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> DH FitLife Door Frame Pull-Up Bar (Model NDG01-A-2101) Instruction Manual

DH FitLife NDG01-A-2101

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INTRODUCTION

Welcome to your new DH FitLife Door Frame Pull-Up Bar. This manual provides essential information for the safe installation, operation, and maintenance of your pull-up bar. Please read it thoroughly before use to ensure proper functionality and user safety.

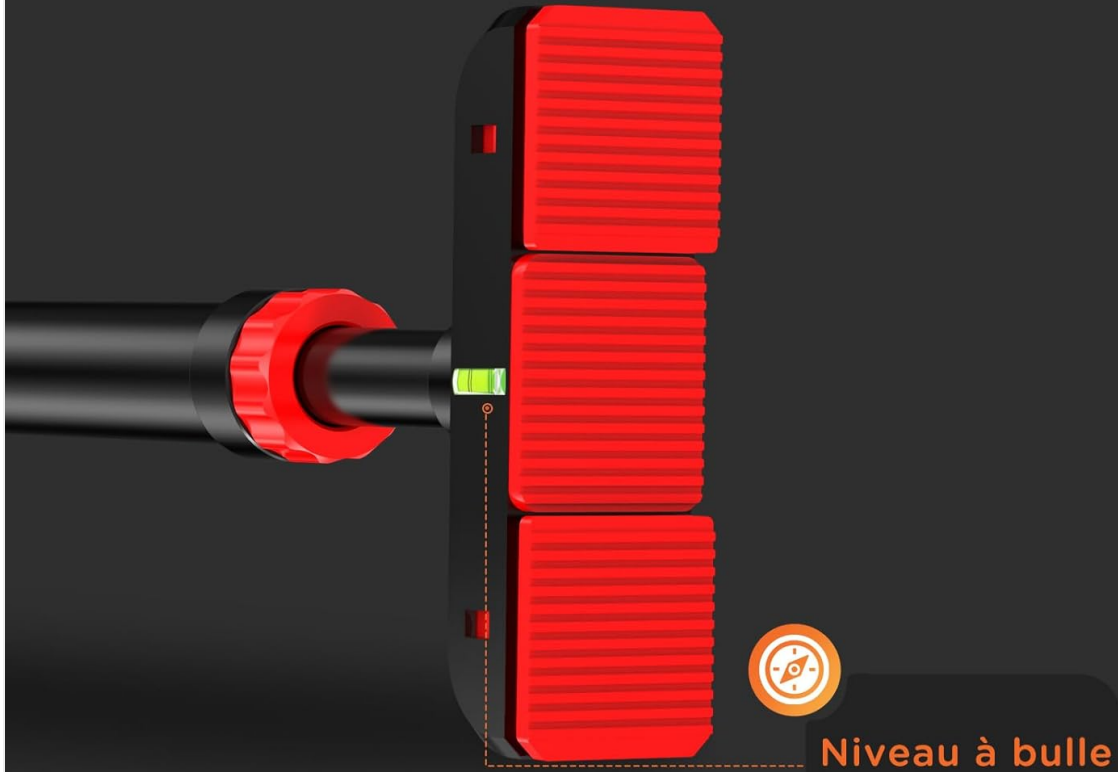
SAFETY INFORMATION

General Safety Guidelines

- **Maximum Weight Capacity:** The pull-up bar has a maximum load capacity of 200 kg (440 lbs). Do not exceed this limit.
- **Secure Installation:** Ensure the pull-up bar is securely installed in a stable door frame. The bar is designed for door frames with a width between 72 cm and 92 cm.
- **Pre-Use Check:** Always check the stability and tightness of the bar before each use. Ensure it does not wobble or slip.
- **Unsuitable Surfaces:** Do not install the bar on glass, hollow, or unstable door frames.
- **Periodic Inspection:** Periodically check the locking rings and ensure the bar remains tightly screwed into place. Re-tighten if any looseness is detected.
- **Horizontal Alignment:** Use the integrated spirit levels to ensure horizontal alignment during installation.
- **Door Frame Protection:** The extra-large anti-slip pads are designed to protect your door frame and prevent slippage. Ensure they are clean and free of debris.

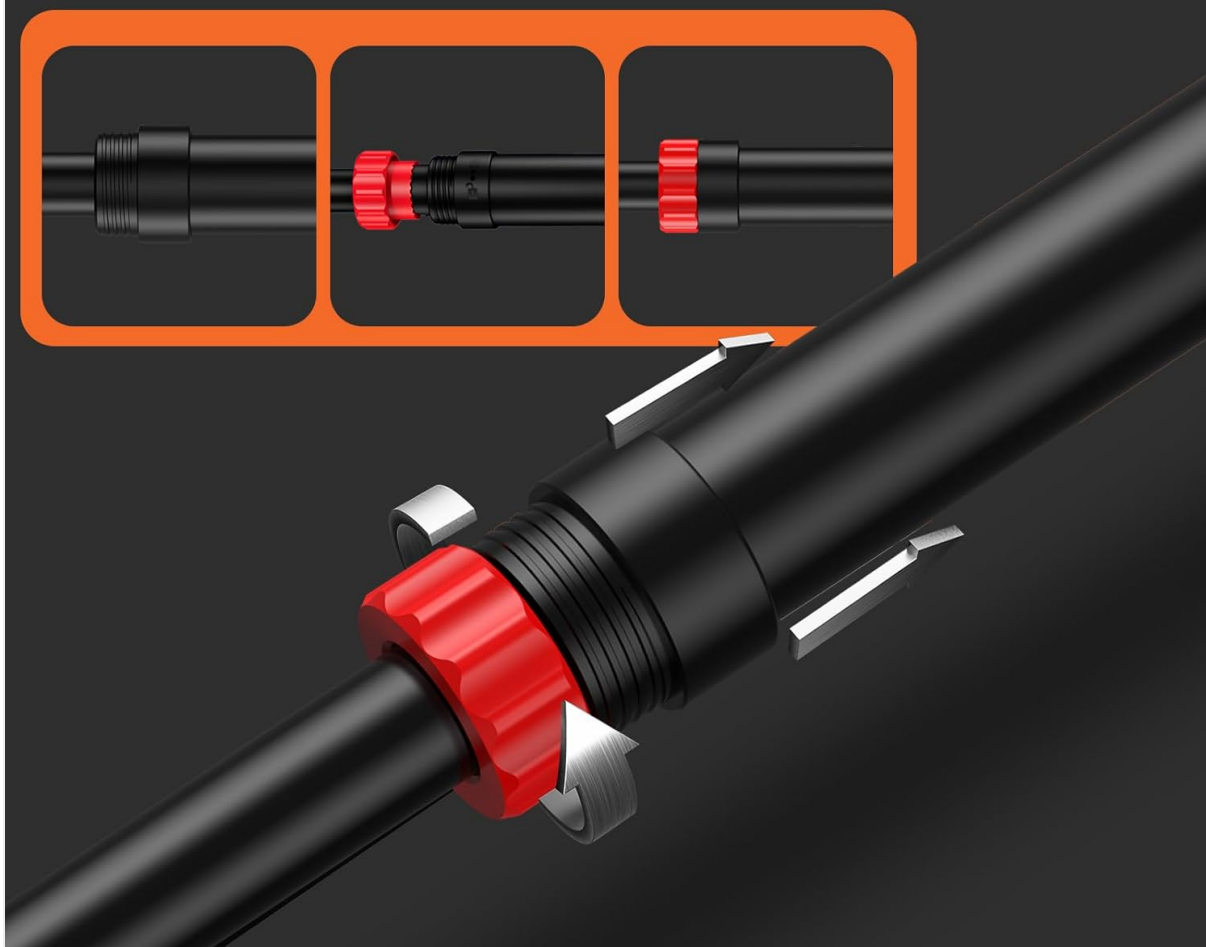
Sécurité

Surface antidérapante extra large



The pull-up bar features an extra-large anti-slip surface and an integrated spirit level for secure and level installation.

Double système de protection pour stabilité constante



The double protection system with locking rings ensures constant stability during workouts.

PACKAGE CONTENTS

Please verify that all components are present in the package:

- 1 x DH FitLife Door Frame Pull-Up Bar
- 1 x Instruction Manual

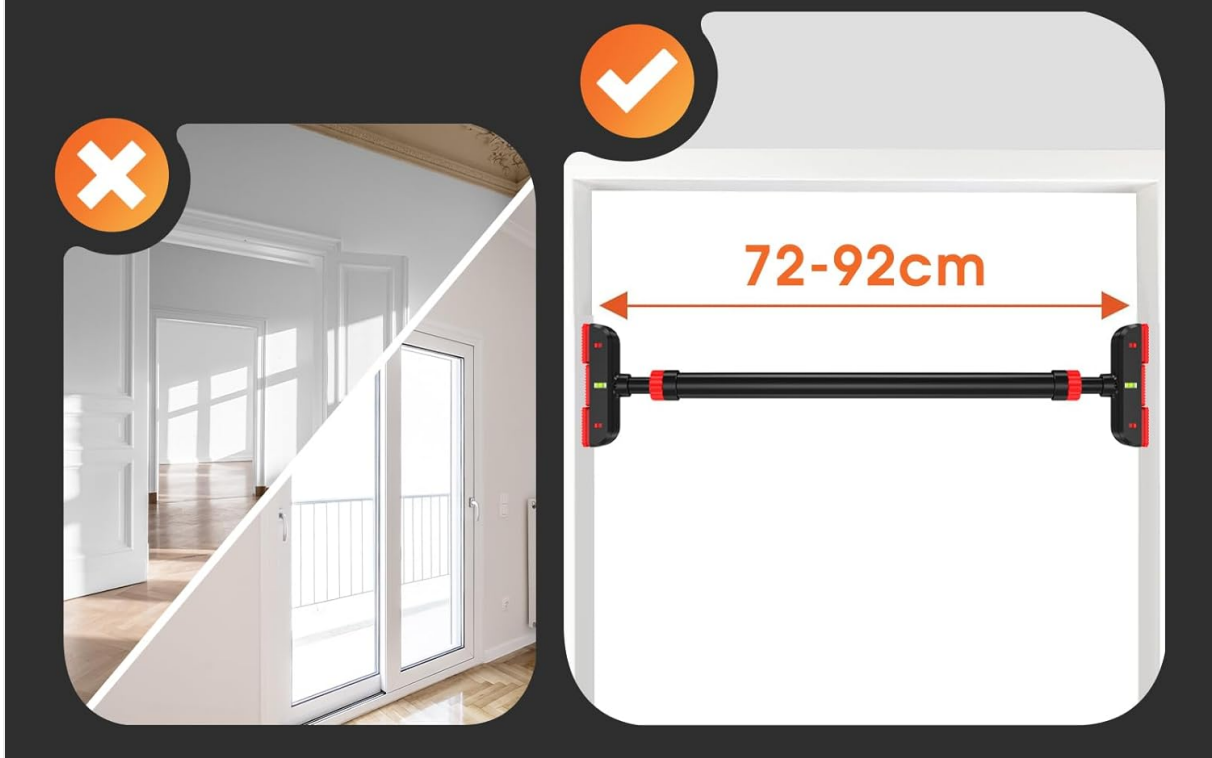
SETUP AND INSTALLATION

Step 1: Measure Your Door Frame

Before installation, accurately measure the width of your door frame. The DH FitLife pull-up bar is designed for stable door frames with a width between 72 cm and 92 cm.

Surfaces de support appropriées

VEUILLEZ MESURER LE CADRE DE LA PORTE !



Measure your door frame to ensure it falls within the compatible width of 72-92 cm.

Step 2: Install the Pull-Up Bar

The pull-up bar features an innovative suspension system with smart springs for enhanced grip. No screws or drilling are required for installation.

1. **Extend the Bar:** Twist the bar to extend it until it fits snugly within your chosen stable door frame.
2. **Ensure Horizontal Alignment:** Use the two integrated spirit levels to confirm the bar is perfectly horizontal.
3. **Secure the Bar:** Continue twisting the bar to apply firm pressure against the door frame. The smart springs will engage to provide a strong, stable hold. Ensure it is extremely tight and does not wobble.
4. **Engage Locking Rings:** Engage the double protection locking rings to prevent accidental loosening during use.

Systeme de Suspension Innovant



The innovative suspension system uses smart springs to create a secure, non-slip grip.

Important Note on Stability

The bar's stability relies on the tension created by twisting. Always ensure the bar is extremely tight and does not wobble or slip before beginning any exercise. Re-tighten as necessary, especially after initial uses.

OPERATING INSTRUCTIONS

The DH FitLife pull-up bar allows for various exercises to strengthen your upper body and core.

Performing Pull-Ups

Grip the bar with an overhand or underhand grip, ensuring your hands are comfortably placed on the foam handles. Slowly lift your body until your chin is above the bar, then lower yourself with control. Maintain a controlled movement throughout the exercise.



Perform pull-ups to strengthen your back and arm muscles.



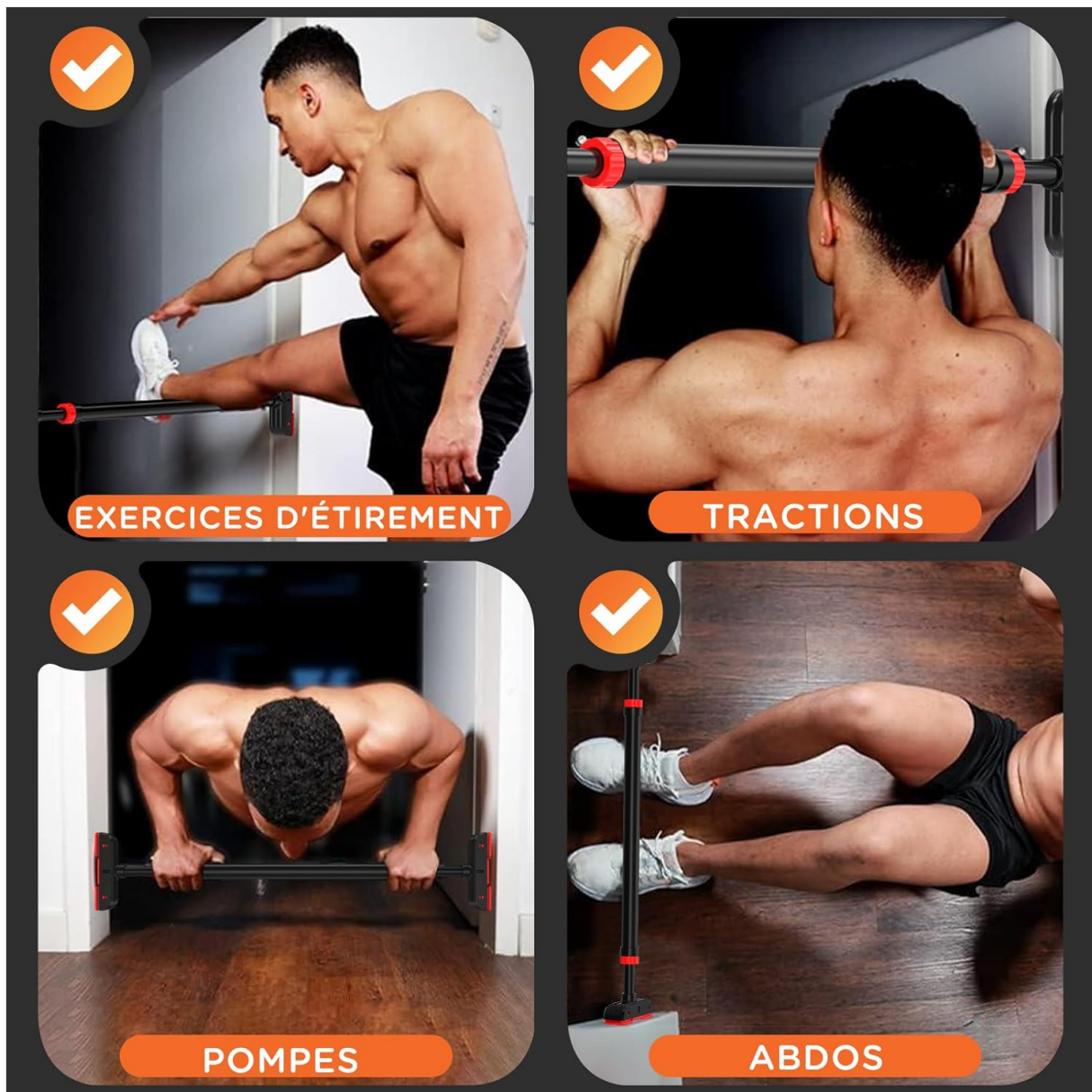
**MAX.
200KG**

The bar supports a maximum weight of 200 kg for safe and effective workouts.

Other Exercises

The bar can be positioned at different heights for a variety of exercises:

- **Stretching Exercises:** Mount the bar at a lower height for various stretching routines.
- **Push-Ups:** Place the bar on the floor within a door frame for elevated push-ups, targeting chest and triceps.
- **Abdominal Exercises:** Secure the bar at a low height to hook your feet for sit-ups or crunches, engaging your core muscles.



The versatile design allows for stretching, pull-ups, push-ups, and abdominal exercises.

Comfort and Grip

The comfortable foam grips protect your joints during training and prevent slipping due to sweat, ensuring a secure and pleasant workout experience.

MAINTENANCE

To ensure the longevity and safety of your pull-up bar, follow these maintenance guidelines:

- **Regular Checks:** Periodically inspect the bar for any signs of wear, damage, or deformation. Discontinue use if any issues are found.
- **Tightness Verification:** Regularly check that the bar is securely tightened within the door frame. Re-tighten if any looseness is detected, especially after intense workouts.
- **Cleaning:** Wipe the bar and anti-slip pads with a damp cloth to remove sweat and dirt. Ensure the pads are dry before re-installation to maintain optimal grip.
- **Storage:** When not in use, the bar can be quickly removed and stored in a dry place to save space and protect it from environmental factors.

TROUBLESHOOTING

Bar is not stable or slips:

- **Door Frame Compatibility:** Ensure the door frame is stable and within the specified width range of 72-92 cm.
- **Insufficient Tension:** Twist the bar further to increase tension until it is firmly secured and does not move.
- **Locking Rings:** Verify that the double protection locking rings are properly engaged.
- **Clean Pads:** Check that the anti-slip pads are clean and making full, even contact with the door frame. Dust or debris can reduce grip.
- **Horizontal Alignment:** Confirm the bar is perfectly horizontal using the integrated spirit levels. Uneven pressure can lead to instability.

SPECIFICATIONS

Feature	Detail
Model Number	NDG01-A-2101
Brand	DH FitLife
Material	Stainless Steel, Plastic
Color	Black/Red
Adjustable Width	72 cm - 92 cm
Maximum Weight Capacity	200 kg (440 lbs)
Special Features	Padded grip, Multiple grip positions, Adjustable, Safety lock, Integrated spirit level
Product Dimensions (L x W x H)	92 x 92 x 5 cm
Item Weight	1.91 kg
Mounting Type	Door Mount
Age Range	Adult

WARRANTY AND SUPPORT

DH FitLife is a German brand committed to customer satisfaction. Your product comes with a 30-day return policy, allowing you to return it if you are not completely satisfied.

If you have any questions, concerns, or require support regarding your DH FitLife Door Frame Pull-Up Bar, please contact DH FitLife customer service. Contact information can typically be found on the product packaging or the retailer's website where you purchased the item.

