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> Sportneer Pull Up Bar: Strength Training Chin up Bar without Screws - Adjustable 29.5"-37" Width Locking Mechanism Pull-up Bar for Doorway - Max Load 440lbs for Home Gym Upper Body Workout, Non-slip

Sportneer Y22-82000-90

Sportneer Pull Up Bar Instruction Manual

Model: Y22-82000-90

1. INTRODUCTION

The Sportneer Pull Up Bar is a versatile strength training tool designed for home use. It features a screw-free, adjustable locking mechanism for easy installation in doorways between 29.5"-37" wide, supporting up to 440lbs. Its non-slip design and integrated spirit level ensure safe and stable upper body workouts.

This pull-up bar is built with heavy-duty construction, utilizing 2 mm outer and 1.5 mm inner steel pipes to support up to 440 lbs (200 kg). It features an upgraded 360-degree rotatable dual gear lock on both ends to prevent loosening, ensuring safety and sturdiness for confident use. The integrated, extensible structure with an ultra-long anti-slip cotton handlebar provides a flexible, sweat-resistant, and odorless grip, suitable for various workouts like pull-ups, sit-ups, push-ups, and stretching.

2. IMPORTANT SAFETY NOTICE

UPGRADED ENLARGED PVC MAT, NO SCREWS NEEDED.

The more effort is put into pulling the bar, the sturdier it becomes.

Due to its 4 metal points, the greater the force it can withstand.

The greater the upward friction is, the safer your session will be.



Please read and adhere to the following safety guidelines before using the Sportneer Pull Up Bar:

- Ensure your door frame width is between 29.5-37 inches (75 to 94 cm). This chin up bar is not suitable for frames outside this range. The door frame must be wider than the anti-slip pads at both ends of the bar.
- The horizontal bar is suitable for solid surfaces such as tempered doors, solid wooden doors, and walls. It cannot be installed on surfaces with poor load-bearing such as glass doors or doorframes with cracks or fillers.
- Follow the manual strictly during installation. Pay close attention to the rotation direction; reversing it may cause locking or damage.
- Make sure the pull-up bar is firmly and securely installed before each use.
- Do NOT swing, bounce, or perform kipping movements on the bar. Improper use may result in injury.
- The manual specifies a maximum load of 297 lbs (135 kg). Users should strictly adhere to this limit.

3. PRODUCT OVERVIEW

3.1. Product Appearance

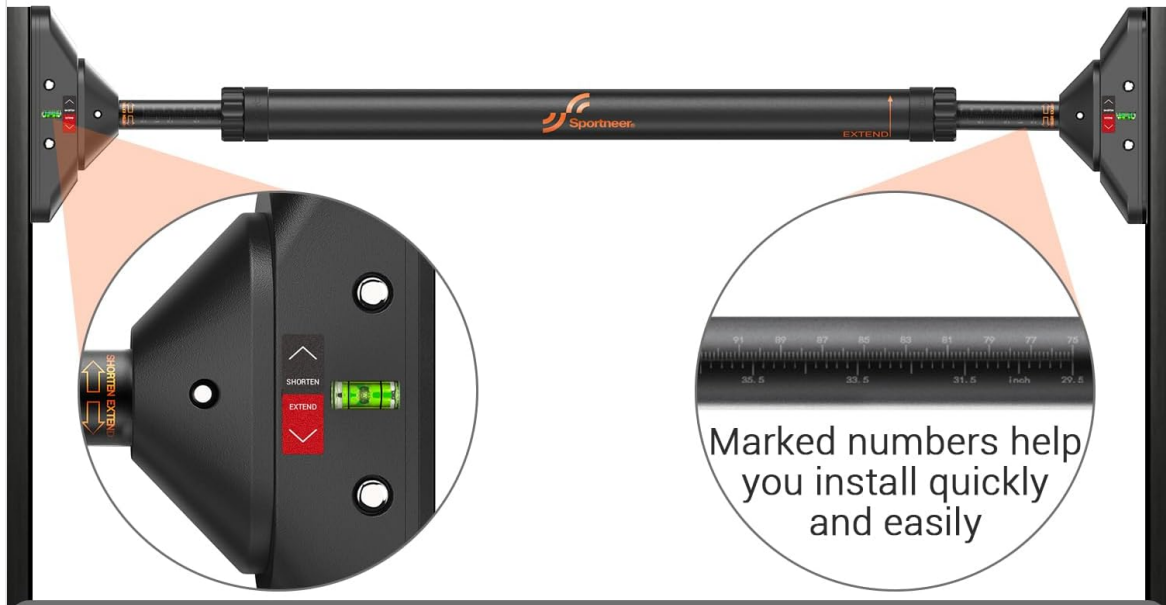


The Sportneer Pull Up Bar features a sleek black design with orange Sportneer branding. It is designed for easy, screw-free installation in doorways, providing a convenient home workout solution.

3.2. Components

BUILT-IN HIGH-PRECISION SPIRIT LEVEL

More Stable & Safer



If both balance bubbles are in the center

the bar is perfectly horizontal



If the two bubbles are not in the center

the bar is tilted

The pull-up bar consists of a main telescopic bar with integrated anti-slip cotton handlebars, two large PVC mats at each end for friction and stability, and an upgraded dual gear lock system. The internal structure includes robust steel pipes and a safety locking mechanism.

3.3. Dimensions and Weight Capacity



The bar is adjustable in length to fit various doorway widths, with corresponding maximum weight capacities:

Doorway Width	Max Weight
29.5 inch / 75 cm	440 lb / 200 kg
29.9-31.5 inch / 76-80 cm	330.7 lb / 150 kg
31.9-33.5 inch / 81-85 cm	264.6 lb / 120 kg
33.8-35.4 inch / 86-90 cm	220.5 lb / 100 kg
35.8-37 inch / 91-94 cm	165.3 lb / 75 kg

Note: For your safety, please stop extending the bar when you see the warning sign. Longer use distances may reduce the load capacity.

4. INSTALLATION GUIDE

4.1. Suitable Surfaces



THE APPLICABLE DOOR FRAME RANGE OF THE PULL UP BAR IS 29.5-37INCH/75-94CM

Doorway width	29.5inch/ 75cm	29.9-31.5inch/ 76cm-80cm	31.9-33.5inch/ 81cm-85cm	33.8-50.4inch/ 86cm-90cm	35.8-37inch/ 91cm-94cm
Max weight	440lb/200kg	330.7lb/150kg	264.6lb/120kg	220.5lb/100kg	165.3lb/75kg

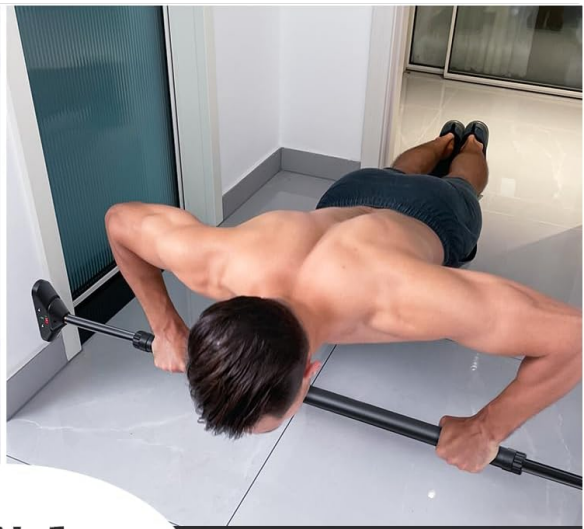
The pull-up bar is designed for installation on solid, load-bearing surfaces. Ensure your doorway or wall is solid before installation.

- **Suitable Surfaces:** Solid Wood Door Frame, Security Door, Smooth Corridor Wall.
- **Unsuitable Surfaces:** Wall Cracks, Doorframe With Fillers, Glass Door, Curved Surface.

4.2. Easy Four-Step Installation



At High Height - Pull-ups



At Low Height - Push-ups

4-IN-1 EXERCISE BAR



At Medium Height - Stretching



At Low Height - Sit-ups

1. **Unscrew and Extend:** Unscrew the nuts and counter-rotate both heads of the bar to extend its length.
2. **Confirm Distance:** Confirm the installation distance and touch the frame in a way that it won't fall.
3. **Adjust and Tighten:** Adjust the bar position until the two bubbles in the spirit level are in the center, indicating it's perfectly horizontal. Then, tighten the nuts on both ends to secure the bar. Ensure even extension on both sides.
4. **Secure and Use:** Make sure the pull-up bar is securely installed and then start using it.

4.3. Built-in High-Precision Spirit Level

SAFE EXERCISE GUARANTEE



Fully Covered Hand Grips, Non-slip & Comfort



Upgraded Double Gear Lock on Both Sides, Kick away Loosening



Precision Water Balance Technology



Pipe Locking, Safety Structure

The pull-up bar features a built-in high-precision spirit level on each end to assist with correct installation. When both balance bubbles are in the center, the bar is perfectly horizontal, ensuring maximum stability and safety. Marked numbers on the bar also help with quick and easy installation.

4.4. Upgraded Mechanic Lock System & PVC Mats



IMPORTANT SAFETY NOTICE

- 1** Ensure your door frame is suitable before purchase.

- 2** Follow the manual strictly during installation. Pay close attention to the rotation direction—reversing it may cause locking or damage.

- 3** Make sure the pull-up bar is firmly and securely installed before each use.

- 4** **Do NOT** swing, bounce, or perform kipping movements on the bar. Improper use may result in injury.

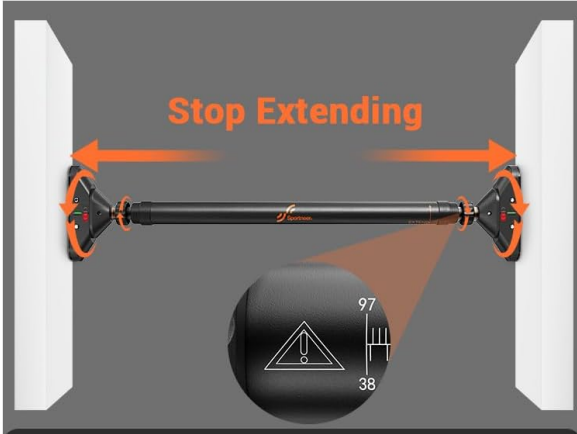
This push-up bar features a new 360-degree rotatable dual gear lock on both ends to protect the bar from loosening. This system, combined with the internal pipe locking safety structure, ensures the bar remains secure during use.

EASY FOUR-STEP INSTALLATION

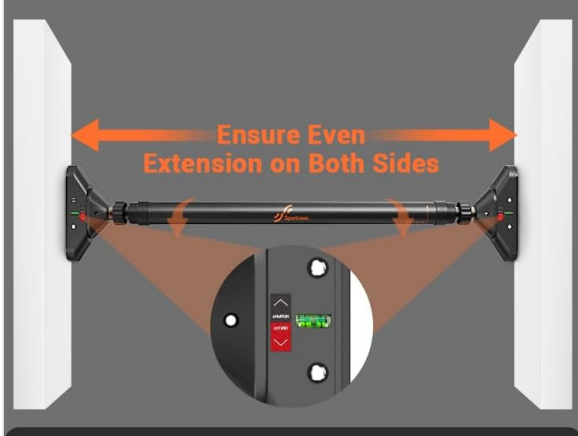
No Punching, No Damage



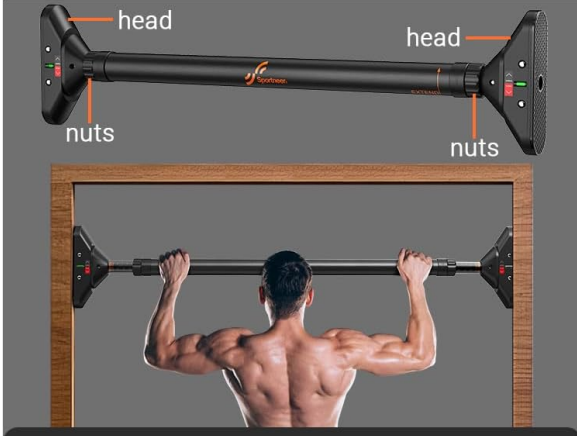
1. Unscrew the nuts and counter rotate both heads of the bar to extend its length



2. Confirm the installation distance and touch the frame in a way that it won't fall



3. Adjust the bar position until the two bubbles are in the center and tighten the nuts on both ends



4. Make sure the pull up bar is securely installed and then start using it

The pull-up bar uses innovative fixative technology with two large 6.5 x 1.8-inch PVC mats for added friction and stability. Four metal fixed points connect the base and bar, ensuring a secure, fall-proof design even under heavy loads. The more effort is put into pulling the bar, the sturdier it becomes due to increased upward friction.

5. OPERATING AND EXERCISES



The Sportneer Pull Up Bar is a versatile 4-in-1 exercise bar, allowing for a variety of upper body and core workouts. Its adjustable length makes it suitable for different exercise types:

- **At High Height:** Ideal for Pull-ups and Chin-ups, targeting back and bicep muscles.
- **At Low Height:** Can be used for Push-ups by placing the bar on the floor or for Sit-ups by securing your feet under the bar.
- **At Medium Height:** Suitable for Stretching exercises, aiding flexibility and recovery.

Always ensure the bar is securely installed and within its recommended weight limit for the chosen doorway width before beginning any exercise.

6. MAINTENANCE

To ensure the longevity and safe operation of your Sportneer Pull Up Bar, regular maintenance is recommended:

- **Regular Inspection:** Before each use, check the bar for any signs of damage, wear, or loosening. Ensure the locking mechanisms are fully engaged and the bar is firmly seated in the doorway.
- **Cleanliness:** Wipe down the bar and anti-slip pads with a damp cloth after use to remove sweat and dirt. Avoid harsh chemicals that may damage the materials.
- **Storage:** If not in regular use, or if you need to adjust its position, loosen the bar and store it in a dry place to prevent rust or material degradation.
- **Pad Condition:** Periodically check the PVC anti-slip pads for any signs of wear or damage. Replace if necessary to maintain optimal grip and prevent marks on your doorframe.

7. TROUBLESHOOTING

If you encounter issues with your Sportneer Pull Up Bar, consider the following common troubleshooting steps:

- **Bar Loosens During Use:** Ensure the dual gear lock system is fully tightened on both ends. Verify that the bar is installed on a solid, suitable surface and that the doorway width is within the recommended range. Re-tighten before each use.
- **Bar Leaves Marks on Doorframe:** Ensure the anti-slip PVC mats are clean and free of debris. Verify that the bar is not over-tightened, which can cause excessive pressure. Ensure the door frame surface is clean.
- **Difficulty Adjusting Length:** Check that the safety nuts are fully unscrewed before attempting to rotate the bar for extension or shortening. Ensure you are rotating in the correct direction as indicated by the arrows.
- **Bar Feels Unstable:** Re-check the installation using the built-in spirit level to ensure the bar is perfectly horizontal. Confirm that the doorway material is solid and not compromised (e.g., no cracks, fillers).

If problems persist, please refer to the official user manual or contact Sportneer customer support for further assistance.

8. PRODUCT SPECIFICATIONS

Specification	Detail
Brand	Sportneer
Model Number	Y22-82000-90
Color	Black
Material	Iron
Mounting Type	Doorway Mount
Maximum Weight Recommendation	135 Kilograms (297 lbs)
Product Dimensions	37.01"W x 6.69"H
Item Weight	4.4 Pounds
Special Feature	Adjustable
Age Range (Description)	Adult

9. WARRANTY AND SUPPORT

For detailed warranty information and customer support, please refer to the official Sportneer documentation. A User Manual (PDF) is available for download, which may contain specific warranty terms and contact details.

You can access the official User Manual PDF [here](#).

For any further inquiries or assistance, please contact Sportneer customer service through their official website or the retailer where the product was purchased.