



## World's Most Versatile Home Gym

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<https://gorilla-gym.com/owners-manual/>

Assembly Instructions Video:

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

Installation Videos:

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

<https://gorilla-gym.com/how-it-works/videos/>

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**Contact Gorilla Gym directly:  
(617)-440-4948 or *Service@Gorilla-Gym.com***

# 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.

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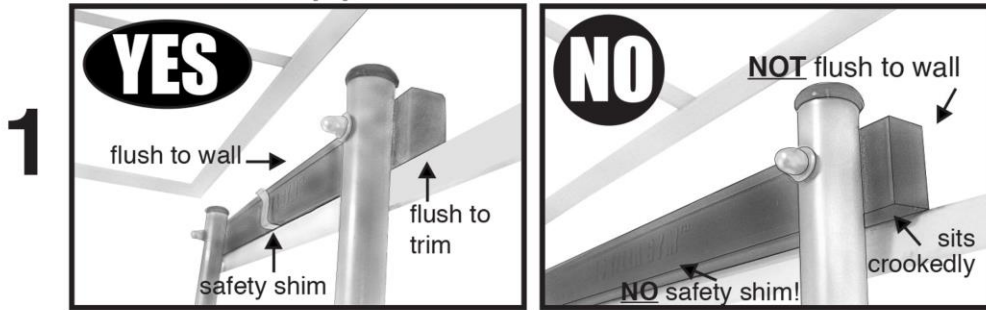
Go to [www.gorilla-gym.com](http://www.gorilla-gym.com) or e-mail us at [service@gorilla-gym.com](mailto:service@gorilla-gym.com) should you have questions about the safety information or if you need a replacement user manual.

# **SAFETY WARNING!!**

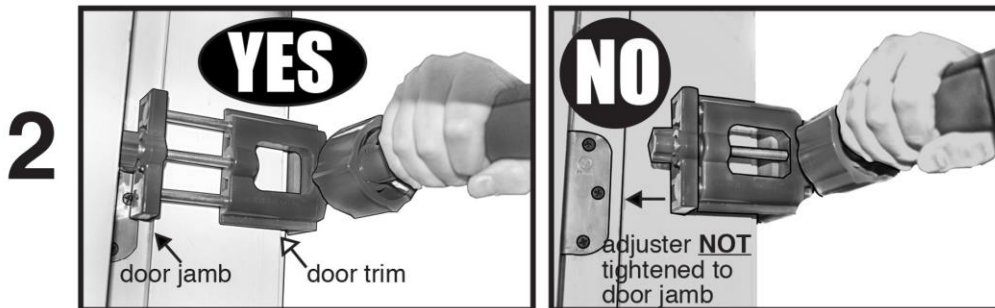
**FAILURE TO INSTALL CORRECTLY COULD LEAD TO SERIOUS INJURY!**

**WATCH INSTALL VIDEOS: [Gorilla-Gym.com/installation-video](http://Gorilla-Gym.com/installation-video)**

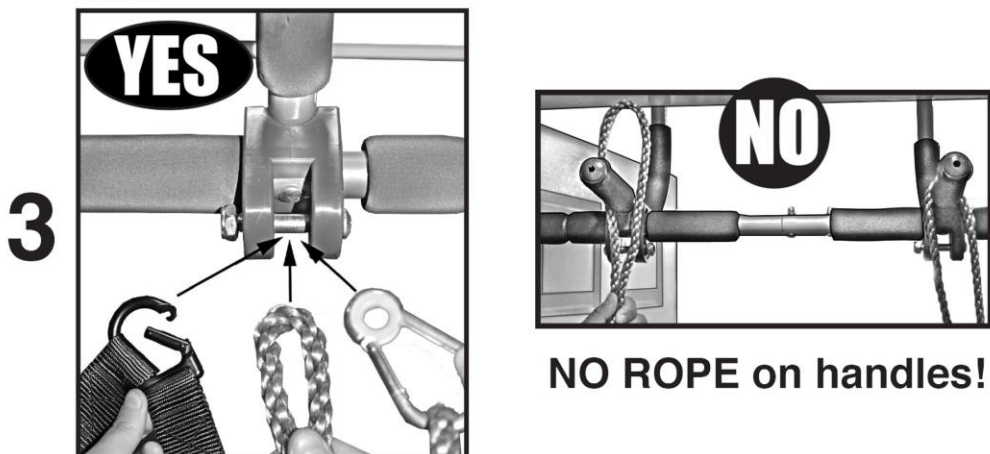
**1. Make sure top plastic bar is flush on trim and wall.**



**2. Make sure vise-grips grab both door jamb AND door trim. Pull to test.**



**3. Secure Kids' attachments & carabiners ONLY to the thick bolts.**



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**If you have any questions, please call: 617-440-4948**

# Contents

[Important Safety Information](#)

[Equipment Warning Label](#)

[Parts List](#)

[Assembly Instructions](#)

[Installation](#)

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.

- Maximum supported weight (Gorilla Gym): 300 lbs
- Maximum supported weight for attachments:
  - Kids attachments: 200 lbs.
  - Pull-up extender: 240 lbs.
  - Ab straps: 200 lbs.
  - AirStraps: 240 lbs.
  - Yoga Swing: 220 lbs.
  - Fight station: 80 lbs.

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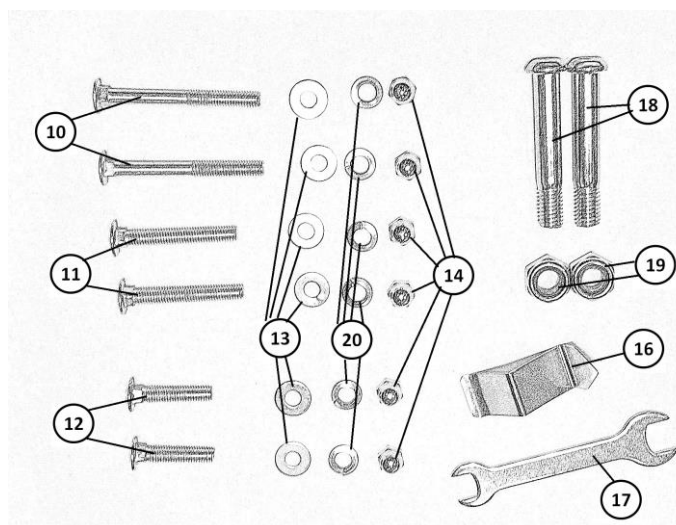
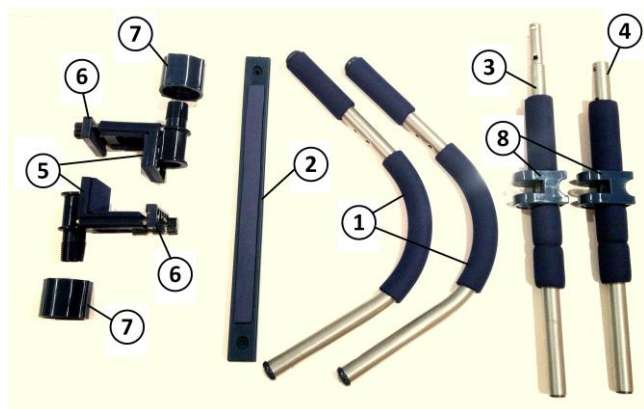
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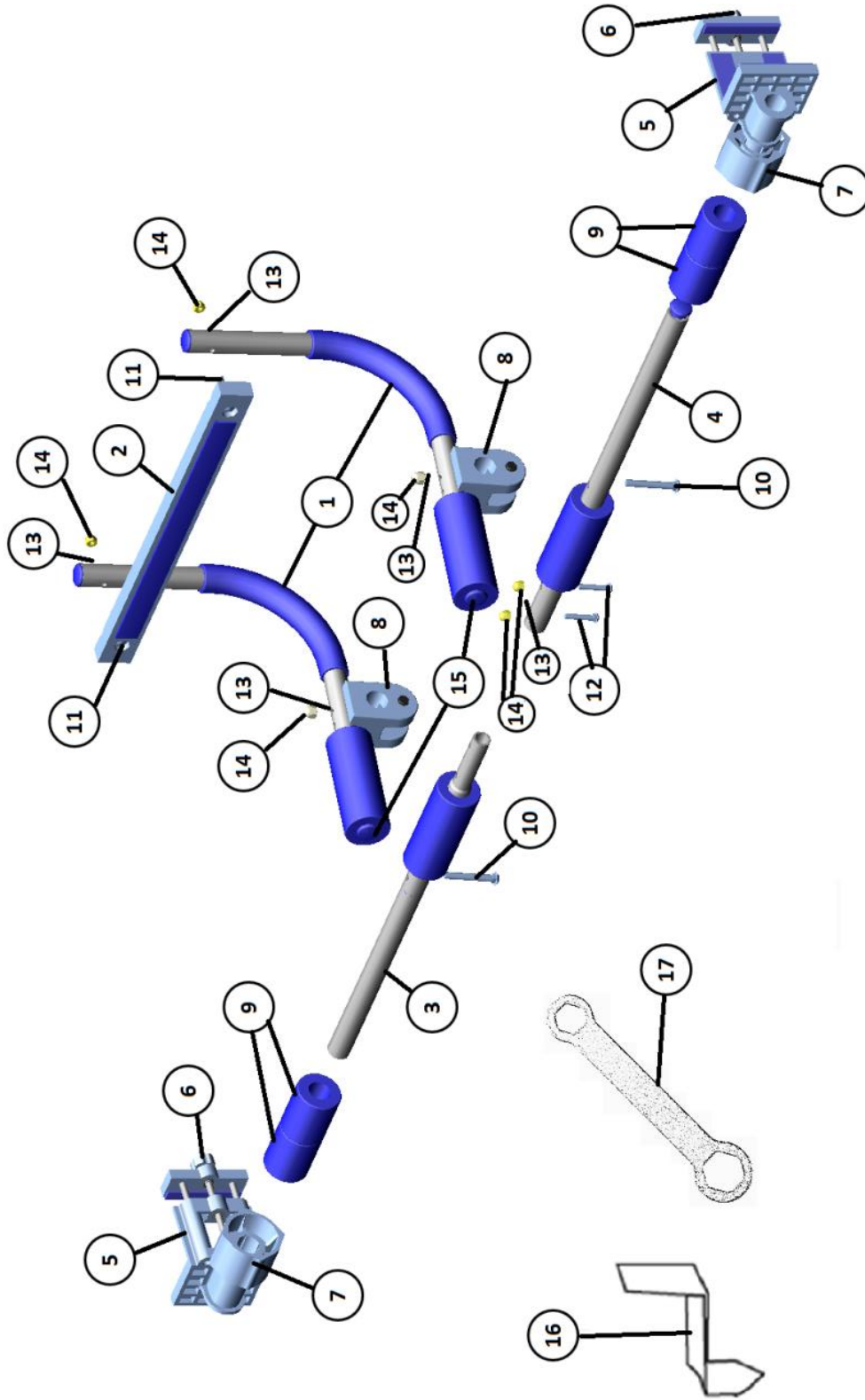
# PARTS LIST

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.*





**NOTE: Some parts come pre-assembled by the factory**

# 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/>

## STEP 1: Assemble the Main Support Bar (Parts 3 and 4)

(Note: The Stabilizers (part 8) typically are factory pre-assembled)



Use:

- 2x Short Bolts (part 12)
- 2x Washers (part 13)
- 2x Nuts (part 14)

*Note: Use of the locking washers (part 20) is optional*

Tighten nuts and bolts with the enclosed assembly wrench

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



*Note: When assembled, the two screws connecting the Main Support Bar will be off center.*

## STEP 2: Attach Curved Bars (1) to Horizontal Plastic Bar

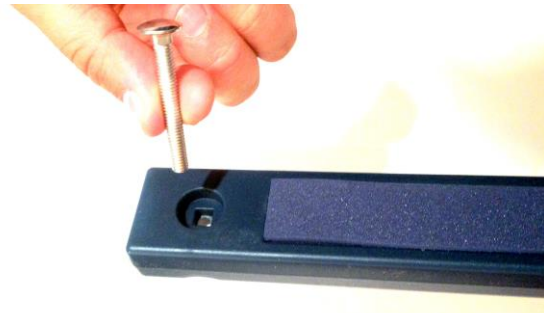
Use:

- 2x Medium Bolts (part 11)
- 2x Washers (part 13)
- 2x Locking Washers (part 20)
- 2x Nuts (part 14)

(Note: Some units come with bent washers instead of washers and locking washers)

***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.



## STEP 3: Connect Curved Bars to the Main Support Bar

Use:

- 2x Long Bolts (part 12)
- 2x Washers (part 13)
- 2x Locking Washers (part 20)
- 2x Nuts (part 14)

(Note: Some units come with bent washers instead of washers and locking washers)

The curved bars (1) should be nested in the plastic stabilizers (8) on the Main Support Bar (3,4).

*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.*



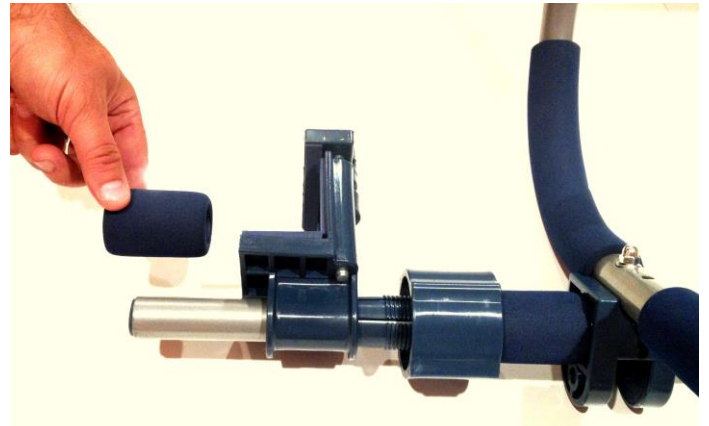


## STEP 4: Slide the Vise Grips (5,6,7) on the Main Support Bar

Vise Grips (x2) are factory pre-assembled (parts 5, 6, and 7)

The Vise Grip Tightener (part 7) must be on the inside.

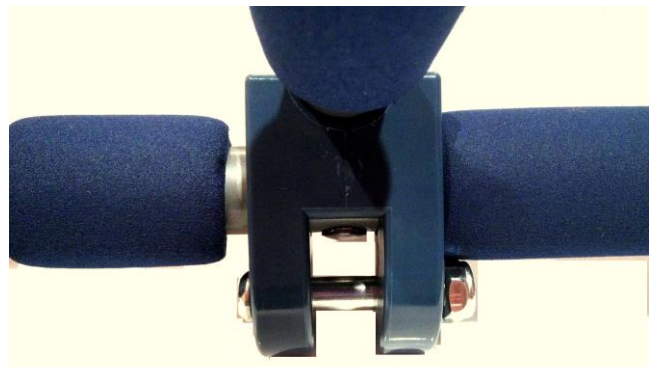
*Note: You can place the removable padded grips (9) either inside or outside the Vice-Grips depending on your door frame width.*



## STEP 7: Put Thick Bolts (part 18) Through the Stabilizers (8)

The Nuts with Rubberized Threading (part 19) should be on the inside part.

- Hand-tighten
- No need to use a wrench to over-tighten



Note: When finished, check unit to ensure that all nuts have been properly tightened. Re-tighten if necessary (use enclosed wrench – Part 17).



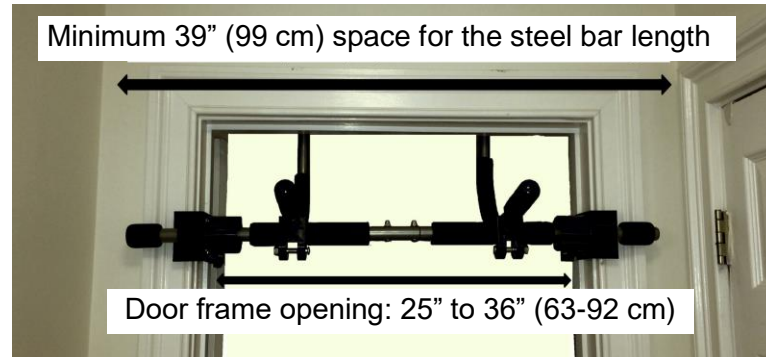
# INSTALLATION

Watch the installation demo video:

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

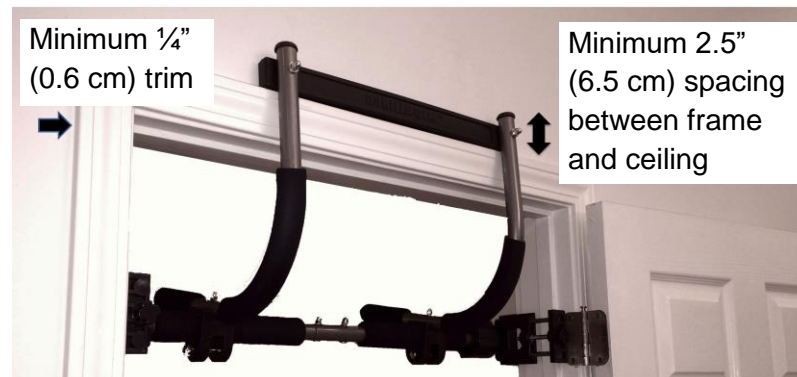
## STEP 1: Find a Suitable Doorway

### 1. Fits these standard doorway openings



FRONT SIDE:  
Opposite of Door

### 2. Doorway trim must stick out



#### **WARNING:**

Make sure your door frame and the moldings around it are safe, secure, and solid.

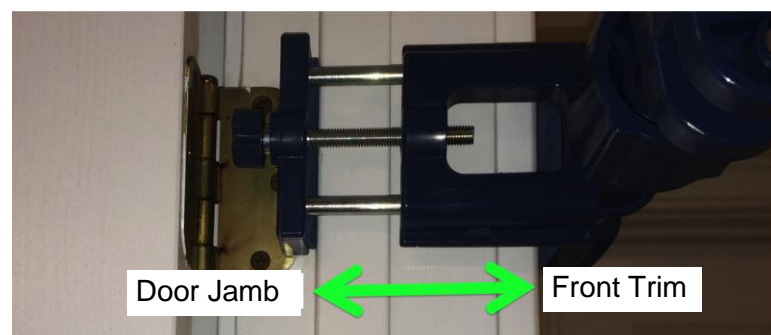
Do not attempt to install on doorways that have no trim!

BACK SIDE:  
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)\*

\*Order separately

INSIDE:  
Side of Doorframe Opening

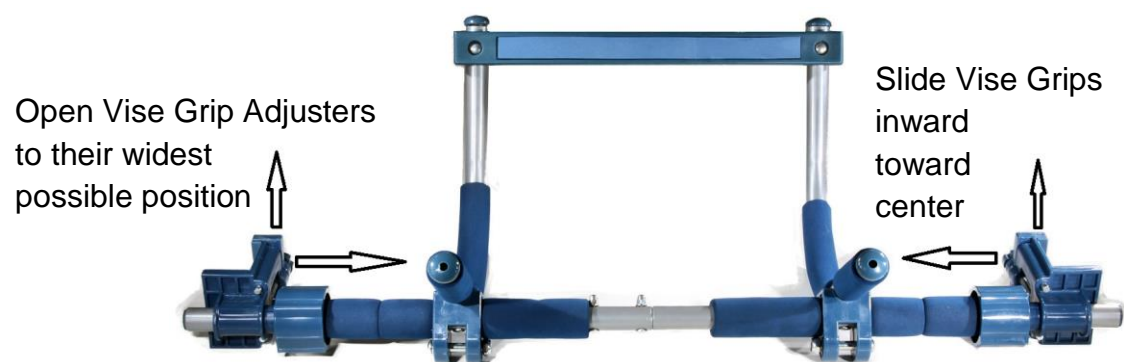
## STEP 2: Wedge the Safety Shim (part 16) between the wall and trim

The sharp end should go behind the trim. Use a hammer if necessary.

The Safety Shim keeps Gorilla Gym in place while you secure the Vice-Grips. The Safety Shim also reduces the risk of falling if the Gorilla Gym is uninstalled properly.

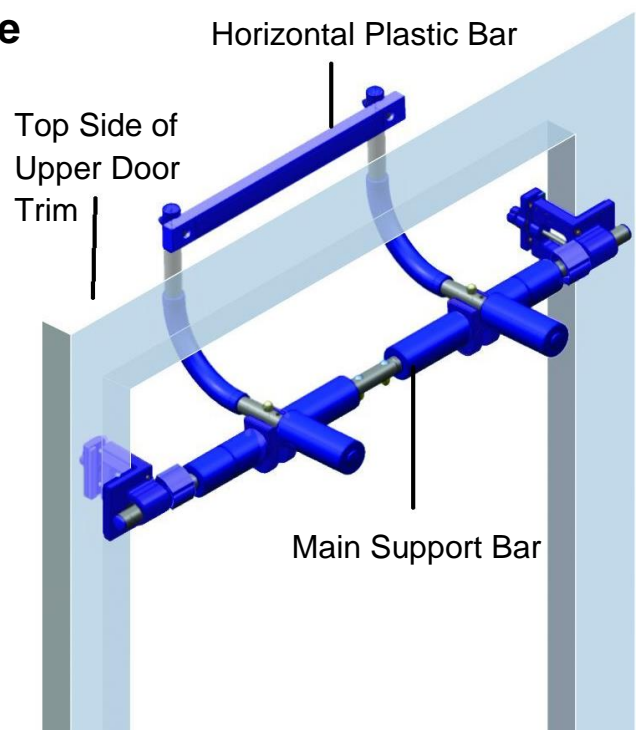


## STEP 3: Prepare Gorilla Gym for Installation



## STEP 4: Mount Unit on Door Frame

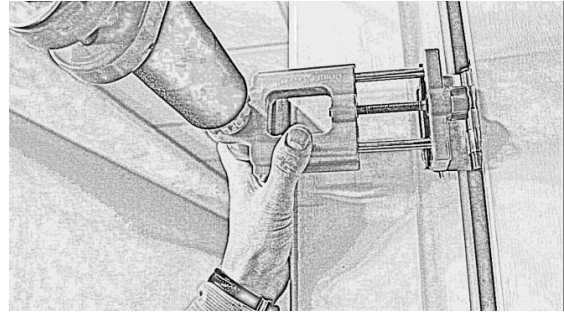
- Stand in front of doorway (opposite the door)
- Reach under the door and place the Horizontal Plastic Bar (part 2) on top of the back-side door trim (door side) in the grasp of the safety shim
- Allow the Main Support Bar (parts 3.4) to rest on the outside of the doorway trim with the Vice-Grips (5) hanging in between.



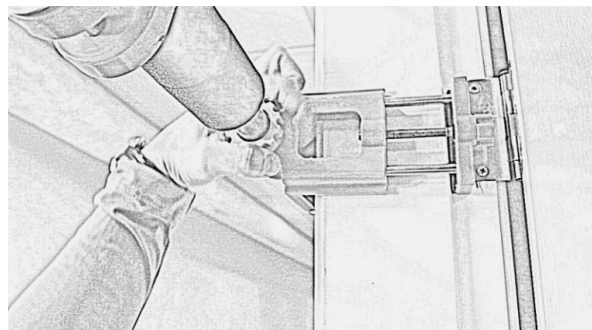
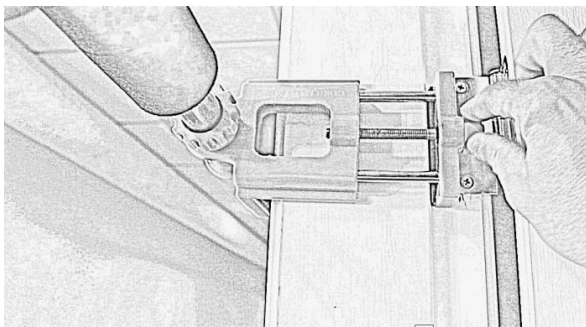
## STEP 5: Push out the Vise Grips and fit to door frame

Push both sides out until making contact with the door frame.

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



## STEP 6: Tighten Adjusters and Vise Grip Tighteners



**IMPORTANT: Vise Grip Locks MUST grab the back side of the door jamb. Make sure you verify!**

Tighten Vise Grip Tighteners

DO NOT OVERTIGHTEN the Adjusters (6) as this might damage your interior doorway trim.

## STEP 7: Verify that Gorilla Gym is installed correctly

Grab the Main Support Bar and pull and shake sideways in each direction.

If there is any loose movement, you need to reinstall before it is safe to use Gorilla Gym.



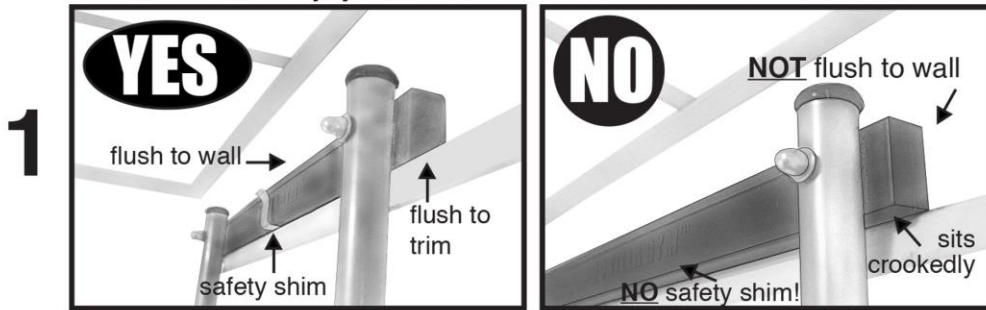


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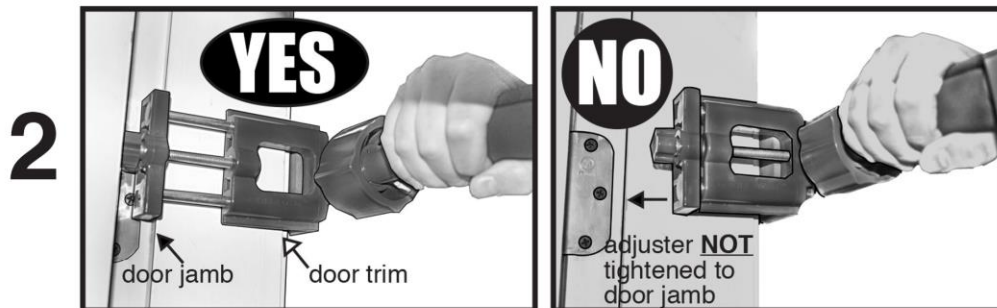
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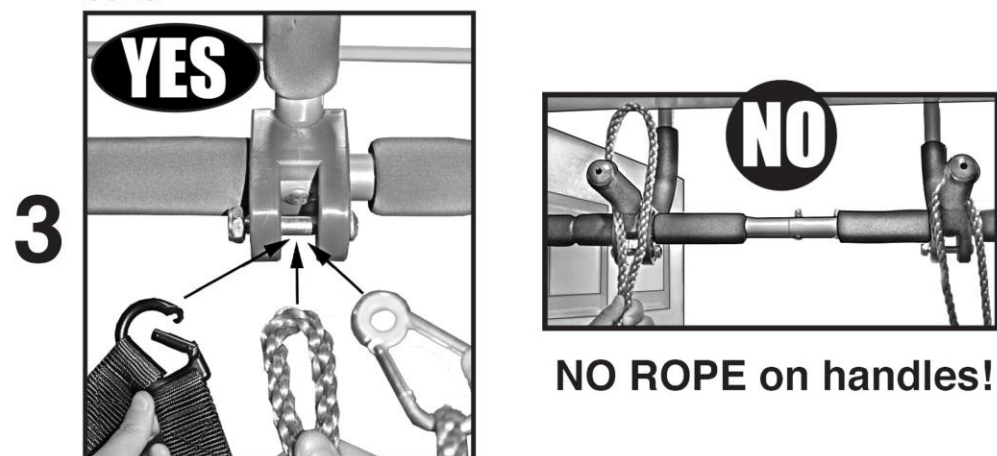
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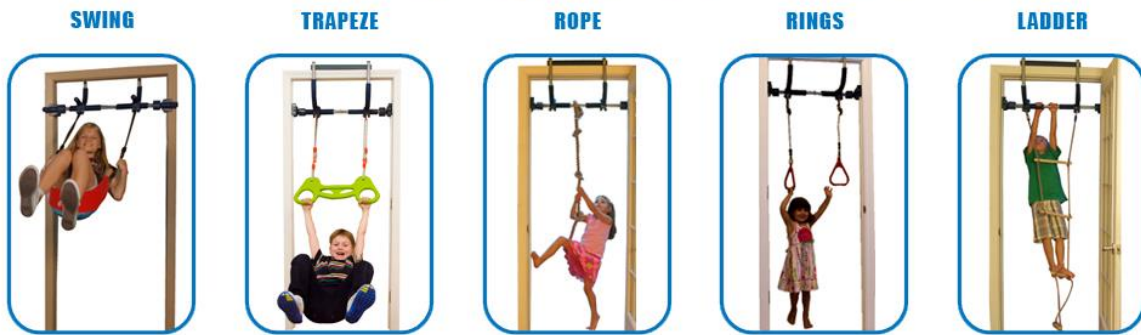


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## KIDS ATTACHMENTS (SOLD SEPARATELY)



### (Optional) SILENT CARABINER (Kids Package Only):

2x 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.

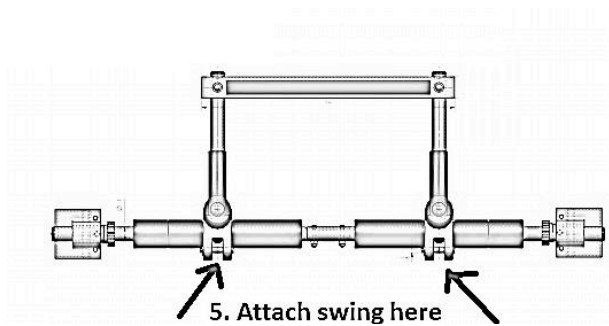


Hand-tighten each rubberized nut (you do not need to use tools)

Kids attachments can be snapped on or off the carabiner.



## SWING



### Assembly

Pass the swing rope through the stability blocks (8) and is secure with the Thick Bolts (13,14).

Watch the installation demo video:  
<http://gorilla-gym.com/swing-installation/>



Height Adjustment Demo Video:  
<http://gorilla-gym.com/swing-height-adjustment/>

## RINGS



Take out the Thick Bolts, thread rope in stabilizers, and put Thick Bolts back in place

Installation Demo:  
<http://gorilla-gym.com/rings-installation>

## LADDER



Installation Demo:  
<http://gorilla-gym.com/ladder-installation>

## ROPE

Loop the loose end of the rope around the Main Support Bar and through the big loop at the other end of the rope

Installation Demo Video:  
<http://gorilla-gym.com/rope-installation>



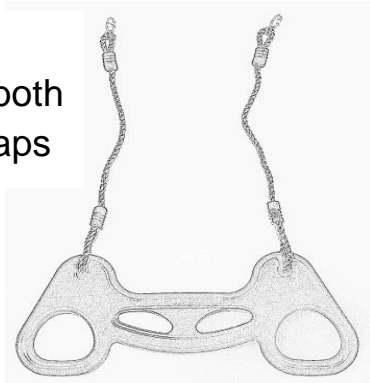
# TRAPEZE

Installation Video:

<http://gorilla-gym.com/trapeze-installation/>



**Step 1:**  
Extend both  
rope straps



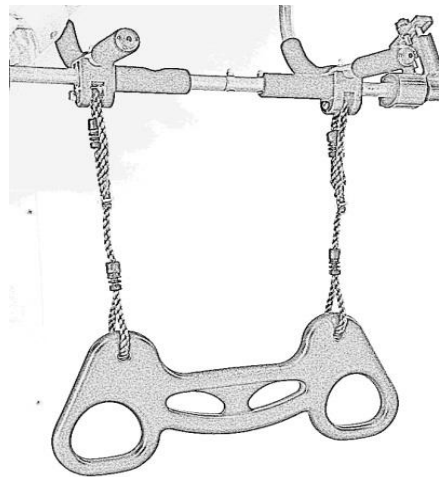
**Step 2:**  
Pinch the  
rope with  
one hand



**Step 3:**  
Thread the  
pinched rope  
through the  
metal latch.  
Close the  
steel latch  
separator.



**Step 4:**  
Attach to  
stabilizers  
through  
loops  
created by  
the latch.



## ***(Attach to the optional silent carabiners)***

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

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

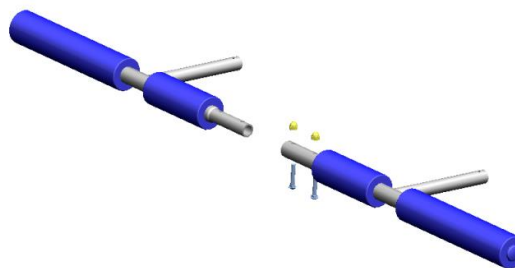
## FITNESS ATTACHMENTS (SOLD SEPARATELY)



### PULL-UP EXTENDER

#### Assembly

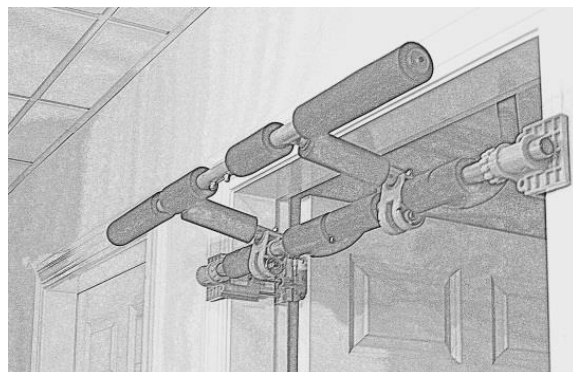
Connect each half of the extender bars with the nuts, bolts, and washers.



#### 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 Gorilla Gym pipes. Lock metal into place.



### AB STRAPS

Hang over the Curved Handle Bars. 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 bar handles.





## AIR STRAPS

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

Adjust to your desired arm and foot lengths, put your hands and feet through our patented AirStraps.



## BOXING YOGA & MARTIAL ARTS (SOLD SEPARATELY)

### Fight Station



- Heavy Bag for Martial Arts and Fight Training
- Speed Bag Assembly for Strength and Agility

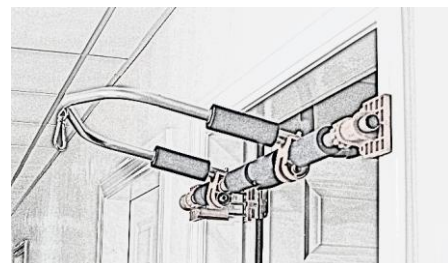
## Installation

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.

*NOTE: Ensure that the vise grips tighteners (part 7) are tightened all the way*





## Yoga Swing



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

### YOGA SWING

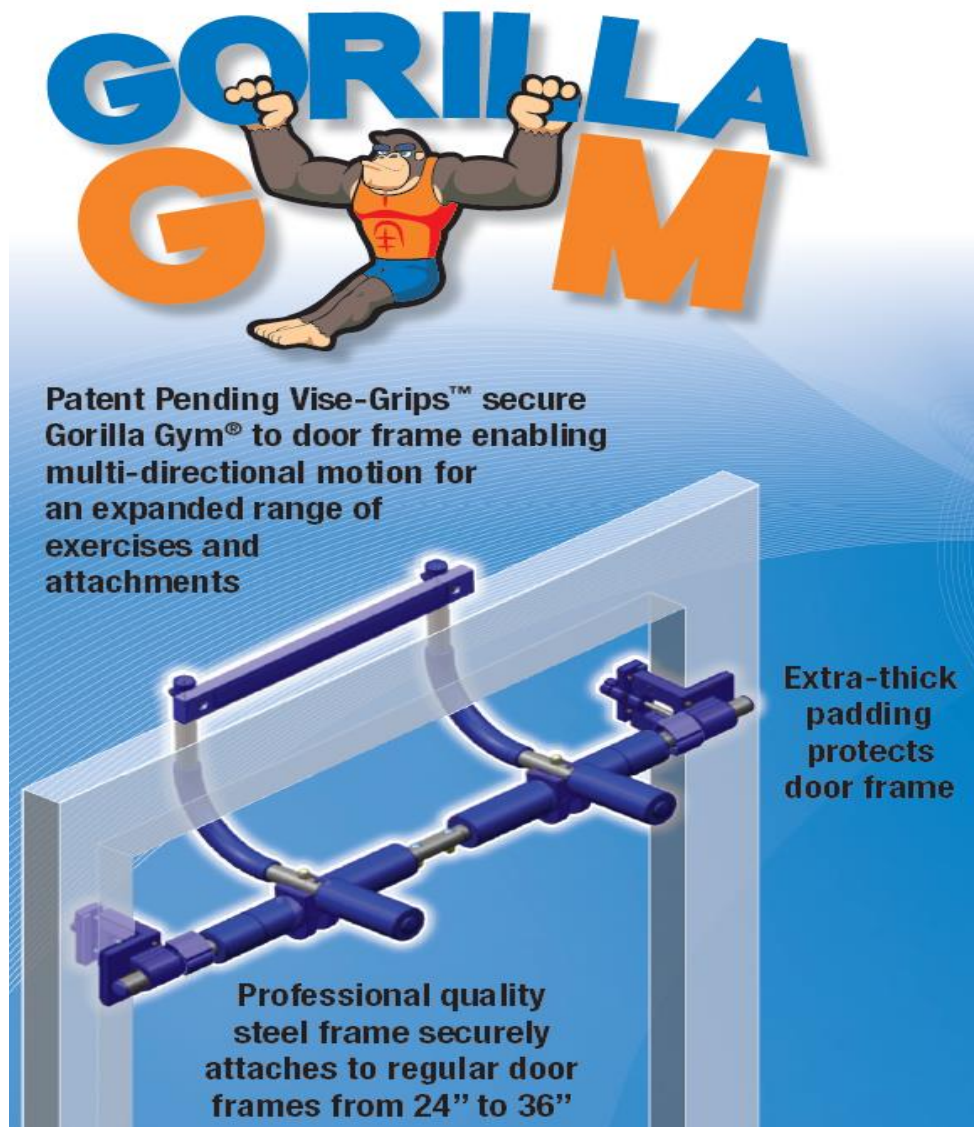
(watch the installation demo video: <http://gorilla-gym.com/yoga-swing-installation/>)

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.



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