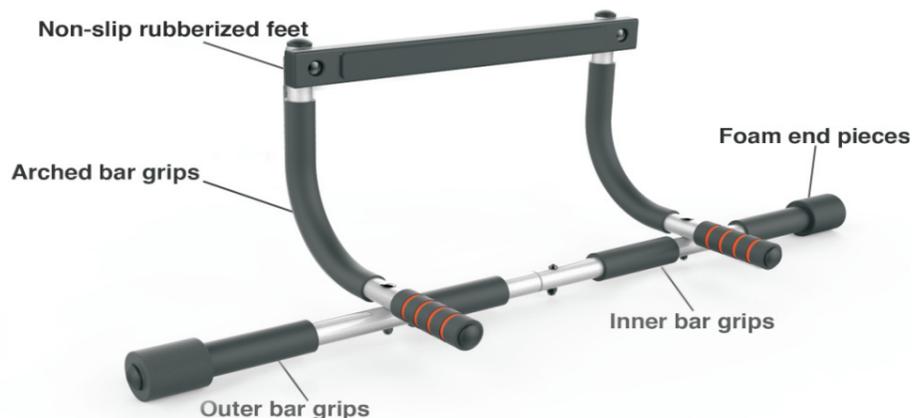


# Komsurf Pull up Bar for Doorway



## IMPORTANT:

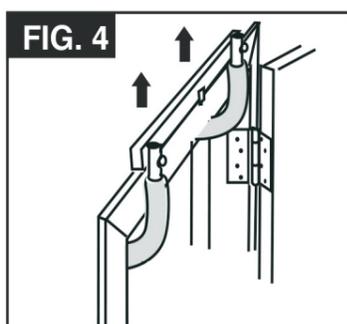
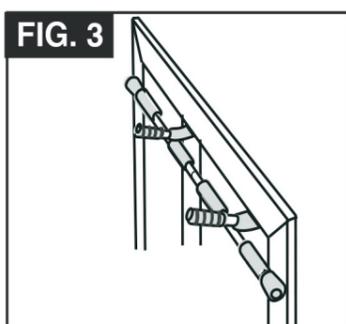
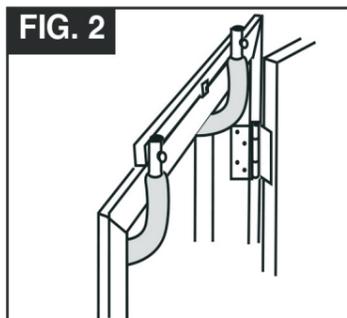
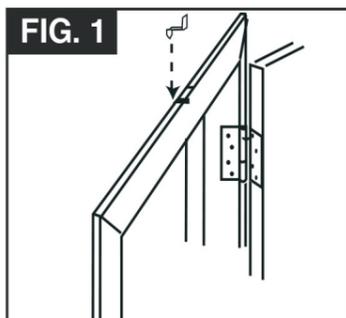
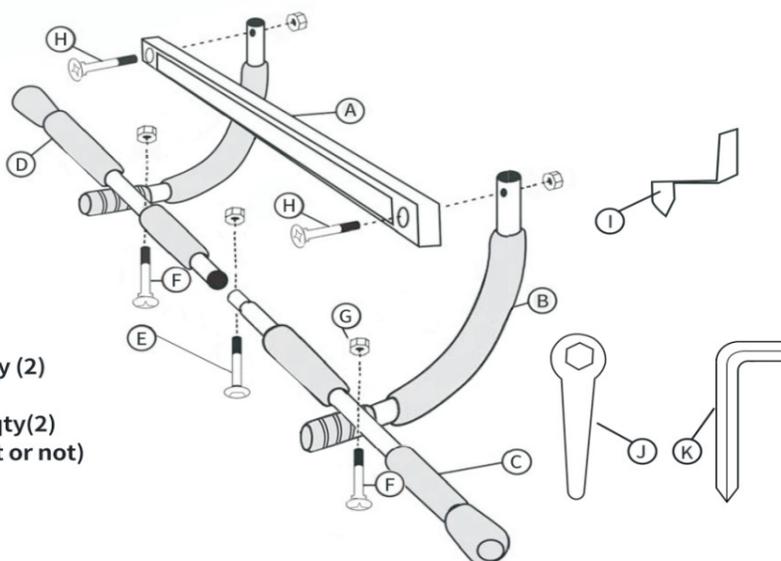
Please consult your physician before doing this exercise program.

## WARNINGS:

- ① Fitness training may result in serious or fatal injury.
- ② Practicing safe techniques and common sense can **reduce risks of injury**.
- ③ Always check equipment for worn or damaged parts before using.
- ④ If any defects are found with this product, **DO NOT USE IT**. Please contact our 24 hours customer service for help via email: [komsurf-cs@outlook.com](mailto:komsurf-cs@outlook.com).

## Parts List:

- A. Plastic bar
- B. Arched bar grips qty(2)
- C. Long bar (right half)
- D. Long bar (left half)
- E. Hexagon Middle safety screw 2.4X11.8 ineq (1)
- F. Phillips screw 2.4X19.7 ineq (2)
- G. Locking nut qty (5)
- H. Phillips screws 2.4X17.7 ineq (2)
- I. Safety wedge (you can install it or not)
- J. Hex open wrench
- K. Hex/Phillips wrench



## CAUTION:

Before use, please read this manual carefully and understand all of the following directions for proper installation:

- ① Insert the included **【I】** Safety Wedge (pointed end facing down) behind the top doorframe molding on the hinge side of the door opening until secure (SEE FIG.1)
- ② Position the bottom edge of the **【A】** Plastic Bar into the installed **【I】** Safety Wedge then guide down until it is securely resting on the top of the door frame (SEE FIG.2)
- ③ Make sure the 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)
- ④ Remove it from the doorframe and store away in a safe place after use. Make sure it does not accidentally fall off when not in use. The **【I】** Safety Wedge should be left installed onto the top of the door frame molding. (SEE FIG.4)
- ⑤ **IMPORTANT:** Before using it, tug down on the Grips to make sure the unit is securely installed onto the door frame.

## NOTES:

- ① If you have any questions, please contact our 24 hours customer service for help via email: [komsurf-cs@outlook.com](mailto:komsurf-cs@outlook.com).
- ② Please recover to its original packaging if you return it. Thanks in advance for your cooperation!