



## **Family Doorway Gym**

# **Owner's Manual**

To ensure safe operation, please review this Owner's Manual before using your Gorilla Gym. Save this instruction manual for as long as you own this product. Include this instruction manual when loading or reselling this product to others. Use this instruction manual if you need to contact the manufacturer for any reason.

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Gorilla Gym Family Doorway Gym. Copyright 2013.

## Important Safety Information

### **⚠ WARNING**

Check with your physician before beginning any fitness training, including Gorilla Gym. Serious injury or death can result from improper use of fitness devices. Follow all warnings and instructions, including those in the instruction manual.

### **⚠ WARNING**

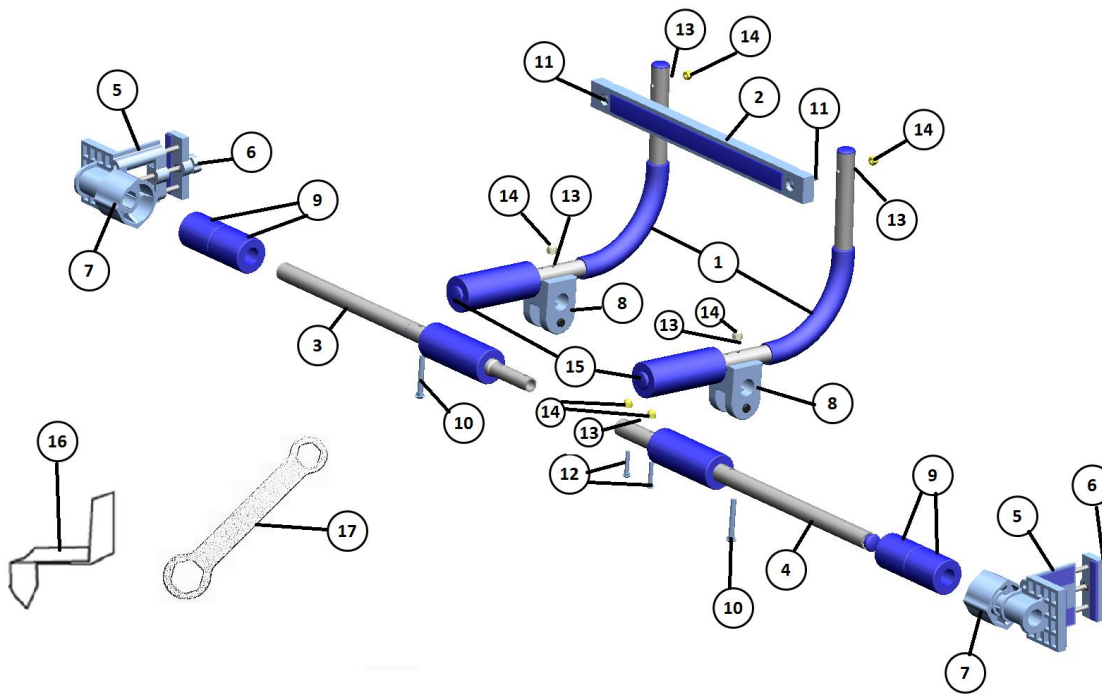
To minimize risk of death or serious injury, observe the following precautions for all modes of Gorilla Gym use:

- Follow all instructions given in this manual, and insist that others follow them as well. Do not alter Gorilla Gym, substitute parts, or use Gorilla Gym for any purpose or in any matter other than as described in this manual.
- Do not use more than one accessory at a time. Use only Gorilla Gym accessories. Gorilla Gym is not tested to work with third-party accessories.
- Gorilla Gym is intended for home use only. Do not use Gorilla Gym in public gymnasiums, health clubs, hotels, or any other non-residential environment.
- Gorilla Gym is intended for indoor use only. Avoid extreme temperatures or conditions that could weaken or compromise Gorilla Gym's installation or usage.
- Consult your physician before beginning any exercise program.
- Do not install or use Gorilla Gym without the safety shim installed and wedged between your door frame and the fitness plastic bar.
- Do not allow more than one person to use Gorilla Gym, or any of its accessories, at the same time.
- Every time before starting your exercise or swinging program, have an adult check the Gorilla Gym platform and mounted door frame for parts that might be loose, damaged, or worn. Specifically examine the door frame. If any such problems are found, do not use this equipment.
- Reduce your risk of injury by exercising safely with attention to proper techniques and practices
- Observe the weight limits provided in this manual for Gorilla Gym and each accessory. Different accessories have different weight limits. Do not overload Gorilla Gym or its accessories with weight beyond the specified amount.
- To avoid property damage, do not over-tighten the vice grip attachments on Gorilla Gym.
- Ask your physician about performing stretching exercises before and after each workout to prevent muscle injury.
- Before use, review warning labels placed on Gorilla Gym vice grip and its components.

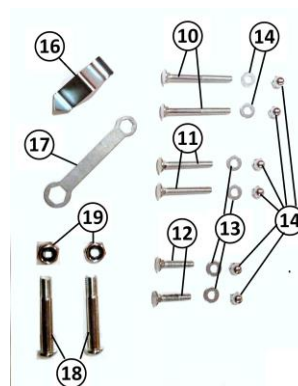
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Go to [www.gorilla-gym.com](http://www.gorilla-gym.com) or e-mail us at [service@gorilla-gym.com](mailto:service@gorilla-gym.com) should you have questions about the safety information or if you need a replacement user manual.

# Parts List



- 1. Curved Handle Bars (qty 2)
- 2. Horizontal Plastic Bar (qty 1)
- 3. Main Support Bar (Left Half)
- 4. Main Support Bar (Right Half)
- 5. Gorilla Gym Vice-Grip (qty 2)
- 6. Vice-Grip Adjuster (qty 2)
- 7. Vice-Grip Tightener (qty 2)
- 8. Stabilizer (qty 2)
- 9. Removable Short Padded Grips (qty 4)
- 10. Long Bolts (qty 2)
- 11. Medium Bolts (qty 2)
- 12. Short bolts (qty 2)
- 13. Washers (qty 6)
- 14. Locking Nut (qty 6)
- 15. End Caps (qty 2)
- 16. Safety Shim
- 17. Assembly Tool
- 18. Medium Thick Bolt (qty 2)
- 19. Nut with Rubberized Threading (qty 2)

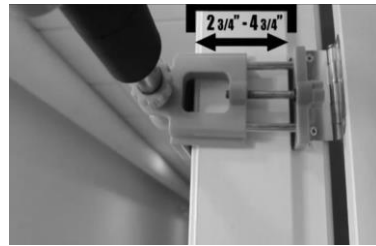


# Specifications

- Fits standard door frames: 24" to 36" wide



- Door trim width (see picture): 2 3/4 - 4 3/4 inch



- Maximum supported weight (Gorilla Gym): 300 lbs

- Maximum supported weight for attachments:
  - Pullup extender: 240lbs
  - Ab straps: 200lbs
  - Fight station: 50lbs
  - Swing: 200lbs
  - Toddler swing: 30lbs
  - Swing deluxe: 30lbs

# Assembly Instructions

CAUTION: Carefully read and understand all of the following directions for proper installation before you begin.

Tighten nuts and bolts with the enclosed assembly wrench



- 1) Attach the two Main Support Bar halves (3 and 4) together with the two Short Bolts (12), washers (18), and nuts (19).

Match the head square base of the bolt with the square opening.

- 2) Attach the two curved bars to the horizontal plastic bar using the medium bolts (11), washers (13), nuts (14).

The head square base of each bolt is on the padded side of the plastic bar.



3) Connect the two curved bars (1) to the Main Support Bar using the Long Bolts (12). The plastic stabilizers (8) go between the curved bars and the horizontal support bar. Use the Long Bolts (12) to connect all three of these surfaces together with the head square base of the bolt threaded through underneath so the square hole matches with the square base of the bolt. Then use the washers (13) and nuts (14) to finish the attachment connection at the top. When finished, all the nuts/washer end points should be facing upward.



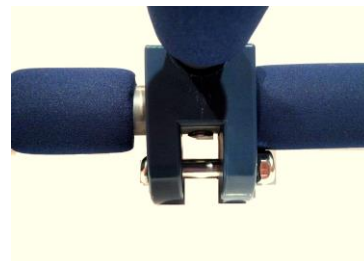
4) Connect the two pieces of each Vice-Grip (5) with the shallower end of the tightener (7) turning onto the threads of each Vice-Grip. The deeper end of the tightener should be on the outside.



5) Now you are ready to slide the patented Gorilla Gym Vise-Grips (5) onto each end of the long horizontal bar (3 + 4) so that the bar tightener (7) faces the inside. You can place the removable padded grips (9) either inside or outside the Vice-Grips depending on your door frame width.



6) Put the thick bolts (20) through the stabilizers (8) with the big nut (21) on the inside part. Hand-tightening the nut is enough and a little extra space on the thick bolt is okay. Since the nut features rubberized thread, there is no need to use a wrench to over-tighten.



5) Once you have assembled your Gorilla Gym, make sure all the nuts and bolts have been securely fastened with the enclosed assembly wrench, tighten wherever necessary.

## Installation

Gorilla Gym attaches and removes from most standard door frames in seconds but make sure your door frame and the moldings around it are safe, secure, and solid. If you see any breaks or weakness in the frame or surrounding moldings, your Gorilla Gym should not be used as serious injury may result. Once you are sure that the doorway you chose has the correct door moldings around it, you are ready to install.

1) Place the 'Safety Shim' (16) with the sharp end behind the middle door frame molding on the same side as the door hinge. Make sure it is inserted and secure behind the molding. The Safety Shim helps keep the Gorilla Gym in place while you secure the Vice-Grips on the sides of the doorway moldings. (See figure A)

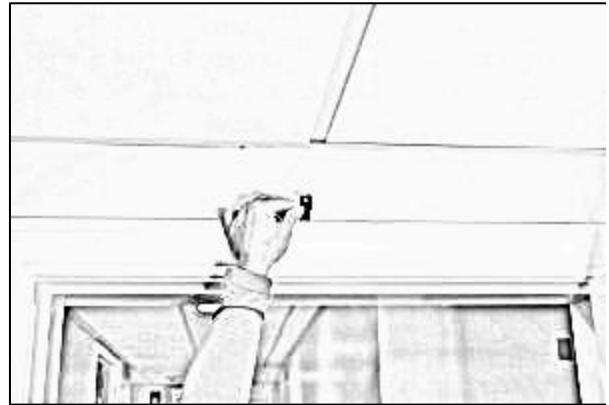


Figure A

2) Place the bottom of the Gorilla Gym's plastic bar (2) into the grasp of the Safety Shim while moving the Gorilla Gym to rest onto the top of the door frame. (See fig. B). This allows the long horizontal bar (3 + 4) to rest momentarily on the outside of the doorway trim with the Vice-Grips (5) hanging in between.

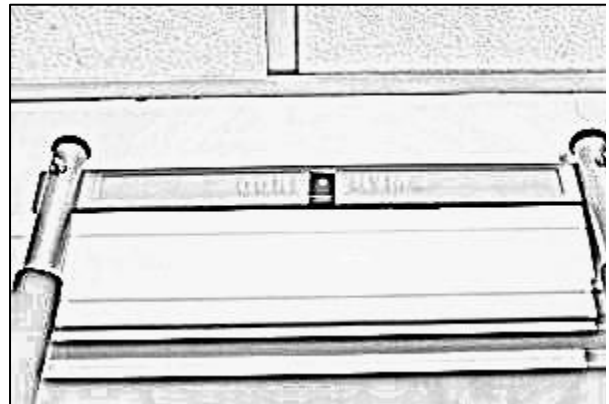


Figure B

3) make sure Vice-grips (5) are open enough. Next guide the open Vice-Grips on both sides to fully slide flush against the interior door molding trim (See figure C). First on one side, make sure the Vice grips align with the interior doorway trim. Tighten the Vice-Grips with the Adjuster (6) until contact is tight with the interior doorway trim. Repeat with the other Vice-Grip on the other side of doorway. (See Figure D). DO NOT OVERTIGHTEN with the Adjusters (6) as this might damage your interior doorway trim. After both vise-grips are secured on each side, tighten each vise grip with the Tightener (7) very well to secure their position on the long horizontal bar. ( See figure E). IT IS IMPORTANT that you tighten each Vise-Grip so no side-to-side movement by the Vice-Grips is possible.



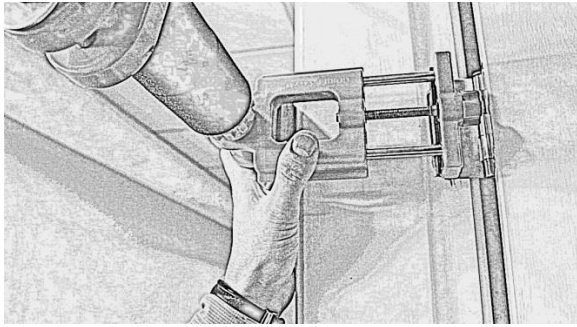


Figure C

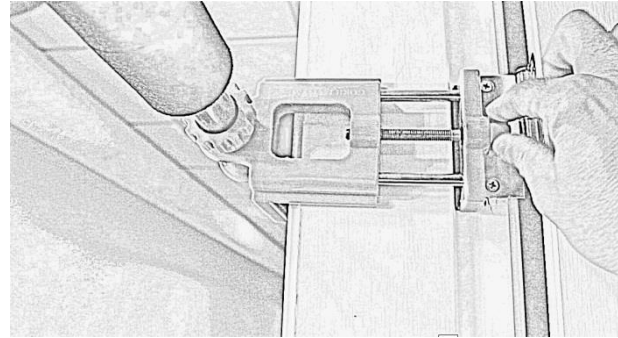


Figure D

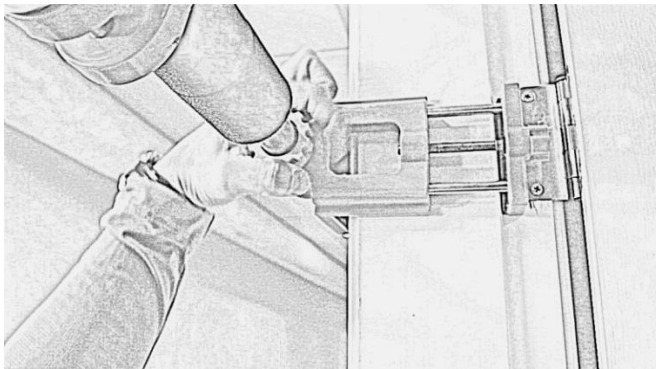


Figure E

**CHECK:** Hold and move around the Gorilla Gym for any evidence of loose movement and to make sure the unit is securely installed into the door frame. If it is loose, recheck your steps and make sure Vise-grips are correctly aligned and tighten with the adjustor and tightener.

Figure F shows how Gorilla Gym should be mounted properly

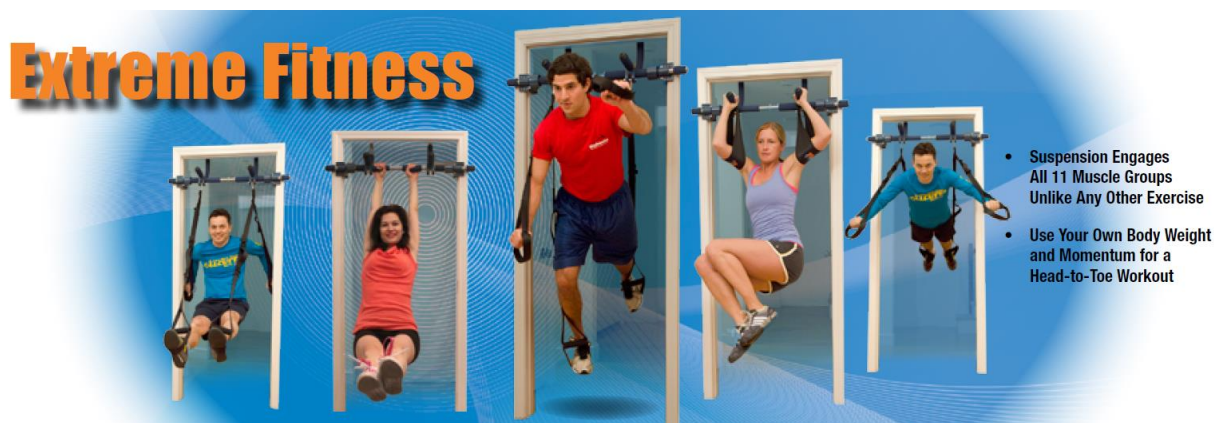


Figure F

There, you are done! It takes less than 5 minutes to assemble the Gorilla Gym and seconds to install.

Congratulations on purchasing the Gorilla Gym! Get fit and have fun in the comfort and convenience of your own home. Install the Gorilla Gym Family Fitness Hub in your own doorway in seconds without tools or drilling. Our patented Vice-Grips add stability to allow you to perform a wider variety of exercises with a larger range of motions such as pull-ups, chin-ups, swinging arm, ab, and shoulder exercises. Add multiple attachments for additional exercises and activities for men, women, and children such as boxing, yoga, and swinging. Gorilla Gym is an affordable, compact multi-function home gym designed for busy people who don't want to fill up their home with expensive single-function exercise equipment. Compact, lightweight, professional quality steel frame supports up to 300 pounds (weight limits vary for optional attachments). Gorilla Gym provides something for everyone in the family.

## Gorilla Gym Attachments (sold separately)



### Pullup Extender

The pullup extender allows additional space away from the door plane for taller people and allows for a wider variety of pull-ups and positions.

#### Assembly

Connect each half of the extender bars with the 2 sets of nuts, bolts, and washers. (See Figure G)

#### Installation

Remove the pipe end caps of the Gorilla Gym's curved pipes. Align and attach the two connector pipes into the ends of the curved Gorilla Gym pipes until the locking metal buttons snap into place (see figure H).

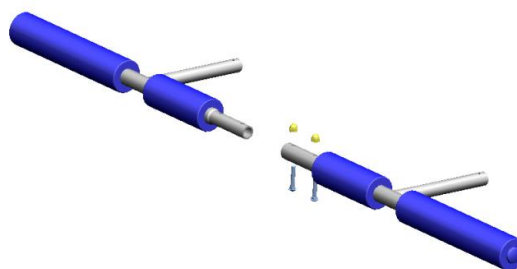


Figure G

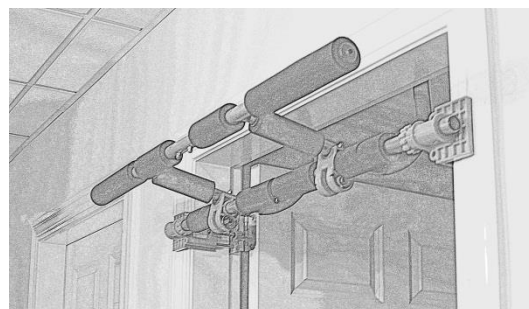


Figure H

Check to see that all connections are solid and that nuts, bolts, washers etc. have been tightened properly. Check to see that the connections are solid by holding, pulling, and swaying the connected pipes back and forth.

## Ab Straps

The Ab Straps allow hang and swing for a complete core workout

### Assembly and use

The Ab Straps are hung over the curved handle bars (figure P). To use, insert your arms in the ab straps with your upper arm (just above the elbow) resting on the ab straps while you hold tightly the curved bars handles (see figure Q).



Figure P



Figure Q

## Air Straps

Air Straps allows for an anti-gravity workout that engages all 11 of your muscle groups. They attach right onto the stabilizers with a simple snap of the carabineer. Just adjust to your desired arm and foot lengths, put your hands and feet through our patented straps. You will be airborne and able to perform multiple non-impact exercises that engage all muscle groups. Use extreme caution when doing these cardio intensive exercises and make sure your doctor has approved such cardio exercises.



# Fight Station



## Fight Station Attachment

Designed to hold a 50 pound (20 kg) boxing heavy bag as well as a speed bag assembly.



Figure I: Fight Station attachment

## Installation

Remove the pipe end caps of the Gorilla Gym's curved pipes. Align and attach the Fight Station Attachment pipes into the ends of the curved Gorilla Gym pipes until the locking metal buttons snap into place. (See Figure J)

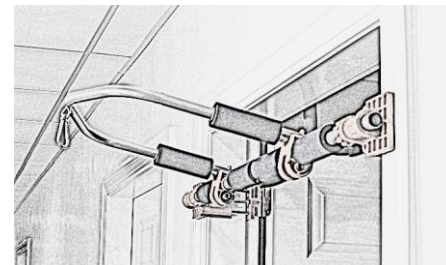


Figure J

Check to see that the connections are solid by holding, pulling, and swaying the connected pipes back and forth.

Attach the heavy bag with a carabiner to the hook at the tip of the fight station (see figure K).



Figure K

NOTE: Ensure that the vise grips tighteners (7) are tightened all the way (see figure E)

# Play Gym



- Attachments for swinging, climbing, hanging, and exploring for all ages
- Build fitness and the love of strength and movement
- Hours of fun and adventure for the kids in any weather

## Swing

Gorilla Gym offers 3 swing attachments (swing, toddler swing, and swing deluxe). See figures M, N, O.



Figure M: Swing

Figure N: Deluxe Swing

Figure O: Toddler Swing

## Assembly

The swing is attached to the stability blocks (8) and is secured with the tightening pin/bolt (13,14). See figure L.

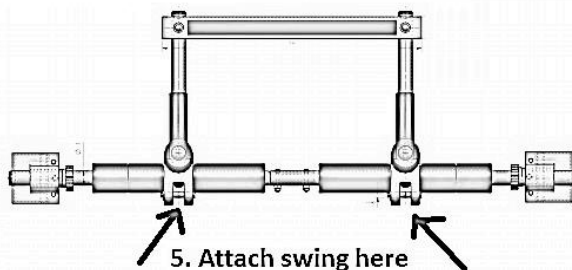
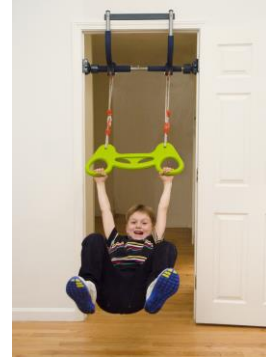


Figure L

Swings are attached by passing the swing rope through the stability blocks and securing with the tightening pins/bolts. Some swing attachment may include metal or plastic hooks. These hooks do not need to go into the stabilizers. They could be left hanging freely.

## Trapeze

The trapeze attaches right onto the stabilizers by taking out the thick bolt and putting in the rope in place then putting the thick bolt & nut back in place. Kids can practice gymnastics or just hang and swing with their arms.



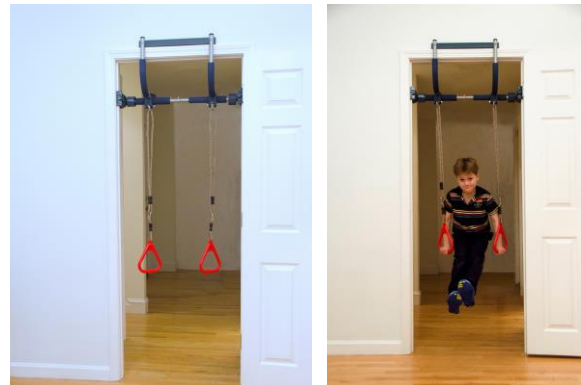
## Rope

Simply swing the rope with the carabiner side over the main horizontal bar and then use the carabiner to grab the rope underneath thus securing the rope. Test the connection and your child is ready to practice climbing, swinging, and playing jungle indoors.



## Rings

The rings attach right onto the stabilizers by taking out the thick bolt and putting in the rope in place then putting the thick bolt & nut back in place. Your kids are ready to start with some fun gymnastics.



## Ladder

The ladder attaches right onto the stabilizers by taking out the thick bolt and putting in the rope in place then putting the thick bolt & nut back in place. Now your kids are ready to climb around and have fun indoors.



## Yoga Swing



- Traction and resistance create deeper poses
- Support and suspension protect joints

### Yoga Swing

The Yoga Swing attaches right onto the stabilizers by taking out the thick bolt and putting in the metal hooks in place then putting the thick bolt & nut back in place. Now you have support and motion to enable you to deepen your poses.

### Other Gorilla Gym Attachments

Refer to the specific installation instructions enclosed with attachment.



Patent Pending Vise-Grips™ secure Gorilla Gym® to door frame enabling multi-directional motion for an expanded range of exercises and attachments



Extra-thick padding protects door frame

Professional quality steel frame securely attaches to regular door frames from 24" to 36"

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Tel. 617-600-7615

[www.Gorilla-Gym.com](http://www.Gorilla-Gym.com)

[Service@Gorilla-Gym.com](mailto:Service@Gorilla-Gym.com)