

Product May Vary  
Slightly From Pictured.

**STAMINA** | X  
EXTREME TRAINING SERIES

# BOULDER FIT DOOR GYM

WITH ROCK CLIMBING HAND HOLDS

## Owner's Manual

### Safety Instructions

- ⚠ 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** This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm.
- ⚠ WARNING** To reduce the risk of serious injury, read the following Safety Instructions before using the **Boulder Fit Door Gym**.

1. Save these instructions and ensure that other exercisers read this manual prior to using the **Boulder Fit Door Gym** for the first time.
2. Read this Owner's Manual and follow it carefully before using the **Boulder Fit Door Gym**.
3. Keep children away from the **Boulder Fit Door Gym**. Do not allow children to use or play around the **Boulder Fit Door Gym**. Keep children and pets away from the **Boulder Fit Door Gym** when it is in use.
4. The equipment can be used only if it is examined regularly for damage and wear. Before using, inspect the **Boulder Fit Door Gym** 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.
5. Before use, carefully read and understand all of the directions of the **Boulder Fit Door Gym** for proper installation. Also, make sure the door frame and moldings are secure and solid before installing **Boulder Fit Door Gym**. A weak door frame and/or moldings can cause the unit to fail and dislodge from the door way. Insert safety wedge according to provided instructions.
6. Before using the **Boulder Fit Door Gym**, tug down on the Handlebars to make sure the unit is securely installed into the door frame.
7. As the **Boulder Fit Door Gym** is not designed for permanent installation, remove it from the door frame and store away in a safe place until next use.
8. 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.
9. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
10. Do not wear loose or dangling clothing while using the **Boulder Fit Door Gym**.
11. The **Boulder Fit Door Gym** should not be used by persons weighing over 250 pounds.
12. The **Boulder Fit Door Gym** should be used by only one person at a time. Do not swing or play on the **Boulder Fit Door Gym**. Do not hang upside down on the **Boulder Fit Door Gym**.
13. The **Boulder Fit Door Gym** is for consumer use only. It is not for use in public or semipublic facilities.
14. The **Boulder Fit Door Gym** has a total mass and dimension of: 37" x 19" x 11 1/2" weighing 11.5 lbs.

**This Product is Produced Exclusively by**



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**When calling for parts or  
service, please specify the  
following model number:  
50 - 0085**

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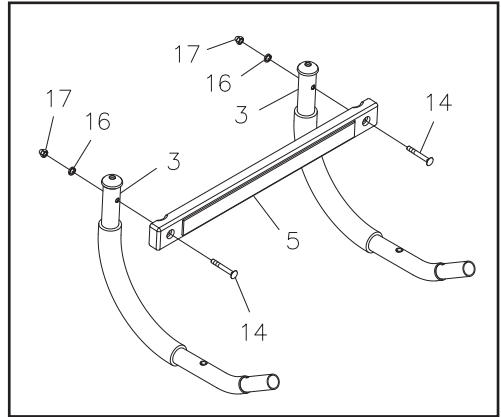
## Assembly Instructions

### NOTE:

Do not tighten any bolts until STEP 5.

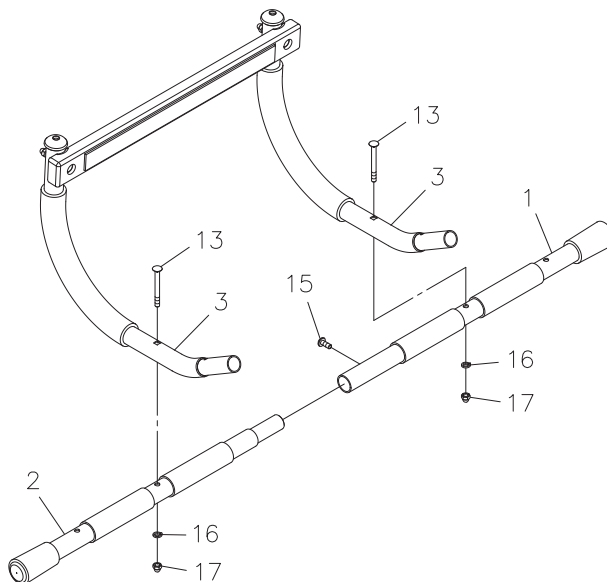
### STEP 1

Attach the **ARCHED SUPPORTS(3)** to the **PLASTIC BAR(5)** with **CARRIAGE BOLTS(M6x1x45mm)(14)**, **LOCK WASHERS(M6)(16)**, and **ACORN NUTS(M6x1)(17)**.



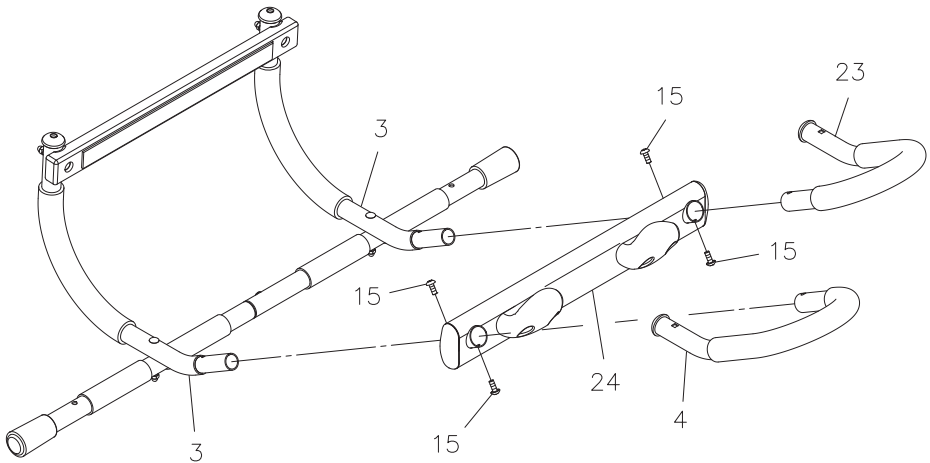
**STEP 2:** Insert the **INNER BAR(2)** into the **OUTER BAR(1)** and secure with **BUTTON HEAD BOLT(M6x1x15mm)(15)**.

**STEP 3:** Attach the **ARCHED SUPPORTS(3)** to the **OUTER and INNER BARS(1, 2)** with **CARRIAGE BOLTS(M6x1x58mm)(13)**, **LOCK WASHERS(M6)(16)**, and **ACORN NUTS(M6x1)(17)**.



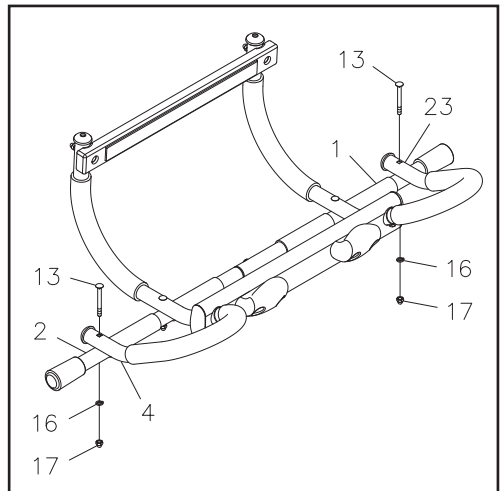
## Assembly Instructions

**STEP 4:** Slide the **MOUNTING BAR(24)** onto both **ARCHED SUPPORTS(3)**. Insert the **LEFT** and **RIGHT HANDLEBARS(4, 23)** onto both **ARCHED SUPPORTS(3)** and run through the **MOUNTING BAR(24)**. Align the holes in the **ARCHED SUPPORTS(3)**, **HANDLEBARS(4, 23)**, and **MOUNTING BAR(24)** then bolt them together with **BUTTON HEAD BOLTS(M6x1x15mm)(15)**.



### STEP 5

Attach the **LEFT HANDLEBAR(4)** to the **INNER BAR(2)** with **CARRIAGE BOLTS(M6x1x58mm)(13)**, **LOCK WASHERS(M6)(16)**, and **ACORN NUTS(M6x1)(17)**. Repeat on right side to attach the **RIGHT HANDLEBAR(23)** to the **OUTER BAR(1)**. Tighten all bolts from STEP 1 to STEP 5.



## Installation Instructions

**Caution:** Before use, carefully read and understand all of the following directions for proper installation. Also, make sure the door frame and moldings are secure and solid before installing Boulder Fit Door Gym. A weak door frame and/or moldings can cause the unit to fail and dislodge from the door way. The Boulder Fit Door Gym will fit any standard door frame that is 24" to 32" wide.

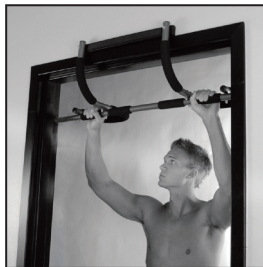
1. With the pointed side down, slide the Safety Wedge(19) down behind the top door frame/molding as shown in the illustration.



2. Position the bottom edge of the Plastic Bar(5) 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(19).

3. Make sure the **Boulder Fit Door Gym's** two end Foam Pads(10) are on the opposite side of the door opening and are in full contract with and resting against both sides of the door frame moldings.

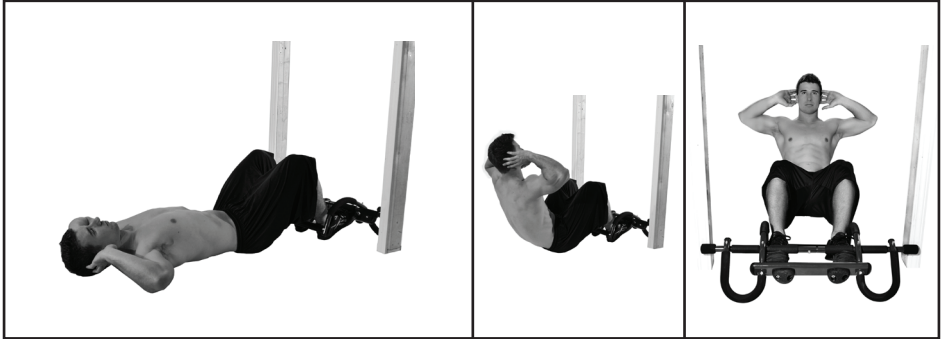
**IMPORTANT:** Before using the **Boulder Fit Door Gym**, pull down on the Hand Grips(9) to make sure the unit is securely attached onto the door frame. As **Boulder Fit Door Gym** is not designed for permanent installation, remove it from the door frame and store away in a safe place until next use.



## Workout Instructions

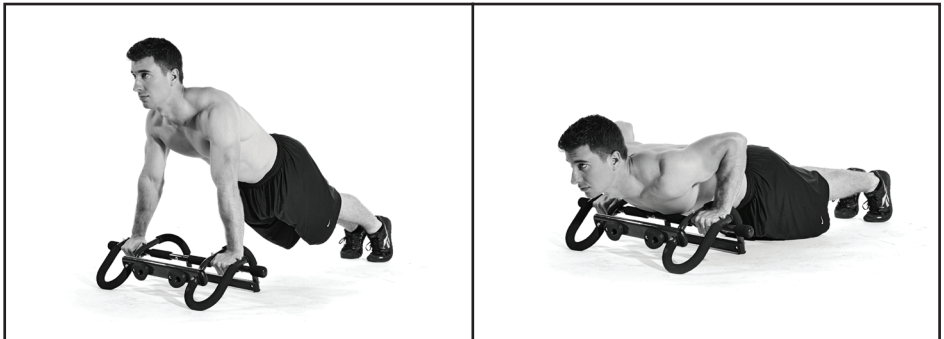
### Sit Ups:

Place door gym at the bottom of door frame for sit ups.



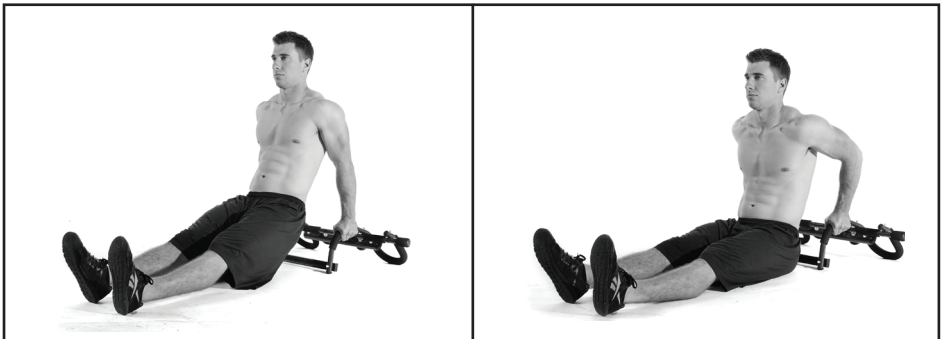
### Push ups:

Place door gym on the ground as shown below to perform push ups.



### Triceps Dips:

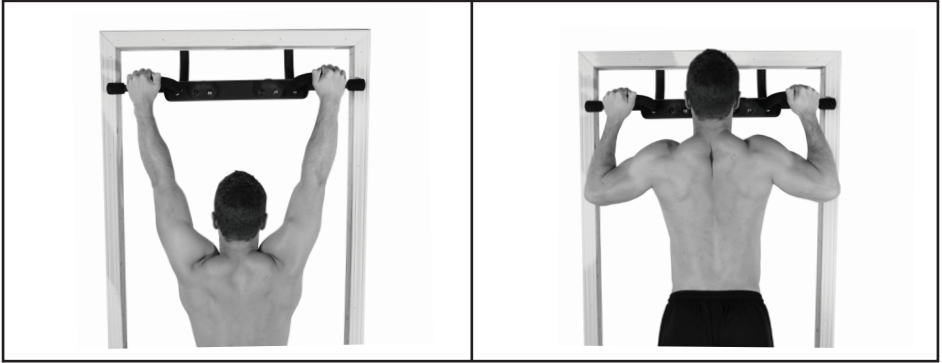
Place product on the ground as shown below to perform tricep dips.



## ***Workout Instructions***

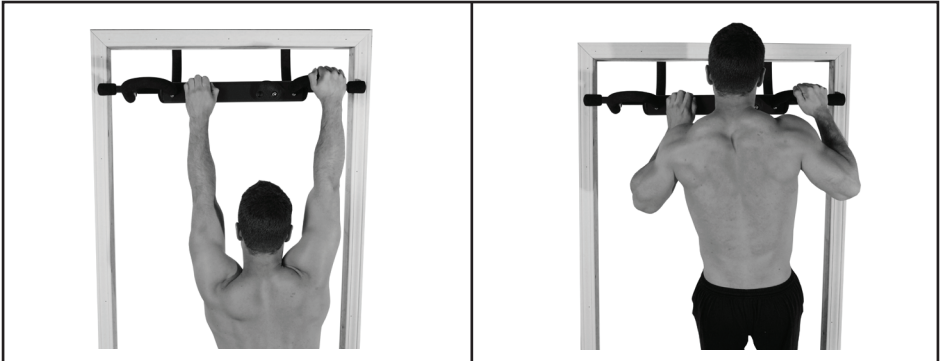
### **Wide grip pull ups:**

Grip the round foam holds or the straight foam holds for wide grip pull ups.

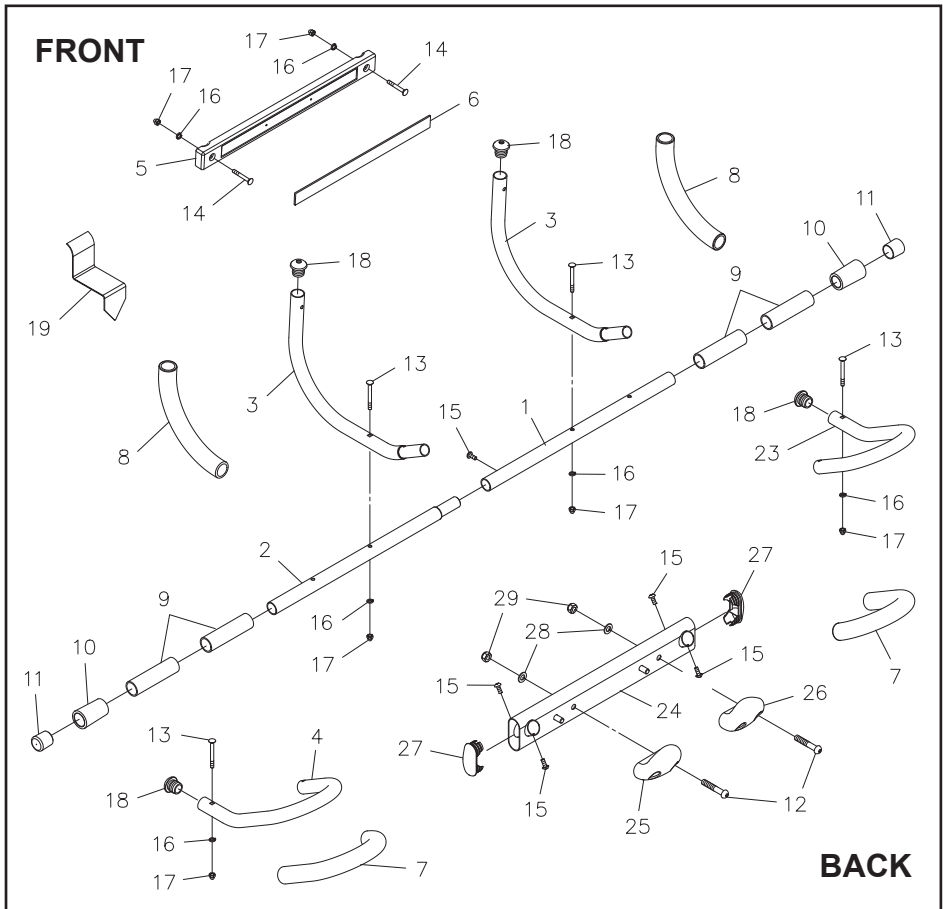


### **Combination pull ups:**

Grip a combination of foam holds or rock climbing hand holds and perform a pull up. Make sure weight is distributed evenly on door gym.



# Product Parts Drawing and Parts List



## Part No. and Description

## Qty

1	Outer Bar	1
2	Inner Bar	1
3	Arched Support	2
4	Left Handlebar	1
5	Plastic Bar	1
6	EVA Pad	1
7	Foam Tube	2
8	Foam Grip	2
9	Hand Grip	4
10	Foam Pad	2
11	Endcap (25.4mm)	2
12	Bolt, Button Head (M10x1.5x57mm)	2
13	Carriage Bolt (M6 x 1 x 58mm)	4
14	Carriage Bolt (M6 x 1 x 45mm)	2
15	Bolt, Button Head (M6 x 1 x 15mm)	5

## Part No. and Description

## Qty

16	Lock Washer (M6)	6
17	Acorn Nut (M6 x 1)	6
18	Round Plug (25.4mm)	4
19	Safety Wedge	1
20	Wrench	1
21	Allen Wrench (5mm)	1
22	Owner's Manual	1
23	Right Handlebar	1
24	Mounting Bar	1
25	Larger Hand Hold	1
26	Small Hand Hold	1
27	Oval Plug (30mm x 70mm)	2
28	Washer (M10)	2
29	Nylock Nut (M10 x 1.5)	2

## Limited Warranty

**MODEL 50-0085**

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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