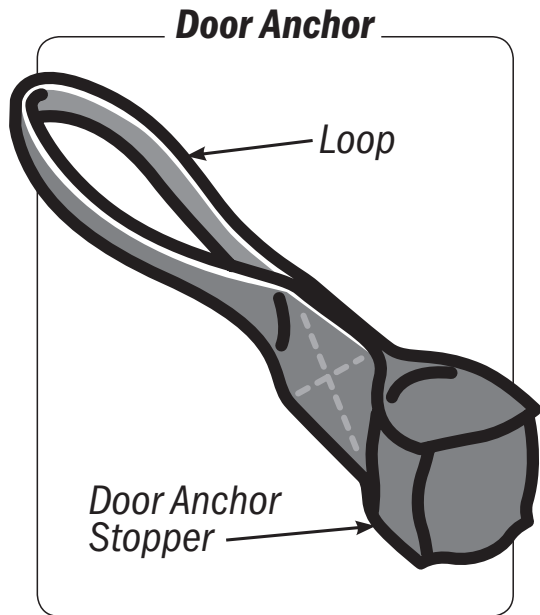


Side One Instructions

DOOR ANCHOR PLACEMENT



- **ALWAYS** position Door Anchor through the **HINGE EDGE** of the door
- **NEVER** position Door Anchor at the top or bottom of the door

DOOR ANCHOR POSITION OPTIONS:
[Specific exercises require different Anchor positions]

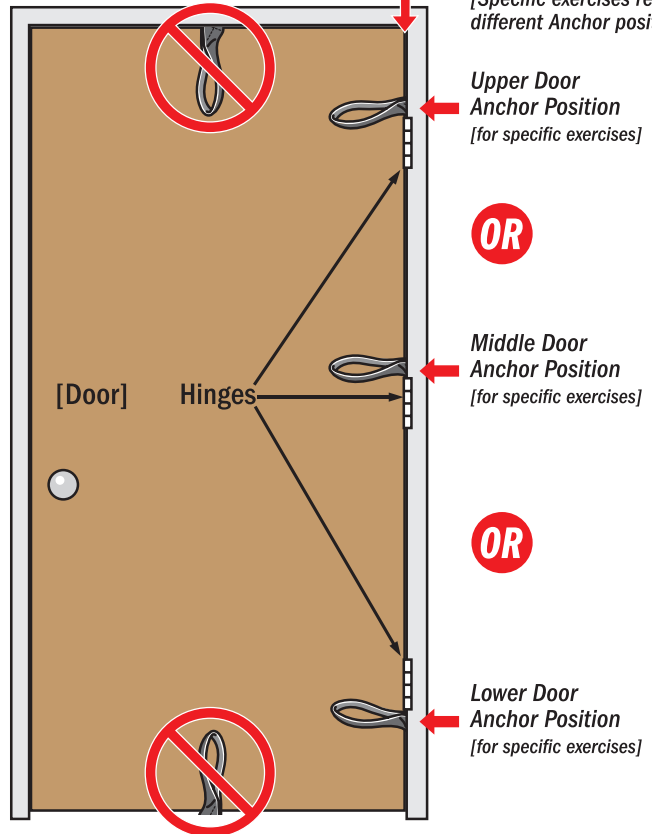
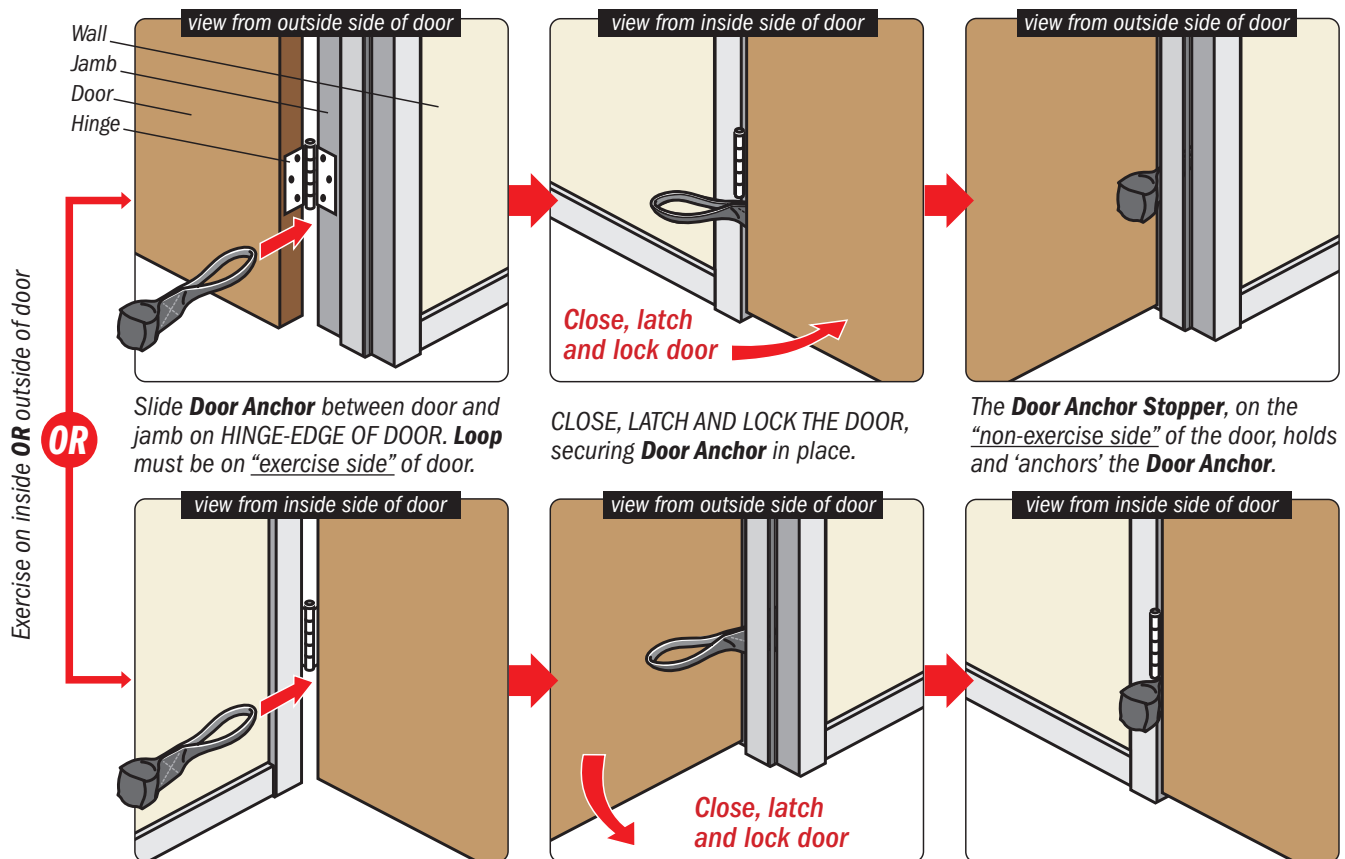


Figure 1

DOOR ANCHOR INSTALLATION

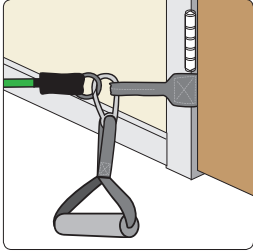
(Refer to DOOR ANCHOR PLACEMENT Figure 1 for proper position options)



Instructions Continued →

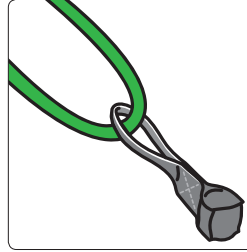
DOOR ANCHOR CONNECTION (POWER TUBES)

Single Strength



Single Strength: To safely attach your Power Tube to a GoFit Door Anchor, you may use the carabiner connection of the GoFit Handle. Place carabiner through the nylon loop of the door anchor and the d-ring of the Power Tube for a safe and secure connection for single strength exercises. **Before use, double-check carabiner to make sure the latch is closed and secure.**

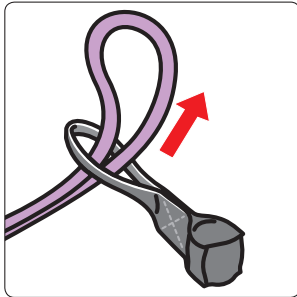
Double Strength



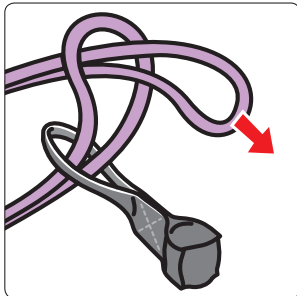
Double Strength: Pull the Power Tube through the door anchor loop until you have an equal amount of tube on each side of the door anchor loop. Then attach your handles or ankle straps to the Power Tube d-rings to begin your exercises.

DOOR ANCHOR CONNECTION (SUPER BANDS)

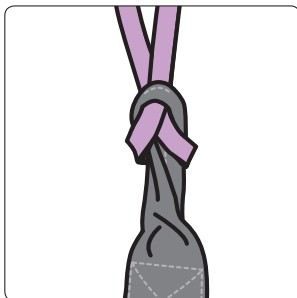
Single Strength



1. Grasp the nylon loop portion of the door anchor in one hand, and a looped portion of the Super Band in the other hand. Pull Super Band through the door anchor loop.

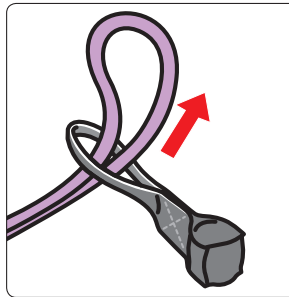


2. Pull the opposite end of the Super Band through the portion of Super Band that is pulled through the door anchor loop.

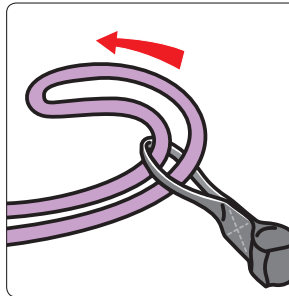


3. Insure the Super Band interlocks completely with itself and the door anchor loop by pulling the connection tightly together for a safe and secure connection as shown to the left. To remove or adjust the door anchor, simply loosen the Super Band portion of the connection.

Double Strength



1. Grasp the nylon loop portion of the door anchor in one hand, and a looped portion of the Super Band in the other hand. Pull Super Band through the door anchor loop.



2. Pull the Super Band through the door anchor loop until you have an equal amount of band on each side of the door anchor loop.



WARNING



Read all information before use.
Serious injury or fatality may occur.

DOOR ANCHOR

- **ALWAYS** place the Door Anchor through the hinge side of the door.
- **ALWAYS** lock the door when using the Door Anchor.
- **NEVER** place the Door Anchor over or under the door.
- **ALWAYS** inspect door anchors and all components for nicks, cuts, or loose threads/stitching before every use. If you find any cuts or loose thread discontinue use immediately.
- **DO NOT** use on weak or hollow-core doors. Only use the Door Anchor and components on solid wood or metal doors.
- **ALWAYS** check connections and carabiners before every use to make sure they are working properly and show no signs of damage.
- When first attempting any exercise shown, use caution while determining your physical limitations.
- Door Anchor is intended for adult use only and is not to be used by children under 18. Keep Door Anchor out of the hands of children at all times.
- Door Anchor can pose a strangulation hazard to children and pets, therefore must NEVER be left unattended.
To avoid accidents, uninstall and store Door Anchor out of the reach of children when not in use.
- GoFit, LLC is not responsible for any personal property damage that may occur while installing or using the Door Anchor or any of its components.