

DOORWAY GYM BAR

SPECIFICATIONS :

- Suitable for door width: 63-95 cm
- Comes with 8 screw, 2 non-slip padded rubber & 2 metal cap
- It is a great device for you to do exercise at home
- Easy to take down when not in use

HOW TO INSTALLED:

- STEP 1 : Fix the rubber-limiter with screw on the door frame
- STEP 2 : Turning the bar clockwise until the end of bar is pressing tight against the frame of your door

WARNING : Please check and make sure that bar is fixed tightly before you make the exercise

