

CONGRATULATIONS ON YOUR PURCHASE OF THE j/fit DOORWAY GYM BAR

Read all instructions before using

This owner's manual contains assembly, operation, maintenance, and safety information. In the interest of safety, please read all information and be sure to understand instructions before use.

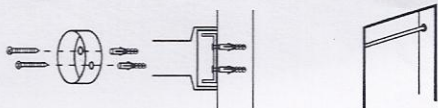
SAFETY INSTRUCTIONS:

1. This equipment is designed for home use and should not be used in a commercial location.
2. Weight limit should not exceed 250 pounds. Use precautions for weak door frames and assess the ability of the frame to hold your personal weight.
3. Inspect the gym bar before each use to be sure that it is tight inside the brackets. Check screws to be sure that they have not loosened during use.
4. Remove all jewelry, chains and ornaments before use.
5. Children should be supervised by a strong adult while using the doorway gym bar.
6. Be sure that muscles are properly warmed up before using the doorway gym bar. A proper cool down is also essential to prevent muscle strain and fatigue.
7. Be sure to use proper breathing techniques while performing exercises. Do not hold your breath but breathe normally, for example exhale on the way up and inhale on the way down.

WARNING: Before commencing with any exercise program, please consult your family physician. If at any time during exercise you feel faint, dizzy, or experience any pain, stop immediately and consult your physician. The manufacture and its distributors assume no liability or responsibility for accidents or injury to persons or property that might result in connection with the exercises and use of the doorway gym bar.

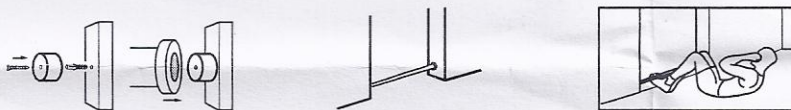
Doorway gym bar set up

To set up bar for chin-ups or pull-ups



Mark desired placement of the gym bar in the door frame. Screw the metal cups, one on the left side and one on the right side, using screws provided in the package. Adjust gym bar to fit into the cups by twisting until secure.

To set up bar for sit-ups



Mark a desired placement of the gym bar to perform sit-ups at the bottom part of the door frame. Be sure to leave enough space for your feet to slip comfortably under the bar. Using the plastic knob pieces, place one in the left side of the door and one on the right. Use enclosed screws to securely attach knobs. Twist bar into place covering the knobs as shown.

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