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ProsourceFit ps-1109-cu

ProsourceFit Multi-Grip Chin-Up/Pull-Up Bar User Manual

Brand: ProsourceFit | Model: ps-1109-cu

INTRODUCTION

The ProsourceFit Multi-Grip Pull-Up/Chin-Up Bar is designed to provide an effective and convenient way to build and tone muscles within a home environment. This heavy-duty doorway trainer offers multiple grip positions, allowing for a comprehensive upper body and abdominal workout without the need for extensive equipment or permanent modifications to your doorframe. It is built for durability and long-term use, supporting a variety of exercises to enhance strength and performance.

PRODUCT FEATURES

- **Multifunctional:** Features 12 comfortable grips and various handles for wide, hammer, and close-grip exercises.
- **Upper Body Strength:** Designed to strengthen the entire upper body and abs through pull-ups, sit-ups, push-ups, dips, and leg raises.
- **Easy to Assemble & Install:** Slip-in design fits standard doorways (24" to 36" wide). Includes 2 optional foam covers for outer handles to protect doorframes.
- **At-Home Workout:** Portable design facilitates convenient home workouts. An exercise guide is included.
- **Durable Steel:** Constructed from high-grade steel for durability, supporting up to 300 lbs.

SETUP

The ProsourceFit Multi-Grip Pull-Up Bar is designed for straightforward assembly and installation. Follow the included step-by-step manual for detailed instructions. The bar is intended to fit standard door frames between 24 and 36 inches wide, with a molding width of up to 3.5 inches and a wall thickness of up to 6.25 inches. Ensure your doorframe meets these specifications for secure installation.

For enhanced stability during intense workouts, optional J-brackets are included, allowing for a more permanent mount to the doorframe. When installing, ensure all components are securely fastened before use.

CONVENIENT FOR AT-HOME GYM SETUP

- Fits all standard door frames (24" - 36" wide; up to 6 1/4" thick; 3 1/2" molding width)
- At 41-inches long, it provides a wider grip than smaller versions that limit your range of motion



DOOR WIDTH
24" - 36"

SAFETY:

Please make sure the pull-up bar is securely installed before exercising

WALL THICKNESS

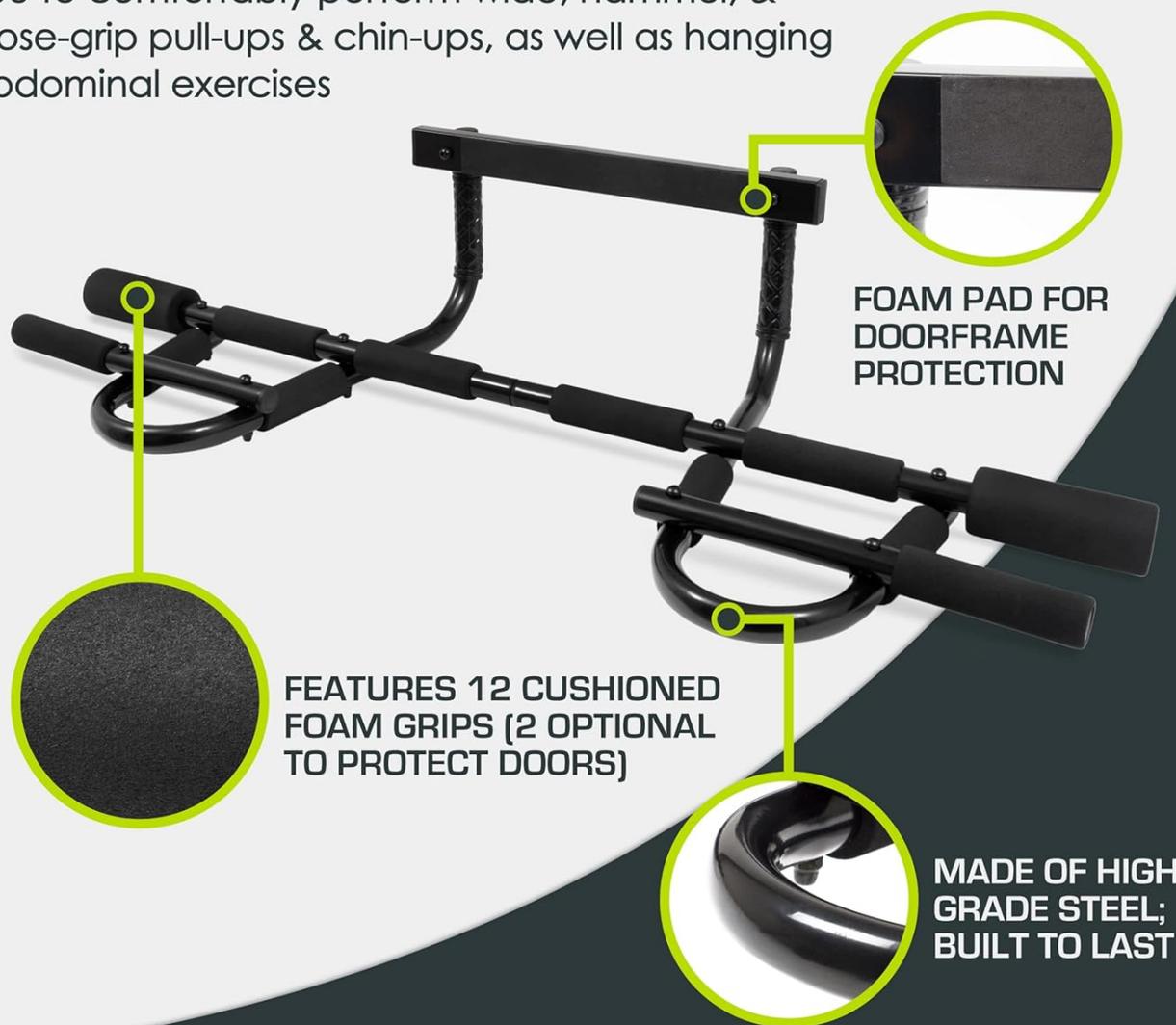
4 3/4" - 6 1/4"



This image illustrates the required door frame dimensions for proper installation, including width (24"-36") and wall thickness (up to 6.25").

MULTI-GRIP FOR MUSCULAR DEVELOPMENT

The multiple cushioned foam grip options allow you to comfortably perform wide, hammer, & close-grip pull-ups & chin-ups, as well as hanging abdominal exercises



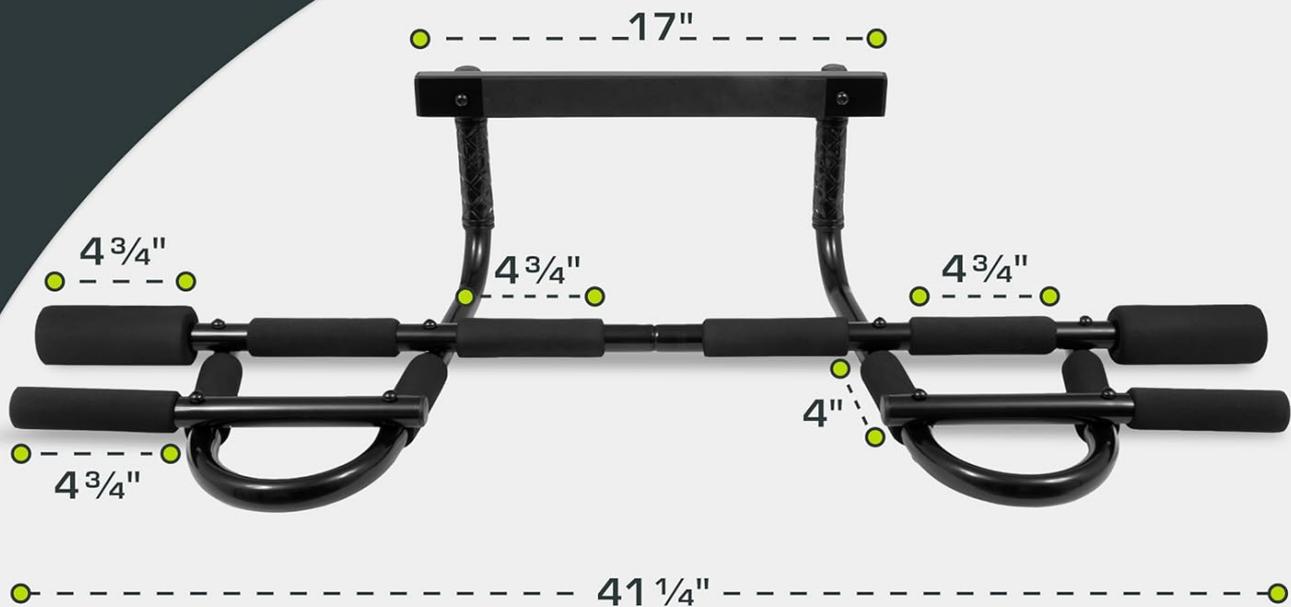
FOAM PAD FOR
DOORFRAME
PROTECTION

FEATURES 12 CUSHIONED
FOAM GRIPS (2 OPTIONAL
TO PROTECT DOORS)

MADE OF HIGH
GRADE STEEL;
BUILT TO LAST

This image displays the pull-up bar disassembled, highlighting its components and the ease of assembly with the included installation kit.

MULTI-GRIP PULL-UP BAR



DURABLE

The sturdy, portable pull up bar can withstand up to 300 LBS and made of premium-grade steel

An overhead view of the multi-grip pull-up bar, detailing its overall length (41.25 inches) and the spacing of its various grip positions.

OPERATING INSTRUCTIONS

The ProsourceFit Multi-Grip Pull-Up Bar allows for a variety of exercises targeting different muscle groups. Ensure the bar is securely installed in a sturdy doorway before beginning any exercise.

- **Pull-ups & Chin-ups:** Utilize the main bar or the angled grips for wide, neutral, or close-grip variations to target back and bicep muscles.
- **Push-ups:** Place the bar on the floor and use the lower handles for elevated push-ups, increasing range of motion and targeting chest and triceps.
- **Dips:** Position the bar on the floor and use the lower handles to perform dips, focusing on triceps and chest.
- **Leg Raises & Oblique Curls:** Hang from the bar and perform leg raises or oblique curls to engage core and abdominal muscles.

The 12 cushioned grip positions provide comfort and allow for diverse workout routines. Always maintain controlled

movements during exercises.

EASY ASSEMBLY

- Easy installation kit & step by step manual included
- J Bracket available to secure pull-up bar for intense workouts



This image highlights the 12 cushioned foam grips and the high-grade steel construction, emphasizing durability and user comfort.

GAIN STRENGTH & IMPROVE PERFORMANCE

Strengthens entire upper body by doing different variations of pull-ups, chin-ups, dips & push-ups

Strengthens abdominals & core by doing sit-ups, leg raises, knee raises, L-sit holds, & planks



This composite image demonstrates the versatility of the pull-up bar, showing it used for pull-ups in a doorway, and for push-ups and dips on the floor.

MAINTENANCE

To ensure the longevity and safe operation of your ProsourceFit Multi-Grip Pull-Up Bar, regular maintenance is recommended:

- **Cleaning:** Wipe down the bar and grips with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Inspect Connections:** Periodically check all bolts and connections to ensure they remain tight and secure. Tighten any loose fasteners as needed.
- **Grip Condition:** Monitor the foam grips for any signs of wear or damage. While durable, excessive wear may reduce comfort and grip.
- **Storage:** When not in use for extended periods, store the bar in a dry environment to prevent rust or material degradation.

TROUBLESHOOTING

This section addresses common concerns and provides solutions:

- **Doorframe Damage:** The design of doorway pull-up bars can sometimes cause minor marks or indentations on doorframes or walls due to pressure. To minimize this, consider placing a soft cloth or additional padding between the bar's contact points and your doorframe. Ensure your doorframe is sturdy and in good condition before installation.
- **Assembly Difficulty:** If you encounter challenges during assembly, carefully re-read the step-by-step manual provided with the product. All necessary tools (screws, Allen key) are included. Ensure all pieces are correctly oriented and securely tightened.
- **Perceived Flimsiness:** The ProsourceFit Multi-Grip Pull-Up Bar is constructed from high-grade steel and designed to support up to 300 lbs. If the bar feels unstable, double-check that it is correctly assembled and securely installed in a compatible doorframe. Ensure all bolts are fully tightened.
- **Weight Capacity Concerns:** The bar is rated for a maximum weight of 300 lbs. Adhering to this limit is crucial for safety and product integrity. If you exceed this weight, consider alternative equipment.

SPECIFICATIONS

Attribute	Detail
Brand	ProsourceFit
Model Name	Pull-Up Bars (ps-1109-cu)
Color	Black
Maximum Weight Recommendation	300 Pounds
Mounting Type	Door Mount
Material	High-Grade Steel, Vinyl (for grips)
Product Dimensions	41.25"W x 9"H
Item Weight	8.7 Pounds
Doorway Compatibility	24" to 36" wide, up to 6.25" thick

SAFETY INFORMATION

Your safety is paramount when using the ProsourceFit Multi-Grip Pull-Up Bar. Please adhere to the following guidelines:

- **Proper Installation:** Always ensure the pull-up bar is securely installed in a sturdy doorframe that meets the specified dimensions (24"-36" wide, up to 6.25" thick). Do not use on weak, damaged, or improperly installed doorframes.
- **Weight Limit:** Do not exceed the maximum weight recommendation of 300 pounds. Exceeding this limit can lead to equipment failure and serious injury.
- **Controlled Movements:** Perform all exercises with controlled movements. Avoid swinging, kipping, or sudden jerking motions, as these can destabilize the bar and increase the risk of injury.
- **Regular Inspection:** Before each use, inspect the bar for any signs of wear, damage, or loose components. Do not

use the product if any part is damaged or appears compromised.

- **Legal Disclaimer:** The assembly and use of this product are entirely the user's responsibility. The manufacturer and seller are not responsible for any harm or injury resulting from the use or misuse of this product.

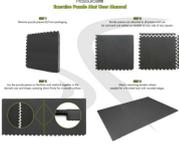
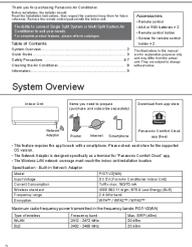
WARRANTY AND SUPPORT

The ProsourceFit Multi-Grip Chin-Up/Pull-Up Bar comes with a **Limited Lifetime Warranty**. This warranty covers defects in materials and workmanship under normal use and service. For specific details regarding warranty coverage, claims, or product support, please refer to the warranty information included with your purchase or contact ProsourceFit customer service directly through their official website or contact channels.

For any questions, technical assistance, or to report issues, please reach out to ProsourceFit customer support. Providing your product model number (ps-1109-cu) and purchase details will help expedite your request.

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Related Documents - ps-1109-cu

 <p>MUSCLED Pro Strength Stride Trainer PL-PS-ST Installation Manual www.muscledfit.com</p>	<p>MUSCLED Pro Strength Stride Trainer PL-PS-ST Installation Manual</p> <p>Official installation manual for the MUSCLED Pro Strength Stride Trainer (Model PL-PS-ST). Provides detailed step-by-step assembly instructions, safety guidelines, product specifications, and maintenance recommendations for this indoor fitness equipment.</p>
 <p>ProsourceFit Exercise Puzzle Mat User Manual EVA Foam Tiles for Home Gyms</p>	<p>ProsourceFit Exercise Puzzle Mat User Manual: Assembly and Usage Guide</p> <p>Detailed instructions for assembling and using the ProsourceFit Exercise Puzzle Mat, featuring interlocking EVA foam tiles for home gyms and workout areas. Learn how to connect pieces and add borders for a custom floor surface.</p>
 <p>APC Proteous Series APC-PS-3000 & PS-6000 Heavy Duty 24V System Actuator Installation Manual Attention Installer The manual should be read cover to cover at least once prior to beginning installation</p>	<p>APC Proteous Series PS-3000 & PS-6000 Heavy Duty 24V System Actuator Installation Manual</p> <p>Installation manual for the APC Proteous Series Heavy Duty 24V System Actuators, models APC-PS-3000 and APC-PS-6000. Covers specifications, preliminary checks, safety information, tools required, installation steps, wiring, and warranty.</p>
 <p>System Overview Panasonic Air Conditioner System Overview Includes specifications for built-in network adaptors and nanoe X technology.</p>	<p>Panasonic Air Conditioner: Quick Guide, Safety Precautions, and Operating Information</p> <p>Comprehensive guide to Panasonic air conditioners, covering system overview, quick setup, essential safety precautions, cleaning instructions, operating conditions, and disposal information. Includes specifications for built-in network adaptors and nanoe X technology.</p>

