



Doorway Fitness Tower™

LIGHTWEIGT - MULTIFUNCTIONAL - POTABLE AND VERY COVENIENCE

USER'S MANUAL

DOORWAY FITNESS TOWER (DFT) is a creative Doorway Parallel Bars. This Home Fitness Equipment, its the alternative of the regular Fitness Tower, but the DFT allows you to do many more exercises by been more practices in usage, lightweight, portable and very convenient. Fits all standard doorframes width 24-32in (70cm-82cm), screwless. Quick and easy assembly tools included. DFT come with a pull up bar, dip station, very convenient telescopic parallel bar and comfortable hams grip, abdominal station with special removable back and arms support. DFT allows full body workout and come with a professionally developed guideline exercise manual.

Consult your physician before starting working out with the DFT or any other fitness device or exercise program. Fitness training can result in serious injury or death. Risk of injury can be reduced under the supervision of health care professional, when appropriate safety techniques are followed and when common sense is practiced. Before beginning your workout, with the DFT, review all exercise guidelines prior to using the equipment. If you have any questions, consult your physician.

Certain types of exercise programs or fitness equipment may not be appropriate for every one, especially for people over the age of 65, pregnant women, those with previous or serious injury (elbow, shoulder, joint and muscle impairments) or with any preexisting health problems. If you are taking any medication you must consult your physician before using this fitness equipment, or any other fitness device or exercise program.

Warm up for 5 to 10 minutes (walking, jogging, gentle aerobic exercise) before starting any exercise program. Even if you have enough workout experience, review all exercise guidelines prior to using this fitness equipment and become familiar with all of the DFT exercises guidelines before moving on to more advanced workouts. Cool down after every workout with 5 to 10 minutes (gentle aerobic exercise, walking, joggings, followed by stretching. Set aside at

least 5 minutes to enjoy this part of your workout. To increase flexibility and mobility, it's best to stretch after your workout when your muscles are warm and pliable. Stretching cold muscles could possibly lead to injury. Focus on your major groups of muscles that tend to be the tightest such as the hips, quads, hamstrings, calf, shoulders back and chest.

Never use this equipment if it is damaged or not working properly. Call our Customer Service Department to order replacement parts. DO NOT modify the equipment. Use this equipment ONLY for the intended use as described by the manufacturer. DO NOT put hands, feet or any objects on or near this equipment when in use by others.

When attaching the DFT to a doorframe, make sure the Safety Clip is securely attached. Remove all parts of the DFT from the doorframe when not in use. Do not use this product unless you are able to assemble and unassembled it properly. After installing this product, make sure it has been properly installed and can support your full bodyweight before beginning exercise. Do not use this product if you weigh more than 200lbs. (90.72kg). DFT is designed and buildt for PERSONAL USE ONLY. Do not use the DFT in public gymnasiums, health clubs, hotels, or any other non-residential environment. Resale by an unauthorized dealer voids the warranty. See Limited Warranty Card for details.

Do not overtrain your body. Respond to any unusual sign. If you experience any pain in your chest, irregular heartbeat, shortness of breath, dizziness, nausea, or any tightness, stop immediately and consult your physician. Keep children, pets, and other objects out of the way when using the equipment. Keep children out of reach of the equipment. THIS EQUIPMENT IS NOT FOR USE BY CHILDREN. Wear appropriate clothing, fitness gloves and athletic shoes when you are using the DFT. Exercising should be comfortable and should allow freedom of movement.

LIMITED WARRANTY

Fitnatural LLC warrants that this product will be free from defects in materials and workmanship under normal use and service conditions. Parts are warranty for a period of 30 days of the purchase. This warranty extends only to the original purchaser. This limited warranty is not transferable. Fitnatural LLC obligation under this warranty is limited to repairing the product through his authorized service center.

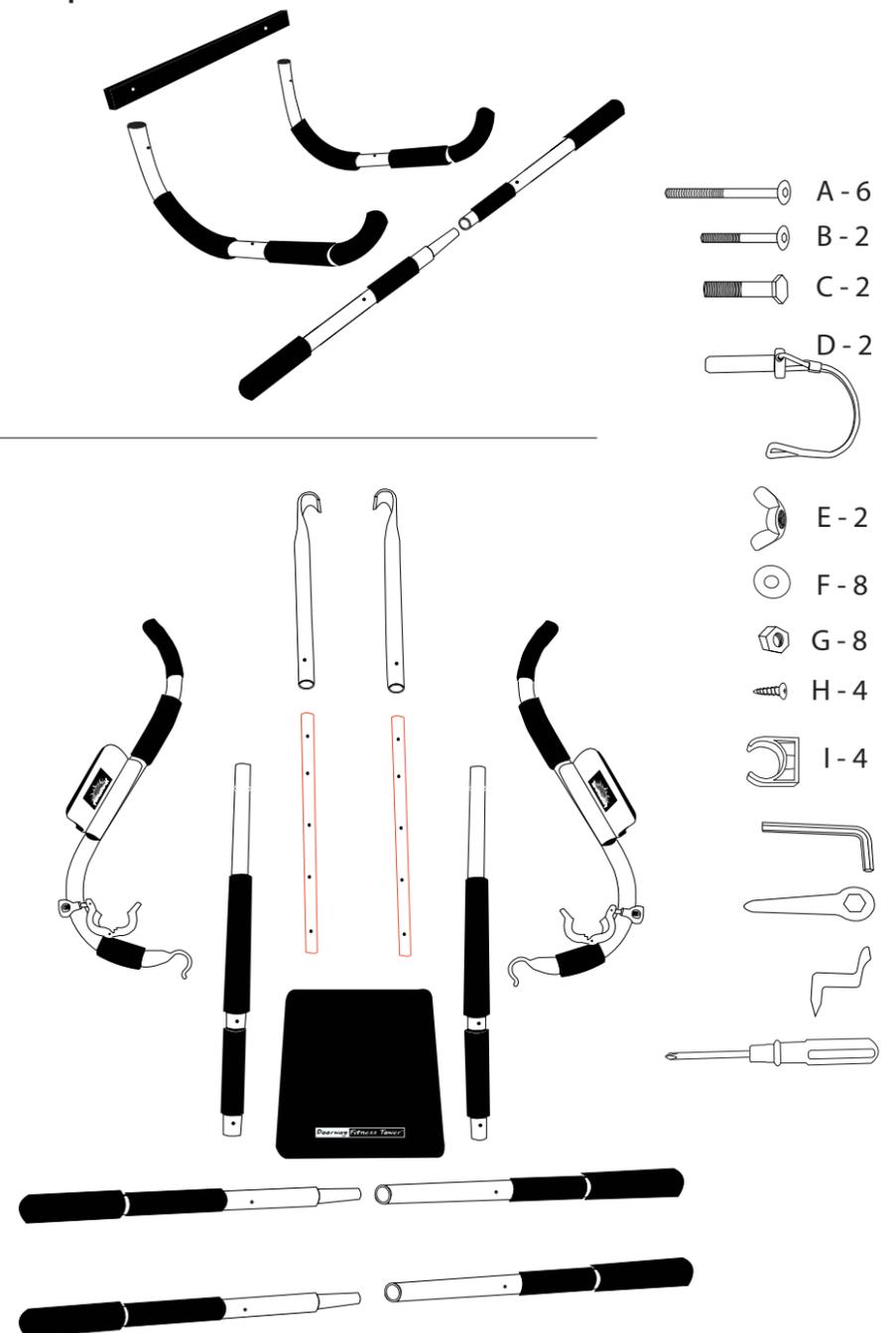
This warranty shall not apply if the product has been subject to commercial use, abuse, misuse, alteration of any type or cause or to any defect or damage caused by improper assembly, repair, replacement, substitution or use with other parts than is not probayde by Fitnatural LLC. If the defect is covered under this limited warranty, Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, the costumer will be responsible for a handling charge.

This warranty doses not extend to freight damage to the product. The warranty will automatically be voided if the product is transported outside the USA. Fitnatural LLC, shall not be liable for the loss of use of any product, loss of time, inconvenience, commercial loss or any other indirect, consequential, special or incidental damages due to breach of the above warranty. This limited warranty is the only written or express warranty given by Fitnatural LLC.

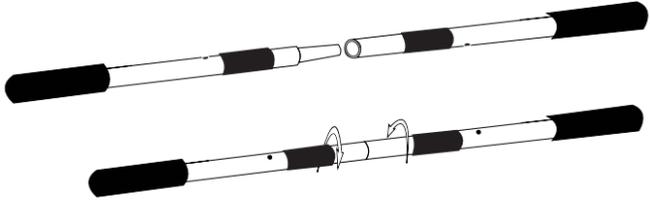
The warranty extended here under is in lieu of any and other warranties, and any warranties of merchantability or fitness for particular purpose are limited in their scope and duration to the terms set fort here. This warranty gives you specific legal rights, and you may also have other legal rights, which vary from state to state.

The laws in some jurisdictions restrict the rights of manufacturers and distributors of consumer goods to disclaim or limit implied warranties and consequential and incidental damages with respect thereto. If any such law is found to be applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages with respect thereto shall be disregarded and shall be deemed not to have been made to the extent necessary to comply with such legal restriction.

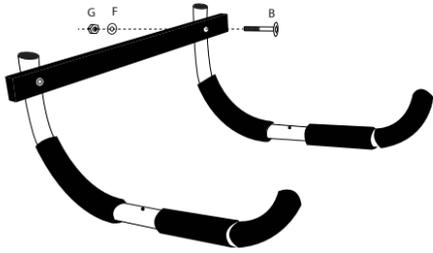
18 parts



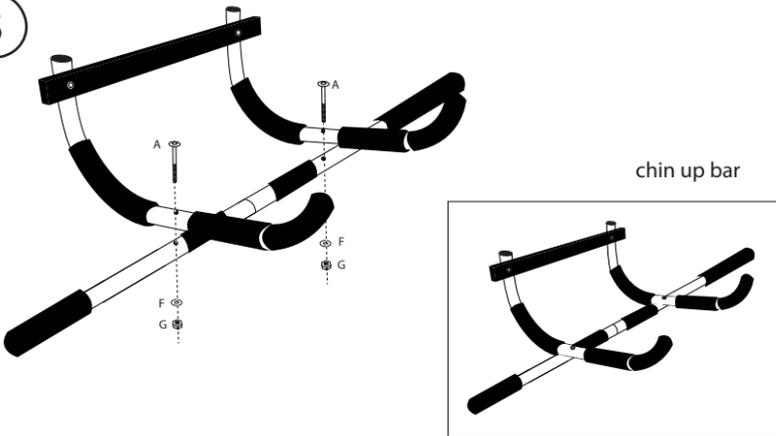
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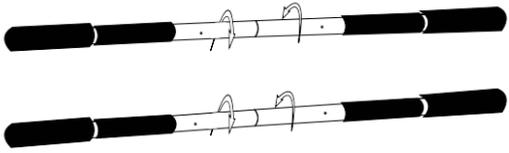


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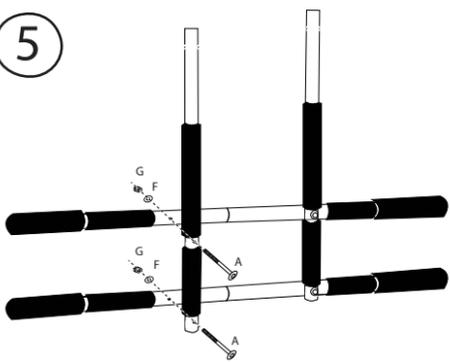
chin up bar

4



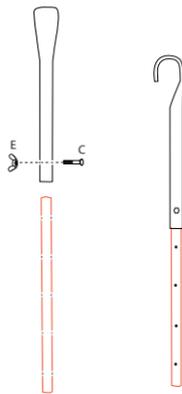
horizontal parallel bars

5

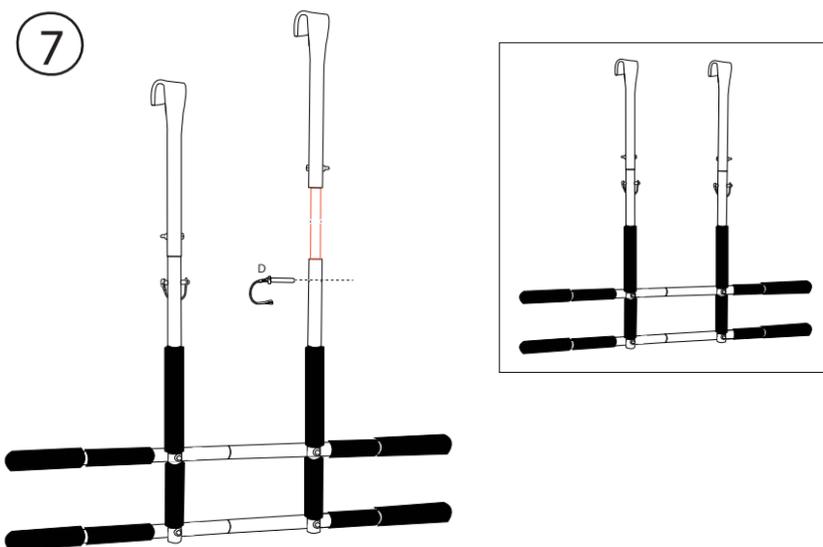


telescopic parallel bars

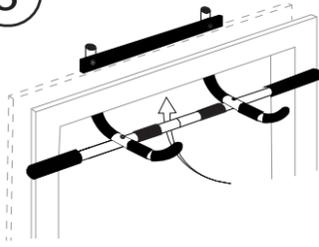
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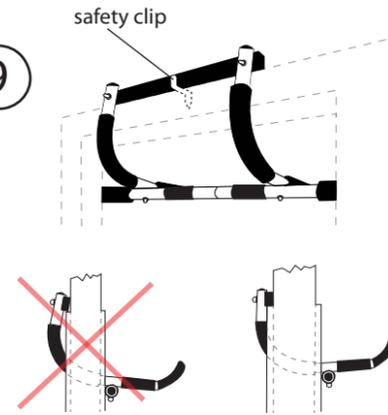
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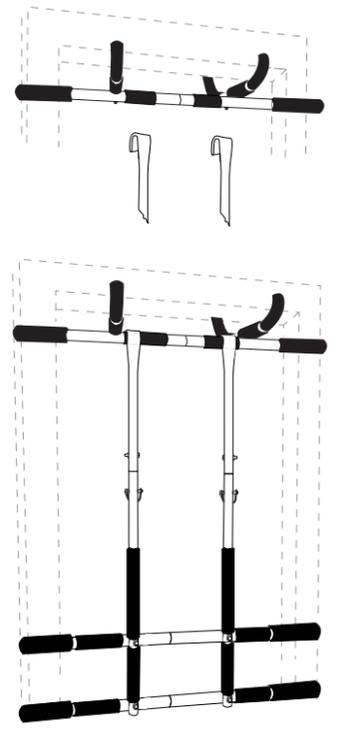
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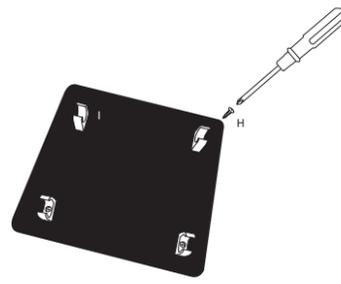
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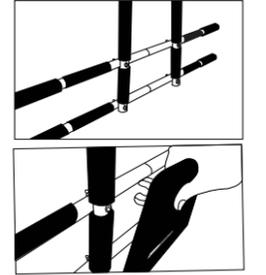
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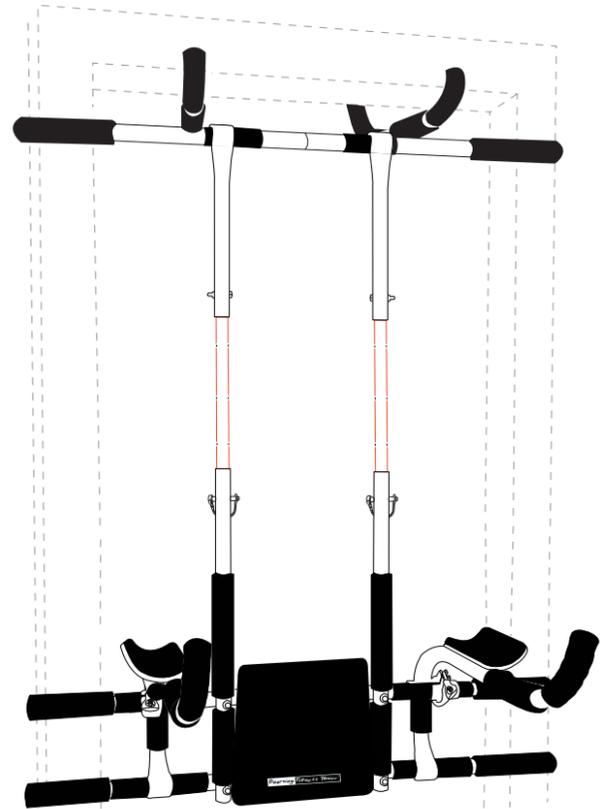
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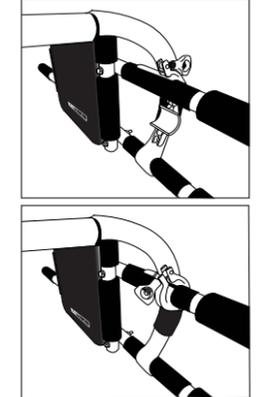
removable back support



12



removable hams/elbows support



WARNING

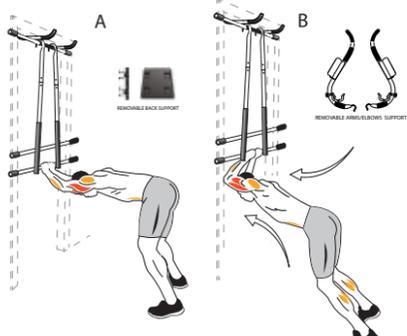
To ensure safe operation, please review this Owner's Manual before using your DFT. Failure to read and follow the safety instructions in the Owner's Manual may result in SERIOUS INJURY OR DEATH. KEEP CHILDREN AWAY. Fitnatural LLC and its employees assume no responsibility for personal injury, death or property damage sustained by or through the use of this product. Consult your physician before beginning any exercise program. Over exercising may result in serious injury or death. If you experience any pain in your chest, irregular heartbeat, shortness of breath, dizziness, nausea, or any tightness, stop immediately and consult your physician.

Do not allow more than one person to use DFT, or any of its accessories, at the same time. Inspect the equipment before each use. Never use the equipment if it is damaged and/or not functioning properly. Install the DFT in doorframe 24-32in (70cm-82cm), do not install the DFT in a door frame that does not meet these specifications. When attaching the DFT to a door frame, make sure the Safety Clip is securely attached to both the door frame and DFT. Unhook the telescopic parallel bars of the chin up bar, to change the size of the telescopic bars. Remove the DFT from the door frame when not in use. Do not use DFT if you weigh over 200lbs. (90.72kg). Contact our Customer Service for any reason related to this product at: www.fitnatural.net

PRIMARY WORKING MUSCLE

SECONDARY WORKING MUSCLE

BODYWEIGHT TRICEPS EXTENSION

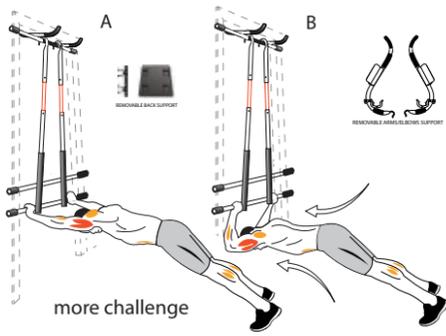


Hands together on a bar, lower than shoulder height; palms facing down. Back straight, head down, hip and knees flexed.

Breathing in, bend the elbows, dip yourself until the head goes under the bar and between hands, elbows close to head. Hold the position for 1 second.

Breathe out, return to the starting position. Repeat the movement for the prescribed amount of repetitions.

BODYWEIGHT TRICEPS EXTENSION

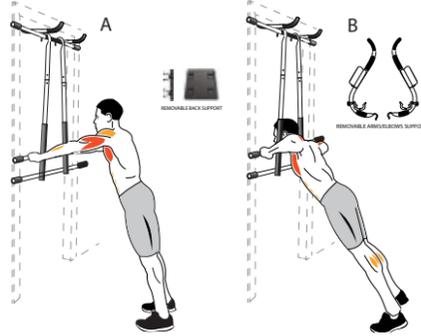


Hands about 12" apart on a bar, lower than shoulder height; palms facing down. Back and legs straight, head down, knees locked.

Breathing in, bend the elbows, dip yourself until the head goes under the bar and between hands, elbows close to head. Hold the position for 1 second.

Breathe out, return to the starting position. Repeat the movement for the prescribed amount of repetitions.

WALL PUSH-UP

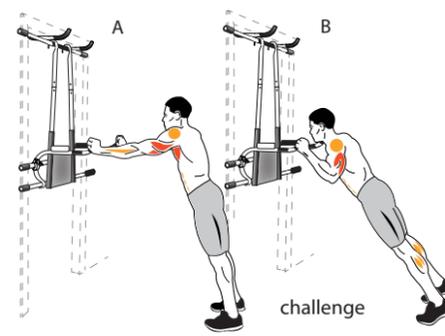


Standing a little farther than arm's length away, feet shoulder-width apart. Hands on the bar, little lower than the shoulder-width apart, palms facing down.

Breathing in, Bend the elbow away from the body and lower your upper body toward the door in a slow, controlled motion, knees lock. Hold the position for 1 second.

Breathe out, return to the starting position. Repeat the movement for the prescribed amount of repetitions.

WALL PUSH-UP

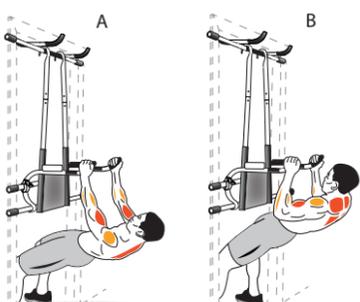


Standing a little farther than arm's length away, feet shoulder-width apart. Hands on the grip of the bar at the height and shoulder-width apart, palms facing each other.

Breathing in, Bend the elbows close to the body and lower your upper body toward the door in a slow, controlled motion.

Breathe out, return to the starting position. Repeat the movement for the prescribed amount of repetitions.

HORIZONTAL PULL - UP

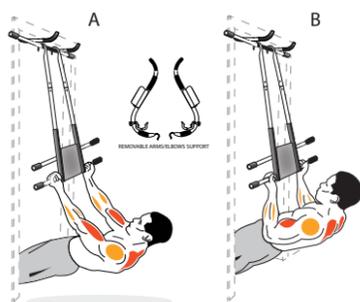


Getting "down under" a bar, hands on the grip of the bars, palms facing each other. Legs straight out in front of you or you can bend your knees with feet flat on the ground for less resistance.

Breathing in, bring your shoulders down and back, flex your elbow close to the body and pull your self up without arching your lower back.

Breathe out, slowly lower yourself back to starting position. Repeat the movement for the prescribed amount of repetitions.

HORIZONTAL PULL - UP

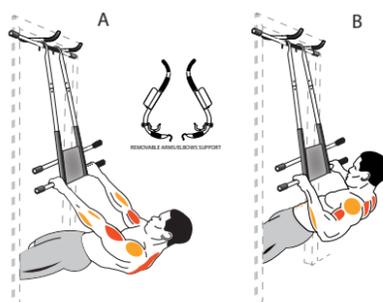


Getting "down under" the bar, hands on the grip of the bar, palms facing up. Legs straight out in front of you or you can bend your knees with feet flat on the ground for less resistance.

Breathing in, bring your shoulders down and back, flex your elbows close to the body and pull up without arching your lower back.

Breathe out, slowly lower yourself back to starting position. Repeat the movement for the prescribed amount of repetitions.

HORIZONTAL PULL - UP

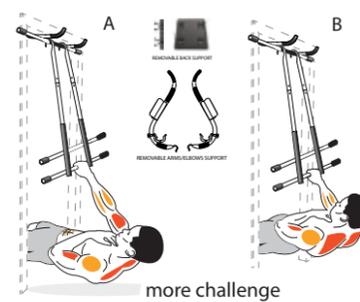


Getting "down under" the bar, hands on the grip of the bar, palms facing down. Legs straight out in front of you or you can bend your knees with feet flat on the ground for less resistance.

Breathing in, bring your shoulders down and back, flex the elbow away from the body and pull up without arching your lower back.

Breathe out, slowly lower yourself back to starting position. Repeat the movement for the prescribed amount of repetitions.

HORIZONTAL PULL - UP ONE HAN

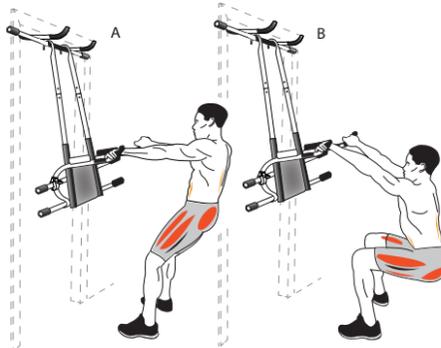


Getting "down under" a bar, one hand on the grip of the bar, palms facing down, the other resting on the chest. Legs straight out in front of you or you can bend your knees with feet flat on the ground for less resistance.

Breathing in, bring your shoulders down and back, flex your the elbows away from the body and pull your self up without arching your lower back.

Breathe out, slowly lower yourself back to starting position. Repeat the movement for the prescribed amount of repetitions.

SQUATS



Standing a little farther than arms length away, feet shoulder-width apart. Pull the parallel bars to you and lean back a little. Back straight, knees slightly bent in-line with your toes, hands outstretched.

Breathing in, Squat down, lower your body as if you were going to sit in a chair. Keep the motion slow. Slightly pass your knees and hold the position for 2 seconds, your back straight at all times.

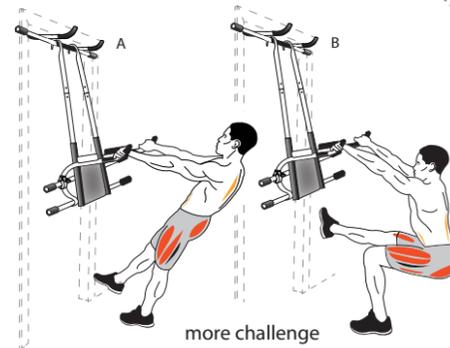
Breathe out, return to the starting position. Repeat the movement for the prescribed amount of repetitions.

SINGLE-LEG SQUATS

Standing a little farther than arms length away, feet shoulder-width apart. Pull the parallel bars and lean back a little. Back straight, knees lock, hands outstretched.

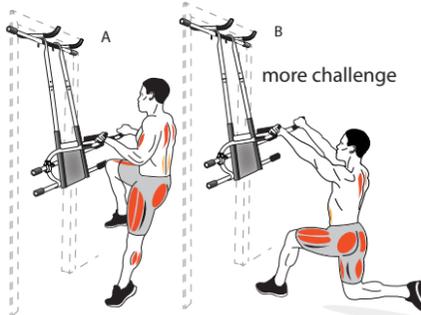
Breathing in, raise a leg stretch a feet from the floor, lower your body as if you were going to sit in a chair. Keep the motion slow. Slightly pas your knees and hold the position for 1 seconds. keep your back straight at all times.

Breathe out, return to the starting position. Repeat the movement for the prescribed amount of repetitions.



more challenge

REVERSE LUNGES



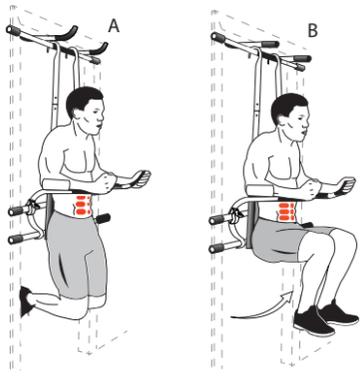
more challenge

Standing a little farther than arms length away, feet shoulder-width apart. Pull the parallel bars and simultaneously bring your right knee in front. Right leg on toptoes, back straight, knees lock.

Breathing in, extend your arms and step back with your right foot, simultaneously bring your right knee down an inch from the floor so that your left quadriceps is horizontal with the ground.

Breathe out, return to the starting position. Repeat the movement for the prescribed amount of repetitions.

FLEXES LEGS RAISE

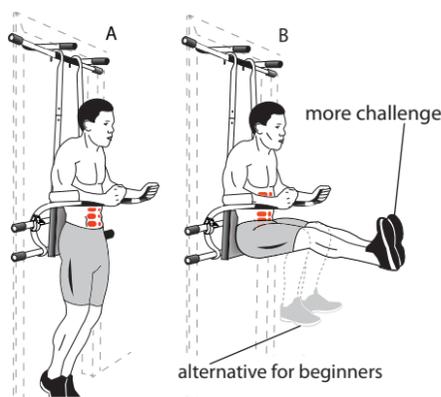


Body suspended and supported by the forearms resting on the arm supports, hands holding the grips.

Breathing in, flex the knees and raise your legs up until they are parallel with the floor. Crunch up in a controlled motion and pause at the top for an extra squeeze.

Breathe out, return to the starting position. Repeat the movement for the prescribed amount of repetitions.

EXTENDED LEGS RAISE

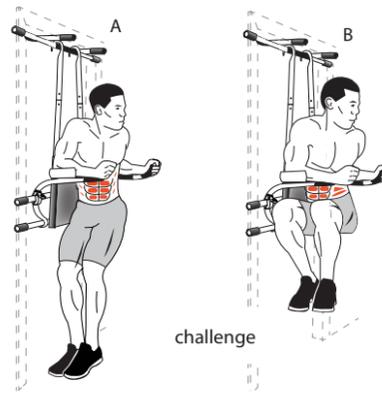


Body suspended and supported by the forearms resting on the arm supports, hands holding the grips.

Breathing in, raise your legs up until they are parallel with the floor. Crunch up in a controlled motion and pause at the top for an extra squeeze.

Breathe out, return to the starting position. Repeat the movement for the prescribed amount of repetitions.

TWISTED TRONK-FLEX LEGS RAISE

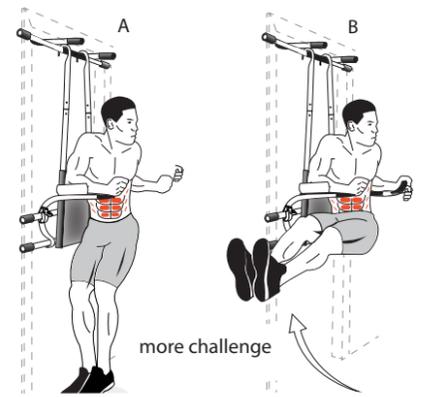


Body suspended by the forearms, hands holding the grip. Twisted trunk, legs sideways

Breathing in, flex the knees and raise your legs up until they are parallel with the floor. Crunch up in a controlled motion and pause at the top for an extra squeeze.

Breathe out, return to the starting position. Repeat the movement for the prescribed amount of repetitions.

TWISTED TRONK-EXTENDED LEGS RAISE

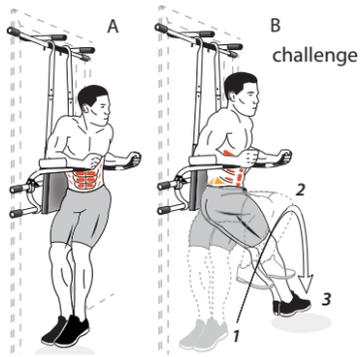


Body suspended by the forearms, hands holding the grips. Twisted trunk, legs sideways

Breathing in, raise your legs up until they are parallel with the floor. Crunch up in a controlled motion and pause at the top for an extra squeeze.

Breathe out, return to the starting position. Repeat the movement for the prescribed amount of repetitions.

TWISTED TRONK-CIRCLE LEGS RAISE

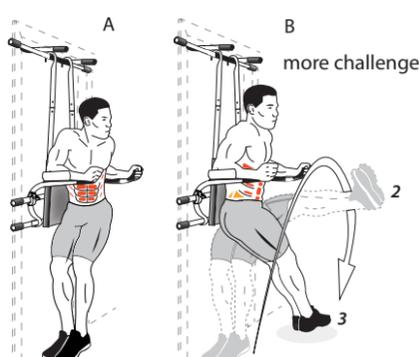


Body suspended and supported by the forearms resting on the arm supports, hands holding the grips.

Breathing in, flex the knees and raise your legs up until they are parallel with the floor. Crunch up in at the top and rotate to the opposite side and stretched your legs stretched.

Breathe out, return to the starting position. Repeat the movement for the prescribed amount of repetitions.

TWISTED TRONK-CIRCLE LEGS RAISE

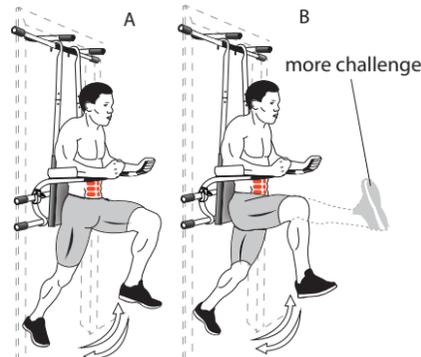


Body suspended and supported by the forearms resting on the arm supports, hands holding the grips.

Breathing in, raise your legs up until they are parallel with the floor. Crunch up in at the top and rotate to the opposite side.

Breathe out, return to the starting position from the same direction. Repeat the movement for the prescribed amount of repetitions.

ALTERNATE LEG RAISE

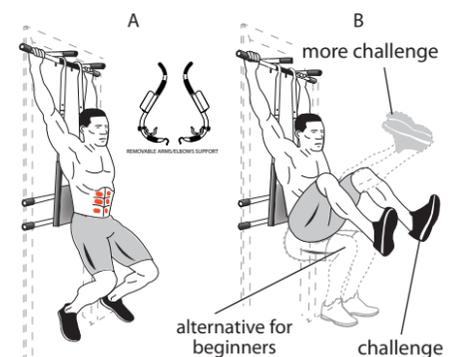


Body suspended by the forearms, hands holding the grips. One bent leg up, the other stretched down.

Breathing in, change leg positions up and down. Crunch up in and pause at the top for an extra squeeze.

Breathe out, return to the starting position. Repeat the movement for the prescribed amount of repetitions.

HANGING LEG RAISE

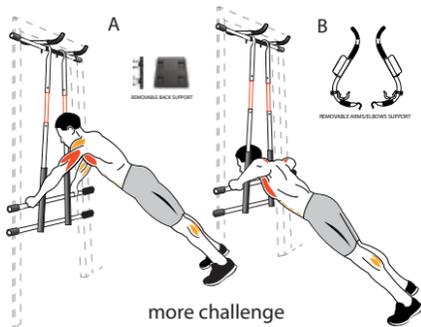


Body hanging from a pullup bar.

Breathing in, flex the knees and raise your legs up as high as you can. Crunch up and pause at the top for an extra squeeze. If you want to make this exercise more challenging, do them with your legs straight, instead of bent.

Breathe out, return to the starting position. Repeat the movement for the prescribed amount of repetitions.

DIAGONAL PUSH-UP

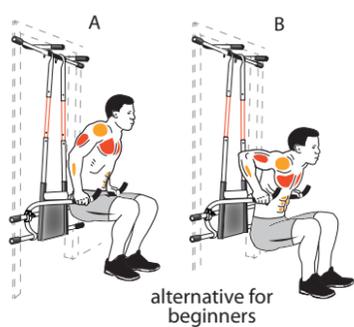


Facing down, hands on the bar, palms facing down, feet shoulder-width apart.

Breathing in, Bend the elbows away from the body and lower your upper body toward the bar in a slow, controlled motion, knees locked. Hold the position for 1 second.

Breathe out, return to the starting position. Repeat the movement for the prescribed amount of repetitions.

DIP

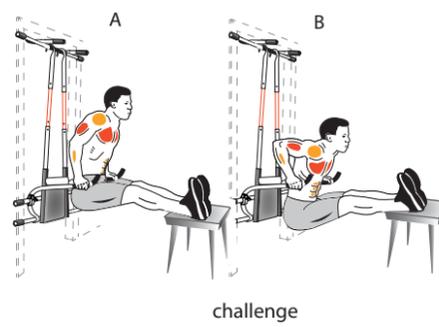


Hold your body at arms length above the bar, hip and knee bent, with feet flat on the floor.

Breathing in, lower yourself in a slow, controlled motion. Elbows flared out slightly until you feel a slight stretch in the chest.

Breathe out, return to the starting position. Repeat the movement for the prescribed amount of repetitions.

DIP

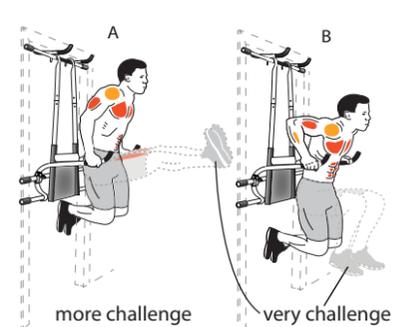


Hold your body at arms length above the bar, elbows slightly bent, high legs with feet resting on a chair.

Breathing in, lower yourself in a slow, controlled motion. Elbows flared out slightly until you feel a slight stretch in the chest.

Breathe out, return to the starting position. Repeat the movement for the prescribed amount of repetitions.

DIP



Hold your body at arms length above the bar. For advanced fitness people raise the legs and hold as much as possible.....

Breathing in, lower yourself slowly with your torso leaning a little forward. Elbows flared out slightly until you feel a slight stretch in the chest.

Breathe out, return to the starting position. Repeat the movement for the prescribed amount of repetitions.

close hand grip palms facing forward

PULL-UP



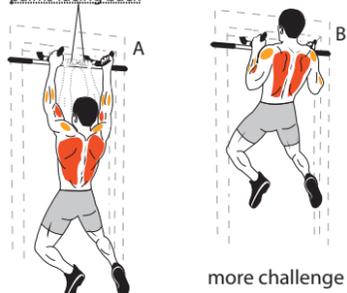
Grasp the bar with a wide hand grip, palms facing forward. Lift your legs off the ground and bend the knees. Do not cross your feet.

Breathing in, pull up until your chin reaches the bar level. Keep your elbows away from the body.

Breathe out, slowly lower yourself back to starting position. Repeat the movement for the prescribed amount of repetitions.

close hand grip palms facing back

PULL-UP



Grasp the parallel bars by the hand grip, palms facing each other. Lift your legs off the ground and bend the knees. Do not cross your feet.

Breathing in, pull up until your chin reaches the bar level. Keep your elbows close to your body.

Breathe out, slowly lower yourself back to starting position. Repeat the movement for the prescribed amount of repetitions.

STRETCHING

Try the above stretches to increase your flexibility and mobility.

