

IRON GYM MAX™

PLEASE READ THIS GUIDE THOROUGHLY BEFORE USING THE IRON GYM MAX™

Congratulations and thank you for purchasing the IRON GYM MAX™ – The Total Upper Body Workout Bar!

Transform your doorway into a gym - IRON GYM MAX™ is the mutli – function exercise bar you can use to do pulls-ups, chn-ups, sit-ups, arm and shoulder exercises – every exercise you need to build a powerful upper body! The IRON GYM MAX™ uses your body's own resistance to deliver powerful results fast. It strengthens and tones your biceps, triceps, chest, back, shoulder and abs.

MAX user weight 100 kg

Now it's easy to get the strong, lean body you've always wanted, right at home.

Get Strong... Get Ripped... Quick!

IMPORTANT SAFETY REMINDERS FOR USE OF IRON GYM MAX™

- DO NOT Swing or bounce when using this product.
- DO NOT attempt to hang by your feet or legs.
- DO NOT allow children under the 18 to use this product without adult or professional supervision.
- Make sure the door frame and moldings are secure and solid before installing IRON GYM MAX™.
- DO test thoroughly to make sure your IRON GYM MAX™ is completely secure in the doorway before using it.
- Only one person at the time should use this equipment.
- Do maintain a controlled motion when performing Pull Ups and Chin Ups.
- **IRON GYM MAX™ Total Upper Body Workout Bar includes set of Safety Brackets, Safety Brackets are designed to prevent IRON GYM MAX™ from dislodging from doorway during exercises. Installation of Safety Brackets is strongly advised before using IRON GYM MAX™ in any door frame.**

WARNING: Fitness training can result in serious or fatal injury. Practicing safe techniques and common sense can reduce the risk of injury. Always check equipment for worn or damaged parts before using. If any defects are found with this product, DO NOT USE.

IMPORTANT: - **Consult your physician before beginning this or any exercise program.**

- **Do not overexert yourself.**
- **Start out slowly and work up to a more vigorous workout.**

Before using IRON GYM MAX™, make absolutely certain it is securely and correctly mounted in a doorway of appropriate size. If the doorway foundation is not strong and stable, DO NOT USE this product in that location. IT IS THE USER'S RESPONSIBILITY TO DETERMINE IF A DOORWAY WILL SAFELY SUSTAIN THE PROPER USE OF THE IRON GYM MAX™.

The potential for personal injury or property damage does exist. Therefore, the user assumes all risks in the use of this product.

1

IRON GYM MAX™

- 1 – Non Slip Rubberized Feet
 - 2 – Arched Bar Grips *
 - 3 – Outer Bar Grips
 - 4 – Outer Neutral Bar Grips
 - 5 – Extreme Outer Bar Grips
 - 6 – Inner Bar Grips
 - 7 – Neutral Bar Grips
 - 8 – Foam End Pieces
 - 9 – Safety Brackets
- * to be used for push and dips ONLY
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2

ASSEMBLY IRON GYM MAX™

Safety Brackets are designed to prevent IRON GYM MAX™ from fislodging grom doorway during exercises. Installation of Safety Brackets is strongly advised before using IRON GYM MAX™ in any door frame.

IRON GYM MAX™ part list:

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|------------------------------------|----------------------------|
| 1. Plastic Bar | 8. Medium Bolts Qty (4) |
| 2. Arched Bar Grips Qty (2) | 9. Locking Nut Qty (10) |
| 3. Long Bar | 10. Spring Washer Qty (12) |
| 4. Short Bar Qty (2) | 11. Hex Bolts Qty (2) |
| 5. U-Shaped Bars Qty (2) | 12. Safety Wedge |
| 6. Extreme Outer Bar Grips Qty (2) | 13. Hex Open Wrench |
| 7. Long Bolts Qty (4) | 14. Short Bolt (2) |
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3

IRON GYM MAX™ INSTALATION

The IRON GYM MAX™ attaches and removes from standard door frames 60 – 90 cm in seconds!

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 IRON GYM MAX™. A weak door frame and/or moldings can cause the unit to fail and dislodge from the door way.

1. Insert the included „Safety Wedge“ (pointed end facing down) behind the top door frame molding on the hinge side of the door opening until secure (see fig. 1A). The „Safety Wedge“ is designed to help prevent IRON GYM MAX™ from unexpectedly

falling off of the door frame ONLY when not in use. („Safaty wedge“ is not intended to support any weight when IRON GYM MAX™ is in use!)

2. Next, position the bottom edge of the „Plastic Bar“ into the installed „Safety Wedge“ the guide IRON GYM MAX™ down until it is securely resting on the top on the door frame / molding (see fig. 2A)
3. Then, make sure IRON GYM MAX™'s two „Foam End Pieces“ on the opposite side of the door opening are in full contact with and resting against the two side door frame moldings (see fig. 3A).

IMPORTANT: Before using the IRON GYM MAX™, tug down on the Grips to make sure the unit is centered and securely installed into the door frame.

As IRON GYM MAX™ is not designed for permanent installation, remove it from the door frame (see fig. 4A) and store away in a safe place until next use, to make sure it does not accidentally fall off when not in use. The „Safaty Wedge“ should be left installed into the top of the door frame molding.

4

EXERCISES IRON GYM MAX™

NOTE: The maximum weight of use for this item is 100 kg.

Bevor you start, make sure your IRON GYM MAX™ is securely assembled (and installed into the door frame for applicable exercises) according to the instructions in this manual.

Be sure to start each exercise session by stretching and loosening your muscles through a warm-up routine. Do the exercises slowly in a controlled, smooth and fluid manner.

Use variable hand grip positions to target different muscle areas (see fig. 4). Interchange the position of your hands from overhand to underhand with each exercise.

NOTE: Do not overexert yourself. Start out slowly and work your way up to a more vigorous workout. Gradually increase the number of repetitions over time.

5

PULL – UP

1. Refer to the Variable Hand Grip Positions for Pull Ups (see fig. 5).
 2. Hold the desired Grips, then pull yourself up and lower yourself down in a slow, controlled manner.
 3. Continue your workout until you feel you are no longer using good form.
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6

PUSH – UP

1. Choose a clear on the floor and set the IRON GYM MAX™ down. Grab and hold the desired grips, then slowly lower yourself towards the floor until you reach the bottom of the push.
 2. Slowly push away from the floor until you reach the peak of the push up and you are back in the starting position.
 3. Continue your workout until you feel you are no longer using good form.
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7

SIT – UP

1. Place IRON GYM MAX™ in the base of the doorway then pull back to make sure the two „Foam End Pieces“ on the opposite side of the door opening come in full contact with the two sides of the door frame.
 2. Place your feet underneath the „Long Bar“ with your feet while making sure your heels stay in contact with the floor. This will give you support and proper form.
 3. Continue your workout until you feel you are no longer using good form.
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8

DIP

1. Place IRON GYM MAX™ on the floor with „Arched Bar Grips“ facing upward. Sit on the floor facing away from the IRON GYM MAX™
2. Place hands on the „Arched Bar Grips“ behind you while making sure your legs are fully extended out with your feet touching.
3. Slowly lower body downward in a straight and controlled motion.
4. Continue your workout until you feel you are no longer using good form.
5. For an advanced Dips workout, place a stable object such as a step stool underneath the heels of your feet.

IRON GYM MAX™ STEPS TO SUCCESS

- **Set a schedule and stick to it.** Pick a time of the day and don't vary. Consistency builds habit which leads to great results!
- **Set realistic goals.** It is important to set a goal and achieve it, adding difficulty as you can handle it.
- **Chart your progress.** Place it on the refrigerator where you can see it often. Put a picture of your favourite „in-shape star“ next to the chart to remind you where you're headed!
- **If you fall off the horse, collect yourself and get back on!** That's OK. Just re-evaluate your goals if required, but by all means – begin again!
- **Begin each session by stretching and loosening your muscles through a warm up routine.**
- **Do the exercises slowly and in a controlled, smooth and fluid manner. Steady effort will build strong muscles.**

WORKOUT PLAN

Weeks 1 – 3	3 – 5 sessions per week (every other day)
Weeks 4 – 8	5 – 7 sessions per week
Weeks 8 – 12	5 – 7 sessions per week
Maintenance	3 – 5 sessions per week

You may want follow this workout plan below. If you find the exercises are too hard, reduce the amount of repetitions. Your upper body strength will only improve if you use IRON GYM MAX™ correctly on a regular basis. If you find the exercises to easy, increase the repetitions and use IRON GYM MAX™ more frequently.

A repetition is defined as one of a series of identical movements. Each time you perform an exercise, that is considered a repetition.



