



World's Most Versatile Home Gym

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Assembly Instructions Video:

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Installation Videos:

<http://gorilla-gym.com/how-it-works/installation-video/>

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**Contact Gorilla Gym directly:
(617)-444-9438 or *Service@Gorilla-Gym.com***

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To ensure safe operation, please review this Owner's Manual before using your Gorilla Gym. Save this instruction manual for as long as you own this product. Include this instruction manual when giving or reselling this product to others. Use this instruction manual if you need to contact the manufacturer for any reason.

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Important Safety Information

WARNING

Check with your physician before beginning any fitness training, including Gorilla Gym. Serious injury or death can result from improper use of fitness devices. Follow all warnings and instructions, including those in the instruction manual.

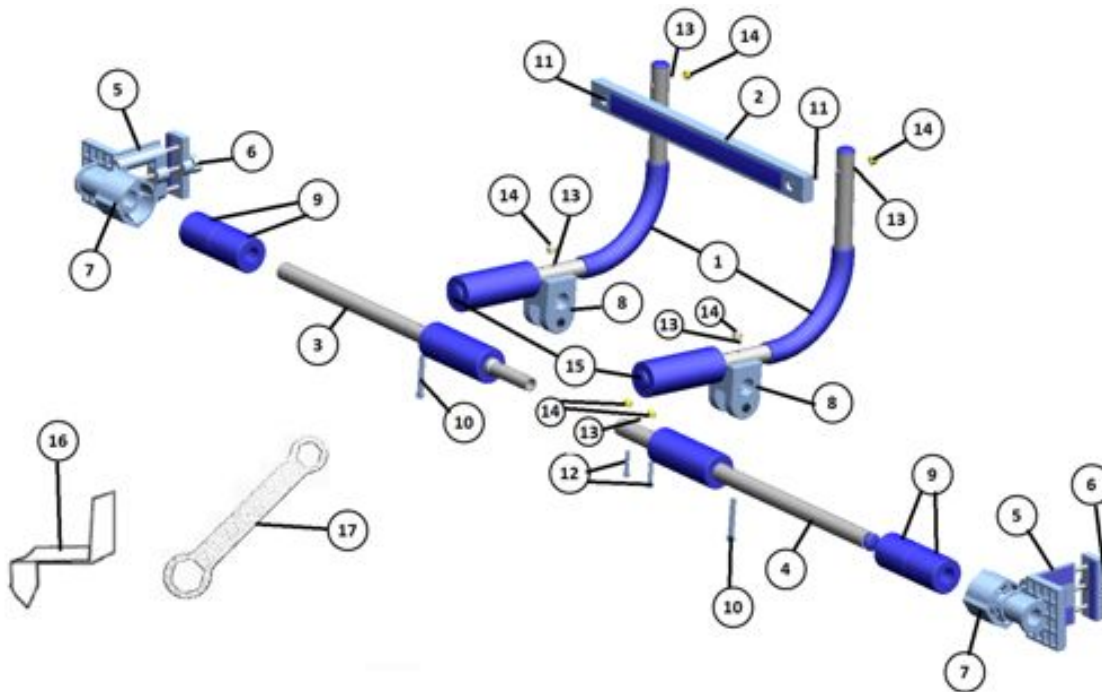
WARNING

To minimize risk of death or serious injury, observe the following precautions for all modes of Gorilla Gym use:

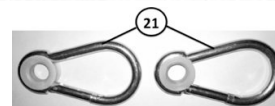
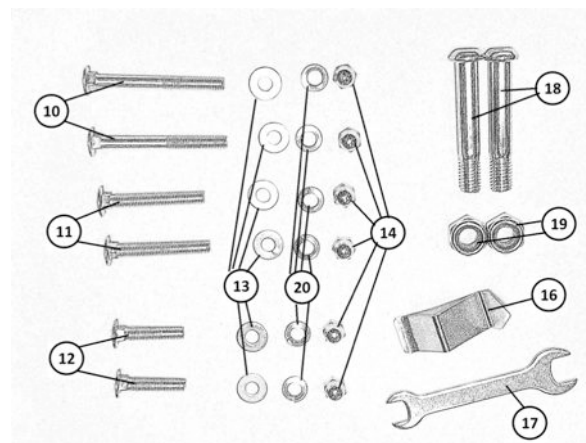
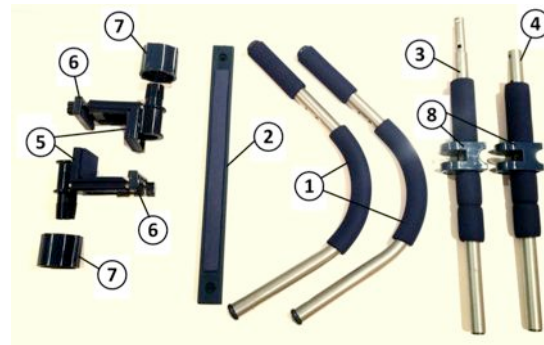
- Follow all instructions given in this manual, and insist that others follow them as well. Do not alter Gorilla Gym, substitute parts, or use Gorilla Gym for any purpose or in any matter other than as described in this manual.
- Do not use more than one accessory at a time. Use only Gorilla Gym accessories. Gorilla Gym is not tested to work with third-party accessories.
- Gorilla Gym is intended for home use only. Do not use Gorilla Gym in public gymnasiums, health clubs, hotels, or any other non-residential environment.
- Gorilla Gym is intended for indoor use only. Avoid extreme temperatures or conditions that could weaken or compromise Gorilla Gym's installation or usage.
- Consult your physician before beginning any exercise program.
- Do not install or use Gorilla Gym without the safety shim installed and wedged between your door frame and the fitness plastic bar.
- Do not allow more than one person to use Gorilla Gym, or any of its accessories, at the same time
- Children should always be supervised by an adult when using Gorilla Gym
- Every time before starting your exercise or swinging program, have an adult check the Gorilla Gym platform and mounted door frame for parts that might be loose, damaged, or worn. Specifically examine the door frame. If any such problems are found, do not use this equipment.
- Reduce your risk of injury by exercising safely with attention to proper techniques and practices
- Observe the weight limits provided in this manual for Gorilla Gym and each accessory. Different accessories have different weight limits. Do not overload Gorilla Gym or its accessories with weight beyond the specified amount.
- To avoid property damage, do not over-tighten the vice grip attachments on Gorilla Gym.
- Ask your physician about performing stretching exercises before and after each workout to prevent muscle injury.
- Before use, review warning labels placed on Gorilla Gym vice grip and its components.

Go to www.gorilla-gym.com or e-mail us at service@gorilla-gym.com should you have questions about the safety information or if you need a replacement user manual.

Parts List

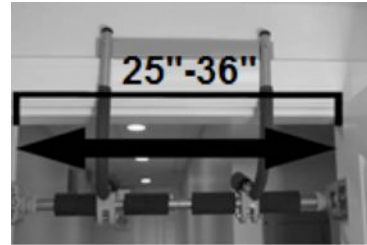


1. Curved Handle Bars (qty 2)
 2. Horizontal Plastic Bar (qty 1)
 3. Main Support Bar (Left Half)
 4. Main Support Bar (Right Half)
 5. Gorilla Gym Vice-Grip (qty 2)
 6. Vice-Grip Adjuster (qty 2)
 7. Vice-Grip Tightener (qty 2)
 8. Stabilizer (qty 2)
 9. Removable Short Padded Grips (qty 4)
 10. Long Bolts (qty 2)
 11. Medium Bolts (qty 2)
 12. Short bolts (qty 2)
 13. Washers (qty 6)
 14. Locking Nut (qty 6)
 15. End Caps (qty 2)
 16. Safety Shim
 17. Assembly wrench - open or closed version
 18. Medium Thick Bolt (qty 2)
 19. Nut with Rubberized Threading (qty 2)
 20. Locking washers* (qty 6)
 21. (Kids Package only) Silent carabiners (qty 2)
- * Some units include 4 bent washers that conform to the curved bar instead of locking or flat washers. All types work equally well.



Specifications

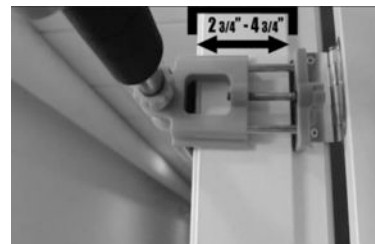
- Fits standard door frames: 25" to 36" wide



- Door trim width (see picture): 2 3/4 - 4 3/4 inch*

* Use the extended vise grip locks (sold separately) for doorways with door trim width: 4 3/4 - 6 3/4 inch

*Door trim width is measured from the *Door Jamb* (ridge where your door closes against) to the front of your front trim).



Will Gorilla Gym Fit My Doorway?

1. Fits these standard doorway openings

Minimum 36" (91 cm) space for the steel bar length

Door frame opening: 25" to 36" (63 - 92 cm)

Measure the side **OPPOSITE** your door

Front: Opposite of Door

2. Doorway trim must stick out

Minimum 1/2" (6.35cm) trim

Minimum 2.5" (6.35cm) Spacing between frame and ceiling

WARNING: Do not attempt to install on doorways that have no trim!

Measure the trim on the door side

Back: Door Side

3. Fits these standard frame thicknesses

Measure from door jamb to front trim

Door Jamb = Small flat ridge that your door closes against

Standard Vise Grip Lock: 2.75" to 4.75" (7 to 12 cm)

Optional Extended Vise Grip Lock: 4.75" to 6.75" (12 to 17 cm)*

*You must request extended locks when ordering

Common measurement errors

Side

- Maximum supported weight (Gorilla Gym): 300 lbs
- Maximum supported weight for attachments:
 - Pull-up extender: 240lbs
 - Ab straps: 200lbs
 - Fight station: 80lbs
 - Swing: 200lbs
 - Toddler swing: 30lbs
 - Swing deluxe: 30lbs

Assembly Instructions

CAUTION: Carefully read and understand all of the following directions for proper installation before you begin.

Watch the assembly instructions video: <http://gorilla-gym.com/gorilla-gym-assembly-video/>

Tighten nuts and bolts with the enclosed assembly wrench



- 1) Attach the two Main Support Bar halves (3 and 4) together with the two Short Bolts (12), washers (13), and nuts (14).

Note: Use of the locking washers here is optional



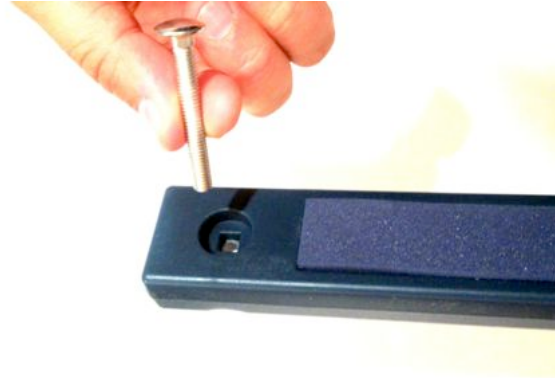
Match the head (square base) of the bolt with the square opening.

Note: When assembled, the two screws connecting the horizontal bar will be off center.



- 2) Attach the two curved bars to the horizontal plastic bar using the medium bolts (11), washers (13), locking washers* (20), and nuts (14). ***Don't over-tighten because it is just plastic.***

Make sure the head (square base) of each bolt goes on the padded side of the plastic bar.



- 3) Connect the two curved bars (1) to the Main Support Bar using the Long Bolts (12). The curved bars (1) should be nested in the plastic stabilizers (8) on the main support bar (3,4).

Use the Long Bolts (12) to connect all three of these surfaces together with the head square base of the bolt threaded through underneath so the square hole matches with the square base of the bolt. Then use the washers (13), nuts (14), and locking nuts (20) to finish the attachment connection at the top. When finished, all the nuts/washer end points should be facing upward.

Note: You must match the head (square base) of the Long Bolts (12) to the square openings on the main support bar to ensure proper fit.



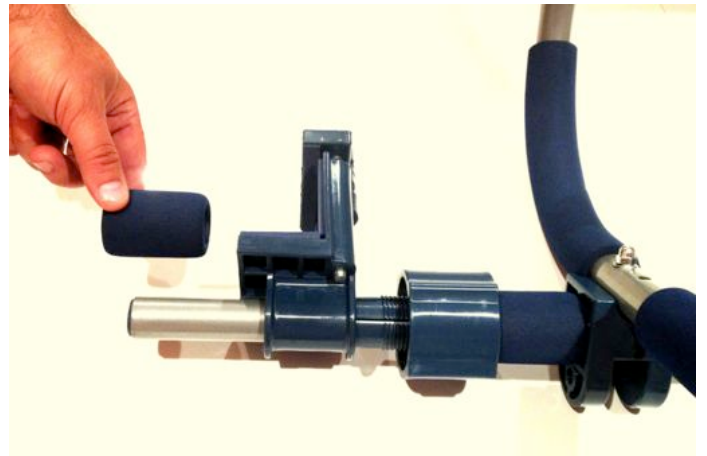
4) Connect each Vice-Grip (5) with the shallower end of the tightener (7) turning onto the threads of each Vice-Grip. The deeper end of the tightener should be on the outside.

Note: Make sure you double check that the deeper end of the tightener is on the outside and the shallower end is on the inside.

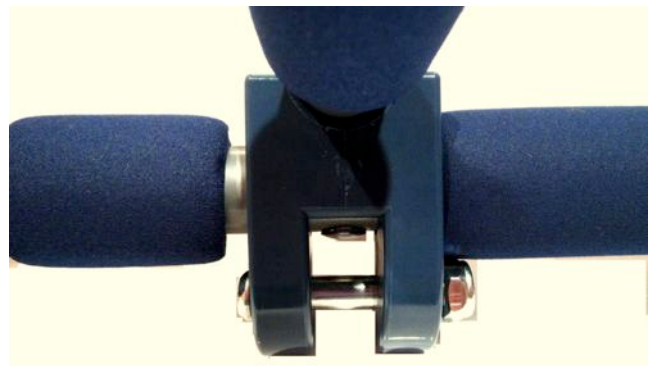


5) Slide the Vise-Grips (5) onto each end of the long horizontal bar (3 + 4) so that the bar tightener (7) is on the inside.

Note: You can place the removable padded grips (9) either inside or outside the Vise-Grips depending on your door frame width.



6) Put the thick bolts (18) through the stabilizers (8) with the nut with rubberized threading (19) on the inside part. Hand-tightening the nut is enough and a little extra space on the thick bolt is okay. Since the nut features rubberized thread, there is no need to use a wrench to over-tighten.



7) Once you have assembled your Gorilla Gym, make sure all the nuts and bolts have been securely fastened with the enclosed assembly wrench, tighten wherever necessary.

Installation

(watch the installation demo video: <http://gorilla-gym.com/how-it-works/installation-video/>)

Gorilla Gym attaches and removes from most standard door frames in seconds but make sure your door frame and the moldings around it are safe, secure, and solid. If you see any breaks or weakness in the frame or surrounding moldings, your Gorilla Gym should not be used as serious injury may result. Once you are sure that the doorway you chose has the correct door moldings around it, you are ready to install.

1) Place the 'Safety Shim' (16) with the sharp end behind the middle door frame molding on the same side as the door hinge. Make sure it is inserted and secure behind the molding.

Note: In some occasions, the space between the wall and the door trim may be painted over so you won't be able to slide in the safety shim. In this case, you can press down the safety shim and the sharp tip will penetrate the paint or you can choose to install Gorilla Gym without the safety shim. The Safety Shim helps keep the Gorilla Gym in place while you secure the Vice-Grips on the sides of the doorway moldings. (See figure A). If installed correctly, Gorilla Gym is safe to use without the safety shim with most attachments. You must install the safety shim when using the Speed Bag.

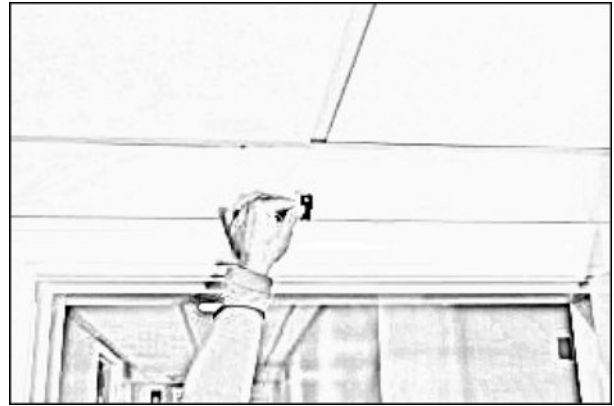


Figure A

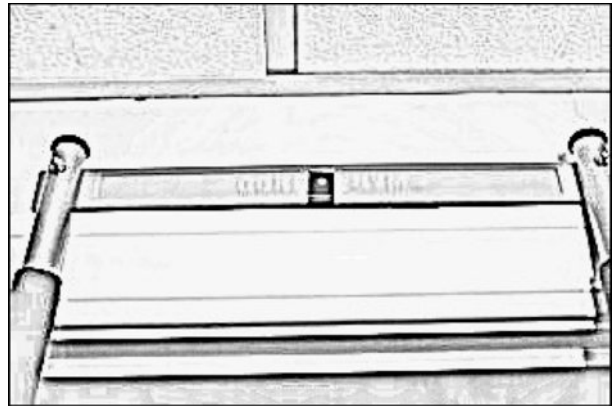


Figure B

2) Place the bottom of the Gorilla Gym's plastic bar (2) into the grasp of the Safety Shim while moving the Gorilla Gym to rest onto the top of the door frame. (See fig. B). This allows the long horizontal bar (3 + 4) to rest momentarily on the outside of the doorway trim with the Vice-Grips (5) hanging in between.

Note: The horizontal bar must be installed on the opposite side of the door (see figure C).



Figure C

3) Make sure Vice-grips (5) are open wide enough (unscrew the adjuster if needed to open the vise grips wider). Next guide the open Vice-Grips on both sides to fully slide flush against the interior door molding trim (See figure D).

First on one side, make sure the Vice grips align with the interior doorway trim.

Remember: The vise grips only need to attach from door jamb (little ridge your door closes against) to outer trim NOT from outer trim to outer trim

Tighten the Vice-Grips with the Adjuster (6) until contact is tight with the interior doorway trim. Repeat with the other Vise-Grip on the other side of doorway. (See Figure E). DO NOT OVERTIGHTEN with the Adjusters (6) as this might damage your interior doorway trim.

After both vise-grips are secured on each side, tighten each vise grip with the Tightener (7) to secure their position on the long horizontal bar. (See figure F).

Note: IT IS IMPORTANT that you tighten each Vise-Grip so no side-to-side movement by the Vice-Grips is possible.

CHECK: Hold and shake the Gorilla Gym for any evidence of loose movement and to make sure the unit is securely installed into the door frame. If it is loose, recheck your steps and make sure Vise-grips are correctly aligned and tighten with the adjuster and tightener.

Figure G shows how Gorilla Gym should be mounted properly.

There, you are done! It takes 10 minutes to assemble the Gorilla Gym and seconds to install.

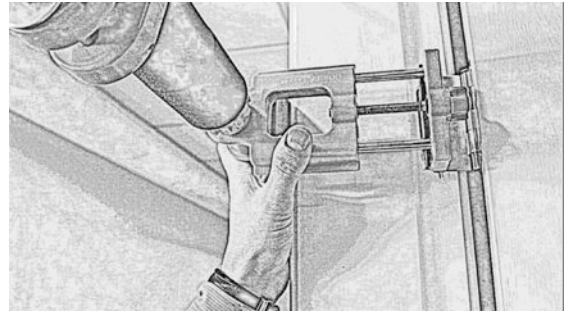


Figure D

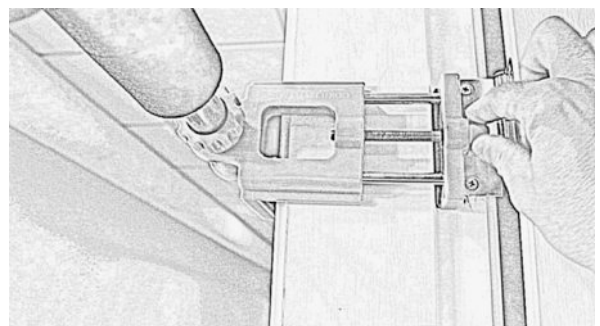


Figure E

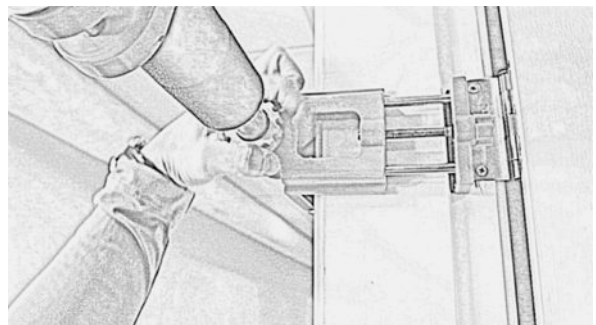


Figure F



Figure G

Congratulations on purchasing the Gorilla Gym! Get fit and have fun in the comfort and convenience of your own home. Install the Gorilla Gym Family Fitness Hub in your own doorway in seconds without tools or drilling. Our patented Vice-Grips add stability to allow you to perform a wider variety of exercises with a larger range of motions such as pull-ups, chin-ups, swinging arm, ab, and shoulder exercises. Add multiple attachments for additional exercises and activities for men, women, and children such as boxing, yoga, and swinging. Gorilla Gym is an affordable, compact multi-function home gym designed for busy people who don't want to fill up their home with expensive single-function exercise equipment. Compact, lightweight, professional quality steel frame supports up to 300 pounds (weight limits vary for optional attachments). Gorilla Gym provides something for everyone in the family.

Gorilla Gym Attachments (sold separately)



Pullup Extender

The Pullup Extender allows additional space away from the door plane for taller people and allows for a wider variety of pull-ups and hand positions.

Assembly

Connect each half of the extender bars with the 2 sets of nuts, bolts, and washers. (See Figure H)

Installation (see demo video)

<http://gorilla-gym.com/pullup-extender-installation/>

Remove the plastic pipe end caps of the Gorilla Gym's curved pipes. Align and attach the two connector pipes into the ends of the curved

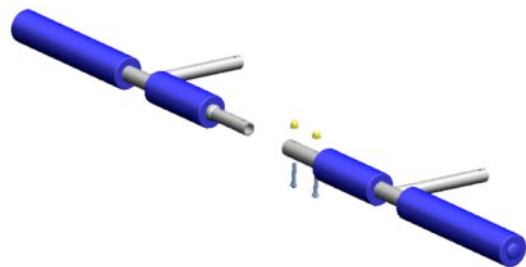


Figure H

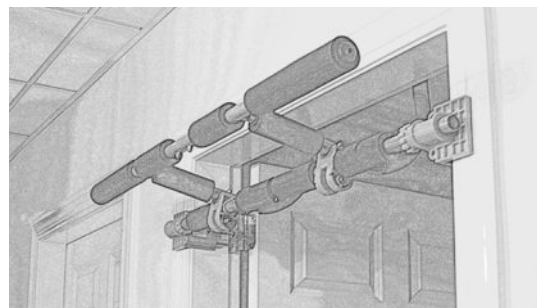


Figure I

Gorilla Gym pipes until the locking metal buttons snap into place (see fig. I).

Note: Check to see that all connections are solid and that nuts, bolts, washers etc. have been tightened properly. Check to see that the connections are solid by holding, pulling, and swaying the connected pipes back and forth.

Ab Straps

The Ab Straps allow hang and swing for a complete core workout

Assembly and use

The Ab Straps are hung over the curved handle bars (figure J). To use, insert your arms in the ab straps with your upper arm (just above the elbow) resting on the ab straps while you hold tightly the curved bars handles (see figure K).



Figure J



Figure K

Air Straps

(see how to attach: <http://gorilla-gym.com/aistraps-installation/>)

Air Straps allows for an anti-gravity workout that engages all 11 of your muscle groups. They attach right onto the stabilizers with a simple snap of the carabiner. Simply attach the short straps to the carabiner of the long strap. Then clip the carabiner to the thick bolts on the stabilizers. Next, you can adjust to your desired arm and foot length by pulling on the loose ends of the straps.



Just adjust to your desired arm and foot lengths, put your hands and feet through our patented straps. You will be airborne and able to perform multiple non-impact exercises that engage all muscle groups. Use extreme caution when doing these cardio intensive exercises and make sure your doctor has approved such cardio exercises.



Fight Station Attachment

Designed to hold a 50+ pound (20 kg) boxing heavy bag as well as a speed bag assembly.

Installation

demo video:

<http://gorilla-gym.com/fight-station-installation/>

Remove the pipe end caps of the Gorilla Gym's curved pipes. Align and attach the Fight Station Attachment pipes into the ends of the curved Gorilla Gym pipes until the locking metal buttons snap into place. (See Figure M)

Check to see that the connections are solid by holding, pulling, and swaying the connected pipes back and forth.

Attach the heavy bag with a carabiner to the hook at the tip of the fight station (see figure N).



Figure L: Fight Station attachment

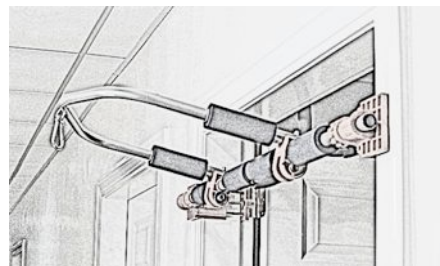


Figure M Figure N below



Figure N

NOTE: Ensure that the vise grips tighteners (7) are tightened all the way (see figure F)



Optional Silent Carabiner Installation (Kids Package Only):

2 Silent Carabiners are included with most Kids Packages to facilitate quick swaps of the different kids attachment (swing, ladder, rings, trapeze). Each carabiner is fitted with a nylon silencer to minimize noise when using the attachments.

To install, you need to remove the nuts and bolts on each stabilizer and thread the each carabiner through the stabilizer bolts.

Hand-tighten each rubberized nut (you do not need to use tools)

Kids attachments can be snapped on or off the carabiner.



Swing



Figure O: Swing

Assembly

The swing is attached by passing the swing rope through the stability blocks (8) and is secured with the tightening pins/bolts (13,14). See figure R.

(watch the installation demo video:
<http://gorilla-gym.com/swing-installation/>)

(see how to adjust the swing height:
<http://gorilla-gym.com/swing-height-adjustment/>)

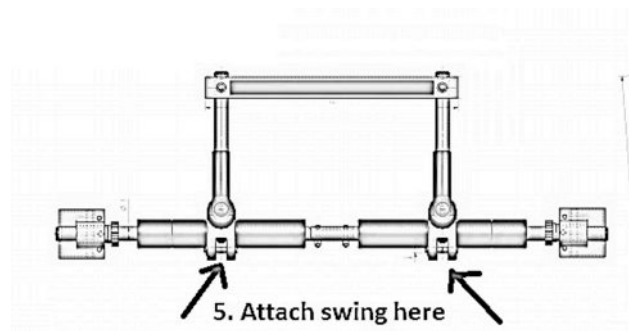
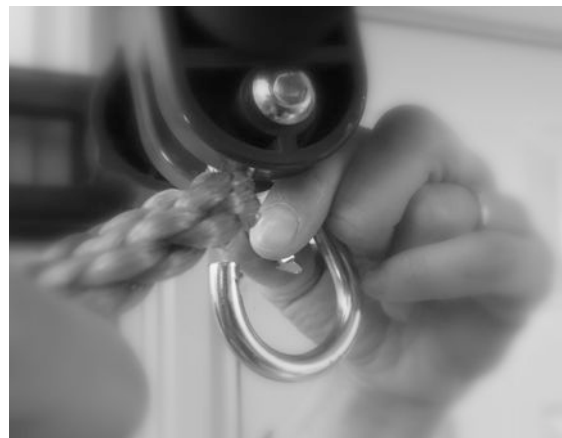


Figure R

(Attach to the optional silent carabiners)

If you have purchased the kids package, you may also attach the swing by snapping the rope to the silent carabiners (see installation instructions above)

<http://gorilla-gym.com/silent-carabiners-use/>

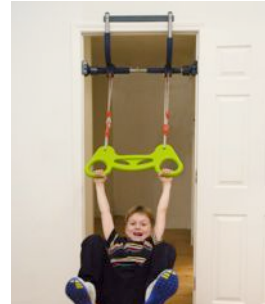


Trapeze

The trapeze attaches right onto the stabilizers by taking out the thick bolt and putting in the rope in place then putting the thick bolt & nut back in place. Kids can practice gymnastics or just hang and swing with their arms.

Please follow the instructions below before assembling the trapeze for the first time:

Extend both rope straps



Pinch the rope with one hand



Thread the pinched rope through the metal latch

Close the steel latch separator

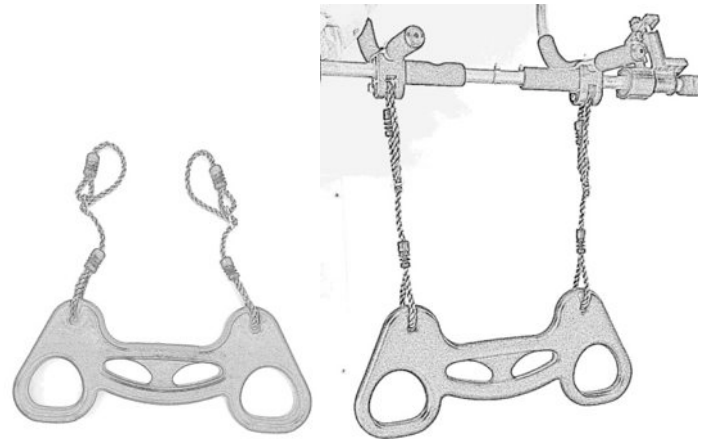


Repeat for the other rope strap

Attach to stabilizers through loops created by the latch

You need to remove the nuts and bolts on each stabilizer and thread the rope loops for each trapeze through the bolts.

Hand-tighten each rubberized nut (you do not need to use tools)



(Attach to the optional silent carabiners)

If you have purchased the kids package, you may also attach the trapeze by snapping the rope loops to the silent carabiners (see installation instructions above)

(Installation demo: <http://gorilla-gym.com/trapeze-installation/>)

Rope

(Installation demo: <http://gorilla-gym.com/rope-installation/>)

Simply swing the side of the rope with the carabiner side over the main horizontal bar and then pinch the rope with the carabiner thus securing the rope. Test the connection and your child is ready to practice climbing, swinging, and playing jungle indoors.



Rings

The rings attach right onto the stabilizers by taking out the thick bolt and putting in the rope in place then putting the thick bolt & nut back in place. Your kids are ready to start with some fun gymnastics.

(Attach to the optional silent carabiners)

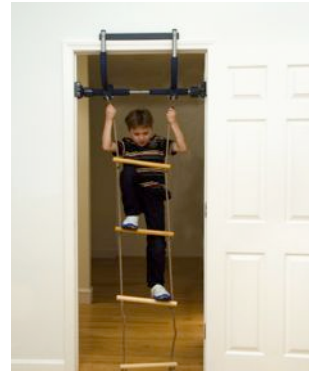
If you have purchased the kids package, you may also attach the rings by snapping the rope loops to the silent carabiners (see installation instructions above)



Ladder

(installation video: <http://gorilla-gym.com/ladder-installation/>)

The ladder attaches right onto the stabilizers by taking out the thick bolt and putting in the rope in place then putting the thick bolt & nut back in place. Now your kids are ready to climb around and have fun indoors.



(Attach to the optional silent carabiners)

If you have purchased the kids package, you may also attach the ladder by snapping the rope to the silent carabiners (see installation instructions above)

(installation video: <http://gorilla-gym.com/ladder-carabiners-installation/>)

Yoga Swing



- Traction and resistance create deeper poses
- Support and suspension protect joints

Yoga Swing

(watch the installation demo video: <http://gorilla-gym.com/yoga-swing-installation/>)

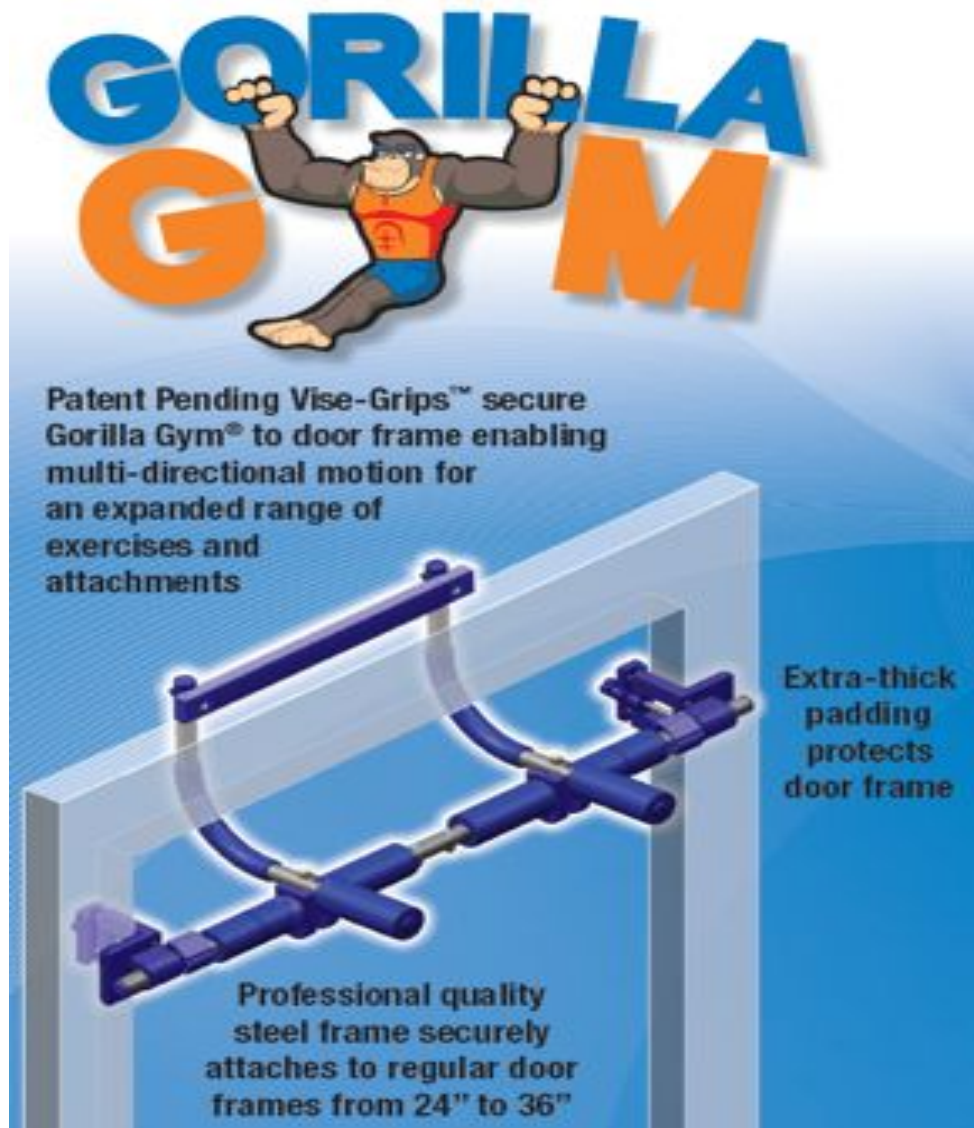
The Yoga Swing consists of 3 separate pieces:

- Yoga Swing Straps with 3 different lengths (2 sets). Each set is attached to a carabiner
- Body Hammock (each of the 2 ends has a carabiner)

1. Attach the Yoga Swing Straps by snapping the carabiner to the thick bolts on the stabilizers.
2. Attach the Body Hammock by snapping the carabiners on the thick bolts on the stabilizers next to the carabiners for the Yoga Swing Straps.

Other Gorilla Gym Attachments

Refer to the specific installation instructions enclosed with attachment.



PLEASE CONTACT US DIRECTLY WITH ANY QUESTIONS OR CONCERNS!
Please don't contact Amazon.com, or a web or retail merchant; you'll get much faster and better results from us—after all, it's our product!

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