



Harbinger[®]

PULLUP

User Guide

Comments or Questions?

If you have any comments or questions about your Harbinger[®] product, please email, call or write to our Customer Service Specialists. Our goal is your complete satisfaction.

Harbinger, Customer Service Department
2001 T.W. Alexander Drive, Box 13925, Durham, North Carolina 27709-3925

Call Toll Free: 1-800-729-5954, Monday through Friday, 8:00am to 5:00pm, EST
Email: help@4implus.com

HarbingerFitness.com

Introduction

Getting in shape takes a positive attitude and determination. The right equipment makes achieving your fitness goals easier, so congratulations on your purchase of the Harbinger® Pullup. The Harbinger Pullup is key to an effective, time-efficient exercise regimen. No matter your fitness level, you can progress at a rate that's right for you using Harbinger Fitness products.

Sticking with a program of regular exercise takes persistence. We encourage you to go to **HarbingerFitness.com** to find out about new products, get workout tips and view workout videos.

Like us on Facebook at **facebook.com/harbingerfitness** - it's a great place to share your progress. Follow us on Instagram **@HarbingerFitness**. Many of our top users have created their own exercise routines using our products and use hashtag **#HarbingerFitness**

IMPORTANT:

This Owner's Manual is the authoritative source of information about your Harbinger Pullup. Please read it carefully and follow all the instructions.

Important Safety Information

WARNING

FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED IN THIS OWNER'S MANUAL AND ON THE WORKOUT CHART MAY RESULT IN SERIOUS INJURY, DEATH OR PROPERTY DAMAGE.



1) **Before EACH use, visually inspect equipment and all parts to ensure they are working properly. Never use this equipment if it is not working properly or if there are damaged or worn parts.** Call our Customer Service department with any questions or concerns regarding use.

2) **Consult your physician before starting this or any other exercise program.** Fitness training can result in serious injury or death. Risk of injury can be lessened when safe technique and common sense are practiced. **Before beginning your first workout, become familiar with the Harbinger® Pullup and review all exercise guidelines prior to using the equipment. If you have any questions consult your physician.** Your physician should assist you in determining the target heart rate zone appropriate for your age and physical condition. Certain exercise programs or types of equipment may not be appropriate for all people. This is especially important for people over the age of 35, pregnant women, or those with preexisting health problems or wrist, elbow, shoulder and/or other joint and muscle impairments. **If you are taking medication that may affect your heart rate, a physician's advice is absolutely essential.**

3) **It is strongly suggested handicapped or disabled people must have medical approval** before using this equipment and should be under close supervision when using any exercise equipment.

4) **Start out slowly and progress sensibly.** Even if you are an experienced exerciser, start with the beginner workout and become familiar with all of the exercises before moving on to more advanced workouts or exercises.

5) **Do not overexert yourself with this or any other exercise program.** Listen to your body and respond to any reactions you may be having. You must learn to distinguish

“good” pain, like fatigue, from “bad” pain, which hurts. **If you experience any pain or tightness in your chest, an irregular heartbeat, dizziness, nausea, or shortness of breath, stop exercising at once and consult your physician immediately.**

6) **Breathe naturally**, never holding your breath during an exercise. Avoid over-training. You should be able to carry on a conversation while exercising.

7) **Warm up** before any exercise program by doing 5 to 10 minutes of gentle aerobic exercise, such as walking, followed by stretching

8) **Use this equipment ONLY for the intended use as described by the manufacturer. DO NOT** modify the equipment or use attachments not recommended by the manufacturer.

9) **Have plenty of clearance space on all sides of your equipment.** It is important to keep children, pets, furniture and other objects out of the way when using your equipment. **You should have a minimum of 3 feet of clearance space to avoid unnecessary physical contact.**

10) **Wear appropriate clothing when exercising.** Workout clothing should be comfortable and lightweight, and should allow freedom of movement. Wear comfortable athletic shoes made of good support with non-slip soles, such as running or aerobic shoes.

11) **THIS EQUIPMENT IS NOT FOR USE BY CHILDREN. To prevent injuries, keep this and all fitness equipment out of the reach of children. Follow these simple rules:**
– Keep children out of rooms where you have your exercise equipment.

- Store exercise equipment in a room that can be locked.
- Know exactly where your children are when you work out.
- If you have small children at home, don't wear headphones while you work out.
- Talk to your kids about the dangers of exercise equipment.

12) **ONLY one person at a time should use this equipment.**

13) **DO NOT store in direct sunlight or near direct heat sources.**

14) **DO NOT put hands, feet or any foreign objects on or near this equipment when in use by others.**

Use caution not to pinch fingers or hands in moving parts when setting up or using the equipment.

15) **The Harbinger® Pullup is designed and constructed for PERSONAL OR HOUSEHOLD USE ONLY.** The Harbinger Pullup should NOT be used in commercial settings including, without limitation, health clubs and fitness centers.

16) **Do not install this product unless you are able to assemble and install it properly. After installing this product and before exercising, check to make sure it has been properly installed and can support your full weight by hanging on the bar with your feet just a few inches off the floor. Do not use if you weigh over 220 lbs / 100 kg. This product is designed for installation on up-to-building-code, wood-frame doorways, 27 to 36 inches (68 – 90 cm) wide. If the product is moved to a different door, you must recheck the fit and adjust the product to fit the new doorway if necessary.** Any other use or misuse may result in property damage and/or personal injury. If your anticipated installation location or use does not meet these criteria, you may return the product for up to 90 days from date of purchase.

17) When performing pullups, never pull

up with bar behind head, as this places undue stress on shoulders and neck. Also, when performing pullups, avoid crossing feet during exercise, as this places hips in an uneven position which impacts body alignment.

Go to HarbingerFitness.com or call 1-800-729-5954 for replacement label, user guide or questions.

Equipment Warning Label

IMPORTANT: See below for placement of this Warning Label on your equipment.

WARNING LABEL 1

▲WARNING

Failure to read and follow the safety instructions stated in the Owner's Manual may result in **SERIOUS INJURY OR DEATH. KEEP CHILDREN AWAY.** Do not use if you weigh over 220 lbs/ 100 kg. Replace this label if damaged, illegible or removed. Class HC. Go to our website: HarbingerFitness.com or call Customer Service: 1-800-729-5954 for replacement label, manual or questions.

WARNING LABEL 2

▲WARNING

Make certain the left and right swing arms are properly seated on the side brackets. The head of the side bracket must extend through the slots on the swing arms. Failure to follow this instruction may result in **SERIOUS INJURY OR DEATH.**

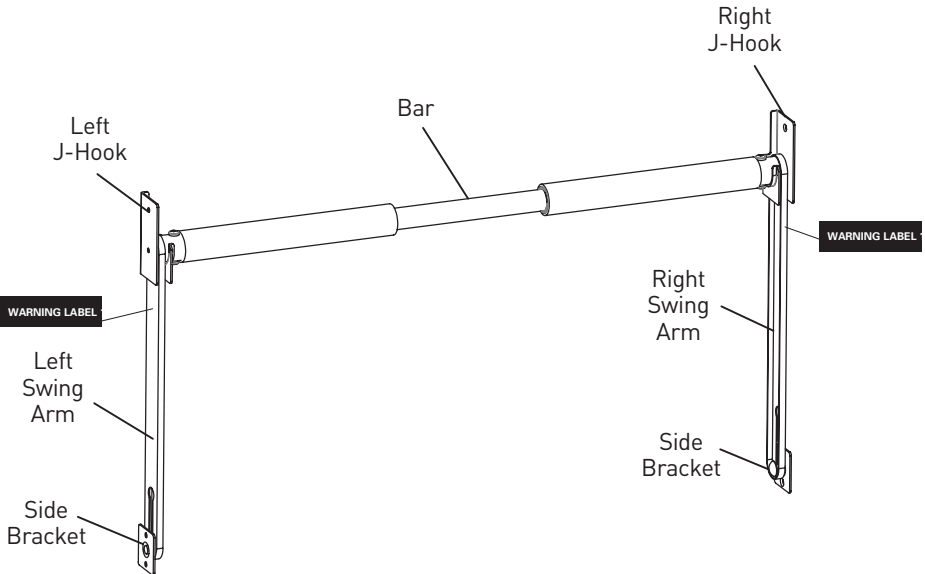
Specifications & Parts

When Assembled In Doorway:

Depth: 2" **Width:** 24" to 41" **Height:** 17.5"

Product Weight: approx. 5.5 lbs/2.5 kg.

Maximum User Weight Not To Exceed: 220 lbs./100 kg.



Assembly Instructions

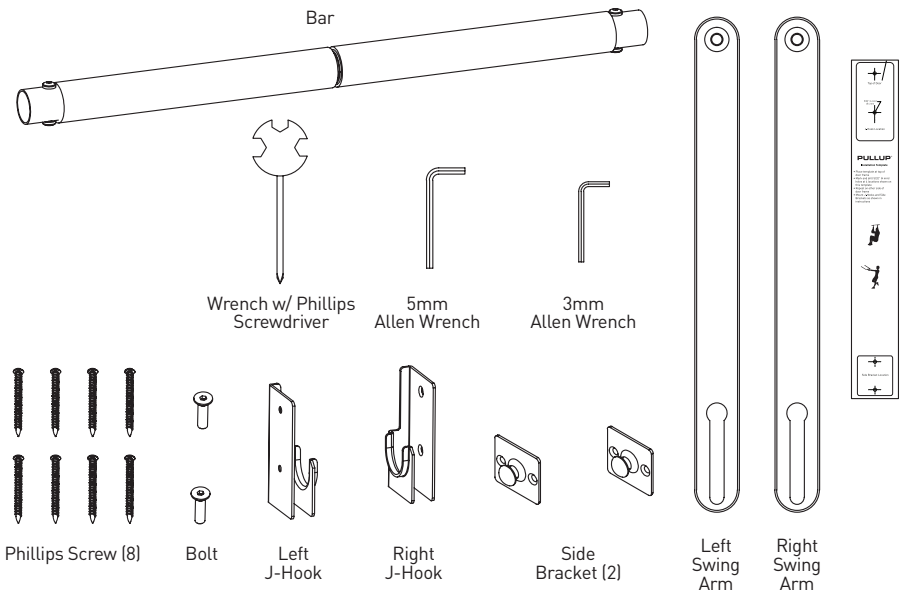
Read and precisely follow all installation instructions provided before installing the Harbinger® Pullup.

Failure to properly install the Harbinger Pullup could result in serious personal injury, death and/or property damage. Do not install the Harbinger Pullup unless you are able to install it properly and without damaging your doorway. After installing the Harbinger Pullup and before exercising, check to make sure it has been properly installed and can support your full weight by hanging on the bar with your feet just a few inches off the floor. The Harbinger Pullup is designed for installation on up-to-building-code, wood-frame doorways between 27 inches and 36 inches (68 – 90 cm) wide. Do not use if you weigh over 220 lbs. / 100kg. Any other use or misuse may result in serious personal injury, death and/or property damage. If your anticipated installation location or use does not meet these criteria, you may return Harbinger Pullup for up to 90 days from the date of purchase.

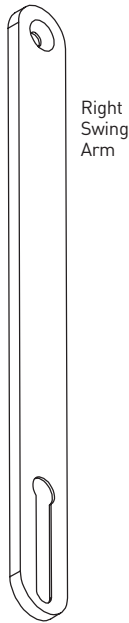
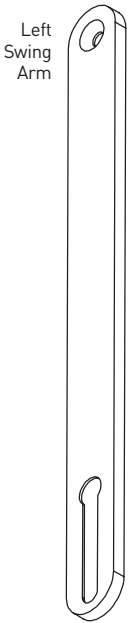
Disclaimer

Harbinger Fitness is not responsible for serious personal injury, death and/or property damage that may occur as a result of the installation, removal, modification, use or misuse of the Harbinger Pullup. As with any exercise routine, you should consult with a physician before using the Harbinger Pullup, particularly if you are pregnant or have any existing injuries. If you have any questions about installing or using of the Harbinger Pullup, please contact our customer service department at help@4implus.com.

LAY OUT THE PARTS of your Harbinger Pullup unit as shown below and on the following page to familiarize yourself with the parts for easier assembly.



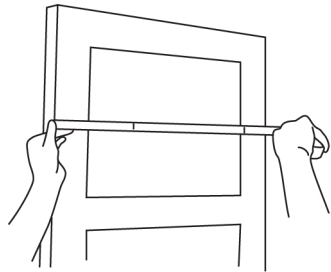
Installation Of Your Harbinger® Pullup



NOTE: The Left and Right Swing Arms have images on the insides of the arms to help you make sure you attach the correct Swing Arm to the correct Bar.

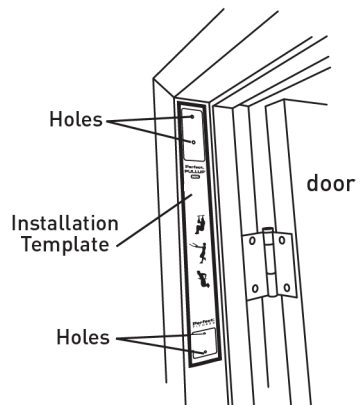
STEP 1

a) Measure the width of your door. If your door is not **27" to 36"** (68 to 90 cm) wide, try another door.



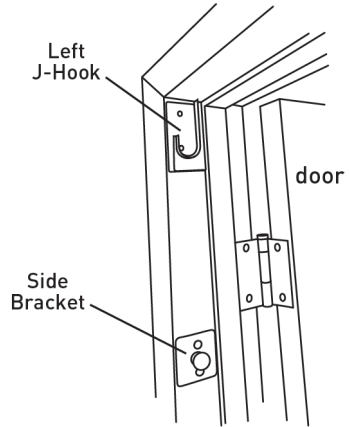
STEP 2

- a)** Place the Installation Template at the top left of the door frame (side opposite the door) and mark the holes at 4 locations.
- b)** Repeat for the right side of the door frame.
- c)** Drill **5/32"** (4mm) holes at the locations marked.



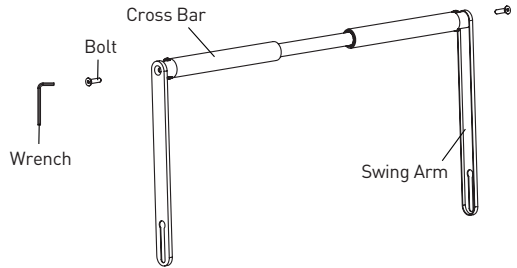
STEP 3

- a) Install the Left J-Hook and the Side Bracket using (4) Phillips Screws provided.
- b) Repeat for the right side using the Right J-Hook and the remaining Side Bracket.



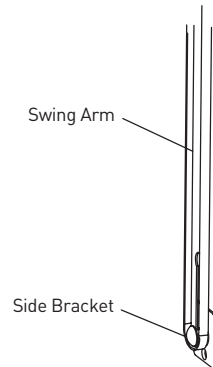
STEP 4

- a) Fix Cross Bar & Swing Arms with bolts & wrench.



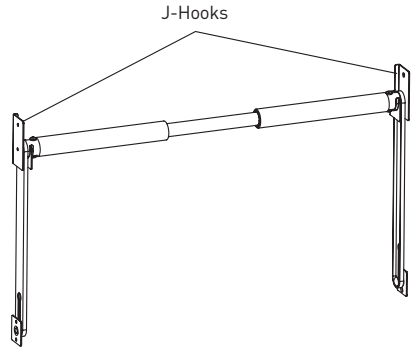
STEP 5

- a) Install the Left and Right Swing Arms on the left and right Side Brackets by lining up the large hole in the Swing Arm with the Head of the Side Bracket.



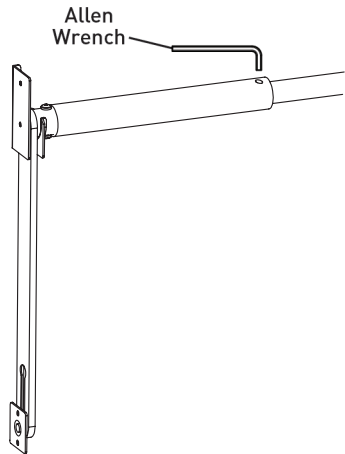
STEP 6

- a) Rotate the bar up and latch into the J-Hooks.
- b) Make sure the Swing Arms are centered in the J-Hooks and that the Swing Arms are connected to the Side Bracket as shown here.



STEP 7

- a) Tighten the top (not side) with Allen Wrench provided. This will connect the left and right assemblies.
- b) Try removing and replacing the bar from the J-Hooks and adjust as necessary to insure smooth operation.



- IMPORTANT -

Test the installation by gradually putting your full weight on the bar. Check the Side Brackets, J-Hooks, and door frame for soundness. If the product does not feel stable, do not use.

Warning

Before each use, visually inspect the device. Never use the device if it is not working properly.

Care & Storage

Your Harbinger® product has been carefully designed to require minimum maintenance. To ensure this, we recommend that you do the following:

Keep your unit clean.

Wipe sweat, dust or other residue off the bar with a soft, clean cloth after each use.

To store your unit after use.

Store your device out of the reach of children and high traffic areas.

Workouts

Go to HarbingerFitness.com to download free workout guides. The downloadable content concentrates on three key aspects of fitness: Core, Push and Pull. When combined, the Harbinger products and programs create the perfect full body workout solution.



Harbinger

Harbinger develops innovative fitness solutions that maximize muscle engagement and biomechanical efficiency. Our products use simple, natural movements and back-to-basics principles to enable anyone to unlock their potential. Visit HarbingerFitness.com to learn more.

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HarbingerFitness.com

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