

# OPTI CHINNING BAR



## Warning

620/0299

The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. connection points.  
 Replace defective components immediately and/or keep the equipment out of use until repair.  
 Special attention to components most susceptible to wear.  
 The minimum loading that the door frame shall support is 255kg.  
 This product is suitable for the door frame from 63cm to 95 cm wide.  
 This product is Class H, for indoor use only.  
 Total mass of the product is 1.2kg.

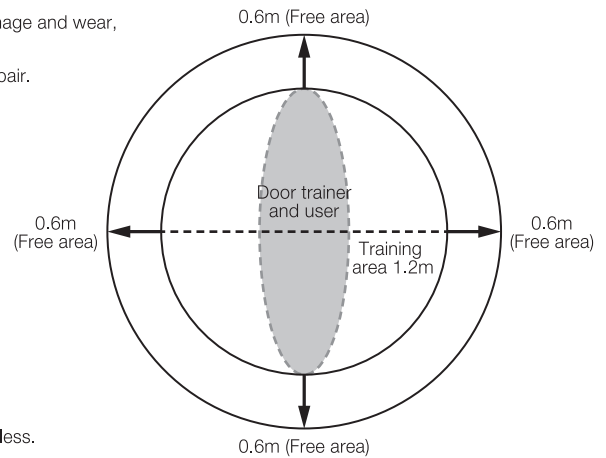
The free area shall be not less than 0.6 m greater than the training area in the directions from which the equipment is accessed.

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.

Injuries to health may result from incorrect or excessive training.

Weight Limit - Your product is suitable for user weighing: 209LBS / 14.9 Stone / 95KG or less.

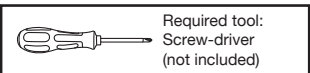


## Contents

Do not remove the Fixed Screw (4), as it secures the main tube (1) from sliding around



## Assembly Instructions



<p>Align</p> <p>Door Frame</p>			
<p>Insert 6 x M4 x 25mm Self Tapping Screws(3) to the Metal Retaining Cups (2) and screw into any position you want on both sides on to the door frame.</p> <p>Ensure sufficient Head Room to perform the exercise correctly.</p> <p>Make sure both Metal Retaining Cups (2) are levelled and aligned with each other on the door frame.</p>	<p>Ensure the Rubber Cushion Ring (5) are fully inserted into each side of the Metal Retaining Cups (2)</p>	<p>Fit one end of the Main Tube (1) into one Metal Retaining Cup then rotate the Main Tube to lengthen it, lining up the opposite Main Tube End and Metal Retaining Cup until it is securely fitted into the door frame aperture.</p>	<p>Regularly check the security of this fitment.</p>

## Exercising Information

Chin Ups	Chin up Bar Static Hang	One Arm Chin Ups
<p>For upper body, back, forearms. Grasp the bar palms and fingers forward, away from the body. This is called the "pronated" grip. Keep both arms straight and hang straight down without swinging. Relax your shoulders hang straight down without swinging. Relax your shoulders and body. Pull up in a smooth motion, do not jerk. The chin should go over the bar. Lower smoothly back to the starting position.</p>	<p>Using the chin up bar, hang with one arm as long as possible. Before you "peel" off, trade arms and shake out while hanging from the other arm. When you first start this exercise, you will probably only be able to hang 45 seconds. Work your stamina and strength up to the point where you can hang for 4 minutes (or more). Set your personal goal and work towards it faithfully.</p>	<p>For strength training and biceps to "work into" a one arm chin up, start by grabbing the wrist with your other arm and assist. This variation of the chin up exercise provides more resistance for strength building. Another way to provide additional resistance is to add 2kg or 4.5kg ankle or wrist belt weights.</p>