



# USER MANUAL

# what's in the box



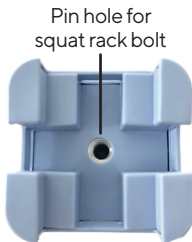
Strap with  
hook attached



Strap hook  
(Unattached)



U-Fix



Pin hole for  
squat rack bolt

Apex —●

Strap  
channel —●

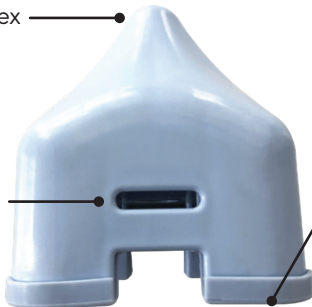


**WIDE CHANNEL**

Apex —●

Strap  
channel —●

Rubber  
base —●



**NARROW CHANNEL**

# U-fix assembly and set-up

1. Take the U-fix out the box along with the supplied strap
2. Take a moment to look at the surface of the Ufix. There are two channels, one small the other large. The channel you choose to use depends on the trim that's on your door jamb. So if you choose the small channel for your door jamb then the strap will go through the two slots adjacent to the large channel
3. Your strap has two hooks, one is permanently sewn on while the other is loose and adjustable.
4. Slide the free strap through the slot chosen, shiny side toward you. This should bring the sewn on hook into the correct direction to attach to the jamb trim.
5. Take the free hook and attach it to the strap, making sure it faces in the correct direction for attachment to the trim.
6. Take the fixed hook and place it on the trim
7. Take the free hook with the adjustable velcro end and measure it to the desired length.

8. Snap the hooks into position
9. Now you're ready to go! Refer to our "quick-tips" guide on the next page to get started.

**\*\*see our FAQ page on our website to view our step by step set up instructions\*\***

The Original Ufix comes is equipped with a strap for a door jamb or nut/bolt attachment for a squat rack.

### **Ufix Squat rack assembly.**

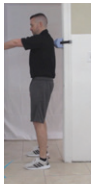
Remove the Ufix from the box along with the Nut and Bolt.

1. Attach the bolt to the Ufix.
2. Make a decision as to attaching the Ufix to the inside or outside of the Squat rack.
3. Choose the desired height on the Squat rack.
4. Place the Ufix through the chosen holes
5. Attach the Nut to the Bolt
6. Begin the Stretching

# quick-tips

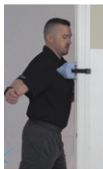
## Back

1. Fix your Neck: adjust the U-Fix so that it's at the height of your nose.
2. Fix your Upper Back: adjust the U-Fix so that it's at the height of your chin,
3. Fix your Mid Back: adjust the U-Fix so that it's at the height of your chest
4. Fix your Lower Back: adjust the U-Fix so that it's at the level of your bellybutton.



## Shoulder/Chest

1. Fix your shoulder: Adjust the U-Fix so that it's at the level of your collarbone.
2. Fix your chest muscles: Adjust the U-Fix 2-3 finger widths below the collarbone.



# quick-tips (cont.)

## Elbow/Wrist/Hand

1. Fix your Forearm: Adjust the U-Fix so that it's at the height of your elbow.
2. Fix your Wrist: Adjust the U-Fix so that it's at the height of your elbow, flex your arm to 90 degrees, then extend your wrist as you target different forearm muscles.



## Hip/Thigh/knee

1. Fix your Hip: Adjust the U-Fix 2 finger widths below your waist.
2. Fix your Upper Thigh: Adjust the U-Fix 4 finger widths below the level of your waist.
3. Fix your Lower Thigh: place U-Fix 4 finger widths above the level of your knee.
4. Fix your Knee: Keep the U-Fix at the same height or adjust it to fix areas of tightness.
5. Calf/Leg/ ankle
6. Fix your calf, place the U-Fix a hands length below the level of the knee.
7. Keep the U-Fix at the same height and hit the front of your calf.





**\*\*be sure to check out the ufix video library on our website:**

**[www.ufixthetwist.com](http://www.ufixthetwist.com)**

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