

FITNESS360[®]

FT3022

Multi Grip Pull Up Bar – Vægmonteret



SAFETY PRECAUTION

Before using your equipment, please take a few moments to read these safety instructions carefully. Following these guidelines will help reduce the risk of injury and ensure safe, long-lasting use of your equipment.

a. Assembly

- Assemble the equipment according to the instructions provided.
- Only use the supplied parts intended specifically for this product.
- Before assembly, check that all components listed in the parts list are included

b. Read the Manual

- Read and understand this Owner's Manual before using the equipment.
- Familiarize yourself with all warning labels and recommended operating procedures.
- If you are unsure about proper use, consult your retailer or a qualified fitness professional.

c. Keep Documentation and Labels Intact

Retain this Owner's Manual for future reference and ensure all warning labels remain legible and intact. Replacement manuals and labels are available from your retailer.

d. Assistance During Assembly

- We recommend that two people assemble this equipment.

e. Consult a Physician

Consult your physician before beginning any exercise program, particularly if you have any medical conditions or concerns.

f. Children and Safety

Never allow children to use or play around the equipment without adult supervision.

g. Inspect Cables Regularly

- Regularly inspect cables for signs of wear or damage.
- Do not use the equipment if any cable is frayed or damaged.

h. Keep Clear of Moving Parts

Keep hands, limbs, loose clothing, jewelry, and long hair away from moving parts.

i. Use Appropriate Weight Loads

Do not attempt to lift more weight than you can safely control.

j. Exercise Responsibly

Train within your recommended fitness level. Do not exercise to exhaustion. Stop immediately if you experience pain, dizziness, or discomfort.

k. Inspect Equipment Before Use

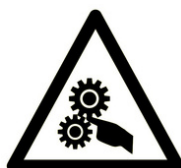
Check the machine regularly for loose hardware, worn parts, cracks, or other damage. Do not use the equipment until defective parts have been repaired or replaced.

l. Keep Sharp Objects Away

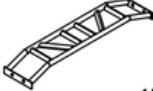
Do not place sharp objects around or near the machine.

m. Maximum User Weight

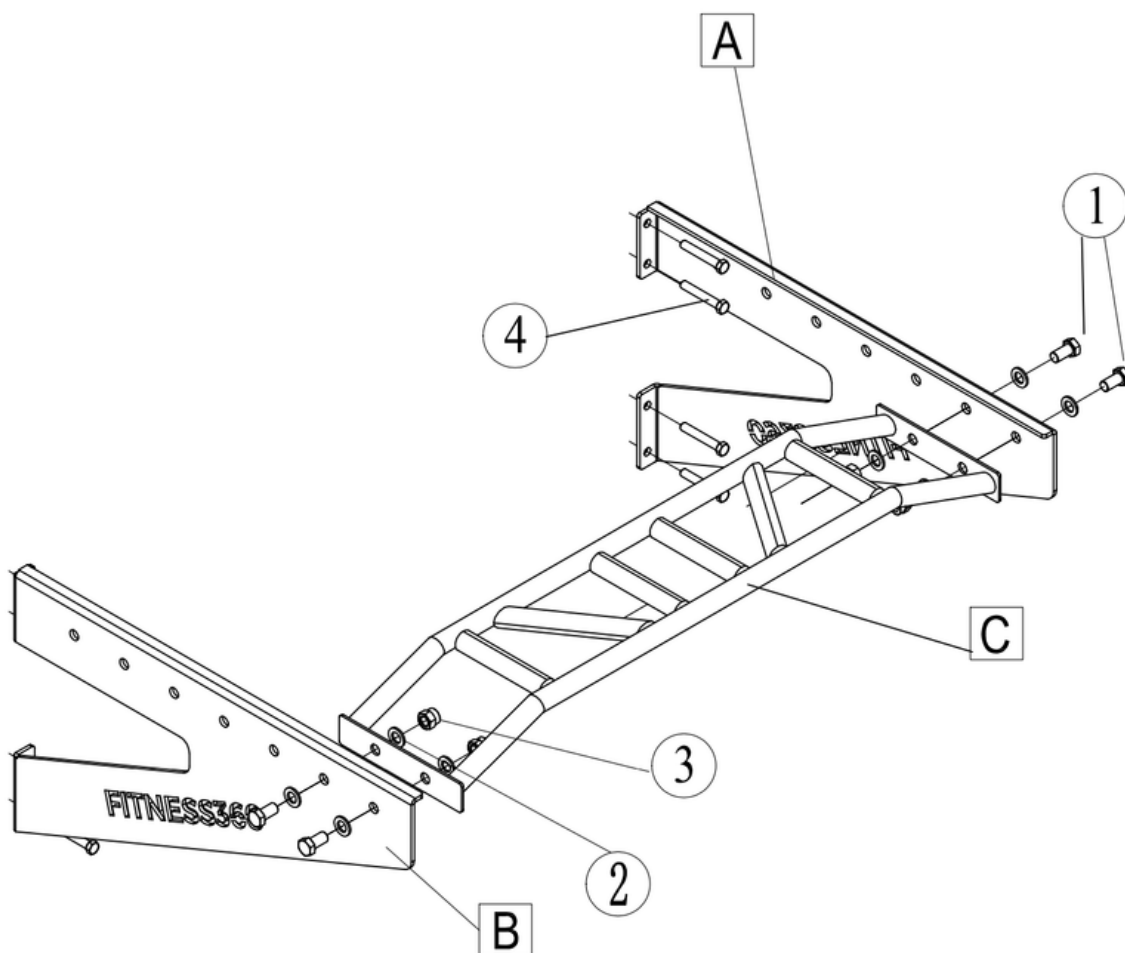
Maximum user weight: 120 kg.



PART LIST

A  1 PC	B  1PC	C  1PC		
M16*30	M16	M16	M12*80	
1  4PCS	2  8PCS	3  4PCS	4  8PCS	

STEP 1



1		M16*30	Qty:4	3		M16	Qty: 4
2		16	Qty:8	4		M12*80	Qty: 8