

SAFETY LOCK METHOD

There are 2 methods of use with The iPump Bar (with or without safety Locks). No fitting is essential; however, the iPump Bar features optional safety locks in order to support up to 295lbs. For a safer and more permanent fixture, which will prevent the unit from dislodging or loosening unexpectedly, insert the pointed end of the safety lock behind the top of the trim of the door frame (tools are required for this).

Safety Reminders

- DO NOT Swing or Bounce When Using This Product
- DO NOT Attempt To Hang By Your Feet Or Leg When Using This Product.
- DO NOT Use The Product if You Weigh Over 295lbs.
- DO NOT Use the Product If you are Unsure of The Stability of Your Doorway or Door Frame.
- DO NOT Use On Plaster Board or Partition Door Frames, Only Solid Door Frames.
- DO Not Allow Children under The age Of 18 to Use this Product without Adult Supervision.
- YOU MUST check The iPump Bar is Completely Secure on The Door Frame before Use.
- CHECK The Bar is correctly assembled Before Use and That All the fastenings Are Secure BEFORE USE.
- MAINTAIN a Controlled Motion When Performing Pull-Ups.