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› HOMCOM Multifunction Pull-Up Bar Instruction Manual

**HOMCOM DEA91-1030431**

# HOMCOM Multifunction Pull-Up Bar Instruction Manual

Model: DEA91-1030431

## 1. INTRODUCTION

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Thank you for choosing the HOMCOM Multifunction Pull-Up Bar. This manual provides essential information for the safe assembly, installation, operation, and maintenance of your new fitness equipment. Please read these instructions carefully before use and retain them for future reference.

This pull-up bar is designed for a variety of upper body and core exercises, including pull-ups, chin-ups, push-ups, and sit-ups. It features a robust steel construction, comfortable padded grips, and a secure door frame mounting system.



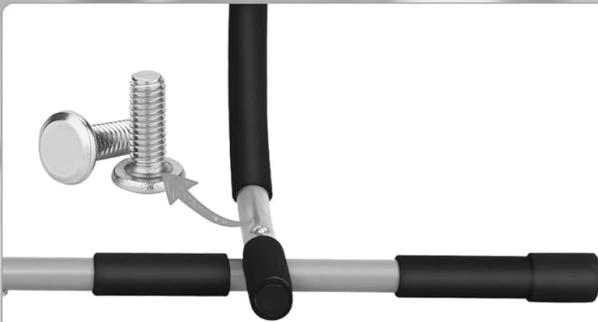
### Hochbelastbare Konstruktion

Aus hochwertigem Stahl für eine lange Nutzungsdauer



### Platzsparend

Nehmen Sie die Klimmzugstange einfach ab, wann immer Sie wollen. Das kompakte Design ist leicht zu verstauen



### Schlupffreie Schlittenbolzen

Eingebaute Sperrzähne sorgen für sicheren Halt - keine Unterlegscheiben erforderlich

Figure 1.1: Overview of the pull-up bar's construction, highlighting its heavy-duty build, space-saving design, and secure locking bolts.

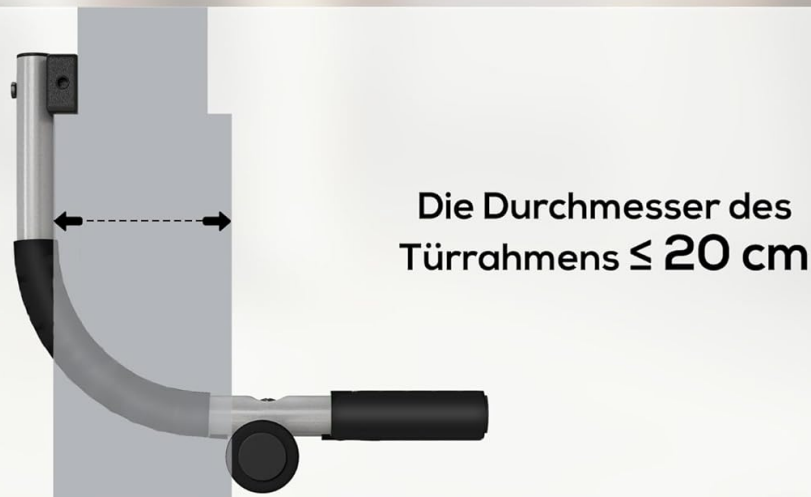
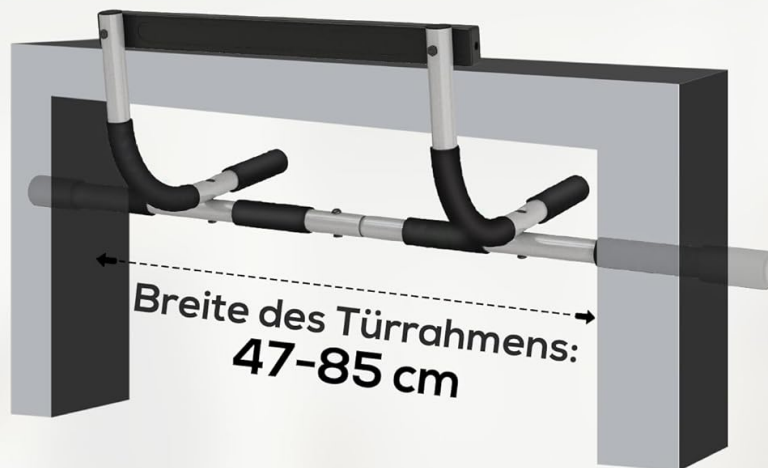
## 2. SAFETY INFORMATION

**WARNING:** Failure to follow these safety instructions may result in serious injury or damage to property.

- **Maximum Weight Capacity:** Do not exceed the maximum recommended user weight of **110 kg (242 lbs)**.
- **Door Frame Compatibility:** This pull-up bar is designed for standard door frames with a width between **50 cm and 85 cm** and a thickness of **up to 15 cm**. Ensure your door frame meets these specifications.
- **Secure Installation:** Always ensure the pull-up bar is securely installed and stable before each use. Verify that the anti-slip locking teeth are engaged and the bar is firmly seated on the door frame.
- **Inspect Before Use:** Before each workout, inspect the bar for any signs of wear, damage, or loose components. Do not use if damaged.
- **Proper Technique:** Use proper exercise technique to avoid injury. If you are unsure, consult a fitness professional.
- **Children and Pets:** Keep children and pets away from the equipment during use.

- **Wall Protection:** The padded grips help protect your door frame, but always exercise caution during installation and removal to prevent damage.

## TÜRKLIMMZUGSTANGE



**Figure 2.1:** Door frame compatibility guidelines, showing acceptable width (47-85 cm) and thickness (up to 20 cm, though product specs state 15 cm).

### 3. PACKAGE CONTENTS

Please check the package to ensure all components are present and undamaged. If any parts are missing or damaged, do not proceed with assembly and contact customer support.

- Main Pull-Up Bar Frame
- Assembly Hardware (screws, locking bolts)
- Instruction Manual

### 4. ASSEMBLY AND INSTALLATION

Follow these steps to assemble and install your HOMCOM Pull-Up Bar:

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean,

flat surface.

2. **Assemble the Frame:** Connect the various sections of the pull-up bar frame using the provided hardware. Ensure all screws are tightened securely.
3. **Adjust for Door Frame:** Adjust the width of the pull-up bar to fit your door frame. Refer to the safety information for compatible door frame dimensions.
4. **Engage Locking Screws:** The bar features locking screws with integrated anti-slip locking teeth. Ensure these are properly engaged to provide a firm and reliable hold on the door frame. This eliminates the need for additional washers.
5. **Test Stability:** Before full use, gently apply your weight to the bar to ensure it is stable and securely installed. Gradually increase pressure to confirm it can support your weight without slipping or movement.

## 5. OPERATING INSTRUCTIONS (USAGE)

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The HOMCOM Multifunction Pull-Up Bar allows for a variety of exercises to target different muscle groups:

- **Pull-Ups/Chin-Ups:** Hang from the bar with an overhand (pull-up) or underhand (chin-up) grip. Pull your body up until your chin clears the bar.
- **Wide, Narrow, and Neutral Grips:** The padded grips offer multiple positions for varied exercises, targeting different parts of your back and arms.
- **Push-Ups:** Place the bar on the floor and use the handles for elevated push-ups, increasing range of motion.
- **Sit-Ups/Core Training:** Secure the bar at the bottom of a door frame to hook your feet under for sit-ups, or use it for leg raises and other core exercises.

# VIELSEITIG EINSETZBAR



Figure 5.1: Demonstrations of multifunctional use, including push-ups, pull-ups, leg raises, and abdominal exercises.

# VERSCHIEDENE MUSKELN TRAINIEREN UND AUSFÜHREN UNTERSCHIEDLICHE ÜBUNG



**Figure 5.2:** Various grip options available on the pull-up bar for targeting different muscle groups.

# SICHERE UND KOMFORTABLE NUTZUNG

6 rutschfeste, gepolsterte Griffe für komfortable Übungen  
mit weitem, normalem und neutralem Griff



Figure 5.3: Example of a wide grip, highlighting the multiple padded grip positions for comfortable and secure exercise.



Figure 5.4: Proper form for performing a pull-up using the HOMCOM bar.

## 6. MAINTENANCE

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Regular maintenance will ensure the longevity and safe operation of your pull-up bar:

- **Cleaning:** Wipe down the bar and grips with a damp cloth after each use to remove sweat and dirt. Do not use abrasive cleaners.
- **Inspection:** Periodically check all screws and connections to ensure they remain tight. Re-tighten if necessary.
- **Storage:** When not in use, the compact design allows for easy storage. You can remove the bar from the door frame if desired.

## 7. TROUBLESHOOTING

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- **Bar feels unstable:** Ensure all assembly screws are fully tightened. Verify that the anti-slip locking teeth are properly engaged with the door frame. Re-check door frame dimensions against specifications.
- **Bar does not fit door frame:** Confirm your door frame width is between 50-85 cm and thickness is

up to 15 cm. Adjust the bar's width as needed.

- **Damage to door frame:** Ensure the padded grips are correctly positioned. Always install and remove the bar carefully.

## 8. SPECIFICATIONS

Feature	Specification
Model Number	DEA91-1030431
Overall Dimensions (L x W x H)	92 x 40 x 17 cm
Item Weight	1.85 kg
Material	Steel, Foam, PE
Maximum Recommended Weight	110 kg (242 lbs)
Compatible Door Frame Width	50 cm – 85 cm
Compatible Door Frame Thickness	Up to 15 cm

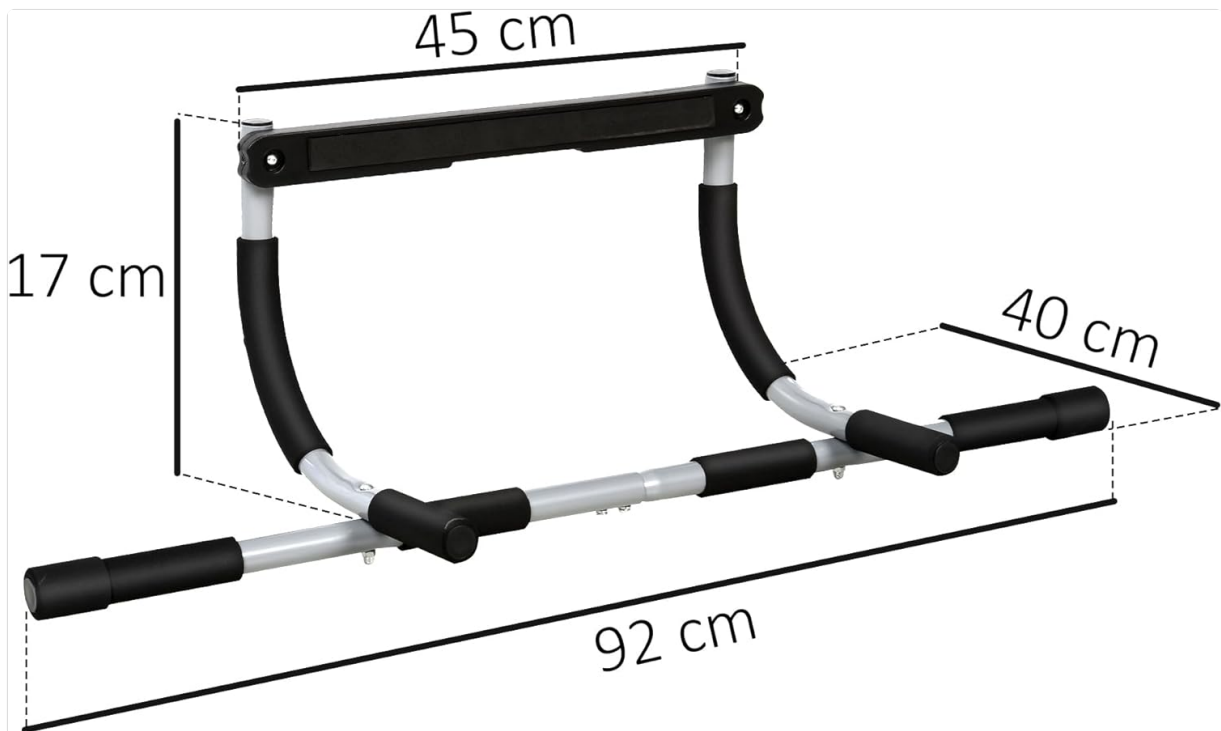


Figure 8.1: Detailed dimensions of the HOMCOM Multifunction Pull-Up Bar.

## 9. WARRANTY AND SUPPORT

For warranty information or customer support, please refer to the documentation provided with your purchase or contact the retailer directly. Keep your proof of purchase for any warranty claims.

