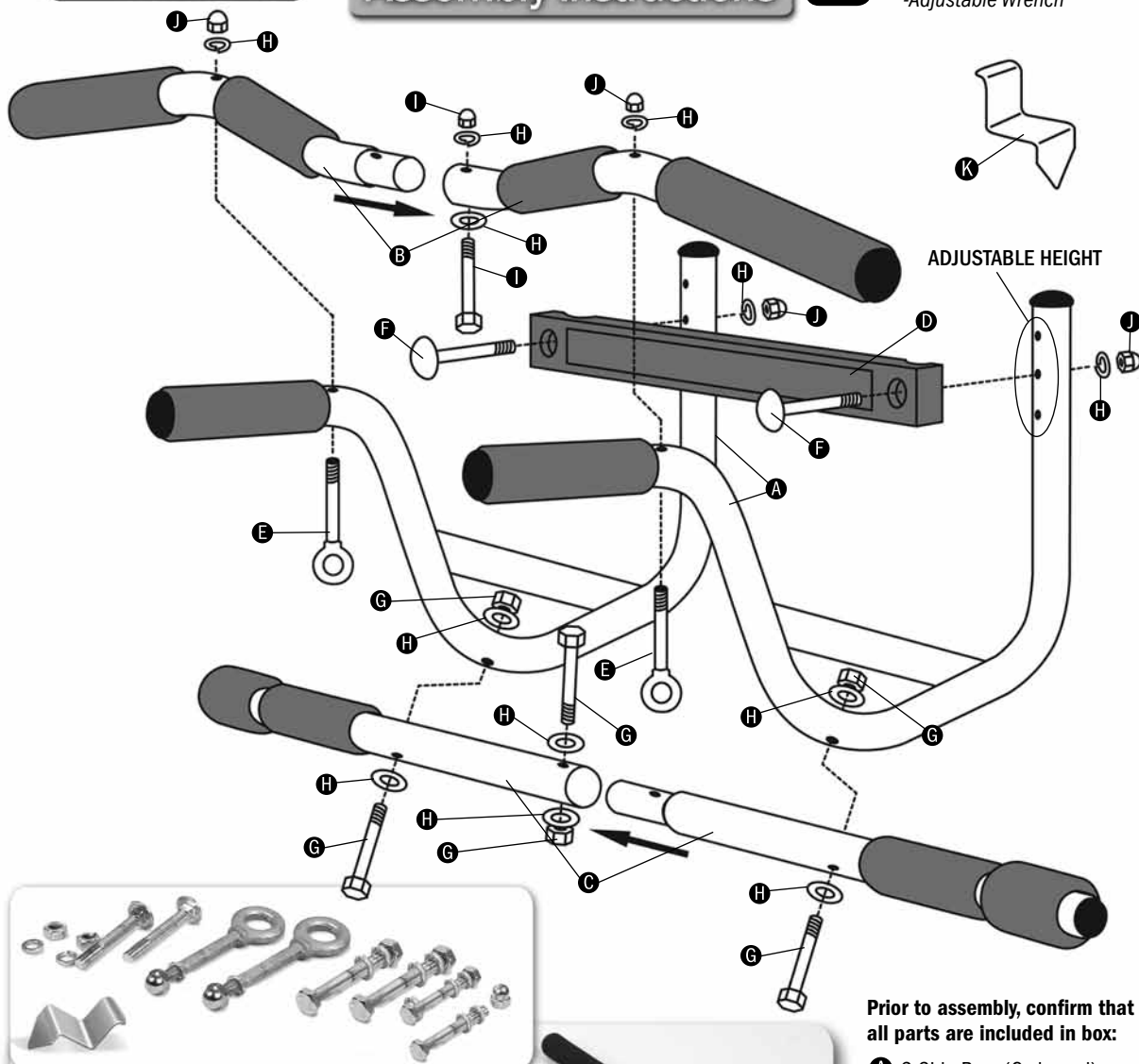


Assembly Instructions

Parts

Tools required:
-Adjustable Wrench



Prior to assembly, confirm that all parts are included in box:

- A**-2 Side Bars (C-shaped)
- B**-1 Curved Bar (2 halves)
- C**-1 Straight Bar (2 halves)
- D**-1 Leverage Bar
- E**-2 Eyebolts
- F**-2 Self-seating Bolts
- G**-3 Hex Bolts with Lock Nuts
- H**-12 Lock Washers
- I**-1 Hex Bolt with Capped Nut
- J**-4 Capped Nuts
- K**-1 Metal Wedge

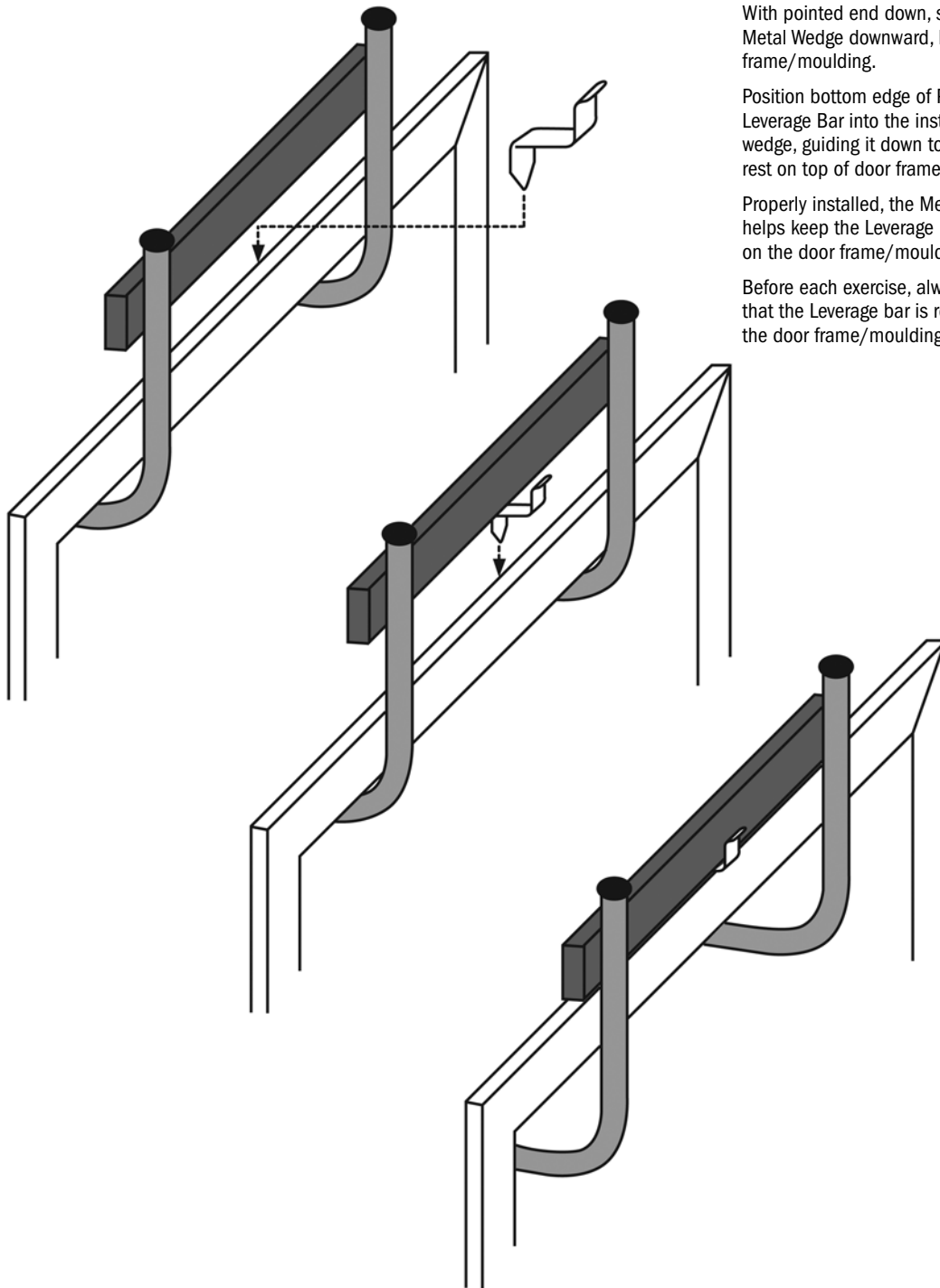
Assembly Instructions**Metal Wedge**

With pointed end down, slide Metal Wedge downward, behind door frame/moulding.

Position bottom edge of Plastic Leverage Bar into the installed safety wedge, guiding it down to securely rest on top of door frame/moulding.

Properly installed, the Metal Wedge helps keep the Leverage Bar resting on the door frame/moulding.

Before each exercise, always check that the Leverage bar is resting on the door frame/moulding.





GoFit Elevated Chin up Station—Fully assembled



Fully assembled—Shown in Push Up Position

DO NOT tighten Bolts fully until you reach Step 10 to allow for assembly and leveling.



Step 1

Place Self-Seating Bolts through holes on Leverage Bar as shown—one Bolt for each Side Bar. Side Bars will rest in indentions on Leverage Bar.



Step 2

Put Bolt through hole on Side Bar (*adjust height by choosing one of 3 holes*). Place Lock Washer on Bolt; thread on Lock Nut. Repeat for each Side Bar.



Shown in Push Up position

Step 3

Secure Nuts with wrench. Note: Shown with Leverage Bar attached at center holes. (*adjust height by choosing higher or lower holes on Side Bars*).



Step 4

Slide two halves of Straight Bar together (*small end into larger end*). Line up holes and put Bolt through hole on Straight Bar. Place Lock Washer on Bolt; thread on Lock Nut.



Step 5

Slide two halves of Curved Bar together (*small end into larger end*). Line up holes and put Bolt through hole on Curved Bar. Place Lock Washer on Bolt; thread on Capped Nut.



Step 6

Position Curved Bar as shown in fully assembled photo (make sure the Capped Nut-side of Curved Bar is facing out towards the handles). Line up holes in Curved Bar with holes in Side Bars; slide Eye Bolt through holes as shown.



Step 7

Place Lock Washer onto Eye Bolt end; thread on Short Capped Nut. Repeat for each Eye Bolt on each Side Bar.



Step 8

Position Straight Bar as shown in fully assembled photo. Line up Straight Bar holes with Side Bar holes; slide Hex Bolt with Lock Washer through holes as shown.



Step 9

Place Lock Washer onto Hex Bolt end; thread on Lock Nut. Repeat for each Hex Bolt on each Side Bar as shown.



Fully Assembled



Step 10

Put Chin Up Station in Push Up Position on a flat surface to level. Then securely tighten all Nuts with wrench. Fully assembled Chin Up Station shown to the left for reference.

Easy In-Out Installation



Standing on non-hinge side of doorway, put Leverage Bar through doorway while moving it upward—position it above moulding to securely hang on door frame.



Position bottom edge of Leverage Bar into the installed metal wedge, then guide Chin Up Station down until it securely rests on top of door frame/moulding.



Make sure the protective Foam End Pieces on the non-hinge side of doorway, are in full contact with and resting against the two side door frame mouldings.