



Doorway Resistance Training System

Your Details

Name _____

Address _____

 _____ Email _____

Date of purchase _____


*We recommend you keep the receipt with this warranty card

Location of purchase _____

Description of malfunction:

For customer service, please contact 1-800-488-4802. Please be ready to provide your proof of purchase, including purchase date and price verification, if needed.

AFTER SALES SUPPORT

 USA 1-800-488-4802

MODEL: 44301

2
YEAR
WARRANTY



FITNESS

User Guide

Doorway Resistance Training System



AFTER SALES SUPPORT

 USA 1-800-288-4802

MODEL: 44301

2
YEAR
WARRANTY

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Limited Warranty

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts are warranted for two (2) years from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813

Instructions

ATTACHING THE DOORWAY RESISTANCE TRAINING SYSTEM

Select a sturdy door with enough clearance around it for the exercises to be performed. The Doorway Resistance Training System must be attached to the outer side of the door so that the door will be pulled against the door frame during use.

Slide one of the pulley brackets onto the top of the door and center it as shown in the photograph. Slide the other pulley bracket onto the bottom of the door and center it. Make sure that the resistance bungees are not twisted around each other. Then, close the door until it latches.



ATTACHING THE HANDLES AND THE ANKLE STRAPS

To attach the handles or the ankle straps to the resistance bungees, use the included clips.

SELECTING A RESISTANCE LEVEL

For less resistance, attach the handles or the ankle straps to the black resistance bungees. For greater resistance, attach the handles or the ankle straps to the yellow resistance bungees. To use the Doorway Resistance Training System, see the included DVD.

Introduction

Congratulations!

You have made an excellent choice with the purchase of this quality Crane® product. By doing so you now have the assurance and peace of mind that comes from purchasing a product that has been manufactured to the highest standards of performance and safety, supported by the high-quality standards of ALDI.

We want you to be completely satisfied with your purchase, so this Crane® product is backed by a comprehensive manufacturer's 2 year warranty and outstanding after-sales service through our dedicated Helpline.

We hope you will enjoy using your purchase for many years to come.

If you require technical support, or in the unlikely event that your purchase is faulty, please telephone our Helpline for immediate assistance. Faulty product claims made within the 2 year warranty period will be repaired or replaced free of charge provided that you have satisfactory proof of purchase (keep your receipt safe!). This does not affect your statutory rights. However, be aware that the warranty will become null and void if the product is found to have been deliberately damaged, misused or disassembled. See page 7 for more details.

Safety Instructions

⚠️ WARNING: To reduce the risk of serious injury, read the following important precautions before using this product. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. This product is intended for home use only. Do not use this product in a commercial, rental, or institutional setting.
4. Use this product only as described in this user guide and in the included DVD.
5. Use this product only indoors.
6. Keep children under age 12 and pets away from this product.
7. Inspect this product for abrasions and cuts before each use. Do not use this product or attempt to repair it if it is worn or damaged.
8. To use this product, attach it to a sturdy door that is fully closed and latched. While you are using this product, lock the door or make sure that other persons cannot open the door.
9. Wear eye protection while using this product.
10. Keep hair and loose clothing away from this product.
11. This product should be used by only one person at a time.
12. To use this product, hold one handle in each hand or place one ankle strap around each ankle. Do not attempt to use a handle or a strap in any other way.
13. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.
14. Remove this product from the door when it is not in use.

Getting Started/Features

Thank you for purchasing the new Crane® Doorway Resistance Training System. The versatile Doorway Resistance Training System can be easily attached to any standard door for an array of fun and effective exercises that sculpt and tone the entire body.

Before using the Doorway Resistance Training System, please familiarize yourself with the parts that are labeled in the photograph below.

