



**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

## TRAINING OPTIONS

### PULL-UPS:

Choose the bar best suited to your height and grasp it from the other side using both hands, a shoulder's width apart. Pull yourself up slowly as far as you can.

### JUMPING BARS:

From standing position, jump up and raise yourself onto the horizontal bar and hold for a few seconds.

### LEG LIFTING:

Using both hands, grasp the bar best suited to your height. 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 exercises.