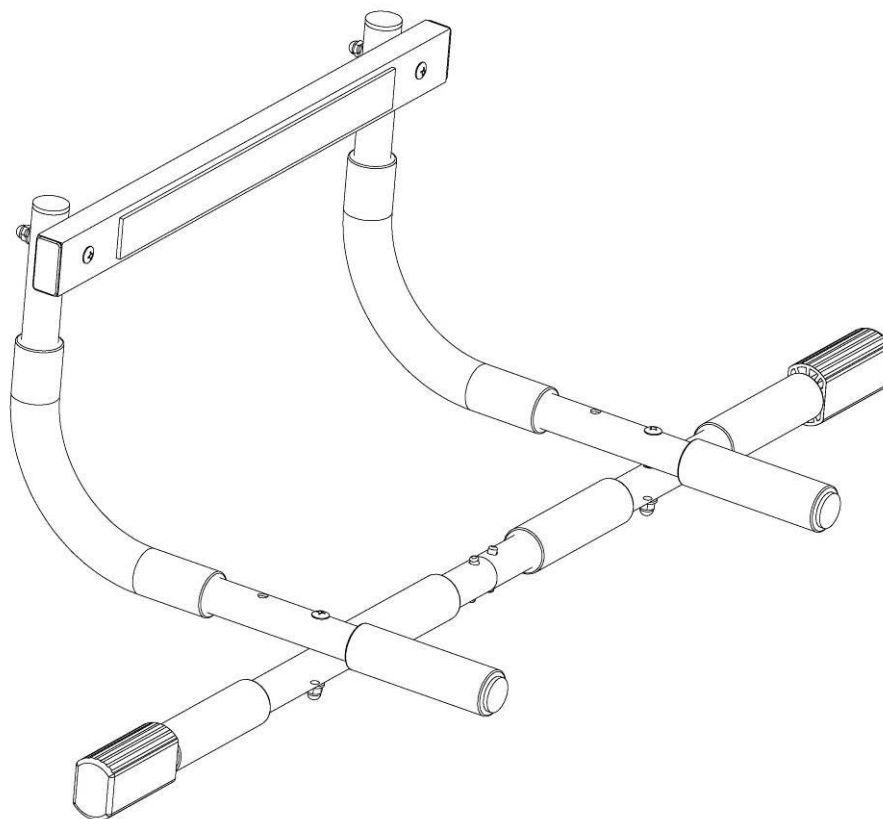


Opti Fitness Upper Body Door Gym

Assembly & User Instruction – Please keep for future reference

6180223



Important – Please read this instruction manual fully before assembly or using

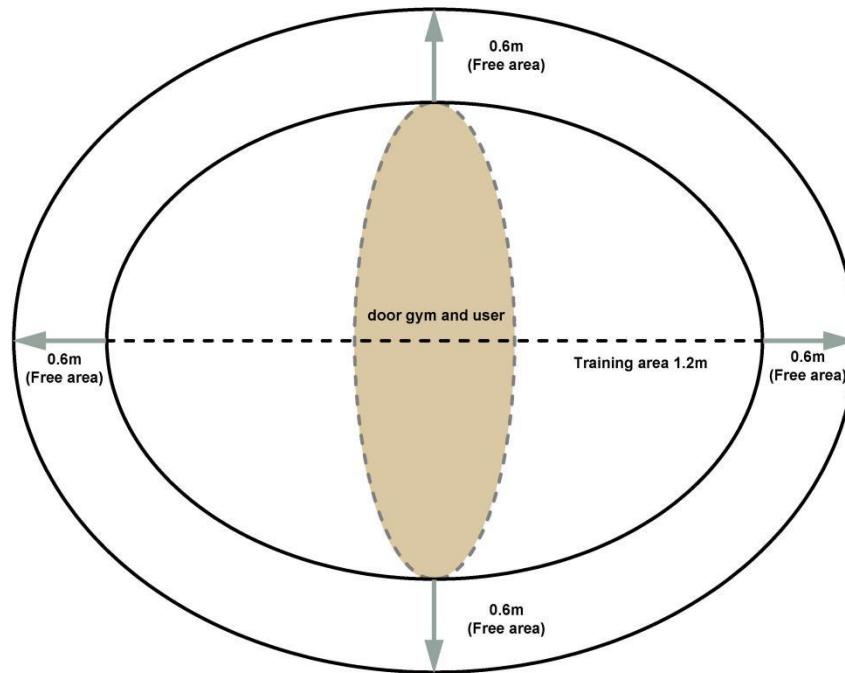
These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

Opti Fitness door gym attaches and removes from stand door frame (70cm – 80cm wide) easily. Make sure the door frame and moldings are secure and solid before installing the equipment. A weak door frame and/or moldings can cause the unit to fail and dislodge from door way.

If you need help or have damaged or missing parts, call the **Customer Helpline: 0345 600 1714**
<http://www.argos-support.co.uk/>

Warning & Cautions

1. Consult physician before any exercise.
2. Please make sure the bolts & Screw are tightened and in working condition before you use this product. Inspect the unit is installed securely, and use according the guide below.
3. Free area shall be not less than 0.6m greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount. Where equipment is positioned adjacent to each other the value of the free area may be shared. Keep unsupervised children away from the equipment.



4. Examine the equipment termly, especially for the easy damaged or wear parts, such as bolts and nuts, Safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. connection points. Replace the defective comments components immediately and keep the equipment out of use until repair; Special attention to components most susceptible to wear.
5. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer. Series injury may occurs for any incorrect use or excessive.
6. Make sure your warm up for at list 5 – 10 minutes before your workout and cool down after your workout.
7. Do not wear loose clothing and hang jewelry while exercising, as this way cause danger.
8. If you exercise experience any pain, faintness or other unusual discomfort while exercising, stop immediately and consult your physician before continuing. Injuries to health may result from incorrect or excessive training.
9. Maximum user's weight: 100kg.
10. This product conforms to: (BS EN ISO 20957)-PARTS 1. class (H) - Home Use- . It's NOT suitable for therapeutic purposes.

IMPORTANT: This product is suitable for the door inner frame of 70cm-80cm, and depth of 11cm – 16cm. **Do Not** set up to a door out of this range, and ensure both side of cross bar & the Stop rail lay against door frame securely while in use at pull up position. The door gym is not intended to be a permanent installation, Remove it until next use to make sure it does not accidentally fall off when not in use.

Assembly

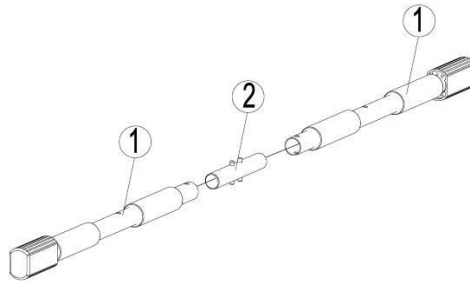
Tool required for assembly of this equipment: one screw driver and one adjustable wrench. (Customer self prepared)

Total mass of the product: 1.95KGS, **The assembly size : 945×460×290mm**

This product is suitable for the door inner frame of 70cm-80cm, and depth of 11cm–16cm.
Minimum value (force) the door frame shall support: 252 kg

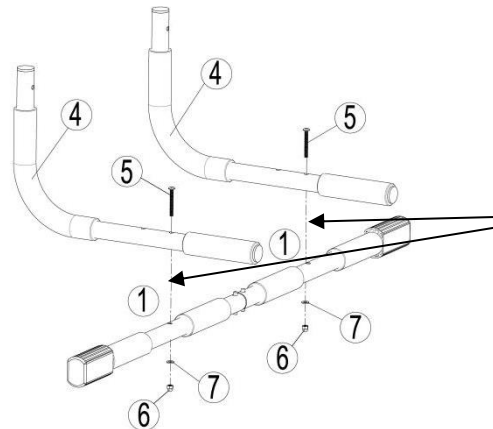
Step 1

Attach two Slide cross bars **(1)** onto Middle cross bar **(2)** with spring balls into the holes.



Step 2

Attach two Curved bars **(4)** to Slide cross Bars **(1)** using two M6 x 50mm Philips bolts **(5)**, Ø6mm Washers **(7)** and M6 Dome Nuts **(6)**.

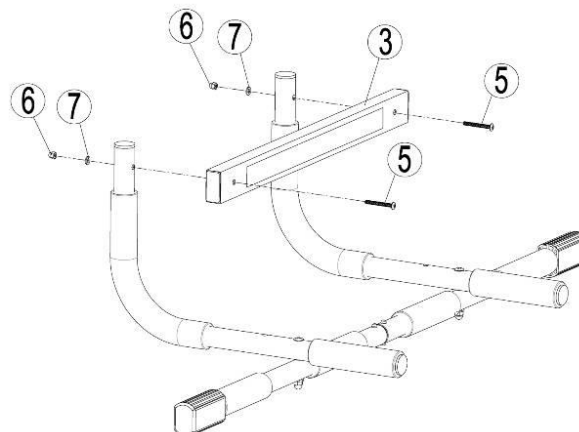


Attention!

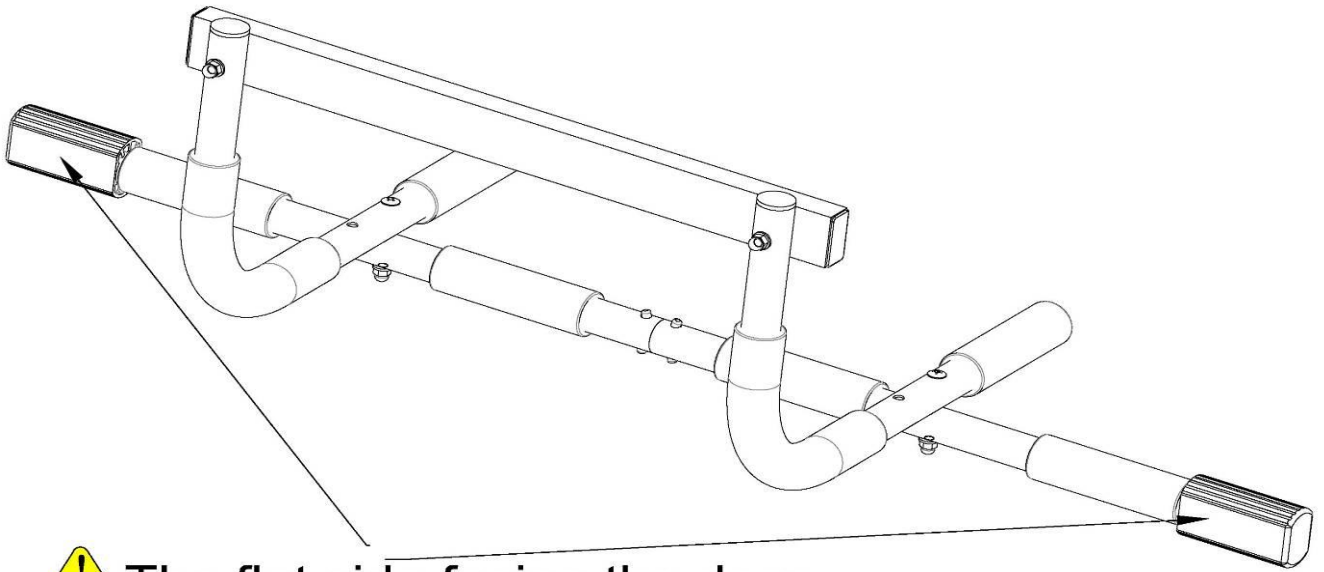
Make sure concave side of the holes on two Slide cross bars **(1)** facing to the two Curved bars **(4)**.

Step 3

Attach the Stop rail **(3)** to the end of two Curved bars **(4)** using two M6 x 50mm Philips bolts **(5)**, Ø6mm Washers **(7)** and M6 Dome Nuts **(6)**.



Notice:



 The flat side facing the door

Care and Maintenance

- | | | |
|--|---|--|
| <p>1. Examine the equipment periodically in order to detect any damage or wear which may have been produced.</p> <p>2. Lubricate moving parts with the light oil periodically to prevent premature wear.</p> <p>3. Inspect and tighten all parts before using the equipment, replace any defective parts immediately, and do not use</p> | <p>the equipment again until it is in perfect working order.</p> <p>4. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.</p> <p>5. Do not attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or</p> | <p>Use of your exercise product or if you think that you may have parts missing, contact the manufacturer, their approved service agent or</p> <p>Customer Helpline: 0345 6001714.</p> <p>Guarantee: For guarantee purposes, please retain your receipt.</p> |
|--|---|--|

Door Frame Installation

Fig. 1: Position the Stop frame so that it rests on the top of the door frame/molding.

Fig. 2: Make sure the two foam grip ends on the opposite side of the door opening are in full contact with and resting against the side door frame moldings.

FIG. 1

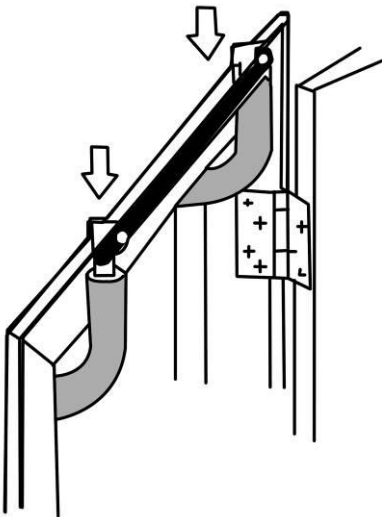
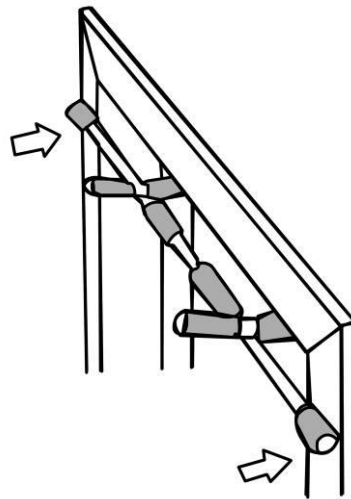


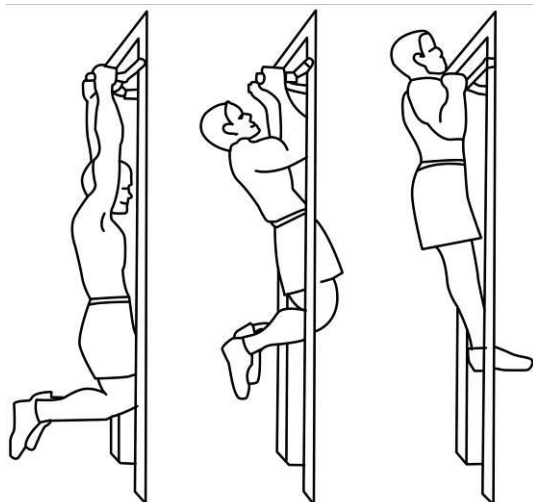
FIG. 2



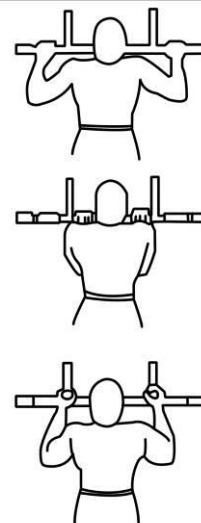
Important: Before use Pro Fitness Door gym, tug down on the grips to make sure the unit is securely installed into the door frame!

Exercise Guide

1. Pull-ups



Various Grips positions

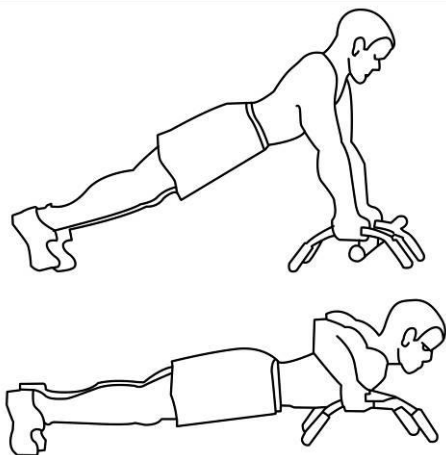


Do the exercise slowly in controlled, smooth and fluid manner.

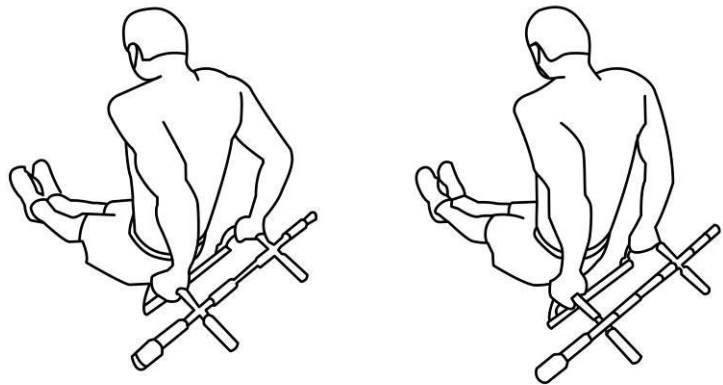
Use these various grip positions to target different muscle areas. Interchange the position of your hands from overhand to underhand with each exercise.

Exercise Guide

2. Push-Ups

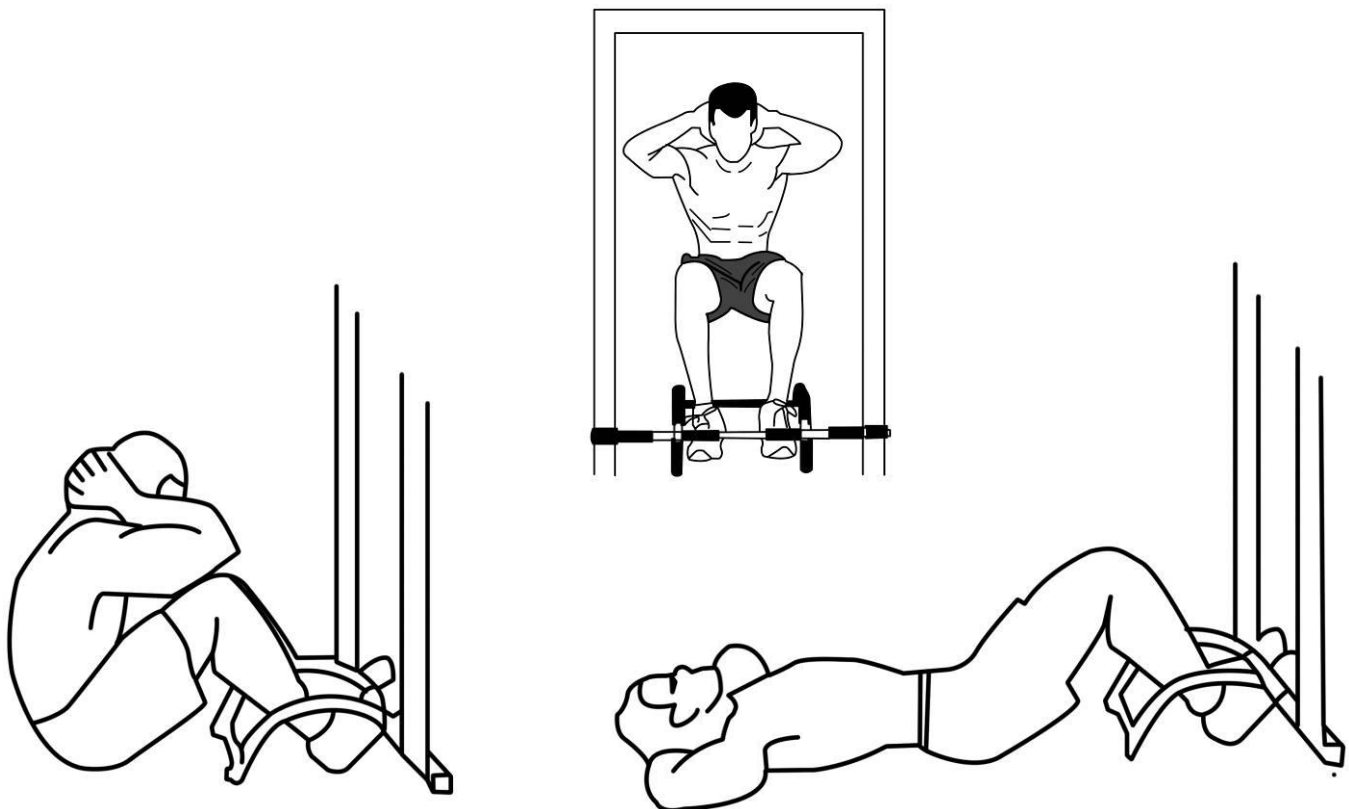


3. Dips



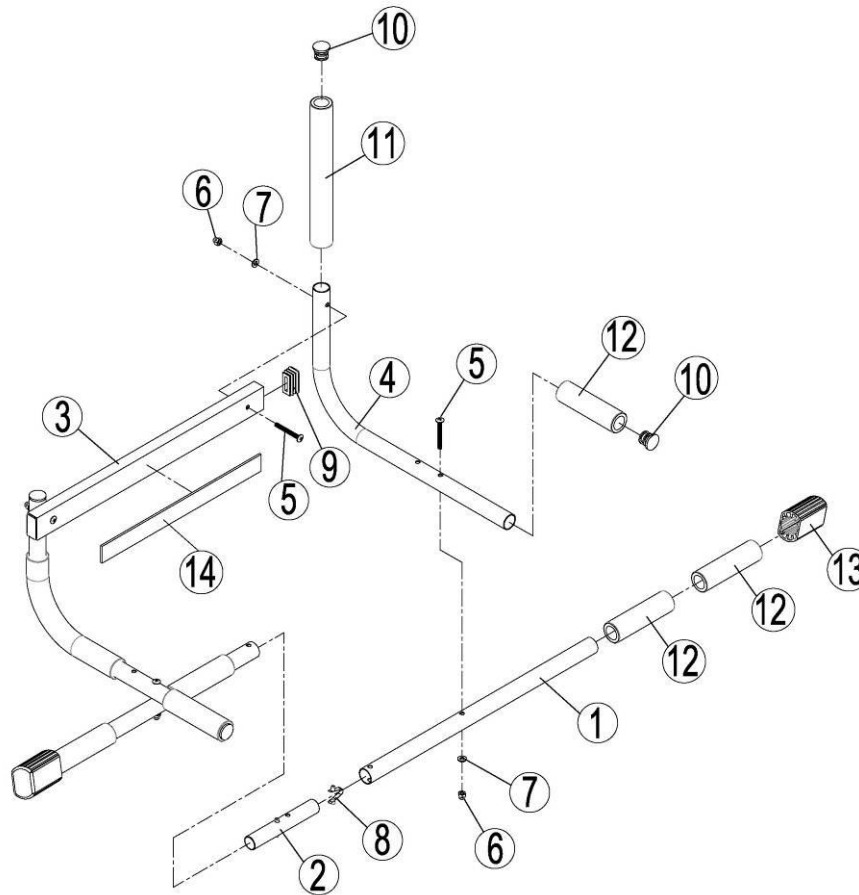
4. Sit-Ups

Place door gym on the floor with the two slide cross bar against the lower position of the door frame. Holder your feet under the Middle cross bar and starting to exercise.



Note: Do not overexert yourself/muscle. Start out slowly and work your way up to more vigorous workout. Gradually increase the number of repetitions over time.

Explode Parts Diagram



Exploded Part List

Key no	Description	QTY	code	Key no	Description	QTY	code
1	Slide cross bar	2	2A1203837	8	Ø6mm Spring clip	2	3B61EJC00005
2	Middle cross bar	1	2A1203836	9	20x40mm End Cap	2	3C51JBB00091
3	Stop Rail	1	2A1203835	10	Ø25mm End Cap	4	3C51JBB00024
4	Curved bar	2	2A1203834	11	Ø22xØ32x250mm Foam roll	2	3C72K00037
5	M6x50mm Philips bolt	4	3B51DBG00007	12	Ø22xØ32x110mm Foam roll	6	3C72K00038
6	M6 Dome nut	4	3B52DCA00001	13	Plastic Protection Cover	2	3C600023
7	Ø6mm Washer	4	3B53DIB00004	14	EVA Sheet	1	3C600022



Product Guarantee

This product is guaranteed against manufacturing defects from a period of



YEAR

This product is guaranteed against for one years from the date of original purchase Any defect that arises due to faulty materials or workmanship will either be replaced refunded or repaired free of charge where possible during this period by the dealer from whom you purchased the unit.

The guarantee is subject to the following provisions:

- The guarantee does not cover accidental damage, misuse, cabinet parts, knobs or consumable items.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual
- It must be used solely for domestic purpose
- The guarantee will rendered invalided if the products is re-sold or has been damaged by inexpert repair
- Specifications are subject to change without notice
- The manufacturer disclaim any liability for the incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal right
- In the event of problem with the product with in the guarantee period call the

Customer Helpline: 0345 600 1714 <http://www.argos-support.co.uk/>

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