

28.5\*21cm



## DOORWAY CHIN UP BAR INSTALLATION INSTRUCTION

Sunny Item #025

### Weight Bearing Brackets for Chin Ups (Silver Brackets)



1. Close door, place silver bracket on outside edge of door frame about two inches from the top.
2. Use mounting screws to attach brackets to door frame. Be sure to use all three screws per bracket and also make sure brackets are mounted evenly.
3. Once brackets are mounted, place bar inside of bracket and turn one end until properly fitted. Do not over tighten.

### Non Weight Bearing Brackets for Sit Ups and Crunches (Black Brackets)



1. Close door, place black bracket on outside edge of door frame close to the ground.
2. Use mounting screw to attach black bracket to door frame. Make sure brackets are mounted evenly.
3. Once brackets are mounted, place end of bar over black bracket and turn one end until properly fitted. Do not over tighten.

\*Not for use by persons weighing over 220 lbs, or in doorways wider than 35 inches.

For Customer Service, please contact: [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com).