



3-in-1 Pull-Up Bar

Instruction Manual





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Warnings and Precautions

SAFETY PRECAUTIONS: As with any exercise program, consult a physician or medical professional before beginning a workout routine and follow their advice. Body Sport® 3-in-1 Pull-Up Bars are to be used by adults or, if under the age of 18, only with adult supervision. Read the following precautions before any use.

Exercise programs of any kind pose an inherent risk of serious injury or death to the participant. Use proper techniques and common sense such as:

- Always use the bar in an open space that is designed for exercising.
- Check your equipment thoroughly and inspect for cracks, nicks, cuts, etc. Keep away from sharp objects. If any defects are found, discontinue use.

BODY SPORT SELLS THIS PRODUCT AS-IS AND MAKES NO WARRANTY, EXPRESS OR IMPLIED, INCLUDING, WITHOUT LIMITATION, ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, ALL SUCH WARRANTIES BEING HEREBY EXPRESSLY EXCLUDED.

- The Body Sport® 3-in-1 Pull-Up Bar has a maximum weight limit of 300 lb.
- Use the equipment only for its intended purpose as described in this instruction manual.
- Do not allow children on or near the equipment.
- Wear proper attire and shoes for your workout. Do not wear loose clothing.
- Use care when getting on or off the Body Sport® 3-in-1 Pull-Up Bar.
- Do not work yourself to exhaustion.
- If you feel any discomfort, stop your workout immediately and consult your physician.
- If the product has been dropped, carefully check the product for damage. Discontinue use if the product has been damaged.
- Never drop or insert objects into any opening in the equipment.
- Do not use the equipment outdoors or near water.
- If you have a history of back problems or prior injuries, consult your physician and/or physical therapist before beginning this program.

Assembly Instructions

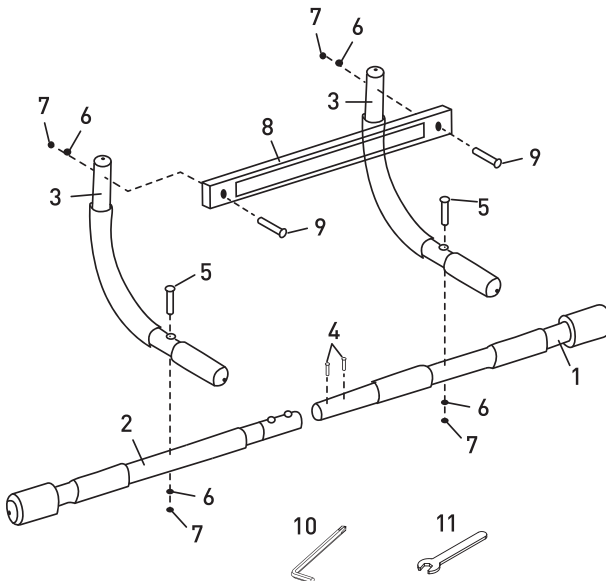
Before you begin to assemble the Body Sport® 3-in-1 Pull-Up Bar, please read each step in the assembly instructions and follow each step in order. Do not skip ahead. Assembly should take place on a solid, level surface.

NOTE: Some parts may be pre-assembled.

1. Insert the Inner Bar (1) into the Outer Bar (2). Attach the Inner Bar to the Outer Bar with two M5 x 10 mm Screws (4).
2. Align the Parallel Bar (3) so that the Foam Pad is in the position shown. Attach the Parallel Bar to the Inner Bar (1) with an M6x 45 mm Screw (5), an M6 Washer (6), and an M6 Locknut (7).

Attach the other Parallel Bar (3) to the Outer Bar (2) in the same way.

3. Attach the Crossbar (8) to the Parallel Bars (3) with two M6 x 50 mm Screws (9), two M6 Washers (6), and two M6 Locknuts (7).



Part List

Part	Size	Description	Quantity
1	N/A	Inner Bar	1
2	N/A	Outer Bar	1
3	N/A	Parallel Bar	2
4	M5 x 10 mm	Screws	2
5	M6 x 45 mm	Screws	2
6	M6	Washer	4
7	M6	Locknut	4
8	N/A	Crossbar	1
9	M6 x 50 mm	Screws	2
10	5 mm x 70 mm	Inner Hexagon Spanner	1
11	10 mm	Wrench	1

Door Frame Installation

The equipment can be installed in a high position, at the top of a door frame, for pull-ups, chin-ups, and off-the-floor core exercises. The equipment can also be positioned in a low position, at the bottom of a door frame, for sit-ups. To install the equipment in the high position, insert the bar through an open doorway. Set the crossbar as far as possible onto the edge of the door frame. Then, brace the ends of the bar against the opposite side of the door frame, making sure that the crossbar and the door hinges are on the same side of the door frame. See Figure 1.

Warning: The bar is designed to fit door frames with a width of 28-30 inches (71-77 cm) and a depth of 4.5-6 inches (11-16 cm). The doorway trim should be secure and at least 2 inches wide. Do not install the bar in a door frame that does not meet these measurements. The crossbar must rest on the top edge of the door frame when the bar is installed in the high position. See Figure 2.

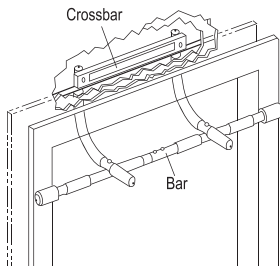


Figure 1

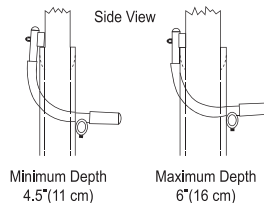


Figure 2

When installed in the high position, the Body Sport® 3-in-1 Pull-Up Bar can be positioned in wide, narrow, or parallel positions, which allows you to perform pull-ups and chin-ups in three different positions. See Figure 4-6.

SAFETY TIP:

When performing pull-ups or chin-ups, do not jump or swing your body up to the bar. Stand directly underneath the bar and use your arms and upper body to pull straight up. The momentum of a jump or swing could increase the risk of the bar dislodging from the door frame, causing a fall.

When the bar is installed in the low position, you can place your feet under the bar to provide support for your lower body while you perform exercises such as sit-ups and crunches. See Figure 7.

You can also use the bar to perform dips or push-ups when you place it on a flat surface. See Figure 8-9.

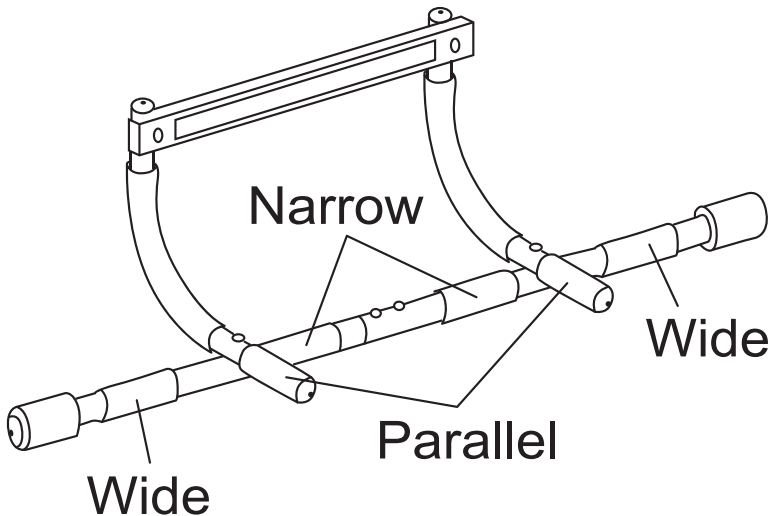


Figure 3

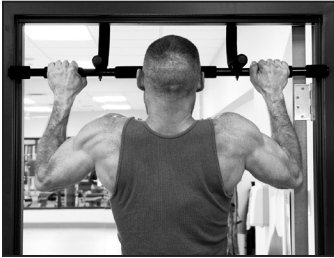


Figure 4



Figure 5



Figure 6



Figure 7

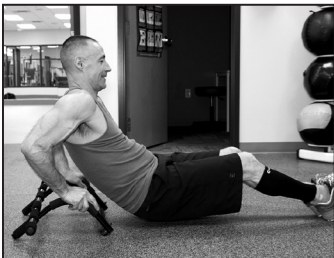


Figure 8



Figure 9



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