

Before using your pull-up bar „Get Strong“, please read carefully the following information:

As your pull-up bar “Get Strong” is a training device for physical exercise, we recommend you to get a medical checkup before starting a training program. Should you feel sick while doing exercises with the “Get Strong” pull-up bar, please stop exercising and consult your doctor.

The pull-up bar „Get Strong“ is a training device which should ONLY be used to do chin-ups. This device has been produced for a door width of 60 to 80 cm, its loading capacity is 150 kg. Although the fitness device has been thoroughly produced and tested in order to minimize the risk of injury, a certain risk to injure yourself cannot be excluded. That is why the user accepts the full responsibility for all risks that might occur while using the training device.

IMPORTANT: Before using this training device, you should assure yourself that it has been securely and correctly been mounted on the doorway with the adequate door width. If the underground of the doorway is not solid and absolutely stable, the pull-up bar must not be used in this place. It is the responsibility of the user to decide if the doorway can reliably withstand the correct use of the pull-up bar “Get Strong”.

As the pull-up bar “Get Strong” offers a total of 12 different grip positions, you can do various pull-ups with different hand positions to train different muscles and body parts. It is important to only do the chin-ups in a straight position and controlled movements.

Further safety regulations

- Don't swing or jump while using the pull-up bar.
- Don't try to hang with your feet or legs at the pull-up bar.
- Don't use the pull-up bar when you weigh more than 150 kg.
- Don't use the pull-up bar when you are not sure if the door jamb or the doorpost are strong enough.
- Don't allow children under 18 years to use the pull-up bar without the supervision of an adult or a professional.
- Before using the pull-up bar, please check carefully if the mounting in the doorway is absolutely safe.
- Maintain a controlled body position while doing pull-ups.

Workouts will demonstrate specific exercises that you can do with your pull-up bar “Get Strong”:

- Wide chest pull-up
- Backhanded pull-up with backhanded grip
- Closed pull-up with overhand grip
- Pull-up with alternating grip (hands crossed)
- Corn-cob pull-up