

IR97713

Chinning / sit up Bar

Barre Fixe / Abdominal

ASSEMBLY AND OPERATING INSTRUCTIONS FOR CHINNING BAR

Two bas support systems are included with this product and the chinning bar should always be used with one of these two systems. The steel safety cups are recommend at higher positions for chinning exercises while the red safety pins are recommended for lower position sit up type exercises.

1. Select a doorway that is strong, smooth and has a flat area that is at least as wide as the rubber rings at each end of the chinning bar.
2. Fix the safety steel brackets or red safety pins on the door jamb at proper height with the screws provided (see illustration figure 1.1 and 1.2).
3. The chinning bar is expanded by holding the middle section and turning the bar ends (see illustration figure 2). Extend the bar ends until the bar is securely mounted in the door frame and well secured by bar supports or safety pins (see illustration figure 3).
4. Make sure that the rubber ends of chinning bar are flush with the brackets or pins, if not, the chinning bar is not securely tightened and may come away the frame.
5. Before starting to exercise, hang from the bar to make sure that you have tightened bar properly.

- The chinning bar can support up to **80 kg/160 lbs** when installed properly with bar supports.
- The chinning bar is designed for doors 34" wide or less.
- Always use safety cups or pins

NOTICE:

The telescopic motion of the chinning bar can be tightened to the point where it has the potential to damage some door jambs. Please make sure to mount in a suitably sturdy location.

WARNING

- BE SURE BRACKET IS FLAT AGAINST THE WALL SURFACE AND ALL SCREWS PULL IN TIGHT AGAINST IT.
- CHECK BAR BEFORE EACH USE TO BE SURE IT IS TIGHTLY HELD IN PLACE. IF BAR IS LOOSE, ADJUST THE LENGTH FOR A TIGHT FIT OR CHECK THE BRACKETS.
- DO NOT ALLOW BRACKET TO BE CROOKED OR BE LOOSE ON THE SURFACE
- THIS IS NOT A TOY. KEEP OUT OF REACH OF CHILDREN.
- Do not use on door width exceeding 34 inches.

Do not allow the bracket to be crooked on the wall or screws loose in the bracket.

Warning: Be sure the bracket is flat against the wall surface and **ALL** screws pull in tight against the wall.

- Insert bar end fully. Always make sure to mount both ends of the bar fully into bracket mounting cup.
- Be sure the bracket cup installation is level and avoids tilting or not keeping the bar level :
 - 1) Extend the chinning bar extend to almost to door width and then insert both bracket cups onto the ends of the chinning bar as shown in above sketch.
 - 2) Before tracing or marking the bracket location, check that the bar is level.
 - 3) Trace / mark the bracket cup locations onto both sides of the door frame.
- Always inspect the equipment or chinning bar connections /bracket fittings **BEFORE EACH USE**. Be alert to refrain from use if the chinning bar appears damaged or inoperable as it was intended or if it is loose in the brackets.

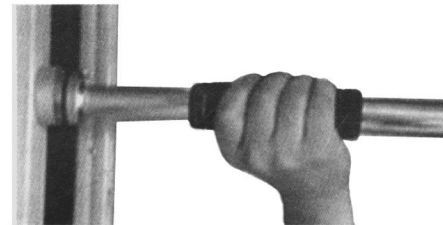
- At every use be sure to check for a tight fit by pushing the chinning bar sideways toward both side to check for loose brackets. If it is loose in the brackets then adjust the bar length to be a tight fit in the door frame **BEFORE USING** the bar.

- **WARNING** Follow your doctor's recommendations when undertaking exercise.

Stop exercising immediately if you feel/become faint or feel pain. Always follow the correct exercise procedure and choose a workout that suits your strength and flexibility.

- Only one person at a time should use the machine.
- Use the machine only for its intended use as described in this manual.
- Before using the machine to exercise, always do stretching exercises to properly warm up.

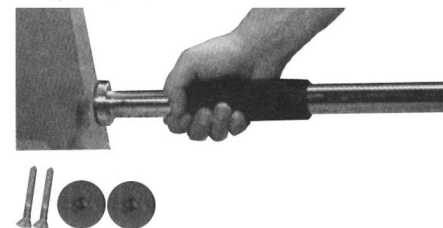
Figure-1.1



SEULMENT SUR MODEL HD

Install steel bucket at the top of door to shoulder and red stems in the bottom of the door to the abdominal recovery

Figure-1.2



ONLY ON HD MODEL

Intall the steel safety cups at top of door for chin ups and red tabs at base of door for doing sit ups

Figure-2

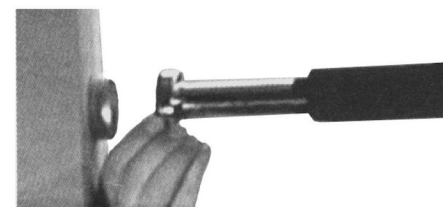
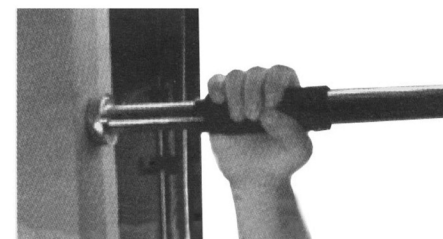


Figure-3



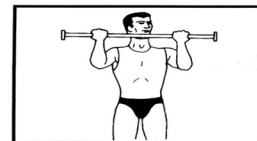
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To execute the following exercises, the chinning bar should be installed above your head.

1

Jump up and grasp the chinning bar at regular shoulder width... now pull yourself up to full height, chin up to the bar. Slowly lower to full length, hanging from your extended arms then pull yourself up again. Breathe IN as you pull UP. EXhale as you slowly lower your body. As every user's strength varies for chinning ability, do as MANY AS YOU CAN.



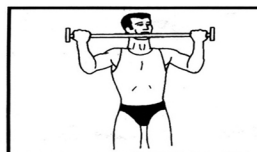
2

Reach up and grasp the bar, with your thighs bent, as in a sitting position, shown in illustration. Now raise your feet up to the level of your knees, as you pull yourself up on the bar, breathing IN; slowly lower your arms as you slowly EXhale, and lower feet from knees - downward. Continue until you are really tired.



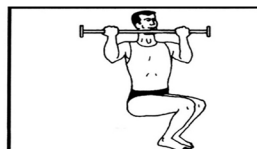
3

Because these are so rugged, take adequate rest periods between each of these different exercises. This time perform the WIDE-ARM chin by grasping the bar near the ends, and slowly pull yourself up while INhaling. Slowly lower body as you EXhale. Do as many repetitions as you can, and make a supreme effort to then do so still another one - and force those affected muscles up and OUT.



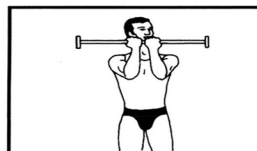
4

Grasp the bar at shoulder width, now slowly raise extended legs - at your waist, while pulling yourself up to a "chin", breathing IN. Slowly lower, and also slowly lower your entire legs...while you EXhale. Repeat this as many times as you can. Then rest and relax.



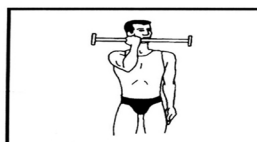
5

This time, with both hands together, grasp the center of the chinning bar...and slowly pull yourself up while breathing IN. Lower slowly while breathing out. Do it as many times as possible.



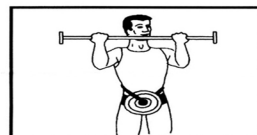
6

As you become more proficient at chinning with two hands, now try it with one hand.



7

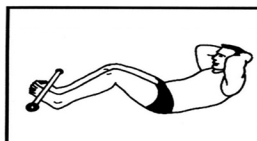
It's surprising how soon you can "master" chinning skill, and when you've achieved it tie a heavy barbell plate, suspended from your waist, and "chin".



To execute the following exercises, the chinning bar should be installed at 5" (13 cm) from the floor.

8

Lay on the floor and place your feet under the bar. You can now perform your sit ups without help. Do as many as you can.



9

Lay down with your stomach on the floor and place your feet under the chinning bar. Place your hands behind your head and lift your chest. Do as many repetitions as you can.

