



HIT FITNESS

Instructions



WARNING



IMPORTANT: Read and follow all warnings and directions before using this product to reduce the risk of injury.

www.hitfitness.com

Step 1

- Find a firm wall or door frame between 65cm-95cm.

Step 2

- At your ideal level, install the rubber place holders by screwing them into the door frame. Ensure the place holders are level.

Step 3

- Place the bar in position over the rubber place holders on either end.
- To secure in place, rotate the bar outward until you can't rotate it anymore.

Step 4

- Push back and press the movable safety lock into place.
- The safety lock prevents unwarranted bar movement, ensuring you're secure.

To Remove

- To remove the bar, open up the safety lock and rotate it in the opposite direction to loosen and remove.

