



**JS-0141D**  
4 Level Bar

0.7m - 1.2m - 1.7m - 2.2m



**JS-0131D**  
3 Level Bar

1.2m - 1.7m - 2.2m



**JS-0121D**  
2 Level Bar

1.7m - 2.2m

Height of Horizontal Bar above ground

#### INSTRUCTIONS FOR USE

##### **PULL-UPS:**

Hold onto the bar best suited to your height with your hands a shoulder's width apart and your palms towards your face. Pull yourself up slowly as far as you can.

##### **JUMPING BARS:**

From standing position, jump up to the lower horizontal bar and hold for a few seconds.

##### **LEG LIFTING:**

Hold on to the bar best suited to your height with your hands. Pull your legs towards your upper body with a hip flexion movement and lower them down again.

##### **PUSH UP:**

Position your hands on one of the lower bars, keeping the body straight and tense. Start doing push ups, making sure your body stays straight.

##### **STRETCHES:**

All bars can be used for stretching your body.