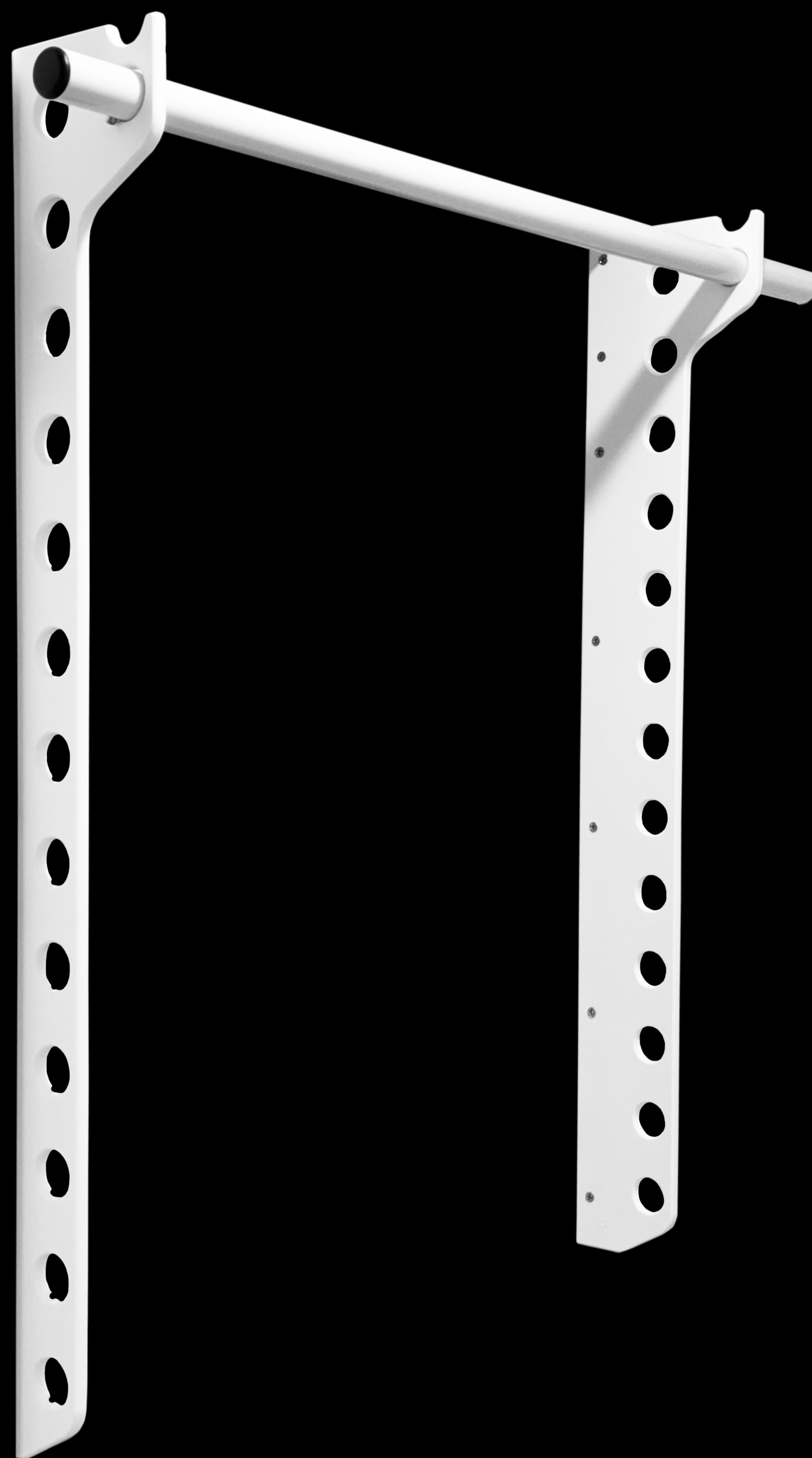




KIDSTRONG DOOR SYSTEM INSTALLATION GUIDE



To ensure safe operation, please review this installation guide before installing or using your KidStrong® Door System. Save this for as long as you own this product.



IMPORTANT SAFETY INFORMATION AND INSTRUCTIONS FOR USE

Read, understand, and follow all instructions and warnings to avoid serious injury or death.

- › Use of this product by children requires ADULT SUPERVISION at all times.
- › For use by children 3 to 11 years old weighing 150 pounds or less.
- › CHOKING HAZARD. Small parts. Not for children under 3 years old.
- › This product is designed for use by one child at a time.
- › As with all exercise and fitness training, check with child's medical professional and follow his/her advice regarding the child's use of this product and related exercise program.
- › Use KidStrong accessories only. DO NOT permit use of objects that will increase child's risk such as pet leashes, belts, ties, strings, jump ropes, cords, cables, chains, clothing, weights, or any other product not tested and authorized by KidStrong for use with this product.
- › Do not use more than one KidStrong accessory at a time.
- › Install this product as directed in the installation guide. Do not alter, modify, or change the design. Do not use substitute or modified parts.
- › Do not install in a location other than a clearly visible interior door opening with a safe, stable, even, and unobstructed landing surface.
- › This product is intended for indoor home use only. Do not use in public gyms, schools, health clubs, hotels, or any other non-residential environment.
- › This product is not a toy. It is fitness equipment intended for use with a supervised science-based exercise curriculum for children.
- › Before EACH USE, **the supervising adult must:**
 - › Inspect for secure and proper functioning. Do not permit use if unstable, if there are loose, worn, or missing parts, or if there is damage to product or door frame.
 - › Secure child's long hair and remove drawstrings, jewelry, loose clothing and accessories, including anything that can catch around child's neck or other body part. Do not permit use by child if there is risk of entanglement or strangulation.



- › Ensure child is prepared and able to safely use this product by, among other things,
 - › having the required upper body and hand strength,
 - › being able to understand and follow instruction by supervising adult,
 - › being properly dressed for exercise using this product,
 - › having prior instruction on proper technique and use of equipment to prevent injury and/or entrapment, and
 - › approval of child's parent, guardian, and medical professional.



PARENTAL SUPERVISION REQUIRED AT ALL TIMES*

*THIS INCLUDES SOME ADULTS
WHO THINK THEY ARE STILL KIDS

ASSEMBLY INSTRUCTIONS:

CAUTION: Qualified installation professionals should carefully read and understand all of the following directions for proper installation prior to beginning installation.

1. Select which door frame you will install the KidStrong Developmental Door System. Make sure to select a door frame that has sufficient unobstructed space on each side of the door frame for (C) Attachment Bar and (D) Pull-Up Bar to be installed.

Unobstructed Installation



**Sufficient clearance must exist to the left and right of door frame brackets to enable Pull-Up and Attachment Bar Insertion.*

Obstructed Installation



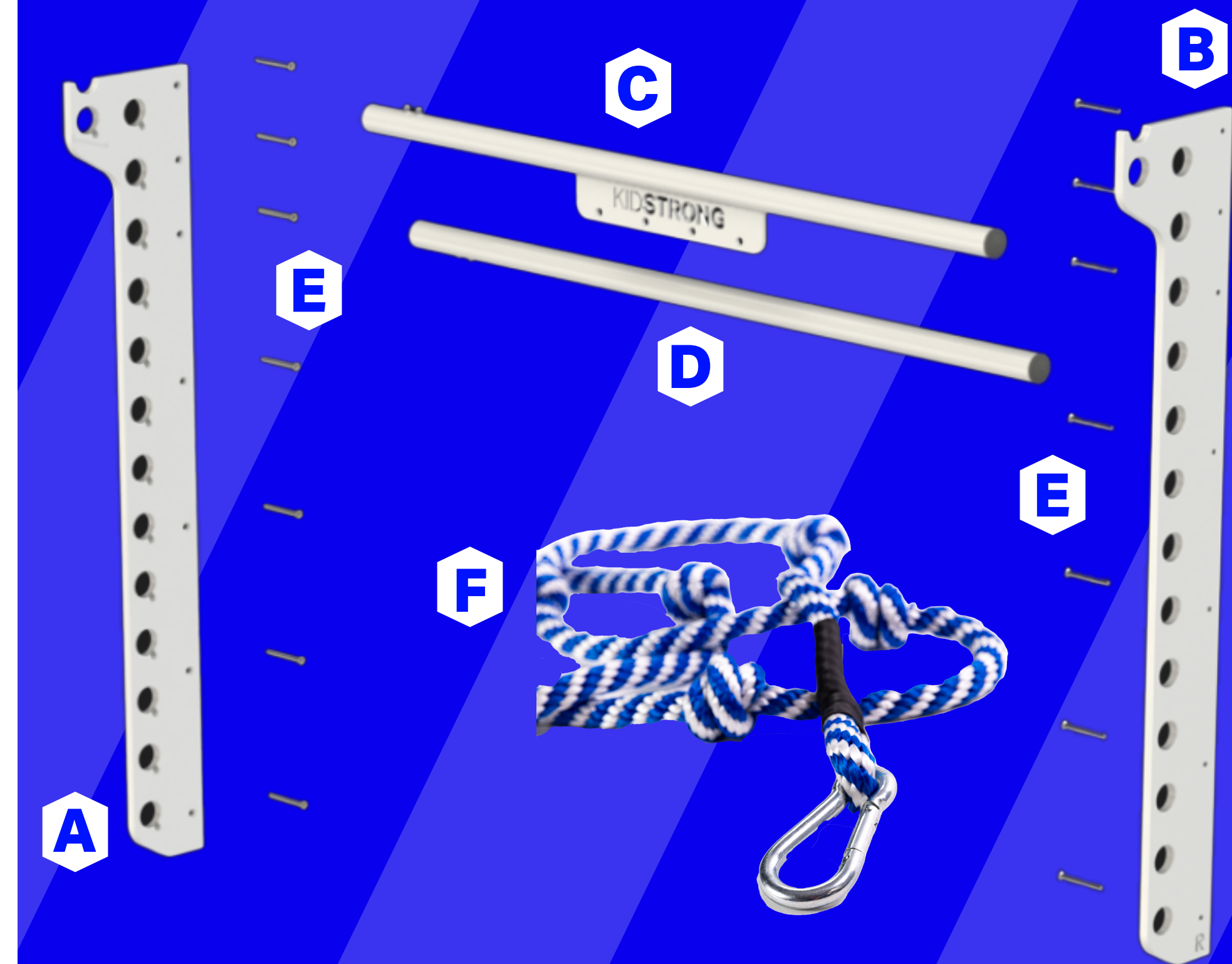
**Door frames in hallways or with one or more right angle walls abutting will not allow Pull-Up and Attachment Bar to be inserted.*

2. Unpack your KidStrong Developmental Door System and lay contents out in a clean, unobstructed area. Ensure there is a nearby electrical outlet for use of drill during installation.

3. Position (A) Left Door Frame Bracket so that it is flush with the top left corner of the door frame and door jamb. Using a Power Drill and a 3/32" Drill Bit, drill a 3" hole through the fifth screw hole from the top of (A) Left Door Frame Bracket into the door frame.



4. Insert (1) of the (E) Installation Screws into the pre-drilled hole and tighten with Phillips-head screwdriver until screw is secure and flush with countersink hole in the (A) Left Door Frame Bracket.

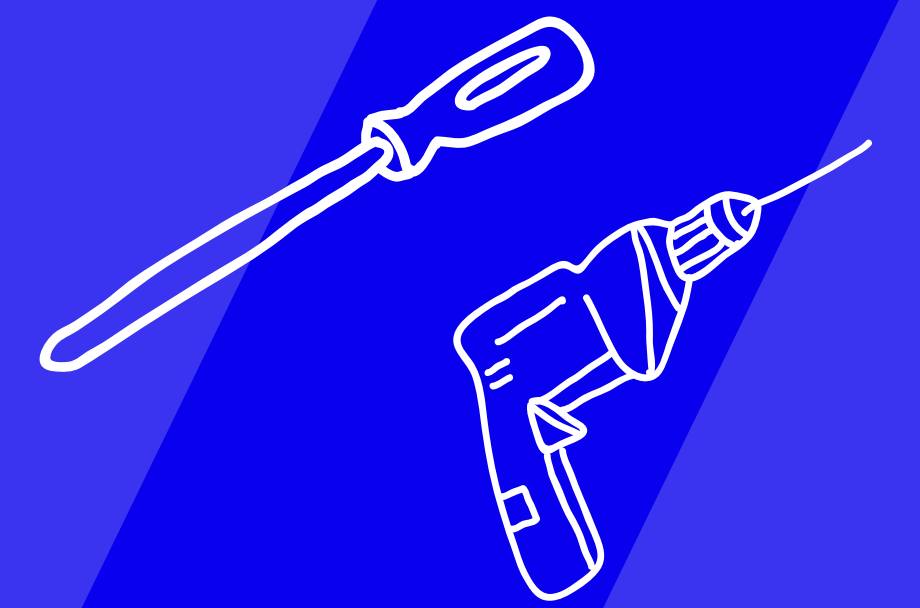


DOOR SYSTEM COMPONENTS

- A** (1) Left Door Frame Bracket
- B** (1) Right Door Frame Bracket
- C** (1) Attachment Bar (sold separately)
- D** (1) Pull-up Bar
- E** (14) Installation Screws
- F** (1) Climbing Rope (sold separately)

TOOLS NEEDED:

- › Power Drill
- › 3/32" Drill Bit
- › Phillips-head screwdriver
(power screwdriver preferred)



PRODUCT ASSEMBLY AND INSTALLATION SPECIFICATIONS:

- › Fits standard door frames: 24" to 36" wide, which have been professionally installed according to applicable building code and engineering standards
- › Maximum supported weight (KidStrong Developmental Door System): 150 lbs
- › KidStrong recommends use of a professional building contractor for the installation of the KidStrong Developmental Door System. Installation without using a professional building contractor is not recommended

5. Pre-drill the remaining (6) screw holes for (A) Left Door Frame Bracket. Insert (6) of the (E) Installation Screws in remaining pre-drilled holes and tighten with Phillips-head screwdriver until each screw is flush with countersink holes in (A) Left Door Frame Bracket.

6. Repeat steps 3-5 to install (B) Right Door Frame Bracket.

Once both Left and Right Door Frame Brackets are securely installed the (C) Attachment Bar and the (D) Pull-up Bar can now be installed.

7. Insert (D) Pull-Up Bar through the top front hole in the (B) Right Door Frame Bracket. Then slide (D) Pull-Up Bar through the top front hole in the (A) Left Door Frame Bracket. Hold down the outer pin to guide the bar through the hole, then release and rotate until the bar locks into place. When properly installed (D) Pull-up Bar should not rotate or slide side to side. (D) Pull-Up Bar can be moved to any of the holes on the door frame brackets to accommodate athlete height and also based on the exercise being performed.

THE STEPS BELOW INCLUDE COMPONENTS THAT ARE SOLD SEPARATELY

8. If you have one, insert (C) Attachment Bar (sold separately) through the top rear hole in the (B) Right Door Frame Bracket. Then slide (C) Attachment Bar through the top rear hole in the (A) Left Door Frame Bracket. Hold down the outer pin to guide the bar through the hole, then release to lock the bar in place. When properly installed (C) Attachment Bar should rotate in place, but not slide side to side. The (C) Attachment Bar can be installed in any of the holes on the door frame brackets but the optimal location for most attachments and user heights is in the top hole position.

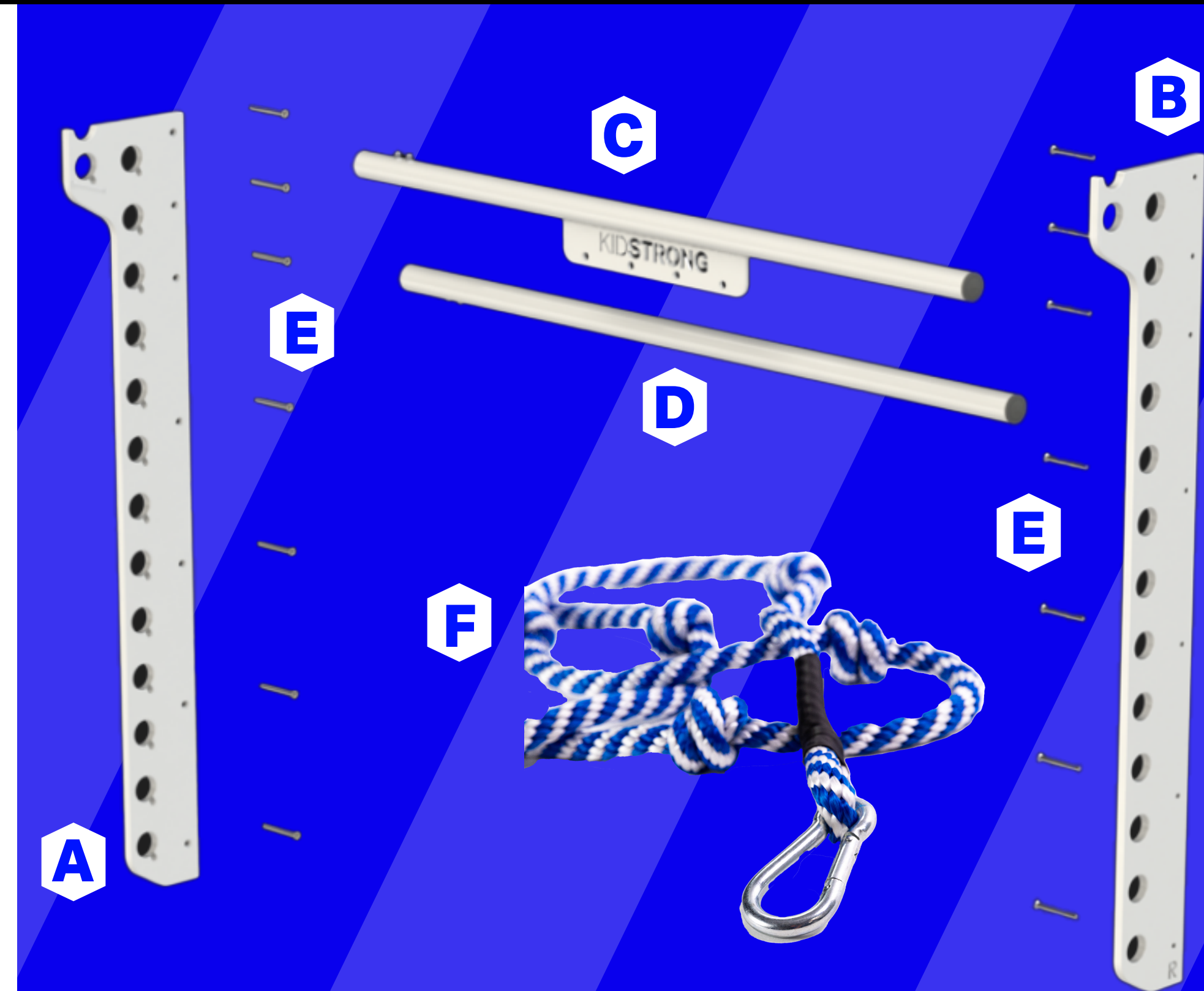


9. A (1) (F) KidStrong Climbing Rope (and other accessories) can be purchased separately. The (F) KidStrong Climbing Rope can be secured to (C) Attachment Bar (also sold separately) using the carabiner, which is attached to the (F) KidStrong Climbing Rope.



10. Once the attachment bar, pull-up bar, and/or any accessories are installed, it is important that **the supervising adult inspect all apparatus for secure and proper functioning. Do not permit use if unstable, if there are loose, worn, or missing parts, or if there is damage to product or door frame.**

CONGRATULATIONS! YOU'RE NOW READY TO ENJOY YOUR KIDSTRONG DEVELOPMENTAL DOOR SYSTEM!



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