

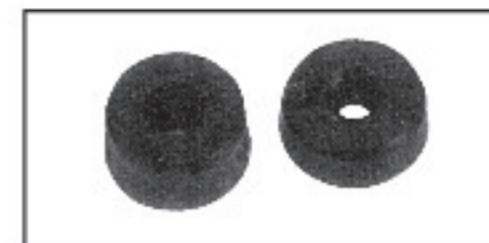
# GOZONE

HOME FITNESS | REMISE EN FORME À DOMICILE

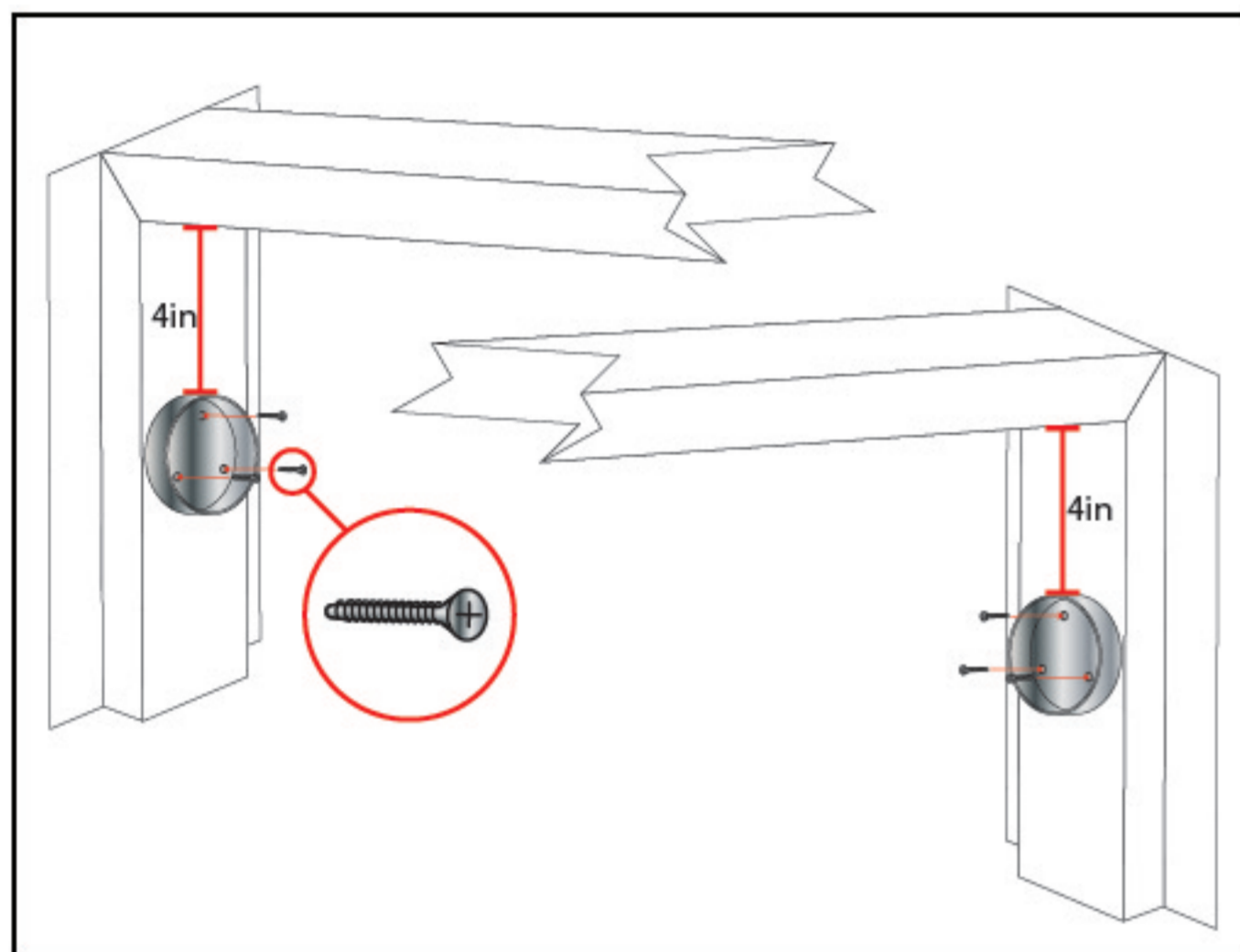
## PULL UP BAR / BARRE DE TRACTION EN SUPINATION



**PART LIST**



**PULL-UP BAR SET UP**

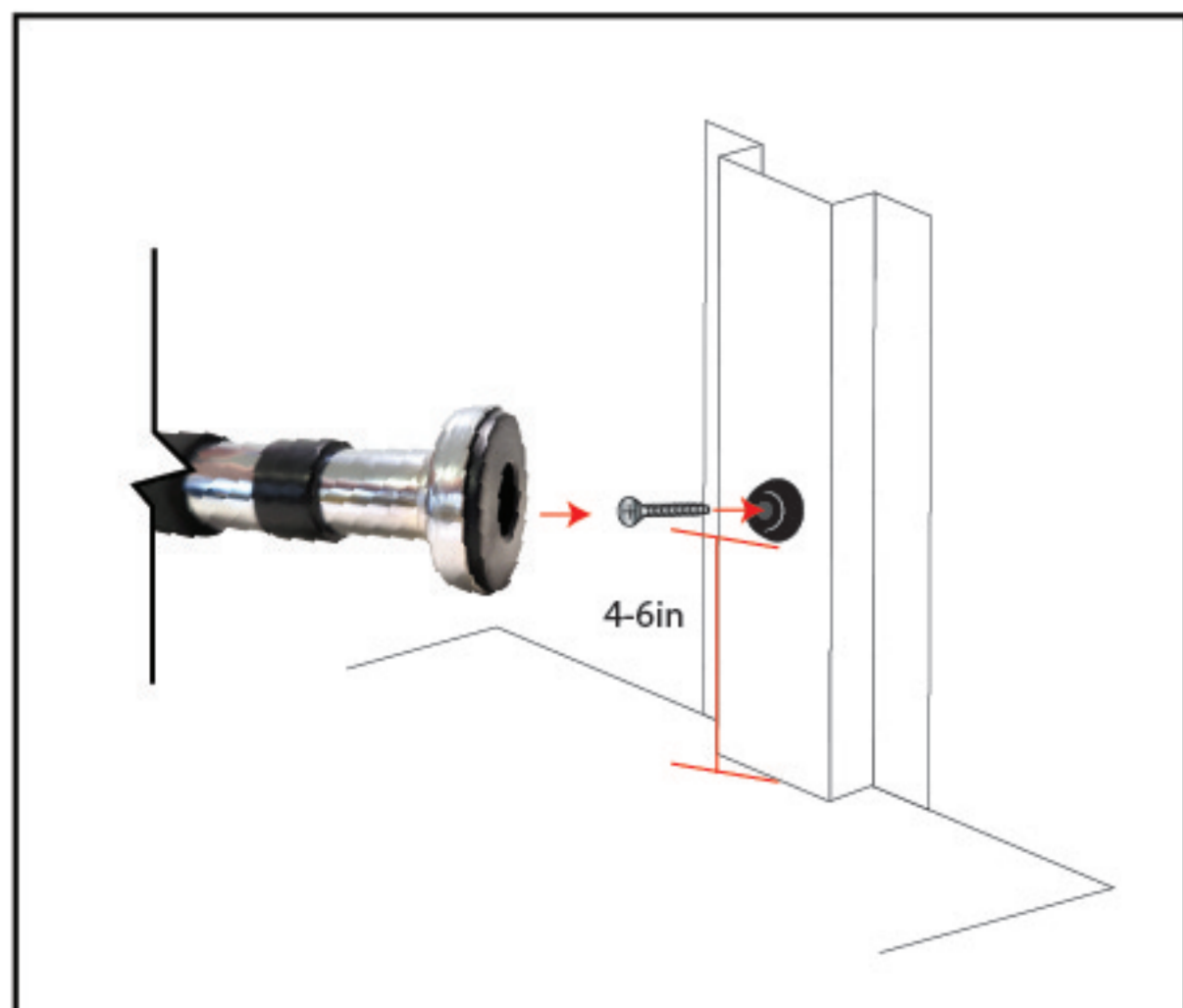


Step 1.  
Install the metal cup brackets on both sides of your door frame using the included screws.  
Measure 4in (10cm) down from the top of the door to ensure that the brackets are aligned.

Step 2.  
Insert the ends of the pull up bar into the brackets.  
Rotate the bar as shown to extend the bar until it is tight in the door frame.  
To loosen bar, simply rotate the bar the opposite direction.



**SIT-UP BAR SET UP (OPTIONAL)**



Step 3.  
Install the plastic knobs (sit up mounts) aligned near the bottom of the door.  
Measure 4 to 6in (10 -15cm) from the floor - leave enough space for your feet to comfortable slip under the bar.

Step 4  
Place the bar so the mounts enter the open ends of the bar and expand the bar until the bar is tight in the door frame.  
See step 2 above.