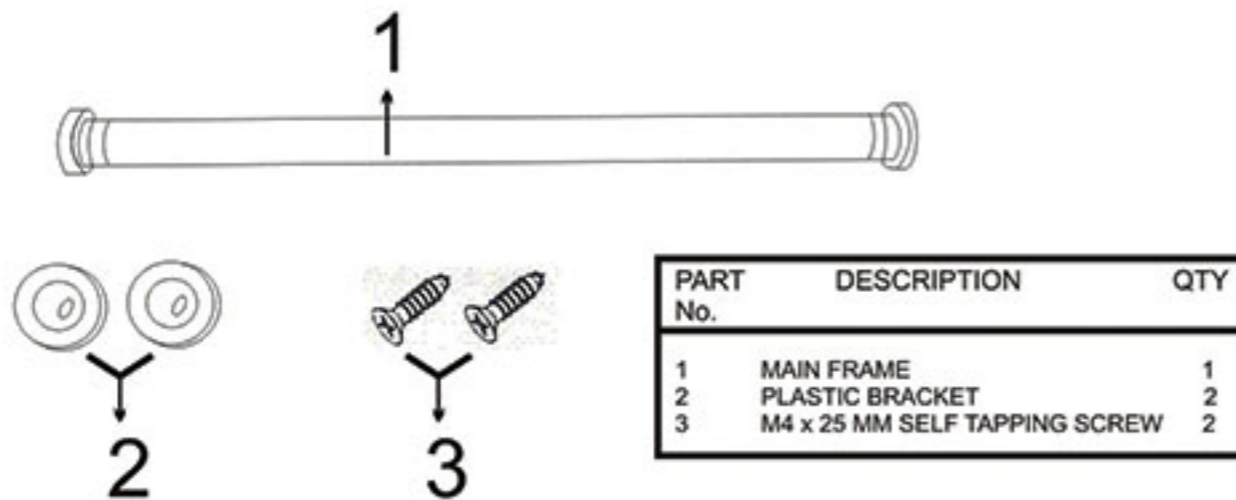
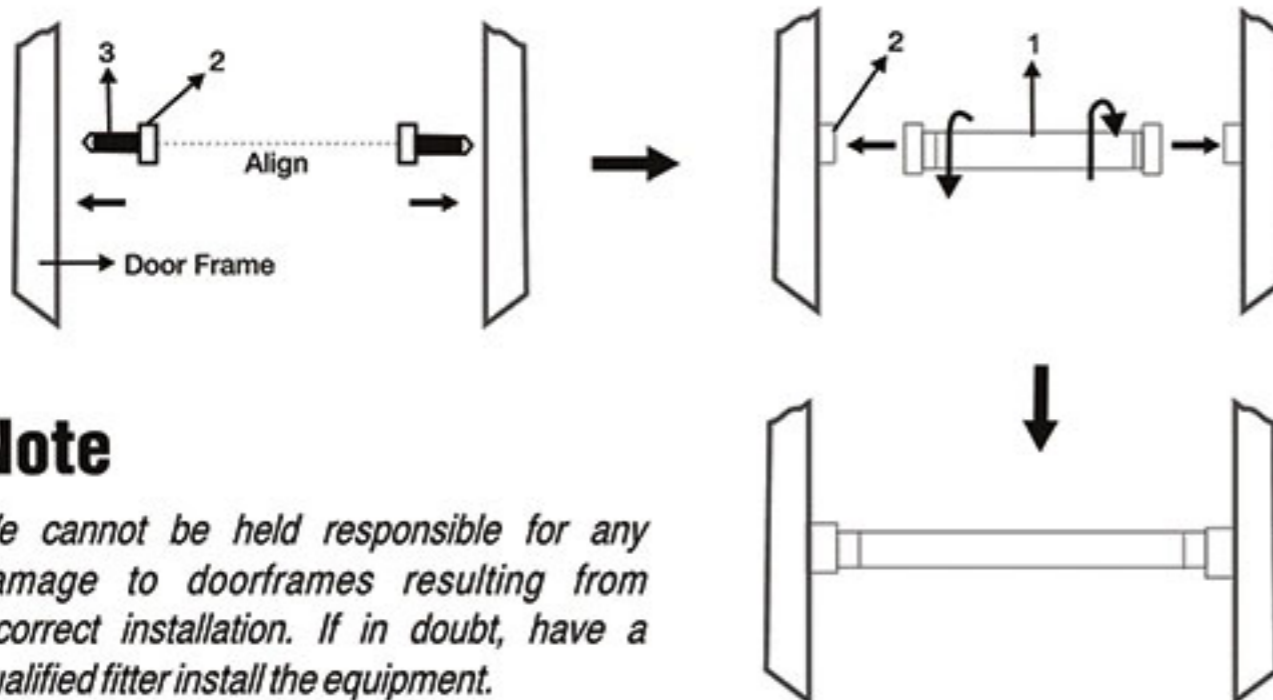


DOOR GYM BAR MANUAL



Insert 2 x M4 x 25 mm Self Tapping Screws (3) to the Plastic Brackets (2) and screw into any position you want in both sides on the doorframe. Ensure sufficient Head Room to perform the exercise correctly.

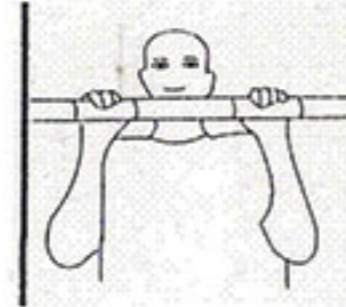
Make sure both Plastic Brackets (2) are level with each other or the doorframe. Align both the ends of the Main Frame (1) to cover the Plastic Bracket assembly on the doorframe, then rotate both ends of the bar until it's tightly secured.



Note

We cannot be held responsible for any damage to doorframes resulting from incorrect installation. If in doubt, have a qualified fitter install the equipment.

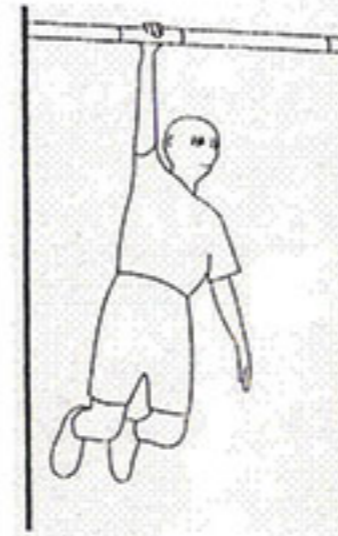
CHIN UPS



For upper body, back, forearms. Grasp the bar palms and fingers forward away from the body.

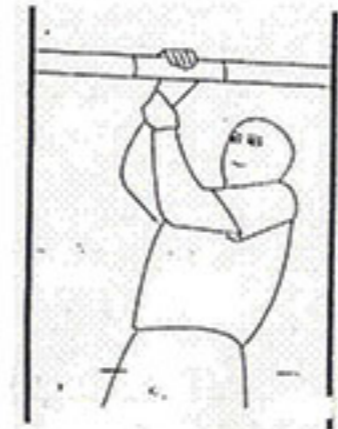
This is called "pronated" grip. Keep arms straight and hang straight down without swinging. Relax your shoulders and body. Pull up in a smooth motion, do not jerk. The chin should go over the bar. Lower smoothly back to the starting position.

CHIN UP BAR STATIC HANG



Using the chin up bar, hang with one arm as long as possible. Before you "peel" off, trade arms and shake out while hanging from the other arm. When you first start this exercise, you will probably only be able to hang for 45 seconds. Work your stamina and strength up to the point where you can hang for 4 minutes (or more). Set your personal goal and

ONE ARM CHIN UPS



For strength training and biceps to "work into" a one arm chin up start by grabbing the wrist with your other arm and assist. This variation of the chin up exercise provides more resistance for strength building. Another way to provide additional resistance is to add 5 or 10