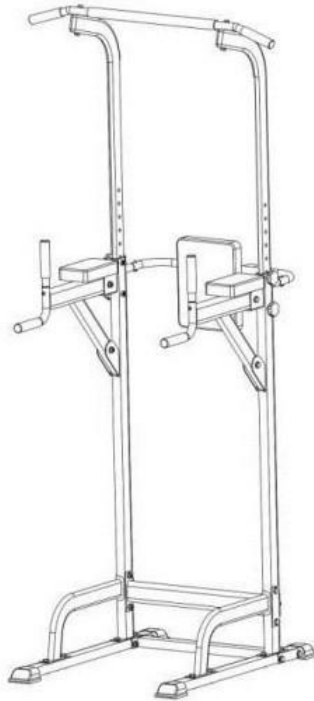

Everfit

FIT-CHINUP-TOWER



User Manual

Matters Needing Attention

1. In strict accordance with the assembly instruction installation steps and methods for assembly;
2. Before use, please check whether all parts installed properly, check whether nut is screwed in place.
3. Irregular mechanical checks,found to have abnormal may loose phenomenon, please for maintenance.
4. Select horizontal ground placement machine,and ensure that no sharp around such as avoid unexpected turn to the wound the body may be others;
5. Pregnant women and patients with heart,high blood pressure and physical defects is banned.

Warm Notice

- a. In use process,high-risk movement and unreasonable method of use is strictly prohibited.
- b. Have body does not adapt phenomenon in the course of using , suggest consulting a doctor or fitness instructor.

Standard Use

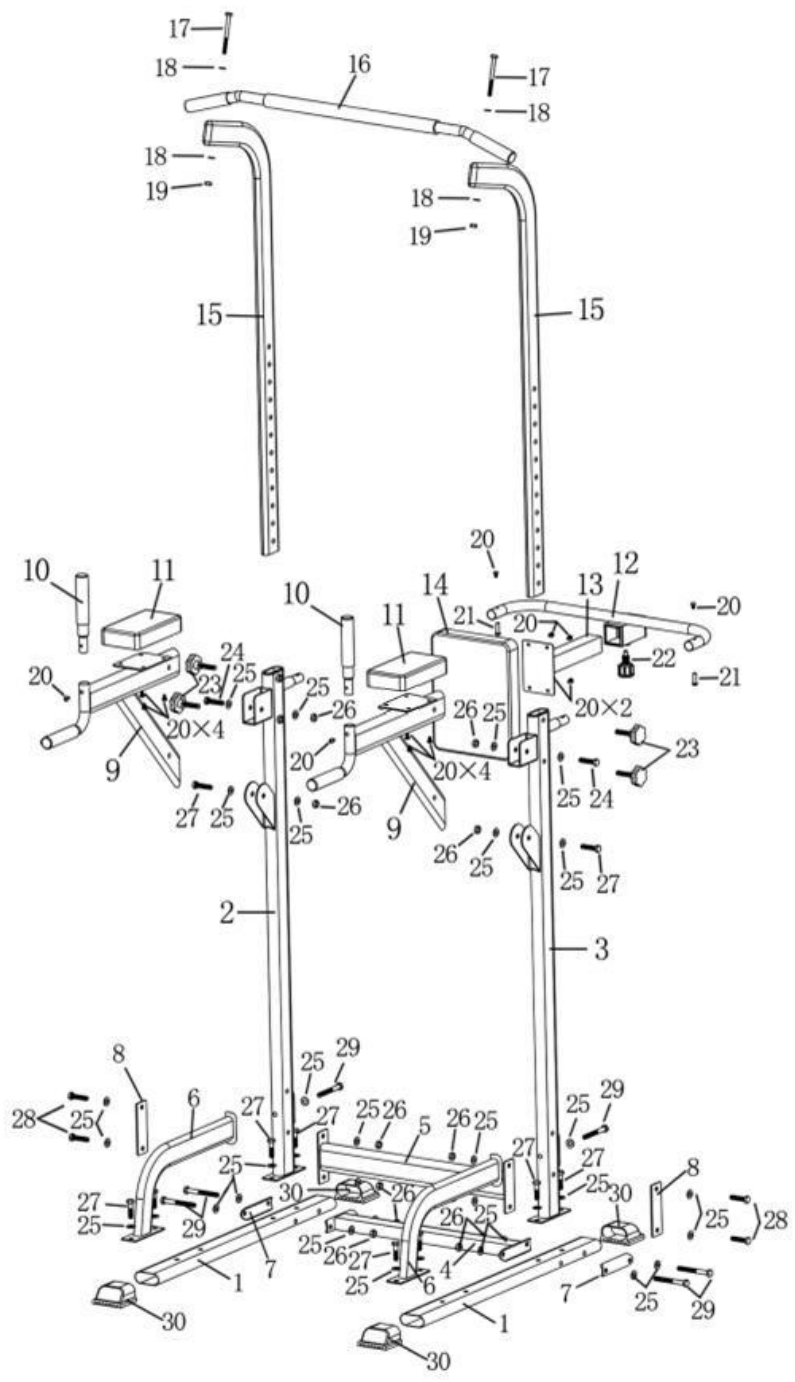
- A. Standard fitness pull-ups.
- B. Non-standard fitness pull-ups,make fitness equipment heavy tilt back flip, hazards that may cause falls.



A



B

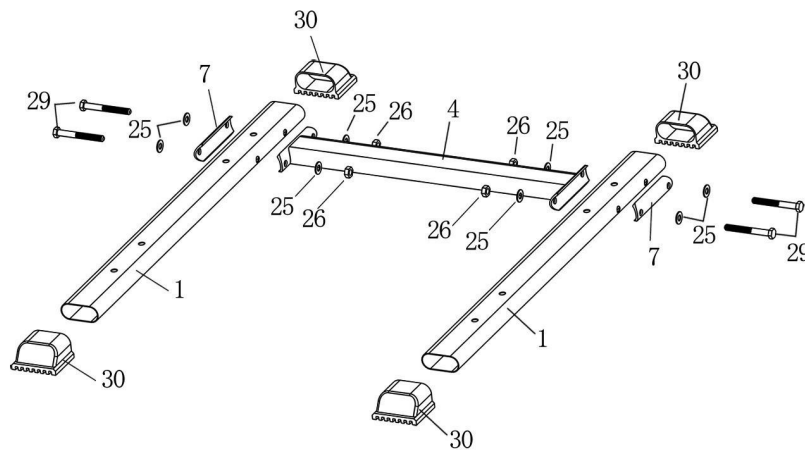


3

Fittings

	Fittings	Quantity
1	Base	2
2	Left holder	1
3	Right holder	1
4	Connect tube A	1
5	Connect tube B	1
6	Support tube	2
7	Arc connect piece	2
8	Connect piece	2
9	Dip piece	2
10	Handle	2
11	Cushion for arms	2
12	U' connect tube	1
13	Cushion adjust tube	1
14	Cushion	1
15	Height adjust tube	2
16	Horizontal bar piece	1
17	Screw M8*90	2
18	Washer Φ 8	4
19	Nut M8	2
20	Screw M6*10	16
21	Cylinder screw	2
22	Elastic lock pin screw	1
23	Adjust screw	4
24	Screw M10*50	2
25	Washer Φ 10	34
26	Nut M10	12
27	Screw M10*35	10
28	Screw M10*50	4
29	Screw M10*90	6
30	Tube cover	4

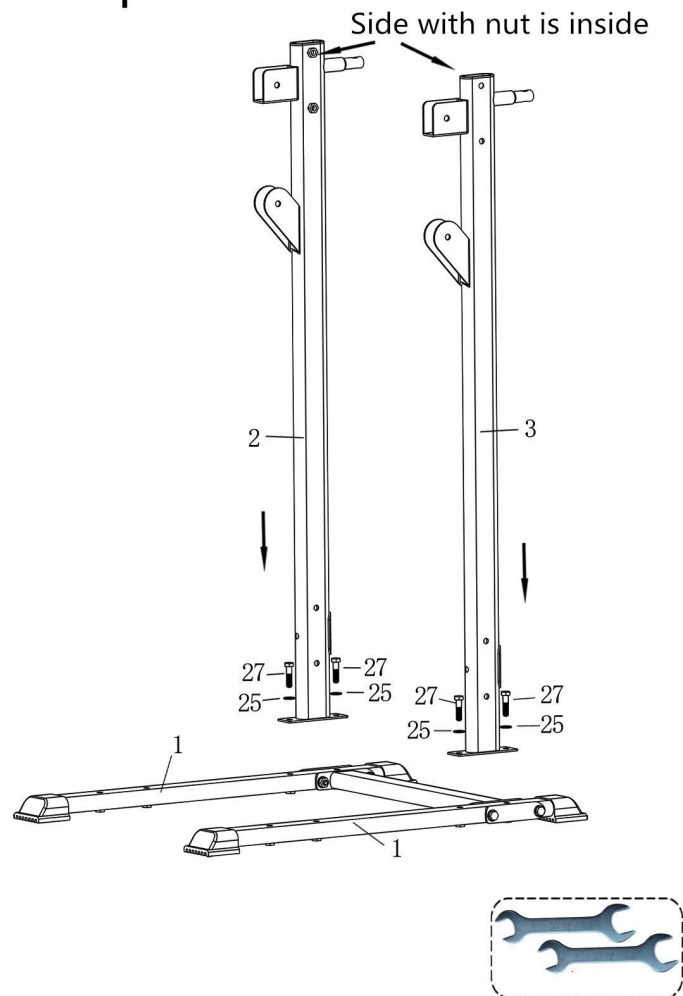
Step 1



- 1.Insert the tube cover(30) into two ends of the base(1).
- 2.Assemble base(1), connect tube A(4),arc connect piece(7) together with screw(29),washer(25),nut(26).

Notice:Do not tighten the screws firstly.

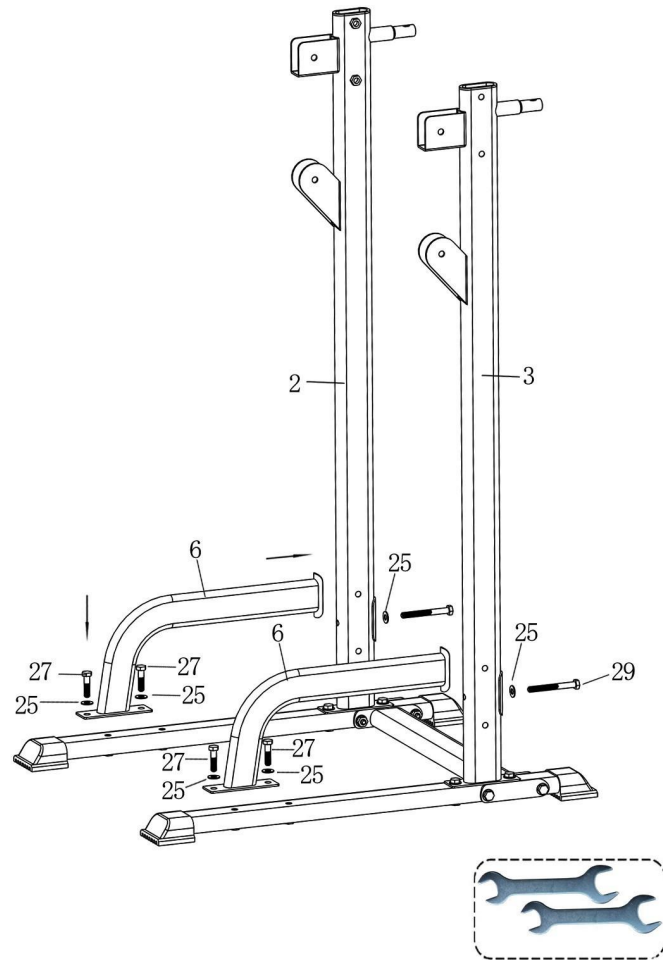
Step 2



Assemble left holder(2),right holder(3),base(1)
with screw(27),washer(25).

Notice:Do not tighten the screws firstly.

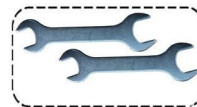
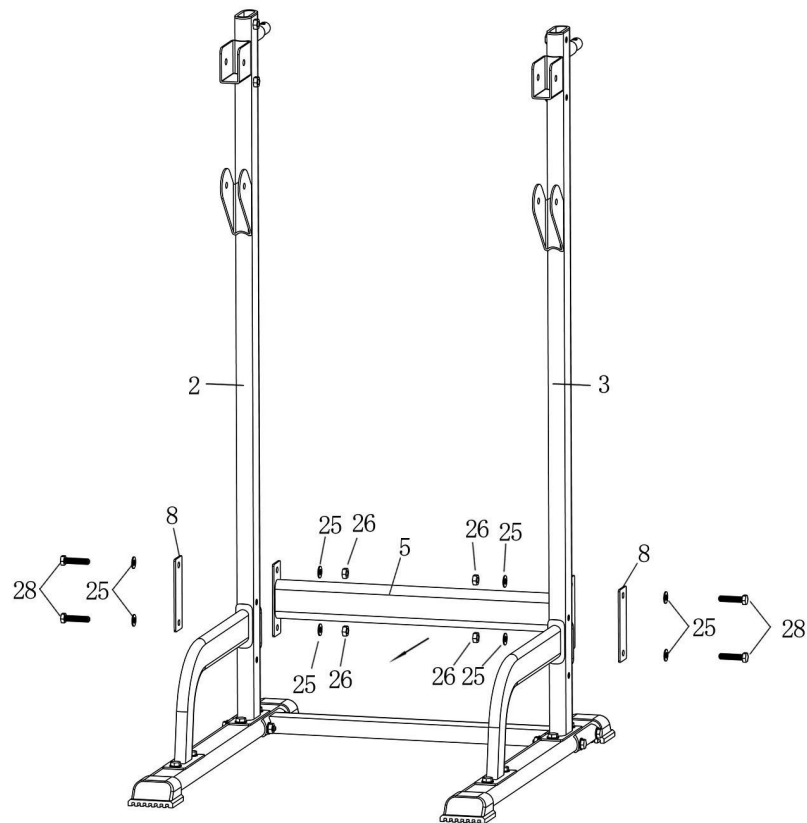
Step 3



1. Connect base(1), support tube(6) with screw(27), washer(25).
2. Connect support tube(6) ,left holder(2),right holder(3) with screw(29), washer(25)

Notice: Do not tighten the screws firstly.

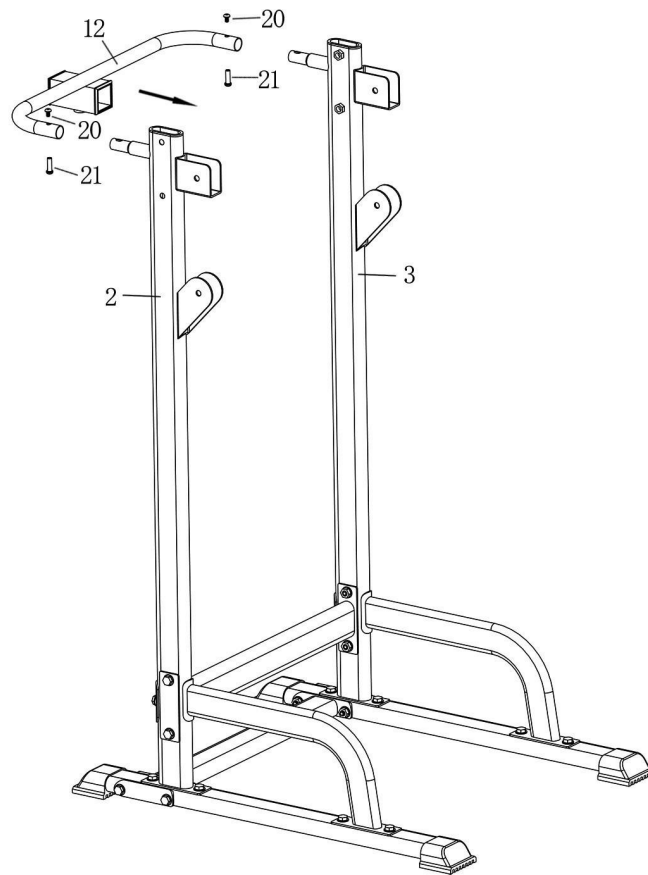
Step 4



Connect left holder(2) and right holder(3), connect tube B(5) and connect piece(8) together with screw(28),washer(25),nut(26).

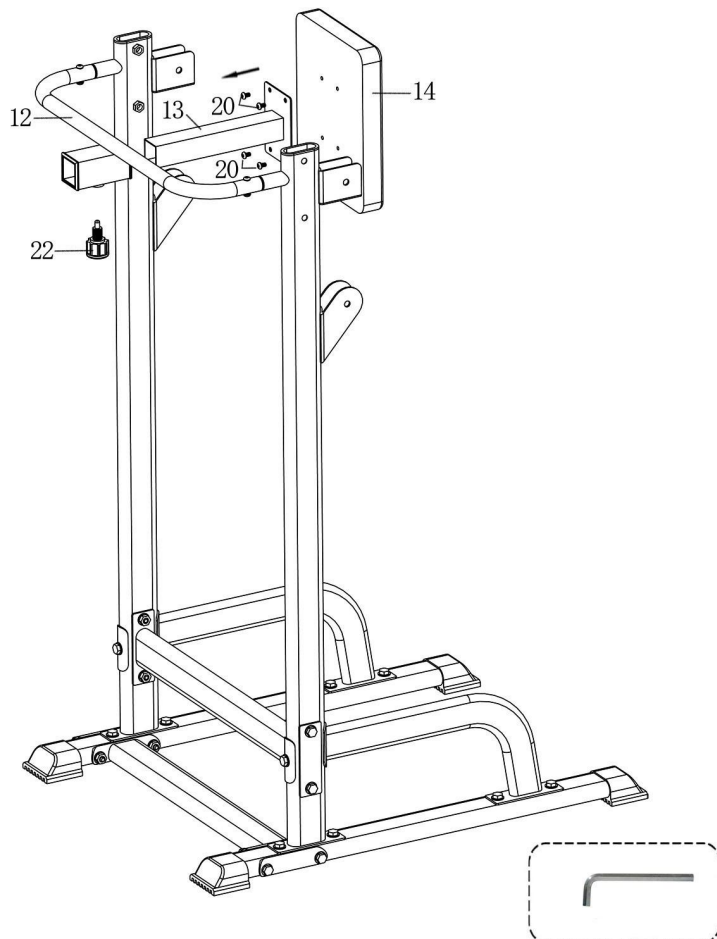
Notice: Do not tighten the screws firstly.

Step 5



Install "U" connect tube(12) into left holder(2) and right holder(3),
Locking and fixing with screw(20) and cylinder screw(21).

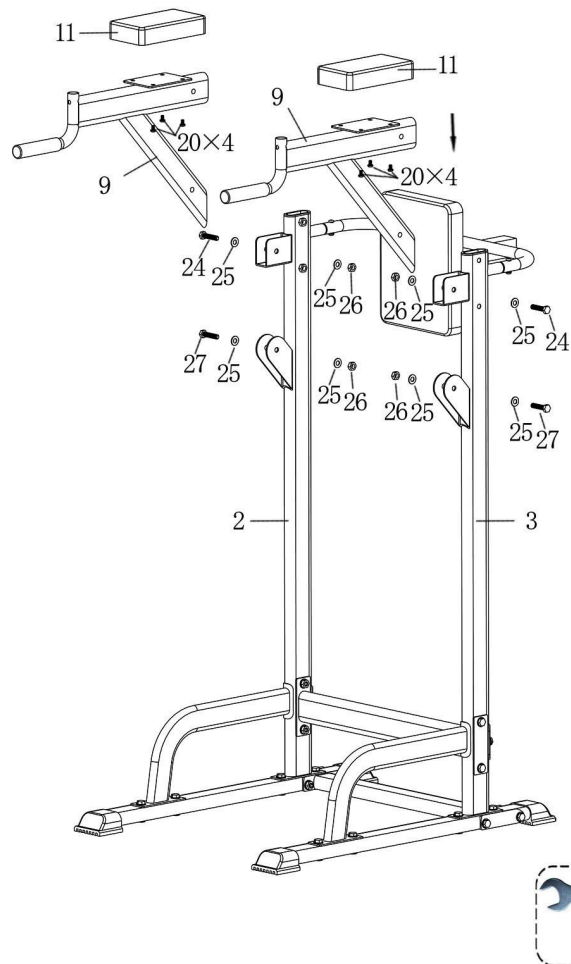
Step 6



Locking cushion adjust tube (13) and cushion(14) together with screw(20),then insert into 'U'connect tube(12), lock with elastic lock pin screw(22).

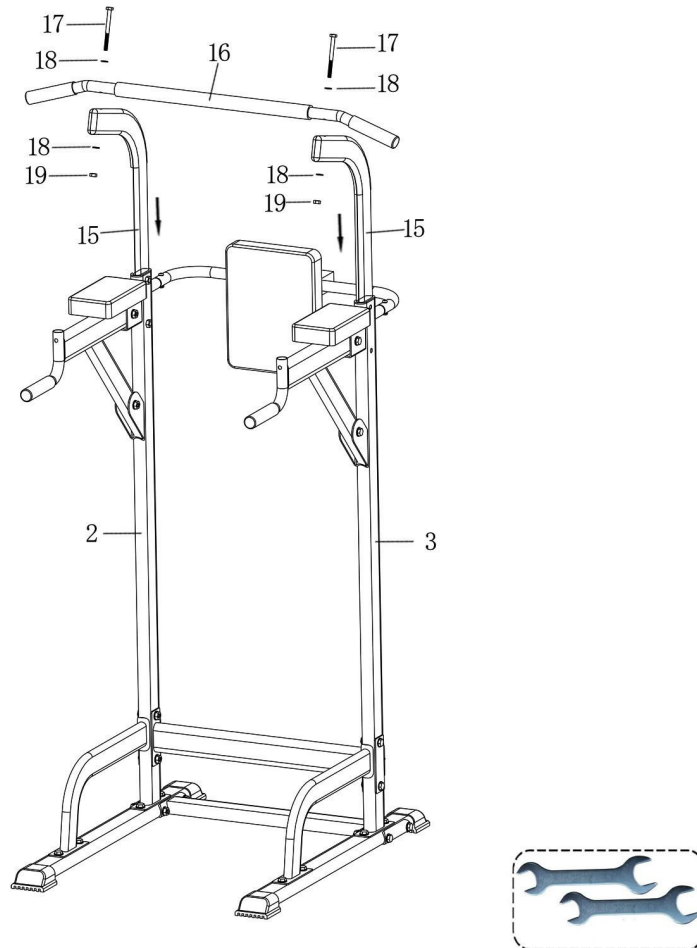
Notice:when you need to adjust the cushion, loose elastic lock pin screw(22)firstly,then pull down.

Step 7



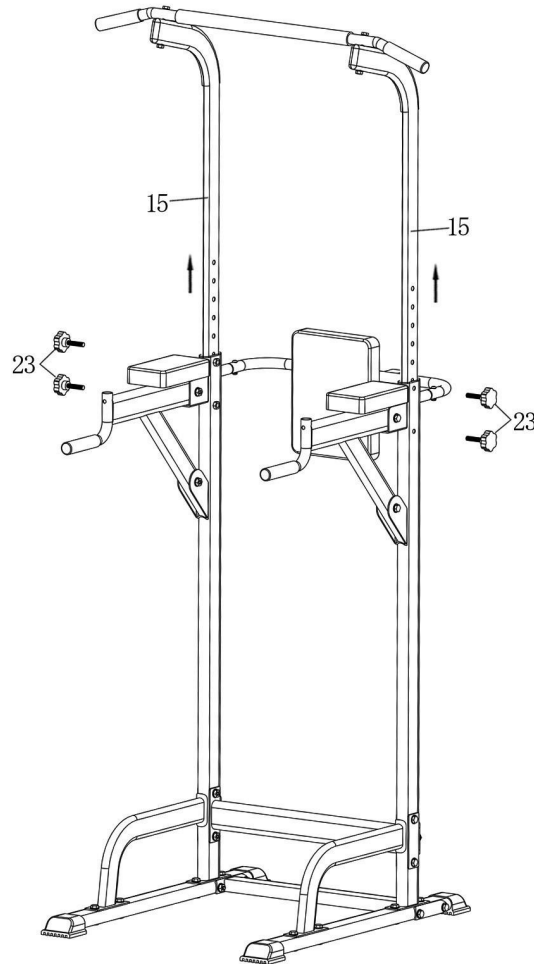
Install cushion for arms(11) in dip piece(9),lock with screw(20).
Then install into left holder(2) and right holder(3),
lock with screw (24,27),washer(25), nut(26).

Step 8



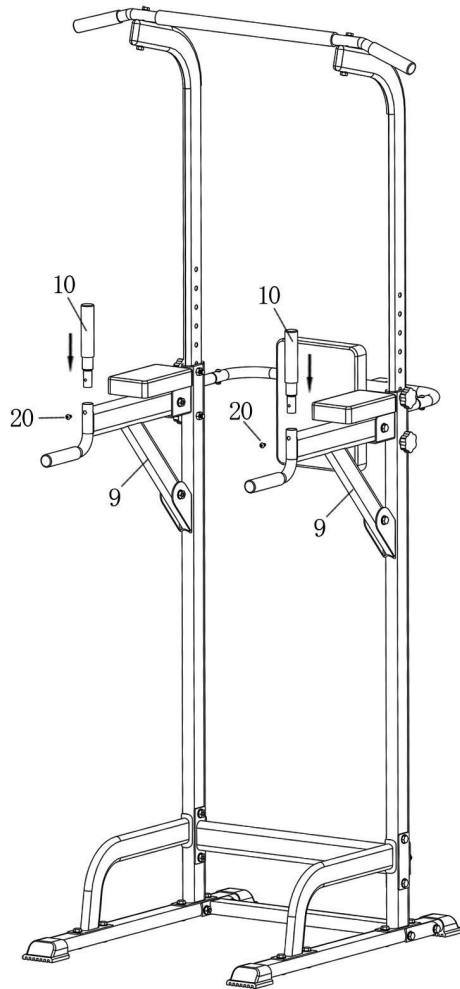
1. Insert height adjust tube(15) into left holder(2) and right holder(3).
2. Install and lock horizontal bar(16) and height adjust tube(15) together with screw(17), washer(18),nut(19).

Step 9



Raise height adjust tube (15) to the position you need.
Locking and fixing with adjust screw(23).

Step 10



Insert handles(10) into dip piece,lock with screw(20).
Notice: lock all screws, the installation is complete.