



DOORWAY PULL-UP BAR

Instruction Manual & Exercise Guide



Disclaimer, Terms and Conditions

IMPORTANT

Please read this entire manual before using the ProsourceFit Doorway Pull-Up Bar. Failure to follow these instructions can lead to significant injury and/or property damage.

ProsourceFit recommends that you always obtain a complete physical examination before beginning any exercise program. If you experience any discomfort while using ProsourceFit Doorway Pull-Up Bar, discontinue use & consult your physician.

Please use caution & carefully follow all exercise instructions and use proper technique when using our Doorway Pull-Up Bar. Always modify exercises as needed for your fitness level.

Use & Safety Instructions

1. Inspect every package purchased for missing, factory defective or damaged parts. **DO NOT USE** the pull-up bar if you find any missing, damaged or defective parts; and contact ProsourceFit customer service for replacement parts free of charge.
2. **DO NOT** use this product if the doorway frame is unstable or if the doorway is not set up to support the Doorway Pull-Up Bar.
3. **DO NOT** swing or bounce when using this product.
4. **DO NOT** hang by your feet or legs when using this product.
5. **DO NOT** use the Doorway Pull-Up Bar if you weigh over 220 pounds.
6. Pull-up bars are not a toy or plaything. **KEEP OUT OF REACH OF CHILDREN**, pets, or any individual who may require supervision.
7. **DO** test thoroughly to make sure your Doorway Pull-Up Bar is completely and securely assembled, properly and securely mounted, and positioned in the doorway correctly prior to any use. If the doorway foundation is not strong and stable, **DO NOT USE** the Doorway Pull-Up Bar in that location. It is the sole responsibility of the user to determine if a doorway will safely sustain and accommodate the proper use of the Doorway Pull-Up Bar.
8. **DO** maintain a controlled motion when performing chin-ups or pull-ups.

Care Instructions

1. Wipe clean with damp cloth and dry immediately.
2. Never expose the Doorway Pull-Up Bar to chemicals

ASSEMBLY INVENTORY

ADJUSTABLE FROM 24" - 39"



PARTS



**Metal
Bar Holder**
x 2 pieces



**Rubber
Limiter**
x 2 pieces



**Wall
Screws**
x 8 pieces

REQUIRED TOOL



**Electric
Drill**
(Not Included)

ASSEMBLY INSTRUCTIONS

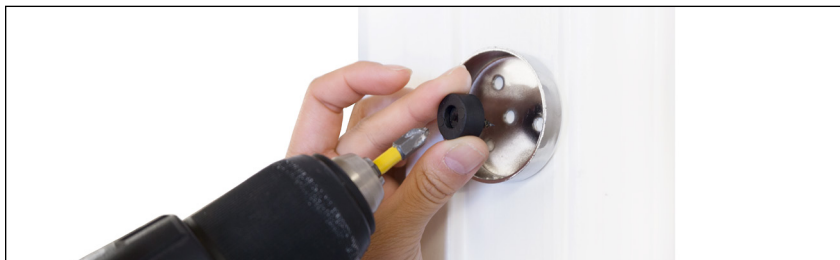
STEP 1

Measure the distance of your doorway to ensure the pull-up bar fits, holding the bar with logo facing up, twist towards you on either end to lengthen the bar and mark where the metal holder should go.



STEP 2

Secure a metal holder on the first side. Place a screw through the rubber limiter and drill into the middle hole of the holder into doorframe. Use 3 more screws to secure the metal bar holder. (Repeat **STEP 2** on the other side)



STEP 3

Once both metal bar holders are secure, place one end of the doorway pull-up bar into the holders, then lengthen the other end by twisting towards you. Continue to adjust until the pull-up bar is fitting tightly.



EXERCISE GUIDE

BEGINNER PULL-UPS



- 1.** Use an X-Fit Power Resistance Bands for assisted pull-ups. Start with a heavier resistance band for extra support. (Transition to a lighter band until you can perform pull-ups without bands)
- 2.** Place hands on the foam grips, tighten your core as you do a pull-up. Do as many repetitions as you can. As you get stronger, continue to try the exercises below for extra upper body conditioning

PULL-UPS FOR STRENGTH



- 1.** Do as many pull-ups as you can until muscle failure
- 2.** Complete four sets of repetitions and chart your progress. When you can do 12 standard pull-ups, begin the endurance practice described below.

When you can do 15 standard pull-ups, increase your resistance. There are two ways to increase resistance. Add small ankle or waist weights (5 - 10 lbs.). Or you can try one arm assisted pull-ups.

HANGING L-SIT



- 1.** Place hands on the bar and keep head in a neutral position
- 2.** Hang with legs together in a relaxed position
- 3.** Slowly lift your legs up to until it is parallel to the floor (knees can be slightly bent if needed)
- 4.** Hold for 10 -15 Breaths

FULL BODY STRETCH



- 1.** Grasp the bar firmly with palms facing away and elbows bent
- 2.** Keep feet flat on the floor with heels together
- 3.** Lower your hips and bend the knees while keeping arms straight
- 4.** Release your neck and stretch your entire arm and back
- 5.** Hold for 15 Breaths

ELEVATED PUSH-UPS (BOTTOM INSTALLATION EXERCISES)



1. Place hands on the bar and extend your legs
2. Keep the core engaged to remove any arch in your back
3. Slowly lower to the bar as much as possible without affecting form
4. With control, return to starting position

DIPS

(BOTTOM INSTALLATION EXERCISES)



- 1.** Sit on the floor facing away from the pull-up bar
- 2.** Place hands on the foam grips with fingers turned inward
- 3.** Extend your legs with heels firmly planted on the floor
- 4.** Tuck elbows in & slowly straighten your arms as you press to lift up
- 5.** Lower with control until your arms are at 90 degrees and repeat

WARNING:

Do not use this product in ways not intended by its manufacturers. Failure to do so may result in severe injury or death. Consult your physician before engaging in any regular exercise. Do not use ProsourceFit products for anything other than their intended use. ProsourceFit is not responsible for any problems that arise from the misuse of this product.

LIMITED LIFETIME WARRANTY

Covers manufacturing defects including any defects in materials and workmanship. ProsourceFit has sole discretion to determine manufacturing defects. This Lifetime Warranty does not cover: normal wear and tear, misuse, failing to follow use, care, and safety instructions, loss and/or theft. This Lifetime Warranty applies to all types of defects or failure during standard use.

QUESTIONS, CONCERNS OR COMMENTS

Contact Customer Support by email: support@prosourcefit.com or by phone at **1 (855) 552-2637** and we will be happy to help you.



www.prosourcefit.com

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