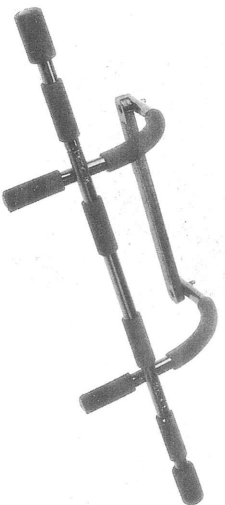
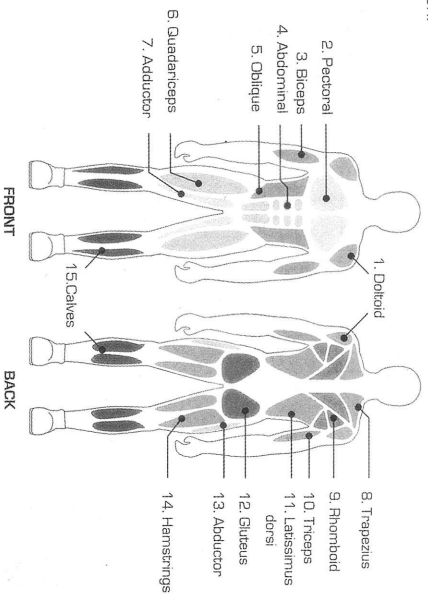




# MULTI-FUNCTION DOOR GYM WITH ARM HANGERS

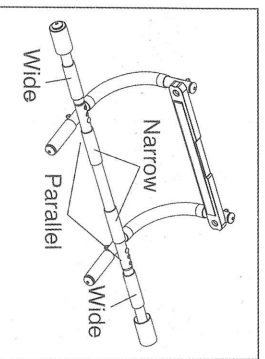


**WARNING:** The door Gym is designed to fit door frames with a width of 70 - 80 cm and a depth of 11-11.6cm. Do not install the door Gym in a door frame that does not meet these specifications. The crossbar must rest on the top edge of the door frame when the door Gym is installed in the high position.



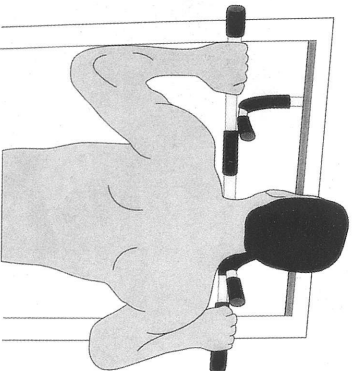
## IN THE HIGH POSITION

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.

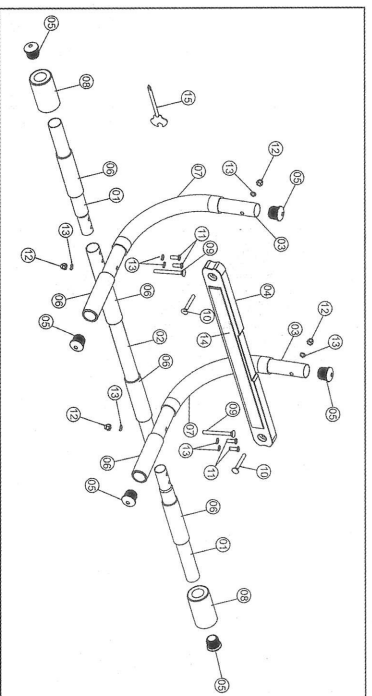


## ASSEMBLY INSTRUCTION OF DOOR GYM

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 (11).
2. Orient a curve Bar (3) so that the Foam Pad (6) is in the position shown. Attach the curve Bar to the Inner Bar (1) with a M6 X 58mm Screw (9), M6 Washer (13), and a M6 Locknut(12).
3. Attach the Crossbar (14) to the curve Bars (3) with two M6 x 47mm Screws (10), two M6 Washer (13), and two M6 Locknuts (12).

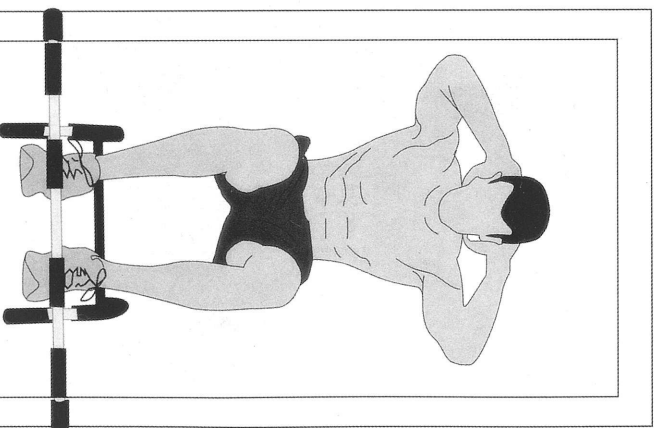
**Attach the other curve Bar (3) to the Outer Bar (2) in the same way.**

Note: Some parts may be preassembled.



## 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.



## TIP BEFORE EXERCISE

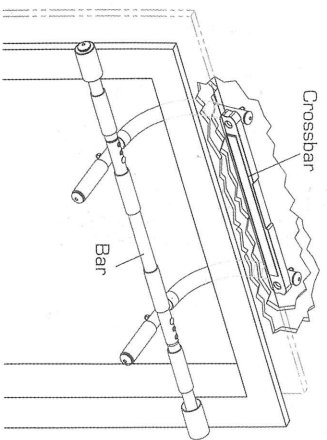
The door Gym can be installed in a high position for pull-ups, chin-ups, and off-the-floor core exercise. The door station can also be installed in a low position for sit-ups.

## Set up for 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 close as possible to the wall side on the top of the door frame. Then, brace the ends of the bar against the opposite side of the door frame.

## IMPORTANT NOTICE:

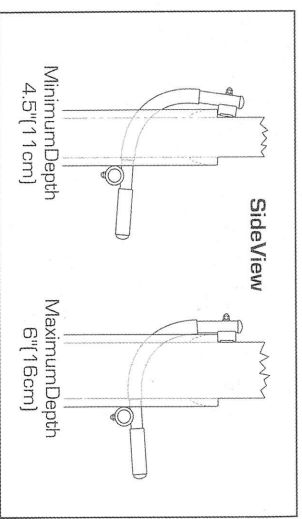
If there is a door attached to the door frame, make sure that the crossbar and the door hinges are on the same side of the door frame.



## SET UP FOR DOOR GYM IN THE LOW POSITION

Orient the door gym so that the ends of the curve bar face upward. Then 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.

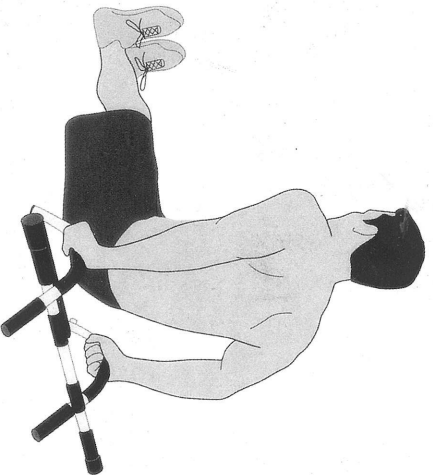


## ON THE FLOOR

You can use the door Gym to perform dips when you place it on level surface in an open area.

First, orient the door Gym so that the prominent curve upward while the crossbar and the ends of the curve bars touch the floor as shown.

Position your body opposite the bar and hold to dip pads while you perform dips.



You can also doing push up on the door Gym. Position your body face to the bar and lean on, the dip pads with both hands while you perform push ups.

You can also doing push up on the door gym.

Position your body face to the bar and lean on, the dip pads with both hands while you perform push ups.

