



The Power Behind Performance®

Pull-Up Handles

IMPORTANT INFORMATION PLEASE READ AND KEEP

The following guidelines should be observed when using the Pull-Up Handles

- Always consult your physician before participating in any physical activity.
- Read all instructions carefully before using the Pull-Up Handles.
- Always inspect the Pull-Up Handles for any tears, fraying or other damage to the nylon straps and handles. If damage is present do not use. Contact our customer service department for information on warranty and replacement.
- Always use a spotter when using the Pull-Up Handles.
- Only attach the Pull-Up Handles to solid, stationary racks / equipment that is designed to support the weight of the user. Never attach the Pull-Up Handles to a portable pull-up bar, shower curtain rod, dowel rod or any similar implement.
- Power Systems, Inc. assumes no liability for injury or damages that may occur from use of the Pull-Up Handles.

USING THE PULL-UP HANDLES

Installation: Attach each handle by removing one D-ring from the carabineer and place the nylon strap over the top of the bar you are attaching the Pull-Up Handles. Re-connect the D-Ring to the carabineer so that the handle hangs freely from the bar. Before using the handles check to make sure each carabineer is securely closed. Position the handles the appropriate distance apart to meet your training needs. Pull on the handles to make sure they are stable and won't shift during use.

Exercising: Using assistance from platform or spotter securely grasp a handle in each hand. Lower yourself so that the elbows are at or near full extension. Without swinging the legs pull yourself up through the desired range of motion* and then slowly descend.

** Consult with coach / trainer to determine what range of motion effectively and safely meets your training goals.*

For more information regarding the Pull-Up Handles
and other training products and programs, contact:

Power Systems, Inc.
1-800-321-6975
www.power-systems.com

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