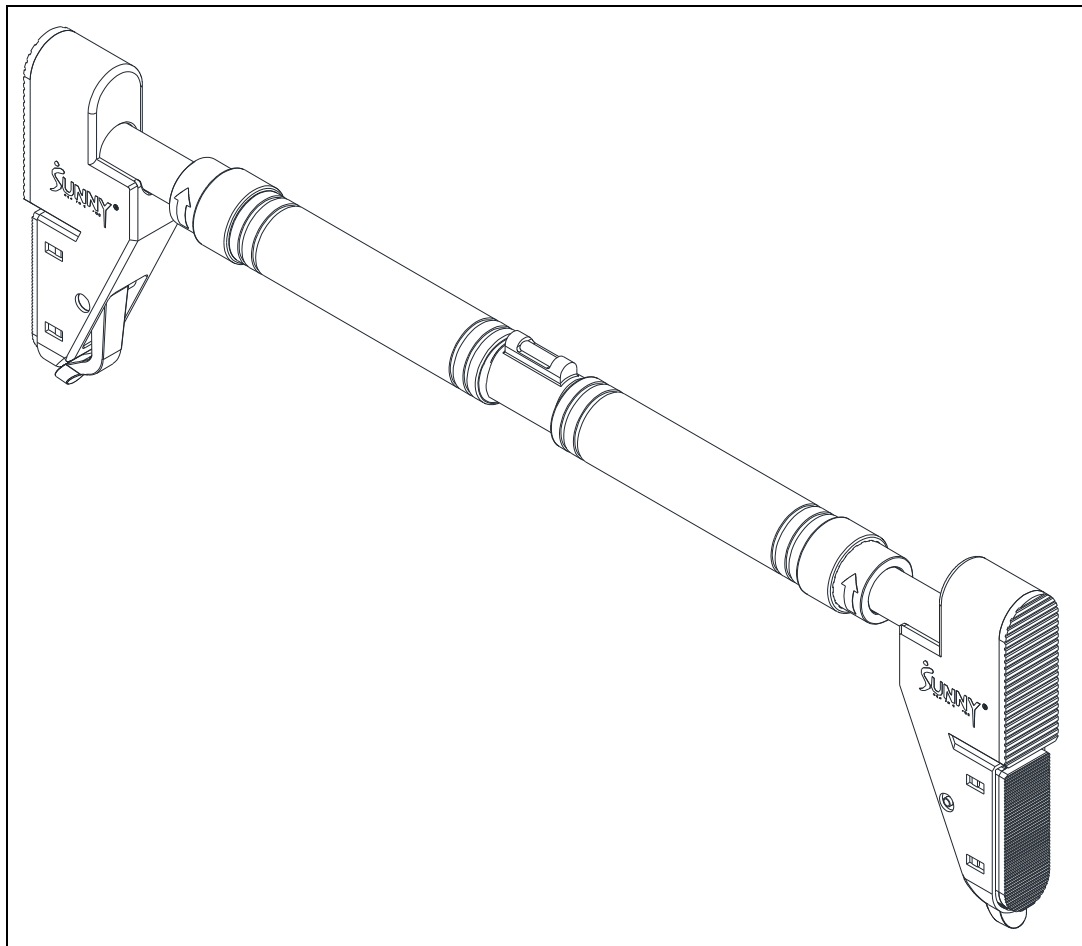




ADJUSTABLE DOOR MOUNT PULL UP BAR NO. 109 USER MANUAL



IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).



WWW.SUNNYHEALTHFITNESS.COM


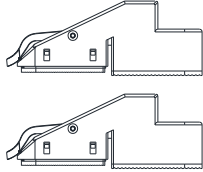
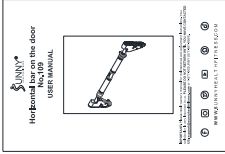

IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical condition that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (60 cm) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 330 lbs (150kg).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool and dry conditions. You should avoid storage in extremely cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use.

PRE-ASSEMBLY CHECK LIST

Before you start to assemble, please make sure all parts are included.

 C	 10
 A	 B

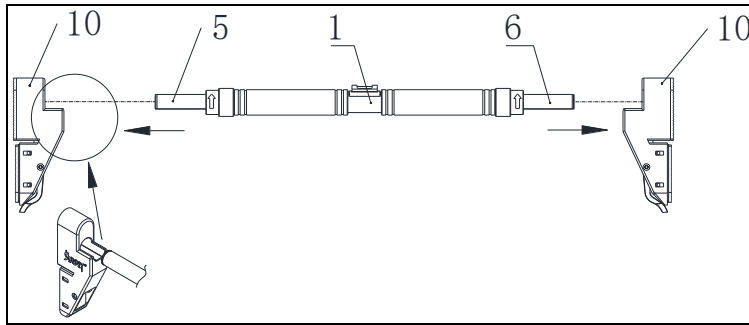
No.	Description	Spec.	Qty.
C	Fixed Pipe For Horizontal Bar	$\Phi 32*2.5*435$	1
10	Support Sleeve	200*38*75	2

No.	Description	Spec.	Qty.
A	Manual		1
B	Thank You Card		1

ASSEMBLY INSTRUCTIONS

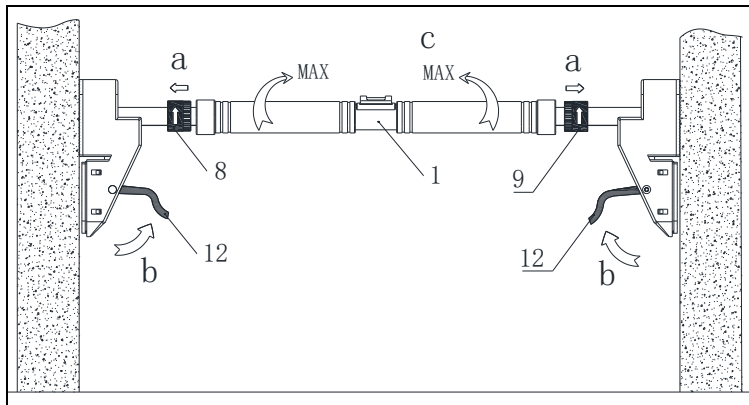
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).

STEP 1:



Insert the **Left & Right Adjustment Tubes (No. 5 & No. 6)** into the corresponding holes of **Support Sleeve (No. 10)**. Ensure both tubes are fully inserted and aligned properly.

STEP 2:



Place the Pull Up Bar on a flat surface and pull out **Left & Right Adjustment Plugs (No. 8 & No. 9)**. Use one hand to hold one side of the **Support Sleeve (No. 10)** and ensure the other side remains stable and does not move on the flat surface. Rotate the **Horizontal Rod (No. 1)** in the direction of the arrow to extend the lengths of both **Left & Right Adjustment Tubes (No. 5 & No. 6)** and continue rotating until the rod reaches a suitable width of the door frame.

Open the 2 **Pressure Locks (No. 12)** (as shown in the figure). Position the Pull Up Bar at the desired height within the door frame. Once aligned, continue rotating the **Horizontal Rod (No. 1)** until it fits tightly against the door frame and can no longer be turned.

NOTE: Ensure that the **Left & Right Adjustment Tubes (No. 5 & No. 6)** are positioned at the same length on both sides to maintain proper alignment (as shown in the Figure A).

The Pull-Up Bar must be kept level during installation (see Figure B for reference).

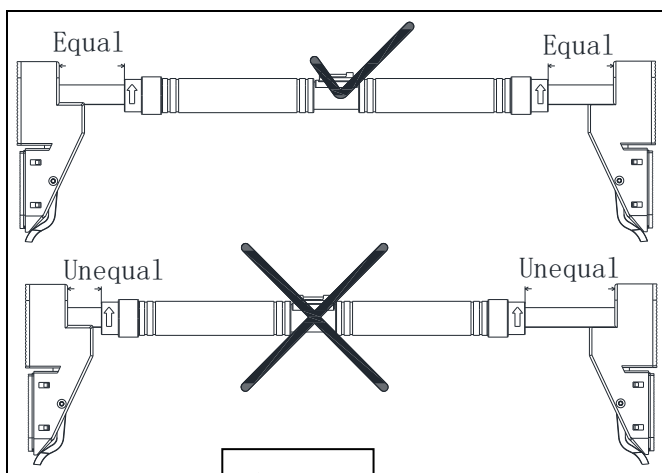


Figure A

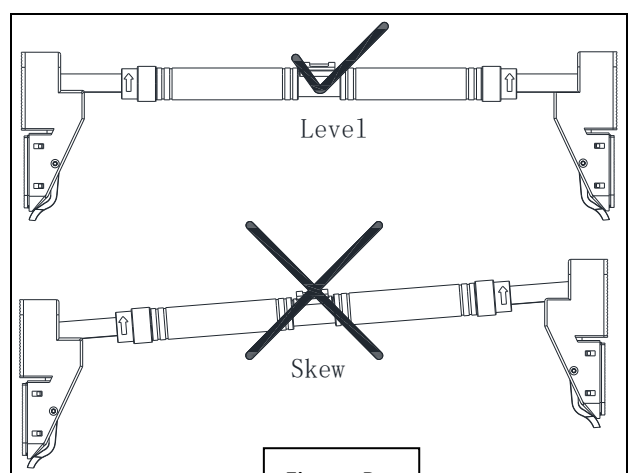
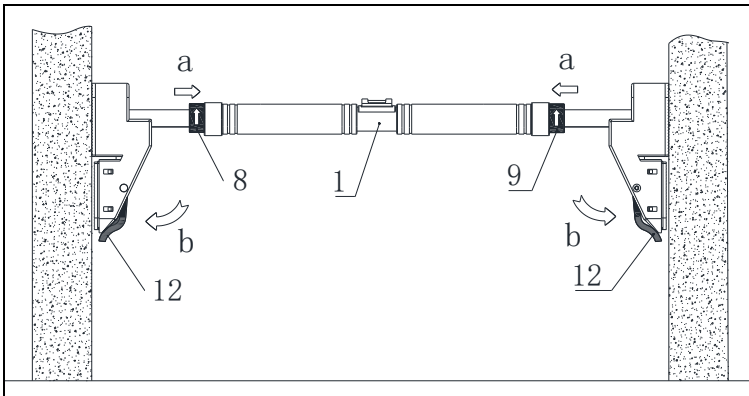


Figure B

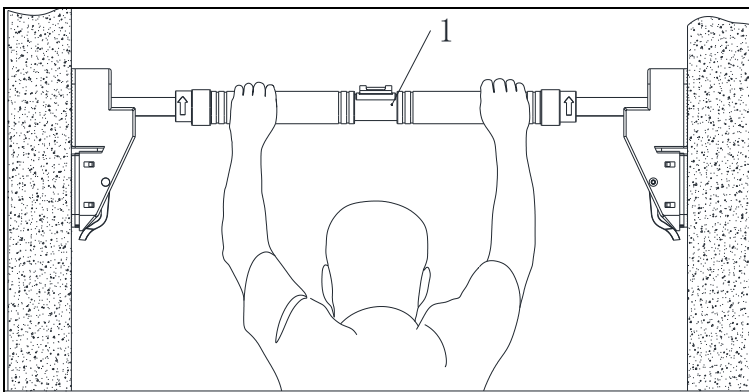
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669)



STEP 3:

Insert **Left & Right Adjustment Plugs (No. 8 & No. 9)** back into **Horizontal Rod (No. 1)** and press them in firmly. Ensure that the Horizontal Rod can no longer rotate to confirm a secure installation.

Firmly press down both **Pressure Locks (No. 12)** on each side to ensure they are securely locked in place.



STEP 4:

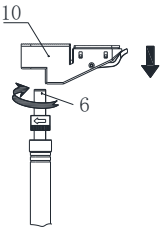
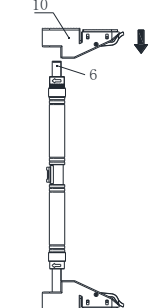
Check that the bar is installed perfectly horizontal by using the built-in **Precision Leveler (No. 3)** on **Horizontal Rod (No. 1)**.

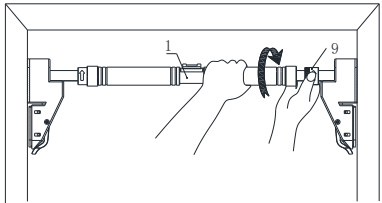
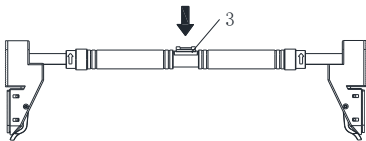
If the bar is not level, repeat the previous steps to make the necessary adjustments.

Hold the **Horizontal Rod (No. 1)** with both hands as shown in the left diagram to verify it is secure and correctly positioned.

Assembly is now complete!

TROUBLESHOOTING

	Issue	Solution
	<p>The Left and Right Adjustment Tubes (No. 5 and No. 6) are either stuck or slipping, making it difficult to adjust them freely.</p>	<p>Do not rotate the Left and Right Adjustment Tubes (No. 5 and No. 6) directly by hand. Instead, press down on the Support Sleeve (No. 10) and rotate it. This will help prevent the buildup of iron filings.</p>
	<p>One side of the Left and Right Adjustment Tubes (No. 5 and No. 6) cannot be inserted into the Support Sleeve (No. 10).</p>	<p>Place the installed side vertically on the ground. Align the Support Sleeve (No. 10) with the opposite side where the tubes cannot be inserted. Press the Support Sleeve (No. 10) down firmly onto the Left and Right Adjustment Tubes (No. 5 and No. 6) to secure the connection.</p>

	<p>One side of the Left and Right Adjustment Plugs (No. 8 and No. 9) cannot fit into the Horizontal Rod (No. 1).</p>	<p>First, release the side of the Left and Right Adjustment Plugs (No. 8 and No. 9) that cannot fit into the Horizontal Rod (No. 1). Next, slightly rotate the Horizontal Rod (No. 1) to the desired position. Finally, reinstall the Left and Right Adjustment Plugs (No. 8 and No. 9) on both sides to secure the rod.</p>
	<p>The Pull-Up Bar installation is misaligned.</p>	<p>Use the built-in Precision Leveler (No. 3) to ensure the bar is level.</p>

MAINTENANCE INSTRUCTIONS

DAILY MAINTENANCE

Inspect and tighten all parts regularly, including the Horizontal Rod, Left Adjustment Plug, Right Adjustment Plug, Rotation Handle, etc.

Replace any worn or torn parts immediately.

Check and ensure the equipment remains level at all time.

WEEKLY MAINTENANCE

Use damp cloth on plastic parts only, use dry cloth on metal frames.

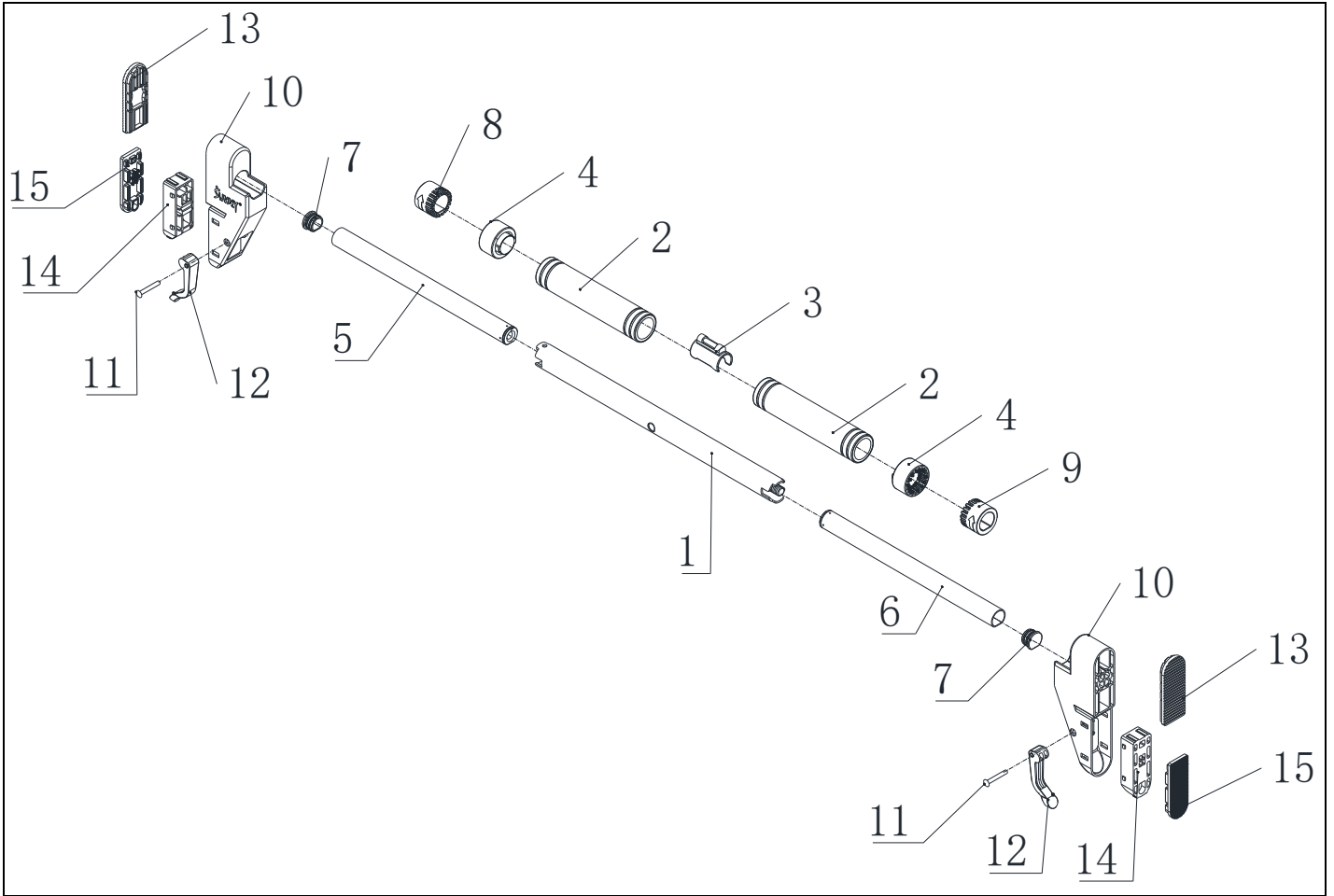
Inspect the metal frame structure of the equipment.

DOWNLOAD SUNNYFIT - FOR HOME FITNESS



SunnyFit is an all-in-one home fitness app designed to empower users of all levels to achieve their fitness goals. Discover over 1,000 free on-demand workout video courses crafted by certified trainers, tailored for various exercise equipment such as indoor bikes, treadmills, rowers, ellipticals, dumbbells, bodyweight, and even resistance band exercises. Whether you have equipment or not, SunnyFit offers the perfect workout for every fitness level and preference. You can enjoy a collection of over 300 free workout courses that require nothing more than your body and the SunnyFit app.

EXPLODED DIAGRAM



PARTS LIST

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Horizontal Rod	Φ32*2.5*435	1	9	Right Adjustment Plug	Φ38*30*25.5	1
2	Foam	T5*40*180	2	10	Support Sleeve	200*38*75	2
3	Precision Leveler	Φ24*50	1	11	Rivet	Φ6*37	2
4	Plug	Φ44*30*Φ25.5	2	12	Pressure Lock	81*17*33	2
5	Left Adjustment Tube		1	13	Support Sleeve Pad	100*40*10	2
6	Right Adjustment Tube		1	14	Small Support Sleeve	91*35*27	2
7	D-shaped Plug	Φ25*15*22.4	2	15	Small Support Sleeve Pad	90*32*12.5	2
8	Left Adjustment Plug	Φ38*30*25.5	1				

Version: 1.0

CONNECT
With us

DOWNLOAD


Track your fitness progress & join
FREE workout courses!


Download  **SUNNYFIT** today!





FOLLOW


Find us on social media @sunnyhealthfitness

 @sunnyhealthfitness

 @sunnyhealthandfitness

 @sunnyhealthfit

 /sunnyhealthfitness

 /sunnyhealthfitness

 /sunnyhealthandfitness

www.sunnyhealthfitness.com