



## **Portable Chin Up Bar**

### **User Manual**



**RETAIN THIS MANUAL FOR FUTURE REFERENCE**

**PLEASE READ THIS MANUAL CAREFULLY BEFORE USE**

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## Preface

**IMPORTANT:** Consult your physician before beginning this or any exercise program.

**WARNING:** Fitness training can result in serious or fatal injury. Practicing safe techniques and common sense can reduce the risk of injury. Always check equipment for worn or damaged parts before using. If any defects are found with this product, **DO NOT USE**.

- Please read this guide thoroughly before using the IRON GYM.
- Do not overexert yourself.
- Start out slowly and work up to a more vigorous workout.

Congratulations and thank you for purchasing the Portable Chin Up Bar - The Total Upper Body Workout Bar!

Transform your doorway into a gym - Portable Chin Up Bar is the multi-function exercise bar you can use to do pull-ups, chin-ups, push-ups, sit-ups, arm and shoulder exercises - every exercise you need to build a powerful upper body! The Portable Chin Up Bar uses your body's own resistance to deliver powerful results fast.

It strengthens and tones your biceps, triceps, chest, back, shoulders and abs. It instantly attaches to or removes from your door frame with no drilling or tools. The heavy duty steel construction supports up to 300 lbs.! Now it's easy to get the strong, lean body you've always wanted, right at home.

**Get Strong... Get Ripped... Quick!**

## Parts



## Workout Plan

You may want to follow this workout plan below. If you find the exercises are too hard, reduce the amount of repetitions. Your upper body strength will only improve if you use Portable Chin Up Bar correctly and on a regular basis. If you find the exercises too easy, increase the repetitions and use Portable Chin Up Bar more frequently.

A repetition is defined as one of a series of identical movements. Each time you perform an exercise, that is considered a repetition.

<b>WORKOUT PLAN</b>	<b>Weeks 1-3</b>
	<b>3-5 sessions per week (every other day)</b>
	<b>Week 4-8</b>
	<b>5-7 sessions per week</b>
	<b>Week 9-12</b>
	<b>5-7 sessions per week</b>
	<b>Maintenance</b>
	<b>3-5 sessions per week</b>

## Steps to Success

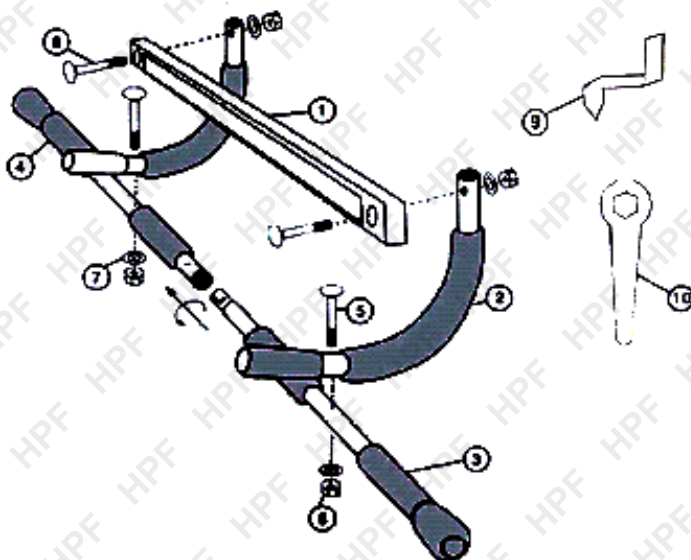
- **Set a schedule and stick to it.** Pick a time of the day and don't vary. Consistency builds habit which leads to great results!
- **Set realistic goals.** It is important to set a goal and achieve it, adding difficulty as you can handle it.
- **Chart your progress.** Place it on the refrigerator where you can see it often. Put a picture of your favorite "in-shape star" next to the chart to remind you where you're headed!
- **If you fall off the horse, collect yourself and get back on!** That's OK. Just re-evaluate your goals if required, but by all means - begin again!
- **Begin each session by stretching and loosening your muscles through a warm up routine.**
- **Do the exercises slowly and in a controlled, smooth and fluid manner. Steady effort will build strong muscles.**

# Assembly

The Portable Chin Up Bar is easy to assemble. Just secure the pieces together tightly as pictured.

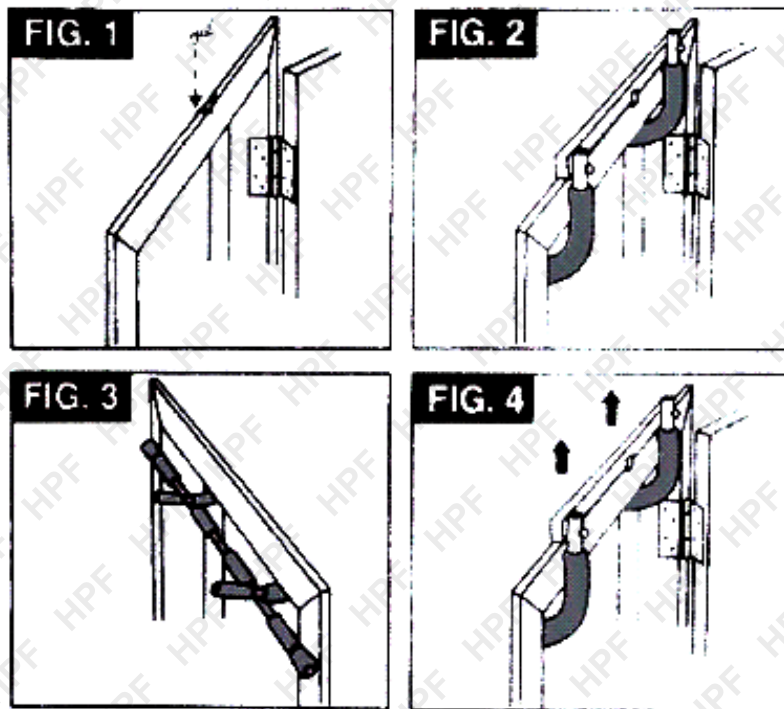
## Parts List:

1. Plastic Bar
2. Arched Bar Grips Qty(2)
3. Long Bar (Right Half)
4. Long Bar (Left Half)
5. Long Bolts Qty(2)
6. Locking Nut Qty(4)
7. Spring Washer Qty(4)
8. Medium Bolts Qty(2)
9. Safety Wedge
10. Hex Open Wrench





# Installation



The Portable Chin Up Bar attaches and removes from standard door frames (24" to 32" wide) in seconds!

**CAUTION:** Before use, carefully read and understand all of the following directions for proper installation. Also, make sure the door frame and moldings are secure and solid before installing Portable Chin Up Bar. A weak door frame and/or moldings can cause the unit to fail and dislodge from the door way.

1. Insert the included "Safety Wedge" (pointed end facing down) behind the top door frame molding on the hinge side of the door opening until secure (**SEE FIG.1**). The "Safety Wedge" is designed to help prevent Portable Chin Up Bar from unexpectedly falling off of the door frame.
2. Next, position the bottom edge of the "Plastic Bar" into the Installed "Safety Wedge" then guide Portable Chin Up Bar down until it is securely resting on the top of the door frame/molding (**SEE FIG.2**).
3. Then, make sure Portable Chin Up Bar's two "Foam End Pieces" on the opposite side of the door opening are in full contact with and resting against the two side door frame moldings (**SEE FIG.3**).

**IMPORTANT:** Before using the Portable Chin Up Bar, tug down on the Grips to make sure the unit is securely installed Into door frame.

As Portable Chin Up Bar is not designed for permanent installation, remove it from the door frame (**SEE FIG. 4**) and store away in a safe place until next use to make sure it does not accidentally fall off when not in use. The "Safety Wedge" should be left installed into the top of the door frame molding.



## Exercises

**NOTE: The maximum weight of use for this item is 300 lbs.**

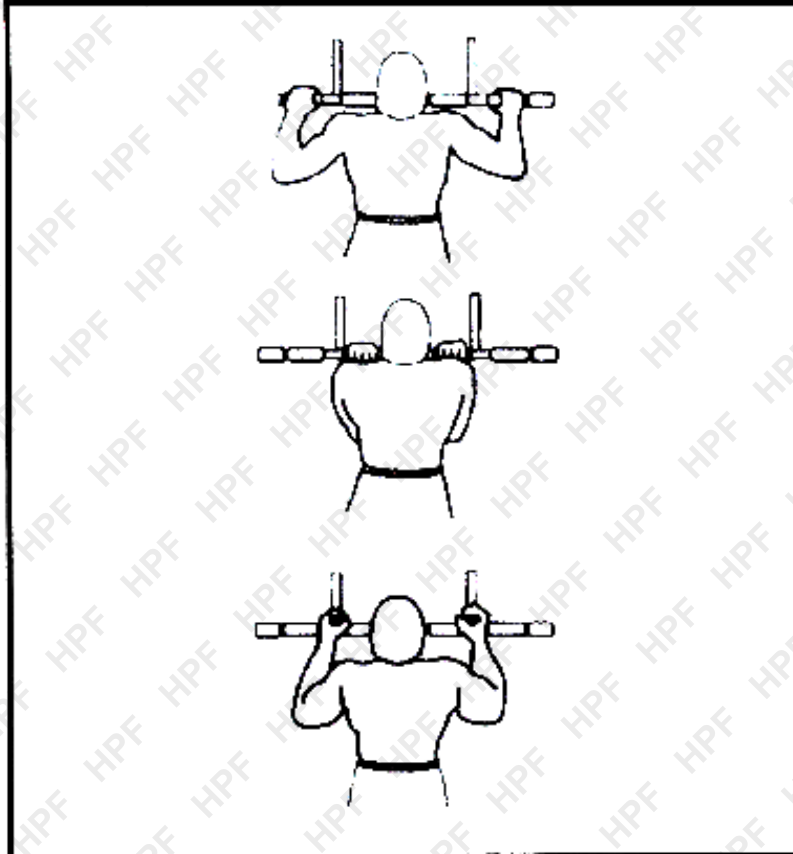
Before you start, make sure your Portable Chin Up Bar is securely assembled (and installed into the door frame for applicable exercises) according to the instructions in this manual.

Be sure to start each exercise session by stretching and loosening your muscles through a warm-up routine. Do the exercises slowly in a controlled, smooth and fluid manner.

Use variable hand grip positions to target different muscles areas (**SEE FIG. 5**). Interchange the position of your hands from overhand to underhand with each exercise.

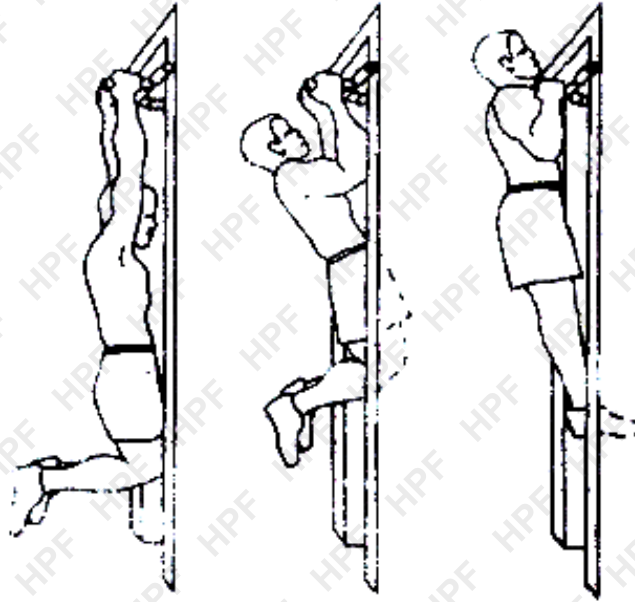
**NOTE: Do not overexert yourself. Start out slowly and work your way up to a more vigorous workout. Gradually increase the number of repetitions over time.**

**FIG.5 VARIABLE GRIP POSITIONS**



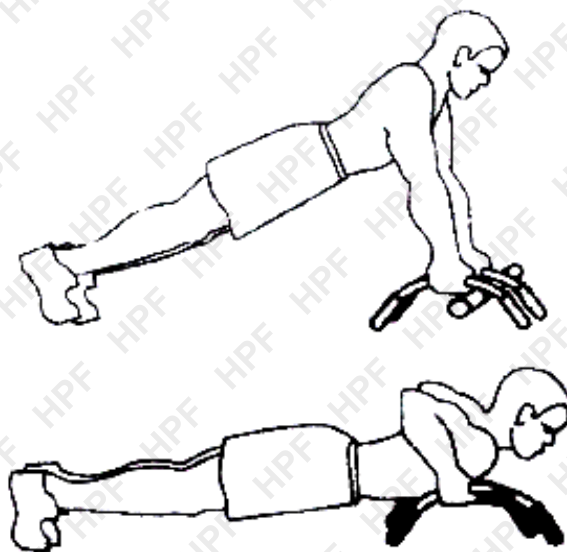
## Pull-Up

1. Refer to the Variable Hand Grip Positions for Pull Ups (**SEE FIG. 5**).
2. Hold the desired Grips, then pull yourself up and lower yourself down in a slow, controlled manner.
3. Continue your workout until you feel you are no longer using good form.



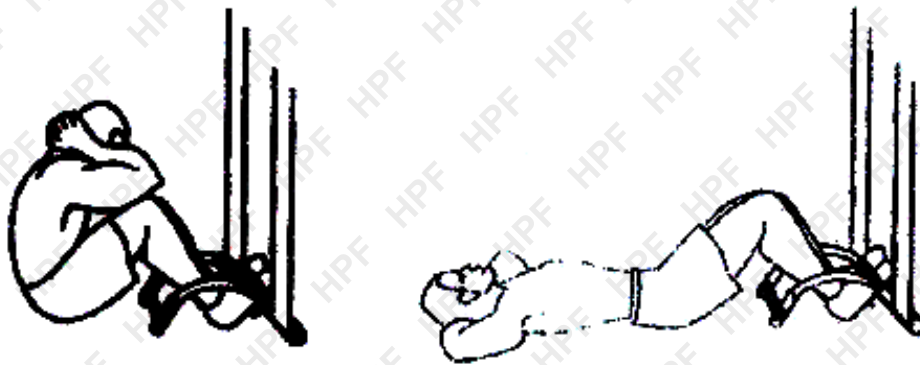
## Push-Up

1. Choose a clear place on the floor and set the Portable Chin Up Bar down. Grab and hold the desired grips, then slowly lower yourself towards the floor until you reach the bottom of the push.
2. Slowly push away from the floor until you reach the peak of the push up and you are back in the starting position.
3. Continue your workout until you feel you are no longer using good form.



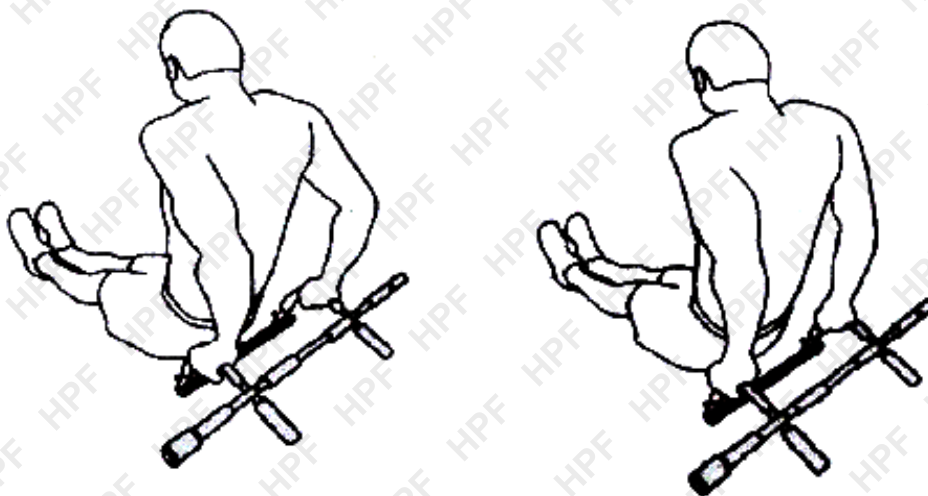
## Sit-Up

1. Place Portable Chin Up Bar in the base of the doorway then pull back to make sure the two "Foam End Pieces" on the opposite side of the door opening come in full contact with the two sides of the door frame.
2. Place your feet underneath the "Long Bar" then bend your feet upwards while keeping your heels against the floor to grab on.
3. As you perform each sit up, pull back on the "Long Bar" with your feet while making sure your heels stay in contact with the floor. This will give you support and proper form.
4. Continue your workout until you feel you are no longer using good form.



## Dip

1. Place Portable Chin Up Bar on the floor with "Arched Bar Grips" facing upward. Sit on the floor facing away from the Portable Chin Up Bar.
2. Place hands on the "Arched Bar Grips" behind you while making sure your legs are fully extended out with your feet touching.
3. Slowly lower body downward in a straight and controlled motion.
4. Continue your workout until you feel you are no longer using good form.
5. For an advanced Dips workout, place a stable object such as a step stool underneath the heels of your feet.





**Some experts believe the incorrect or prolonged use of almost any product could cause serious injury or death. For information that may reduce your risk of serious injury or death consult the points below and additionally, the information available at [www.datastreamserver.com/safety](http://www.datastreamserver.com/safety)**

- Consult all documentation, packaging and product labelling before use. Note that some products feature online documentation which should be printed and kept with the product.
- Check product for loose / broken / damaged / missing parts, wear or leaks (if applicable) before each use. Never use a product with loose / broken / damaged / missing parts, wear or leaks (if applicable).
- Products must be inspected and serviced (if applicable) by a qualified specialist every 6 months assuming average residential use by a person of average weight and strength, above average technical aptitude, on a property matching average metropolitan specification. Intended use outside these guidelines could indicate the product is not suitable for intended use or may require more regular inspection or servicing.
- Ensure all possible users of the product have completed an industry recognised training course before being given access to the product.

- The product has been supplied by a general merchandise retailer that may not be familiar with your specific application or your description of the application. Be sure to attain third party approval for your application from a qualified specialist before use regardless of prior assurances by the retailer or its representatives.
- This product is not intended for use where fail-safe operation is required. As with any product (take an automobile, aircraft, computer or ball point pen for example) there is always a small chance of a technical issue that needs to be repaired or may require replacement of the product or a part. If the possibility of such failure and the associated time it takes to rectify could in any situation inconvenience the user, business or employee or could financially affect the user, business or employee then the product is not suitable for your requirements. This product is not for use where incorrect operation or a failure of any kind, including but not limited to a condition requiring product return, replacement, service by a technician or replacement of parts could cause a financial loss, loss of employee time or an inconvenience requiring compensation.
- If this item has been purchased in error considering the points above simply contact the retailer directly for details of their returns policies if required.

