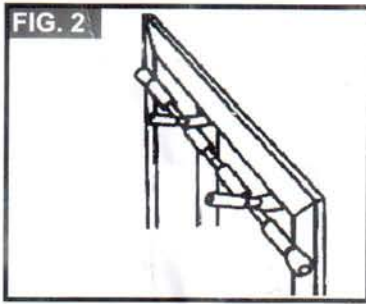
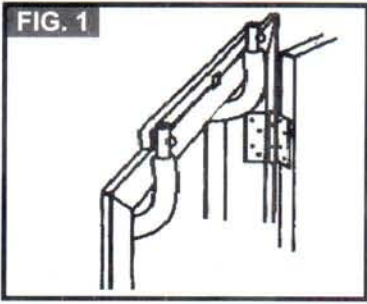
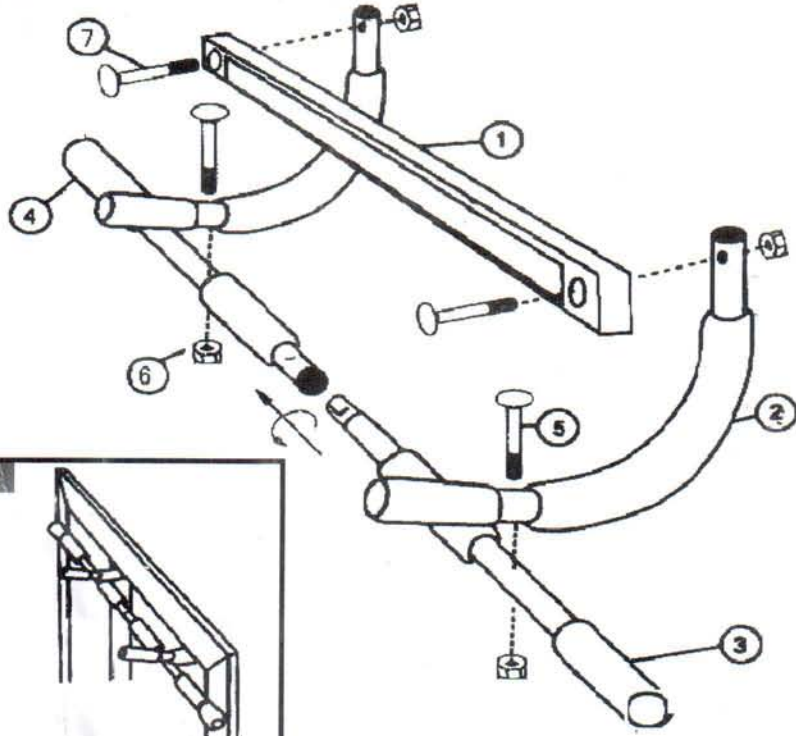


# Instruction

This item is easy to assemble. Just secure the pieces together tightly as pictured.

**Parts List:**

- 1. Square Bar
- 2. Arched Bar Grips Qty (2)
- 3. Long Bar (Right Half)
- 4. Long Bar (Left Half)
- 5. Long Bolts Qty (2)
- 6. Locking Nut Qty (2)
- 7. Medium Bolts Qty (2)

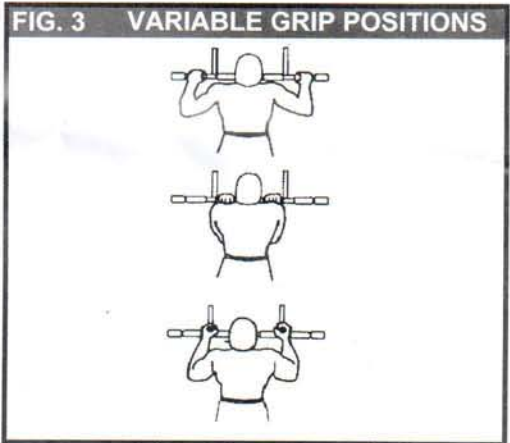


**NOTE:** The maximum weight of use for this item is 300 lbs.

Before you start, make sure your Door Gym is securely assembled (and installed into the door fram for applicable exercises) according to the instructions in this manual.

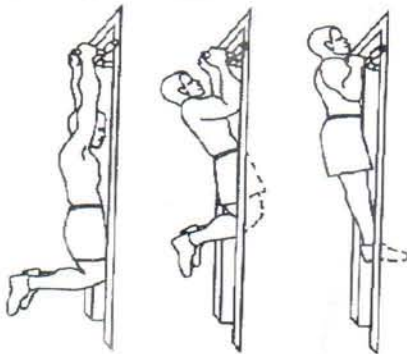
Be sure to start each exercise session by stretching and loosening your muscles through a warm-up routine. Do the exercises slowly in a controlled, smooth and fluid manner. Use variable hand grip positions to target different muscle areas (See FIG.3). Interchange the position of your hands from overhand to underhand with each exercise.

**NOTE:** Do not overexert yourself. Start out slowly and work your way up to a more vigorous workout. Gradually increase the number of repetitions over time.

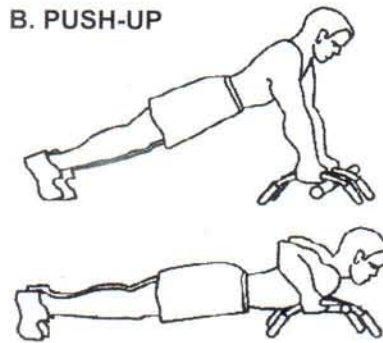


**Exercises for Door Gym**

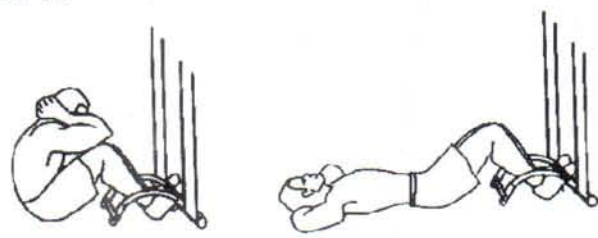
**A. PULL-UP**



**B. PUSH-UP**



**C. SIT-UP**



**D. DIP**

