

SPRI PULL-UP BAR

SET-UP, WORKOUT TIPS, AND CARE & SAFETY GUIDE

Please read before setting up or using the Pull-Up Bar.

SET-UP

1. Remove the Pull-Up Bar from box, inspect contents, and check for any possible damage.
2. See enclosed instructions for assembly.

WORKOUT TIPS

1. Use the Pull-Up Bar in a doorjamb as indicated.
2. Use a smooth and steady motion when performing each exercise.
3. Perform exercises with proper form and avoid overexertion.
4. Avoid holding your breath while exercising.

CARE

1. Check stability of bar before each use. Tighten any loose connections.
2. Be sure that bar is properly and securely placed in doorjamb prior to each exercise session.
3. Pull-Up Bar may be cleaned with a damp cloth.

Set-up, Workout Tips, and Care & Safety Guide

IMPORTANT SAFETY CAUTIONS!

Please read before setting up or using the Pull-Up Bar.

1. Not all exercise is suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any exercise program or before using this or any other exercise equipment. The instruction presented herein is in no way intended as a substitute for medical counseling.
2. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your doctor before using the Pull-Up Bar.
3. Perform exercises in a slow and controlled manner.
4. Stop and rest if you feel dizzy or short of breath.
5. This product is sold without any warranties or guarantees of any kind and manufacturer and distributor disclaim any liability, loss or damage caused by its use.

SPRI

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