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> Weider X-Factor Door Gym Instruction Manual WXF09

## Weider WXF09

# Weider X-Factor Door Gym Instruction Manual

MODEL: WXF09

## Introduction

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The Weider X-Factor Door Gym is a comprehensive total-body training system designed for home use. It attaches securely to any standard door, providing a versatile platform for strength training and muscle building. The system utilizes progressive resistance bands, offering over 210 pounds of resistance to facilitate explosive movements and effective workouts.

This manual provides essential information for the safe and effective setup, operation, and maintenance of your Weider X-Factor Door Gym. Please read all instructions carefully before use.





*Image: The Weider X-Factor Door Gym system securely mounted on a door frame, illustrating its compact design and readiness for use.*

## **Safety Information**

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Before beginning any exercise program, consult with your physician. It is important to understand and follow all safety precautions to prevent injury.

- Ensure the door gym is securely installed on a sturdy, standard door frame before each use.
- Verify that all connection clips and bands are properly attached and free from damage.
- Do not use the equipment if any part appears worn, frayed, or damaged.
- Keep children and pets away from the equipment during use.
- Perform exercises in a controlled manner; avoid sudden, jerky movements.
- Stop exercising immediately if you experience pain, dizziness, or discomfort.

## Setup Instructions

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The Weider X-Factor Door Gym is designed for quick and easy installation on most standard doors.

1. **Choose a Suitable Door:** Select a sturdy, interior door that closes securely and is not prone to warping. Ensure the door frame is robust enough to withstand pulling forces.
2. **Position the Unit:** Place the top brackets of the X-Factor unit over the top edge of the door, ensuring they sit flush against the door frame on the opposite side of where you will be exercising. The main body of the unit should be on the side of the door where you intend to work out.
3. **Secure the Door:** Close the door firmly. The door gym's design relies on the door being closed to create tension against the frame.
4. **Attach Components:** Connect the two handles and two ankle straps to the resistance bands using the four provided connection clips. The clips allow for quick changes between exercises and attachments.
5. **Verify Stability:** Before starting your workout, gently pull on the handles to ensure the unit is stable and the door remains securely closed.

## Operating Instructions

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The Weider X-Factor Door Gym offers a wide range of exercises for a full-body workout. The progressive resistance bands provide increasing tension as they are stretched, engaging muscles effectively.

- **Resistance Levels:** The system provides progressive resistance exceeding 210 pounds. The resistance increases as the bands are stretched further.
- **Using Handles:** Attach the handles for upper body exercises such as chest presses, rows, bicep curls, and tricep extensions.
- **Using Ankle Straps:** Attach the ankle straps for lower body exercises like leg extensions, hamstring curls, and glute kickbacks.
- **Exercise Variety:** Refer to the included exercise chart for over 50 body-sculpting exercises. The three workout DVDs (X-Factor Total Body Workout, MMA-designed Explosion Workout, and X-Factor AB Shredding) provide guided routines.
- **Nutrition Guide:** An eight-week nutrition guide is included to complement your fitness regimen and help achieve desired results.

## Maintenance

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Proper maintenance ensures the longevity and safe operation of your Weider X-Factor Door Gym.

- **Cleaning:** Wipe down the bands, handles, and straps with a damp cloth after each use to remove sweat and dirt. Avoid harsh chemicals.
- **Inspection:** Regularly inspect all components, especially the resistance bands, for any signs of wear, tears, or damage. Check connection clips for proper function.
- **Storage:** Store the unit in a cool, dry place away from direct sunlight and extreme temperatures, which can degrade the resistance bands over time.
- **Replacement Parts:** If any part becomes damaged, contact customer support for replacement parts. Do not attempt to repair damaged components yourself.

## Troubleshooting

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Here are solutions to common issues you might encounter with your Weider X-Factor Door Gym.

- **Unit Does Not Fit Door Properly:**  
If the door is not thick enough, the brackets may not sit flush. Try adding padding (e.g., folded cardboard) between the door and the brackets on the non-exercise side to ensure a snug fit and prevent movement. Ensure the unit is positioned as far back as possible against the door frame.
- **Door Does Not Close Securely:**  
Check for any obstructions around the door frame. Ensure the unit's brackets are not interfering with the door's latching mechanism. The door must be fully closed and latched for safe operation.
- **Uneven Resistance Between Bands:**  
While resistance bands naturally have slight variations, significant differences can affect your workout. Ensure bands are correctly attached and not twisted. If you suspect a manufacturing defect, contact customer support.
- **Bands Feel Too Easy/Hard:**  
The X-Factor uses progressive resistance. To increase difficulty, perform exercises with a greater range of motion or at a faster, controlled pace. To decrease difficulty, reduce the range of motion.

## Specifications

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<b>Brand Name</b>	Weider
<b>Model Number</b>	WXF09
<b>Item Dimensions (LxWxH)</b>	22 x 7 x 11 inches
<b>Item Package Dimensions (LxWxH)</b>	13.54 x 10.24 x 6.46 inches

<b>Package Weight</b>	3.95 Kilograms
<b>Color</b>	Black
<b>Size</b>	One Size
<b>Sport Type</b>	Exercise & Fitness
<b>Country of Origin</b>	China
<b>Date First Available</b>	March 26, 2010

## Warranty Information

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The Weider X-Factor Door Gym kit includes a limited lifetime manufacturer's warranty. This warranty covers defects in materials and workmanship under normal use and service. Please retain your proof of purchase for warranty claims.

For specific details regarding warranty coverage, limitations, and the claims process, please refer to the warranty documentation included with your product or contact Weider customer support.

## Support

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For further assistance, questions, or to order replacement parts, please contact Weider customer support. You can typically find contact information on the official Weider website or in the packaging materials that came with your product.

When contacting support, please have your product model number (WXF09) and date of purchase readily available.