

**Content of delivery:**

- 1 Door Pull Up Bar Hook-it

**Material:**

black coated steel

plastic

**Important:**

Familiarize yourself with all instructions regarding use and care before first use.

**Care instructions:**

- 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.

**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 injuries. Stretch your body before and after exercises, this 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.
- 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 installed.
- Make sure that the door frame is stable. If you are unsure, contact an installer and/or specialist dealer. This is the only way to ensure that the attachment will hold the weight.
- Maximum load: 130 kg when used according to instructions.