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> [KAKICLAY Multi-Grip Pull Up Bar User Manual](#)

### KAKICLAY KAK-PullUpBar

# KAKICLAY Multi-Grip Pull Up Bar User Manual

Model: KAK-PullUpBar

Brand: KAKICLAY

## 1. INTRODUCTION

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The KAKICLAY Multi-Grip Pull Up Bar is a versatile fitness equipment designed for home use, allowing for a variety of upper body and core exercises. Its innovative design features ergonomic grips, a raised bar suitable for taller individuals, and premium silicone door protectors to prevent damage to your door frame. The foldable design ensures convenient storage, making it an ideal solution for effective workouts in limited spaces.



Image: The KAKICLAY Multi-Grip Pull Up Bar, showcasing its design and included accessories like foam grips, carabiners, and suspension straps. A man is shown performing push-ups using the bar on the floor.

## 2. SAFETY INFORMATION

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Please read and understand all safety instructions before using the KAKICLAY Multi-Grip Pull Up Bar. Failure to follow these instructions may result in injury or damage to property.

- **Weight Limit:** This pull up bar is designed to support a maximum weight of 440 lbs (200 kg). Do not exceed this weight limit.
- **Door Frame Compatibility:** Ensure your door frame is sturdy and can safely support your weight plus the weight of the bar. The bar fits door widths between 21.65" - 36.22" (55-92 cm) and depths of 4.73" - 8.27" (12-21 cm). Acceptable trim height is up to 3.54" (9 cm).
- **Proper Installation:** Always ensure the bar is securely and correctly installed on the door frame before each use. Verify that all hooks and pads are firmly in place and aligned.
- **Door Frame Protection:** Utilize the included premium silicone door protectors to prevent marks or damage to your door frame.
- **Regular Inspection:** Periodically inspect the pull up bar for any signs of wear, damage, or loose components. Discontinue use immediately if any issues are found.

- **Supervision:** Children should not use this equipment without adult supervision.

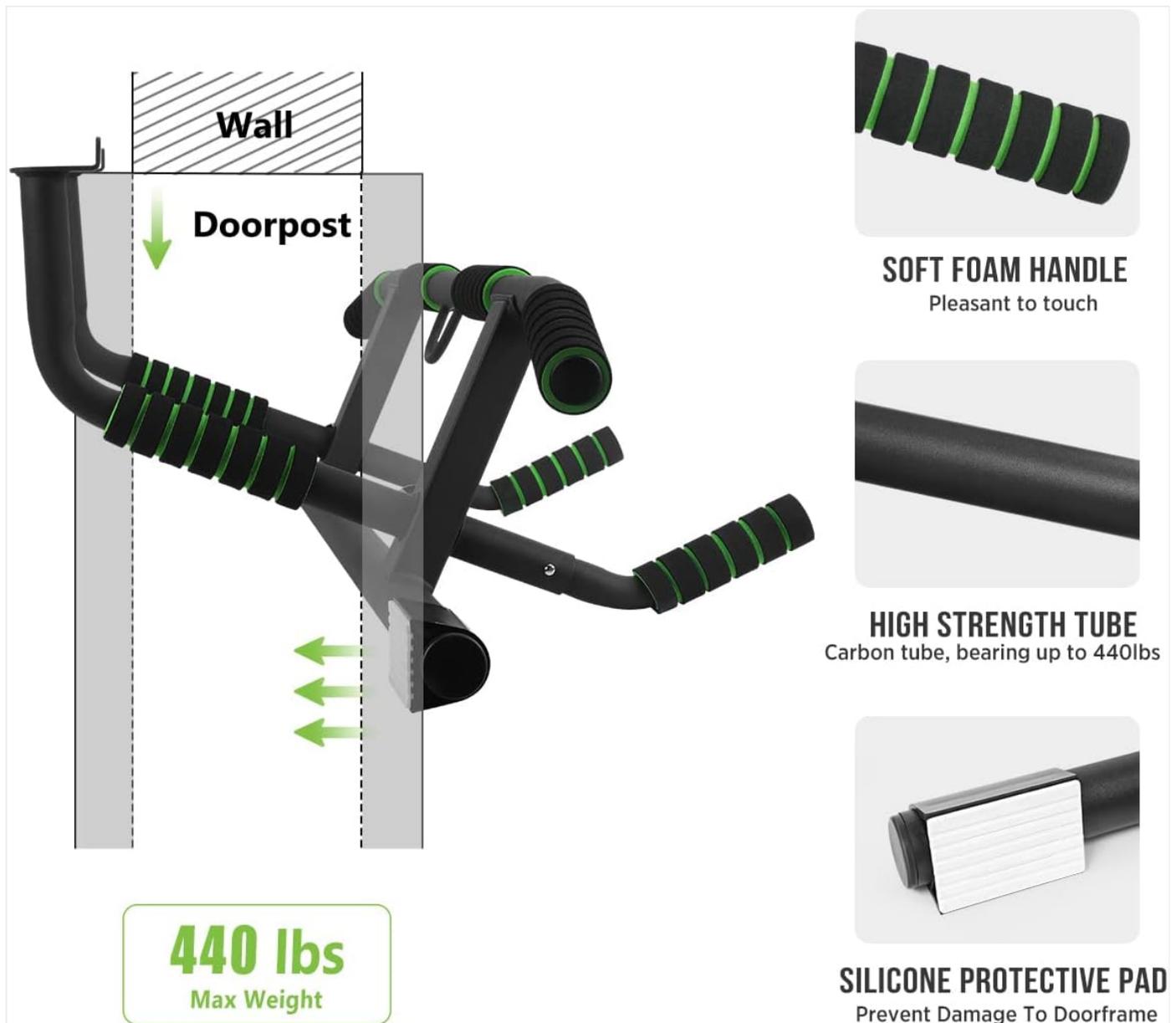


Image: A detailed diagram illustrating the KAKICLAY pull up bar's interaction with a door frame, emphasizing its 440 lbs max weight capacity and key features like soft foam handles, high-strength carbon steel tubing, and silicone protective pads.

### 3. PACKAGE CONTENTS

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Please check the package to ensure all components are present:

- Main Pull Up Bar Assembly
- Hook Bar
- Soft Foam Grips (pre-installed on main bar, additional for customization)
- Silicone Door Protectors
- Suspension Straps (2)
- Carabiners (2)
- Instruction Manual

### 4. SETUP AND INSTALLATION

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Follow these steps to assemble and install your KAKICLAY Multi-Grip Pull Up Bar:

#### 4.1. Assembly

1. **Step 1:** Insert the hook bar through the designated hole in the main body of the pull up bar.
2. **Step 2:** Insert the button into the hook bar to connect it securely with the main bar and handle.
3. **Step 3:** Adjust the hole position on the hook bar according to your doorframe width. Once aligned, lock it in place using the POP-PIN mechanism.
4. **Step 4:** Ensure all connections are firm and stable. The assembly is now complete.



Image: A visual guide showing the four steps to assemble the pull up bar, including connecting the hook bar and adjusting for doorframe width.

#### 4.2. Door Frame Installation

1. **Step 1:** Hook the assembled pull up bar firmly onto the top of your doorframe. The main bar should rest against the doorframe, and the extended arms should hook over the top.
2. **Step 2:** Align the guard pads (silicone protectors) with the doorframe to ensure they are positioned to prevent any damage.
3. **Step 3:** Double-check that the hooks are securely seated over the doorframe and the protective pads are properly aligned and stable.
4. **Step 4:** The bar is now ready for use. For exercises requiring extra resistance or suspension, attach the included suspension straps to the designated loops on the bar.

# SECURE GRIP BRACKETS

ENSURES SAFETY AND STABILITY

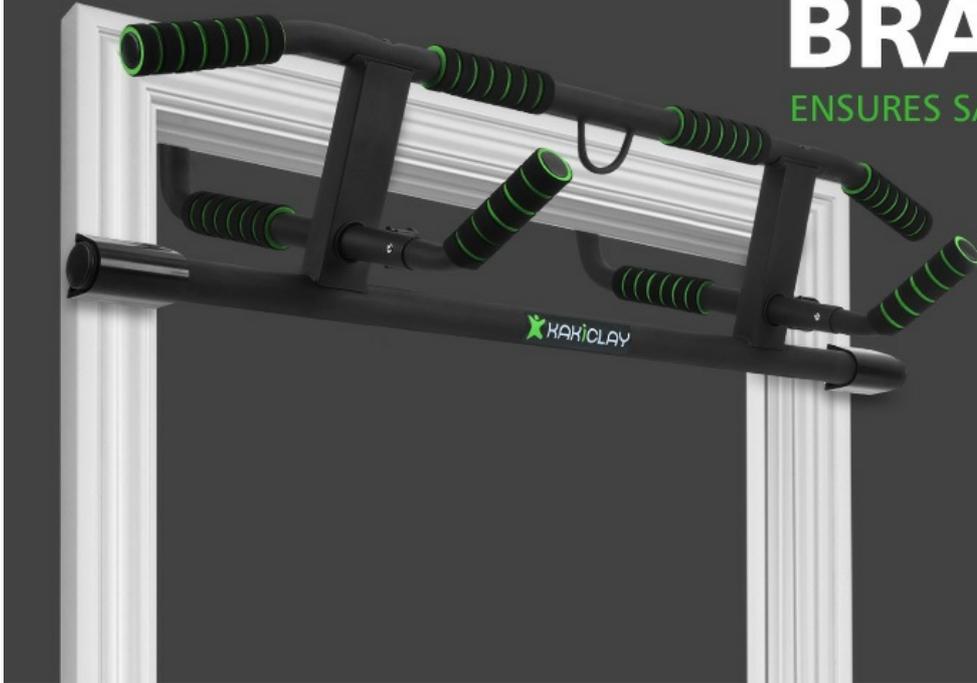


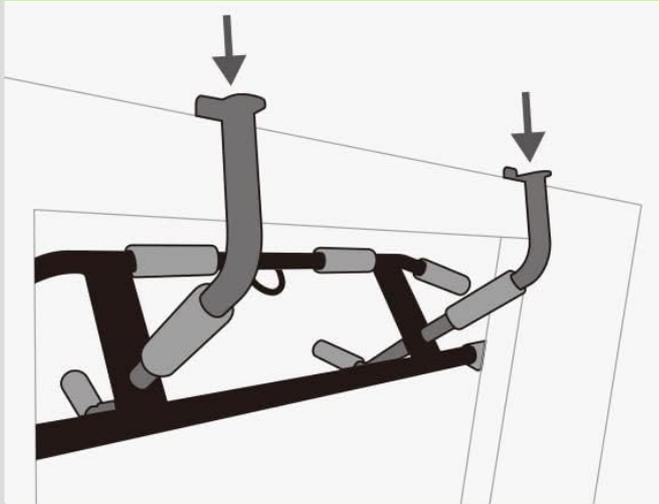
Image: A visual guide demonstrating the four steps to install the pull up bar onto a doorframe, including securing the hooks, aligning protective pads, and showing how to attach resistance bands for additional exercises.

## 4.3. Door Frame Measurement Guide

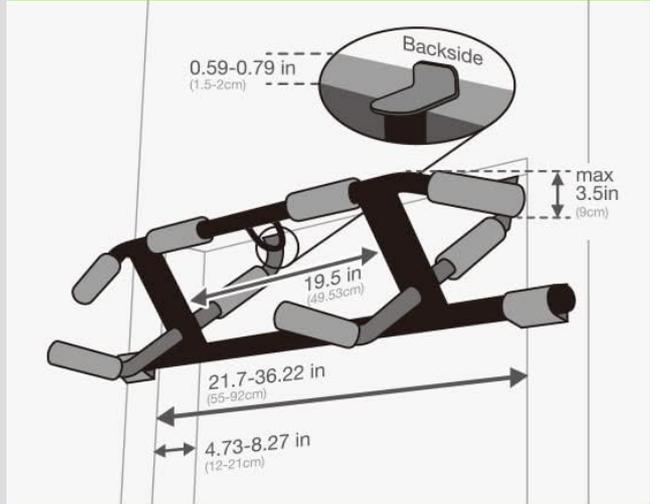
To ensure proper fit and safety, measure your door frame dimensions:

- **Door Width (C):** The KAKICLAY pull up bar is designed for spaces between 21.65" - 36.22" (55-92 cm).
- **Door Depth (D):** The acceptable depth for the door frame is 4.73" - 8.27" (12-21 cm).
- **Trim Height (B):** The maximum acceptable trim height is 3.54" (9 cm).
- **Backside Clearance (A):** Ensure a clearance of 0.59" - 0.79" (1.5-2 cm) on the backside.

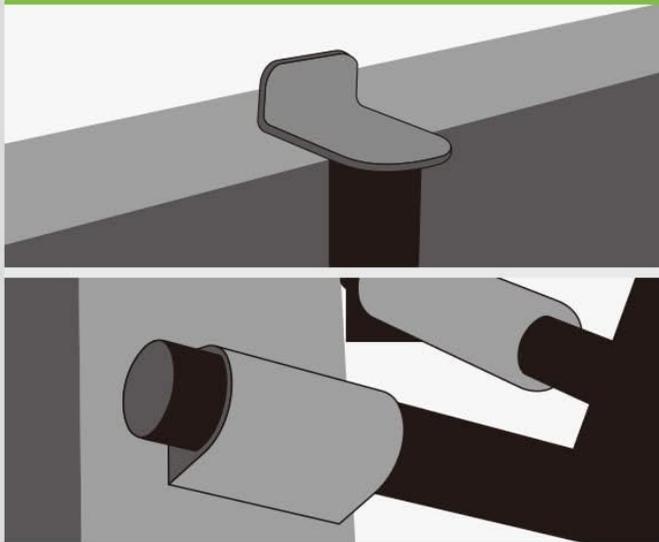
**STEP1** Hook firmly onto doorframe



**STEP2** Align guard pads with doorframe



**STEP3** Ensure hooks and pads are secure



**STEP4** Extra resistance

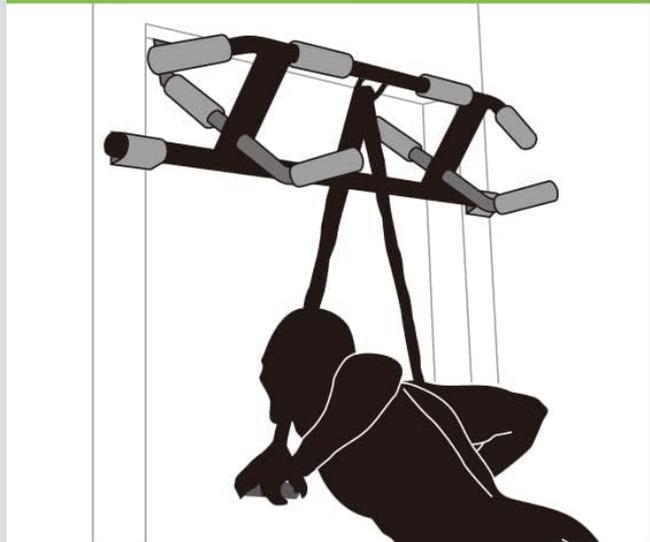


Image: A diagram illustrating the critical measurements for a door frame to ensure compatibility with the KAKICLAY pull up bar, including width, depth, trim height, and backside clearance.

## 5. OPERATING INSTRUCTIONS

The KAKICLAY Multi-Grip Pull Up Bar offers a variety of exercises for a full-body workout. Its ergonomic design and multiple grip options allow for targeting different muscle groups effectively.

### 5.1. Pull-ups and Chin-ups

Install the bar securely on your door frame. Use the various grip positions (wide, narrow, neutral, angled) to perform pull-ups and chin-ups, focusing on back, bicep, and shoulder development. The angled ends are specifically designed to protect your wrists and target the latissimus dorsi.



## COMFORTABLE AND ERGONOMIC GRIP

IDEAL FOR EXERCISING THE DORSAL DELTOID

EASY TO GRIP

OUR POWER ROPES CAN BE USED ON THE PULL UP BAR  
FOR MAXIMUM VERSATILITY IN YOUR WORKOUTS

Image: A man demonstrating a pull-up using the KAKICLAY bar, emphasizing the comfortable and ergonomic grip designed for effective dorsal deltoid exercises.

### 5.2. Floor Exercises (Push-ups, Dips, Core)

Remove the bar from the door frame and place it on the floor for additional exercises:

- **Push-ups:** Use the bar handles for elevated push-ups, which can increase range of motion and reduce wrist strain.
- **Dips:** Position the bar on the floor and use the lower handles for tricep dips.
- **Core Exercises:** The bar can be used as a stable anchor for various core exercises like sit-ups or leg raises.

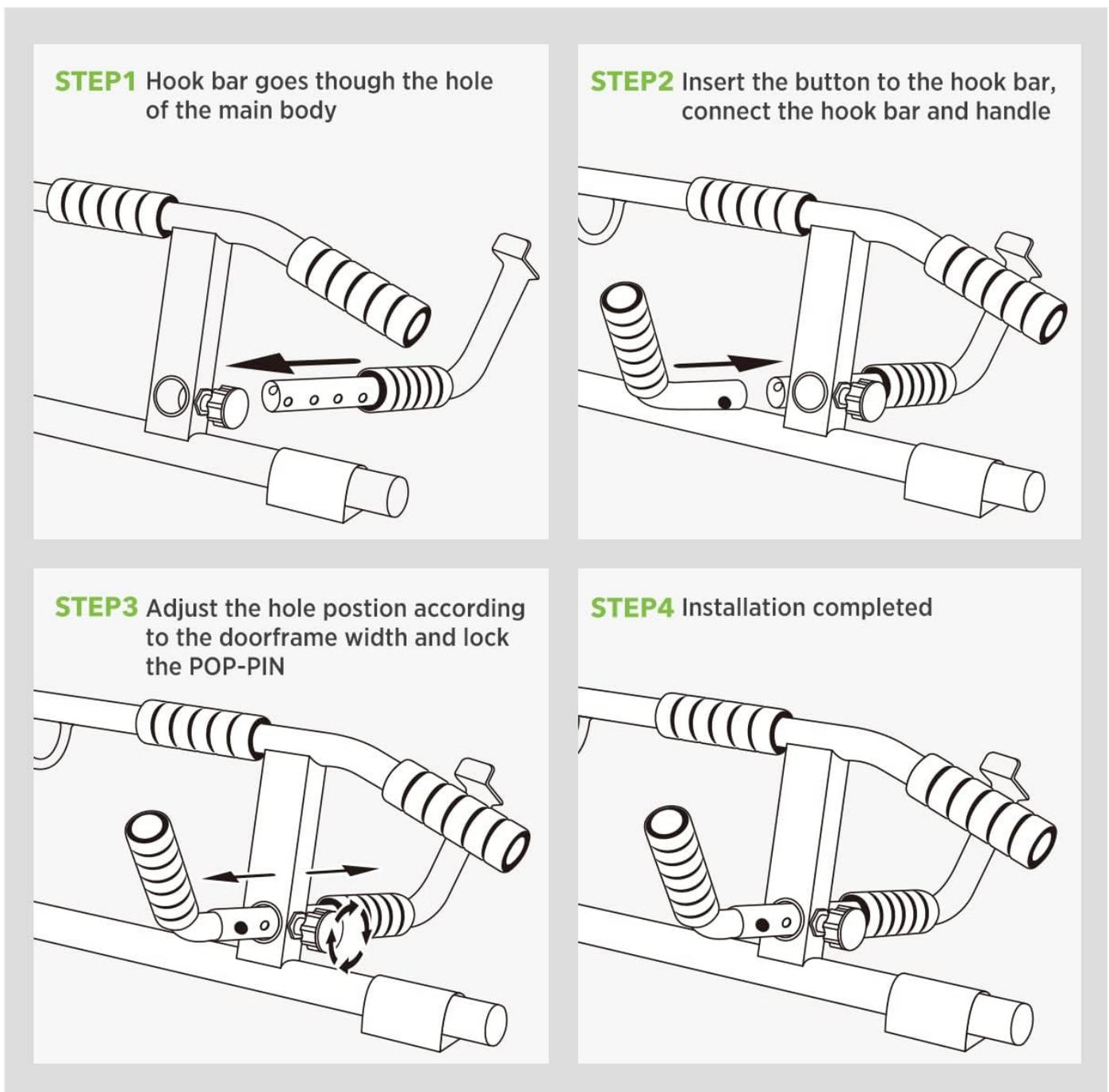


Image: A collage showing a man utilizing the KAKICLAY pull up bar for floor exercises such as dips, push-ups, and sit-ups, demonstrating its versatility.

### 5.3. Suspension Strap Workouts

Attach the included suspension straps to the designated loops on the pull up bar for maximum versatility. These straps allow for a wide range of bodyweight exercises, enhancing your workout routine.

## 6. MAINTENANCE

Proper maintenance will extend the life of your KAKICLAY Multi-Grip Pull Up Bar.

- **Cleaning:** Wipe down the bar and grips with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, then dry thoroughly.
- **Inspection:** Regularly check all bolts, pins, and connections to ensure they are tight and secure. Inspect the foam grips for any tears or excessive wear.
- **Storage:** When not in use, the foldable design allows for easy storage. Store in a dry place away from direct

sunlight and extreme temperatures.

## 7. TROUBLESHOOTING

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Here are solutions to common issues you might encounter:

- **Bar feels unstable:** Ensure the bar is correctly assembled and all pins are locked. Verify that the door frame dimensions meet the specified requirements (21.65" - 36.22" width, 4.73" - 8.27" depth, max 3.54" trim height). Re-seat the bar firmly on the door frame.
- **Door frame damage/marks:** Ensure the silicone door protectors are properly aligned and in place. These are designed to prevent marks. If marks persist, ensure your door frame material is suitable for this type of equipment.
- **Difficulty with assembly:** Refer to the detailed assembly steps in Section 4.1. Ensure the hook bar is inserted correctly and the POP-PIN engages.
- **Grips are slipping:** Ensure grips are clean and dry. If grips are worn, consider replacing them for optimal safety and comfort.

## 8. SPECIFICATIONS

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Feature	Detail
Brand	KAKICLAY
Model Number	KAK-PullUpBar
Material	Carbon Steel
Color	Black, Green
Mounting Type	Doorway Mount
Maximum Weight Recommendation	440 Pounds (200 kg)
Product Dimensions (W x H)	41"W x 10.5"H
Item Weight	11.6 Pounds
Door Width Compatibility	21.65" - 36.22" (55-92 cm)
Door Depth Compatibility	4.73" - 8.27" (12-21 cm)
Max Trim Height	3.54" (9 cm)
Special Feature	Foldable
UPC	371180331377

## 9. WARRANTY AND SUPPORT

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The KAKICLAY Multi-Grip Pull Up Bar comes with a **24-Month Hassle-Free Warranty**. This warranty covers manufacturing defects and ensures your satisfaction with the product.

For any questions, concerns, or warranty claims, please contact KAKICLAY customer service. Our team is dedicated to providing easy-to-reach support and assistance.

Please refer to your purchase documentation for specific contact details or visit the official KAKICLAY website for the most up-to-date support information.

