

CHIN-UP BAR

Care, Installation, and Safety Instructions

IMPORTANT!

Please read these instructions carefully and completely before using the Chin-Up Bar. Do not discard these instructions. Failure to read and follow these instructions can lead to significant and permanent injury and/or property damage.

PHYSICIAN WARNING

Not all exercise equipment and programs are suitable for everyone. Due to the physical nature of using the Chin-Up Bar, Beachbody® recommends you consult your physician before using the Chin-Up Bar or beginning any exercise program. Using the Chin-Up Bar involves strenuous activity, so learning the proper use of the equipment is imperative. Remember, always listen to your own body and take breaks, modify workouts, or stop workouts as necessary.

The Chin-Up Bar is a serious piece of workout equipment that should ONLY be used to perform chin-ups and pull-ups as shown in Beachbody® workouts. The Chin-Up Bar is not intended for any other purpose, activity, exercises, use, or fitness program. While the Chin-Up Bar has been manufactured and tested to reduce the risk of injury, the potential for personal injury or property damage does exist. Therefore, the user assumes all risks in the use of the Chin-Up Bar.

IMPORTANT:

When using the Chin-Up Bar, make sure it is securely assembled and securely positioned in the doorway as described in these instructions. It has been designed to fit residential doorways 24" to 32" (60.96 cm to 81.28 cm) wide. While the Chin-Up Bar is designed to be stable, it is solely the responsibility of the user to determine that the doorway being used will safely support the proper use of the Chin-Up Bar to perform chin-ups and pull-ups.

IMPORTANT SAFETY INFORMATION

ALWAYS

- Make sure the Chin-Up Bar is completely and securely assembled, and completely and securely mounted and positioned in the doorway prior to any use.
- Thoroughly test the Chin-Up Bar when mounted and positioned in the doorway prior to any use to make sure it is completely secure.
- Maintain a controlled motion when performing chin-ups or pull-ups with the Chin-Up Bar.
- Use the Chin-Up Bar only as specifically directed in the Beachbody® DVDs.

CAUTION

- Do not attempt to use the Chin-Up Bar if you weigh 300 pounds (136.08 kg) or more.
- Do not use the Chin-Up Bar if you are unsure of the stability of the doorway, or if the doorway is not set up to support the Chin-Up Bar.
- Do not allow children under the age of 18 to use the Chin-Up Bar without supervision by an adult or fitness professional.
- Do not remove or attempt to reposition your hands on the Chin-Up Bar unless your feet are firmly planted on the floor.
- Do not attempt to reposition the Chin-Up Bar while performing a chin-up or a pull-up.
- Do not swing or bounce when using the Chin-Up Bar.

CHIN-UP BAR ESSENTIAL USE AND SAFETY INSTRUCTIONS

1. If you have any questions or concerns about the Chin-Up Bar, do not use the equipment until you have contacted Beachbody Customer Service at 1 (800) 818-5174 and received answers to your questions or concerns to your satisfaction.
2. Inspect every package purchased for missing, factory-defective, or damaged parts. If any part is missing or you find any defect or damage associated with the Chin-Up Bar, DO NOT USE the Chin-Up Bar, and contact Beachbody Customer Service for a replacement.
3. Watch the Beachbody workouts first to familiarize yourself with the moves prior to attempting to use the Chin-Up Bar.
4. Read and follow these Essential Use, Installation, and Safety Instructions for proper use of the Chin-Up Bar prior to attempting any workout that utilizes this equipment.
5. Always inspect all parts of the Chin-Up Bar and doorway for loose parts, worn or loose handles, torn material, instability, or damage prior to and after every use. If you find any defect or flaw associated with the Chin-Up Bar, DO NOT USE the Chin-Up Bar and contact Beachbody Customer Service for a replacement. Damaged parts can be dangerous.
6. Before using the Chin-Up Bar, make absolutely certain it is securely and correctly mounted and positioned in a doorway of appropriate size. If the doorway foundation is not strong and stable, DO NOT USE the Chin-Up Bar in that location. It is solely the responsibility of the user to determine if a doorway will safely sustain and accommodate the proper use of the Chin-Up Bar.
7. **Do not attempt any movements, activities, or exercises with the Chin-Up Bar that are not specifically demonstrated in Beachbody workouts. Any use other than as instructed and any use contrary to these use, installation, and safety instructions may lead to serious and permanent bodily injury, disfigurement and/or other permanent damage.**
8. Assemble and mount the Chin-Up Bar only as instructed. Failure to assemble and mount the Chin-Up Bar as instructed may lead to serious and permanent bodily injury, disfigurement, and/or other permanent damage.
9. **Keep the Chin-Up Bar out of reach of children, pets, or anyone who may require supervision.**
10. Always store the Chin-Up Bar in a secure, childproof location when not in use.
11. Never hang from the Chin-Up Bar by your chin, feet, knees, wrists, elbows, or any body part other than your hands.
12. Never swing, throw, drop, or toss the Chin-Up Bar.
13. Do not attach any clothing, accessories, equipment, or any other items to the Chin-Up Bar.
14. Do not attach or install the Chin-Up Bar to anything other than a sturdy and secure doorway as directed.
15. Always ensure that the door remains open and will not automatically begin to close during use of the Chin-Up Bar.
16. Use extreme caution when using the Chin-Up Bar and use only as directed to prevent any damage or injury. Any improper use may cause severe injury or property damage.
17. Ensure that you have removed all obstructions, people, pets, sharp objects, furniture, and other distractions from your workout space prior to use of the Chin-Up Bar to avoid the risk of tripping, stumbling, or other harm.
18. Remove all jewelry, including rings, chains, earrings, and pins, before exercising.
19. Begin your workout slowly to build strength and stamina safely—this is especially critical if you are new to exercise or out of condition.
20. Begin each move slowly and with control to learn proper form, balance, and coordination and to help prevent injury.
21. Do not rock back and forth or attempt side-to-side movements with the Chin-Up Bar.
22. Use smooth, controlled movements to maintain balance and stability.
23. Do not use the Chin-Up Bar if using it compromises your ability to stay balanced and in control.
24. Do not attempt to complete all repetitions of an exercise if you are not able to complete them with proper form.
25. Breathe naturally; do not hold your breath during exercise.
26. Stop exercise immediately if you experience discomfort or pain.
27. See a physician immediately in the event of chest or stomach pain, nausea, dizziness, palpitations, or breathing difficulty.
28. Always wear suitable workout clothing and exercise shoes when working out; avoid loose or excess fabric.
29. Two or more persons should NEVER use the Chin-Up Bar at the same time. Use by more than one person at a time could result in serious injury.
30. The Chin-Up Bar is NOT A TOY OR PLAYTHING. KEEP OUT OF REACH OF CHILDREN, PETS, OR ANY INDIVIDUAL WHO MAY REQUIRE SUPERVISION! If treated with care and seriousness, the Chin-Up Bar will give you fine service. Abuse can quickly ruin its usefulness.

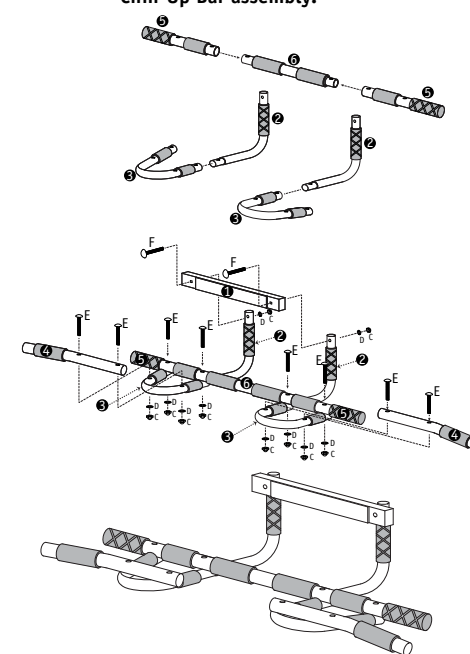
Chin-Up Bar Instruction Sheet

Start Here Easy Setup Instructions

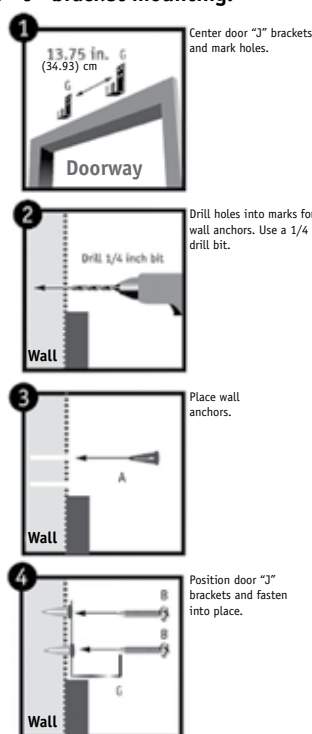
Assembly inventory:

- A: qty: 8
Wall Anchor
- B: qty: 8
Wall Screw
- C: qty: 10
Locking Nut
- D: qty: 10
Spring Washer
- E: qty: 8
Screw
- F: qty: 2
Screw
- G: qty: 2
Door "J" Bracket
- H: qty: 1
Hex Open Wrench
- I: qty: 1
Allen Wrench

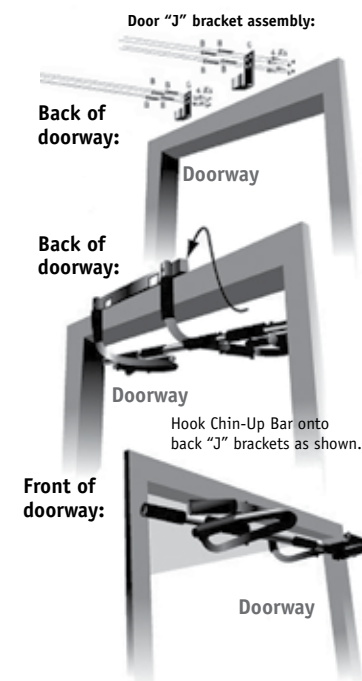
Chin-Up Bar assembly:



Door "J" bracket mounting:



Chin-Up Bar mounting:



CARE AND STORAGE INSTRUCTIONS

1. Wipe clean with a damp cloth and dry immediately.
2. Never expose the Chin-Up Bar to chemicals.
3. Store in a dry and secure place.

LIMITED LIABILITY

Under no circumstances shall Beachbody, LLC, or any affiliates, owners, officers, directors, employees, agents, suppliers, or trainers be liable to you or any third party for injury or damages to any person or property, or for any special, indirect, incidental, consequential, or any other damages of any nature arising out of the use or improper use of the Chin-Up Bar. This is a comprehensive limitation of liability that applies to all losses and damages of any kind (whether direct, indirect, general, special, consequential, incidental, exemplary, or otherwise), whether the claim is in contract, tort, or strict liability, even if an authorized representative of Beachbody, LLC, has been advised of or should have known of the possibility of such damages. Applicable law may not allow the limitation of liability set forth above, so this limitation of liability may not apply to you. If any part of this limitation on liability is found to be invalid or unenforceable for any reason, then the aggregate liability of Beachbody, LLC, or any affiliates, owners, officers, directors, employees, agents, suppliers, or trainers under such circumstances for liabilities that otherwise would have been limited shall not exceed the purchase price of the fitness product purchased.