MAXIMIZA™
PULL UP BAR

BE SAFE!

SAFETY INSTRUCTIONS AND WARNINGS

⚠ WARNING

FAILURE TO READ AND FOLLOW THE INSTALLATION AND SAFETY INSTRUCTIONS MAY RESULT IN SERIOUS INJURY OR PROPERTY DAMAGE

SAFETY IS IMPORTANT

Garren Fitness takes safety seriously and we make strong efforts to provide safe products with installation instructions and safe usage warnings. It is the full responsibility of each customer to ensure that those instructions and warnings are followed correctly.

The Maximiza Pull Up Bar (like every other brand of doorway pull up bar) is NOT permanently fixed to the doorframe and, as a result, **can fall if incorrectly installed or if safe usage instructions are not followed EVERY time it is used.**

When using a pull up bar, your full bodyweight is being held many feet above the floor and **any falls can cause serious or fatal injury**. Your risk of injury is greatly reduced when you practice safe techniques and common sense. *The safety of this bar depends on how you mount it to the doorframe and how you use it*

SAFE USAGE INSTRUCTIONS

- ☐ Install only in solid and stable doorframes that can support your weight and the added stress
- ☐ Always install the screw-in heavy-duty doormounts (Yes, they are required)
- ☐ **Before every use, ensure the bar is secure:**
  1. visually inspect to ensure that the bar is fully and firmly secure in the doormounts.
  2. cautiously test that it is stable and secure, and can support your weight before commencing any exercises.
- ☐ If the bar feels unstable or rotates during use, stop your exercises to inspect and fix the installation before proceeding to use the bar again
- ☐ Recommended for use for pull ups and chin-ups. Not recommended for gymnastics, swinging, kipping or as a child's plaything
- ☐ Recommended for adult usage. Not recommended for unsupervised use by a child
- ☐ Do not exceed recommendations for maximum installation heights or weight supported (heavy-duty doormounts: 300lbs/136kg)

IS IT INSTALLED PROPERLY?

- ☐ **Heavy-duty doormounts:** The screw-in heavy duty doormounts are required to be fixed to a sturdy doorframe
- ☐ **Affixing to the doorframe:**
  - ☐ Attach the metal heavy-duty doormount to the doorframe with the 4 screws with the silicon plug placed in the center



  - ☐ The silicon end-pieces must be placed in the end of the pull up bar



  - ☐ Ensure the pull up bar is seated **fully** and firmly in the heavy-duty doormounts
  - ☐ Rotate to tighten the pull up bar until it no longer moves



- ☐ **Use the securing clamp** (or screw - see note)

  After the bar has been securely installed in the doorframe and no longer moves, the securing clamps at each end of the bar can be tightened to reduce any further movement. Note: The Maximiza Plus has a screw instead of a clamp



USE AT YOUR OWN RISK

This product is sold subject to the 'Terms of Use' (refer website). The terms include, but are not limited to, such topics as:

- ☐ The product is used at your own risk. There are some inherent risks involved in using this product including serious or fatal injury. Risk of injury can be reduced when safe techniques and common sense are practiced. Always follow installation and safe usage instructions.
- ☐ The buyer fully accepts full responsibility and releases Garren Fitness from liability for any and all injuries, costs and damages incurred as a result of using the product. Garren Fitness will not be held liable under any circumstance for incidental or consequential loss, damage or injury due directly or indirectly to the use of this product

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