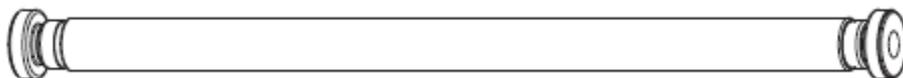




**USER MANUAL – EN**  
**IN 354 Doorway Gym Bar inSPORTline**



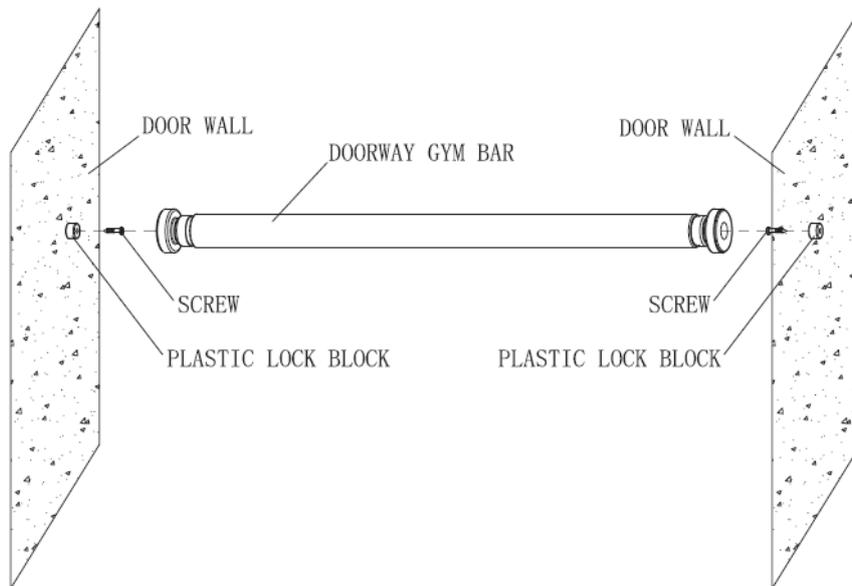
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## PAY ATTENTION TO FOLLOWING POINTS

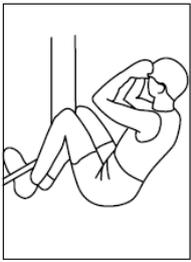
1. For chin-ups, sit-ups and stretching exercises.
2. Fits doorway from 63 cm to 93cm wide.
3. Easily removed when not in use.
4. Maximum body weight 120kg (15 stone approximately)
5. Not for use with inversion boots.

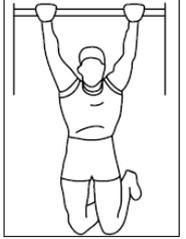
## ASSEMBLY INSTRUCTIONS



1. According to your exercises and your stature, and notice the doorway wall wide is from 63cm to 93cm, then attach the each plastic lock block to the side wall of door use screw. Notice two plastic lock blocks is same level and coaxial.
2. Screw two sides of the doorway gym bar, and then doorway gym bar's length will increase. Align the axes of plastic lock block and the rubber donut of gym bar, lock the gym bar until each side plane of gym bar touch each wall. Tightening by the rotating movement middle rod.

## INSTRUCTIONS OF USE

	<p><b>(1) SIT-UPS:</b></p> <p><i>ABDOMINAL MUSCLES</i></p> <p>Lie on you back with your knees bent and your feet hooked under the bar, place your hands at the side of the front of your head or if too difficult alongside your hips sit up slowly to 45°, then slowly lower yourself, stop briefly then repeat. Build up to set of 10-20 steps.</p>
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	<p><b>(2) HANGING LEG RAISE:</b> <i>ABDOMINAL MUSCLES</i></p> <p>(Overhand grip and knuckles facing towards you) Hang from bar with hands positioned in line with your shoulders, bend your knees and lift them as high as possible, lower them back to the starting position, (be careful not to swing). Stop briefly then repeat build up to a set of 5 then increase as desired.</p>
	<p><b>(3) WIDE GRIP CHINS:</b> <i>UPPER BACK, BICEPS AND SHOULDER MUSCLES</i></p> <p>(Overhand grip and knuckles facing towards you)</p> <p>Hang from bar, with legs bent at knees, pull yourself up trying to touch your chest to the bar, at the top of the movement, hold briefly then lower yourself to the starting position, your movement should be controlled not jerky or too fast. Do not cheat – make sure you complete the full range of movement. Gradually increase the repetitions as you progress.</p>
	<p><b>(4) CLOSE GRIP CHINS:</b> <i>CHEST BICEPS AND SHOULDER MUSCLES</i></p> <p>(Underhand grip and knuckles facing away from you)</p> <p>Hang from bar, with legs bent at knees, pull yourself up with head leaning slightly back, try to touch your hands, lower yourself to the starting position, your movement should be controlled not jerky or too fast. Do not cheat – make sure you complete the full range of movement. Gradually increase the repetitions as you progress.</p>

## TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

### General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated hereunder determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 40/1964 Coll. Civil Code, Act No. 513/1991 Coll., Commercial Code, and Act No. 634/1992 Coll., Consumer Protection Act, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in Borivojova Street 35/878, Prague 13000, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

“The Buyer who is the End Customer” or simply the “End Customer” is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

“The Buyer who is not the End Customer” is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions to the extent specified in the Commercial Code.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

### Warranty Conditions

Warranty Period

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

**The Warranty does not cover defects resulting from:**

User's fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks

Improper maintenance

Mechanical damages

Regular use (e.g. wearing out of rubber and plastic parts, joints etc.)

Unavoidable event, natural disaster

Adjustments made by unqualified person

Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

**Warranty Claim Procedure**

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product's serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.

**SEVEN SPORT s.r.o.**

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Date of Sale:

Stamp and Signature of Seller: