training method

1.pull-up

Installation position: above the door frame
Exercise site: latissimus dorsi, teres major, biceps brachi, pectoralis major, rhomboid and trapezius.

2.Stretch ligament

Installation position: according to personal height and ligament flexibility
Exercise site: Stretch the whole body ligaments to enhance flexibility

3.Push-ups, belly rolls

Installation position:underneath the door frame
Exercise site: It is one of the effective ways to exercise abdominal muscles by mainly improving abdominal strength and making abdominal muscles more develope

matters need attention

1. Use the safety single pole, which needs to be installed by adults. Before each use, be sure to check whether the single pole is loose. If it is loose, tighten it and check it until it is not loose;
2. Minors, the elderly and non-healthy people, in use, the guardian must be present to supervise the use, and carefully check the installation before use to ensure that the single The bar can be used safely;
3. Before buying, please confirm whether the installation distance and hanging load (user's weight) are beyond the safe load-bearing range of horizontal bar. Please read this manual/commitment for details.
Referring to the comparison table again, it is suggested that after installation, you must pull down hard without leaving your feet on the ground to test the safety of installation.
4. When installing the horizontal bar, you need to know the installation environment first. This product is hollow Doors, glass doors, hollow tiles, wall covering with wallpaper, painted walls and hollow walls are not supported. Please be sure not to use them on glass doors, hollow doors and walls with walls. Cloth, painted wall and hollow wal;
5. In the installation process, the horizontal bar must be kept in horizontal balance, and both sides must be perpendicular to the wall at an angle of 90, and then there can be no inclination. According to its own situation, it is recommended not to. It should be installed too high to avoid falling. In addition, when the horizontal bar rotates, it should be tightened and loosened at the same time. It is recommended to tighten one side of the horizontal bar with your hands when using it, so as to avoid loosening the horizontal bar and falling and hurting yourself;
6. After use, it is strongly recommended to remove it to avoid long-term extrusion. The wall surface is damaged, and the mat is deformed. In severe cases, it may fall off, resulting in personal injury. If you really don't want to disassemble it, you should carefully check its installation before using it next time. Condition, ensure the firm before you can continue to use, note: continuous fixed wall time can't exceed 24 hours;
7. In the absence of safety protection measures, it is not recommended to do some high-risk actions on the horizontal bar, such as upside-down gold hook handstand gyration, and it is forbidden to dismantle its parts under the installed situation, such as being guided by high-risk actions or deliberate demolition.

serviceable range

Horizontal bar size	Safe distance	Horizontal bar style
70CM~95CM	70CM~95CM	short
95CM~135CM	95CM~135CM	medium to long
120CM~160CM	120CM~160CM	long style

Installation environment

Cement wall Security door Solid wooden frame Corridor

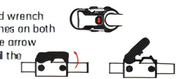
Glassdoor Hollowcore door Wallpaper walls

Step 3 :

Place the horizontal bar at the required height of the door frame and fix it on the door frame with a little pre-tightening, and then adjust the height of the left and right bases with the help of the level meter in the horizontal bar, so that the bubbles in the level meter remain centered, indicating that the calibration has been completed.,

Step 4 :

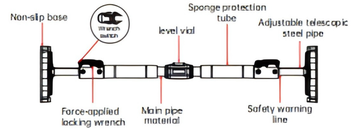
After the calibration, press the red wrench switch to open the locking wrenches on both sides, rotate in the direction of the arrow painted on the horizontal bar until the base is tightly clamped on the door frame,and finally press the locking wrenches back.



Important tips:

1.When installing the horizontal bar base on the door frame, the red arrow on the base must face upwards.
2.Turn the locking wrench to make sure that all the green circles are displayed.
3.When installing the horizontal bar, first confirm the scope of use and do not exceed the safety warning line.
(See schematic diagram of horizontal bar)

Horizontal bar diagram

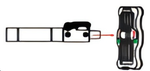


installation instructions

Take the product out of the packing box and check whether the product has scratches or dents caused by improper transportation. This product is completely assembled and packaged by the factory. If there are scratches or dents in the packaging box, it will not affect the use of the product.

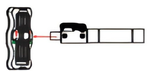
Step 1:

Take out the horizontal bar and one of the two bases from the box, and insert the adjustable telescopic steel pipe on the right side of the horizontal bar into the base.,



Step 2 :

Take the other base and insert the adjustable telescopic steel pipe on the left side of the horizontal bar into the base.



Horizontal bar on the door

User manual

Please read this manual carefully and keep it for future reference before assembling and using this product.