

Yes4All JLK2

Yes4All Heavy Duty Doorway Pull-Up Bar

MULTI-GRIP, SOLID BAR CONSTRUCTION COMBO CHIN UP BAR + AB STRAPS

Model: JLK2

1. Introduction

The Yes4All Heavy Duty Doorway Pull-Up Bar is designed to provide a versatile and effective upper body workout from the convenience of your home. Its robust construction and multi-grip positions allow for a wide range of exercises, including pull-ups, chin-ups, and various core exercises when used with the included Ab Straps. This manual provides essential information for safe installation, proper usage, and maintenance of your pull-up bar.



Figure 1: Yes4All Heavy Duty Doorway Pull-Up Bar with included Ab Straps.

2. Safety Information

WARNING: There are inherent risks involved in using any product purchased from this listing, including but not limited to serious physical injury. Products sold may be intended for experienced adults over 18 years of age. We will not be held liable under any circumstance for incidental or consequential loss, damage, or injury due directly or indirectly to the use of this product, including any malfunction from negligence or defect. The seller makes no claims as to the suitability of this product for any specific purpose or use. Buyer understands that the use of the product can cause possible injury or death to themselves or others. The Buyer holds our company, its agents, and affiliates harmless from any liability arising out of or relating to the use or ownership of this product.

- Always inspect the pull-up bar and your doorway before each use to ensure it is securely installed and free from damage.
- Ensure the doorway is structurally sound and can support your body weight plus the weight of the bar. The bar supports up to 300 lbs (136 kg).
- Do not use if any part of the bar is damaged, bent, or if the padding is torn.
- Ensure all bolts and nuts are tightened securely before use.
- Use only as intended for exercise. Do not use for any other purpose.
- Keep children and pets away from the product during use.

3. Package Contents

Verify that all components are present in your package:

- 1 x Chin Up Bar XSP
- 1 x Ab Strap (pair)
- Necessary assembly accessories (bolts, nuts, tools)



Figure 2: Diagram of the pull-up bar components.

4. Setup and Installation

Follow these steps for proper assembly and installation of your doorway pull-up bar:

1. **Assemble the Bar:** Connect the main bar sections and handles using the provided bolts and nuts. Ensure all connections are tight and secure. Refer to the detailed assembly diagram for correct component placement.
2. **Door Frame Compatibility:** The pull-up bar fits widths from 30" to 38" (76cm-96cm) and frame thicknesses from 4.74" to 6.25" (12cm-16cm).
3. **Installation Method:**
 - For door trims above 13/16 inch: No screws are required. Simply hang the chin-up bar directly on the door frame. The thick padding and two TPR spacers prevent scratching.
 - For door trims less than 13/16 inch: A J-hook mount must be installed to ensure load-bearing purposes. Follow the instructions provided with the J-hook kit.
4. **Secure Placement:** Position the bar so that the top bar rests firmly against the top of the door frame, and the padded supports are flush against the door trim.

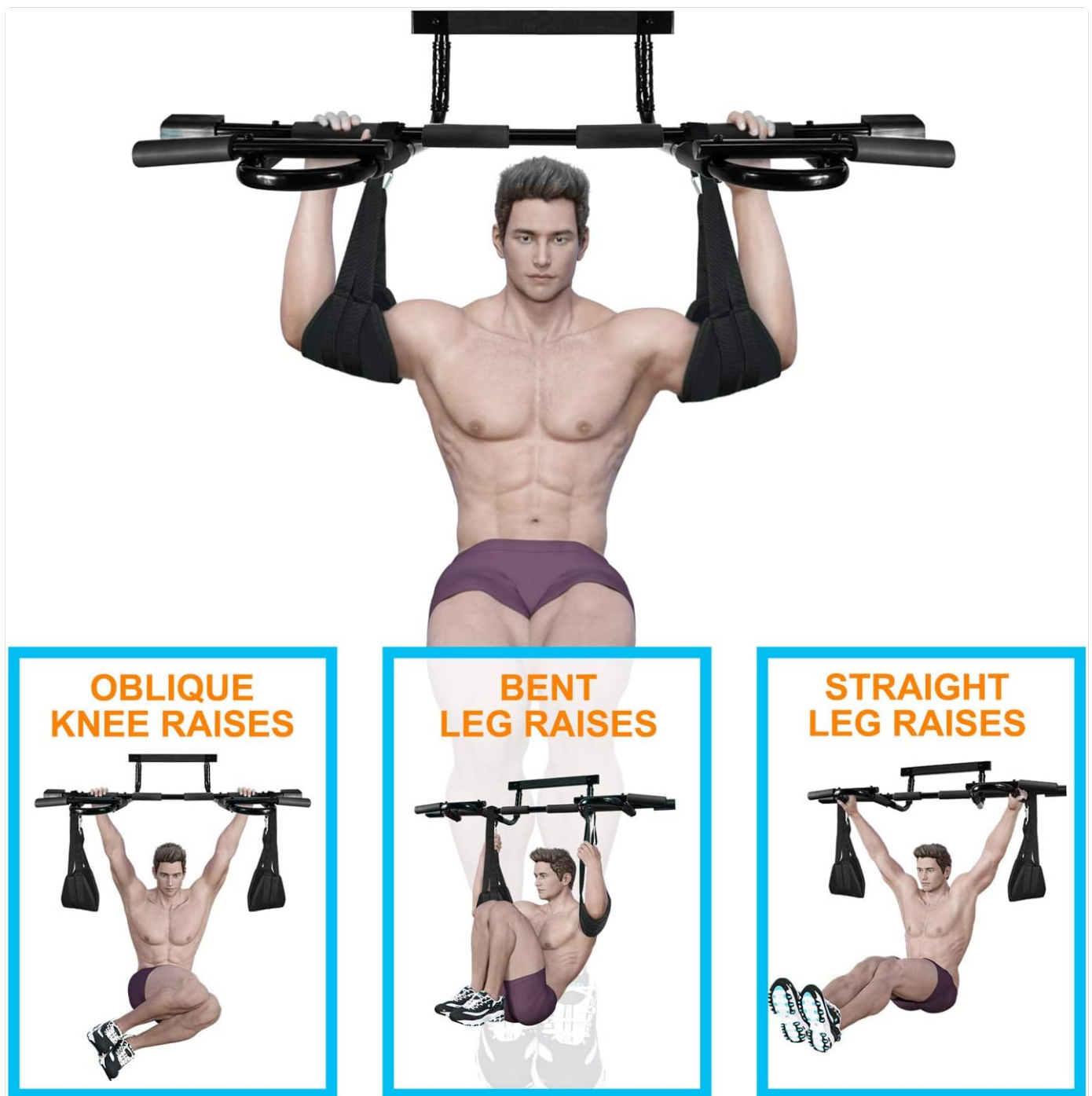
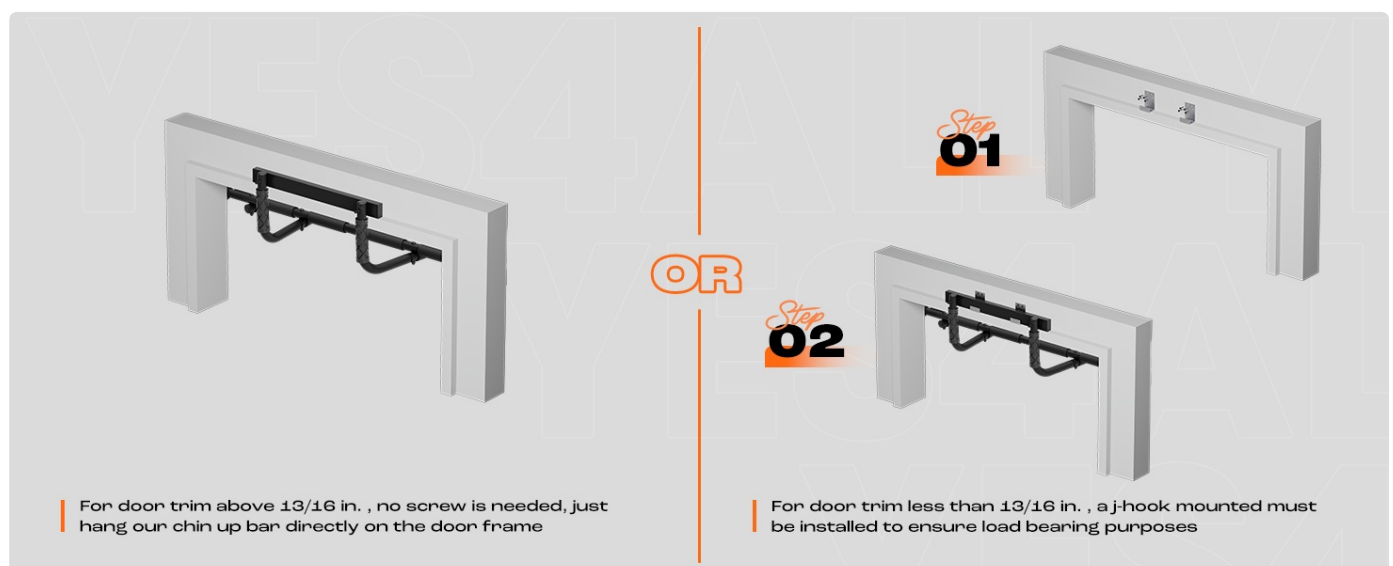


Figure 3: Step-by-step assembly of the pull-up bar.



5. Operating Instructions

The Yes4All Doorway Pull-Up Bar offers multiple grip positions to target different muscle groups effectively. The high-density NBR foam handles provide a comfortable and sweat-proof grip.

Basic Usage:

- **Pull-ups:** Use an overhand grip, wider than shoulder-width, to target your back muscles.
- **Chin-ups:** Use an underhand grip, shoulder-width apart, to focus on your biceps and inner back.
- **Neutral Grip:** Use the parallel handles for a neutral grip, which is often easier on the wrists and shoulders.
- **Push-ups/Dips:** Place the bar on the floor for elevated push-ups or triceps dips.



DOORGYM
HEAVY-GAUGE STEEL

Back **Arm** **Abs** **Chest**

Figure 5: Man performing pull-ups on the doorway bar, demonstrating various grip positions.

Using Ab Straps:

Attach the Ab Straps to the pull-up bar using their carabiners. Insert your arms through the loops of the straps, allowing your body to hang freely. This setup is ideal for performing various abdominal exercises, such as:

- Oblique Knee Raises
- Bent Leg Raises
- Straight Leg Raises

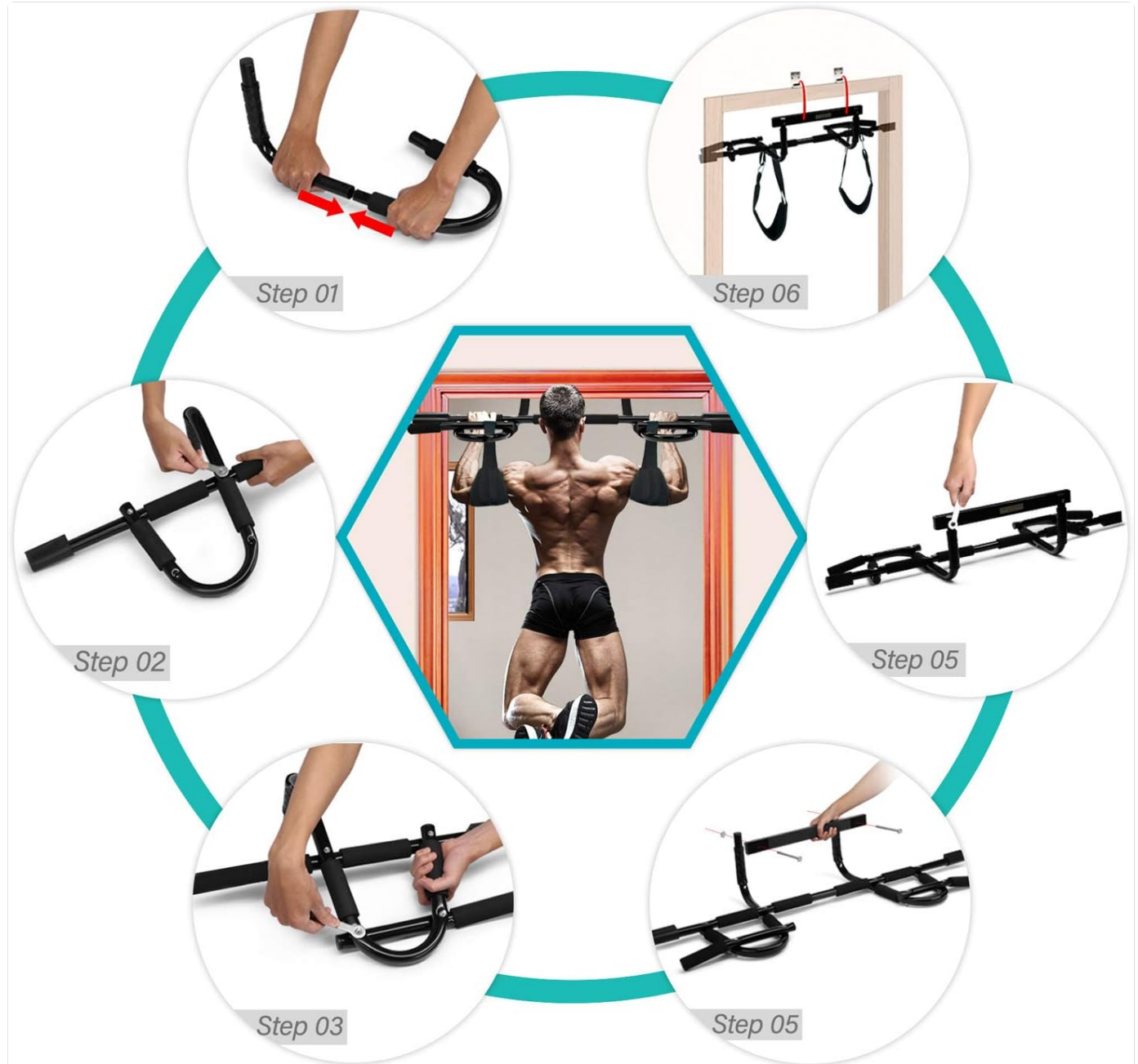


Figure 6: Man demonstrating various ab exercises using the included ab straps.

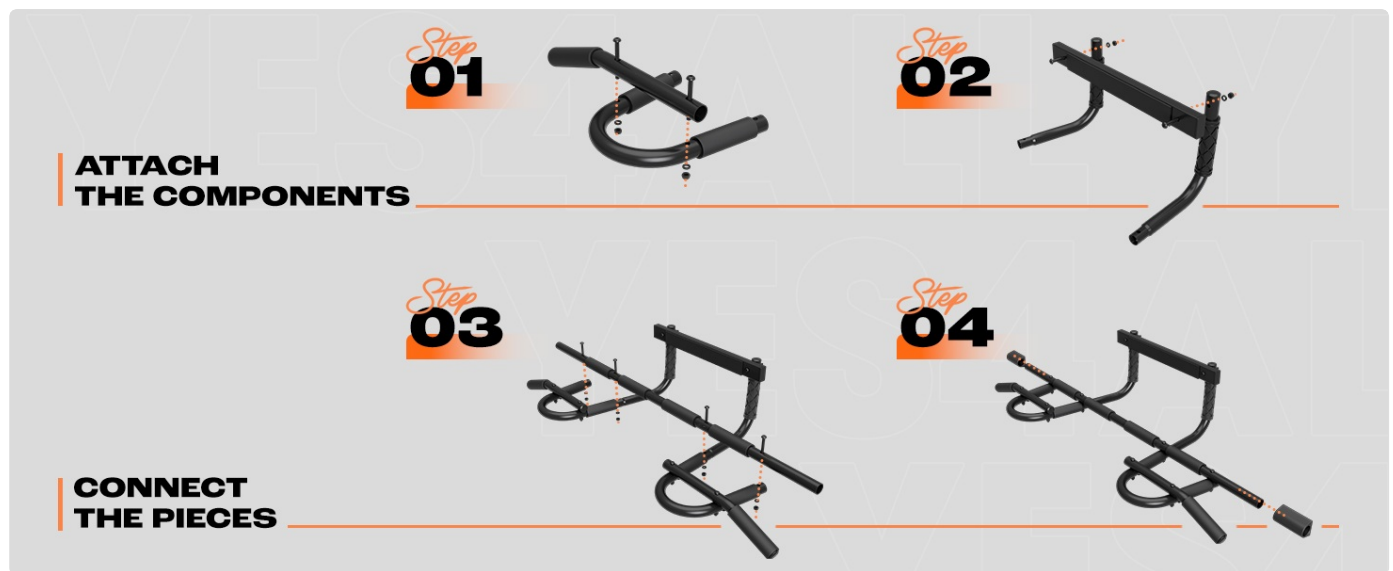


Figure 7: Visual guide illustrating versatile exercises possible with the pull-up bar, including chin-ups, hanging leg raises, pull-ups, reverse push-ups, push-ups, and sit-ups.

6. Maintenance

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

- **Cleaning:** Wipe down the bar and foam grips with a damp cloth after each use to remove sweat and dirt. Do not use abrasive cleaners.
- **Inspection:** Periodically check all bolts and nuts for tightness. Re-tighten if necessary. Inspect the foam padding for any signs of wear, tears, or deterioration.
- **Storage:** When not in use, the bar can be easily removed and stored in a dry place to prevent rust and prolong its lifespan.

7. Troubleshooting

If you encounter any issues with your pull-up bar, consider the following:

- **Bar feels unstable:** Ensure the bar is correctly seated on the door frame and all bolts are fully tightened. Verify your door frame dimensions are within the compatible range.
- **Door frame damage:** Ensure the thick rubber padding is properly positioned against the door frame. If your door trim is less than 13/16 inch, ensure the J-hook mount is installed as per instructions.
- **Grips are slipping:** Clean the foam grips regularly to remove any residue that might cause slipperiness.

For issues not covered here, please contact Yes4All customer support.

8. Specifications

Brand	Yes4All
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Model Name	7ZKK
Part Number	JLK2
Style	Combo Chin Up Bar + Ab Straps
Material	Stainless Steel
Mounting Type	Doorway Mount
Maximum Weight Recommendation	300 Pounds (136 kg)
Product Dimensions	2"W x 2.7"H
Item Weight	10 Pounds (4.5 kg)
UPC	810019299667

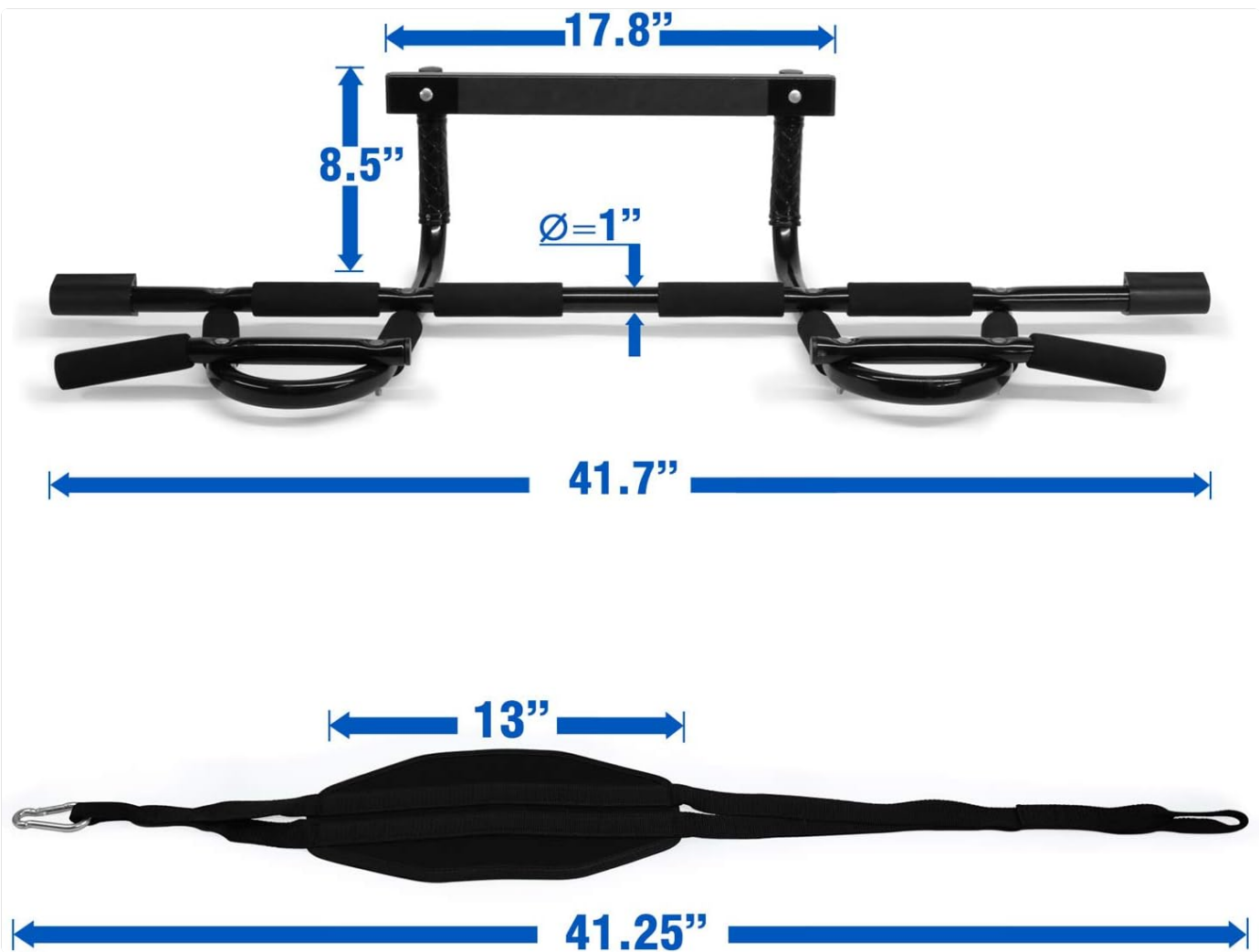


Figure 8: Detailed dimensions of the pull-up bar and ab straps.

9. Warranty and Support

Warranty: This product comes with a 1-year warranty and a 60-day free return policy. Please retain your proof of purchase for warranty claims.

Customer Support: For any questions, assistance, or warranty inquiries, please visit the official Yes4All store or contact

their customer service directly.

Yes4All Official Store: <https://www.amazon.com/stores/Yes4All/page/9E775D5A-3695-4B75-8F6C-C68416E495DD>

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question