

**ETHA725**

# **4 GRIP PULL UP BAR OWNER'S MANUAL**



**DICK'S Sporting Goods 345 Court Street Coraopolis, PA 15108**

# **ETHOS**



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## BEFORE YOU BEGIN

Thank you for selecting the ETHOS 4-Grip Pull Up Bar. For your safety and benefit, read this manual carefully before using this product.

If you have any questions, or find there are missing or damaged parts, please contact our Customer Service Agents.

**Toll-Free Customer Service Number**

**1-877-846-9997**

**Mon. – Fri. 9 a.m. – 5 p.m. EST**

**RETAIN THESE INSTRUCTIONS FOR FUTURE USE**



## IMPORTANT! SAFETY NOTICE

For your safety and benefit, read the following instructions carefully prior to assembly or use. Failure to follow all instructions and safety precautions can result in **serious injury or death or damage to equipment**.

**Use the Pull Up Bar only for its intended use as described in this manual.**

**Weight Capacity: 300 lbs**



### **WARNING** Exercise and Physical Exertion Risks:

1. CONSULT WITH YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.
2. If you feel pain or dizziness at any time while exercising, STOP immediately and consult your physician. Excessive or incorrect use may cause pain or injury.
3. This product is **NOT FOR USE BY CHILDREN UNDER AGE 14**. Keep children and pets away from product at all times. **DO NOT leave children unattended in the same room with the product.**



### **WARNING** Important Instructions For Safe Use:

4. Ensure the product is completely and securely assembled, properly mounted, and securely anchored in the doorway prior to use.
5. Use this product only on a sturdy, level door frame. **DO NOT** use this product if the door frame is unstable or if the doorway is not set up to support this product.
6. **NEVER** swing or bounce when using this product. Always move in a controlled manner. Swinging or jerking could cause the product to fall, leading to product damage or injury.
7. Ensure the area is clear before exercising. Other individuals, children, and furniture must be safe distance away.
8. **NEVER** hang upside-down by your feet or legs when using this product.
9. **Only suitable for installation in door frames with a width of between 65 cm to 80 cm and door frame depth 10.5 cm to 13 cm.**
10. **DO NOT** install the product on door frames near to stairs.
11. Max weight capacity 300lbs.



## IMPORTANT! CARE AND MAINTENANCE

1. **Inspect all parts before using the product for signs of wear or failure.**  
**If parts are worn or damaged, DO NOT use.** Contact Customer Service for replacement parts.
2. **ALWAYS** store indoors in a dry area. Not recommended for use in water.
3. To clean: Wipe down with damp cloth. Do not use abrasive cleaners.



## IMPORTANT! OPERATIONAL INSTRUCTIONS

This product is designed to be used for training, exercise, and physical fitness activities only.

This product is intended for home use only and is not intended for institutional or commercial applications

**NOTE: Door cannot be closed when the pull up bar is installed in the doorway.**

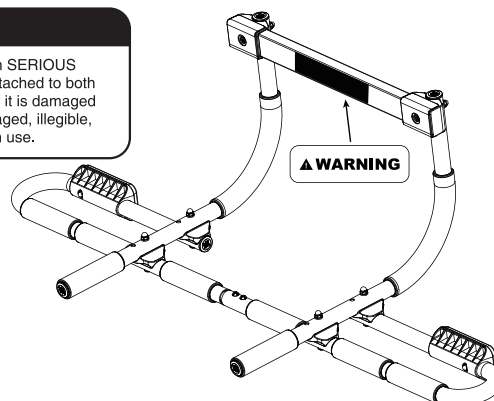
## ⚠ WARNING

**Consult with your doctor before beginning any exercise program.**  
**NOT FOR USE BY CHILDREN UNDER AGE 14.**  
**Read all instructions before using any fitness equipment.**  
**Inspect for damage before each use.**

## WARNING LABEL PLACEMENT



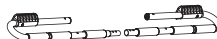










### ⚠ WARNING

Failure to follow the safety instructions in the Owner's Manual and this Warning Label may result in **SERIOUS INJURY OR DEATH**. When attaching the product to a door frame, the Safety Slip must be securely attached to both the door molding and the product. Inspect the equipment before each use. Never use the equipment if it is damaged and/or not functioning properly. Do not use if you weigh over 300lbs/136kg. Replace this label if damaged, illegible, or removed. **KEEP CHILDREN AWAY**. Remove the product from the door frame when not in use.



This warning label shown here has been placed on the bar. If the label is missing or illegible, please call customer service at 1-877-846-9997 for replacements. Apply the labels in the location shown.

## PULL UP BAR PARTS LIST

ITEM NO.	PART NAME	IMAGE	QTY
1	Rectangular Cross Bar		1
2	J-Riser Tube		2
3	Cross Bar (Left & Right Bar Assemblies)		2
4	Upper Frame Grip		2
5	Plastic Intersection Bracket		4
6	M6 Socket Cap Screw		2
7	M6 Button-head Cap screw		4
8	M6 Button-head Screw		2
9	Flat Washer		8
10	Screw Nut		6
11	Safety Clip		1
12	Hex Wrench		1
13	Allen Wrench		1

# ASSEMBLY INSTRUCTIONS

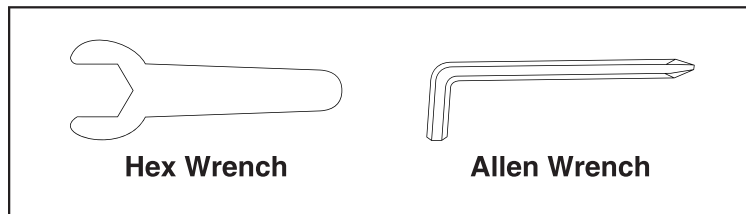
## ⚠ WARNING

Two or more adults are required for assembly, disassembly, and any movement of the equipment to avoid possible injury.

Always hand tighten Nuts and Bolts first.

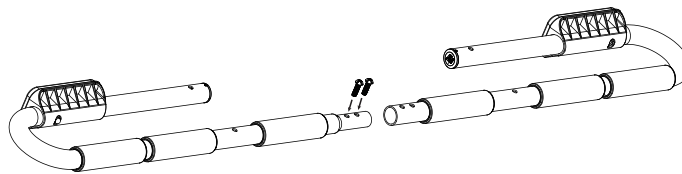
DO NOT tighten all Nuts and Bolts until instructed to do so.

### Tools Required for Assembly:



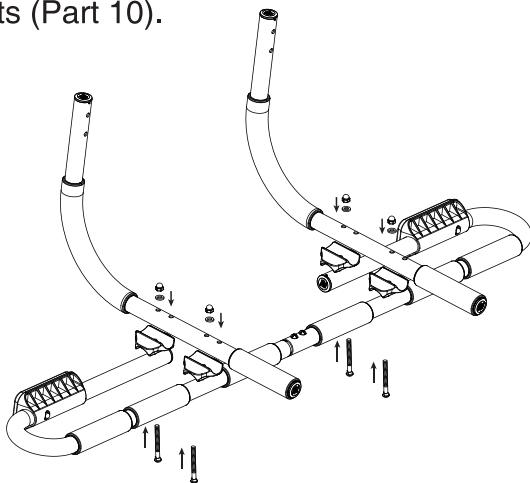
### STEP 1 (See diagram 1)

Connect the Left and Right Cross Bars with 2 M6 Button-head Screws (Part 8).



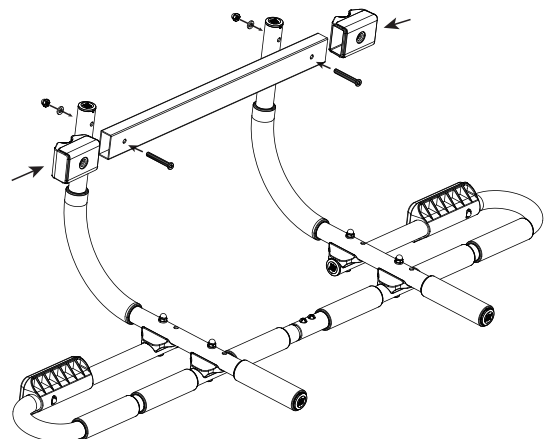
### STEP 2 (See diagram 2)

Assemble the J-Riser Tubes to the Cross Bar with using the Plastic Intersection Brackets and 4 M6 Button-head Cap Screws (Part 7), Flat Washers (Part 9), and Screw Nuts (Part 10).



### STEP 3 (See diagram 3)

Cap both ends of the Rectangle Cross Bar with the Upper Frame Grips. Connect these to the J-Riser Tubes using the M6 Socket Cap Screws (Part 6), Flat Washers (Part 9), and Screw Nuts (Part 10).



### STEP 4

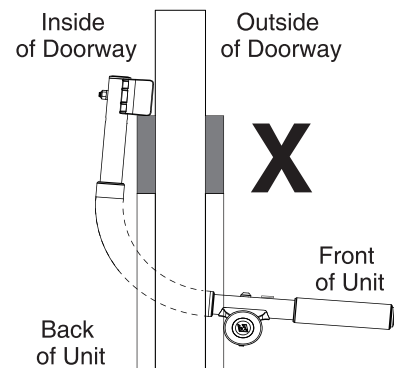
Tighten all screws and nuts using the Allen wrench and hex wrench.

# INSTALLATION INSTRUCTIONS

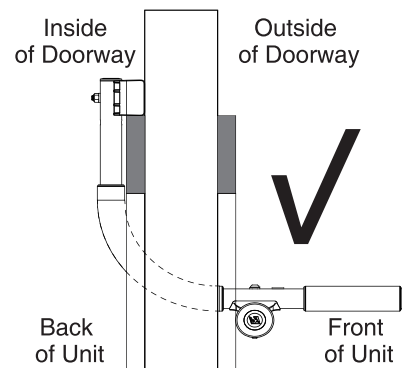
## Fitting the Pull Up Bar to your Doorway

1. From the outside of the doorway (the side that does not have the hinges) angle the Rectangle Cross Bar end through the doorway and over the molding on the opposite side (the inside of the doorway).
2. Adjust the Cross Bar to match the thickness of the door molding. If the fit is too loose, it will appear like the Incorrect Position shown to the right. You will need to move the Left and Right Bar Assemblies further back from the Front of Unit.
3. After all adjustments are made, bar should fit within the doorway as in Correct Position diagram.

## Incorrect Position



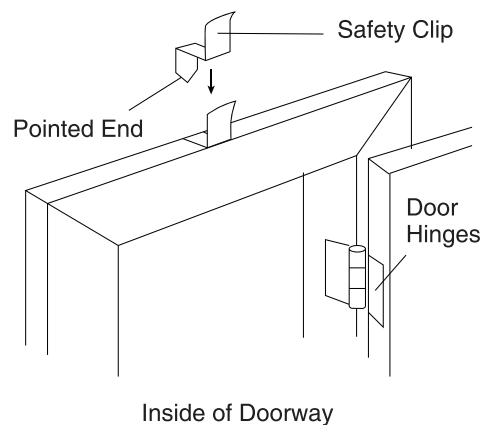
## Correct Position



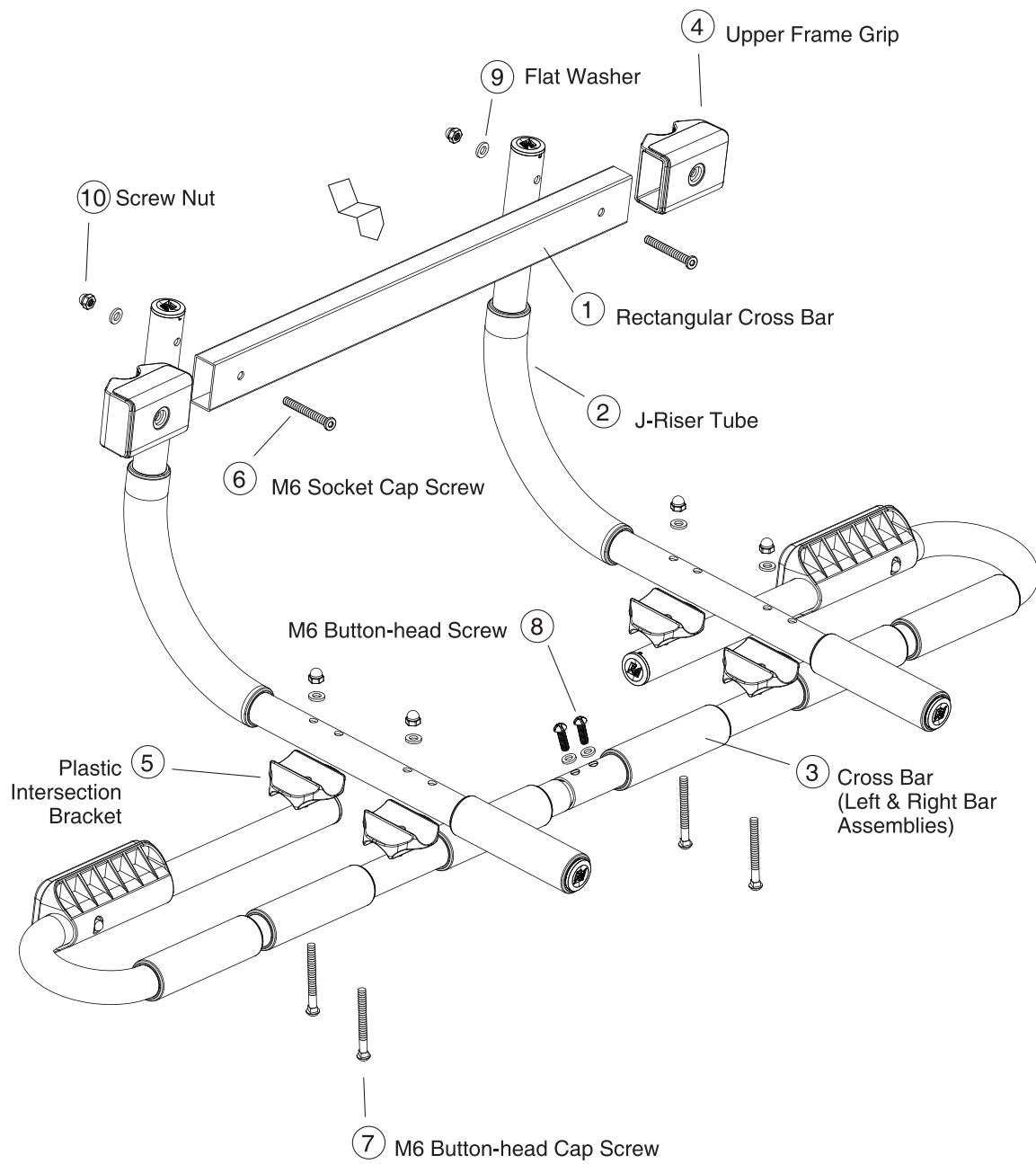
## Installing the Safety Clip

1. After the Pull up Bar has been adjusted to fit the doorway, remove it from the doorway and install the Safety Clip.
2. On the inside of the doorway, place the Safety Clip above the molding in the center at the top of the door.
3. Slide the pointed end between the wall and the molding. Push downward until Safety Clip is flush against the molding. Re-install the bar in the doorway with the Rectangle Cross Bar nested between the wall and the safety clip.

## Installing the Safety Clip



# EXPLODED DIAGRAM



## DICK'S LIMITED WARRANTY

DICK'S warrants the products described above to be free from defects in workmanship and materials as follows:

### Who is Covered?

**This limited warranty ("Limited Warranty") covers only the person who first purchased the product.  
This Limited Warranty expires at the time of transfer and is not transferable to anyone else.  
Proof of purchase is required to make a warranty claim.**

### What the Warranty Covers

This Limited Warranty covers defects in materials and workmanship.

### What the Warranty Does Not Cover

This Limited Warranty does not cover:

- Expendable items, including by way of example only and not by way of limitation: batteries, light bulbs, fuses, zippers, tires, belts, shoe soles, fabric, and other items that experience wear as a result of normal use.
- Damage through improper use, negligence, abuse, misuse, transportation, acts of nature, or accident, including failure to perform routine maintenance or follow the assembly and/or operating instructions supplied with the product.
- Products used in commercial or rental applications.
- Products that have been modified using replacement parts that were not provided by Dick's.
- Defects or damage caused by using third-party parts or services.

This Limited Warranty does not cover any consequential or incidental damages of any kind, including transportation to get warranty service, loss of time, and loss of use. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.

### What the Period of Coverage Is

This Limited Warranty lasts for a period of one year from receipt of the product (unless a different warranty period is noted in Appendix 1). Any implied warranty arising under state law is limited in duration to the one-year period (or other noted time frame) of this Limited Warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

### How to Make a Warranty Claim

You can make a warranty claim by bringing the product to any store location of the chain the product was purchased as long as: (1) it meets the warranty criteria, (2) is within the warranty period (one year, unless noted differently in Appendix 1), (3) you have a valid proof of purchase and provide that to the store at the time of making the warranty claim, and (4) you are the original purchaser of the product. If you are unable to find your valid proof of purchase, please contact 1-877-846-9997 and a customer service representative may be able to assist.

Please direct all warranty service inquiries as follows:

If in writing, mail to:

**DICK'S Sporting Goods, Inc.  
345 Court St.  
Coraopolis, PA 15108  
Attn: Customer Service**

If by telephone, call: **1-877-846-9997**

### What DICK'S Will Do to Correct the Problem

Once you make a valid warranty claim, DICK'S will either:

- Return or exchange the product; or
- Provide a free replacement part, if applicable; or
- Repair the product for free, if applicable.

### How State Law Applies

This Limited Warranty gives you specific legal rights, and you may also have other rights which vary from state to state.