



MULTI-GRIP PULL-UP BAR

Instruction Manual & Exercise Guide



READ THIS BEFORE USING

The ProsourceFit Multi-Grip Pull-Up Bar

Obtain a complete physical examination from your physician before beginning any exercise program. If you experience any discomfort while using the ProsourceFit Multi-Grip Pull-Up Bar, discontinue use and consult with your physician.

The ProsourceFit Multi-Grip Pull-Up Bar is a serious workout tool that should **ONLY** be used to perform chin-up and pull-up exercises. It has been designed to fit residential doorways 24" to 36" wide and support up to 300 pounds. While this product has been manufactured and tested to decrease the risk of injury, the potential for personal injury or property damage does exist. Therefore, the user assumes all risks to person or property in the use of this product.

The ProsourceFit Multi-Grip Pull-Up Bar has a total of 12 separate grip locations. This gives you the option to perform a variety of exercises using different hand positions, to target different muscles and areas of the body. However, you should always pull your body up in a straight and controlled motion.

Important Safety Reminders

DO NOT swing or bounce when using this product.

DO NOT attempt to hang by your feet or legs when using this product.

DO NOT use this product if you weigh over 300 pounds.

DO NOT use this product if you are unsure of the stability of the doorway or door-jamb.

DO NOT allow children under the age of 18 to use this product without adult or professional supervision.

DO test thoroughly to make sure your ProsourceFit Multi-Grip Pull-Up Bar is completely secure in the doorway before using it.

DO Maintain a controlled motion when performing chin-ups.

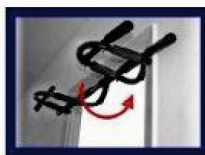
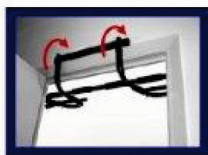
ASSEMBLY INSTRUCTIONS

Assembly Inventory

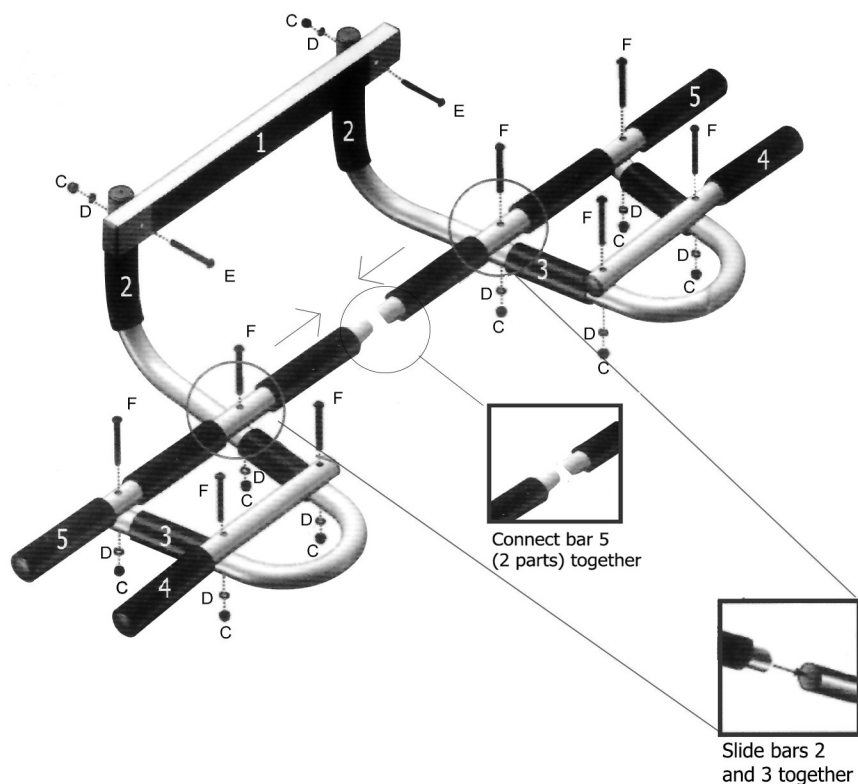
- | | |
|---|---|
|  A Wall Anchor (8) |  F Screw (8) |
|  B Wall Screw (8) |  G Door "J" (2) |
|  C Locking Nut (10) |  H Hex Open Wrench (1) |
|  D Spring Washer (10) |  I Allen Key (1) |
|  E Screw (2) |  J Foam Doorframe Protectors (optional) |

See diagram on page 2

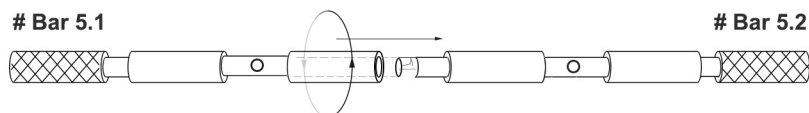
1. Slide **Bar 3** into **Bar 2**. Repeat to attach the second **Bar 3** to **Bar 2**. The ends of the assembled **Bar 2/3** should curve away from the center of the Prosource Fit Multi-Grip Pull-Up Bar assembly.
 2. Use **Screw E** to attach the assembled **Bar 2/3** to each end of **Bar 1**. Place **Spring Washer D** and **Locking Nut C** on each **Screw E** and tighten.
 3. Use **Screw F** to attach the first **Bar 4** to the first **Bar 3**. Place **Spring Washer D** and **Nut C** on each **Screw F** and tighten. Repeat to attach the second **Bar 4** to the second **Bar 3** at the other end.
 4. **Bar 5** consists of 2 separate parts **# Bar 5.1** and **# Bar 5.2**. Connect both **Part 5's** by rotating clockwise to form one complete bar, **Bar 5**. The screw holes of **# Bar 5.1** and **# Bar 5.2** **MUST BE** located at the same level.
 5. Use Screw F to attach Bar 5 to the ProsourceFit Multi-Grip Pull-Up Bar assembly. Place Spring Washer D and Nut C on each Screw F and tighten.
 6. If needed, slip on additional **Foam Doorframe Protectors J** to **Bar 5** to protect frame/walls.
- Hook the ProsourceFit Multi-Grip Pull-Up Bar assembly onto doorframe on back of doorway, as shown. The doorframe and leverage keep the ProsourceFit Multi-Grip Pull-Up Bar in position.



ASSEMBLY DIAGRAM



Bar 5.1



Bar 5.2

Connect **#Bar 5.1** and **#Bar 5.2** together by rotating clockwise.
The screw holes **MUST BE** located at the same level.

If needed, slip on additional **Foam Doorframe Protectors J** to **Bar 5** to protect frame/walls



IMPORTANT: Before using this piece of equipment, make absolutely certain it is securely and correctly hooked in a doorway 24" to 36" wide. Optionally, you can mount it in a doorway using the mounting instructions below.

If the doorway foundation is not strong and stable, **DO NOT USE** this product in that location. It is the user's responsibility to determine if a doorway will safely sustain the proper use of the Multi-Grip Pull-Up Bar.

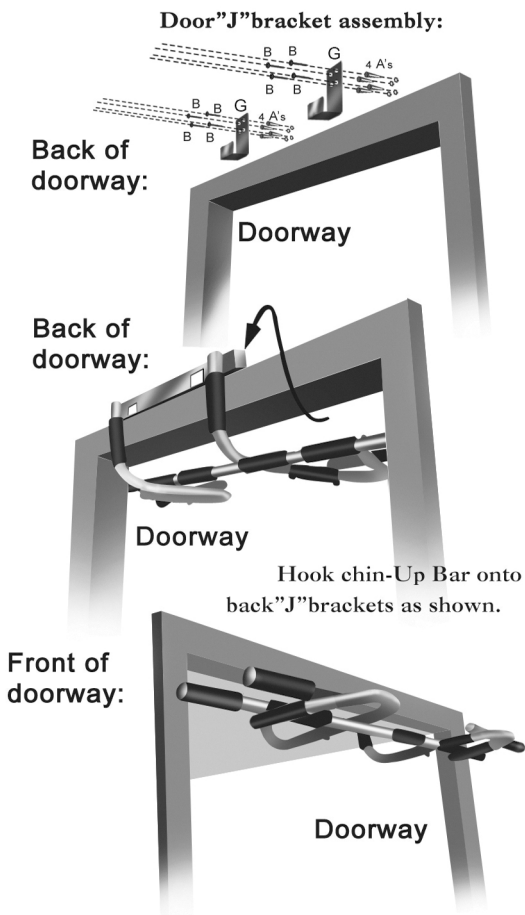
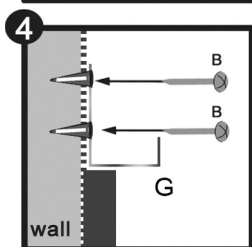
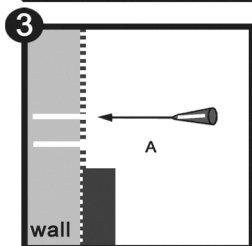
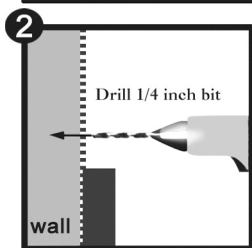
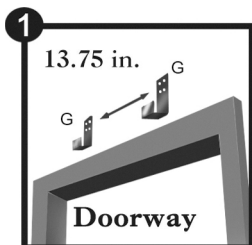
DOOR BRACKET MOUNTING INSTRUCTIONS (Optional)

If desired, you can mount your **ProsourceFit Multi-Grip Pull-Up Bar** using the Door "J" Brackets. It is **NOT** required.

1. Center the **Door "J" brackets** above the back of the doorway. The brackets should be 13.75 inches apart. Use a pencil to mark the drill holes.
2. Drill holes using a 3/4 inch drill bit .
3. Place **Wall Anchors A** for both brackets.
4. Use **Wall Screw B** to attach the first **Door "J" bracket** to the wall. Repeat for the second bracket.

See diagram on page 4

"J" BRACKET ASSEMBLY DIAGRAM



THEORY AND PRACTICE OF PULL-UP/CHIN-UP EXERCISES

Pull-ups are an excellent way to train upper body muscles. The ProsourceFit Multi-Grip Pull-Up Bar is optimally designed with 12 cushioned foam grips for workout diversity to maximize the benefits. Pull-ups and chin-ups will greatly improve your performance in any sport that requires upper body strength.

Warm Up and Stretch Before Pull-ups

Warm up for 15 minutes before using the Multi-Grip Pull-Up Bar. A good warm up reduces the chances of injury and enhances performance. Warm up for 5-10 minutes before using the Multi-Grip Pull-Up Bar. Perform light cardio and dynamic stretching to prepare muscles for working out.

Pull-ups for Beginners

Pull-ups are an excellent way to improve upper body strength. However, you may not be able to do these exercises at first. Don't worry! Stand on a stool or chair so that you can assist your pull-ups with your legs. Very soon you will be able to do a pull-up without support. Each time you work out, do as many repetitions as you can. With practice, the Multi-Grip Pull-Up Bar produces exceptional upper body conditioning results.

Pull-ups for Strength

Do as many pull-ups as you can until muscle failure. Complete four sets of repetitions. Chart your progress. When you can do 12 standard pull-ups, begin the endurance practice described below. When you can do 15 standard pull-ups, increase your resistance. There are two ways to increase resistance: 1) add small ankle or waist weights (5 to 10 lbs.); or 2) try one arm assisted pull-ups.

Slow Pull-ups for Endurance

Improve endurance by slowing the speed of the pull-up. This type of training takes willpower, but pays off with good endurance. Do pull-ups in sets of four. Come down in between sets and allow your heart rate to recover to 40% of maximum before the next set. Another approach is to do one slow pull-up, then hang on the Multi-Grip Pull-Up Bar for 5 seconds (about 2 deep breaths). Drop the right arm and shake it, then drop and shake the left arm. Shake both arms a few times. Then do another slow pull-up. Continue the pattern. Establish a smooth rhythm.

THE PROSOURCEFIT MULTI-GRIP PULL-UP BAR EXERCISES

There are several excellent upper body exercises that can be done on the ProsourceFit Multi-Grip Pull-Up Bar. For these exercises, the bar should be hooked (or mounted) on a doorframe.

With 12 grip locations, you can work different muscles using the same exercises. For example, by using the protruding or side grips, you can focus more on pectoral or deltoid muscles. By using the inner padded handle, you can do more bicep work.

General Tips

While performing pull-ups, inhale on the ascent and exhale on the descent. Keep your legs in line with the torso as much as possible with no flexion of the hips. Stretch out the upper arms and scapulae adductors on every repetition for a full range of motion.

Pronated Pull-Ups

Muscles Worked: Upper body, shoulders, forearms

Place your palms and fingers on the ProsourceFit Multi-Grip Pull-Up Bar grip facing away from the body. Keep your arms straight. Hang straight down without swinging. Relax your shoulders. Pull up in a smooth motion until your chin is over the bar. Lower smoothly to the starting position.

Supinated Pull-Ups

Muscles Worked: Lats, upper arms, upper back, and elbow flexor

Place your palms and fingers on the bar grip facing towards the body about shoulder width apart. Keep your arms straight. Hang straight down without swinging. Relax your shoulders. Pull up in a smooth motion until your chin is over the bar. Lower smoothly to the starting position.

Pull-Up Bar Static Hang

Muscles Worked: Forearm and shoulder, deltoids

Hang with one arm grasping the ProsourceFit Multi-Grip Pull-Up Bar for as long as possible. Without dropping, switch arms and shake out the first arm. Switch between arms in this manner for as long as you can.

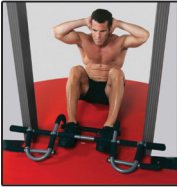
At first, you may only be able to hang for a few seconds. Work up to longer periods of time to increase your stamina and strength.

One-Arm Assisted Pull-Ups

Muscles Worked: Upper body, shoulders, forearms

Place one hand on the desired grip location. Grab your wrist with the other arm to assist the pull-up.

OTHER EXERCISES



Sit Ups

Muscles Worked: abs, deltoids, and obliques

Place the ProsourceFit Multi-Grip Pull-Up Bar on the floor on the back of an open doorway, as shown.

Use the grips to support your feet while performing crunches or full sit ups.



Seated Dip

Muscles Worked: pectoralis and triceps

Place the ProsourceFit Multi-Grip Pull-Up Bar on the floor. Sit facing away from the bar and grasp the desired grips. Slowly lift your body by straightening your arms. Without touching the grip, slowly lower your body by bending your arms.



Push Ups

Muscles Worked: Pectorals, deltoids and triceps

Place the ProsourceFit Multi-Grip Pull-Up Bar on the floor. Lie on the floor facing the bar and grasp the desired grips with your hands at shoulder level.

Slowly lift your body by straightening your arms.

Slowly lower your body by bending your arms.

WARNING:

Do not use this product in ways not intended by its manufacturers. Failure to do so may result in severe injury or death. Consult your physician before engaging in any regular exercise. Do not use ProsourceFit products for anything other than their intended use. ProsourceFit is not responsible for any problems that arise from the misuse of this product.

LIMITED LIFETIME WARRANTY

Covers manufacturing defects including any defects in materials and workmanship. ProsourceFit has sole discretion to determine manufacturing defects. This Lifetime Warranty does not cover: normal wear and tear, misuse, failing to follow use, care, and safety instructions, loss and/or theft. This Lifetime Warranty applies to all types of defects or failure during standard use.

QUESTIONS?

Contact Customer Support by email: support@prosourcefit.com



www.prosourcefit.com

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