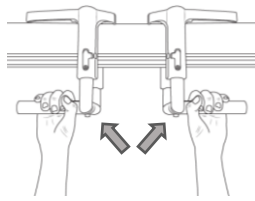


CROSSGRIPS

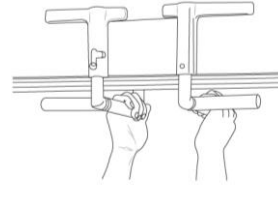
JAYFLEX

[Patent Pending]

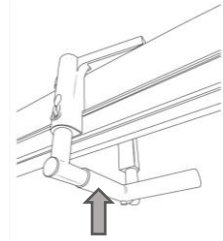
DO'S



Always use both handles. Hold close to middle bar for stability. Side handles face out.



Use middle bar for "hammer" grip.

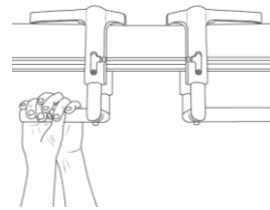


Hang straps or bands from middle bar.

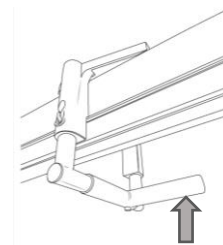
DON'TS



Never swing body back and forth on CrossGrips.



Never hang from a single handle.

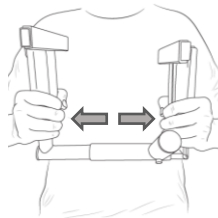


Never hang straps or bands from side bar.

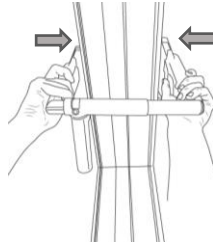
PULL-UPS



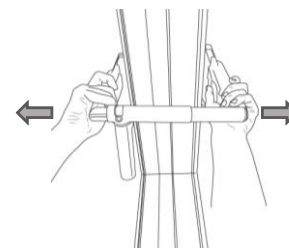
1. Unfold CrossGrips.



2. Widen CrossGrips by grabbing the bottom corner on each side. Pull apart. (TIP: for wide doors, rotate one side 90 degrees)



3. With gap widened, place CrossGrips on door frame with red grips resting on top of the trim.

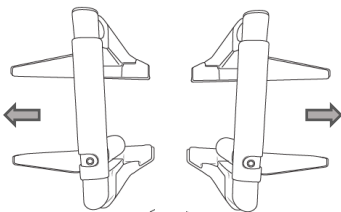


To Remove: Place hands at corners of CrossGrips and pull apart.



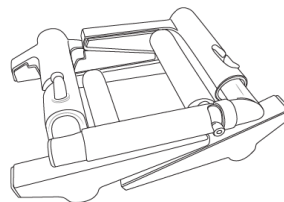
(Tip) For easier set-up and/or removal from door frame, pull one side away from door and rotate.

PUSH-UPS

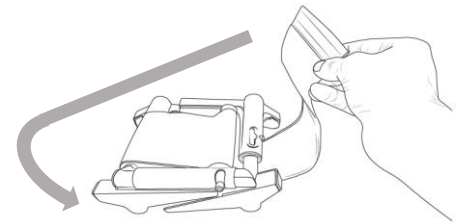


Place CrossGrips on the ground with red grips facing outward and grasp black handles for quality push-ups.

STORAGE / TRAVEL

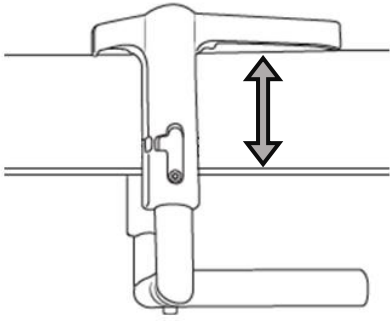


1. Stack CrossGrips on top of each other so the red grips are lying on top of each other as seen in picture.

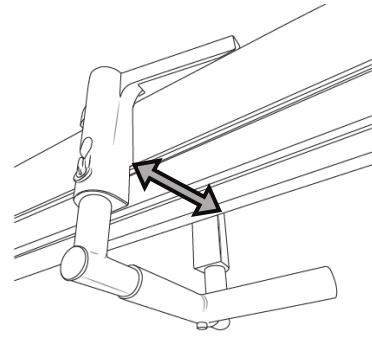


2. Slide loop onto folding handle. Fold handle, wrap the strap around the bundle, and Velcro the strap to itself for secure storage and travel.

DOOR REQUIREMENTS



Door Molding Height: 2 to 4 inches tall.
Measurement is the molding height above the door.



Door Frame Width: 4.5 to 7.5 inches wide.
Measurement includes molding widths on both sides.

FAQS

How can I expand CrossGrips wider to fit my door?

- See diagram to the right. For doors over 6.5" wide, you will need to twist one side 90 degrees when placing on door.

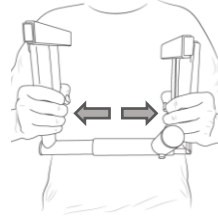
Do you have a product that fits wider/taller doors?

- Yes, RYZE-UPS are adjustable and fit doors with trim that is up to 6" tall and 8.5" wide. They can be purchased on our website www.jayflexfitness.com.

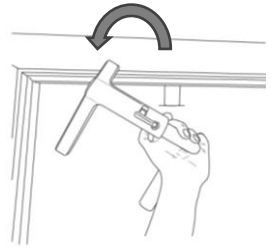
Can I take CrossGrips on a plane?

- Yes, CrossGrips are travel-friendly and TSA approved.

FIT WIDE DOORS



1. Widen CrossGrips by grabbing the bottom corner on each side. Pull apart.



2. Rotate one side 90 degrees. Place vertical side on door frame first. Then rotate opposite side back to vertical and onto door frame.

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Warnings: CrossGrips have a 250 lb weight limit when the weight is being evenly distributed to *both* CrossGrips | Always use *both* CrossGrips while working out | Never hang from a single handle | You cannot shut your door when a CrossGrip is secured to your doorframe | CrossGrips are not designed to support heavy back-and-forth swinging motions | For safe use, stick to up-and-down motions | Use CrossGrips at your own risk | Jayflex is not responsible for any damage or injury that may occur |