

# DOOR PULL UP BAR HOOK-IT

# OUR TEAM

## WE ARE GORNATION,

founded in 2015 in Germany with the goal to support calisthenics athletes worldwide in their training. We're thrilled that you're part of our mission to connect 1,000,000 people through calisthenics by 2025.



Learn more about our mission:

[www.GORNATION.com/pages/about](http://www.GORNATION.com/pages/about)



# MATCHING ACCESSORIES

## Resistance Bands

Get the support you need for faster progress in your goals.

## Dip Bars

Want to take your workout to the next level? The Dip Bars are a versatile tool to diversify your training with a maximum variety of exercises.

## Parallettes

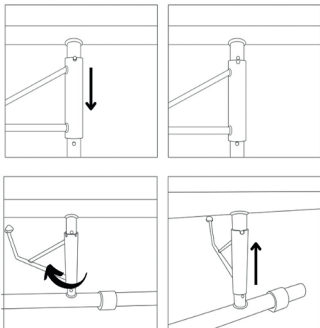
Enhance your training with Parallettes. They boost strength, balance, and flexibility through an increased Range of Motion and support for your wrists.

Discover this and more helpful equipment on [www.GORNATION.com](http://www.GORNATION.com)

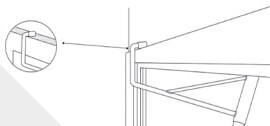
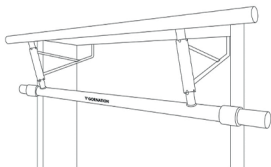


**IMPORTANT:** Before installation, make sure that your door frame is stable and able to bear weight.

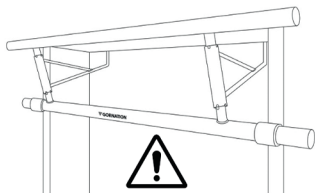
- 1** Pull the side panels down to release them from the anchorage. Turn the side panels backwards and make sure that they are perpendicular to the bar and lock back into the anchorage.



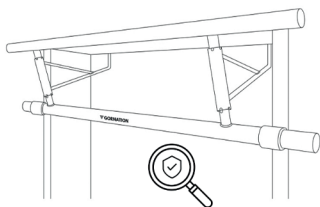
- 2** Place the Door Pull Up Bar in your doorway. Make sure to adjust the rubber pads so that they rest on the door frame and the rubber pads on the side panels are properly attached to the top of the door frame.



- 3** Check whether the door frame gives way or the Door Pull Up Bar slips. If this is the case, you will need to readjust.



- 4** The stability of the Door Pull Up Bar, the door frame and the wall must be checked after installation and before each workout.



**Content of delivery:**

- 1 Door Pull Up Bar Hook-it

**Material:**

black coated steel

plastic

**Important:**

Familiarize yourself with all instructions regarding use and care before first use.

**Care instructions:**

- The device should be stored indoors. Direct sunlight and exposure to moisture should be avoided. Proximity to heat sources should also be avoided.
- You can clean the device with a clean, soft and damp cloth. Take care not to use any acidic, alkaline, abrasive or corrosive substances when cleaning to avoid damaging the surface of the appliance and causing scratches.

**Safety instructions:**

- The entire user manual must be read before the device is installed and used. Proper and safe use can only be achieved after proper installation, maintenance and use. It is your responsibility to ensure that all users of the device are aware of all precautions and warnings.
- Before you start exercising, consult a doctor. The doctor will determine whether there are any health or physical restrictions that could pose a risk to health and safety or prevent proper use. If you are taking medication that affects your cholesterol levels, blood pressure or heart rate, the advice of your doctor is important.
- The product is only suitable for sports purposes.
- Incorrect or excessive training can be harmful to your health. You must pay attention to your body's signals. Stop exercising if you experience the following symptoms: drowsiness, dizziness, nausea, pain, tightness in the chest, extreme shortness of breath or irregular heartbeat. If you experience any of these symptoms, you should consult a doctor.
- Please note that incorrect and excessive training can endanger your health. Start your training lightly and intensify your training in appropriate stages. Even with advanced athletic expertise, it is important to start with light exercises to familiarize yourself with all subsequent exercises before moving on to more advanced variations.
- Warm up for a few minutes before your workout to avoid injuries. Stretch your body before and after exercises, this helps to prevent injuries or cramps.
- Suitable sports clothing must be worn. It should allow freedom of movement and be comfortable. Sports shoes with non-slip soles and made of supportive material should also be worn.
- Pets and children must be kept away from the device. The device is intended for adults only.
- There should be no other objects, pets, people or children within a radius of at least one meter that could injure you or them.
- The device may only be used by one person at a time.
- Before each use, all visible parts must be checked for damage or wear.
- Before use, check that the product is correctly and properly installed.
- Make sure that the door frame is stable. If you are unsure, contact an installer and/or specialist dealer. This is the only way to ensure that the attachment will hold the weight.
- Maximum load: 130 kg when used according to instructions.

**Safety instructions:**

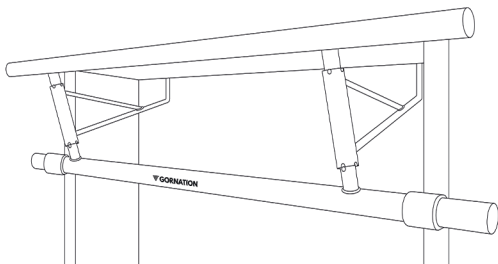
- Use ONLY for intended use (as described by the manufacturer). The device must not be modified and no additional parts must be used that are not recommended by the manufacturer.
- Not for the attachment of e.g. Suitable and usable for children's swings, etc. Misuse of the device is at your own risk.
- The product is not suitable for children under the age of 14. Children may only use the device if they are physically capable of doing so and only under the supervision of a responsible adult.
- Make sure that your door frame can withstand the loads. Using the Door Pull Up Bar puts strong forces on your door frame.
- Your door frame must be at least 70 cm in inner diameter and no more than 100 cm in outer diameter.
- The door frame must protrude at least 1.5 cm and a maximum of 2 cm from the wall (frame depth) so that the anchors of the Pull Up Bar have enough hold.
- The height of the door frame must not exceed 8.5 cm. The depth of the door frame should be at least 12 cm and no more than 21 cm.
- Make sure that the maximum load of 130 kg is not exceeded.
- Avoid jerky movements and do not jump on the Door Pull Up Bar to avoid endangering the stability of the device.
- Hang only with your hands on the Door Pull Up Bar.
- Do not hang with your legs or feet on the Door Pull Up Bar.
- Do not hang upside down on the Door Pull Up Bar.
- Perform the exercises only with controlled movements. Make sure that you do not swing, move jerkily or bend your back while exercising.
- GORNATION GmbH does not assume any liability for improper assembly, overloading and use.

**Warranty:**

The warranty period is 2 years and starts from the date of invoice. Warranty service is provided when defects in the product are due to defects in materials or workmanship. If a defect is detected, the buyer is obliged to report it immediately to the manufacturer, who will repair it free of charge. Damage resulting from improper handling, failure to follow the instructions, use of force or normal wear and tear are not covered by the warranty. Furthermore, the warranty obligation and any warranty shall become void if the product is modified without authorization or is not used for the intended purpose. The manufacturer shall not be liable for any resulting, causal or consequential damages of any kind unless such limitation of liability is expressly prohibited by law. It is at the manufacturer's discretion to fulfill the warranty obligation by repairing or replacing the damaged product. There are no further claims. Statutory rights are not limited by this warranty.

## Congratulations!

You are standing in front of your Door Pull Up Bar Hook-it - ready to get started with your training!



But we wouldn't be GORNATION if we simply left you alone with your new product. We have put together some important tips on training with the Pull Up Bar Hook-it especially for our customers.

We offer incentives and inspiration for the best exercises that you can use directly during your first workout with your new GORNATION Pull Up Bar Hook-it. Find all this under the following link:

<https://www.gornation.com/door-pull-up-bar-hook-it>



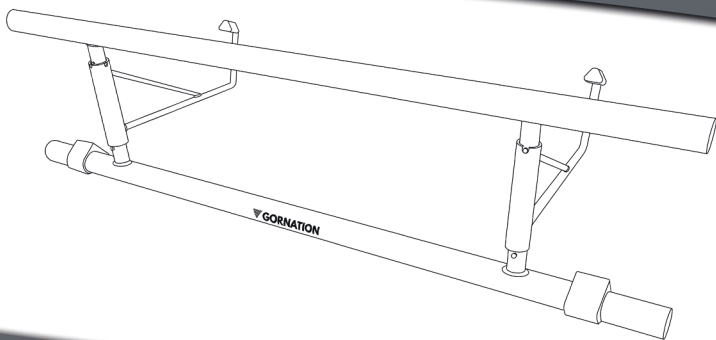
Exercises and tips for your Pull Up Bar Hook-it!

If you have any questions, feedback or other concerns, please feel free to contact us at any time.

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The general terms and conditions of the website apply:  
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