

MH

# Men'sHealth<sup>®</sup>

## *Active+*

Multi Pull Up Bar



# Multi Pull Up Bar

## Warning

805/7316



The safety of this equipment can only be assured if it is examined regularly for damage and wear.

Please check connections before and after each use to ensure they are secure.

Pay special attention to components most susceptible to wear.

Replace defective components immediately and keep the equipment out of use until repair.

The maximum load that the door frame can support is 255kg.

This product is suitable for door frames with a width of 71cm to 96cm.

This product is for indoor use only (Class H).

The total weight of the product is 3.9kg.

This product is not a toy and is not suitable for children.

Injuries may result from incorrect use of this equipment or excessive training.

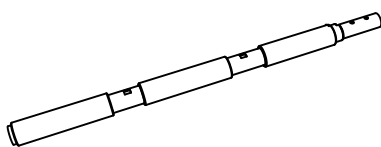
Please consult a medical professional or personal trainer prior to commencing exercise to ensure it is safe for you to do so.

If you have any health concerns or medical problems please consult a doctor before using this equipment.

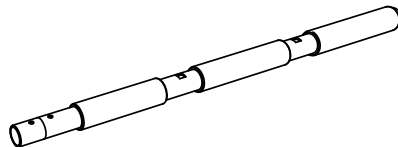
Dress appropriately for exercise and wear comfortable clothing that allows a full range of movements.

The maximum user body mass is 100kg.

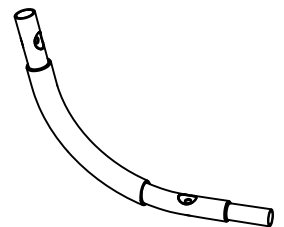
## Components - Parts



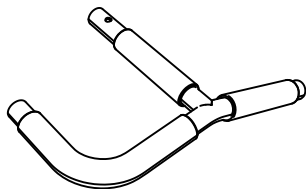
1 Left Handle Tube  
1pc



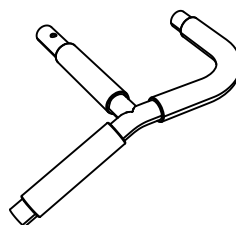
2 Right Handle Tube  
1pc



3 Left/Right bent tube  
2pcs



4 Right Handle Tube  
1pc



5 Left Handle Tube  
1pc



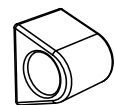
6 Horizontal Bar  
1pc



7 Round End Cap  
(This is pre-fixed)  
2pcs

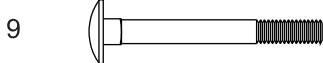


8 Rectangular End Cap  
(This is pre-fixed)  
2pcs



13 D rings  
2pcs

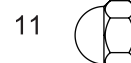
## Components - Fixings



9 Carriage bolt M6\*53 4pcs



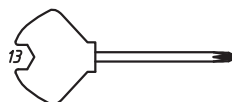
10 Phillips screw 4pcs



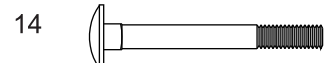
11 Domed nut 6pcs



12 Arc washer 8pcs



(S=13)-1PC



14 Carriage bolt M6\*50 2pcs

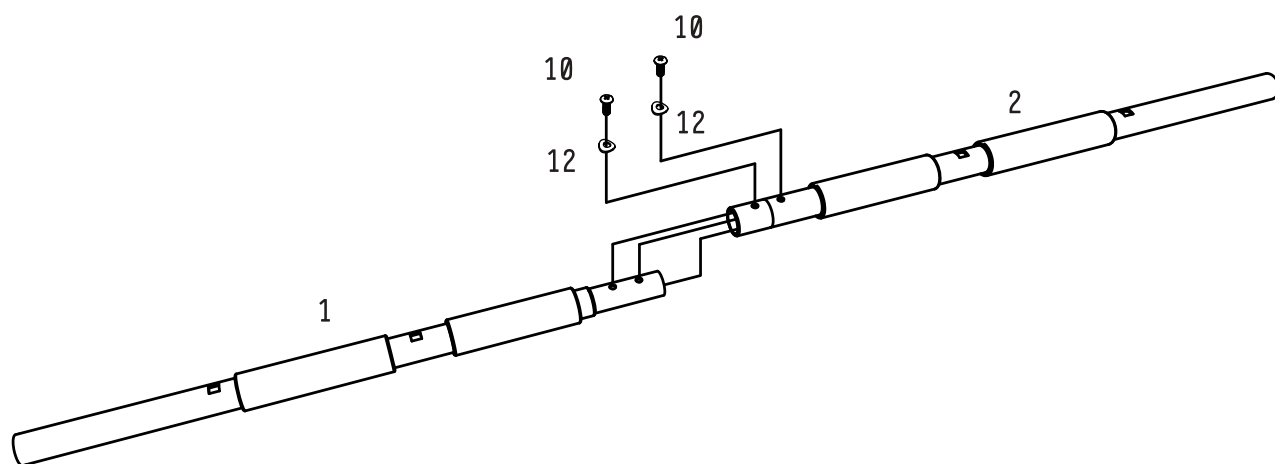
# Multi Pull Up Bar

Assembly Instructions

805/7316



## 1 Assembly of Handles



1 Left Handle Tube	1pc
2 Right Handle Tube	1pc
10 Phillips screw	2pcs
12 Washer	2pcs

# Multi Pull Up Bar

Assembly Instructions

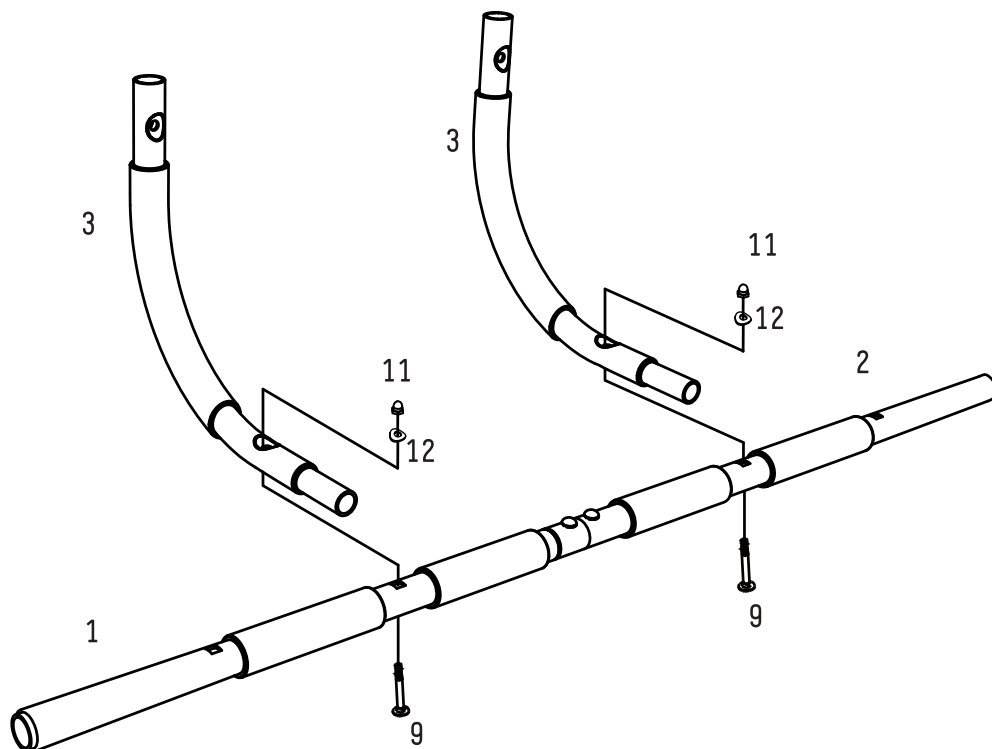
805/7316



## 2 Assembly of Bent Tubes

Note:

Step 1: Insert 2 bolts (9), 2 washers (12) and 2 nuts (11) through the holes and tighten them.



1 Left bent tube	1pcs
2 Right bent tube	1pcs
3 Left/Right bent tube	2pcs
9 Carriage bolt M6*53	2pcs
11 Domed nut	2pcs
12 Washer	2pcs

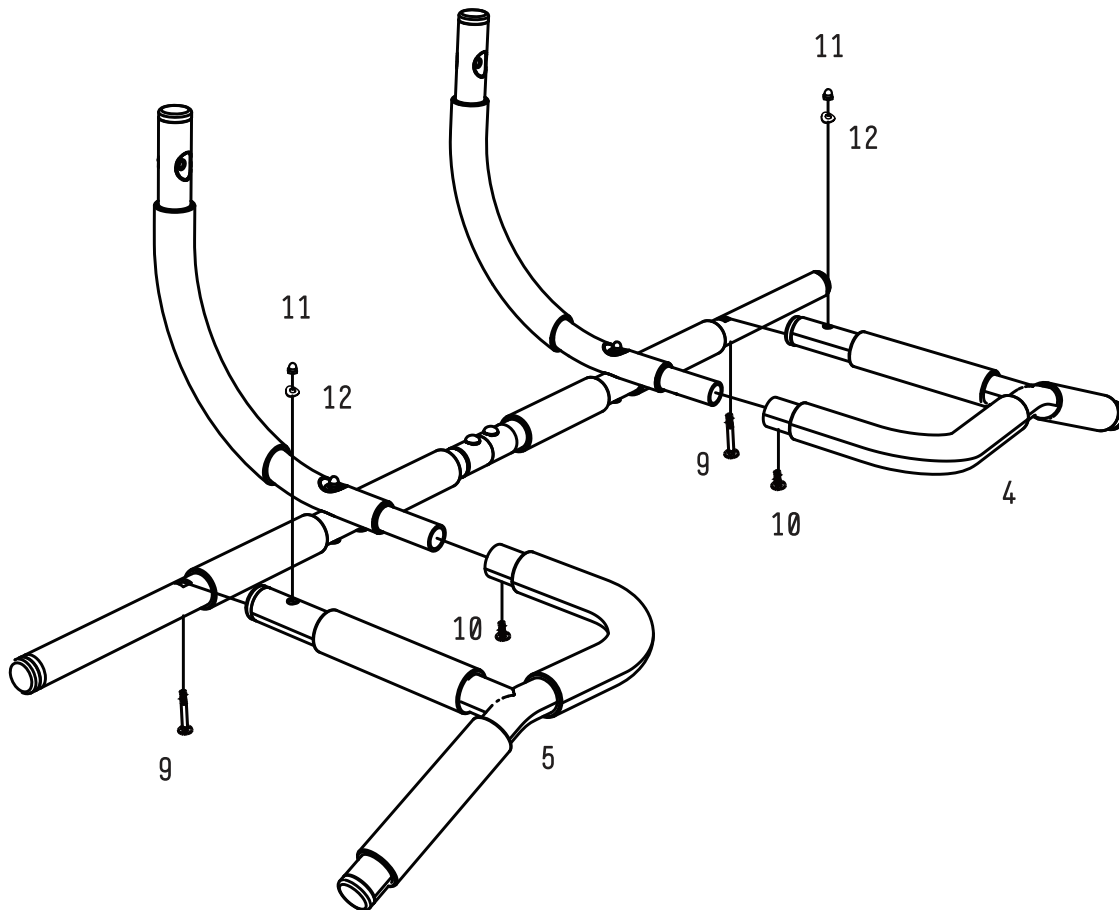
# Multi Pull Up Bar

Assembly Instructions

805/7316



## 3 Assembly of Handle Tube



4 Right Handle Tube	1pcs
5 Left Handle Tube	1pcs
9 Carriage bolt M6*53	2pcs
10 Phillips screw	2pcs
11 Domed nut	2pcs
12 Washer	2pcs

# Multi Pull Up Bar

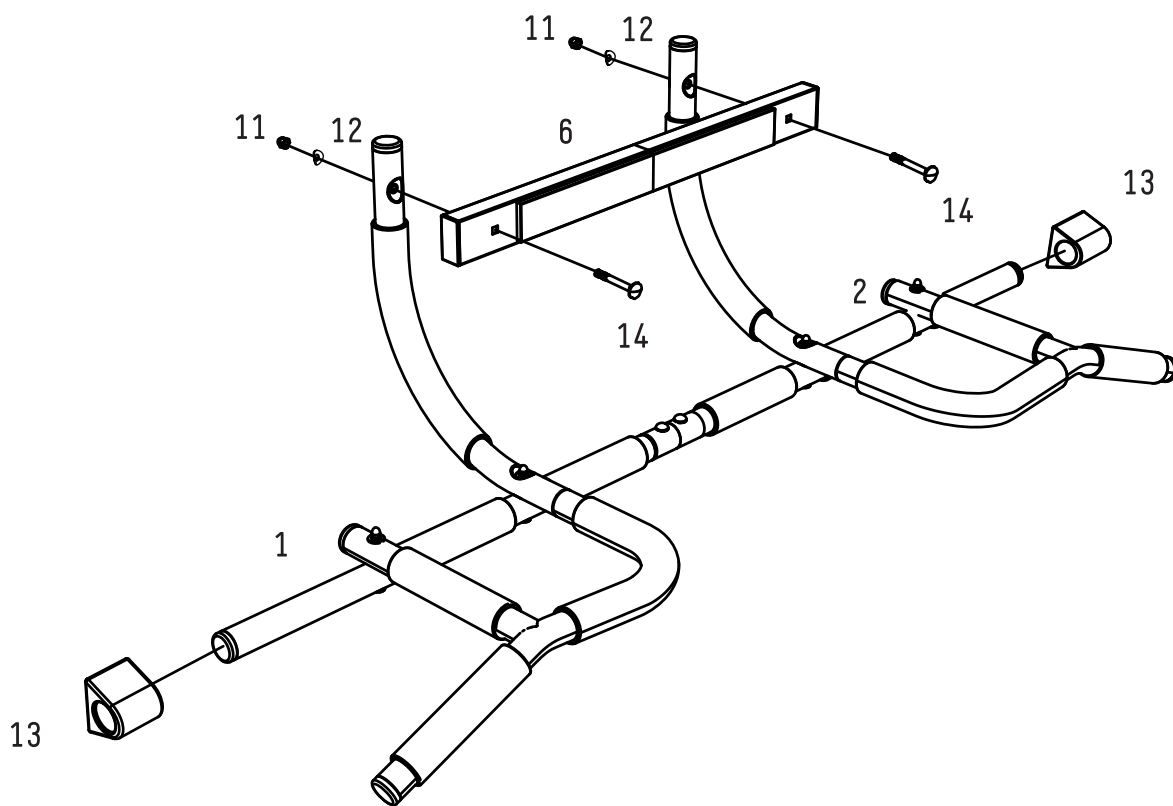
Assembly Instructions

805/7316



## 4 Assembly of Horizontal Bar

Plug the two D rings into the left bend tube (1) and right bend tube (2). The position of two D rings can be adjusted.



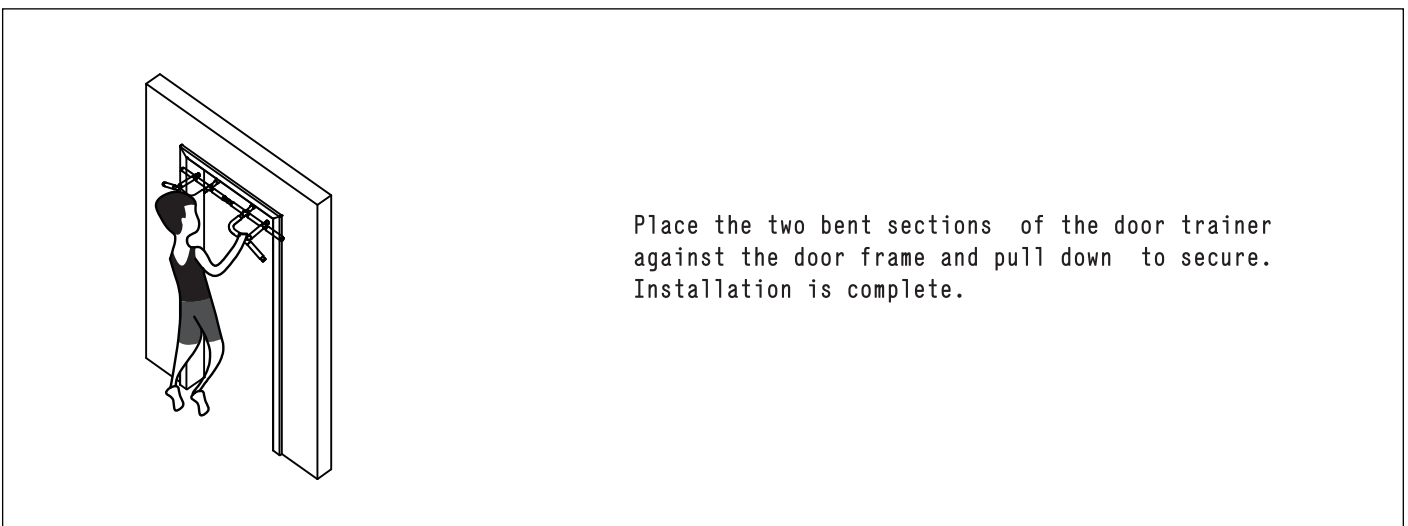
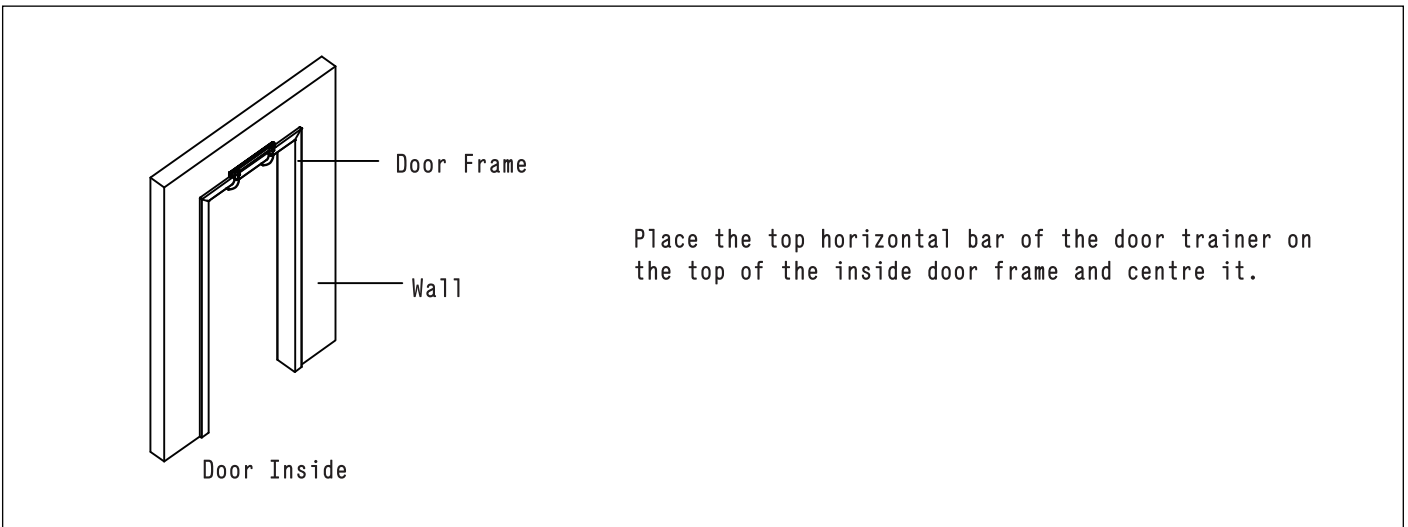
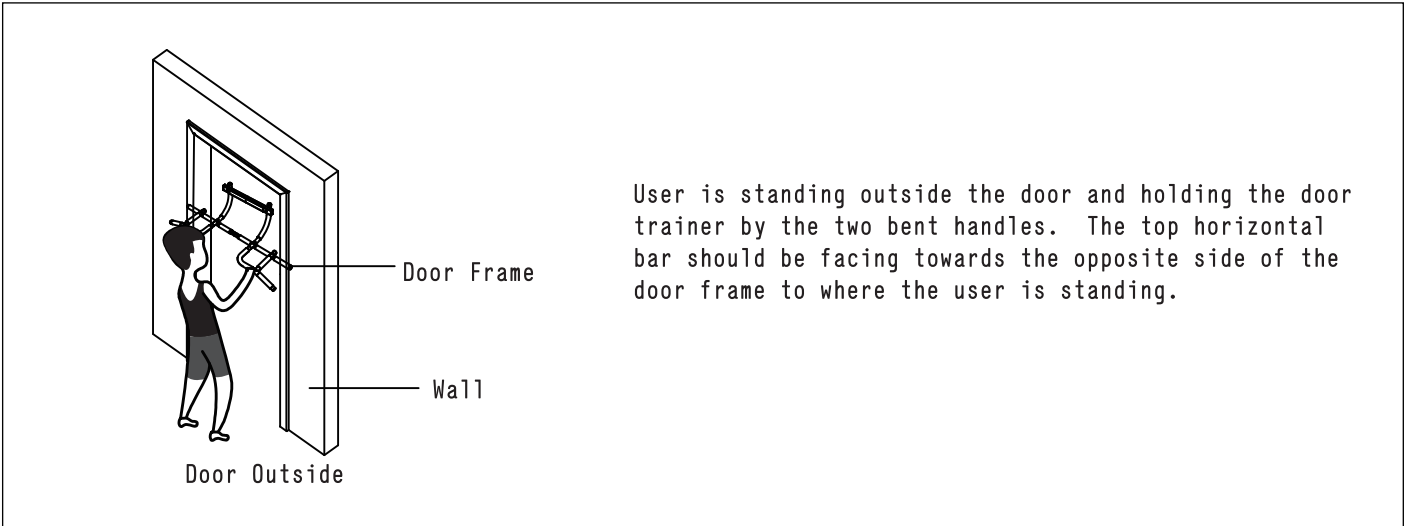
6 Horizontal Bar	1pcs
14 Carriage bolt M6*50	2pcs
12 Washer	2pcs
11 Domed nut	2pcs
13 D rings	2pcs

# Multi Pull Up Bar

## Assembly Instructions

805/7316

How to install the door trainer on the door frame.



# Multi Pull Up Bar

How to use your Men's Health *Active+* Door Trainer

805/7316



Go to [Menshealth.co.uk/workout](http://Menshealth.co.uk/workout) to explore our FREE online workout library including specific pull-up exercises

The Men's Health workout library allows you to select and tailor programmes according to your very own training goals.

Choose your workout based on difficulty, time available, muscles worked and equipment available.

You'll also find an exercise directory to show you how to perform individual exercises with the correct form to help you optimise your workout.

Men's Health - the UK's No.1 Men's Magazine

[www.menshealth.co.uk](http://www.menshealth.co.uk)