

*Stamina*  
*Rotating*  
**PULL-UP**  
*Handles*

**Owner's Manual**  
**Safety Instructions**  
**Customer Service**  
**Operation**  
**Warranty**

**SAFETY INSTRUCTIONS**

**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 Rotating Pull-Up Handles.

1. Read this Owner's Manual and follow it carefully before using the **Rotating Pull-Up Handles**.
2. Keep children away from the **Rotating Pull-Up Handles**. Do not allow children to use or play around the **Rotating Pull-Up Handles**. Keep children and pets away from the **Rotating Pull-Up Handles** when it is in use.
3. Before using, inspect the **Rotating Pull-Up Handles** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
4. Before exercising, always check the PULL PINS(9) to be sure they are properly inserted through the two walls of the **Rotating Pull-Up Handles**.
5. Always make sure the horizontal bar which the **Rotating Pull-Up Handles** are attached to is strong enough to hold your body weight and allows you to do pull-up workouts.
6. 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.
7. 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.
8. Do not wear loose or dangling clothing while using the **Rotating Pull-Up Handles**.
9. Do not swing or play on the **Rotating Pull-Up Handles** and do not hang upside down.
10. Make sure all screw holes are utilized and secure.
11. Inspect the **Rotating Pull-Up Handles** before every use.
12. The **Rotating Pull-Up Handles** should not be used by persons weighing over 250 pounds, and always make sure the horizontal bar which the **Rotating Pull-Up Handles** is attached to is strong enough to hold your body weight. If the horizontal bar weight limit is less than 250 lbs., the weight limit specified by the horizontal bar determines the weight that will be supported.
13. The **Rotating Pull-Up Handles** should be used by only one person at a time.
14. The **Rotating Pull-Up Handles** is for consumer use only. It is not for use in public or semipublic facilities.

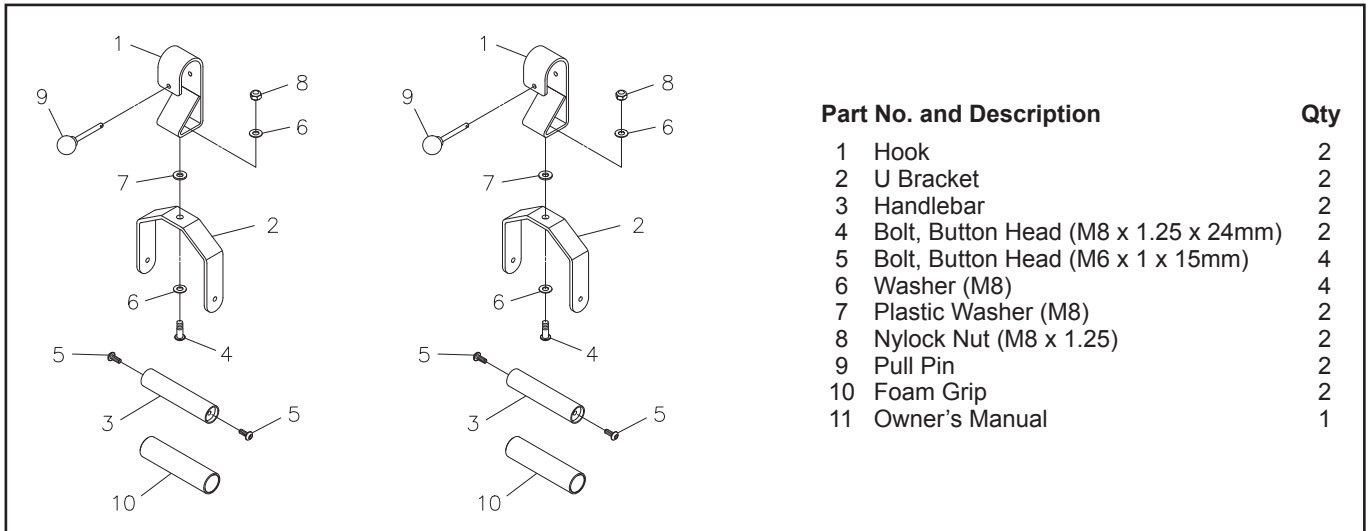
**This Product is Produced Exclusively by**



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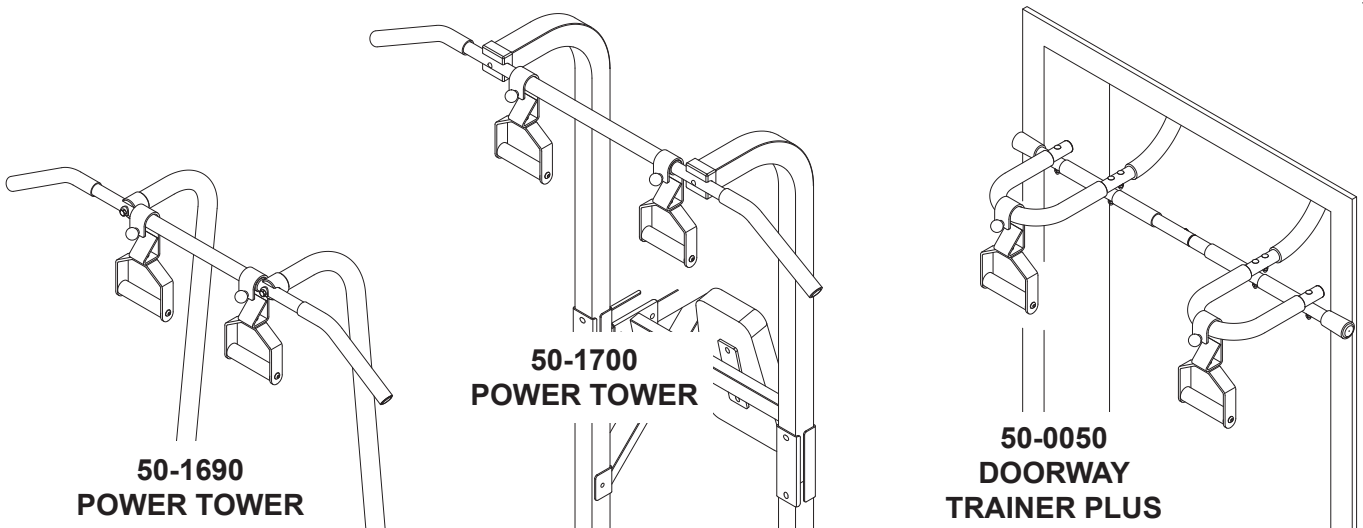
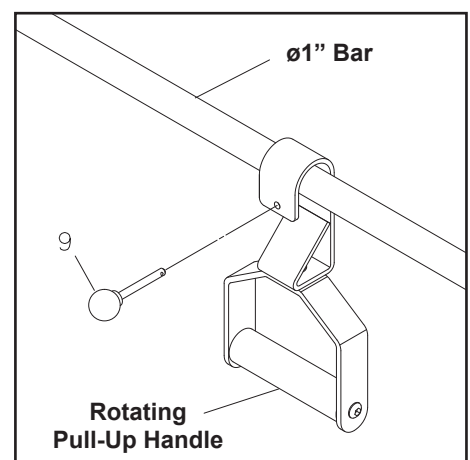
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## OPERATIONAL INSTRUCTIONS

To use the **Rotating Pull-Up Handle**: Remove the **PULL PIN(9)** from the **Rotating Pull-Up Handle**. Hook the **Rotating Pull-Up Handle** onto a strong one inch horizontal bar and secure with the **PULL PIN(9)**. The **PULL PIN(9)** must be inserted through the two walls of the **Rotating Pull-Up Handle**. Repeat to install the other **Rotating Pull-Up Handle**.

The illustrations below show the **Rotating Pull-Up Handles** installed for use on the **Stamina® 1690 Power Tower**, the **Stamina® 1700 Power Tower**, and the **Stamina® Doorway Trainer Plus**.



## LIMITED WARRANTY

This product is warranted to be free from defects in material and workmanship and to be in perfect working order at the time of purchase. This warranty applies to personal, family or household use. This warranty does not apply to use in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities.

If the product should, for any reason, become defective within 90 days of purchase, the manufacturer will replace the product once it is returned to the manufacturer. This warranty does not apply to any damage caused by accident, return transit, alteration, abuse, or misuse. There are no other warranties other than those expressly set forth herein.

Products shipped to the manufacturer must be in the original shipping carton with freight prepaid. All expenses for repairing or replacing the product, including the cost of shipping it back to the original purchaser, will be covered by the manufacturer. This warranty gives you specific legal rights, and you may have other rights which vary from state to state.