World's Most Versatile Home Gym

View Newest Owner's Manual: https://gym-1.net/owners-manual/
Assembly Instructions Video: http://gym-1.net/assembly/
Installation Videos: http://gym-1.net/installation/

PLEASE CONTACT US ***DIRECTLY*** WITH ANY QUESTIONS OR CONCERNS!

Please don't contact Amazon.com, or a web or retail merchant; you'll get much faster and better results from us—after all, it's our product!

Contact Gym1 directly:

USA/Canada: +1.617.440.4948 or *Service@Gym-1.net*
United Kingdom:+44.149.223.3065 or *Support@Gym1.uk*
Europe: *Support@Gym-1.eu*

Contents

Important Safety Information
Equipment Warning Label
Parts List
Assembly Instructions
Installation

To ensure safe operation, please review this Owner's Manual before using your Gym1. Save this instruction manual for as long as you own this product. Include this instruction manual when giving or reselling this product to others.

- Maximum supported weight (Gym1): 300 lbs (136 kg)
- Maximum supported weight for attachments:
  - Pull-up extender: 240 lbs (109 kg)
  - AirStraps: 240 lbs (109 kg)
  - Kids attachments: 220 lbs (100 kg)
  - Yoga Swing: 220 lbs (100 kg)
  - Surfer Swing: 220 lbs (100 kg)
  - Ab straps: 200 lbs (91 kg)
  - Indoor Lounge Swing: 200 lbs (91 kg)
  - Cocoon Swing: 140 lbs (63 kg)
  - Fight station: 80 lbs (36 kg)

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Important Safety Information

⚠ WARNING

Check with your physician before beginning any fitness training, including Gym1. Serious injury or death can result from improper use of fitness devices. Follow all warnings and instructions, including those in the instruction manual.

⚠ WARNING

To minimize risk of death or serious injury, observe the following precautions:

• Follow all instructions given in this manual, and insist that others follow them as well. Do not alter this product, substitute parts, or use this product for any purpose or in any matter other than as described in this manual.

• Do not use more than one accessory at a time nor allow more than one user at a time. Use only Gym1 accessories. Gym1 is not tested to work with third-party accessories.

• This product is intended for home use only. Do not use it in public gymnasiums, health clubs, hotels, or any other non-residential environment.

• This product is intended for indoor use only. Avoid extreme temperatures or conditions that could weaken or compromise installation or usage.

• Consult your physician before beginning any exercise program. Ask your physician about performing stretching exercises before and after each workout to prevent muscle injury.

• Do not install or use this product without the safety shim installed and wedged between your door frame and the fitness plastic bar.

• Assembly and installation by adults only. Age ranges for kids attachments: 3-14 years.

• Children should always be supervised by an adult when using this product

• Before starting your exercise program, have an adult check the Gym1 core unit and the door frame, and all attachments for parts that might be loose, damaged, or worn. Check all nuts and bolts for tightness; tighten if required. If any problems are found, do not use this equipment.

• Reduce your risk of injury by exercising safely with attention to proper techniques and practices

• Observe the weight limits provided on page 4 in this manual for Gym1 and each accessory. Do not overload this product or its accessories with weight beyond the specified amount. Maximum weight for kids attachments: 220 lbs (100 kg), core unit: 300 lbs (136 kg)

• To avoid property damage, do not over-tighten the vice grip attachments.

• Before use, review warning labels placed on Gym1 vice grip and its components.

• Ensure that there is at least 6 ft (2 m) clearance on the front and back sides from any structure or obstruction. Adjust attachment height to keep a safe clearance from the floor. If installed over a hard surface, use a padded floor exercise mat.

• Periodically check unit for sharp edges. To replace defective parts, contact the manufacturer immediately.

• Keep this user manual for further reference.

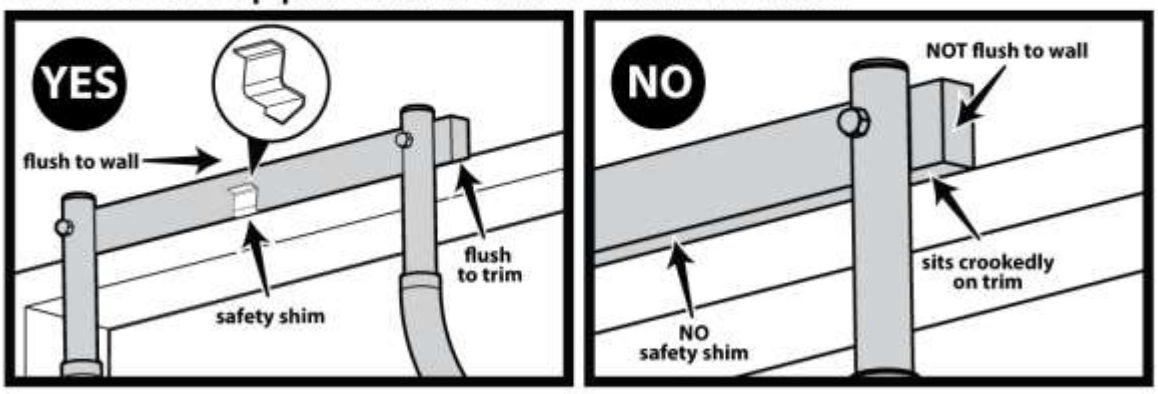
Go to www.gym-1.net or e-mail us at service@gym-1.net (USA/Canada), support@gym1.uk (United Kingdom), or support@gym-1.eu (Europe) should you have questions about the safety information or if you need a replacement user manual.

SAFETY WARNINGS

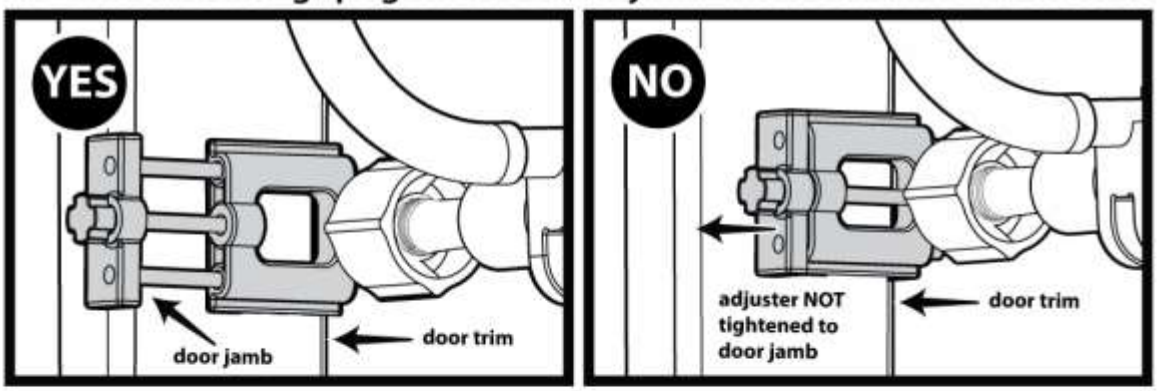
FAILURE TO INSTALL CORRECTLY COULD LEAD TO SERIOUS INJURY!

WATCH INSTALL VIDEOS: Gym-1.net/installation

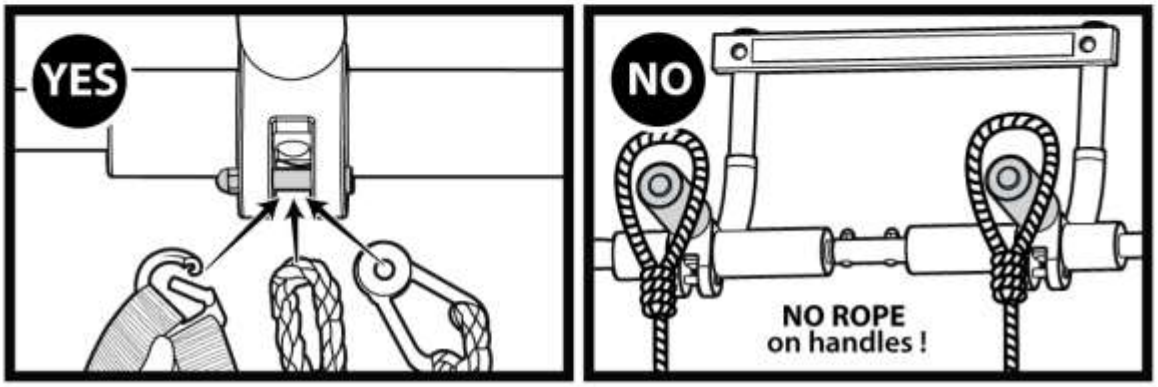
1. Make sure top plastic bar is flush on trim and wall.



2. Make sure vise-grips grab both door jamb and door trim. Pull to test.



3. Secure kid's attachments & carabiners ONLY to the thick bolts.



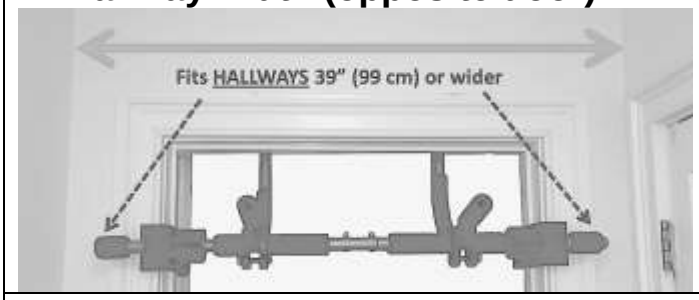
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- United Kingdom: +44.149.223.3065 Support@Gym1.uk
- Europe: Support@Gym-1.eu

Doorway Size Measurements

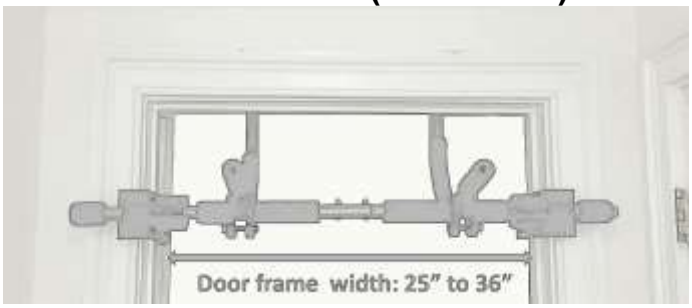
1. Hallway width (opposite door)



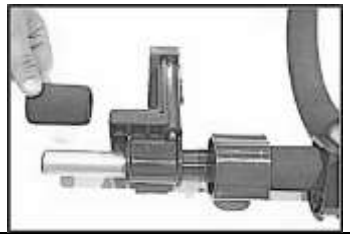
Purchase OPTIONAL Shorter Main Bar for narrow hallways



2. Door frame width (25" to 36")



Remove foam pads for door frames narrower than 32"



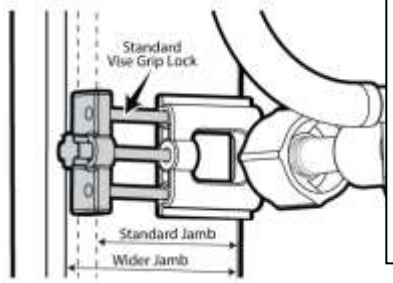
3. Door frame must have trim



WARNING:
Make sure your door frame and the moldings around it are safe, secure, and solid.

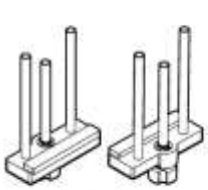
Do not attempt to install on doorways that have no trim!

4. Door jamb width



Standard (included):
2.75"-4:75" (7 -12 cm)
Extended:
4.75"-6:75" (12 -17 cm)
Super-Extended:
6.75"-8:75" (17 -22 cm)

Purchase OPTIONAL Extended Vise Grip Locks

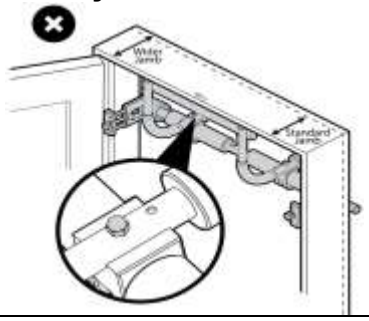


Extended Vise Grip Lock
4.75"-6:75" (12 -17 cm)

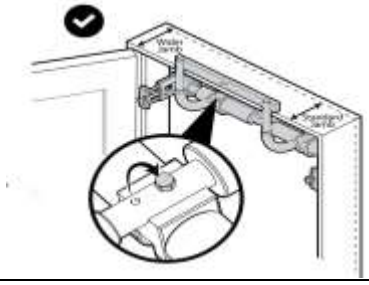


Super-Extended Vise Grip Lock
6.75"-8:75" (17 -22 cm)

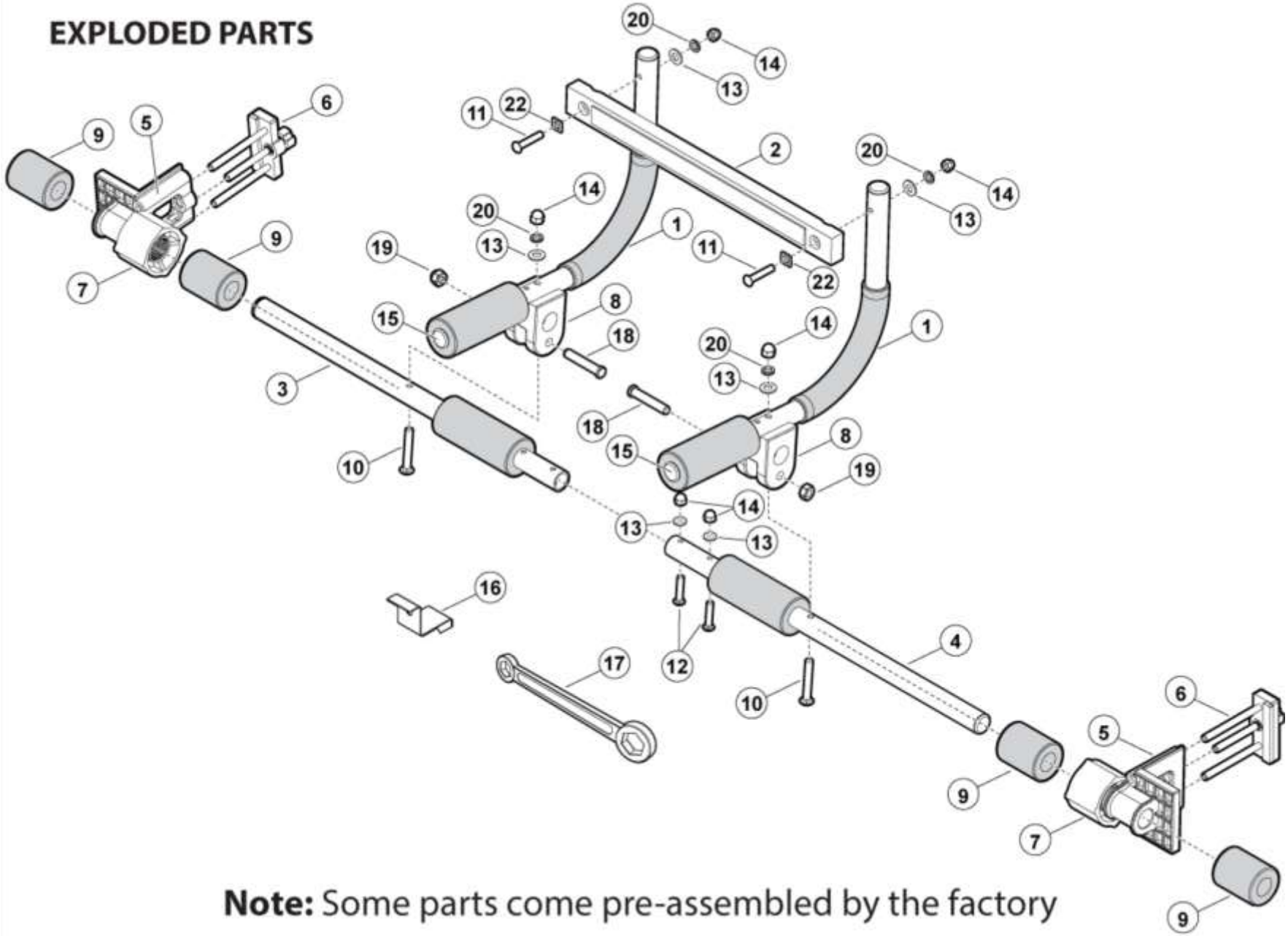
5. Door jamb width



Attach Main Bar to outer hole on Curved Bars (remove sticker)

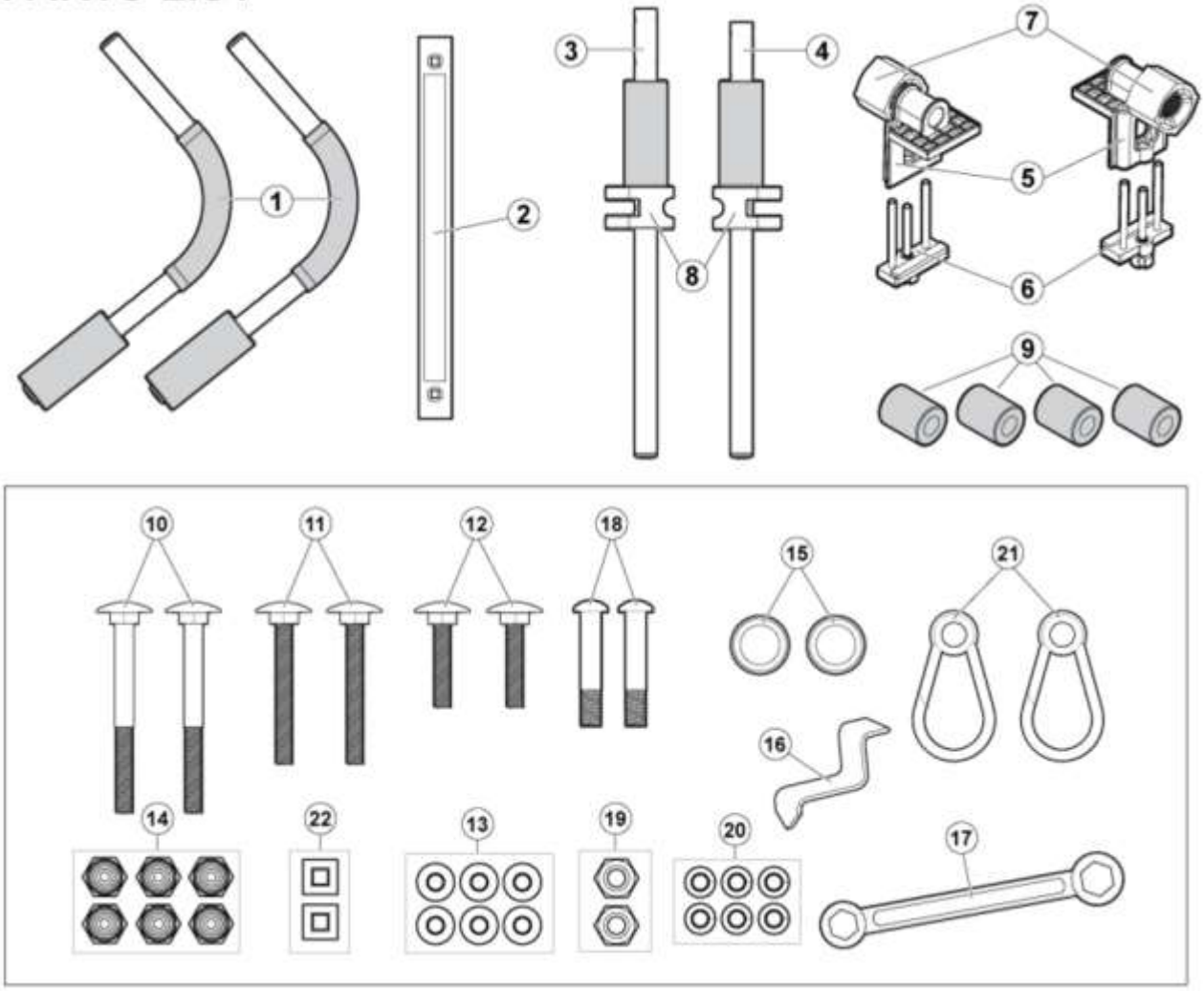


EXPLODED PARTS



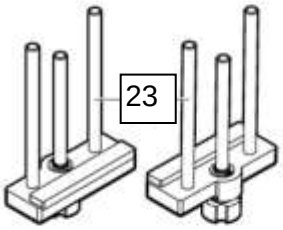
Note: Some parts come pre-assembled by the factory

PARTS LIST



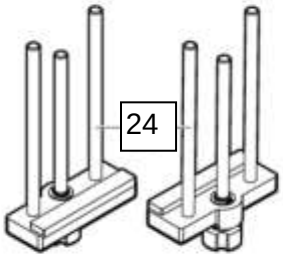
1. Curved Handle Bars (qty 2)
2. Horizontal Plastic Bar (qty 1)
3. Main Support Bar (Left Half)
4. Main Support Bar (Rigth Half)
5. GymX Vice-Grip (qty 2)
6. Vice-Grip Adjuster (qty 2)
7. Vice-Grip Tightener (qty 2)
8. Stabilizer (qty 2)
9. Removable Short Padded Grips
10. Long Bolts (qty 2)
11. Medium Bolts (qty 2)
12. Short Bolts (qty2)
13. Washezrs (qty 6)
14. Locking Nut (qty 6)
15. End Caps (qty 2)
16. Safety Shim (qty 1)
17. Assembly Wrench (qty 1)
18. Thick Bolt (qty 2)
19. Rubberized Locking Nut (qty 2)
20. Locking Washers (qty 6)
21. (Kids Packages only)
    Silent Carabiners (qty 2)
22. Square Washers (qty 2)

OPTIONAL ATTACHMENTS (SOLD SEPARATELY)



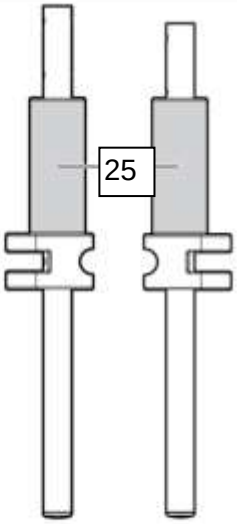
Extended Vise Grip Lock

4.75”-6:75” (12 -17 cm)



Super-Extended Vise Grip Lock

6.75”-8:75” (17-22 cm)



Shorter Main Support Bar
(Left & Right)

Width: 34” (86 cm)

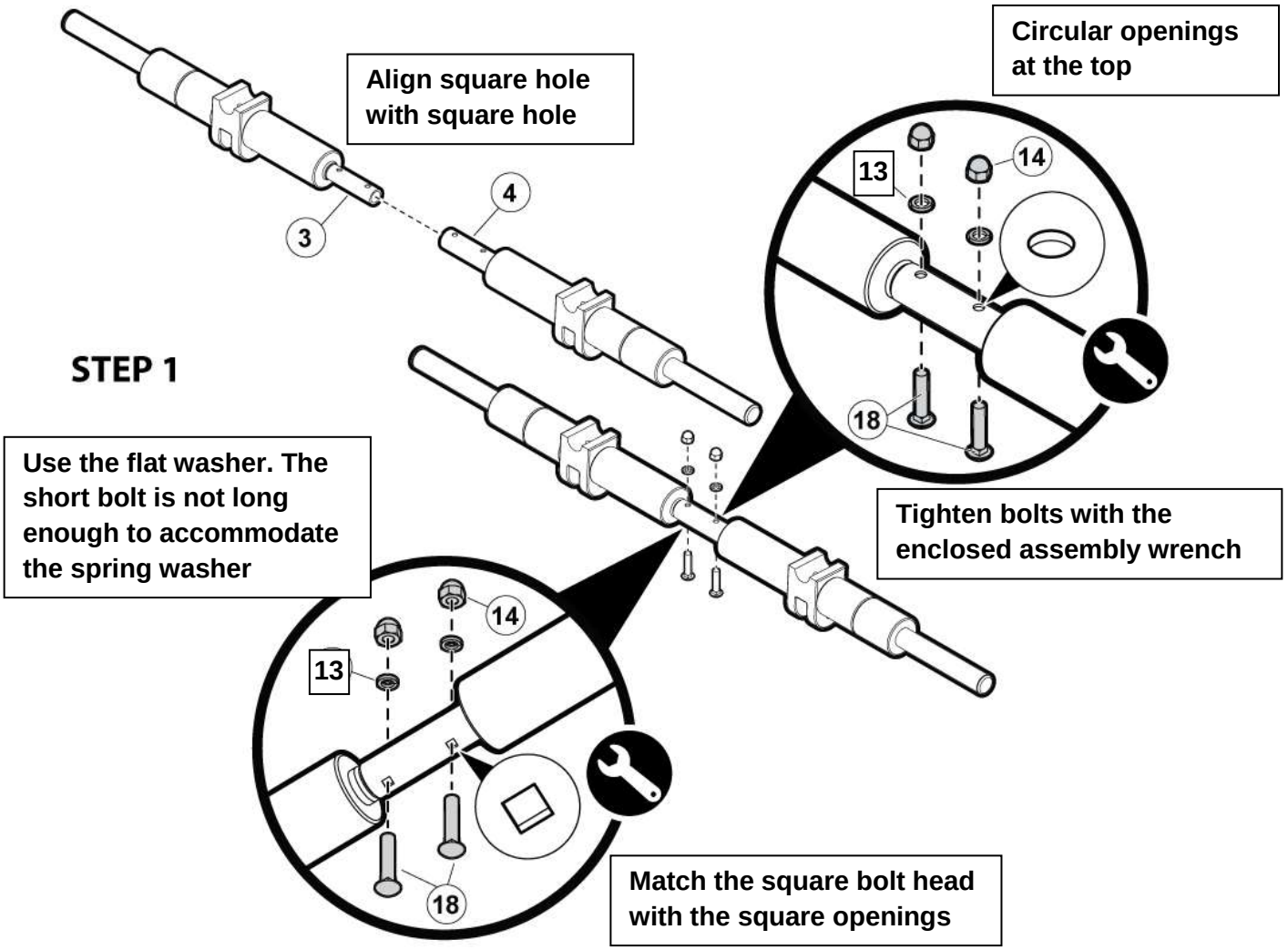
ASSEMBLY INSTRUCTIONS

CAUTION: Carefully read and understand all of the following directions for proper installation before you begin.

Watch the assembly instructions video: http://Gym-1.net/assembly

STEP 1: Assemble the Main Support Bar (pt 3 and pt 4)

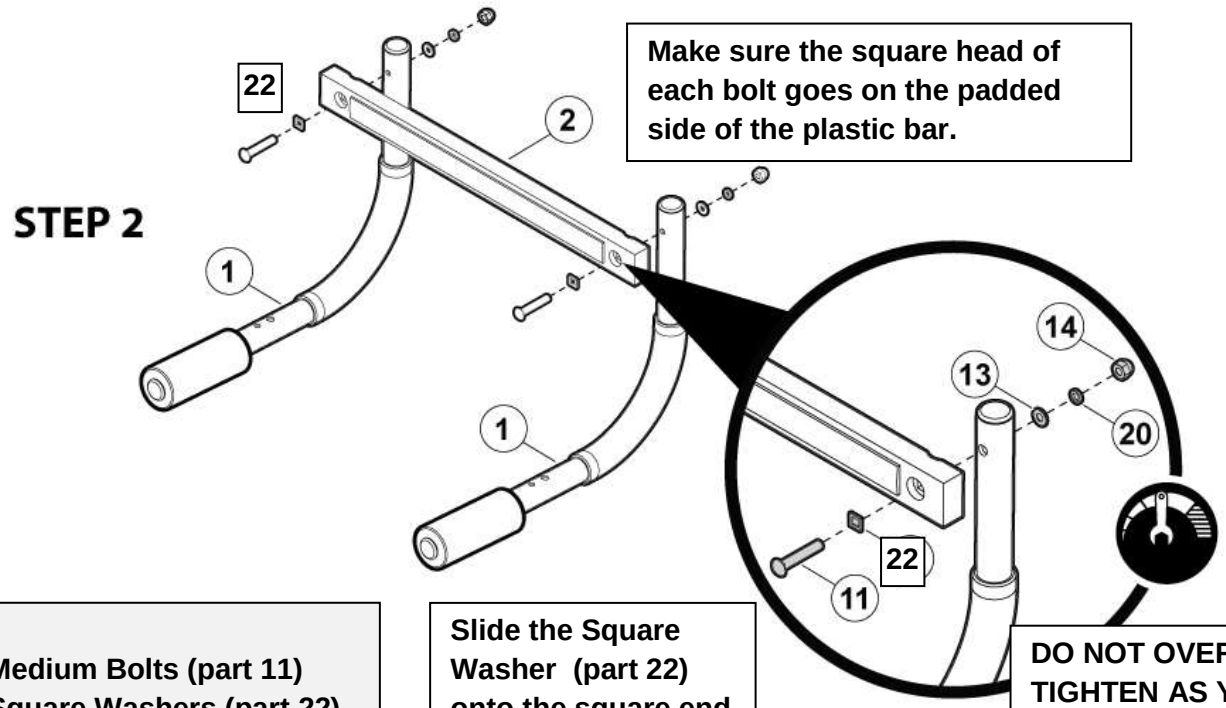
(Note: The Stabilizers (part 8) typically are factory pre-assembled)



Use:
- **2x Short Bolts (part 12)**
- **2x Washers (part 13)**
- **2x Nuts (part 14)**

Note: When assembled, the two screws connecting the Main Support Bar will be off center.

STEP 2: Attach Curved Bars (pt1) to Horizontal Plastic Bar (pt2)



Make sure the square head of each bolt goes on the padded side of the plastic bar.

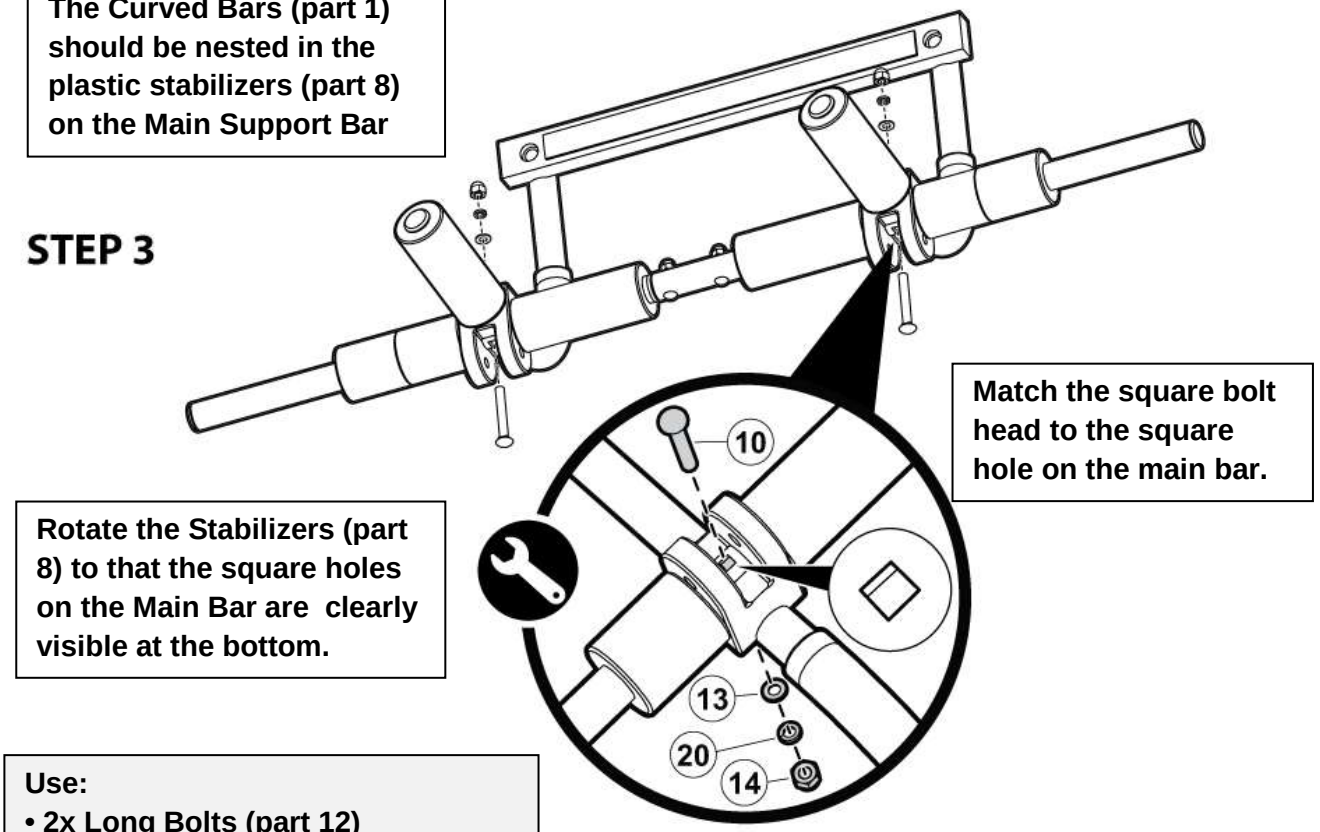
Use:
- **2x Medium Bolts (part 11)**
- **2x Square Washers (part 22)**
- **2x Washers (part 13)**
- **2x Locking Washers (part 20)**
- **2x Nuts (part 14)**

Slide the Square Washer (part 22) onto the square end of the bolt head.

DO NOT OVER-TIGHTEN AS YOU WILL STRIP THE PLASTIC BAR

STEP 3: Connect Curved Bars (pt 1) to the Main Support Bar

The Curved Bars (part 1) should be nested in the plastic stabilizers (part 8) on the Main Support Bar



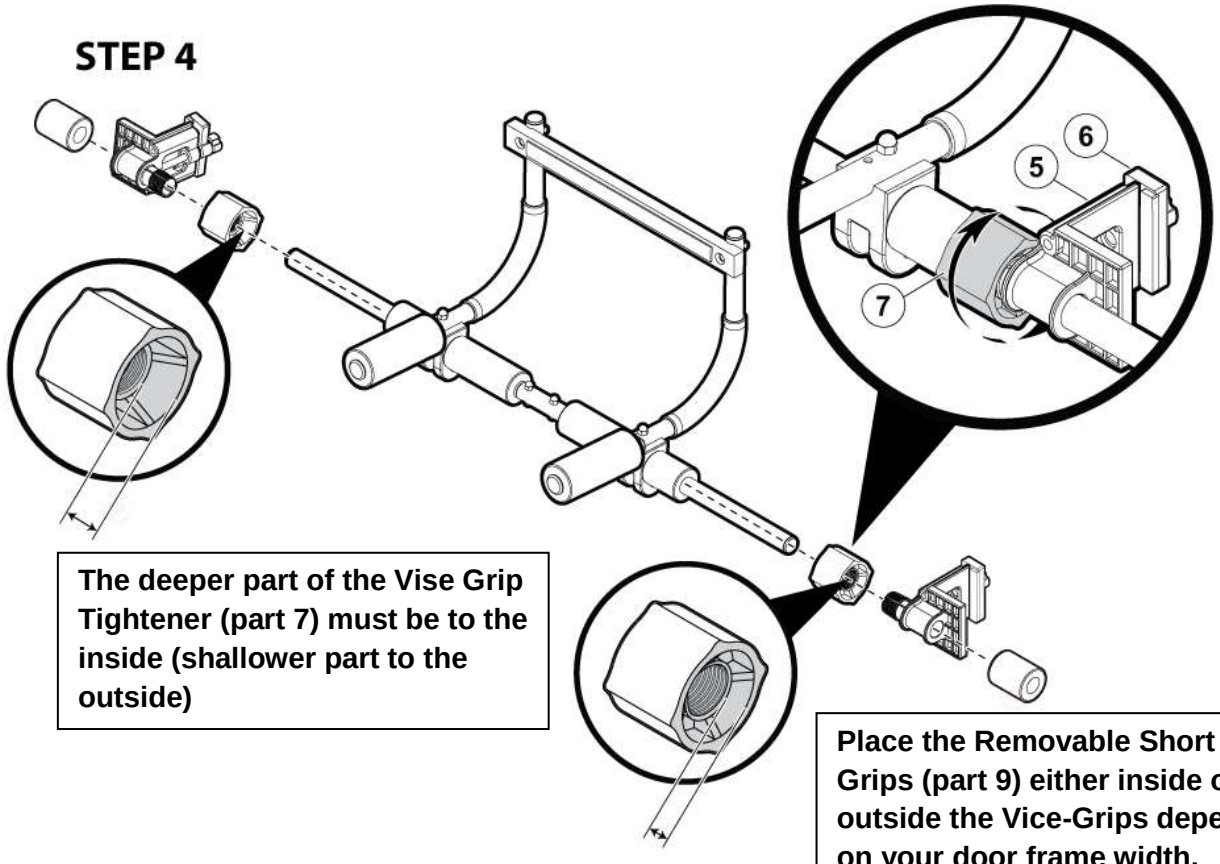
Match the square bolt head to the square hole on the main bar.

Rotate the Stabilizers (part 8) to that the square holes on the Main Bar are clearly visible at the bottom.

Use:
- **2x Long Bolts (part 12)**
- **2x Washers (part 13)**
- **2x Locking Washers (part 20)**
- **2x Nuts (part 14)**

STEP 4: Slide the Vise Grips (pt 5,6,7) on the Main Support Bar

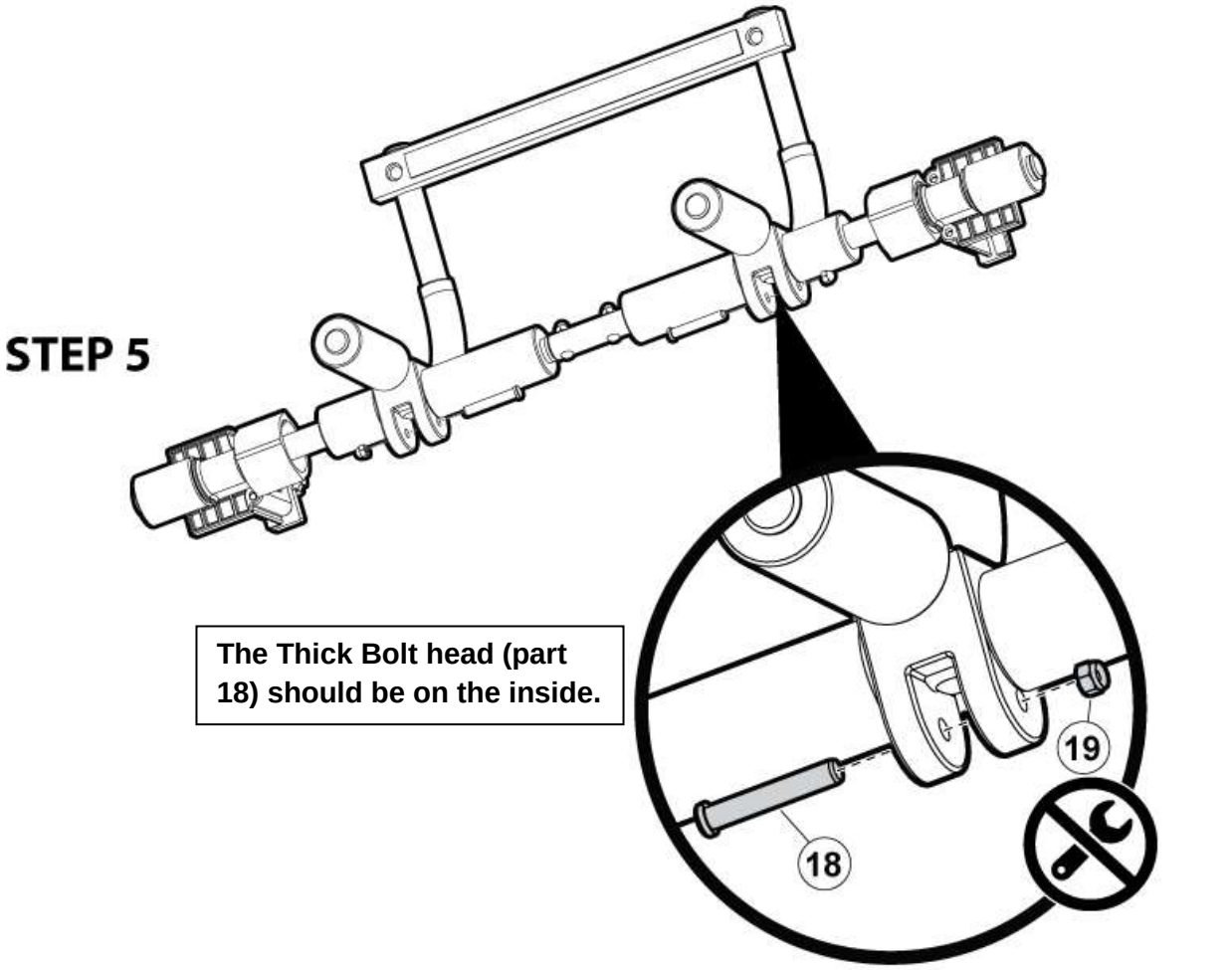
Vise Grips (x2) are factory pre-assembled (parts 5, 6, and 7). You must de-assemble the Vise Grip first before installing it.



The deeper part of the Vise Grip Tightener (part 7) must be to the inside (shallower part to the outside)

Place the Removable Short Padded Grips (part 9) either inside or outside the Vice-Grips depending on your door frame width.

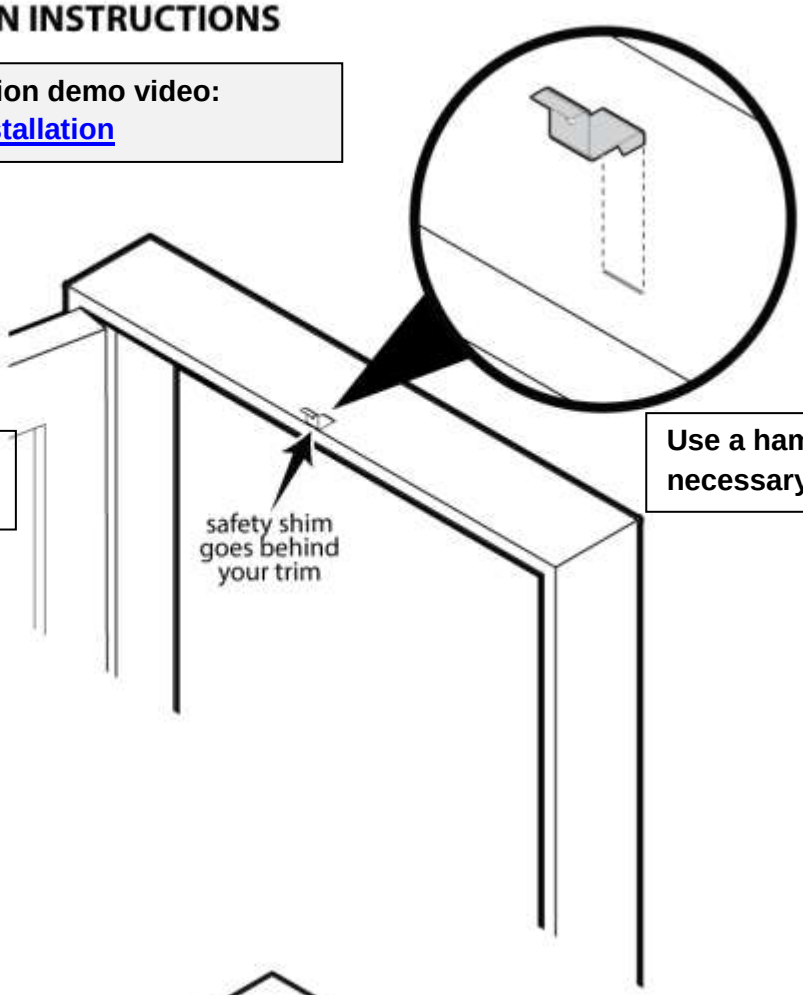
STEP 5: Put Thick Bolts (pt 18) through the Stabilizers (pt 8)



Note: When finished, check unit to ensure that all nuts have been properly tightened. Re-tighten if necessary (use enclosed wrench – Part 17).

INSTALLATION INSTRUCTIONS

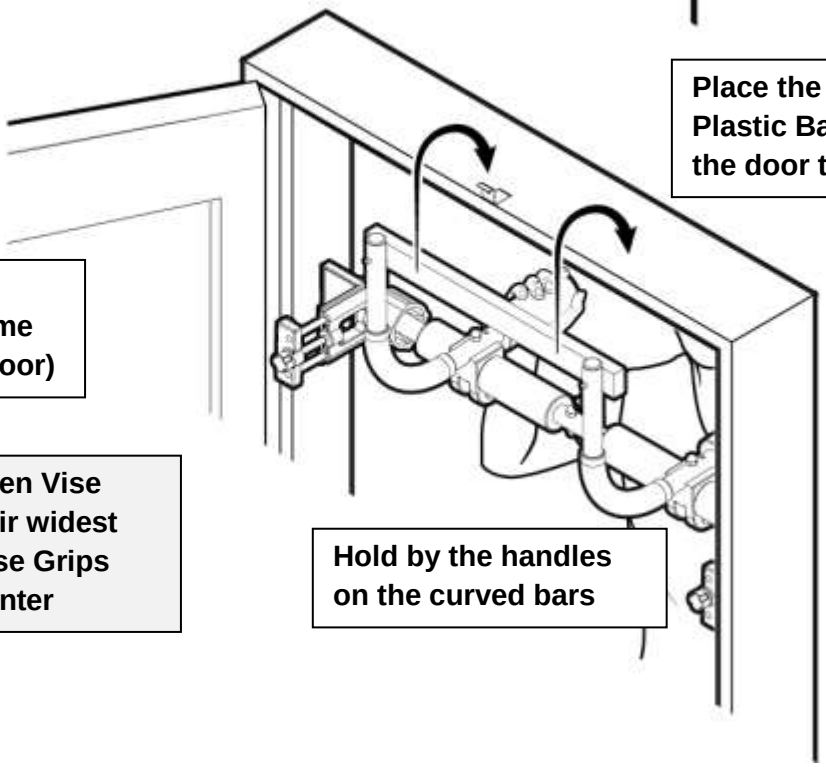
Watch the installation demo video:
http://Gym1.net/installation



STEP 1
Install the Safety Shim

Use a hammer if necessary

Place the Horizontal Plastic Bar on top of the door trim

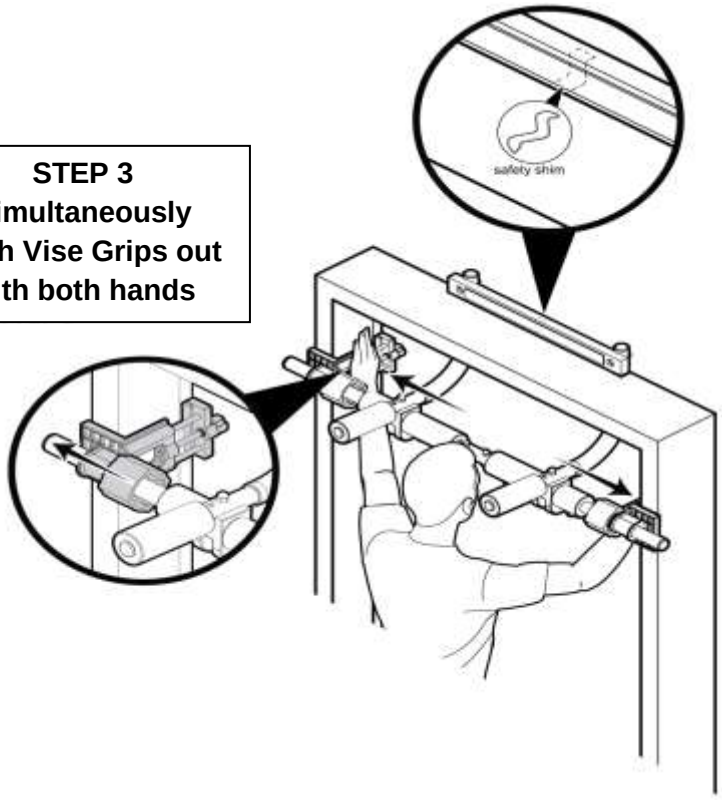


STEP 2
Mount on door frame (stand opposite of door)

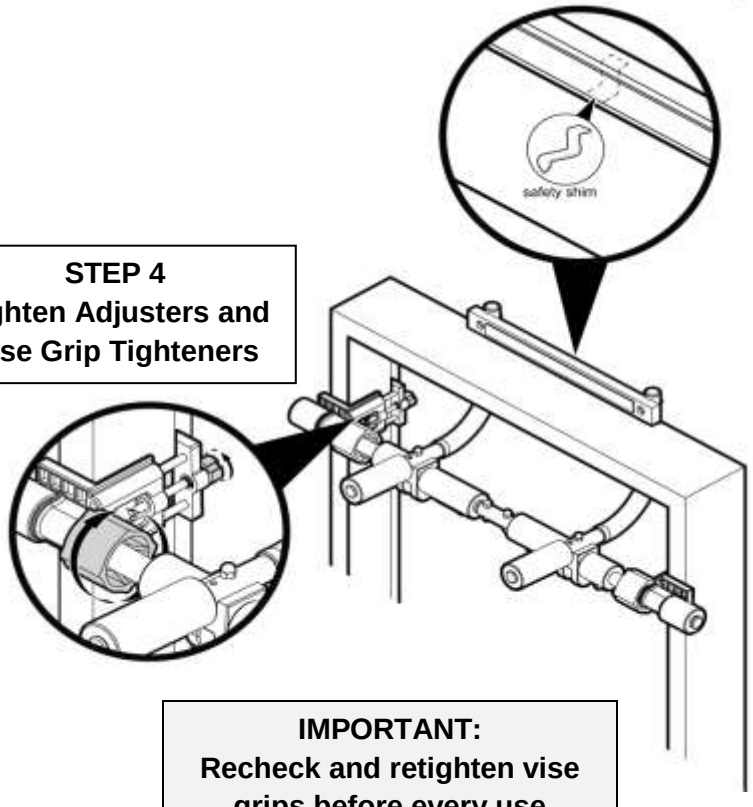
Before Mounting: Open Vise Grip Adjusters to their widest position and slide Vise Grips inward toward the center

Hold by the handles on the curved bars

STEP 3
Simultaneously push Vise Grips out with both hands

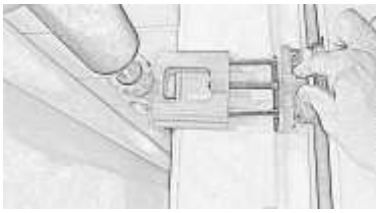


STEP 4
Tighten Adjusters and Vise Grip Tighteners



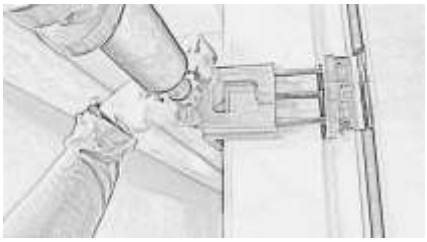
IMPORTANT:
Recheck and retighten vise grips before every use

IMPORTANT:
Vise Grip Locks MUST grab the back side of the door jamb. Make sure you verify!



DO NOT OVERTIGHTEN the Adjusters as this might damage your interior doorway

Tighten the Vise Grip Tighteners



STEP 5: Verify that the unit is installed correctly

Grab the Main Support Bar and pull and shake sideways in each direction. If there is any loose movement, you need to reinstall before the gym is safe to use.

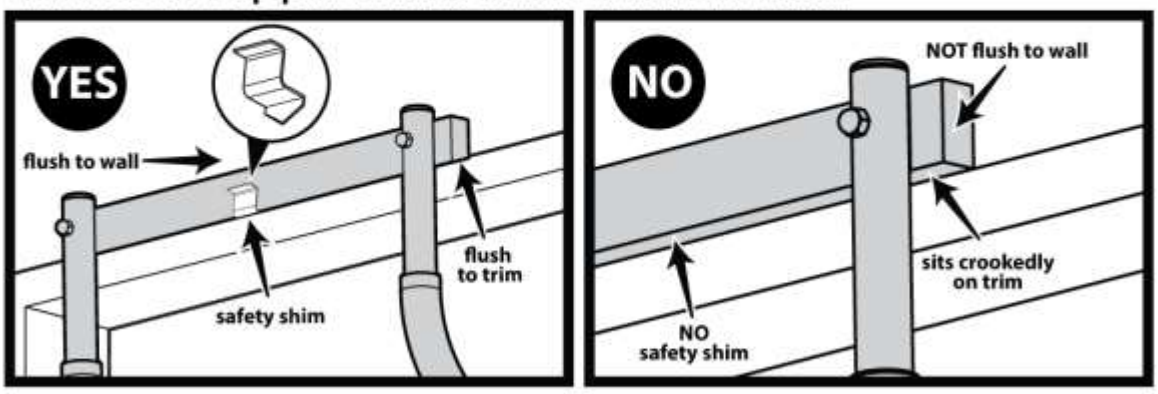
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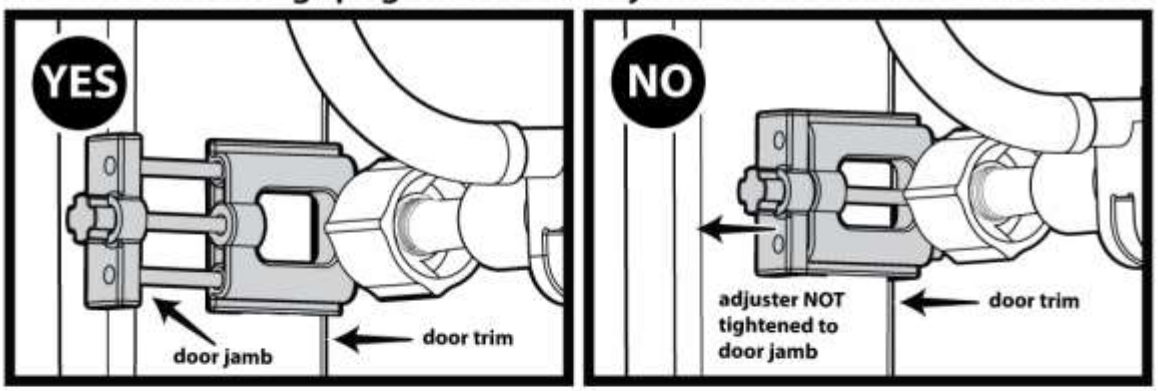
1. Make sure top plastic bar is flush on trim and wall.

1



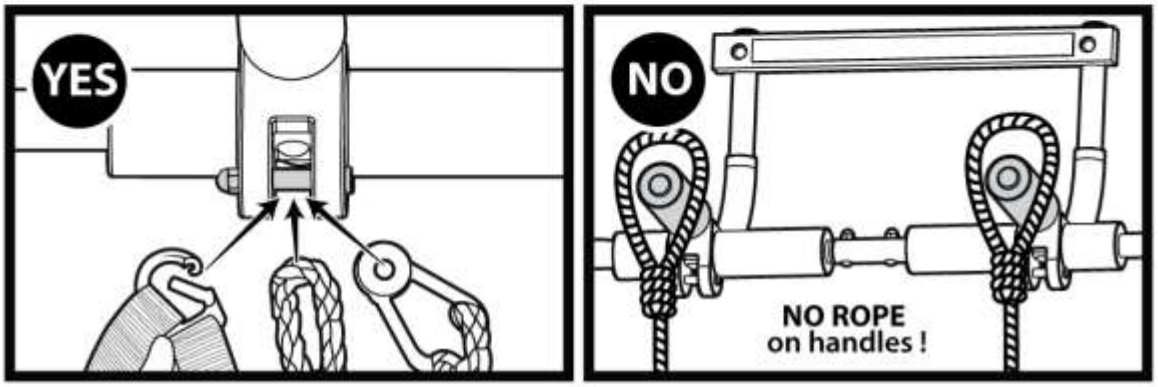
2. Make sure vise-grips grab both door jamb and door trim. Pull to test.

2



3. Secure kid's attachments & carabiners ONLY to the thick bolts.

3

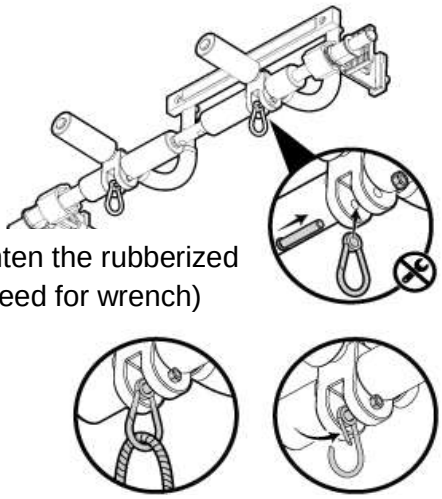


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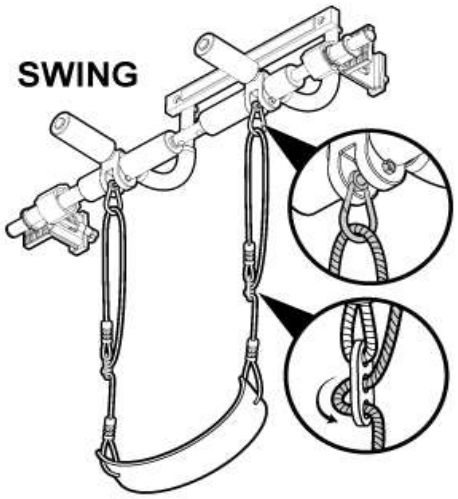
- USA/Canada: +1.617.440.4948 Service@Gym-1.net
- United Kingdom: +44.149.223.3065 Support@Gym1.uk
- Europe: Support@Gym-1.eu

KIDS ATTACHMENTS (SOLD SEPARATELY)

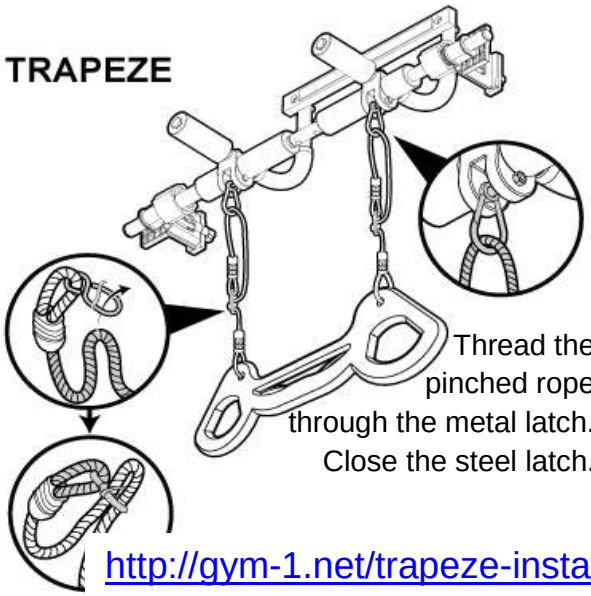


Hand-tighten the rubberized bolt (no need for wrench)

http://gym-1.net/carabiner-installation/

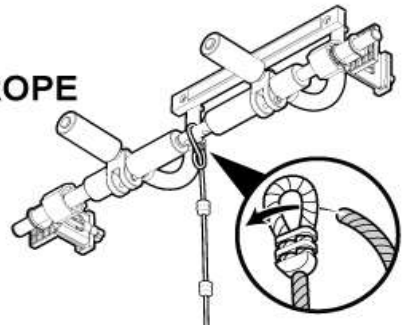


http://gym-1.net/swing-installation/



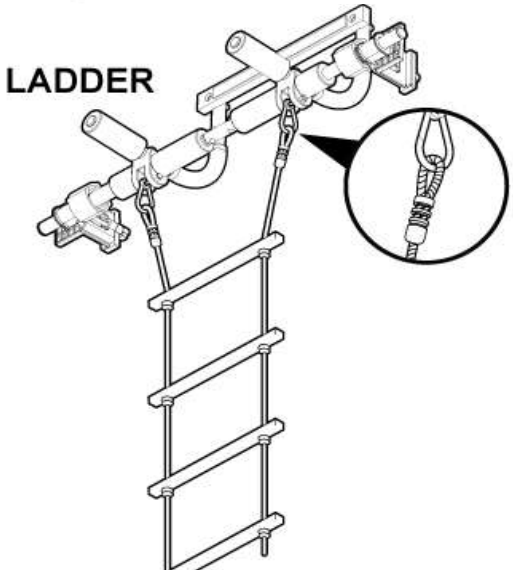
Thread the pinched rope through the metal latch. Close the steel latch.

http://gym-1.net/trapeze-installation/

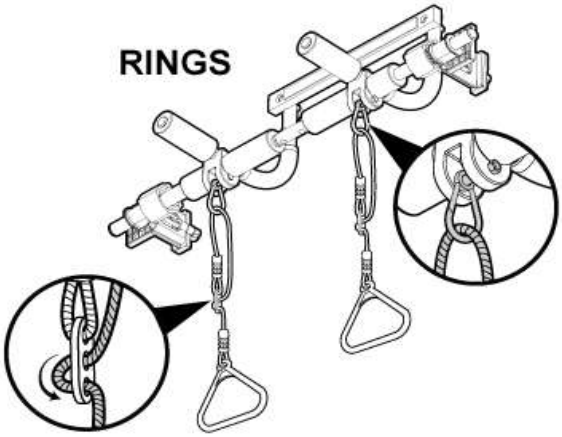


Loop the loose end of the rope around the Main Support Bar and through the big loop at the other end of the rope

http://gym-1.net/rope-installation/



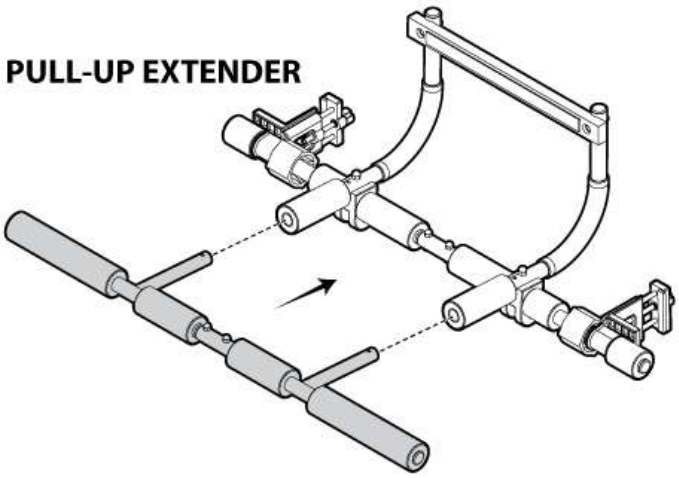
http://gym-1.net/ladder-installation/

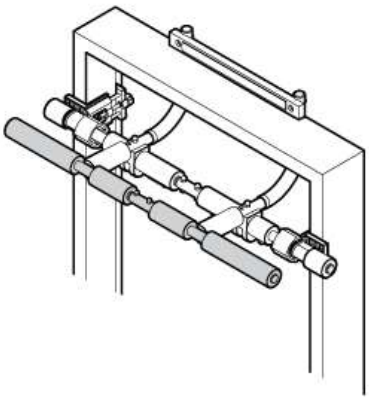


http://gym-1.net/rings-installation/

FITNESS ATTACHMENTS (SOLD SEPARATELY)

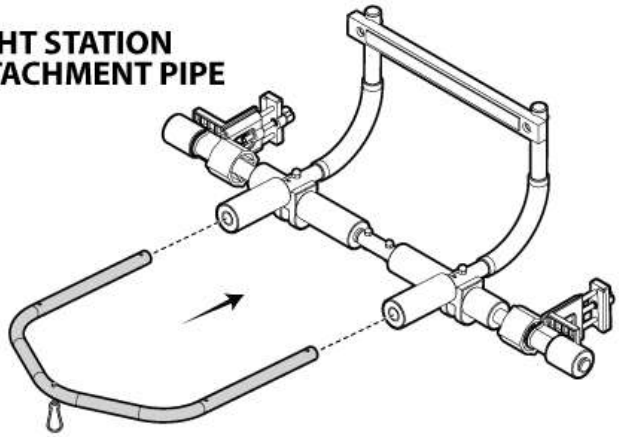
PULL-UP EXTENDER

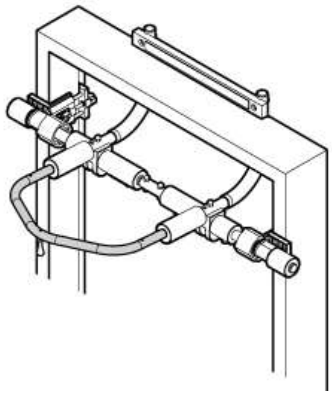




http://gym-1.net/pullup-extender-installation/

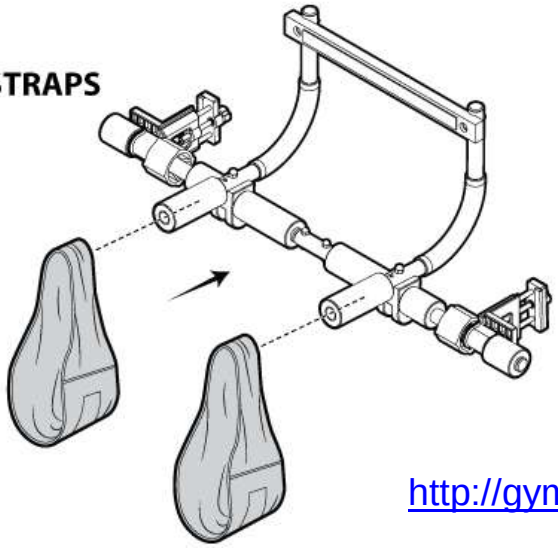
FIGHT STATION ATTACHMENT PIPE

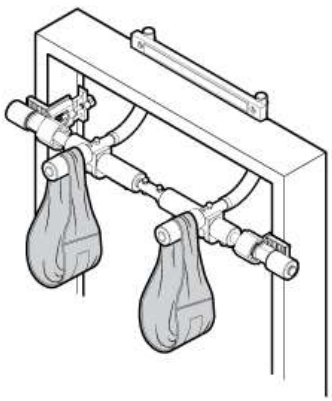




http://gym-1.net/fight-station-installation/

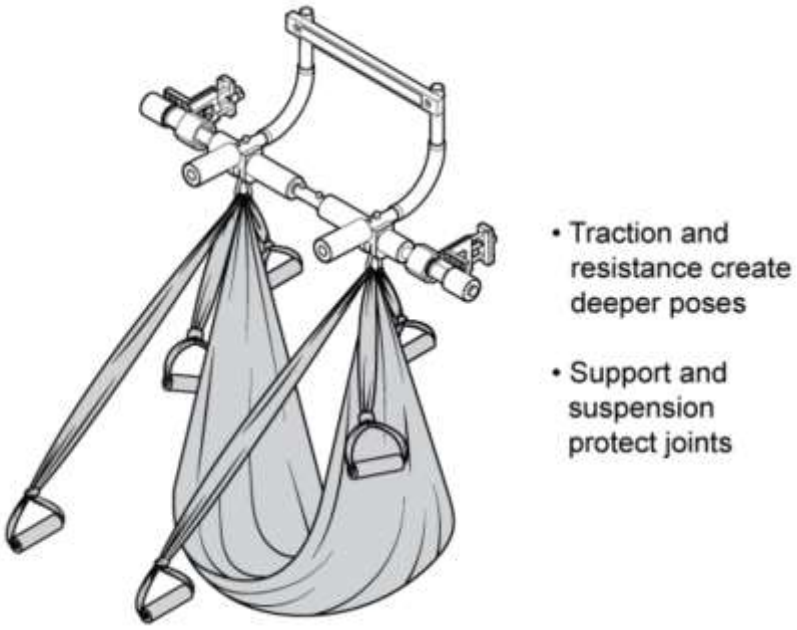
ABS STRAPS





http://gym-1.net/ab-straps-installation/

YOGA SWING



Installation video: http://Gym-1.net/yoga-swing-installation/

The Yoga Swing consists of 3 separate pieces:

- Yoga Swing Straps with 3 different lengths (2 sets). Each sets is attached to a carabiner
- Body Hammock (each of the 2 ends has a carabiner

1. Attach the Yoga Swing Straps by snapping the carabiner to the thick bolts on the stabilizers.
2. Attach the Body Hammock by snapping the carabiners on the thick bolts on the stabilizers next to the carabiners for the Yoga Swing Straps.

Other Gym1 Attachments

Refer to the specific installation instructions enclosed with attachment.

PLEASE CONTACT US DIRECTLY WITH ANY QUESTIONS OR CONCERNS!

Please don't contact Amazon.com, or a web or retail merchant; you'll get much faster and better results from us—after all, it's our product!

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Europe: *Support@Gym-1.eu*

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