



Manual/Exercises

CHIN UP BAR



Important Precautions

Max user weight: 100 kg

* Only Use as depicted in this manual
Keep away from children under the age of 12 and pets.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Kmart assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

CAUTION: Always make sure door frame & moldings are secure & solid before each use. A weak door frame & or moldings can cause your Chin Up Bar to fail & dislodge from the door way. Always inspect your Chin Up Bar before each use for loose nuts & bolts. If loose, tighten before use.

KMART AUSTRALIA LIMITED

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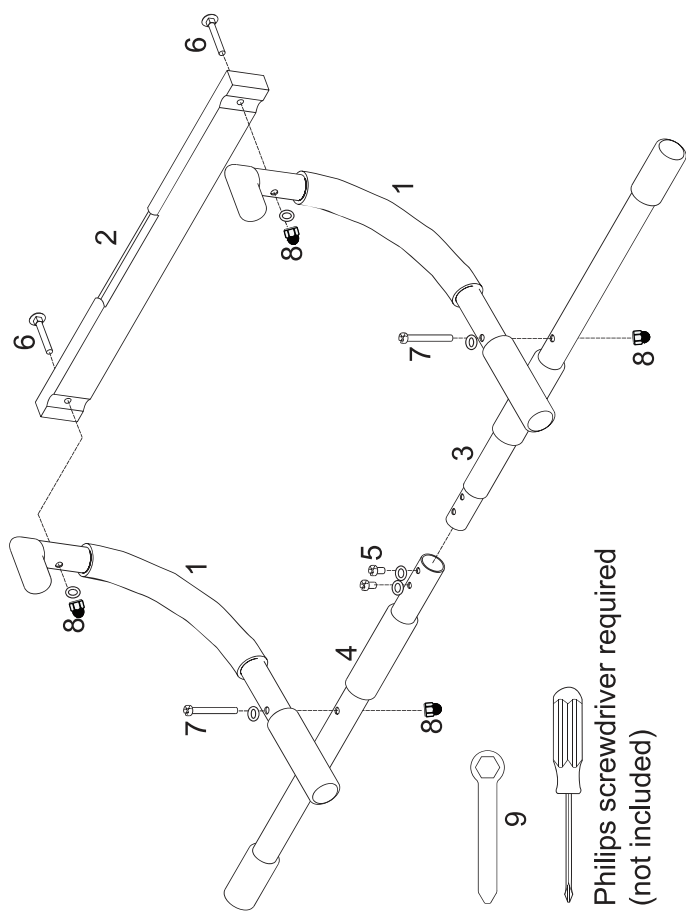
Please read the manual and warning label before using this product! Also please keep the manual in one safe place. Keep this manual for future use.

Assembly

The Chin Up Bar is easy to assemble. You only need to secure the pieces together tightly with the nuts & screws provided.

Parts:

- 1. Arched Bar Grips (Qty:2)
- 2. Cross Bar
- 3. Long Bar (Right Half)
- 4. Long Bar (Left Half)
- 5. Short Screws (Qty:2)
- 6. Carriage Bolts (Qty:2)
- 7. Bolts (Qty:2)
- 8. Nuts (Qty:4)
- 9. Wrench (Qty:2)
- 10. Washer (Qty:6)



Phillips screwdriver required
 (not included)

DOORFRAME INSTALLATION

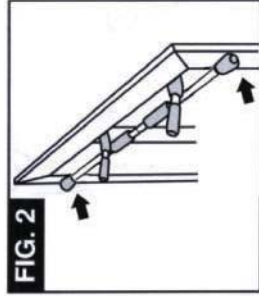
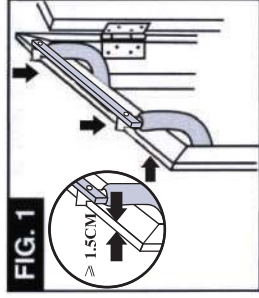
active
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The Chin Up Bar attaches and removes from standard door frames (61 to 81CM wide) easily. Make sure the door frame and moldings are secure and solid before installing the Chin Up Bar. A weak door frame and/or moldings can cause the unit to fall and dislodge from the door way.

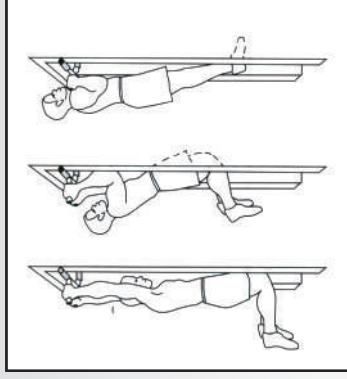
Fig.1: Position the rubber hooks so that it rests on the top of the door frame/molding. The required door frame thickness at least of **1.5cm** on the wall.

Fig.2: Make sure the two foam grip ends on the opposite side of the door opening are in full contact with and resting against the side door frame molding.

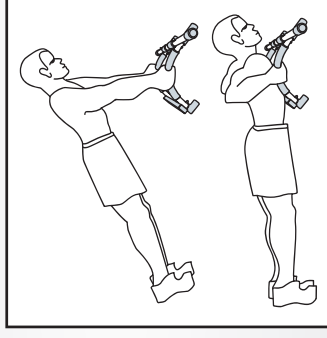
IMPORTANT: Before using the Chin Up Bar, tug down on the grips to make sure the unit is securely installed into the door frame. The Chin Up Bar is not intended to be a permanent installation. Remove it until next use to make sure it does not accidentally fall off when not in use.



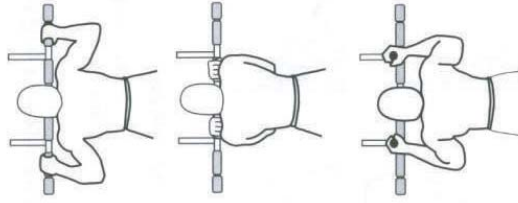
Pull-Ups



Push-Ups



Various Grip Positions



Max user weight: 100 kg

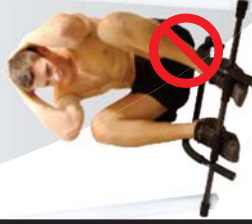
Be sure to stretch out before exercise session to loosen muscles.

Do the exercises slowly in a controlled, smooth and fluid manner.

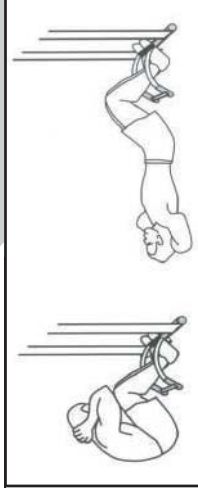
Use these various grip positions to target different muscle areas. Interchange the position of your hands from overhand to underhand with each exercises.

NOTE: Do not overexert yourself/muscles. Start out slowly and work your way up to a more vigorous workout. Gradually increase the number of repetitions over time.

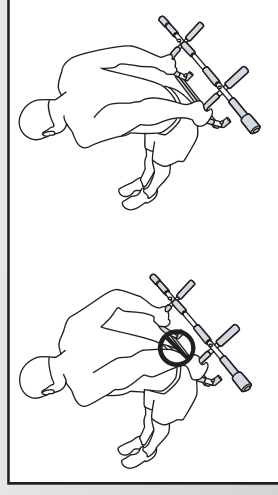
Sit-Ups



⊘ **Warning:** Do not sit on the product.



Dips



⊘ **Warning:** Do not sit on the product.

