



MULTI-GRIP LITE PULL-UP BAR
Instruction Manual & Exercise Guide



Disclaimer, Terms and Conditions

IMPORTANT

Please read this entire manual before using the ProsourceFit Multi-Grip Lite 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 the ProsourceFit Multi-Grip Lite Pull-Up Bar, discontinue use & consult your physician.

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

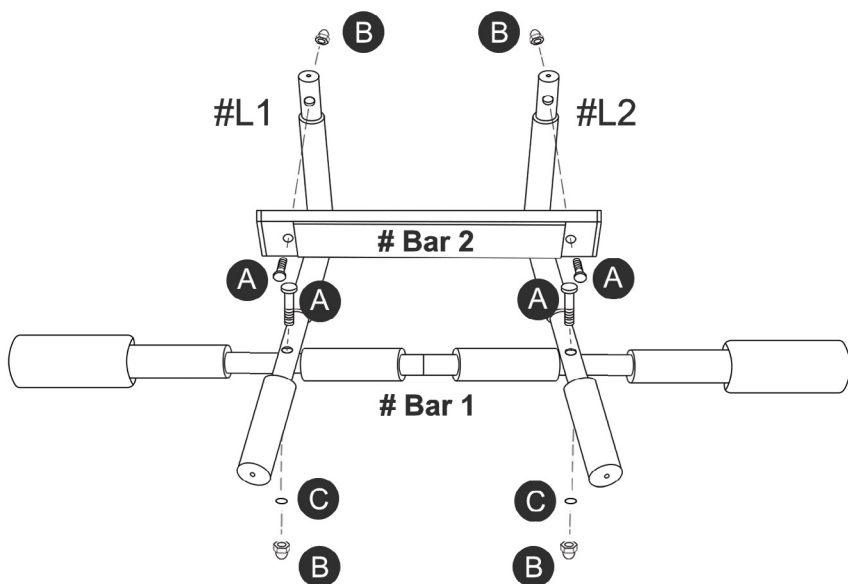
Use & Safety Instructions

- 1. DO NOT** swing or bounce when using this product.
- 2. DO NOT** hang by your feet or legs when using this product.
- 3. DO NOT** use the Multi-Grip Lite Pull Up Bar if you weigh 300 pounds or more.
- 4. DO NOT** use this product if the doorway frame is unstable or if the doorway is not set up to support the Multi-Grip Lite Pull Up Bar.
- 5. DO NOT** allow children under the age of 18 to use this product without adult or professional supervision.
- 6. DO** inspect every package purchased for missing, factory defective or damaged parts. In the case of missing, damaged or defective parts; do not use the product and contact ProsourceFit customer service for replacement parts free of charge.
- 7. DO** test thoroughly to make sure your Multi-Grip Lite 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 Multi-Grip Lite 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 Multi-Grip Lite Pull Up Bar.
- 8. DO** maintain a controlled motion when performing chin-ups or pull-ups
- 9. ONLY USE** the set of nuts and screws that come with the Multi-Grip Lite Pull-Up Bar, they have a special coating to increase safety. Though slightly more difficult to assemble, these screws should **ALWAYS** be used rather than standard nuts and screws to ensure your safety when exercising.

Care & Storage Instructions

- 1.** Wipe clean with damp cloth and dry immediately.
- 2.** Never expose the Multi-Grip Lite Pull-Up Bar to chemicals
- 3.** Store in dry and secure place.

ASSEMBLY DIAGRAM



PARTS

A



Metal Screw
x 4 pieces

B



Metal Nut
x 4 pieces

C



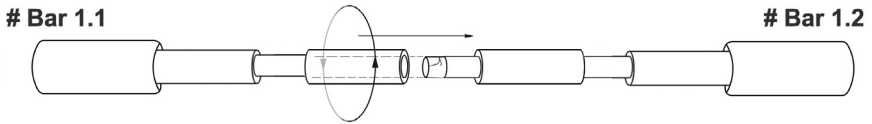
Spring Washer
x 2 pieces

D

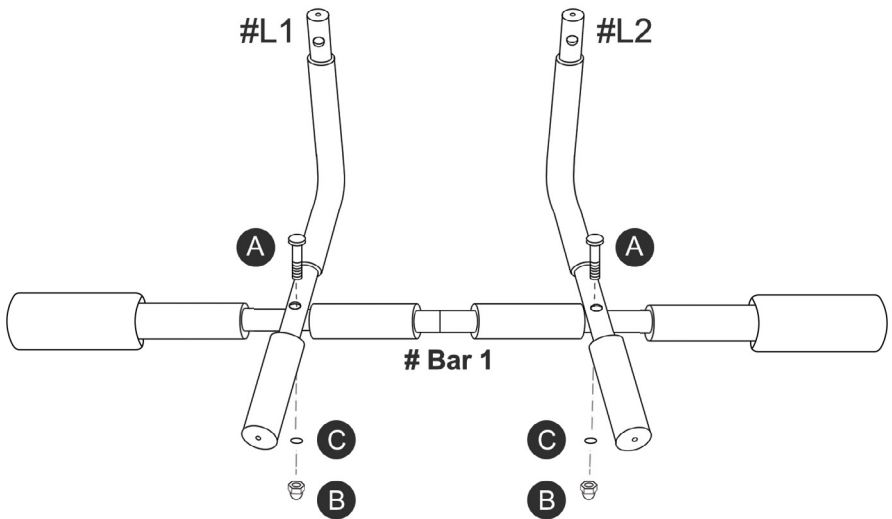


Z Bracket
1 piece

ASSEMBLY INSTRUCTIONS

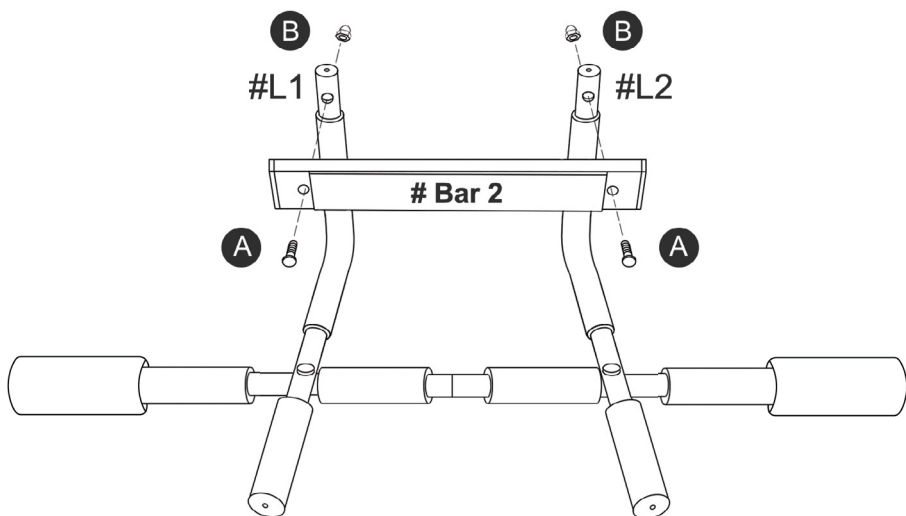


1. Slide Bars **#Bar1.1** and **#Bar1.2** together. Twist **#Bar1.1** clockwise.



2. Connect bar **#L1** and bar **#L2** to **#Bar1** using screws **A**, spring washers **C** and nuts **B**. Do not tighten up any nuts fully before **#Bar2** is connected to bar **#L1** and bar **#L2**.

ASSEMBLY INSTRUCTIONS (CONT'D)

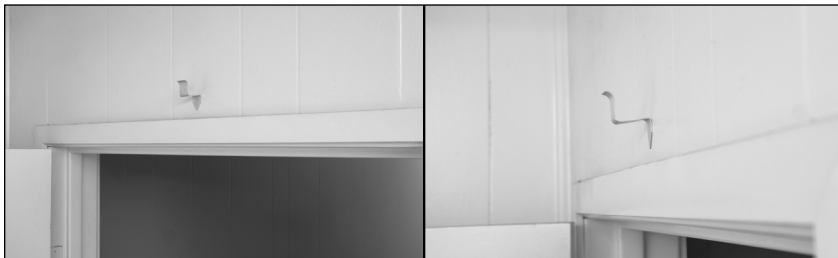


3. Connect **#Bar2** to bars **#L1** and **#L2** using screws **A**. Tighten up all nuts so that the whole unit is straight.

Z-BRACKET INSTALLATION INSTRUCTIONS

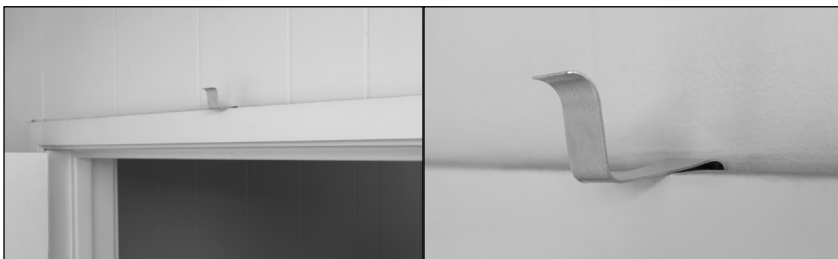
STEP 1

Place z bracket with pointed edge facing down above the door frame.



STEP 2

Slide pointed edge between the wall and door frame until the bracket is secure.



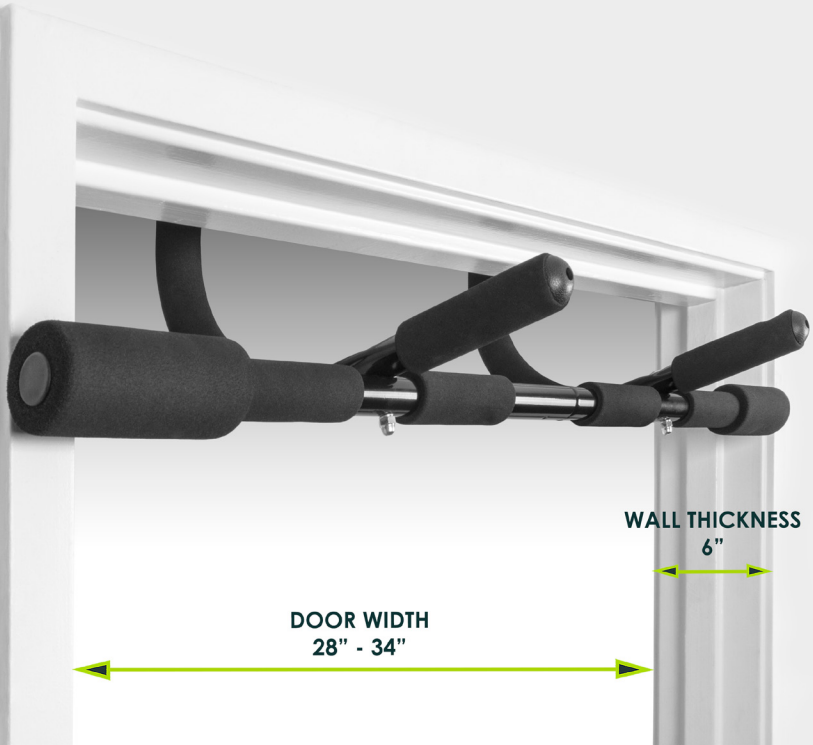
STEP 3

Place Bar 2 into the bracket.



Caution: If you are unable to slide the z bracket between the door-frame and wall as pictured, please consult a professional on installation. Do not attempt to force the z bracket in as it may cause damage.

DOOR MEASUREMENT REQUIREMENT



PRACTICING PULL-UP/CHIN-UP EXERCISES

The ProsourceFit Multi-Grip Lite Pull-Up Bar is optimally designed with 10 cushioned foam grips for workout diversity to maximize the benefits. Pull-ups and chin-ups will greatly improve your performance in any sport that requires upper body strength.

Warm Up and Stretch Before Pull-ups

A good warm up reduces the chances of injury and enhances performance. Warm up for 15 minutes before using the Multi-Grip Lite Pull-Up Bar with light cardio and dynamic stretches to prepare muscles for working out.

Pull-ups for Beginners

Those new to pull-ups may find these exercises challenging at first, but don't worry! Simply stand on a stool or chair, and your legs will get the assistance needed to perform pull-ups. Very soon you will be able to do a pull-up without support. Each time you work out; do as many repetitions as you can. With practice, the Multi-Grip Lite Pull-Up Bar produces exceptional upper body conditioning results.

Pull-ups for Strength

Do as many pull-ups as you can until muscle failure. 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:

- 1.** Add small ankle or waist weights (5 to 10 lbs.)
- 2.** Try one arm assisted pull-ups.

Slow Pull-ups for Endurance

Improve endurance by slowing the speed of the pull-up. This type of training takes willpower, but pays off. Here are 2 ways to work on endurance training:

- 1.** Do pull-ups in sets of four, coming down in between sets and allowing your heart rate to recover to 40% of maximum before the next set.
- 2.** Do one slow pull-up and hang on the Multi-Grip Lite Pull-Up Bar for 5 seconds (2 deep breaths). Drop and shake each arm, then both before performing the second pull-up. Continue the sequence and establish a smooth rhythm.

THE PROSOURCEFIT MULTI-GRIP LITE PULL-UP BAR EXERCISES

There are several excellent upper body exercises that can be done on The ProsourceFit Multi-Grip Lite Pull-Up Bar. For these exercises, the bar should be hooked (or mounted) on a doorframe. With 10 grip locations, you can work different muscles using the same exercises. Use the protruding grips to focus on pectoral or deltoid muscles or use the inner padded handle, for more bicep work.

General Tips

While performing pull-ups, inhale on the ascent and exhale on the descent. Keep legs in line with the torso as much as possible without flexion of the hips. For a full range of motion, stretch out upper arms and scapulae adductors on every repetition.

Pronated Pull-Ups

(Muscles Worked: Upper body, shoulders, forearms)

Place palms and fingers on the ProsourceFit Multi-Grip Lite Pull-Up Bar grip facing away from the body. Keep arms straight with shoulders relaxed and hang straight down without swinging. Pull up in a smooth motion until chin is over the bar, then lowering smoothly to the starting position.

Supinated Pull-Ups

(Muscles Worked: Lats, upper arms, upper back, and elbow flexor)

Place palms and fingers on the bar grip shoulder width apart facing the body. Keep arms straight with shoulders relaxed and hang straight down without swinging. Pull up in a smooth motion until chin is over the bar, lowering smoothly to the starting position.

Pull-Up Bar Static Hang

(Muscles Worked: Forearm and shoulder, deltoids)

Hang with one arm holding the ProsourceFit Multi-Grip Lite Pull-Up Bar for as long as possible. Without dropping, switch arms and shake out the first arm. Repeat and switch between arms for as long as you can.

Note: At first, you may only be able to hang for a few seconds. Work up to longer hang times to increase stamina and strength.

One-Arm Assisted Pull-Ups

(Muscles Worked: Upper body, shoulders, forearms)

Place one hand on the desired grip location. Grab your wrist with the other arm to assist the pull-up.

ALTERNATIVE EXERCISES



Sit Ups

(Muscles Worked: abs, deltoids, & obliques)

Place the ProsourceFit Multi-Grip Lite Pull-Up Bar on the floor against the back of an open doorway, as shown. Use the grips for feet support while performing crunches or full sit ups.



Seated Dip

(Muscles Worked: pectoralis & triceps)

Place the ProsourceFit Multi-Grip Lite Pull-Up Bar on the floor. Sit facing away from the bar and grasp the desired grips. Slowly straighten arms to lift your body, then lower your body with control by bending your arms but never touching the grip.



Push Ups

(Muscles Worked: Pectorals, deltoids & triceps)

Place the ProsourceFit Multi-Grip Lite Pull-Up Bar on the floor. Lie down facing the bar with feet planted firmly on the ground and grasp the desired grips at shoulder level. Slowly straighten arms to lift your body then bend arms to lower your body with control.

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.



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