



Chin-Up/Sit-Up Bar Instructions

Package Includes

- 1 Chin-up Bar
- 2 Metal mounting brackets for chin-ups
- 2 Plastic mounting disks for sit-ups
- 8 Mounting screws

Tools Required

- Phillips head screwdriver
- Ruler or measuring tape
- Pencil for marking doorframe

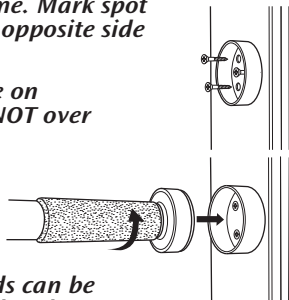
Mounting Assembly For Chin-ups:

Measure 4" down from top opening of wooden doorframe. Mark spot in the center of the flat surface of the frame. Repeat on opposite side of doorframe.

Line up top of metal mounting bracket with mark made on doorframe. Attach bracket to frame with 3 screws. DO NOT over tighten screws. Repeat on other side of doorframe.

Insert one end of the bar in bracket. Adjust the length of the bar by turning it until both ends fit securely inside brackets. Note: Bar should NOT fit loosely inside brackets.

To remove bar, turn in opposite direction until both ends can be easily removed from brackets. DO NOT force bar out of brackets.



Mounting Assembly For Sit-ups:

Measure up from the floor and mark spot between 4" and 6" in the center of the flat surface of wooden doorframe. Repeat on opposite side of doorframe.

Line up top of plastic mounting disc with mark made on doorframe. Attach disc to frame with screw. Repeat on other side of doorframe.

Insert one end of the bar over disc. Adjust the length of the bar by turning it until both ends fit securely over discs. Note: Bar should NOT fit loosely inside brackets. To remove bar, turn until both ends come away from discs.



WARNING:

1. You should consult your physician before beginning any new exercise program to determine if you have any physical limitations that would create a safety or a health risk.
2. Read and follow all warning and instructions, including Mounting Assembly Instructions. Failure to do so could result in an unsafe installation and risks of personal injury and property damage.
3. Before installing the mounting brackets, be sure that the doorframe is structurally sound and composed of wood thick enough to hold the full length of the mounting screws.
4. Check to see that the brackets are securely attached to the doorframe before each use.
5. Do not leave the bar mounted on the brackets between exercise sessions, since persons passing through the doorway could be struck or tripped.
6. Alert persons who will be using the doorway that the mounting brackets project, and could cause injuries.
7. The strength of the mounted bar will vary, depending on the individual installation. Each time the bar is used, you and anyone else using it should cautiously apply your weight to it during the first several chin-ups or sit-ups, and confirm that it will safely bear your weight.
8. The included plastic disk mounts are only for sit-up bar installation. Do not attempt to use them for chin-up bar installation.

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