

**READ THIS MANUAL BEFORE USING THE YES4ALL™ CXP BAR
FOR MAXIMUM EFFECTIVENESS & SAFETY**

Before beginning this or any exercise program, consult your physician who can assist you in planning a program appropriate for your age & physical condition. Stop exercise immediately and consult your doctor if you experience any discomfort.

This product is designed for home use only. It's not intended for commercial or institutional use. Use only as instructed.

DO NOT:

- Swing or bounce when using this product.
- Use this product if you experience any chest pain, irregular heartbeat, shortness of breath, nauseous, dizzy, or any other discomfort.
- Use this product if the doorway is smaller than 24" or wider than 32"
- Use this product if you weight over 300 lbs.
- Use this product if you are unsure of the stability of the doorway or doortrim.
- Allow children under the age of 18 to use this product without adult supervision at all times.

Inspect your Yes4All CXP Bar and the door structure before each use & be absolutely certain that the bar is securely & correctly mounted in the doorway of appropriate size. It's your responsibility to determine if your doorway can safely sustain your weight & the proper use of the bar.

While the product is manufactured and tested to decrease the risk of injury, the potential of personal injury or property damage does exist; therefore, by using this equipment, you accept that you will assume all risks in the use of this equipment.

The Yes4All CXP Bar is a serious workout tool that should only be used to perform (a) chin ups, (b) push ups (c) dips, and (d) sit ups. Please go to www.Yes4All.com or www.Yes4All.info to view more details or contact us if you have any questions.

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For more information about Yes4All products & services, please go to Yes4All.com

Yes4All™ CXP Bar

Owner's Manual & Safety Reminders



Better Quality. Lower Price™

YES4ALL™ CXP BAR INSTRUCTION SHEET

Set Inventory:

Bar Assembly - General Instruction

A: Qty: 2
2" Screw

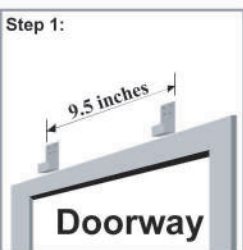
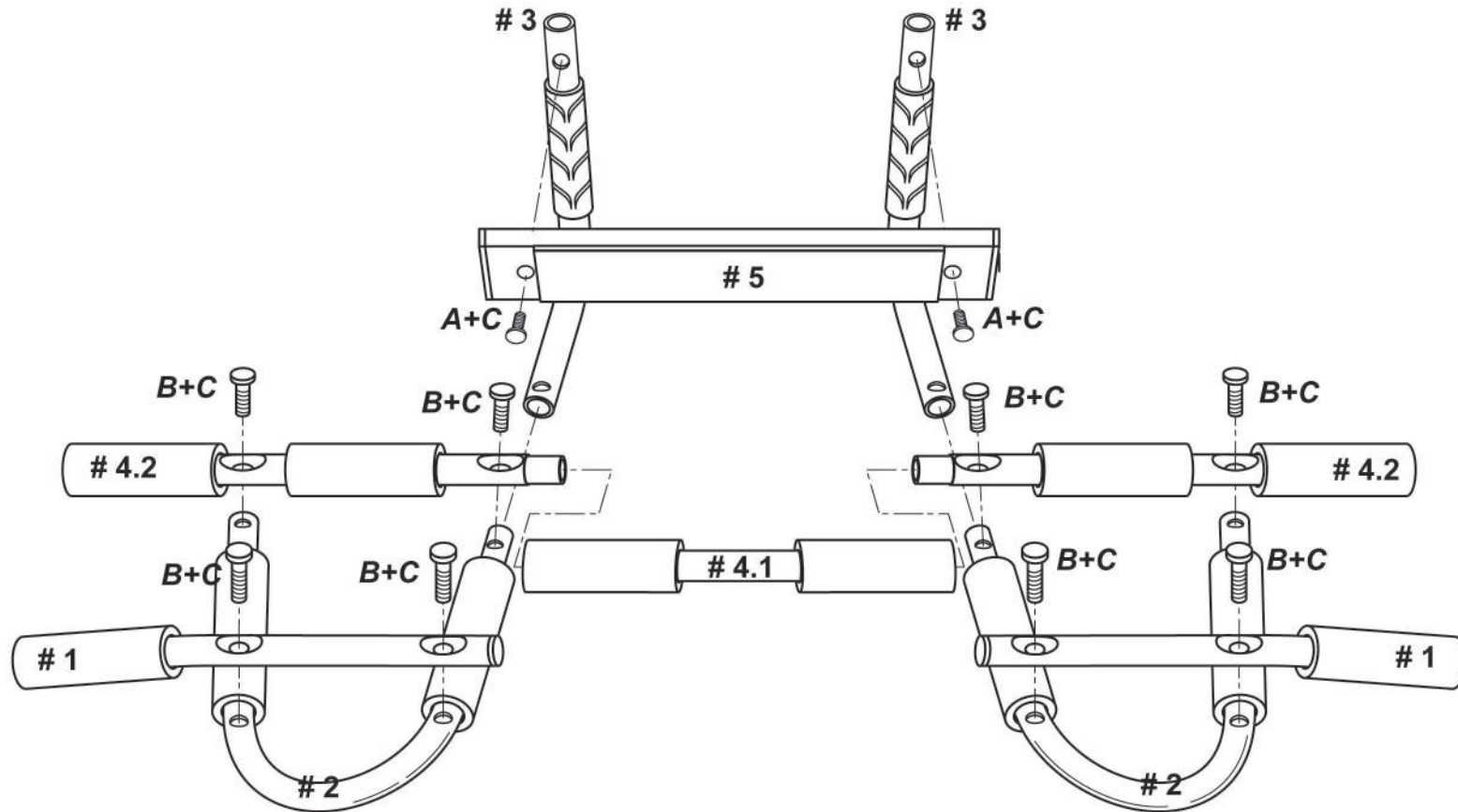
B: Qty: 8
2-1/8" Screw

C: Qty: 10
Nut (10 mm)

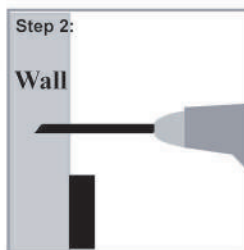
D: Qty: 8
Wall Anchor

E: Qty: 8
Wall Screw

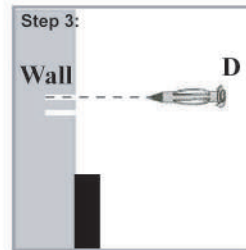
F: Qty: 2
"J" Bracket



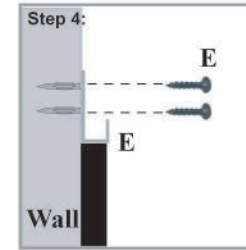
Step 1:
Mark holes for
"J" bracket
Both brackets have
the same distance
from door's top



Step 2:
Drill holes into
wall for wall
anchors by 1/4
drill bit.



Step 3:
Place wall
anchors into
holes.



Step 4:
Mount &
secure J
brackets



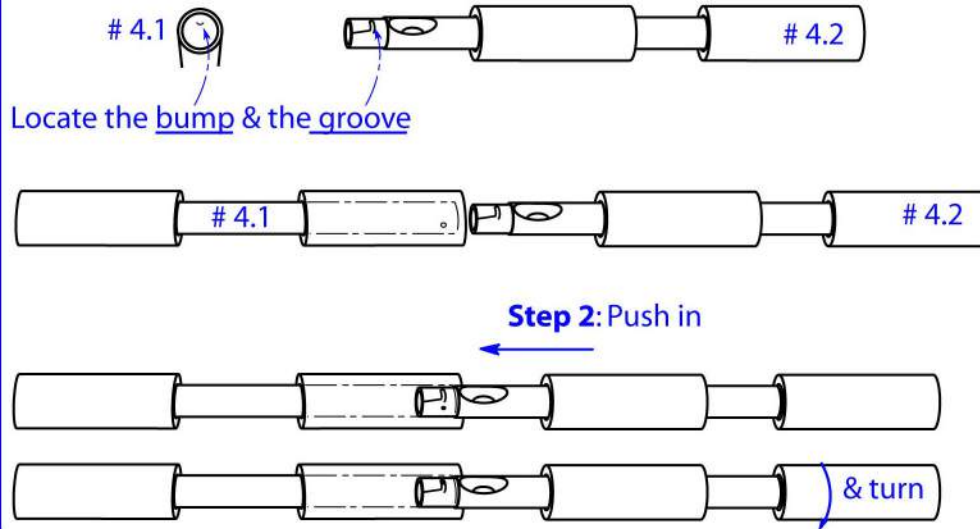
Step 5:
Hook your
pull-up bar
onto the back
of "J" brackets

"J" Bracket Mounting

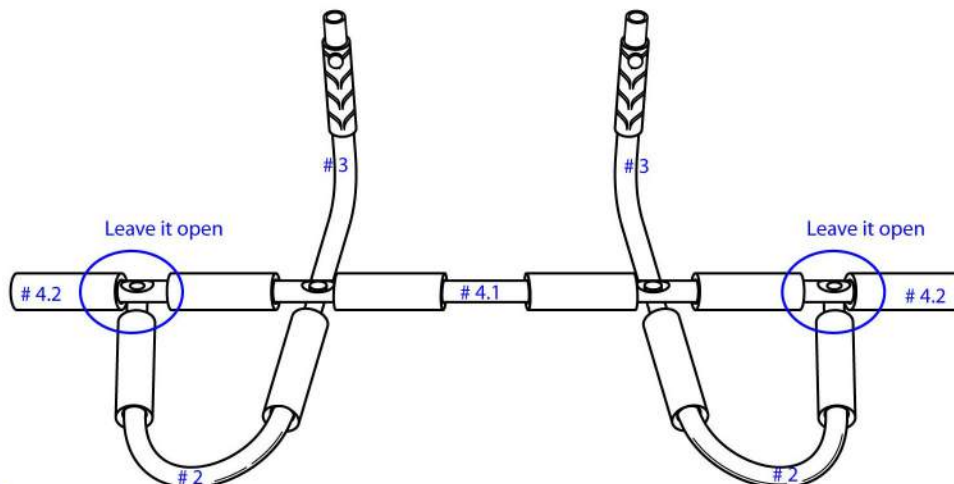
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You should go to www.yes4all.com to see detailed assembly instructions and updated tips. This hardcopy instruction may not contain the latest updates.

Step 1: Put the longest bar together



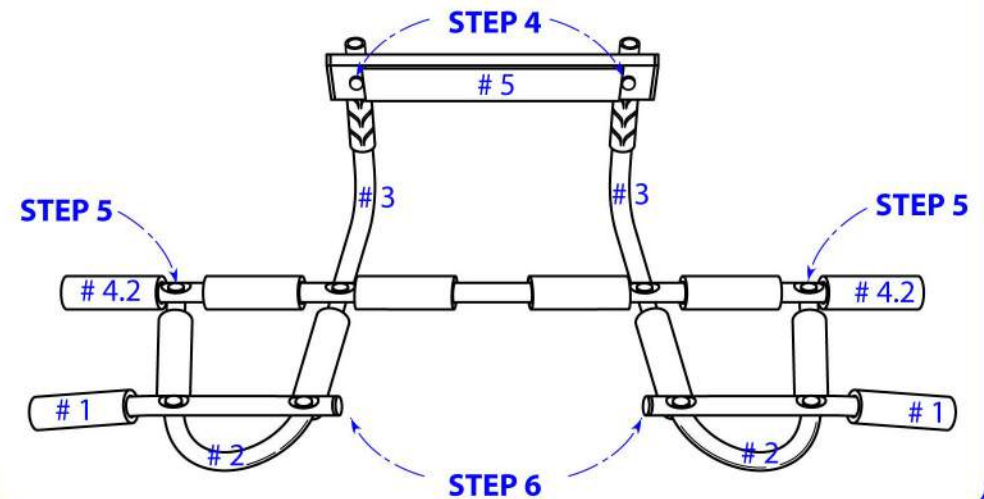
Step 3: Connect the U (#2) & L (#3) bars together, then connect them to bar #4 but leave the outer 2 holes open. Do not tighten up any nuts / screws yet, just leave them loosely connected.



Step 4: Connect the rectangular bar (#5) to the L-Bar (#3) but do not tighten the nuts/screws yet.

Step 5: Connect the remaining of bar #4.2 to the U-Bar (#2). Next, manually tighten up the nuts/screws corner-by-corner, turn-by-turn while making appropriate adjustments to make sure the whole system is straight & square.

Step 6: Once it is firmly connected together, connect bar #1 to the system.



IMPORTANT NUTS & SCREWS NOTE

Since your safety is our #1 priority, we went to great length to study & conclude that it's VERY IMPORTANT to add an additional treatment on the nuts & screws. Because of this layer, it's harder to initially put them together; however, it will make the set safer. Imagine that once you tight them up, there is almost NO EXTRA length for each screw. Without this special layer, it's much harder to loosen.

Yes4All Chin Up Bar's nuts & screws have special "paint-like" layer; It's an important safety feature. Tighten the nuts & screws together could be a little harder initially but it will make your system a lot safer to use.

Regular nuts & screws: Easy to put together because it doesn't have special feature like Yes4All special design.



Visit Yes4All.com for new & exciting products by Dec 1, 2010

1. Mobile Pull Up System:

Want to Pull Up more often? We have the solution! Visit Yes4All.com for the revolutionary Mobile Pull Up system

2. Extreme Door Tower 200:

You got a door? Make it a gym! Our Extreme Door Tower 200 allows you to turn your door into an ultimate gym where you can exercise almost every part of your body. A "mother of all workout" will be introduced by Dec 1, 2010 with Yes4All patent pending Extreme Door Tower 200 system.

3. Hybrid E-Suspension 150:

Another revolutionary equipment from Yes4All that allows you to perform every move of Suspension Training plus many move with Yes4All X-Safe Resistance Band. You get 2-in-1 system for the price of 1/5 of what other charges you.