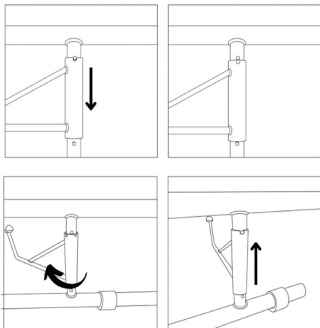


IMPORTANT: Before installation, make sure that your door frame is stable and able to bear weight.

- 1** Pull the side panels down to release them from the anchorage. Turn the side panels backwards and make sure that they are perpendicular to the bar and lock back into the anchorage.



- 2** Place the Door Pull Up Bar in your doorway. Make sure to adjust the rubber pads so that they rest on the door frame and the rubber pads on the side panels are properly attached to the top of the door frame.

