

INSTRUCTIONS FOR USE

- ◆ 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: 150 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.