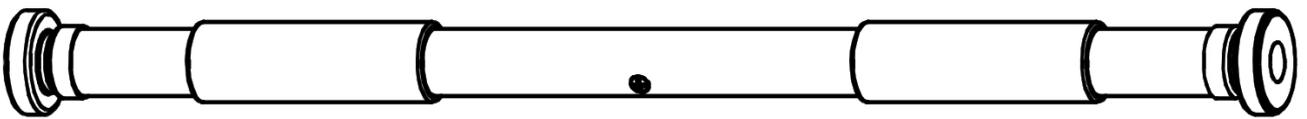


virtu^{fit}

Doorway Gym Bar

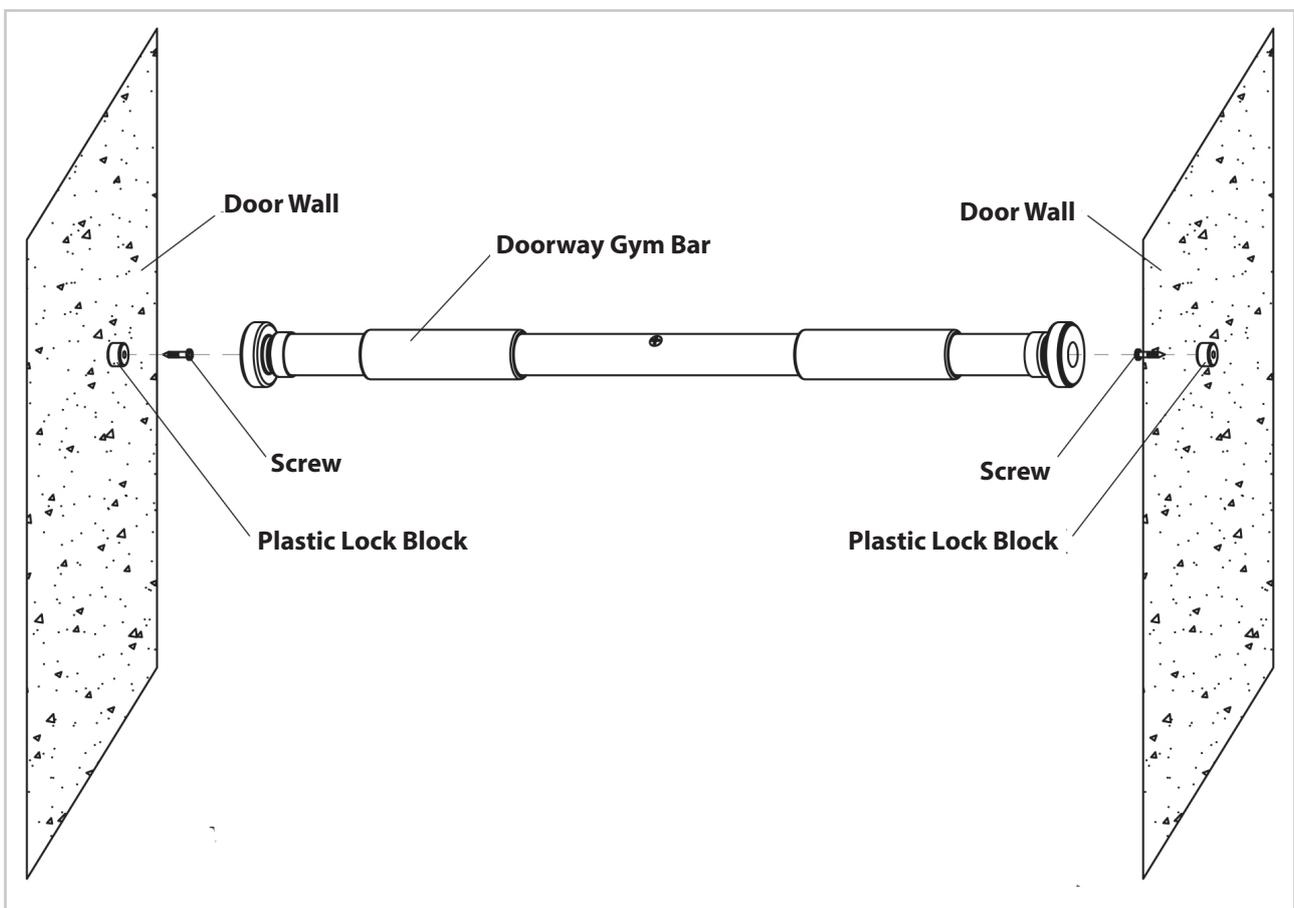
User manual



PAY ATTENTION TO FOLLOWING POINTS

1. Made for chin-ups, sit-ups and stretching exercises.
2. Fits doorways from 63 cm to 96 cm wide.
3. Easy to remove when not in use.
4. Maximum body weight 120 kg
5. Not suitable for use with gravity boots

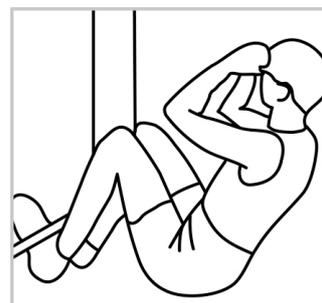
STEP 1



- Make sure to hang the gym bar in a doorway that is between 63 and 96 cm wide. When choosing a suitable place, keep in mind what your stature is and which exercises you want to do. Attach the plastic lock blocks to each side of the door frame and make sure that they are on the same level.
- Take the gym bar and make a rotating motion to increase the length until it has almost the same width as the doorway. Place the bar at the same height as the lock blocks and make a few more rotations until both sides touch the door frame. The plastic lock blocks will now fall into the openings at the ends of the bar for extra safety.

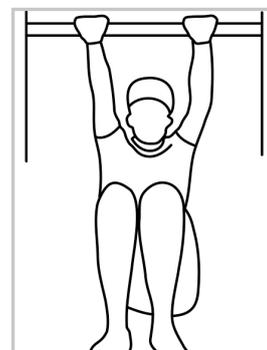
SIT-UPS - *abdominal muscles*

Lie on your back with your knees bent and your feet hooked under the bar, place your hands at the side of your head or alongside your hips if this is too difficult. Sit up slowly to 45 degrees and then slowly lower yourself. Repeat after a short pause. Build up your exercises to sets of 10 or 20.



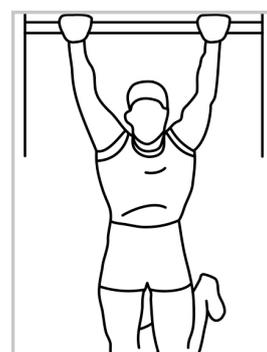
HANGING LEG RAISE - *abdominal muscles*

(Place your hands on the bar with your knuckles facing towards you). Hang from the bar with your hands positioned in line with your shoulders. Bend your knees and lift them as high as possible, after which you lower them back to the starting position, (be careful not to swing.) Stop briefly and repeat 5 times. Increase the repetitions according to your wish.



WIDE GRIP CHINS - *upper back, biceps and shoulder muscles*

(Place your hands on the bar with your knuckles facing towards you). Hang from the bar with your legs bent at your knees. Pull yourself up trying to touch the bar with your chest at the top of the movement. Hold briefly and then lower yourself to the starting position. Your movement should be controlled and not rushed. Gradually increase the repetitions as you progress.



CLOSE GRIP CHINS - *chest, biceps and shoulder muscles*

(Place your hands on the bar with your knuckles facing the other side). Hang from the bar with your legs bent at your knees. Pull yourself up and lean your head slightly backwards. Try to touch your hands and lower yourself back to the starting position. Your movement should be controlled and not rushed. Gradually increase the repetitions as you progress.

