IRON GYM IRONG-MC4

IRON GYM Total Upper Body Workout Bar (Model IRONG-MC4) Instruction Manual

Introduction

This manual provides instructions for the safe and effective use of your IRON GYM Total Upper Body Workout Bar. Please read all instructions carefully before assembly and use. This product is designed to transform any standard doorway into a personal gym, enabling a variety of upper body exercises.

The IRON GYM Pull-Up Bar is constructed from heavy-duty steel and features professional-grade comfort foam for ergonomic gripping. It is designed for quick installation and removal without screws, utilizing leverage to secure itself against the door frame.

Setup and Installation

The IRON GYM Pull-Up Bar is designed for easy assembly and installation. Ensure all parts are present before beginning.

Unboxing and Parts Check

Carefully remove all components from the packaging. Verify that all parts listed in the assembly diagram are included. A small wrench is provided for assembly.



Image: All components of the Iron Gym Pull-Up Bar laid out on a surface, ready for assembly.

Assembly Instructions

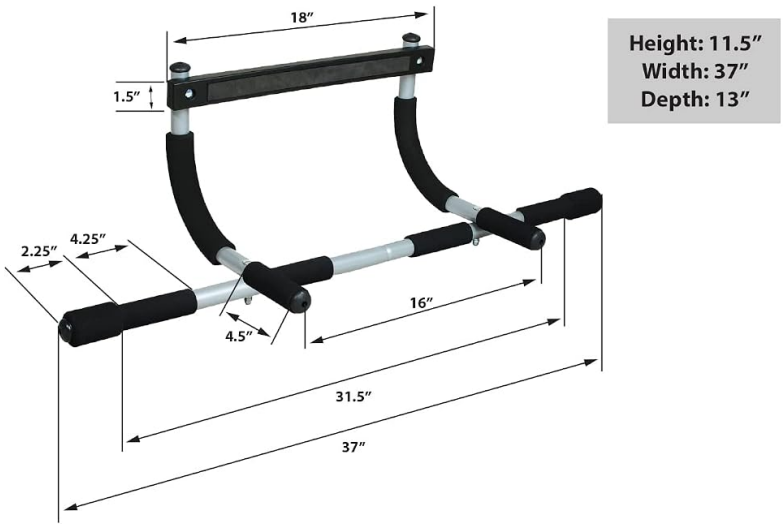
1. Connect the main bar sections using the provided bolts and nuts. Hand-tighten first.
2. Attach the curved support bars to the main bar, ensuring the padded sections face the correct direction for door frame contact.
3. Use the included wrench to fully tighten all bolts. Do not overtighten, but ensure connections are secure.

Doorway Compatibility and Placement

The IRON GYM Pull-Up Bar is designed to fit standard door frames. Please verify your doorway dimensions before installation:

- **Doorway Width:** Must be between 24 inches and 32 inches wide.
- **Door Frame Depth:** The top molding should have a depth of less than 6.7 inches.
- Ensure the door frame is sturdy and capable of supporting your body weight.

DIMENSIONS OF PRODUCT & DOOR RANGE THE PRODUCT FITS



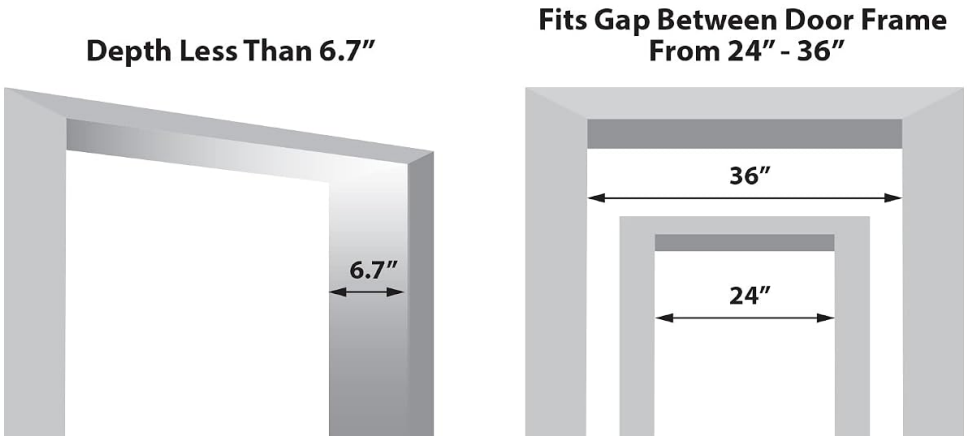


Image: Diagram illustrating the required doorway dimensions (width 24-32 inches, depth less than 6.7 inches) for proper fit and safe use of the pull-up bar.

Installation on Door Frame

1. Position the assembled pull-up bar on the door frame. The curved supports should rest on the top of the door frame, with the main bar extending into the doorway.
2. Ensure the padded sections of the bar are in firm contact with the door frame and wall to prevent damage and provide stability.
3. The bar uses leverage to hold securely. No screws are required for installation.

Operating Instructions and Exercises

The IRON GYM Pull-Up Bar offers multiple grip positions and can be used for various exercises to target different muscle groups.

Pull-Ups and Chin-Ups

For pull-ups and chin-ups, position the bar securely in a doorway. Use the different grip positions (narrow, wide, neutral) to vary your workout.

- **Classic Pull-Up:** Overhand grip, hands wider than shoulder-width apart.
- **Chin-Up:** Underhand grip, hands shoulder-width apart.

- **Hammer Grip Pull-Up:** Neutral grip (palms facing each other) on the angled handles.



Image: A man performing a chin-up using the Iron Gym Pull-Up Bar, demonstrating proper form and grip.



Image: Visual guide showing classic pull-up, hammer grip pull-up, and wide grip push-up exercises using the Iron Gym Pull-Up Bar.

Push-Ups and Dips

The bar can be placed on the floor for push-ups and dips, providing elevated handles for a greater range of motion and targeting different muscle groups.

- **Wide Grip Push-Ups:** Place the bar on the floor and use the outer handles for a wide grip push-up.
- **Dips:** Use the bar on the floor as parallel bars for dips, supporting your body weight.

Core Exercises

The bar can also be used for core exercises such as hanging leg raises or sit-ups (when placed on the floor and used to secure feet).

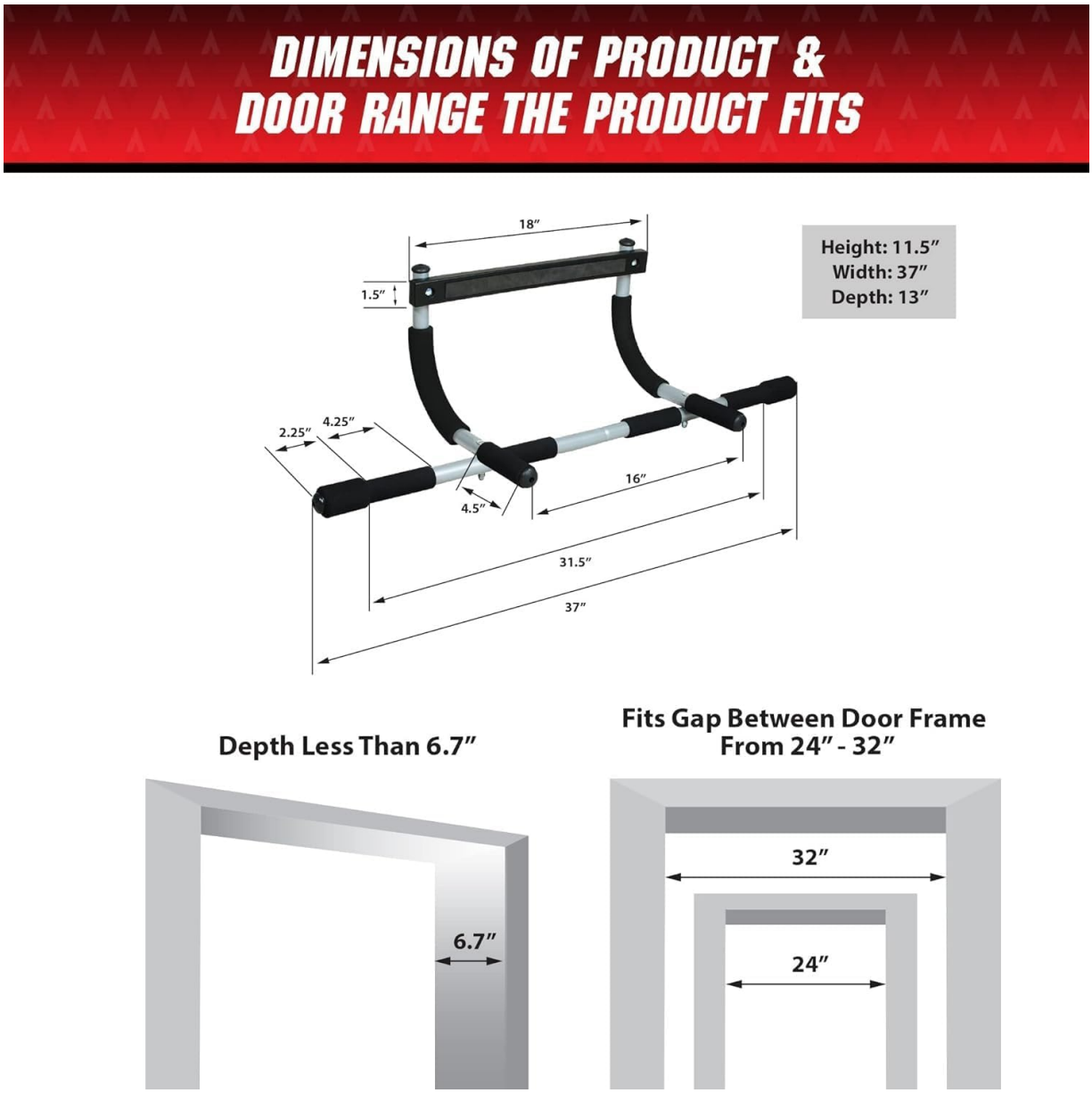


Image: A woman performing hanging leg raises while suspended from the Iron Gym Pull-Up Bar, targeting abdominal muscles.

Maintenance

To ensure the longevity and safe operation of your IRON GYM Pull-Up Bar, follow these maintenance guidelines:

- **Regular Inspection:** Before each use, inspect the bar for any signs of wear, damage, or loose components. Check the integrity of the steel frame and the foam grips.
- **Tighten Fasteners:** Periodically check and tighten all bolts and nuts to ensure the bar remains securely assembled.
- **Cleaning:** Wipe down the bar with a damp cloth after use to remove sweat and dirt. Avoid abrasive cleaners that could damage the finish or foam.
- **Storage:** When not in use, store the pull-up bar in a dry place away from extreme temperatures. It can be easily removed from the doorway and stored.
- **Door Frame Protection:** While designed to prevent damage, regularly check your door frame for any marks or indentations, especially with heavy or frequent use. Consider adding additional padding if necessary.

Troubleshooting

If you encounter any issues with your IRON GYM Pull-Up Bar, refer to the following common solutions:

Problem	Possible Cause	Solution
Bar feels unstable or wobbly.	Loose assembly bolts or incompatible doorway.	Ensure all bolts are securely tightened. Verify your doorway dimensions meet the specified requirements (24-32 inches wide, top molding depth less than 6.7 inches).
Door frame is getting marked or damaged.	Excessive weight, improper placement, or sensitive door frame material.	Ensure the bar is correctly positioned with padded sections making full contact. Consider adding extra padding (e.g., a towel or felt pads) between the bar and the door frame. Do not exceed the maximum weight capacity of 300 lbs.
Difficulty performing exercises due to bar height.	User height or ceiling height limitations.	For pull-ups, bend your knees or cross your legs if you are tall. For dips on the floor, ensure you have enough space for a full range of motion.

Specifications

Feature	Detail
Brand	IRON GYM
Model Number	IRONG-MC4
Material	Steel, Plastic
Color	Black/Grey
Mounting Type	Doorway Mount
Maximum Weight Recommendation	300 Pounds
Doorway Width Compatibility	24 - 32 inches
Item Dimensions (W x H)	37"W x 11.5"H
Item Weight	75.84 Ounces
Special Features	Padded Grip, Portable
Included Components	All parts for assembly

Warranty Information

The IRON GYM Total Upper Body Workout Bar comes with a**1-Year Limited Warranty** from the manufacturer. This warranty covers defects in materials and workmanship under normal use.

For specific details regarding warranty claims, coverage, and limitations, please refer to the warranty documentation included with your product or contact the manufacturer directly.

Additionally, purchases made through Amazon may be subject to Amazon's standard 30-day return policy

for refunds or replacements.

Support and Contact Information

For further assistance, questions, or to report any issues with your IRON GYM Total Upper Body Workout Bar, please contact customer support:

- **Manufacturer:** Pro Fit
- Refer to the contact information provided in your product packaging for the most up-to-date support channels (e.g., phone number, email, website).
- You may also visit the official IRON GYM website for FAQs and additional resources.