

AS SEEN
ON TV



IRON GYM™

TOTAL UPPER BODY WORKOUT BAR

***WORKOUT AND
NUTRITION GUIDE***



PULL-UPS • DIPS • PUSH-UPS • SIT-UPS

IRON GYM™

IMPORTANT: Consult your physician before beginning this or any exercise program.

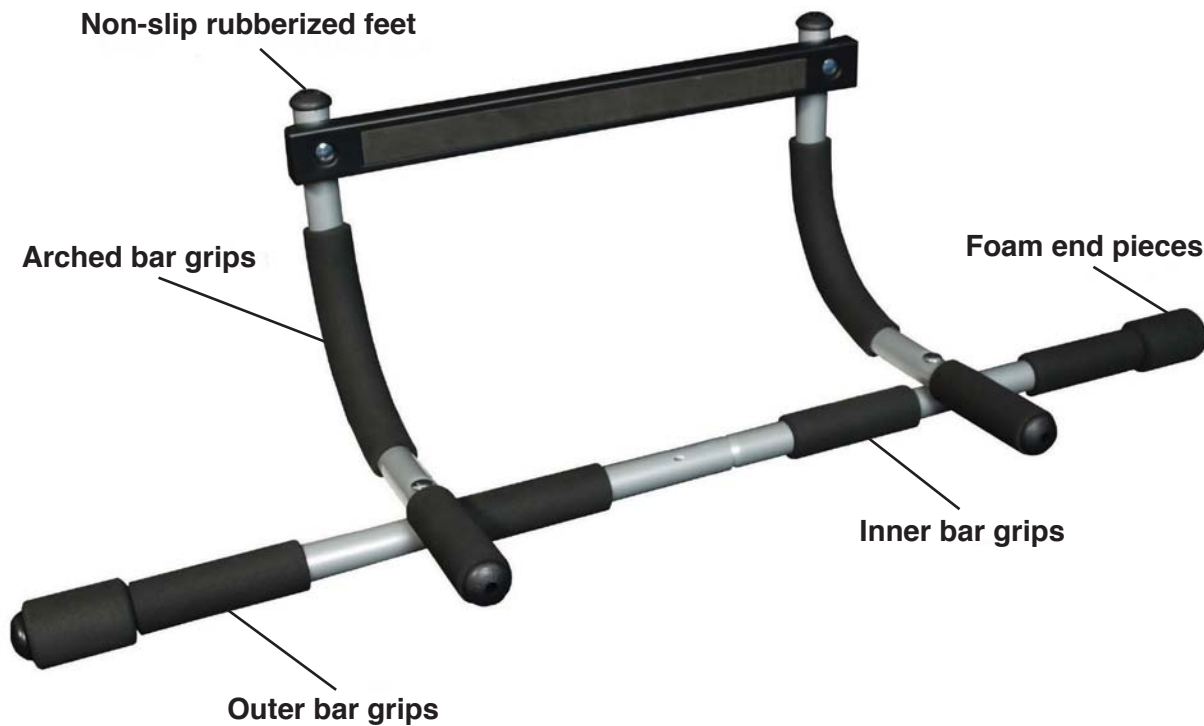
WARNING: Fitness training can result in serious or fatal injury. Practicing safe techniques and common sense can reduce the risk of injury. Always check equipment for worn or damaged parts before using. If any defects are found with this product, DO NOT USE.

- Please read this guide thoroughly before using the IRON GYM™.
- Do not over-exert yourself.
- Start out slowly and work up to a more vigorous workout.

Congratulations and thank you for purchasing the JML IRON GYM™ - The total upper body workout bar!

Transform your doorway into a gym - IRON GYM™ is the multi-function exercise bar you can use to do pull-ups, chin-ups, push-ups, sit-ups, arm and shoulder exercises - every exercise you need to build a powerful upper body! The IRON GYM™ uses your body's own resistance to deliver powerful results fast. It strengthens and tones your biceps, triceps, chest, back, shoulders and abs. It instantly attaches to or removes from your door frame with no drilling or tools. The heavy duty steel construction supports up to 300 lbs (136kgs)! Now it's easy to get the strong, lean body you've always wanted, right at home.
Get Strong... Get Ripped... Quick!

IRON GYM™



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STEPS TO SUCCESS

STEPS TO SUCCESS

- **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!
- **Set realistic goals.** It is important to set a goal and achieve it, adding difficulty as you can handle it.
- **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!
- **If you fall off the horse, get back on!** That's OK. Just re-evaluate your goals if required, but by all means - begin again!
- **Begin each session by stretching and loosening your muscles through a warm up routine.**
- **Do the exercises slowly and in a controlled, smooth and fluid manner. Steady effort will build stronger muscles.**

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 IRON GYM™ correctly and on a regular basis. If you find the exercises too easy, increase the repetitions and use IRON 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.

WORKOUT PLAN

Weeks 1-3

3-5 sessions per week (every other day)

Weeks 4-8

5-7 sessions per week

Weeks 9-12

5-7 sessions per week

Maintenance

3-5 sessions per week

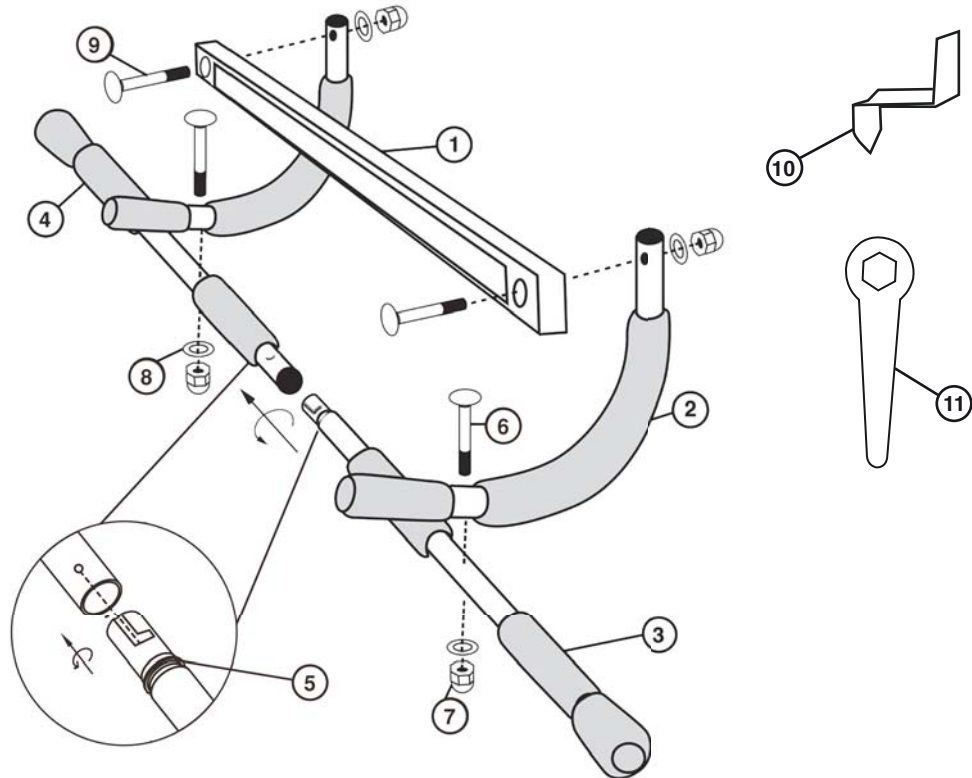
ASSEMBLY

IRON GYM™

The IRON GYM™ is easy to assemble. Just secure the pieces together tightly as pictured.

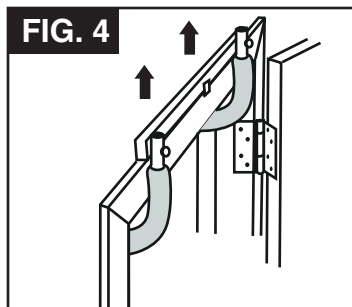
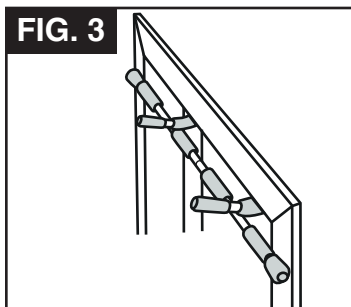
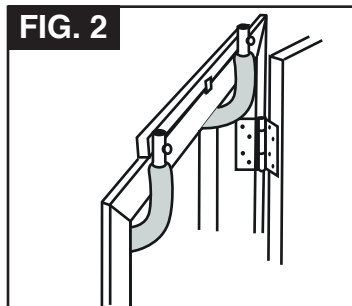
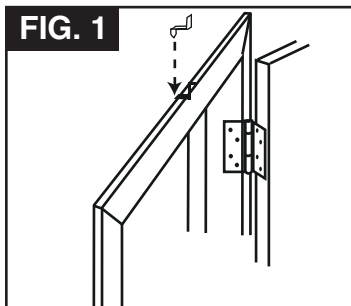
Parts list:

1. Plastic bar
2. Arched bar grips qty (2)
3. Long bar (right half)
4. Long Bar (left half)
5. Plastic ring
6. Long bolts qty (2)
7. Locking nut qty (4)
8. Spring washer qty (4)
9. Medium bolts qty (2)
10. Safety wedge
11. Hex open wrench



IRON GYM™

INSTALLATION



The IRON GYM™ attaches and removes from most standard door frames 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 IRON 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 IRON 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 IRON GYM™ down until it is securely resting on the top of the door frame / molding (**SEE FIG. 2**).
3. Then, make sure IRON GYM™’s two “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 IRON GYM™, tug down on the Grips to make sure the unit is securely installed into the 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.

EXERCISES

IRON GYM™

NOTE: The maximum weight of use for this item is up to 300 lbs (136kgs).

Before you start, make sure your IRON GYM™ is securely assembled (and installed into the door frame for applicable exercises) according to the instructions in this manual.

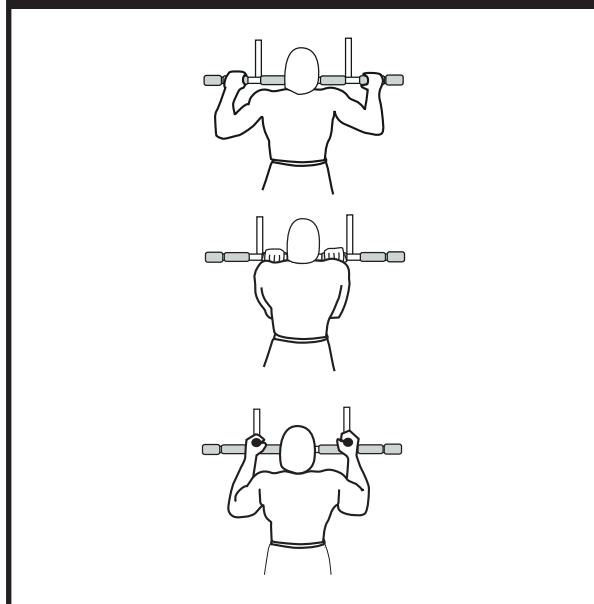
Be sure to start each exercise session by stretching and loosening your muscles through a warm-up routine. Do the exercises slowly in a controlled, smooth and fluid manner.

Use variable hand grip positions to target different muscle areas (**SEE FIG. 5**). Interchange the position of your hands from overhand to underhand with each exercise.

NOTE: Do not overexert yourself. Start out slowly and work your way up to a more vigorous workout. Gradually increase the number of repetitions over time.

Stop using immediately if you feel a sharp muscle pain and seek a physician or GP.

FIG. 5 VARIABLE GRIP POSITIONS

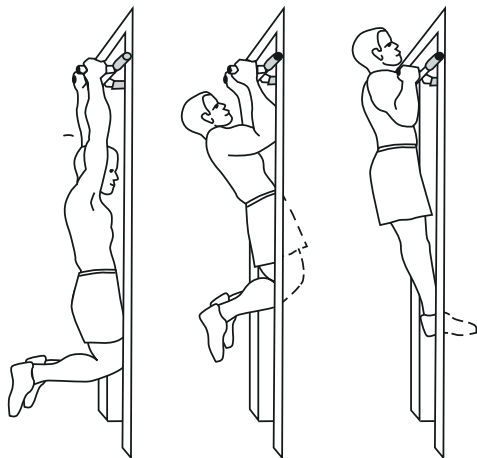


IRON GYM™

EXERCISES

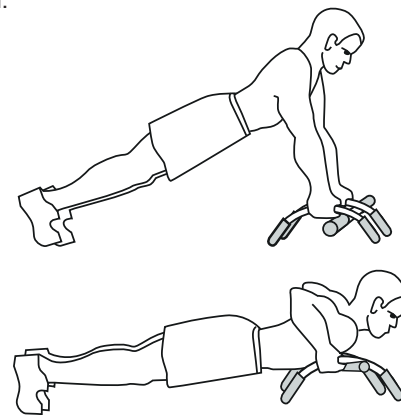
PULL-UP

1. Refer to the Variable Hand Grip Positions for Pull Ups (SEE Page 6 FIG 5).
2. Hold the desired Grips, then pull yourself up and lower yourself down in a slow, controlled manner.
3. Continue your workout until you feel you are no longer using good form.



PUSH-UP

1. Choose a clear place on the floor and set the IRON GYM™ down. Grab and hold the desired grips, then slowly lower yourself towards the floor until you reach the bottom of the push.
2. Slowly push away from the floor until you reach the peak of the push up and you are back in the starting position.
3. Continue your workout until you feel you are no longer using good form.

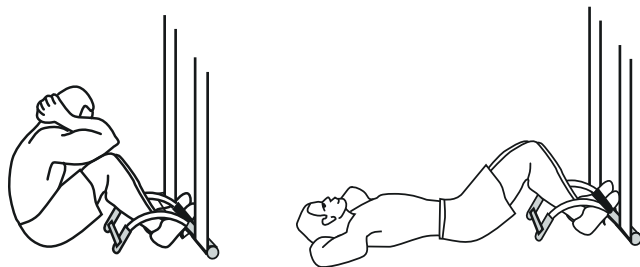


EXERCISES

IRON GYM™

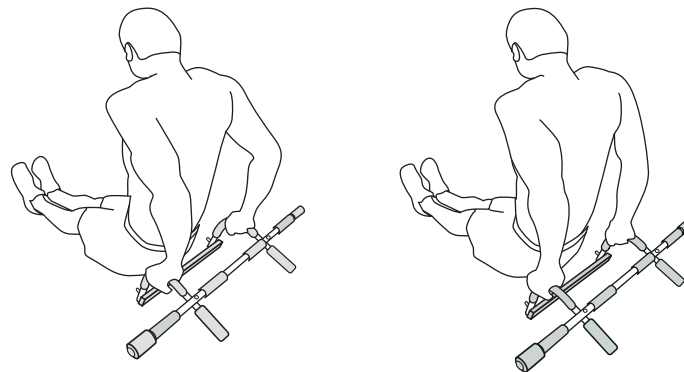
SIT-UP

1. Place IRON GYM™ in the base of the doorway then pull back to make sure the two “Foam End Pieces” on the opposite side of the door opening come in full contact with the two sides of the door frame.
2. Place your feet underneath the “Long Bar” then bend your feet upwards while keeping your heels against the floor to grab on.
3. As you perform each sit up, pull back on the “Long Bar” with your feet while making sure your heels stay in contact with the floor. This will give you support and proper form.
4. Continue your workout until you feel you are no longer using good form.



DIP

1. Place IRON GYM™ on the floor with “Arched Bar Grips” facing upward. Sit on the floor facing away from the IRON GYM™.
2. Place hands on the “Arched Bar Grips” behind you while making sure your legs are fully extended out with your feet touching.
3. Slowly lower body downward in a straight and controlled motion.
4. Continue your workout until you feel you are no longer using good form.
5. For an advanced Dips workout, place a stable object such as a step stool underneath the heels of your feet.



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NUTRITION GUIDE

To help reach your fitness goals, we have included an easy-to-follow workout and nutrition guide on the following pages. Proper diet combined with regular use of IRON GYM™ will gradually help strengthen and tone your upper body.

EATING RECOMMENDATIONS

- Eat at least six meals daily.
- Make each meal count. If you eat anything, consider it a meal.
- Eliminate any and all refined sugars and sweets.
- Reduce caffeine intake and increase water intake (should be half your body weight in ounces). No Alcohol!
- All heavy starches to be consumed by 1pm or 3rd meal of the day. For example: bread, pasta and rice.
- 1 serving of protein should be consumed with every meal. For example: (4-6 ounce piece is considered 1 serving).
- Limit dairy intake to 1st or 2nd meal.
- All fruits should be consumed before 1pm. No fruit juice!
- Multi-vitamin everyday.
- Maximum amount of time between meals: 3 hours.
- Protein always first choice then carbohydrates to be added.
- Limit sugary condiments such as salad dressings.
- Meal replacement bars and shakes to be used if sugar free.

FOOD CHOICES

IRON GYM™

PROTEINS

Fish
Chicken
Lean steaks
Lean ham
Tuna
Salmon
Egg whites

CARBOHYDRATES

Every carb item should be 1 cup or less
Steamed brown rice
Steamed wild rice
Whole wheat pasta
Oatmeal
Beans
Sweet potato

VEGETABLES

Broccoli
Snow peas
Peppers
Lettuce
Eggplant
String beans
Spinach
Cucumbers

FRUITS

No canned or dried fruits
Green apple
Grapefruit
Cantaloupe
Honeydew melon
Blueberries
Raspberries

SAMPLE MEAL PLANNING:

7 a.m. Protein, Carb
9:30 a.m. Protein, Carb
12:30 p.m. Protein, Carb
2:30 p.m. Protein, Vegetable
5:30 p.m. Protein, Vegetable
7:00 p.m. Protein, Vegetable

IRON GYM™

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GUARANTEE

This product is unconditionally guaranteed for one year against all defects of workmanship and materials. This guarantee does not affect your statutory rights. If you have any problems or queries about this product please contact JML's customer service department on freephone: **0800 781 7831**

Product Code V0951

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