



ELEVATED CHIN UP STATION™

Patent Pending



ELEVATED CHIN UP STATION

Installation

**See complete assembly and installation instructions included*



From hinge side of doorway, put Leverage Bar side of Chin Up Station through doorway while moving it upward above door frame on opposite side.



Position Leverage Bar into SafetyWedge*, then guide Chin Up Station down to rest on top of door frame.



ELEVATED CHIN UP STATION

Wide Grip Pull Up - Top Bar



With palms toward doorway, position hands on outer grips of top bar.



Pull yourself up into position so your chin is even with the top bar. Slowly lower yourself down. Repeat in reps of 8 to 12.



ELEVATED CHIN UP STATION

Wide Grip Chin Up – Top Bar



With palms toward you, position hands on outer grips of top bar.



Pull yourself up into position so your chin is even with the top bar. Slowly lower yourself down. Repeat in reps of 8 to 12.



ELEVATED CHIN UP STATION

Narrow Grip Pull Up - Top Bar



With palms toward doorway, position hands on inner grips of top bar.



Pull yourself up into position so your chin is even with the top bar. Slowly lower yourself down. Repeat in reps of 8 to 12.



ELEVATED CHIN UP STATION

Narrow Grip Chin Up - Top Bar



With palms toward you, position hands on inner grips of top bar.



Pull yourself up into position so your chin is even with the top bar. Slowly lower yourself down. Repeat in reps of 8 to 12.



ELEVATED CHIN UP STATION

Handle Grip Chin Up



With palms inward, position hands on handle grips of top bar.



Pull yourself up into position so your chin is even with the top bar. Slowly lower yourself down. Repeat in reps of 8 to 12.



ELEVATED CHIN UP STATION

Pull Up - Low Bar



With palms toward doorway, position hands on grips of low bar.



Pull yourself up into position so your chin is even with the low bar. Slowly lower yourself down. Repeat in reps of 8 to 12.



ELEVATED CHIN UP STATION

Chin Up - Low Bar



With palms toward you, position hands on grips of low bar.



Pull yourself up into position so your chin is even with the low bar. Slowly lower yourself down. Repeat in reps of 8 to 12.



ELEVATED CHIN UP STATION

Abdominal Straps*

**Abdominal Straps sold separately*



Attach Ab Straps to Eye bolts. Place elbows into straps with triceps resting in cradles. Resting your weight in cradles, pull your knees upward by firing your abdominals.



Exercise variations: legs in front, straight out; knees and legs straight in front; or knees side-to-side as shown. Repeat in reps of 8 to 12.

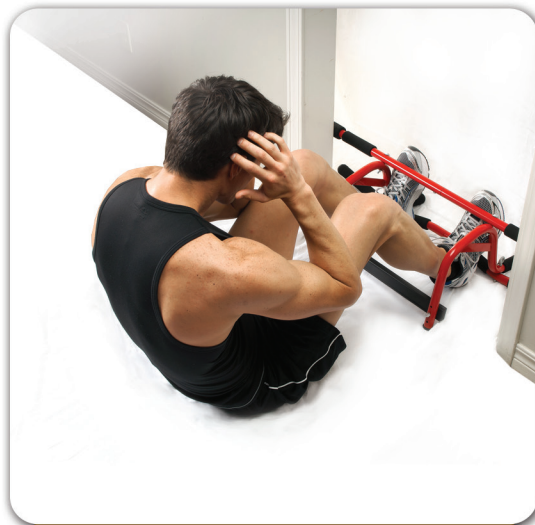


ELEVATED CHIN UP STATION

Sit ups



Place Chin Up Station on floor in doorway, with door cushions resting against opposite-side door frame. Lock feet into position with toes behind bar.



Firing abdominals, pull yourself up into sit-up or "crunch" position. Slowly lower yourself down. Repeat in reps of 8 to 12.

Push ups



Place Chin Up Station on floor out of doorway. Place hands on grips as shown—raise yourself into push up position.



Keeping your back straight, slowly lower your upper body so your chest nearly touches bar. Beginners may rest knees on the floor. Repeat in reps of 8 to 12.



ELEVATED CHIN UP STATION

Dips



Place Chin Up Station on floor out of doorway. With your back toward the Chin Up Station, place hands on grips as shown, keeping your legs straight out in front of you.



Firing triceps, push yourself up, fully extending arms but not locking elbows. Slowly lower yourself down without touching the floor. Repeat in reps of 8 to 12.



WARNING:

- **DO NOT SWING OR PLAY ON ELEVATED CHIN UP STATION**
- **DO NOT HANG UPSIDE DOWN ON ELEVATED CHIN UP STATION**
- **MAKE SURE ALL SCREW HOLES ARE UTILIZED AND SECURE**
- **INSPECT ELEVATED CHIN UP STATION BEFORE EVERY USE**
- **WEIGHT LIMIT: 300 LBS**
- **INSPECT DOORWAY AND MOULDING BEFORE EVERY USE**
- **INSERT SAFETY WEDGE ACCORDING TO PROVIDED INSTRUCTIONS**

Exercise programs of any kind present an inherent danger to the participant. Serious or fatal injury can occur. Consult your doctor before beginning any exercise program. All GoFit equipment is intended to be used by adults only in the manner shown/illustrated/described. Anyone under the age of 18 should have adult supervision. Always follow instructions (if included). Always use proper techniques and common sense when exercising. Always check your equipment thoroughly for any sign of defect. If any defect is found, discontinue use immediately and contact GoFit for further assistance. This product is not intended for commercial use.

See Complete warning information provided with your Elevated Chin Up Station.

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