

ASSEMBLY INSTRUCTIONS

CAUTION! DO NOT USE THE CHIN UP BAR IN DOORWAYS WIDER THAN 32.7". Suitable for doorways from 28" to 32.7".

INSTALLATION OF TOP BRACKETS:

- Install the bracket against the door stop edge and 6" or more down from the top of the door frame.
- Mark and then drill 1/16" diameter holes at least 2" deep.
- Install the bracket using all three screws provided. **DO NOT SUBSTITUTE SHORTER SCREWS.** Screws should go in all the way. To make the installation easier, rub soap on screw threads.

• Install the second bracket on the opposite side of the door frame at the same height as the first bracket. After the brackets are installed, extend your chin up bar out to the width of the door frame and hook the flared tube ends into the brackets. Lock the chin up bar into the brackets. Always check to make sure the bar is securely locked before inverting on the bar.

INSTALLATION OF MIDDLE AND BOTTOM BRACKETS:

- The middle set of brackets should be mounted half way between the top and bottom of the door frame.
- The bottom set of brackets should be mounted at least 8" off the floor.
- Mount the middle and bottom brackets in the same way as the top set of brackets.

WARNING!

YOU MUST TEST YOUR BAR INSTALLATION! FAILURE OF YOUR INSTALLATION COULD RESULT IN SERIOUS INJURY.

To test chin up bar installation: After installing the brackets and locking the bar in place, two people should hang by their hands from one end of the bar. While hanging, bounce up and down several times. Next, have both people hang from the other end of the bar and repeat the test.

CAUTION: ONLY ONE PERSON AT A TIME SHOULD USE THE DOORWAY BAR FOR CHIN UPS. DO NOT ALLOW CHILDREN TO USE UNSUPERVISED.

IMPORTANT POINTS TO REMEMBER

- Be sure to consult your physician before starting any exercise program.
- To prevent undue wear to cable, the handle must always be kept in a straight line with the cable while doing all exercises. Never tilt handle. For added protection, the cable should be wiped with Armour-All®.

HOW TO USE THE 4 IN 1 CHIN UP BAR

1. High Mount (with bar attached high in door) – The bar is set for body weight exercises like over or underhanded grip chin ups.

2. Middle Mount (with bar attached in middle of door) – The bar is set for body weight exercises like body rows (with various grips), beginner pushups, triceps/full body extensions and assisted one or two legged squats.

3. Bottom Mount (with bar attached at bottom of door) – The bar is set for body weight exercises like dips, pushups and resisted pushups.

WARM UP DRILLS

Jumping rope or run in place – Three minutes of either exercise will do fine.

Jumping jacks – The old traditional exercise is still a great warm up.



CORRECT POSTURE WHILE WORKING OUT

Alignment and posture are very important in order to attain optimal results. Follow these guidelines:

- Keep your chest up and head and wrists neutral during all exercises.
- Abs slightly contracted to keep back in neutral position.
- Feet shoulder width apart and pointing straight ahead.

BEGINNER

Repeat each exercise for desired amount of reps. Start with slow movements and increase speed only as your technique improves.

1. Assisted pushups – Hands shoulder width apart on bar (palms down) which is set at middle height. Body is straight and long. Lower body down to bar until chest touches bar. Then, strongly press up and away from the bar until arms are at full extension. *When you can do 20 to 25 reps of assisted pushups move on to pushups from the bottom mount position.*

2. Assisted chin ups – Hands shoulder width apart on bar (palms up) which is set at middle height. Body hangs directly below bar so that your buttock touches or almost touches the floor. Keep your body in a vertical position as you strongly pull your chin up to the bar; resist straight down until arms are straight again. *When you can do 20 to 25 reps of assisted chin ups move on to non-assisted chin ups or jump chin ups from the top mount position.*



3. Assisted squats – Hands shoulder width apart on bar (palms down) which is set at middle height. With arms extended and feet slightly forward, begin to squat down until knees are at a 90 degree angle or thighs parallel to the floor. Pause and then stand up from squat position while maintaining knee tracking towards big and second toe and back straight. *When you can do 20 to 25 reps of assisted squats move on to one legged assisted squats.*

4. Russian Twists – Loop cable around the middle of the bar and hold one handle in each hand. Start with right side towards door and hands, hips, shoulders and head facing straight ahead with cable taut. From here, rotate hips, shoulders, head and hands to left away from door and resist all the way back towards the door. Repeat for desired reps on both sides.



INTERMEDIATE

Repeat each exercise for desired amount of reps. Start with slow movements and increase speed only as your technique improves.

1. Chin ups – Hands shoulder width apart (palms up) on bar at top height. Hang directly below bar with feet off the floor. Keep body in vertical position as you strongly pull your chin up past the bar; resist straight down until arms are straight again. *If you can only do a couple of chin ups, then add reps to your sets by doing jump chins. Jump chins are done by jumping off the ground and chinning and then resist down.*



2. Pushups – Hands shoulder width apart on bar (palms down) which is set at bottom height. Body is straight and long. Lower body down to bar until chest touches bar. Then, strongly press up and away from the bar until arms are at full extension. *When you can do 20 to 25 reps of this type of pushup move on to pushup with feet on the bar from the bottom position; the advanced exercise.*



3. Assisted one leg squats – Hands shoulder width apart on bar (palms down) which is set at middle height. With arms extended and feet slightly forward, begin to squat down on one leg until knee is at a 90 degree angle or thigh is parallel to the floor. Pause and then stand up from squat position while maintaining knee tracking towards big and second toe and back straight. *When you can do 20 to 25 reps of assisted one legged squats move on to foot up one legged squats.*



4. Tricep/core extensions – Hands shoulder width apart on bar (palms down) which is set at middle height. Body is straight and long. Lower body down to bar until head comes down near the bar. Then, strongly press out and away from the bar until arms are at full extension. *Very Important Note: go only as far as you can control and keep the midsection of the body very taut.*

5. Chest press – Holding both handles of cable, stand with back to door. Punch away from the door and resist back to starting position (hand at shoulders). Repeat for desired reps.

ADVANCED

Repeat each exercise for desired amount of reps. Start with slow movements and increase speed only as your technique improves.

1. Chin ups with pause at top –

Hands shoulder width apart on bar (palms up) which is set at top height. Body hangs directly below bar with feet off the floor. Keep your body in a vertical position as you strongly pull your chin up past the bar. This time pause for two count and then slowly (5 count) resist straight down until arms are straight again. If you can only do a couple of these, then add reps to your sets by doing regular chins and/or then jump chins.



2. Feet up pushups –

Hands shoulder width apart on floor and feet hooked over the top of the bar which is set at bottom height. Body is straight and long. Lower body down to bar until chest and nose touches the floor. Then, strongly press up and away from the floor until arms are at full extension. When you can do 20 to 25 reps of this type of pushup move on to pushup using the Power Pushup as resistance.



3. Foot up one leg squats –

With back to door, hook left foot over bar which is placed on the low or medium height (depends on comfort). Right foot should be two feet straight out in front of body. From here bend the right knee (keeping it directly over the ankle until the right knee is almost or at a 90 degree angle) resisting it down and then stand back up to straight leg. Repeat both sides for desired reps.

4. One leg/one arm diagonal lift –

With one handle in each hand and cable looped around the bottom bar set up, stand on left leg facing pulling. From here, reach down towards left foot with right hand and then stand and pull up and back and over the right shoulder to a full extension reaching for the sky. Resist back down. Repeat each side.

4 IN 1 CHIN UP WORKOUT PROGRAM

Goal is to repeat same reps for 3 sets before moving up in resistance or repetitions each week.

Beginners: 8 to 15 reps for 2-3 sets.

Intermediate: 8 to 15 reps for 2-3 sets.

Advanced: 8 to 15 reps for 2-3 sets.

If you have any questions or comments please feel free to contact Lifeline at 800-553-6633 or direct questions to Jon Hinds at jjh@inxpress.net

Limited Warranty

Warrantor: Lifeline Int'l, Inc. 3201 Syene Rd., Madison, WI 53713 (LIFELINE)

Parties & Products Covered: Each and every purchaser of each and every product manufactured and marketed by LIFELINE USA.

YOUR DUTIES AS PURCHASER AND PROCEDURES TO FOLLOW:

1. Inspect every package for missing or factory defective parts.
2. Inform Lifeline as to any missing parts, send any factory defective parts to Lifeline, at your expense for shipping; supply your name and address and explanation of what happened.
3. Inspect equipment before and after every use for scratches, nicks, cracks and abrasion spots.
4. Immediately replace any damaged parts (#3). Damaged parts are dangerous.

Warranty — What Lifeline will do:

1. Replace all missing and factory defective parts caused by the manufacturer at Lifeline's expense; except for your cost of sending defective parts and/or information to Lifeline.
2. These replacement parts will be shipped not more than 30 days and usually less than 10 days after receiving information.

Limitations

1. This warranty is good for 6 months from the date of purchase.
2. Implied warranties are limited for the same duration.
3. Incidental and consequential damages are excluded.
4. Some states do not allow limitations on how long an implied warranty lasts or do not allow the exclusion or limitation of incidental or consequential damages, so the above limitations (except for number 1) may not apply to you.
5. This warranty gives you specific rights and you may have others that vary from state to state.

Lifeline International, Inc.

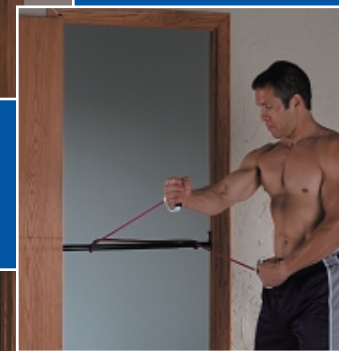
3201 Syene Road, Madison, WI 53713
608-288-9252 800-553-6633 Fax 608-288-9294
Web Site: www.lifeline-usa.com
E-mail: lifeline@inxpress.net

Jon Hinds
Lifeline
**4 IN 1
CHIN UP BAR**



Fitness Program

Developed by
Jon Hinds,
CSCS, CPT



Patent Pending.