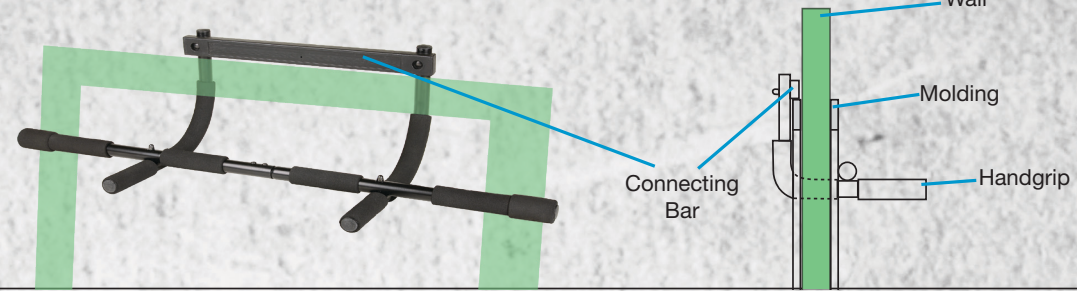


SPRI

PREMIUM PULL-UP BAR

EXERCISE GUIDE

PULL-UP BAR INSTALLATION INSTRUCTIONS



From the outside of the doorway (the side that does not have the hinges), angle the Connecting Bar end through the doorway and over the molding on the opposite side (the inside of the doorway).

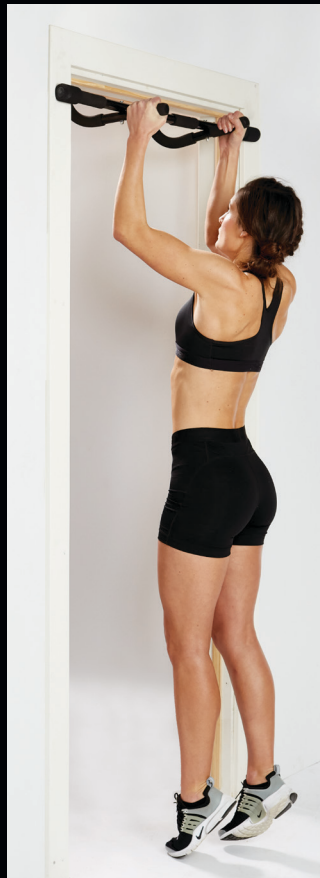
Warning: Remove the Pull-up Bar from the door frame when not in use. If the product is moved to a different door, you must recheck the fit in the new doorway. Failure to follow these instructions may result in serious injury or death.

- Complete 1–3 sets of 8–12 repetitions of each exercise selected.
- Rest approximately 30–60 seconds between each exercise set.
- Perform every exercise through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each arm/leg to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets, or if unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets.

- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24–48 hours of complete rest between each exercise session.

BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICIAN.

HAMMER PULL-UP



START: Grab the pull-up bar at hammer grip placements, palms facing each other. Begin with a dead hang, body fully extended.

FINISH: Slowly pull body up until chin clears the bar. Slowly lower down body while maintaining a straight position. Return to start, and repeat.

CHIN-UP



START: Grab the pull-up bar at grip placements shoulder-width apart, palms facing you. Begin with a dead hang, body fully extended.

FINISH: Slowly pull body up until chin clears the bar. Slowly lower down body while maintaining a straight position. Return to start, and repeat.

WIDE PULL-UP



START: Grab the pull-up bar at grip placements slightly wider than shoulder-width apart, palms facing out. Begin with a dead hang, body fully extended.

FINISH: Slowly pull body up until chin clears the bar. Slowly lower down body while maintaining a straight position. Return to start, and repeat.

PREMIUM PULL-UP BAR EXERCISE GUIDE

REGULAR PUSH-UP



START: Place pull-up bar on floor with the long bar closest to your body. Get in plank position, grasp tops of pull-up bar and position hands directly under shoulders. Keep back straight, with head and shoulders aligned.

FINISH: Slowly bend arms and lower body toward floor while maintaining a straight position. Straighten arms, return to start, and repeat.



WIDE PUSH-UP



START: Place pull-up bar on floor with the long bar closest to your body. Get in plank position, grasp at grip placements slightly wider than shoulder-width apart and position hands directly under shoulders. Keep back straight, with head and shoulders aligned.

FINISH: Slowly bend arms and lower body toward floor while maintaining a straight position. Straighten arms, return to start, and repeat.



NARROW PUSH-UP



START: Place pull-up bar on floor with the long bar closest to your body. Get in plank position, grasp pull-up bar at grip placements shoulder-width apart and position hands directly under shoulders. Keep back straight, with head and shoulders aligned.

FINISH: Slowly bend arms and lower body toward floor while maintaining a straight position. Straighten arms, return to start, and repeat.



NARROW PUSH-UP MODIFICATION DIP



START: Place pull-up bar on floor with the long bar facing away from your body. Sit on floor with back to pull-up bar, grasp tops of bar and position hands directly under shoulders. Straighten arms, bend legs.

FINISH: Slowly lower body toward floor while maintaining a bent position. Straighten arms, return to start, and repeat.



FULL SIT-UP



START: Place pull-up bar on floor of doorway with foam grips pressed against the opposite side of door. Wedge feet firmly under crossbar hip-width apart, lie on back with knees bent at 90 degrees and hands behind head.



FINISH: Raise body up to full sit-up position. Lower body down, return to start, and repeat.

OBLIQUE SIT-UP



START: Place pull-up bar on floor of doorway with foam grips pressed against the opposite side of door. Wedge feet firmly under crossbar hip-width apart, lie on back with knees bent at 90 degrees and hands behind head.



FINISH: Raise body up into to full sit-up position while rotating to the left. Lower body down, return to start, and repeat on other side.

STRAIGHT LEG SIT-UP



START: Place pull-up bar on floor of doorway with foam grips pressed against the opposite side of door. Wedge feet firmly under crossbar hip-width apart, lie on back with hands behind head.



FINISH: Raise body up to full sit-up position. Lower body down, return to start, and repeat.