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SQDPB37BK - SQDPB45BK - SQDPB55BK

Adjustable Doorway Pull-Up Bar

USER GUIDE



UNIQUE FEATURES

- Upgraded one-piece design, ready to use; no assembly required
- Easy installation without drilling or wall damage
- Twist-to-extend ends for a secure, stable fit

FEATURES

- Easy to install
- Removable and portable
- Non-slip PVC pads
- Safe, non-toxic foam grips that are soft, sweat-absorbing, and tear-resistant
- Strengthens upper body, core, and grip muscles through pull-ups and hanging exercises
- Twist-lock extension mechanism ensures a secure, stable fit
- Anti-slip, odor-free, comfortable grip handlebar
- Built-in level meter ensures balanced installation
- Supports up to 440 pounds with maximum stability
- User-friendly threaded lock with automatic safety pin prevents accidental loosening
- Designed for indoor use; not recommended for outdoor environments
- Not suitable for glass or hollow doors

WHAT'S IN THE BOX

- Doorway Pull Up Bar



TECHNICAL SPECS

- Construction Materials (all models):
 - Steel pipe (metal part)
 - PVC (rubber part)
 - PP copolymer (plastic part, industrial standard)
 - HDR tear-resistant foam (foam)
 - Medium carbon steel (threaded rod)
- Maximum Load Capacity: 440 pounds

SQDPB37BK

- Fits doorframes 29.5–37 inches (U.S. and EU standards)
- Item Weight: 4.63 pounds
- Construction Tube: Q195 steel 1.5 mm thick pipe, $\phi 30$ mm
- Product Dimensions (L x W x H): 28.3 x 2.2 x 6.9 inches

SQDPB45BK

- Fits doorframes 37–47 inches (U.S. and EU standards)
- Item Weight: 5.95 pounds
- Construction Tube: Q195 steel 1.5 mm thick pipe, ϕ 30 mm
- Product Dimensions (L × W × H): 36.6 × 2.2 × 6.9 inches

SQDPB55BK

- Fits doorframes and hallways 45–55 inches (U.S. and EU standards)
- Item Weight: 9.48 pounds
- Construction Tube: Q195 steel 2.0 mm thick pipe, ϕ 30 mm
- Product Dimensions (L × W × H): 45.2 × 2.2 × 6.9 inches

CALIFORNIA PROP 65 WARNING

 **WARNING:**

This product may expose you to chemicals, which is known to the state of California to cause cancer, birth defects and other reproductive harm. Do not ingest.
For more info go to: www.P65warnings.ca.gov

DISCLAIMERS

- **Read Before Use:** Always read and follow these instructions carefully.
- **Extension Length Matters:** The further you extend the bar, the less weight it can safely hold and the less stable it becomes.
- **Tighten Correctly:** Turn the bar in the direction that increases tension. As you rotate, it should feel progressively tighter, confirming proper installation.
- **Lock Buckle Use:** Always engage the lock buckle to improve safety and prevent accidental loosening.

This product must not be used for:

- Handstands or hanging upside down
- Fingertip grasping on the single pole
- Swinging back and forth, overturning, tipping, or any other dangerous actions

Before using the horizontal bar:

- Always check that it is tightened and installed correctly.
- Watch the installation instructions carefully before installing and using it.
- If you do not understand the instructions, contact customer service for assistance.

It is forbidden for the elderly or young children to use the horizontal bar without proper supervision. We are not responsible for any injuries caused by improper use.

Note:

If the single pole is not used safely according to the precautions, the company will not be responsible for any accidents.

MATTERS NEEDING ATTENTION

Pre-use Inspection:

1. Before use, check whether the equipment and door frame are in good condition.
If damaged, do not use.
2. Confirm that the middle grip is tight and secure before use.
3. Check the surrounding environment before use.
Ensure a barrier-free space of at least 6.5 × 6.5 ft (2 × 2 m).

WARNING

1. Read this manual carefully before using this product.
2. Children or persons with cognitive or physical impairments should use it under the supervision of a guardian or as advised by a doctor.
3. Do not wear loose clothing to avoid it being caught in the equipment.
If anything seems abnormal, adjust before use.
4. Make sure all parts are firmly connected before use.
5. This equipment is limited to pull-ups and abdominal roll exercises.
It is not competitive equipment. Somersaults and other movements are prohibited.
Using it beyond its scope may cause injury.
6. Warm up before use. Exercise according to your own condition.
If you feel discomfort, stop immediately.
7. The company is not responsible for personal injury or product damage caused by using this product in violation of the operation rules.

INSTALLATION INSTRUCTIONS

1. First, loosen off threaded Lock Buckles on both ends.
Rotate both ends to extend evenly to the desired length.



2. After extending both sides to an even length, fix the position by rotating the middle bar to tighten. You can check that both ends of the middle horizontal bar are installed parallel.



Remember: Tighten the middle bar, not both sides, using both hands.

3. After adjusting the position, hold the tube tightly and continue rotating in the extension direction until it can no longer be twisted. When finished, tighten both threaded Lock Buckles, pull down hard to check whether the installation is firm and secure.

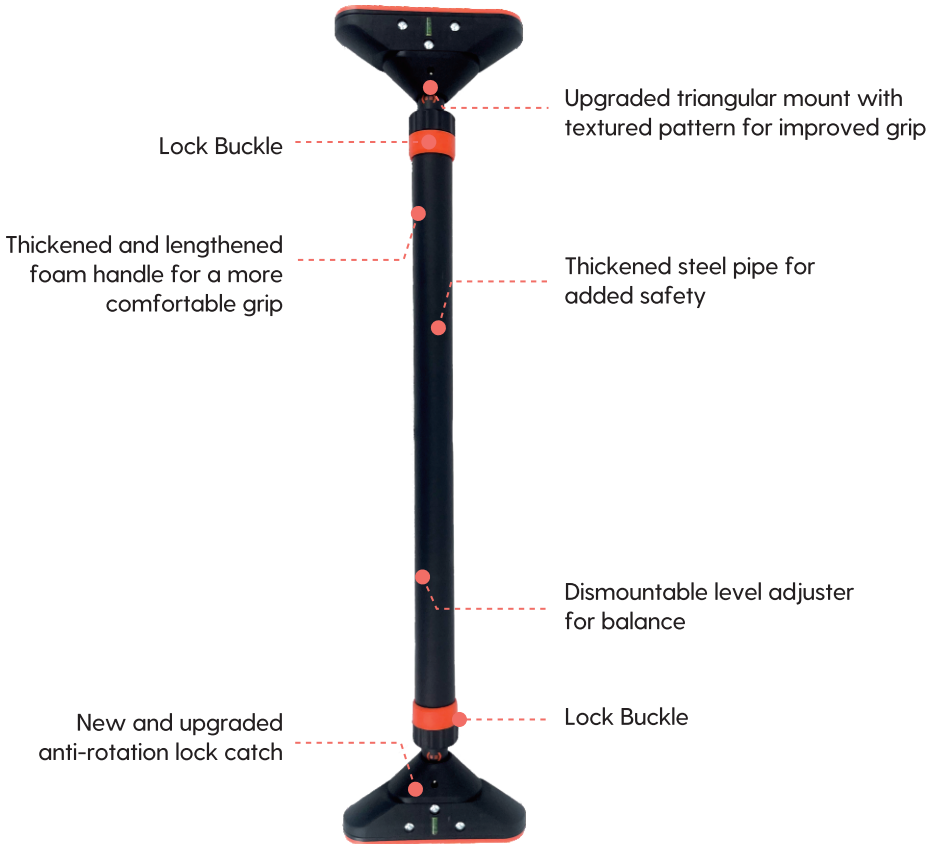


Before each use:

- Release the lock catch, hold the pipe tightly with both hands, then lock the lock catch again.
- Make sure the bar is secure before use.

Glass doors and non-solid door frames do not provide enough support for installation.

PARTS DESCRIPTION



USABLE SURFACES:

- Solid wood doors
- Anti-theft doors
- Corridors
- Cement walls

Note:

If there is wallpaper or paint on the wall, place some paper padding on both sides to avoid scratching.

EQUIPMENT MAINTENANCE INSTRUCTIONS

1. Correct use of the product will prolong its service life.
2. Do not over-extend the horizontal bar during use to avoid deformation or injury.
3. Long-term use may cause parts to loosen. Check and tighten regularly to avoid damage to accessories or personal hazards.
4. Keep the equipment clean before and after each use.

CLEANING, MAINTENANCE & STORAGE GUIDE

Cleaning:

Wipe the horizontal bar and foam grips with a soft, damp cloth after each use. Mild soap and water can be used if necessary. Do not use harsh chemicals or abrasive cleaners. Make sure the bar is fully dry before storing or using it again.

Maintenance:

Inspect the bar, lock catch, and foam grips regularly for wear or damage. Tighten any loose parts immediately. Avoid over-extending the bar to prevent bending or deformation.

Storage:

Store the horizontal bar in a cool, dry place away from direct sunlight, moisture, or extreme temperatures. Remove it from the doorway or wall when not in use to extend its lifespan. Keep it out of reach of small children.

REGISTER PRODUCT

Thank you for choosing SQUATZ. By registering your product, you ensure that you receive the full benefits of our exclusive warranty and personalized customer support. Complete the form to access expert support and to keep your SQUATZ purchase in perfect condition.

START HERE



Model Number:
SQDPB37BK
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**QUESTION OR COMMENTS?
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