

# PULL UP STATION



# USER MANUAL

**Thank you for your order!**

You support us in our vision to connect  
1,000,000 people through a passion for  
calisthenics and functional fitness.

Your Team GORNATION



Learn more about our mission:

[www.GORNATION.com/pages/about](http://www.GORNATION.com/pages/about)



## ATTENTION!

The safety instructions in this user manual must be read and followed, otherwise serious injury or death may result! Disregarding the instructions given here can lead to functional impairments or damage to the product or other material damage.

### Other important notes:

- ◆ Keep the user manual in a safe place so that you can refer to it at any time.
- ◆ Before using the device, every person who wants to train with it must have read the user manual
- ◆ Please read the entire user manual before you start assembling and using the device as instructed so that you can make full use of the device and train with it in the long term. The function and operational safety of the device can only be guaranteed if you have read the user manual in full and follow the safety instructions. We accept no liability for damage caused by improper or incorrect use.

Safety instructions.....	3
Instructions for use.....	5
Care and storage.....	5
Product features and scope of delivery.....	6
Assembly instructions.....	7
Training exercises.....	13
Contact Us.....	14

# SAFETY INSTRUCTIONS

- ◆ The entire user manual must be read before the device is installed and used. Proper and safe use can only be achieved after proper installation, maintenance and use. It is your responsibility to ensure that all users of the device are aware of all precautions and warnings.
- ◆ Before you start exercising, consult a doctor. The doctor will determine whether there are any health or physical restrictions that could pose a risk to health and safety or prevent proper use. If you are taking medication that affects your cholesterol levels, blood pressure or heart rate, the advice of your doctor is important.
- ◆ The product is only suitable for sports purposes.
- ◆ Incorrect or excessive training can be harmful to your health. You must pay attention to your body's signals. Stop exercising if you experience the following symptoms: drowsiness, dizziness, nausea, pain, tightness in the chest, extreme shortness of breath or irregular heartbeat. If you experience any of these symptoms, you should consult a doctor.
- ◆ Please note that incorrect and excessive training can endanger your health. Start your training lightly and intensify your training in appropriate stages. Even with advanced athletic expertise, it is important to start with light exercises to familiarize yourself with all subsequent exercises before moving on to more advanced variations.
- ◆ Warm up for a few minutes before your workout to avoid injury. Stretching your body before and after exercises helps to prevent injuries or cramps.
- ◆ Suitable sports clothing must be worn. It should allow freedom of movement and be comfortable. Sports shoes with non-slip soles and made of supportive material should also be worn.
- ◆ Pets and children must be kept away from the device. The device is intended for adults only.



# SAFETY INSTRUCTIONS

English

- ◆ There should be no other objects, pets, people or children within a radius of at least one meter that could injure you or them.

The device may only be used by one person at a time.

- ◆ Before each use, all visible parts must be checked for damage or wear.
- ◆ Before use, check that the product is correctly and properly attached.
- ◆ Make sure that all screws are tight. If you are unsure, contact a fitter and/or specialist dealer. This is the only way to ensure that the attachment will hold the weight.
- ◆ Maximum load Pull Up Bar: 250 KG when used according to instructions.
- ◆ Use ONLY for intended use (as described by the manufacturer). The device may not be modified and no additional parts may be used that are not recommended by the manufacturer.
- ◆ Not for the attachment of e.g: Suitable and usable for children's swings, etc. Misuse of the device is at your own risk.
- ◆ The product is not suitable for children under the age of 14. Children may only use the device if they are physically capable of doing so and only under the supervision of a responsible adult.

The warranty period is 2 years and starts from the date of invoice. Warranty service is provided when defects in the product are due to defects in materials or workmanship. If a defect is detected, the buyer is obliged to report it immediately to the manufacturer, who will repair it free of charge. Damage resulting from improper handling, failure to follow the instructions, use of force or normal wear and tear are not covered by the warranty. Furthermore, the warranty obligation and any warranty shall become void if the product is modified without authorization or is not used for the intended purpose. The manufacturer shall not be liable for any resulting, causal or consequential damages of any kind unless such limitation of liability is expressly prohibited by law. It is at the manufacturer's discretion to fulfill the warranty obligation by repairing or replacing the damaged product. There are no further claims. Statutory rights are not limited by this warranty.

# INSTRUCTIONS FOR USE

English

- ◆ Make sure that your floor is stable and level. The floor must be able to withstand the forces and loads generated by the use of the item.
- ◆ The floor must be stable. A local specialist can help you determine the load-bearing capacity.
- ◆ The dimensions of the product are 118 cm x 125 cm and height of 227 cm. Make sure that your floor is wide enough in both directions and that you have enough space at the top (min. 3.50 m for muscle ups/ min. 2.60 m for pull ups).
- ◆ Maximum load: 250 KG
- ◆ Avoid jerky movements and jumping up onto the Pull Up Station to avoid jeopardizing the stability of the device.
- ◆ Only hang from the Pull Up Station with your hands.
- ◆ Do not hang from the Pull Up Station with your legs or feet.
- ◆ Do not hang upside down on the Pull Up Station.
- ◆ Only perform the exercises with controlled movements. Make sure that you do not swing or move jerkily and perform your exercises with a straight posture.
- ◆ GORNATION GmbH accepts no liability for improper assembly, overloading and use.

## CARE & STORAGE

- ◆ The device should be stored indoors. Direct sunlight and exposure to moisture should be avoided. Proximity to heat sources should also be avoided.
- ◆ You can clean the device with a clean, soft and damp cloth. Take care not to use any acidic, alkaline, abrasive or corrosive substances when cleaning to avoid damaging the surface of the appliance and causing scratches.

# PRODUCT FEATURES & SCOPE OF DELIVERY

English

## Pull Up Station

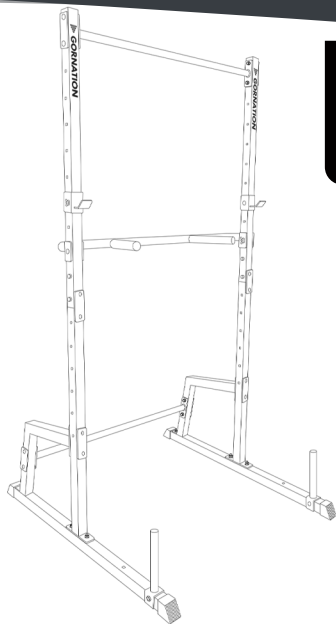
Weight of the product: 33 KG

Material: black coated steel

Feet: plastic

### Scope of delivery:

- ◆ 1 Pull Up Station
- ◆ 27 connecting screws
- ◆ 27 washers
- ◆ 27 self-locking nuts
- ◆ 4 wing nuts
- ◆ 8 locking screws
- ◆ 4 rubber feet
- ◆ 27 hexagonal protective caps



## Dip extension

Weight of the product: 3,8 KG

Material: black coated steel

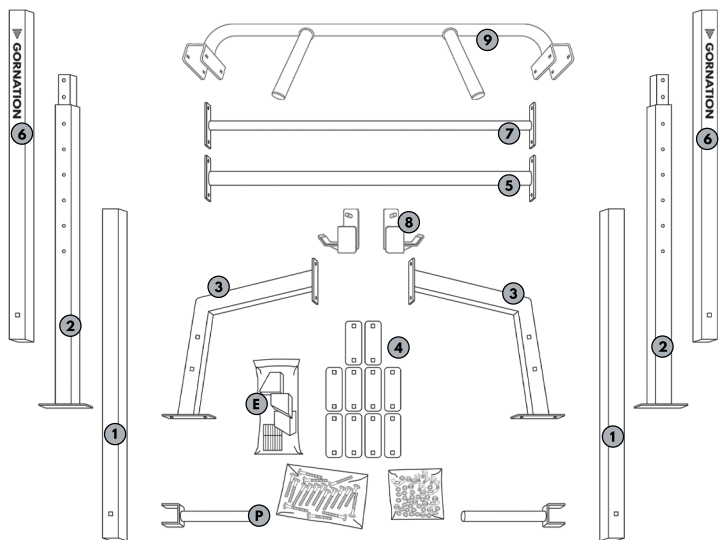
### Scope of delivery:

- 1 dip extension ◆
- 4 connecting screws ◆
- 4 washers ◆
- 4 nuts ◆
- 4 wing nuts ◆
- 4 hexagonal protective caps ◆



# ASSEMBLY INSTRUCTIONS

English

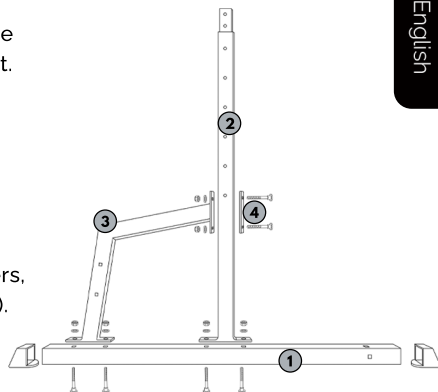


**Note:** The nuts included are self-locking nuts, so you have increased resistance during assembly. After assembly, they ensure excellent stability during your workout at the Pull Up Station.

# ASSEMBLY INSTRUCTIONS

English

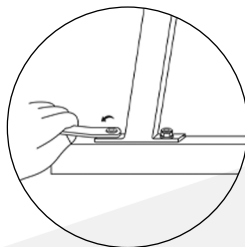
1. Take a base part (2) and a T-piece (2), mount the T-piece in the middle of the base part. Use 2 screws, 2 washers and 2 nuts for this. Next, mount the support beam (3) by attaching it to the base part with 2 screws, washers and nuts each. To attach it to the T-piece, use 2 screws, washers, nuts and one of the plates (4).



2. Make sure that you tighten all the screws well.

3. You can now place the plastic caps (E) on the end pieces of the base parts.

4. Repeat these steps mirrored on the other side. Make sure that the square holes of the T-piece are facing outwards.



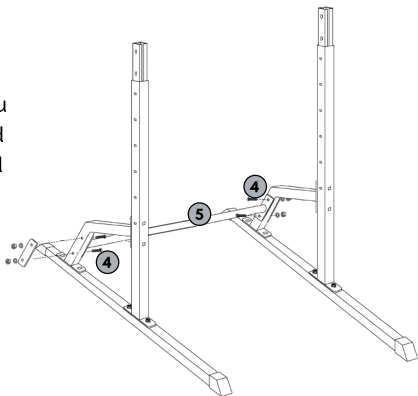
# ASSEMBLY INSTRUCTIONS

English

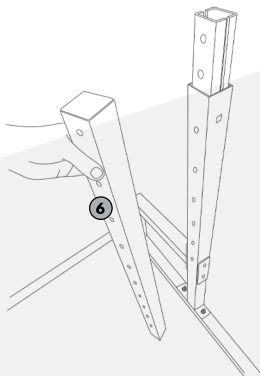
5. To assemble the Push Up Bar (5), a second person must help you to avoid personal injury and damage to property. They will hold the base while you assemble the Push Up Bar (5).



6. To attach the push-up bar, you will need 4 bolts, washers and nuts each, which are attached to the support beams from the outside using 2 plates (4). Make sure that the square holes in the side panels face outwards.



7. Next, extend the sides upwards. To do this, take the side parts (6) with the GORNATION logo and place them so that the square holes are facing outwards and the logo is facing forwards and backwards.

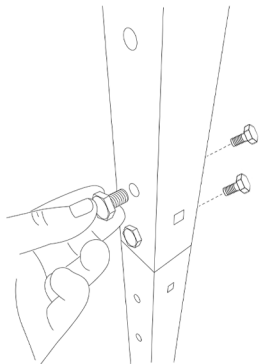


# ASSEMBLY INSTRUCTIONS

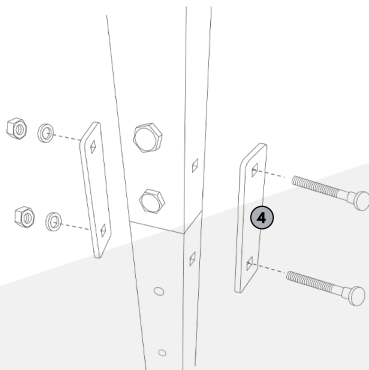
English

8. First use four short locking screws to ensure lateral stability.

9. Then take a plate (4) and two screws. Insert the screws through the plate and then through the bottom hole of the side panel and the top hole of the T-piece. Then take another plate (4) and insert the screws on the back through the plate. Secure the connection with washers and nuts.



10. Repeat this step mirrored on the other side. Make sure that the square holes in the side panel are facing outwards.





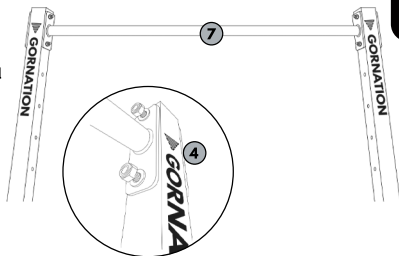
# ASSEMBLY INSTRUCTIONS

English

11. For the assembly of the pull-up bar (7), get help from a second person again.



12. While the second person holds the Pull Up Bar (7) for you, you can assemble it. You will need 2 bolts, washers, nuts and a plate (4) for each side.



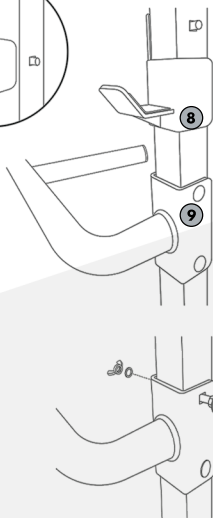
13. Tighten all screws firmly.

14. You can attach the squat bracket (8) on both sides. Insert the pin of the squat holder through a hole of the Pull Up Station. Make sure that the height of the squat bracket is exactly the same on both sides of the pull-up station.



You can also attach the dip extension (9). To do this, take

15. the dip extension and install it on both sides at the same height using two screws, washers, and wing nuts.

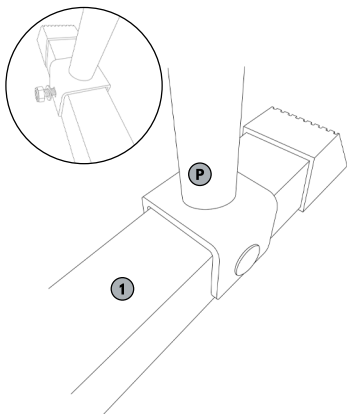


# ASSEMBLY INSTRUCTIONS

English

**Note:** You can also use the wing nuts for the pull-up bar, the barbell holder and the dip extension. This allows you flexible use and quicker modification of your Pull Up Station according to your needs.

16. Finally, attach the weight pin holders (P) to the base section (1). You will need 1 screw, washer and nut on each side.



# CONTACT

English

If you have any questions, feedback or other concerns, please feel free to contact us at any time.

**GORNATION** GmbH  
Hüfferstraße 22  
48149 Münster  
- GERMANY -

support@gornation.com  
UST-ID DE 362839762

The general terms and conditions of the website apply:  
[www.GORNATION.com](http://www.GORNATION.com)



For more calisthenics follow us on



## Congratulations!

You are standing in front of your Pull Up Station - ready to get started with your training!



But we wouldn't be GORNATION if we simply left you alone with your new product. We have put together some important tips on training with the Pull Up Station especially for our customers.

We offer incentives and inspiration for the best exercises that you can use directly during your first workout with your new GORNATION Pull Up Station. Find all this under the following link:

<https://www.gornation.com/pages/pull-up-station-guide>



Exercises and tips for your Pull Up Station!