



DOOR GYM

Installation Instructions



Congratulations on your purchase of the DOOR GYM/HOME GYM

Select a door area that allows you freedom of movement in a space of about six feet by six feet.

- ① Slide one of the brackets over the top of the door and center horizontally.
- ② Slide the other bracket under the bottom of the door, making sure the top and bottom brackets are lined up and centered on the door. Make sure that the four resistance cords are straight and stretched tightly. Close the door until it latches and lock it (if possible) to secure your Door Gym in place.
- To begin exercising, simply attach the enclosed handles or straps to the
- ③ ends of one or more of the Door Gym's resistance cords and choose an exercise from the included exercise chart.

Door Requirements:

Maximum
Depth/Thickness: 1 5/8"
Height: 78" - 84"



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