

UNIVERSAL TRAINING BAR

ASSEMBLY INSTRUCTIONS,
USAGE INSTRUCTIONS,
WARRANTY INFORMATION
& CONTACT DETAILS



FITNESS **MAD**

IMPORTANT SAFETY ADVICE

WARNINGS:

This product should only be used in doorways in solid walls, which have sturdy door frames. This product is designed to suit door frame openings between 70-78cm with door frame depths between 11-16cm only. NOT FOR USE in door frames that do not meet this criteria. **Maximum Weight Capacity: 120kg**

ADDITIONAL WARNINGS:

1. Always consult a Doctor before beginning any new exercise regime.
2. Make sure the bolts and screws are tightened and in working condition before each use of this product.
3. This product is for indoor home use only.
4. DO NOT allow children to use this product.
5. Test the workout bar's placement and door frame stability before use to ensure that the product will not come free during exercise.
6. Always put the product safely away after use.
7. Never leave the Universal Training Bar in the doorway or hanging from the threshold.
8. Never close or attempt to close a door with the Universal Training Bar in place.

90 DAY LIMITED WARRANTY:

Fitness-Mad warrants this product to be free from defects in workmanship and materials under normal use and conditions, for a period of as outlined below, FROM THE DATE OF THE ORIGINAL PURCHASE. The Limited Warranty is non-transferrable and is available only for the original purchaser of the product. The Company's obligation under this warranty is limited to replacing or repairing the product, at the discretion of the Company. The components of the product are warranted against defects and workmanship for 90 days.

All warranty coverage extends only to the original retail purchaser from the date of the original purchase.

Fitness-Mad's obligation under this warranty is limited to replacing or repairing, at Fitness-mad's option, the product at one of

its authorised service centres. All products for which a warranty claim is made must be received by Fitness-Mad at one of its authorised service centres and accompanied by sufficient proof of purchase (a photocopy of the original store receipt, indicating the date of purchase will suffice). All freight and handlings fees are the responsibility of the consumer to pay, unless otherwise stated by Fitness-Mad. All warranty claims must be preauthorised by Fitness-Mad. Preauthorisation can be obtained by calling 01386 425 920 and speaking to one of Fitness-Mad's representatives. This warranty does not extend to any product or damage to a product caused by or attributed to; freight damage, abuse, misuse, improper or abnormal usage, repairs not provided by a Fitness-Mad authorised service centre, products used for commercial or rental purposes. This warranty does not cover; ordinary wear and tear, weather damage, damage caused by unauthorised repair work, damage caused by improper use, failure to follow instructions, improper installation and improper maintenance. Fitness-Mad cannot be held liable for damage caused to door frames or other fixtures and fittings. No other warranty beyond the specifically set forth above is authorised by Fitness-Mad.

Fitness-Mad IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUE OR PROFITS. LOSS OF ENJOYMENT OR USE, COST OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES. THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ALL OTHER WARRANTIES AND FITNESS-MAD SPECIFICALLY DISCLAIMS ANY IMPLIED WARRANTY OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN.

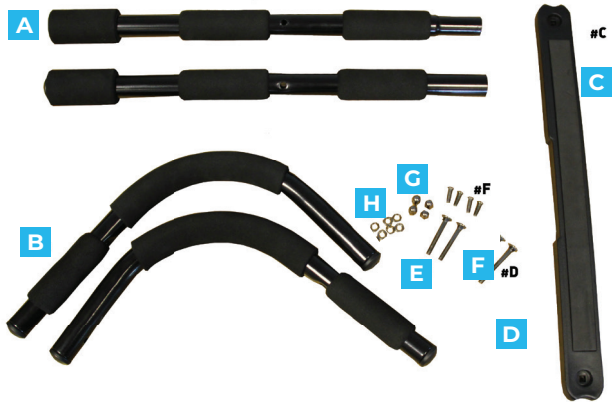
This warranty gives you specific legal rights.

Always consult a Doctor prior to any workout routine.

UNIVERSAL TRAINING BAR – ASSEMBLY INSTRUCTIONS

Parts List

- A.** Side Cross bar (2 pcs)
- B.** Curved Bars (2 pcs)
- C.** Plastic Stop Rail (1 pc)
- D.** Bolt – M6 x 2.16"/55mm (2 pcs)
- E.** Bolt – M6 x 1.77"/45mm (2 pcs)
- F.** Screw – M6 x 0.59"/15mm (2 pcs)
- G.** Knob (4 pcs)
- H.** Washer (6 pcs)



Plus – Allen key and wrench Tool
Please inspect parts carefully before assembling.

ASSEMBLY INSTRUCTIONS

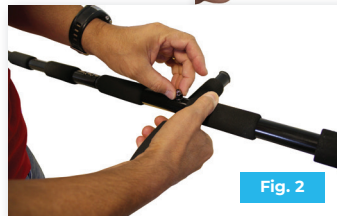
Step 1

Insert bars (A) together and line up the screw holes as shown in Fig. 1. Use two screws M6 x 0.59"/15mm (F) with washer (H). Secure screws tightly using the Allen key.



Step 2

Attach the curved bars (B) to the assembled cross bar, as shown in Fig. 2, using one M6 x 2.16"/55mm (D), one washer (H) and one knob (G) on each curved bar. Secure the knob tightly using the wrench.



Step 3

Attach the plastic stop rail (C) to both curved bars (B), using one bolt M6 x 1.77"/45mm (E), one washer (H) and one knob (G), as shown in Fig. 3. Secure the knob tightly using the wrench.



UNIVERSAL TRAINING BAR – INSTALLATION INSTRUCTIONS

For Pull-Ups

1. Make sure the plastic stop rail is on the same side as the door hinge.
2. Rest the cross bar evenly against the door frame. If the Universal Training Bar sways, rehang the plastic stop rail or adjust the bar position so that it is centred securely in the doorway. The end foam must rest evenly on both sides of the doorway.
3. Make sure the Universal Training Bar is installed correctly before use.
4. Once installed, there are three different grip positions for performing pull-ups; wide, narrow and parallel grips.



For Sit-Ups

1. Place the Universal Training Bar on the floor in the doorway with the curved bar handles pointing upwards.
2. The cross bar is held evenly on the door frame on the opposite side of the door hinges.
3. Place feet under the cross bar against the soft foam grips to gain support for sit-ups.
4. Make sure the Universal Training Bar is installed correctly before use.



For Push-Ups & Dips

1. Lay the Universal Training Bar on the floor with plastic stop rail and curved handle ends facing down as shown on the right.
2. Use a non-slip mat under the Universal Training Bar if the floor surface is smooth or slippery.
3. Place hands on foam hand grips to perform push-ups and dips.



Other styles of lifts can be performed on the Universal Training Bar as well as those shown.

CARE AND MAINTENANCE

After each use, inspect the Universal Training Bar to make sure all screws and bolts are tight and secure. Check for any visible damage or irregularities to the unit, including foam pads and plastic stop rail. Keep free from excessive dust, dirt or any greasy substances, as they may cause your hands or feet to slip when using the Universal Training Bar which could result in injury. The safety and integrity designed into the machine can only be maintained when the equipment is regularly examined for damage and repaired. It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed. Worn or damaged components should be replaced.