

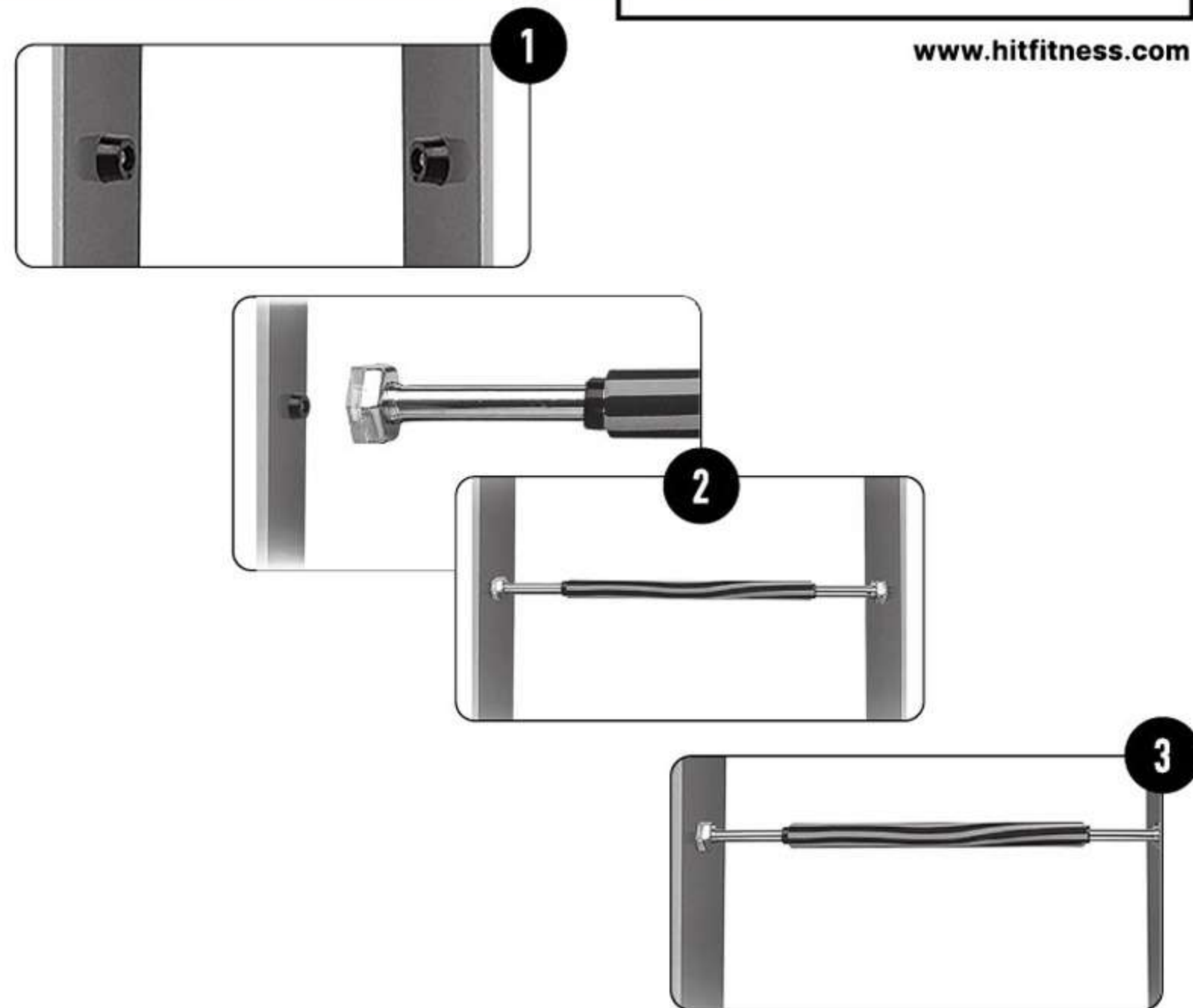
HIT FITNESS Instructions

WARNING



IMPORTANT: Read and follow all warnings and directions before using this product to reduce the risk of injury.

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Step 1

- Find a firm wall or door frame between 65cm-95cm, or 87cm-125cm, to select. (Must be between one of the two)

Step 2

- Place the bar in position, extend and adjust it at your ideal spot.
- Rotate it outward, until you can't rotate it anymore.

Step 3

- To remove the chin up bar, and rotate it in the opposite direction.
- Congratulations, you're ready to start exercising safely!!

HIT FITNESS Pull Up / Chin Up Bar

WARNING



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Dear Workout Warriors,

Thank you for purchasing our Pull Up / Chin Up bar.

The steps to installing the bar can be found in the 'Instructions' section of this manual.

Useful Information:

- To use the chin up bar safely, be sure to engage the safety lock, to prevent the pull up / chin up bar from moving out of place.
- Children must be under the supervision of an adult to use the bar.

FAQ:

1. Do I need the screws and rubber knobs to install the pull up / chin up bar?

No, you don't need the screws or rubber knobs to install the pull up / chin up bar. The bar is fully extendable, adjustable, and fits firmly in your wall without any screws.

However, we do offer them as accessories for special cases, for users who prefer to use our bar to do extreme or very aggressive movements. In this special case, drilling a hole would be a safer option.

2. Can this bar really hold 200kg?

We've tried and tested our chin up bar to its limits and can confirm that it holds over 200kg, even without the screws and knobs. We've committed to strong, sturdy equipment for all you Workout Warriors, and we take pride with providing you secure, premium equipment.

3. My door frame and wall width is 130cm, can I still use the chin up bar?

Unfortunately not, your wall or door frame must be between **65cm-95cm, or 87cm-125cm**, in order to use this pull up / chin up bar.

©2020 HIT Fitness Equipment. Log on to www.hitfitness.com for more details and product information. HIT Fitness Equipment reserves the right to modify the product or content without notice. WARNING: Exercise programs of any kind present an inherent danger to the participant. Serious or fatal injury can occur. Consult your doctor before beginning any exercise program. All HIT Fitness Equipment is intended to be used by adults only in the manner shown/illustrated/ described. Anyone under the age of 18 should have adult supervision. Always read and follow all warnings and information (if included). Always use proper techniques and common sense when exercising. Always check your equipment thoroughly for any sign of defect. If any defect is found, discontinue use immediately and contact customer service for further assistance.