

## Owner's Manual

Product May Vary  
Slightly From Pictured.

### Safety Instructions

- ▲ WARNING** Cancer and Reproductive Harm [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)
- ▲ WARNING** This equipment is for home use only. Do not use in institutional or commercial applications. Failure to follow this warning could result in death or serious injury.
- ▲ WARNING** To reduce the risk of serious injury, read the following Safety Instructions before using the Multi-Function Pull-Up Bar.

- The Multi-Function Pull-Up Bar should only be used after a thorough review of the Owner's Manual by all exercisers and saved for future reference.
- Keep children and pets away from the Multi-Function Pull-Up Bar at all times. This product is for adult use only.
- The equipment can be used only if it is examined regularly for damage and wear. Before using, inspect the Multi-Function Pull-Up Bar for worn or loose components, and securely tighten or replace any worn or loose components prior to use. Please replace defective components immediately and keep the equipment out of use until repair. Contact customer care (specific information is as below) for repair or component replacement.
- Before use, carefully read and understand all of the directions of the Multi-Function Pull-Up Bar for proper installation. Make sure the door frame and moldings are secure and solid before installing the Multi-Function Pull-Up Bar. Note: Make sure the depth (thickness) of the moldings is sufficient to securely support the Multi-Function Pull-Up Bar and the Safety Wedge(15). A weak door frame and/or moldings or an inadequate molding, can cause the unit to fail and dislodge from the doorway.
- Before using the Multi-Function Pull-Up Bar, tug down on the Handlebars to make sure the unit is securely installed into the door frame.
- As the Multi-Function Pull-Up Bar is not designed for permanent installation, remove it from the door frame and store away in a safe place until next use.
- Injuries may result from incorrect or excessive training. Consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
- Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them.
- Do not wear loose clothing while using the Multi-Function Pull-Up Bar.
- The Multi-Function Pull-Up Bar should not be used by persons weighing over 250 pounds.
- The Multi-Function Pull-Up Bar should be used by only one person at a time.
- The Multi-Function Pull-Up Bar is for consumer use only. It is not for use in public or semipublic facilities.
- The Multi-Function Pull-Up Bar has a total mass and dimension of: 36.5" x 12.9" x 10.6" weighing 3.8 lbs.

This Product is Distributed Exclusively by



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Customer Care

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When calling for parts or  
service, please specify the  
following model number:  
**50-0045**

MADE IN CHINA

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2025, 03

# müüv

Quickstart Guide

IMPORTANT

## Smart Audio Workouts for Your Pull-Up Bar



Go to the App Store on your device or scan the QR Code for quick access.



Download the app and get moving!

Assembly video included in app.

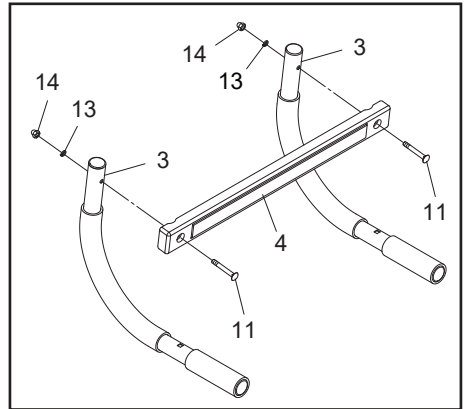
# Assembly Instructions

## NOTE:

Do not tighten any bolts until STEP 3.

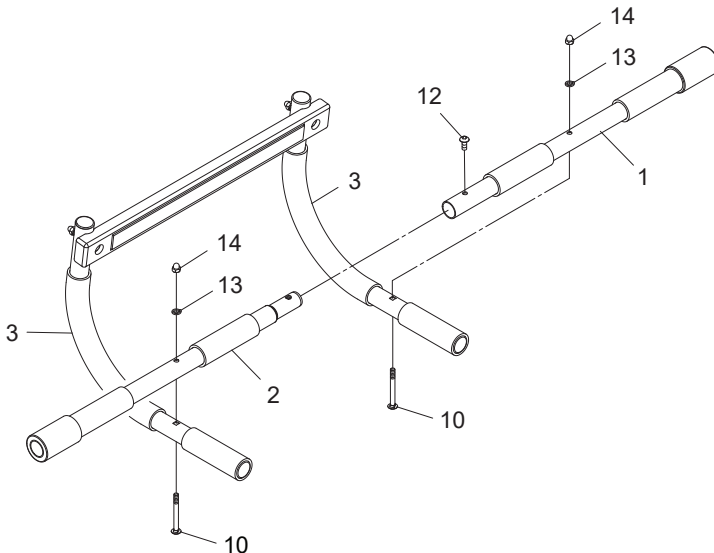
## STEP 1

Attach the **ARCHED SUPPORTS(3)** to the **PLASTIC BAR(4)** with **CARRIAGE BOLTS(M6x1x45mm)(11)**, **LOCK WASHERS(M6)(13)**, and **ACORN NUTS(M6x1)(14)**.



**STEP 2:** Insert the **INNER BAR(2)** into the **OUTER BAR(1)** and secure with **BUTTON HEAD BOLT(M6x1x15mm)(12)**.

**STEP 3:** Attach the **ARCHED SUPPORTS(3)** to the **OUTER** and **INNER BARS(1, 2)** with **CARRIAGE BOLTS(M6x1x58mm)(10)**, **LOCK WASHERS(M6)(13)**, and **ACORN NUTS(M6x1)(14)**. Tighten all bolts from STEP 1 to STEP 3.



# Installation Instructions

**Caution:** Before use, carefully read and understand all of the following directions for proper installation. Make sure the door frame and moldings are secure and solid before installing the Multi-Function Pull-Up Bar. Also, make sure the depth (thickness) of the moldings is sufficient to securely support the Multi-Function Pull-Up Bar and the Safety Wedge(15). A weak door frame and/or moldings or an inadequate molding, can cause the unit to fail and dislodge from the door way. The Multi-Function Pull-Up Bar will fit any standard door frame that is 24" to 32" wide.

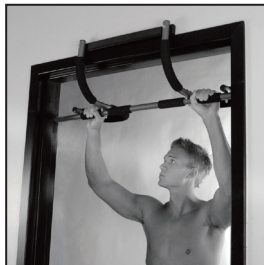
1. With the pointed side down, slide the Safety Wedge(15) down behind the top door frame/molding as shown in the illustration.



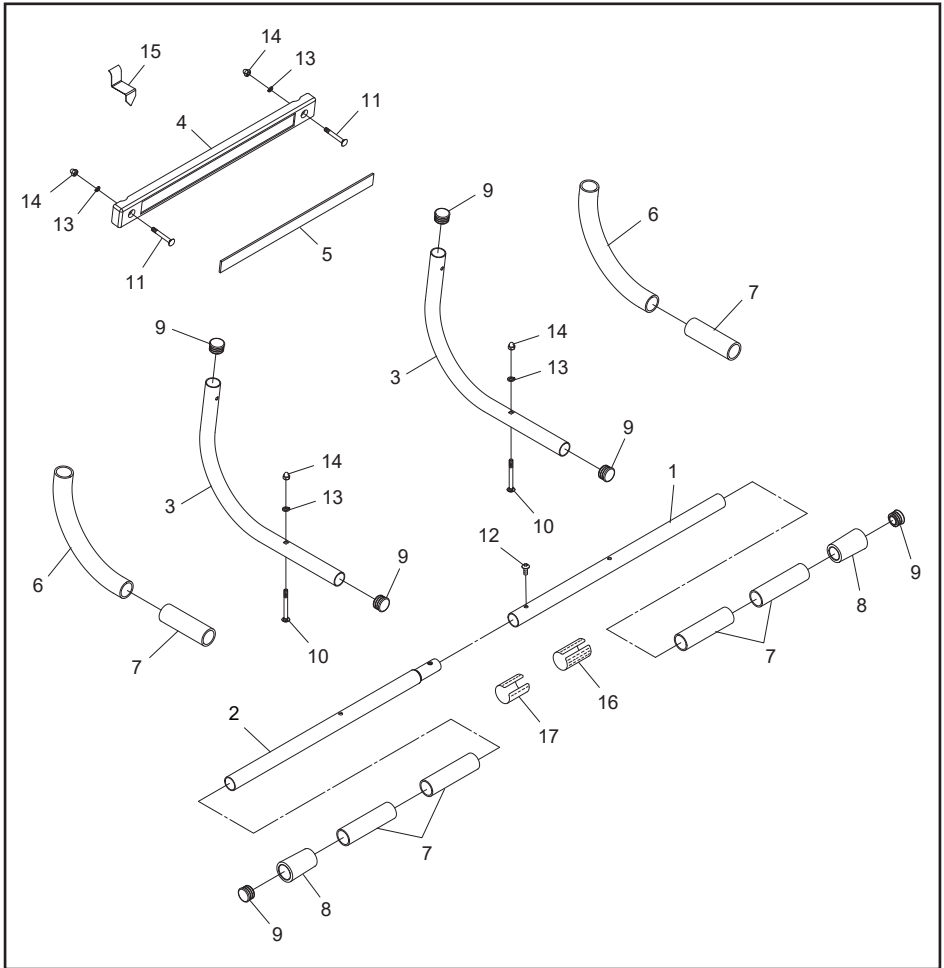
2. Position the bottom edge of the Plastic Bar(4) so it is resting securely on the hinge side of the door on top of the door frame/molding and on top of the Safety Wedge(15).

3. Make sure the Multi-Function Pull-Up Bar's two end Foam Pads(8) are on the opposite side of the door opening and are in full contact with and resting against both sides of the door frame moldings.

**IMPORTANT:** Before using the Multi-Function Pull-Up Bar, pull down on the Hand Grips(7) to make sure the unit is securely attached onto the door frame. As the Multi-Function Pull-Up Bar is not designed for permanent installation, remove it from the door frame and store away in a safe place until next use.



# Product Parts Drawing and Parts List



Part No. and Description	Qty	Part No. and Description	Qty
1 Outer Bar	1	11 Carriage Bolt (M6 x 1 x 45mm)	2
2 Inner Bar	1	12 Bolt, Button Head (M6 x 1 x 15mm)	1
3 Arched Support	2	13 Lock Washer (M6)	4
4 Plastic Bar	1	14 Acorn Nut (M6 x 1)	4
5 EVA Pad	1	15 Safety Wedge	1
6 Foam Tube	2	16 Caution Label	1
7 Foam Grip	6	17 Serial Decal	1
8 Foam Pad	2	18 Wrench	1
9 Round Plug (25.4mm)	6	19 Allen Wrench (5mm)	1
10 Carriage Bolt (M6 x 1 x 58mm)	2	20 Owner's Manual	1

# Limited Warranty

**MODEL 50-0045**

Stamina Products, Inc. (“Stamina”) warrants to the original purchaser that this product will be free from defects in materials and workmanship that arise under normal use, service, proper assembly and proper operation in accordance with product warnings/instructions for a period of 90 days on the parts and one year on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY KIND OR TO ANY DEFECT OR CHANGE CAUSED BY IMPROPER ASSEMBLY, REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS NOT PROVIDED BY STAMINA.** Commercial use includes use of product in athletic clubs, health clubs, spas, gyms, and all other public or semipublic facilities whether or not the product’s use is in furtherance of a profit making enterprise, and all other use which is not for personal purposes.

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