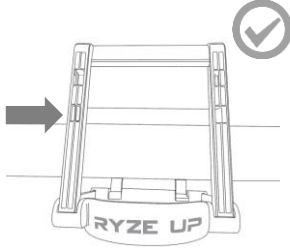


RYZE-UPS

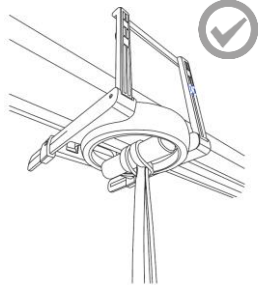
JAYFLEX

[Patent Pending]

DO'S



Adjust crossbar height to correct setting (see below).

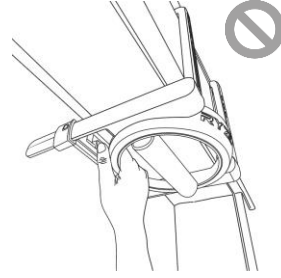


Hang straps/bands on handles only.

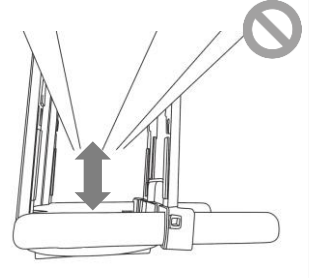
DONT'S



Never swing body back and forth on RYZE-UPS.

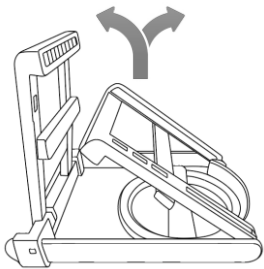


Never hang anywhere besides handles.

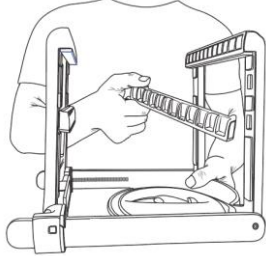


Never use incorrect height setting (see below).

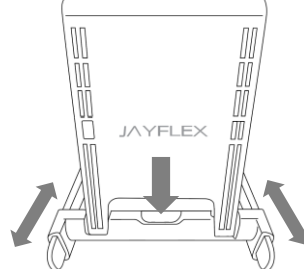
INSTRUCTIONS



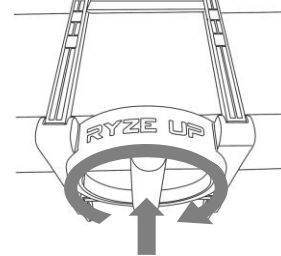
1. Unfold RYZE-UPS.



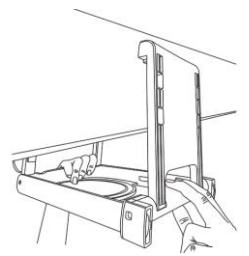
2. Adjust crossbars to correct height setting (see below).



3. Push and hold down red button to adjust RYZE-UPS so they fit securely on the door frame. Clamp as tight as possible for best fit.

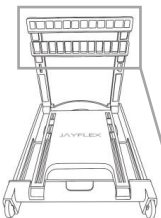


4. Push handle up and rotate to desired position.



5. Push and hold down red button to remove RYZE-UPS from door.

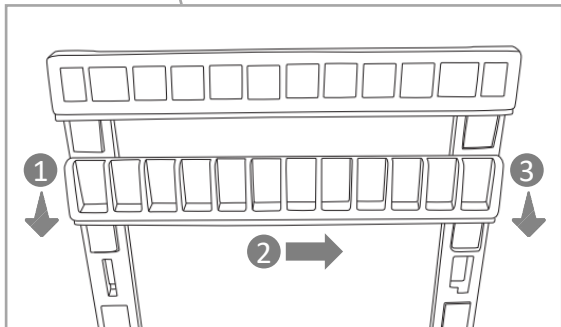
ADJUSTING CROSSBARS



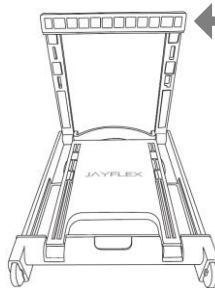
To remove crossbars:

1. Eject left side
2. Slide crossbar to the right
3. Eject right side

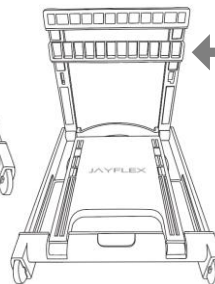
(to re-insert crossbar into frame, follow steps in reverse)



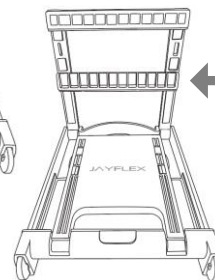
HEIGHT SETTINGS



Top Crossbar:
Trim Height: 4.5" – 6"



Middle Crossbar:
Trim Height: 3" – 4.5"



Lowest Crossbar:
Trim Height: 2" – 3"

Adjust crossbars to the height that best fits your door. Use the lowest crossbar setting possible for best fit, greatest stability, and to reduce sway.

**Not all door trims are the same, adjust as needed for best fit.*

Warnings: RYZE-UPS have a 275 lbs weight limit when the weight is being evenly distributed to *both* RYZE-UPS | Always use *both* RYZE-UPS while working out | Never hang from a single handle | You cannot shut your door when a RYZE-UP is secured to your doorframe | RYZE-UPS are not designed to support heavy back-and-forth swinging motions | For safe use, only perform up-and-down motions | Use RYZE-UPS at your own risk | Jayflex is not responsible for any damage or injury that may occur |