

# MULTI PURPOSE WORKOUT BAR

MODEL# 8633WB  
PRODUCT MANUAL - VERSION 5.21.01

FOR AGES:

**13+**

WEIGHT LIMIT:

**250** Lbs  
113 Kgs

TO BUILD:



TOOLS NEEDED:



**HOW-TO**  
VIDEOS ONLINE



## CUSTOMER SERVICE

GQBrands.com • CustomerService@GQBrands.com • 1-866-498-5269 • 4401 Samuell Blvd, Ste 150, Mesquite, TX 75149



# CUSTOMER SERVICE INFORMATION

## Thank you for purchasing: **MULTI PURPOSE WORKOUT BAR**

MODEL# 8633WB

If you have an issue with your item, do not return. Please report items that are damaged or missing parts to the manufacturer GQ Brands within three days of delivery. Contact customer service at [customerservice@gqbrands.com](mailto:customerservice@gqbrands.com) to open a ticket.

At GQ Brands®, we want all of our customers to be completely satisfied with their purchase. Take time to review the contents of the product you have just received to make sure that all of the parts are included. If you find that any parts are missing or damaged, we will provide replacement parts at no charge within 30 days of purchase.

Please keep in mind that for select damaged part replacement requests, we will require a photo for submission.

**Please Note:** In the interest of better quality and value, we are constantly improving and updating our product information. Most up to date manuals, warnings and product information can be found at: <https://www.globalqualitybrands.com/warnings>

To register your product please visit:  
[www.globalqualitybrands.com/product-registration](http://www.globalqualitybrands.com/product-registration)  
or Scan code



To order these parts, or if you have any other questions or concerns about this GQBrands product, please contact us at

PureFun.Net  
GQBrands®  
Phone: 1-866-498-5269  
Email: [CustomerService@GQBrands.com](mailto:CustomerService@GQBrands.com)  
4401 Samuell Blvd, Ste 150, Mesquite, TX 75149

Please be sure to include the following information when you contact Customer Service:

**YOUR NAME:** \_\_\_\_\_

**YOUR MAILING ADDRESS:** \_\_\_\_\_

**YOUR EMAIL ADDRESS:** \_\_\_\_\_

**PRODUCT NAME:** \_\_\_\_\_

**PRODUCT MODEL#:** \_\_\_\_\_

**PART NUMBER** \_\_\_\_\_

**RETAILER WHERE PURCHASED:** \_\_\_\_\_

**DATE OF PURCHASE:** \_\_\_\_\_

**ORDER NUMBER: (If Available)** \_\_\_\_\_

**QUANTITY NEEDED:** \_\_\_\_\_

**SERIAL NUMBER:** \_\_\_\_\_

## 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, GQ Brands 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 pre-authorized 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 GQ 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 NOT 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 OR INSTALLATION. ALL MERCHANDISE IS SOLD ON THIS CONDITION, WHICH NO REPRESENTATIVE OF GQBRANDS® CAN WAIVE OR CHANGE.



# WARNINGS

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## **IMPORTANT MESSAGE**

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Please read all of the warnings and directions below prior to assembly. This product comes equipped with warnings and instructions for the assembly, care, maintenance and use of the product. This information must be read by all supervisors and users before any person is allowed to use this item.

**ADULT ASSEMBLY REQUIRED**  
**CHOKING HAZARD** - Small Parts  
**NOT** for children under 3 years of age.

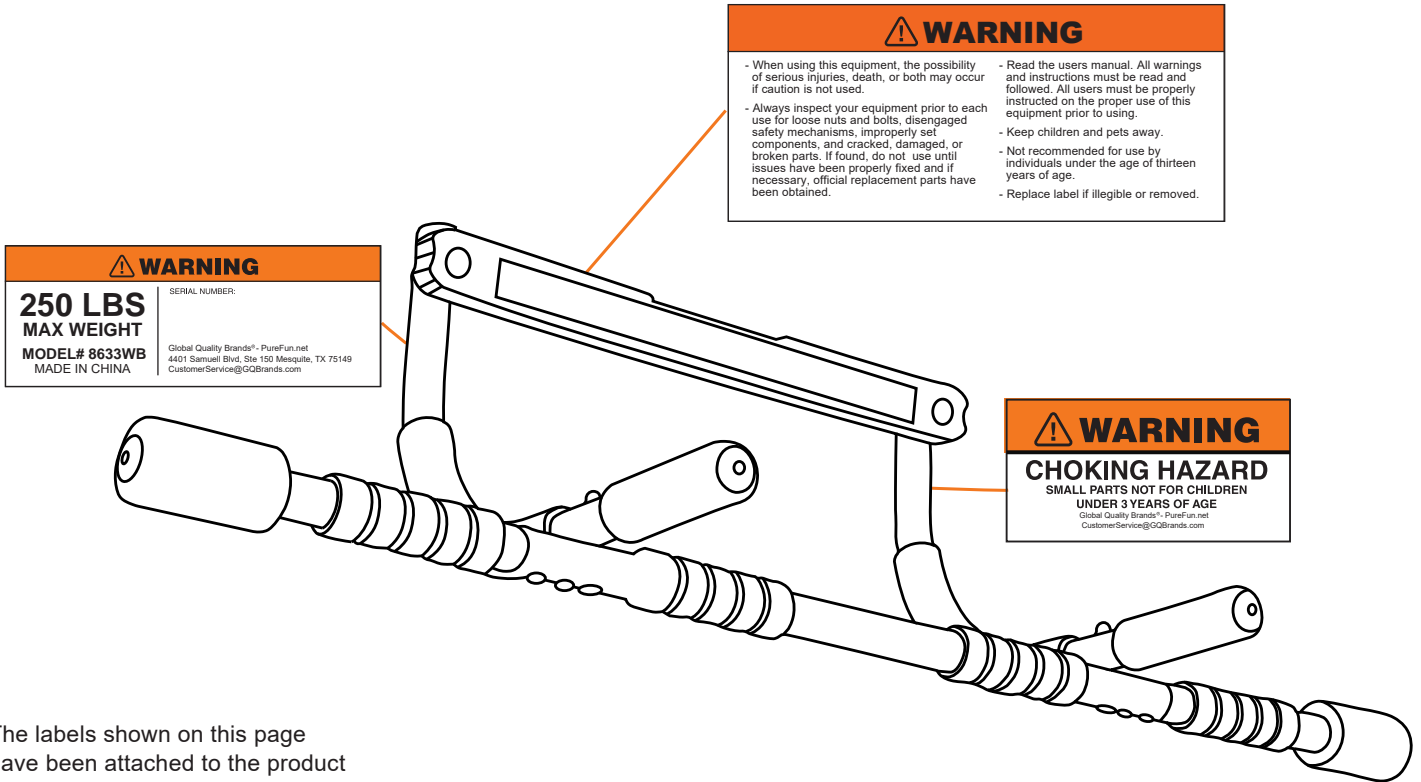
### **WARNING:**

While every attempt is made to ensure the highest degree of protection in all equipment, we cannot guarantee freedom from injury. The user assumes all risks of injury due to use and installation. All merchandise is sold on this condition, which no representative of the company can waive or change.

#### **PROPOSITION 65**

THIS PRODUCT CAN POSSIBLY EXPOSE YOU TO CHEMICALS INCLUDING DI(2-ETHYLHEXYL) PHTHALATE (DEHP), WHICH IS KNOWN TO THE STATE OF CALIFORNIA TO CAUSE CANCER AND BIRTH DEFECTS OR OTHER REPRODUCTIVE HARM. FOR MORE INFORMATION GO TO [WWW.P65WARNINGS.CA.GOV](http://WWW.P65WARNINGS.CA.GOV).

# ⚠ WARNING LABEL LOCATIONS



The labels shown on this page have been attached to the product in the indicated location

Note: The labels are not shown actual size.



# WARNINGS & SAFETY INFORMATION

## Please read these warnings and the information in this manual in its entirety.

Failure to comply with the following instructions may increase the risk of serious injury and/or death:

We recommend that you always obtain a complete physical examination before beginning any exercise program. If you experience any discomfort while using the our Workout Bar, discontinue use & consult your physician.

- The owner and supervisors of this product are responsible to make sure all users are aware of the warnings and use specified in this manual.
- Ensure the product has been assembled correctly, per the instructions in the manual.
- NEVER exceed the MAXIMUM WEIGHT LIMIT of 250LBS (113KGS), including accessories and weights.
- It is only recommended for use by adults 13 + years of age.
- The contents are not suitable for children under 3 years. This product contains small parts, which may cause choking.
- Use this product only with mature, knowledgeable supervision.
- ALWAYS check this product before each use for missing or loose bolts and/or damaged parts. Carefully inspect the frame and the cushion attachments. Check for damage and proper stability to ensure that all parts are correctly positioned, secured for use and in good working order.
- Failure to properly inspect your bar and/or misuse of this equipment can result in serious injury and death.
- ONLY USE the set of nuts and screws that come with the Bar, they have a special coating to increase safety. These screws should ALWAYS be used rather than standard nuts and screws to ensure your safety when exercising.
- ALWAYS test thoroughly to make sure your Bar is completely and securely assembled, properly and securely mounted, and positioned in the doorway correctly prior to any use. If the doorway foundation is not strong, DO NOT USE the Multi-Grip Lite Pull Up Bar in that location.
- ALWAYS be aware of the position of your extremities and head in relation to the ceiling.
- ONLY one person at a time should use this equipment.
- ALWAYS consult a physician before beginning any exercise program. Ask your doctor to evaluate your present fitness level and determine the exercise program that is most appropriate for your particular age and/or physical condition.
- IF YOU EXPERIENCE any pain or tightness in your chest, irregular heartbeats, shortness of breath, faintness, dizziness, or other unusual discomfort while exercising, STOP and consult your physician and/or obtain medical assistance.
- This bar is intended for indoor individual home use only, it is not designed for commercial use or for use in communal workout areas and will void the warranty.
- ALWAYS secure the product against unauthorized and unsupervised use.
- Immediately discontinue use if any breakage to the frame assembly are found. Failure to do this may result injury and/or further damage to the product.
- Misuse and abuse of the product is dangerous and can cause serious injuries.
- DO NOT wear loose fitting clothing, belt buckles, or jewelry, including but not limited to rings, chains, and pins before commencing exercise; this can be extremely dangerous.
- DO NOT swing or bounce when using this product.
- DO NOT hang by your feet or legs when using this product.
- DO NOT use this product if the doorway frame is unstable or if the doorway is not set up to support the Bar.
- DO maintain a controlled motion when performing chin-ups or pull-ups.
- ALWAYS wear the appropriate fitness footwear.
- When performing pullups, never pull up with bar behind head, as this places undue stress on shoulders and neck. Also, when performing pullups, avoid crossing feet during exercise, as this places hips in an uneven position which impacts body alignment.
- Warm up at least 5-10 minutes before each workout and to cool down for at least 5-10 minutes afterwards.
- Breathe naturally, NEVER hold your breath while exercising.
- Start out slowly and progress sensibly. Even if you are an experienced exerciser, become familiar with all of the exercises before moving on to more advanced workouts or exercises.
- Rest adequately between workouts to allow your muscles to tone and develop.
- The frame of this product is made of steel and it will conduct electricity. No electrical equipment (lights, heaters, etc.) should be permitted on or around the trampoline under any circumstance.
- Keep this product away from all heat sources and fire sources .
- Before each use of this product, inspect the entire assembly and replace any worn, defective or missing parts.
- No modification should be carried out to the bar or any of its components. Any modification could lead to damage to the product or result in a personal injury.
- Please read and refer to other warnings and use information in the trampoline instructions before use.
- Dispose of all packaging materials safely and per local ordinance.
- Keep this manual and safety information for future reference.

# ASSEMBLY INSTRUCTIONS

Assembly Video: <https://youtu.be/8fc-X8o-xwY>

## PARTS & TOOLS:

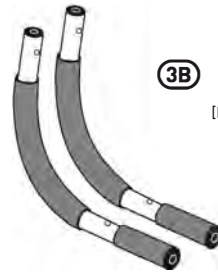
① Side Cross Bar (2 pcs)



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



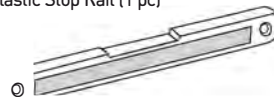
③ Curved Bars (2 pcs)



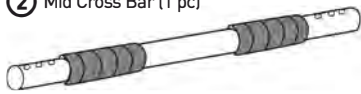
③A Curved Bar Short Foam Pad (12 pcs) [Pre-Installed]



③B Curved Bar Long Foam Pad (12 pcs) [Pre-Installed]



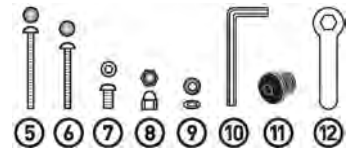
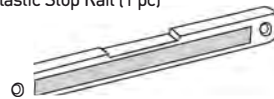
② Mid Cross Bar (1 pc)



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



④ Plastic Stop Rail (1 pc)

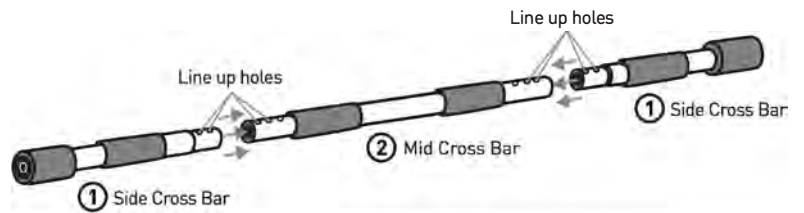


- ⑤ Bolt - M6 x 2.16"/55mm (2 pcs)
- ⑥ Bolt - M6 x 1.77"/45mm (2 pcs)
- ⑦ Screw - M6 x 0.39"/10mm (4 pcs)
- ⑧ Plastic Nut Knob (4 pcs)
- ⑨ Washer (4 pcs)
- ⑩ Allen Wrench (1 pc)
- ⑪ Plastic Plug (6 pcs) [Pre-Installed]
- ⑫ Wrench Tool (1 pc)

## ASSEMBLY INSTRUCTIONS:

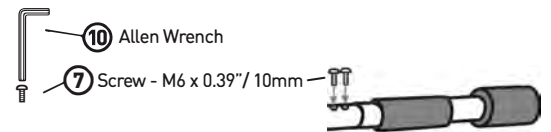
### Step 1

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



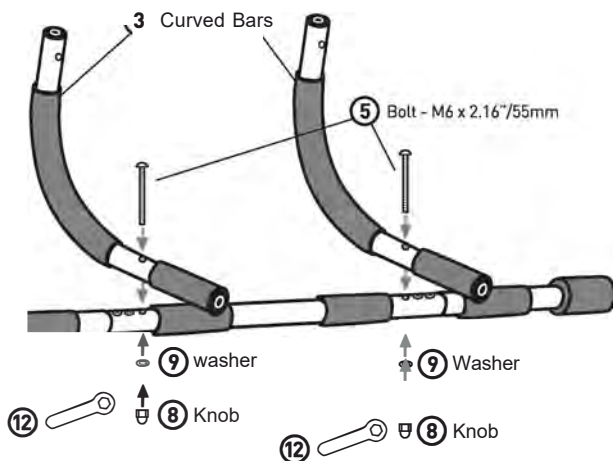
### Step 2

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



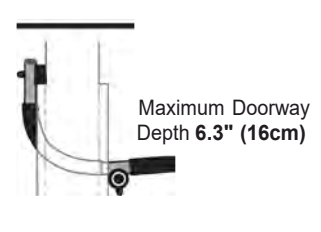
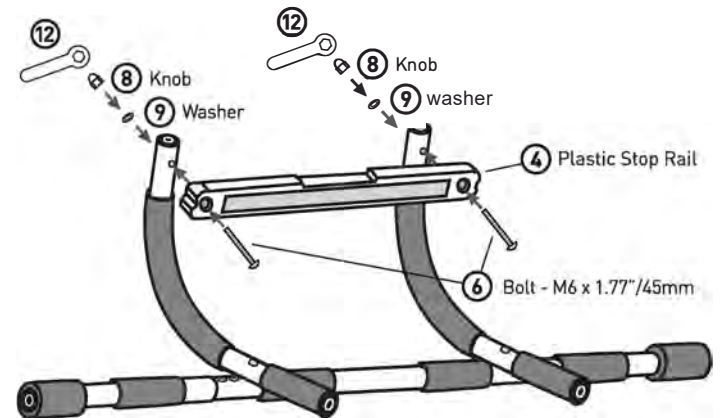
### Step 3

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 45mm (6) 2x Washers (9) and 2x Plastic Nut Caps (8) Secure the Knobs side using the Wrench Tool (12)



# EXERCISE GUIDELINES

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## IMPORTANT

Please review this section before you begin exercising

### Workout Phases

Every workout should consist of the following three phases:

#### Warm-Up

To prevent injury and maximize performance, we recommend that each workout period start with a warm-up. Your warm-up should gently prepare your muscles for the coming exertion. Start by doing 5 to 10 minutes of gentle exercise, such as walking or low-impact aerobics, that gradually increases your heart rate and loosens up your muscles. Your warm-up exercise should be aerobic in nature and only require an easy, unforced range of motion. This may be followed by 5 to 10 minutes of stretching. Refer to the stretches found on this manual. Never push yourself beyond a point of gentle tension on the muscles being stretched. Keep your movements gentle, rhythmic and controlled.

#### Cardio or Muscle Toning/Strength Training Workout

Your warm-up should be followed by either a muscle toning and strength training workout or a cardio workout, depending on your workout plan for that day. Regardless of which type of workout you are doing, build up as your current fitness level allows and progress at a rate that is comfortable to you.

For the first week or so, you may feel some muscle soreness. This is quite normal and should disappear in a matter of days. If you experience major discomfort, you may be on a regimen that is too advanced for you, may have increased your program too rapidly or suffered an injury. If you continue to experience major discomfort please discontinue use of the product and consult a physician.

#### Cool-Down and Stretching

Every workout should be followed by a cool-down. The cool-down should consist of 5 to 10 minutes of easy exercise, followed by stretching. Refer to the stretches found on pages 13 and 14 of this manual. Never push yourself beyond a point of gentle tension on the muscle being stretched. Keep your movements relaxed, rhythmic and controlled.

#### When to Exercise

Time of day to exercise is up to the individual and their schedule. Usually in the mornings or the hour just before an evening meal is a popular time for exercise. The late afternoon workout provides a welcome change of pace at the end of the work day and helps dissolve the day's worries and tensions. Another popular time to work out is early morning, before the work day begins. Advocates of the early start say it makes them more alert and energetic on the job. Among the factors you should consider in developing your workout schedule are personal preference, job and family responsibilities, availability of exercise facilities and weather. It's important to schedule your workouts for a time when there is little chance that you will have to cancel or interrupt them because of other demands on your time. You should not exercise strenuously during extremely hot, humid weather or within two hours after eating. Heat and/or digestion both make heavy demands on the circulatory system, and in combination with exercise can be an over-taxing double load. Measuring Your Heart Rate When checking Heart Rate during a workout, take your pulse within five seconds after interrupting exercise because it starts to go down once you stop moving. Count pulse for 10 seconds and multiply by six to get the per-minute rate.

#### Target Heart Rate

Aerobic intensity guidelines for healthy adults are generally set at 60 to 85 percent of heart rate. But, if you're out of shape, remember that moderate to low level and consistent cardiovascular training – well below the standard recommendations set forth – can result in substantial and beneficial effects to your health and can greatly improve cardiovascular endurance.

You can use the following calculation to determine your heart rate percentage: % heart rate =  $(220 - \text{age}) \times \%$ .

Using this calculation, a 70% heart rate for a 40 year old would be  $(220 - 40) \times 70\%$  or 126. Thus, this individual would need to reach 126 beats per minute to equal a 70% heart rate.

# Warm-Up & Cool-Down Stretches

Stretches can help improve flexibility and relieve tightness in muscles that results from repetitive sport movements. 10 to 12 minutes of daily stretching is recommended. This should be done when warming up and cooling down. When performing these stretches, your movements should be slow and smooth, with no bouncing or jerking. Move into the stretch until you feel a slight tension, not pain, in the muscle and hold the stretch for 20 to 30 seconds. Breathe slowly and rhythmically. Be sure not to hold your breath. Remember that all stretches must be done for both sides of your body.



## 1. Quadriceps Stretch

Stand close to a wall, chair or other solid object. Use one hand to assist your balance. Bend the opposite knee and lift your heel towards your buttocks. Reach back and grasp the top of your foot with the same side hand. Keeping your inner thighs close together, slowly pull your foot towards your buttocks until you feel a gentle stretch in the front of your thigh. You do not have to touch your buttocks with your heel. Stop pulling when you feel the stretch. Keep your kneecap pointing straight down and keep your knees close together. **(Do not let the lifted knee swing outward.)** Hold the stretch for 20 to 30 seconds. Repeat for the other leg.



## 2. Calf and Achilles Stretch

Stand approximately one arm's length away from a wall or chair with your feet hip-width apart. Keeping your toes pointed forward, move one leg in close to the chair while extending the other leg behind you. Bending the leg closest to the chair and keeping the other leg straight, place your hands on the chair. Keep the heel of the back leg on the ground and move your hips forward. Slowly lean forward from the ankle, keeping your back leg straight until you feel a stretch in your calf muscles. Hold for 20 to 30 seconds. Repeat for the opposite leg.



## 3. Overhead/Triceps Stretch

Stand with your feet shoulder width apart and your knees slightly bent. Lift one arm over head and bend your elbow, reaching down behind your head with your hand toward the opposite shoulder blade. Walk your fingertips down your back as far as you can. Hold this position. Reach up with your opposite hand and grasp your flexed elbow. Gently assist the stretch by pulling on the elbow. Hold for 20 to 30 seconds. Repeat for the opposite arm.



## 4. Back Stretch

Stand with your legs shoulder width apart and your knees slightly bent. Bend forward from your waist with your arms extending loosely in front of your body. Gently bend from the waist flexing your body as far forward as it will go. Hold for 20 to 30 seconds. Straighten up and repeat.



## 5. Standing Hamstrings Stretch

Stand with your legs hip width apart. Extend one leg out in front of you and keep that foot flat against the ground. With your hands resting lightly on your thighs, bend your back leg and lean forward slightly from your hips until you feel a stretch in the back of your thigh. Be sure to lean forward from the hip joint rather than bending at your waist. Hold for 20 to 30 seconds. Repeat for the opposite leg.



## 6. Buttocks and Hips Stretch

Lay flat on your back with your hips relaxed against the floor. Bend one leg at the knee. Keeping both shoulders flat on the floor, gently grasp the bent knee with your hands and pull it over your body and towards the ground. You should feel a stretch in your hips, abdominals and lower back. Hold for 20 to 30 seconds and release. Repeat for opposite side.



## 7. Inner Thigh Stretch

Sit on the floor and bend your legs so that the soles of your feet are together. Place your hands on your ankles. Lean forward from the waist and press down lightly on the inside of your knees. You should feel a stretch in the muscles of your inside thigh.



## 8. Arm Pullback

Stand with your feet shoulder width apart and toes pointing forward and with your knees slightly bent. Let your arms hang relaxed on either side of your body. Expand your chest and pull your shoulders back. Bend your elbows slightly and clasp your hands behind your back. Slowly straighten your arms as you lift your hands upward. Raise your hands upward until you feel mild tension in your shoulder and chest region. Hold for 20 to 30 seconds. Lower your arms to their original position and bend your elbows. Release your hands and return them to your sides.



# FREQUENTLY ASKED QUESTIONS

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- Question: “A part is damaged, what should I do?”
- Answer: If you are still within your warranty period (90 Days from initial purchase) you should contact customer service. You can also purchase replacement parts at: [www.PureFun.net](http://www.PureFun.net)
- Question: “I had a part missing from my box” or “something was damaged in shipping, can you send it to me?”
- Answer: If it has been 30 days or less from the date of your initial purchase, you can contact customer service for a replacement part to be issued.

## CARE & MAINTENANCE

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- ALWAYS check this product before each use for missing or loose bolts and/or damaged parts. Carefully inspect the frame and the cushion attachments. Check for damage and proper stability to ensure that all parts are correctly positioned, secured for use and in good working order.
- Failure to properly inspect your bar and/or misuse of this equipment can result in serious injury and death.
- ONLY USE the set of nuts and screws that come with the Bar, they have a special coating to increase safety. These screws should ALWAYS be used rather than standard nuts and screws to ensure your safety when exercising.
- DO test thoroughly to make sure your Bar is completely and securely assembled, properly and securely mounted, and positioned in the doorway correctly prior to any use. If the doorway foundation is not strong, DO NOT USE the Multi-Grip Lite Pull Up Bar in that location.

## CLEANING & STORAGE

- Wipe sweat, dust or other residue off the Connecting Bar, Handlebar and Left and Right Assembly Bar with a soft, clean cloth after each use.
- Never expose the Bar to chemicals.
- Store in dry and secure place out of reach of children and high traffic areas. DO NOT store in direct sunlight or near direct heat sources.

### Thank You Coupon!

As a way of saying thank you for purchasing one of our products, here is a 10% OFF coupon for your next purchase at

[www.PureFun.net](http://www.PureFun.net)

Use Code: GQBRANDS10 at Checkout