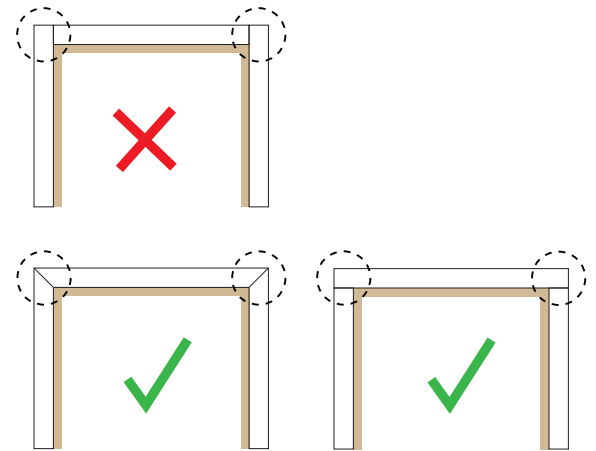
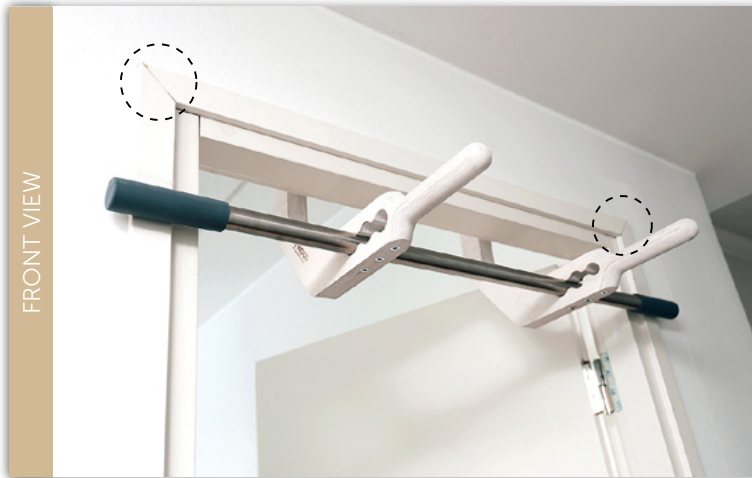
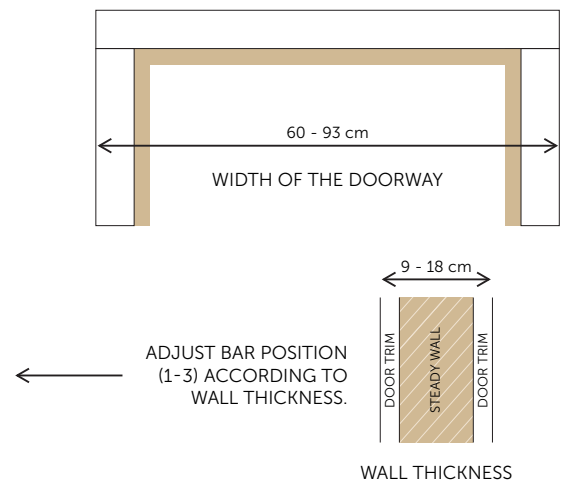


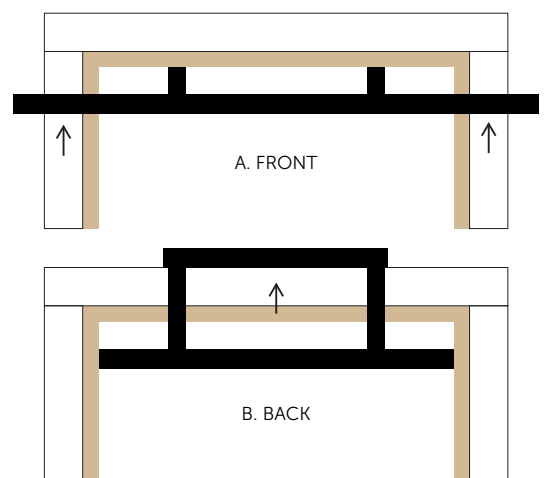
1. Check that the door trims are suitable for the pull-up bar.



2. Check the width of the doorway and the thickness of the wall.



3. Make sure the installation is secure before use.



How it works? On the front side (A.) the metal pull-up bar rod rests against the door trims and on the backside (B.) the wooden pull-up bar structure rests on the upper door trim. During exercise the user's body weight presses both sides of the pull-up bar against the wall creating a solid fixation.