



USAGE & CARE

WARNING



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

CHIN-UP BAR

INCLUDED HARDWARE

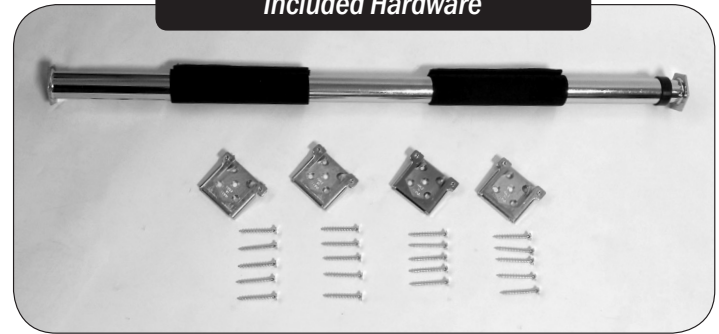
- 1 Adjustable Chin-Up Bar
- 4 Mounting Brackets—2 for mounting high in your door and two for mounting the bar low in the doorway for doing push ups and sit ups.
- 20 Mounting Screws—5 screws for each mounting bracket.

***DO NOT** install Chin-Up Bar without included and required hardware. If you do not find all of the necessary hardware in the package/box, contact Customer Service via the GoFit web site (www.gofit.net).

CHIN-UP BAR—USAGE

- Please read and follow all warnings, information, and instructions.
- **CHIN-UP BAR WEIGHT LIMIT:** 300 pounds when properly mounted.
- The Chin-Up Bar is **NOT** a toy; keep out of reach of children. If allowing anyone under 18 to use it for exercise purposes, they must have constant adult supervision. The Chin-Up Bar could pose a hazard to children and pets, therefore must **NEVER** be left unattended.
- **DO NOT** swing on, or from, the bar.
- **DO NOT** hang upside down.
- **DO NOT** extend the bar past extension marks.
- When first attempting any exercise, use caution while determining your physical limitations.
- GoFit, LLC is not responsible for any personal property damage that may occur while using the Chin-Up Bar.

Included Hardware



- The Chin-Up Bar should only be used for its intended purpose.
- Be sure to wear appropriate exercise clothing and footwear, such as sneakers or exercise shoes.
- The Chin-Up Bar is not recommended for use during pregnancy.

CHIN-UP BAR—MAINTENANCE AND CARE

- Clean the Chin-Up Bar with mild soap and warm water. **DO NOT** use abrasive or chemical cleaners. **DO NOT** immerse Chin-Up Bar into water. Towel dry, or let the Chin-Up Bar air dry completely.
- Keep Chin-Up Bar out of direct sunlight. The Chin-Up Bar should not be placed anywhere where it would be exposed to extreme high or low temperatures, heat sources or open flame.



INSTRUCTIONS

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CHIN-UP BAR

**DO NOT mount Chin-Up Bar in doorways wider than 36".*

MOUNTING UPPER BRACKETS FOR CHIN UPS

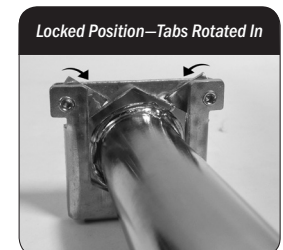
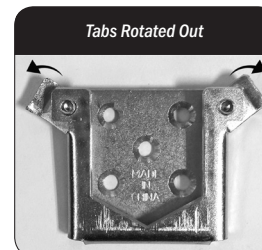
1. Measure one side of door jamb at approximately 3" from top of door jamb. Mark this spot for reference.
2. Position the silver bracket with the tabs up—placing the bottom on your mark. Leave about 1/8" between the raise of the jamb and the bracket. Locking tabs must be able to rotate.
3. Mark all mounting holes and set bracket aside.
4. Drill pilots holes with 1/16" bit.
5. Secure bracket to jamb with screws provided.
Repeat for opposite jamb.

MOUNTING LOWER BRACKETS FOR PUSH UPS

1. Measure 6" from floor. Mark this spot for reference.
2. Repeat steps 2 thru 5 from above.

BAR INSTALLATION

After installing brackets, make sure tabs are rotated to the outer side of the bracket. Place one end of bar in first bracket, then the other. To lock the bar into the brackets, simply rotate the tabs toward the bar.



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