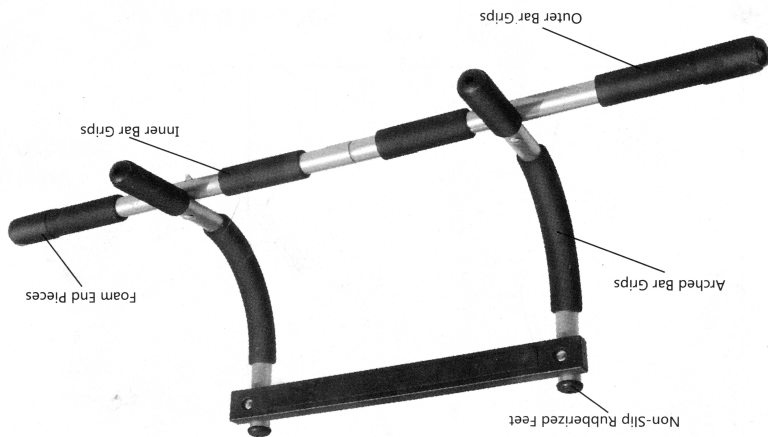


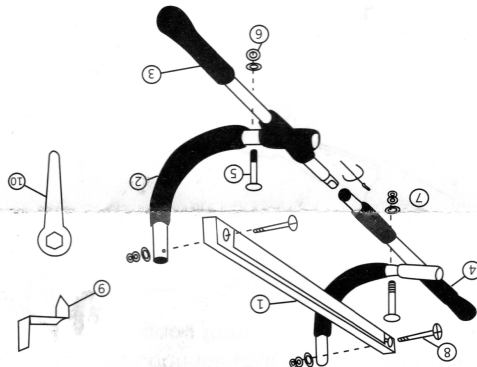
CHIN UP GYM



The CHIN UP GYM is easy to assemble. Just secure the pieces together tightly as pictured.

Parts List:

1. Plastic Bar
2. Arched Bar Grips Qty(2)
3. Long Bar (Right Half)
4. Long Bar (Left Half)
5. Long Bolts Qty(2)
6. Locking Nut Qty(4)
7. Spring Washer Qty(4)
8. Medium Bolts Qty(2)
9. Safety Wedge
10. Hex Open Wrench



WORKOUT PLAN

You may want to follow this workout plan below. If you find the exercises are too hard, reduce the amount of repetitions. Your upper body strength will only improve if you use CHIN UP GYM correctly and on a regular basis. If you find the exercises too easy, increase the repetitions and use CHIN UP GYM more frequently.

A repetition is defined as one of a series of identical movements. Each time you perform an exercise, that is considered a repetition.

Weeks 1-3	3-5 sessions per week (every other day)
Week 4-8	5-7 sessions per week
Week 9-12	5-7 sessions per week
Maintenance	3-5 sessions per week

Do the exercises slowly and in a controlled, smooth and fluid manner. Steady effort will build routine.

Begin each session by stretching and loosening your muscles through a warm up routine.

required, but by all means begin again! **back on!** That's OK. Just re-evaluate your goals if you fall off the horse, collect yourself and get back on! That's OK. Just re-evaluate your goals if you where you re headed!

- **Chart your progress.** Place it on the refrigerator where you can see it often. Put a picture of your favorite "in-shape star" next to the chart to remind you where you re headed!
- **Set realistic goals.** It is important to set a goal and achieve it, adding difficulty as you can handle it.

- **Set a schedule and stick to it.** Pick a time of the day and don't vary. Consistency builds habit which leads to great results!

STEPS TO SUCCESS

The CHIN UP GYM attaches and removes from stand and door frames (24" to 32" wide) in seconds!

CAUTION: Before use, carefully read and understand all of the following directions for proper installation. Also, make sure the door frame and moldings are secure and solid before installing CHIN UP GYM. A weak door frame and/or moldings can cause the unit to fail and dislodge from the door way.

1. Insert the included "Safety Wedge" (pointed end facing down) behind the top door frame molding on the hinge side of the door opening until secure (SEE FIG.1). The "Safety Wedge" is designed to help prevent CHIN UP GYM from unexpectedly falling off of the door frame.
2. Next, position the bottom edge of the Plastic Bar into the installed "Safety Wedge" then guide CHIN UP GYM down until it is securely resting on the top of the door frame/molding (SEE FIG.2).
3. Then, make sure CHIN UP GYM's tow "Foam End Pieces" on the opposite side of the door opening are in full contact with and resting against the two side door frame moldings (SEE FIG.3).

IMPORTANT: Before using the CHIN UP GYM, tug down on the Grips to make sure the unit is securely installed into door frame. As IRON GYM is not designed for permanent installation, remove it from the door frame (SEE FIG.4) and store away in a safe place until next use, to make sure it does not accidentally fall off when not in use. The Safety Wedge should be left installed into the top of the door frame molding

