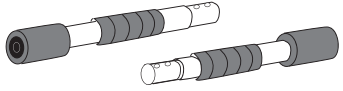


PARTS & TOOLS:

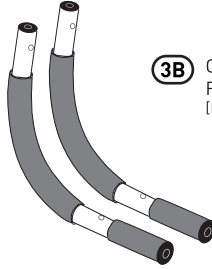
① Side Cross Bar (2 pcs)



①A Side Cross Bar Foam Pad (2 pcs) [Pre-Installed]



③ Curved Bars (2 pcs)



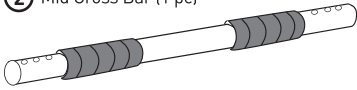
③A Curved Bar Short Foam Pad (2 pcs) [Pre-Installed]



③B Curved Bar Long Foam Pad (2 pcs) [Pre-Installed]



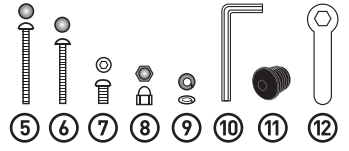
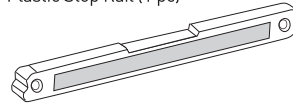
② Mid Cross Bar (1 pc)



②A Mid Cross Bar Foam Pad (4 pcs) [Pre-Installed]



④ Plastic Stop Rail (1 pc)

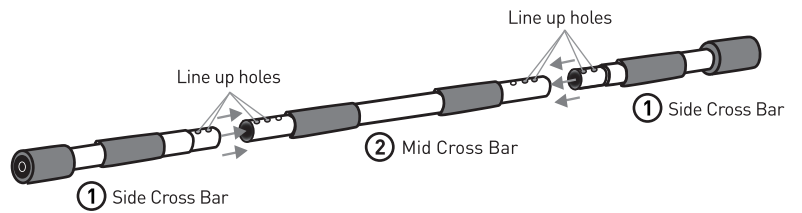


- ⑤ Bolt - M6 x 2.16" / 55mm (2 pcs)
- ⑥ Bolt - M6 x 1.77" / 45mm (2 pcs)
- ⑦ Screw - M6 x 0.39" / 10mm (4 pcs)
- ⑧ Plastic Nut Knob (4 pcs)
- ⑨ Washer (4 pcs)
- ⑩ Allen Wrench (1 pc)
- ⑪ Plastic Plug (6 pcs) [Pre-Installed]
- ⑫ Wrench Tool (1 pc)

ASSEMBLY INSTRUCTIONS:

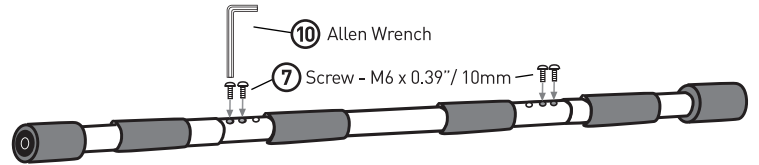
Step 1

Insert Side Cross Bars (#1) into Mid Cross Bar (#2) and line up the screw holes.



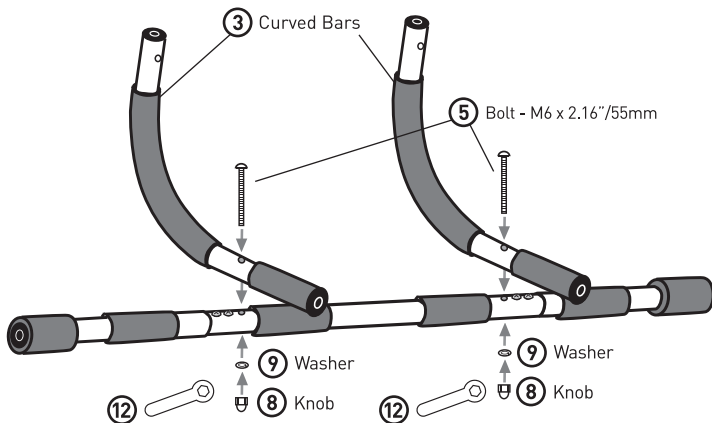
Step 2

Use two screws M6 x 0.39"/10mm (#7). Secure screws using Allen Wrench (#10)



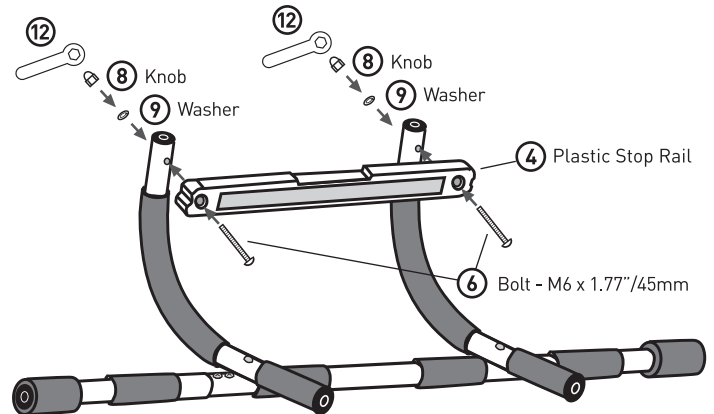
Step 3

Attach the Curved Bars (#3) to the assembled Cross Bar as shown, using 2x Bolts M6 x 2.16" / 55mm (#5), 2x Washers (#9) and 2x Plastic Nut Caps (#8) on each Curved Bar. Secure using the Wrench Tool (#12)



Step 4

Attach the Plastic Stop Rail (#4) to both Curved Bars (#3), using 2x Bolts M6 x 1.77" / 45mm (#6), 2x Washers (#9) and 2x Plastic Nut Caps (#8). Secure the Knobs side using the Wrench Tool (#12)



⚠ WARNING/ADVERTENCIA

This product is to be used on a sturdy wall frame with a minimum width of 27.56" to a maximum width of 32.71", and a minimum depth of 4.33" to a maximum depth of 6.3".

Do not set up in a door frame out of this range, and ensure both sides of cross bar and plastic rail lay against door frame securely while in use at pull-up position.

Maximum Weight Capacity: 250 lbs



LIMITED WARRANTY:

Global Quality Brands® warrants this product to be free from defects in workmanship and materials under normal use and conditions for a period of 90 DAYS FROM THE DATE OF ORIGINAL PURCHASE. This Limited Warranty is not transferable and is available only for the original purchaser of the Product. The Company's obligation under this warranty is limited to replacing or repairing the Product, at the discretion of the company.

All warranty coverage extends only to the original retail purchaser from the date of purchase, obligation under this warranty is limited to replacing or repairing, at Global Quality Brands® option. All products for which a warranty claim is made must be received by Global Quality Brands® and accompanied by sufficient proof of purchase (photocopy of the original store receipt, indicating the date of purchase). All freight and handling fees are the responsibility of the consumer to pay, both to and from Global Quality Brands®. All warranty claims must be preauthorized by Global Quality Brands® pre-authorization can be obtained by calling 866-498-5269. This warranty does not cover ordinary wear and tear, weathering, failure to follow directions, improper installation, improper maintenance, or acts of nature, (such as damage caused by wind, lightning, snow, water, or ice) weather damage, damage caused by unauthorized repair work or damage caused by improper use of the products are not covered by the product warranty. No other warranty beyond that specifically set forth above is authorized by Global Quality Brands®.

GLOBAL QUALITY BRANDS® IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUE OR PROFITS, LOSS OF ENJOYMENT OR USE, COST OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ALL OTHER WARRANTIES AND GLOBAL QUALITY BRANDS®, SPECIFICALLY DISCLAIMS ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATION ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NO APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS. YOU MAY ALSO HAVE OTHER RIGHTS, WHICH VARY FROM STATE TO STATE.

WHILE EVERY ATTEMPT IS MADE TO ENSURE THE HIGHEST DEGREE OF PROTECTION IN ALL EQUIPMENT, WE CANNOT GUARANTEE FREEDOM OF INJURY. THE USER ASSUMES ALL RISK OF INJURY DUE TO USE. ALL MERCHANDISE IS SOLD ON THIS CONDITION, WHICH NO REPRESENTATIVE OF GLOBAL QUALITY BRANDS® CAN WAIVE OR CHANGE.

WARNING/ADVERTENCIA

1. Always consult a physician before beginning any exercise program.
 2. If you experience any pain, faintness, or unusual discomfort while exercising, stop immediately and consult your physician and/or contact medical services.
 3. Make sure the bolts and screws are tightened and in working condition before each use of this product.
 4. This product is for indoor home use only - not for gym or commercial use.
 5. Do not allow children to use this product.
 6. Make sure you warm up for a minimum of 5-10 minutes before your workout, and cool down after exercising.
 7. Test the workout bar's placement and door frame stability before use, to ensure it will not come free during your exercise.
 8. Never use this product in any manner not consistent with its intended use.
 9. Always put this product safely away after use.
 10. Never leave the workout bar in a doorway or hanging from a threshold.
 11. Never close or attempt to close a door with the workout bar in place.
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