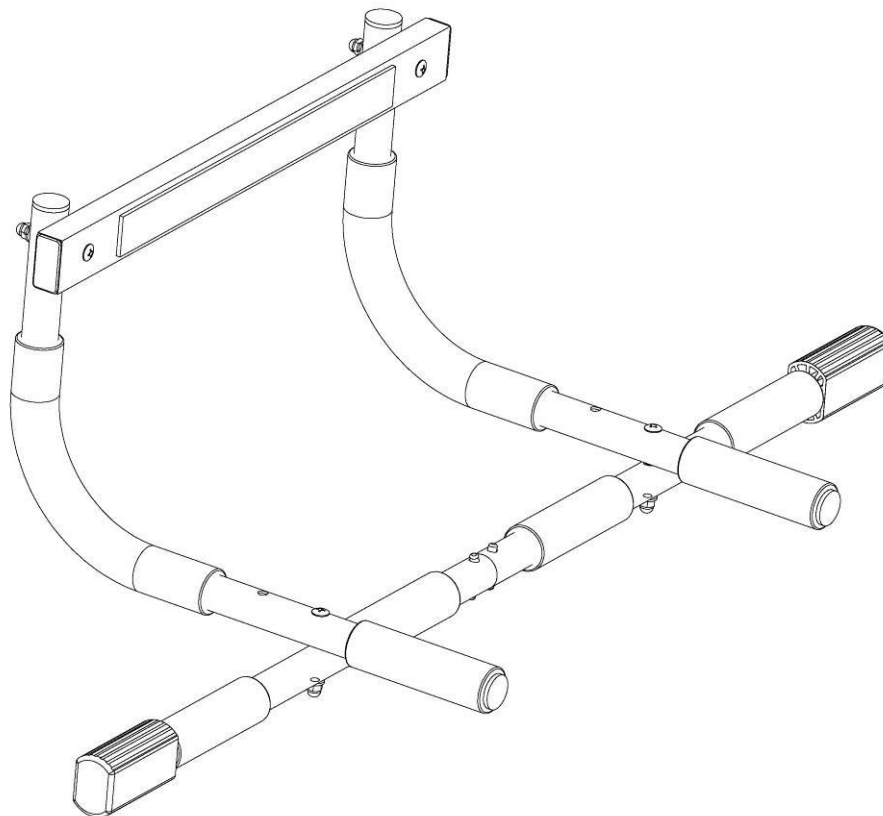


Opti Fitness Upper Body Door Gym

Assembly & User Instruction – Please keep for future reference

618 / 0223

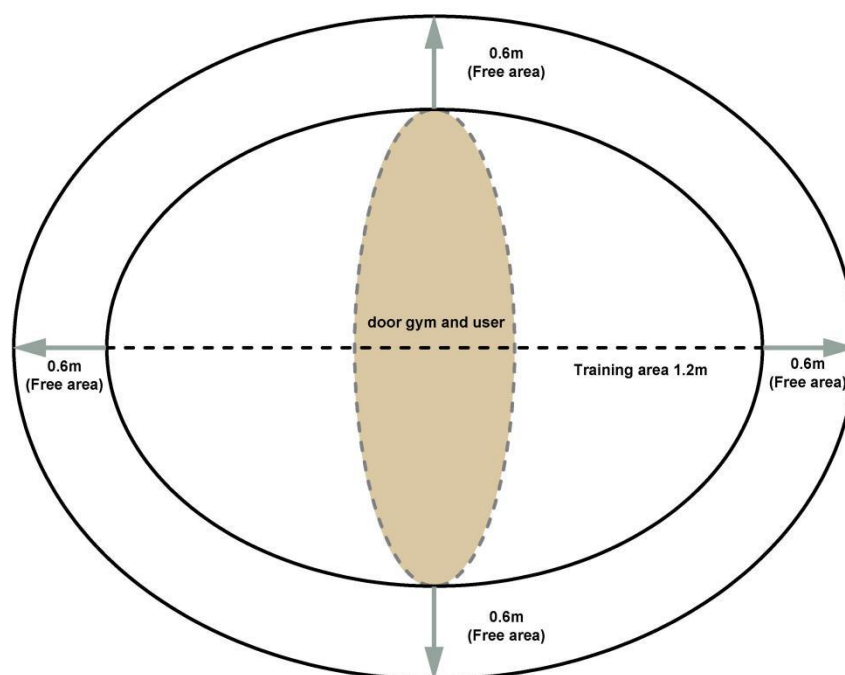


Important – Please read this instruction manual fully before assembly or using

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

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

Assembly

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

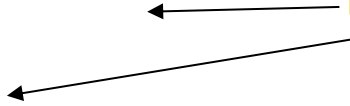
Total mass of the product: 1.95KGS

This product is suitable for the door inner frame of 70cm-80cm, and depth of 11cm–16cm.

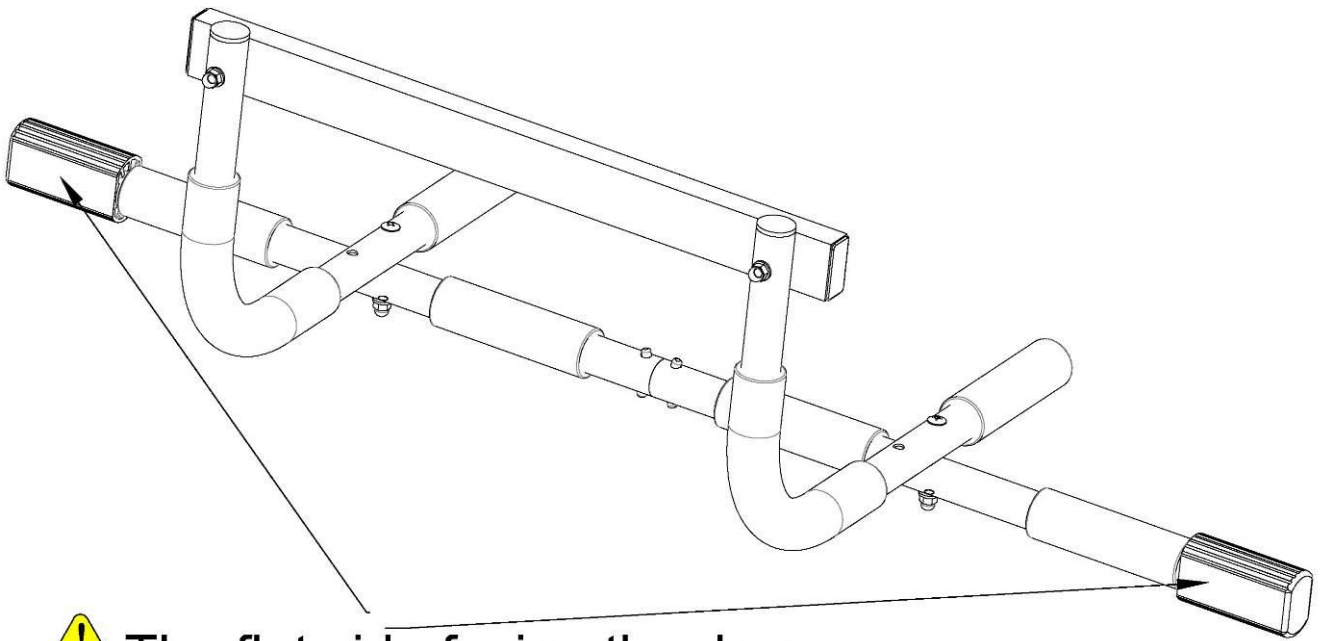
Minimum value (force) the door frame shall support: 252 kg

Attention!

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



Notice:



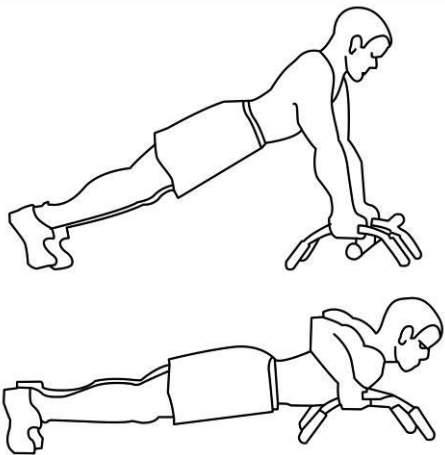
 The flat side facing the door

Door Frame Installation

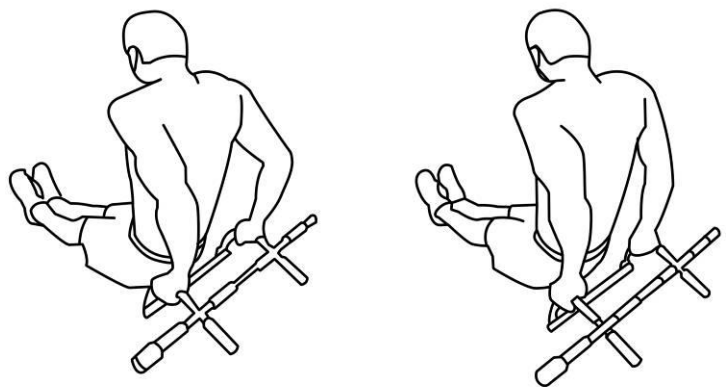
Fig. 1: Position the Stop frame so that it rests on the top of the door frame/molding.

Exercise Guide

2. Push-Ups

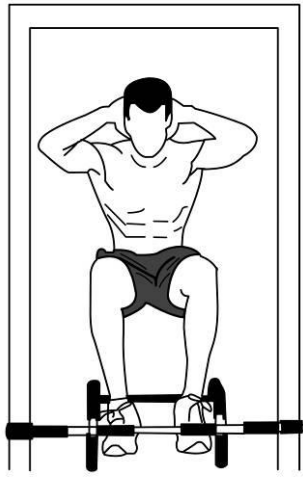


3. Dips



4. Sit-Ups

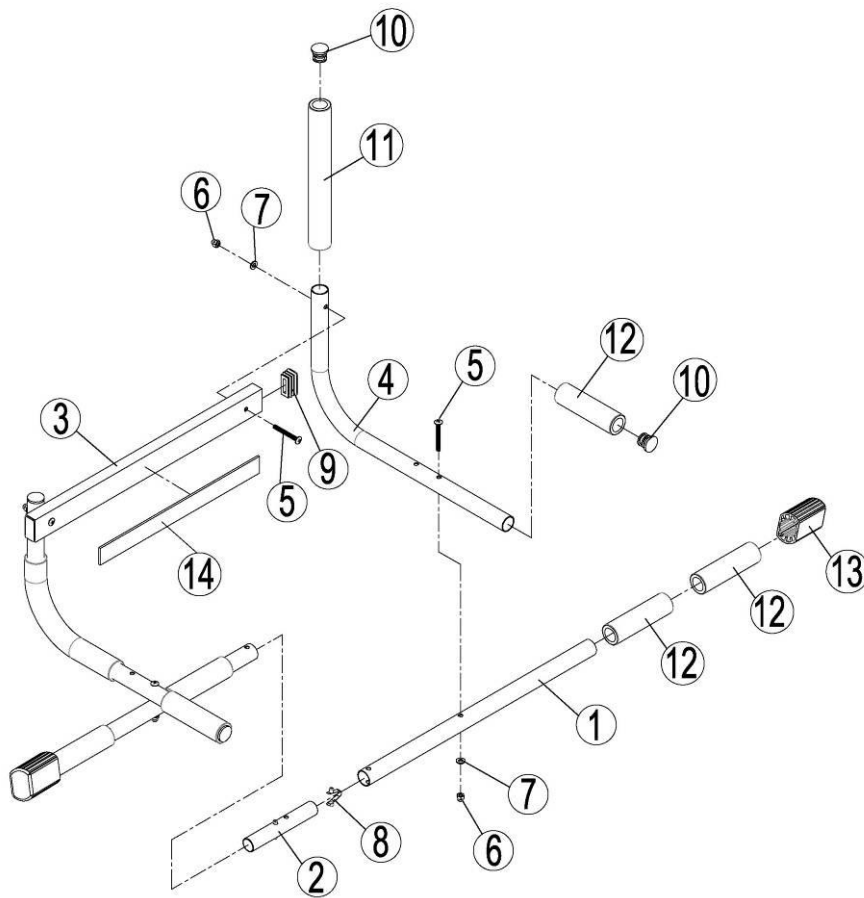
Place door gym on the floor with the two slide cross bar against the lower position of the door frame. Holder your feet under the Middle cross bar and starting to exercise



3

5

Explode Parts Diagram



Key no	Description	QTY	Key no	Description	QTY
1	Slide cross bar	2	8	Ø6mm Spring clip	2
2	Middle cross bar	1	9	20x40mm End Cap	2
3	Stop Rail	1	10	Φ25mm End Cap	4
4	Curved bar	2	11	Φ22×Φ32×250mm Foam roll	2



Product Guarantee

This product is guaranteed against manufacturing defects from a period of



YEAR

