



Example A



Example B

## Assembly Instructions

Includes:

1 Door Gym and 3 Door Brackets

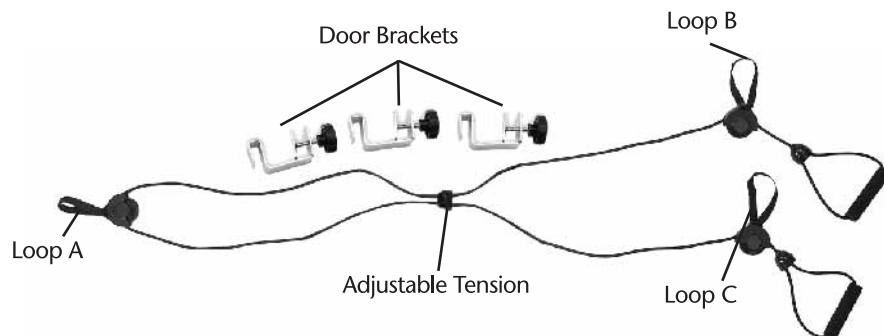
1. Begin by removing all parts and laying them out in front of you.
2. Choose suitable door that will give you lots of floor space.

**Example A:**

1. Attach Door Bracket to the top, middle of door. Knob should be on the back of door and hook should be on the outside. Tighten knob so bracket is secure.
2. Attach 2 Door Brackets to the bottom of door so they are evenly spaced. Tighten knobs so brackets are secure.
3. Attach Loop "A" to the top Door Bracket. Then Attach Loops "B & C" to the bottom 2 Brackets, one on each bracket. You will need to adjust your tension so all of the cords lay flat and evenly against door.

**Example B:**

1. Attach 2 Door Brackets to the top of door so that they are evenly spaced. Knobs should be on the back of door and hook should be on the outside. Tighten knobs so brackets are secure.
2. Attach bottom Door Bracket to the bottom of door.
3. Attach Loop "A" to the bottom Door Bracket. Then Attach Loops "B & C" to the top 2 Brackets, one on each bracket. You will need to adjust your tension so all of the cords lay flat and evenly against door.



# Door Gym for Pilates with Adjustable Tension Fitness Guide & Assembly Instructions

### PLEASE READ THE INSTRUCTIONS BELOW BEFORE USING PRODUCT

- Always wear sneakers or some type of shoe with a non-slip sole surface.
- Exercises should be done in a slow and orderly manner.
- Always consult a physician before performing any physical activity. Drink plenty of fluids before, during and after exercising.

### INSTRUCTIONS

- Before you begin, imitate all exercises WITHOUT product until performing movements with confidence. Begin exercise with product. Perform 1–2 sets of 10 to 15 repetitions during each exercise session. Rest approximately 30–60 seconds between sets.
- If unable to perform 10 to 15 repetitions, start with less repetitions and slowly work your way up to desired goal. If unable to achieve maximum muscular fatigue following the performance of 15 repetitions, cautiously add more repetitions to your sets or select a product that provides a greater amount of resistance.

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 United Kingdom: StarCase (UK) Ltd., Berkeley Business Park, Wainwright Road, Worcester, WR4 9FA UK  
 United States: Sports & Leisure Technology Corp., 4 Executive Plaza, Yonkers, NY 10701

If any parts are missing, please call Sports & Leisure's customer service department at 914-964-5200. Parts will be sent free of charge. DO NOT RETURN PRODUCT TO THE PLACE OF PURCHASE.

