

# X-OVER DOOR ANCHOR

**SAFETY FIRST:** Make sure you are using a sturdy door!  
Always inspect product for wear and tear before use.



*front*

Designed to fit 30" - 35" doors.

**35" Doors:** 3 Anchor Rings will be seen across the front.

**30" Doors:** Only 2 Anchor Rings will be seen from the front. The 3rd will wrap around the back as shown below:



1. Open door and feed straps around the door



2. Slide strap through the metal slide and tighten. Use Velcro to secure hold. There is 1 slide to secure per strap.



3. Close and lock the door for safety.  
Begin exercise.