

OUTSIDE

WARNINGS: Please read all warnings and instructions thoroughly before use.

- This product is to be used as balance assist only. DO NOT use it to support your full body weight. DO NOT lift yourself up with this product. DO NOT hang from this product.
- This product is not a toy. It is not for use by children.
- This product is intended for temporary attachment and should be periodically reapplied as instructed.
- To ensure maximum adhesion, you should re-attach the Grip Bar before each use.
- This product must be installed correctly. Improper installation may result in instability or failure.

- Be sure that the suction cups are attached to a completely smooth, non-porous surface such as tile or glass. Placing the suction cups over grout lines or cracks will prevent them from holding properly and the Grip Bar will be unstable. DO NOT place over grout lines.
- If left for a long period of time without testing adhesion, product may detach and fall onto persons or property.
- DO NOT USE if suction cups have been damaged.
- DO NOT use on porous or uneven surfaces such as marble or granite.

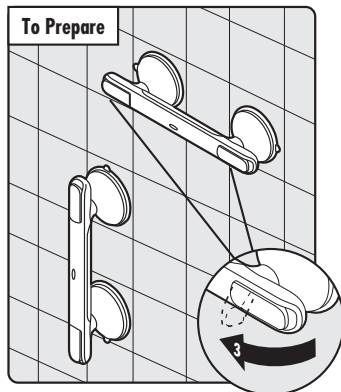
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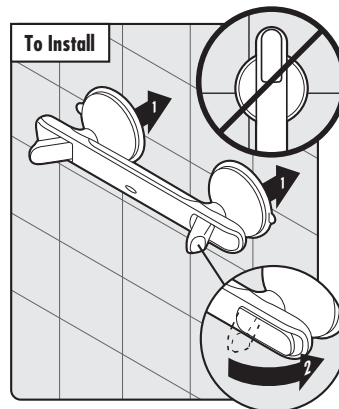
**StrongHold™
Suction Grip Bar**

USE & CARE

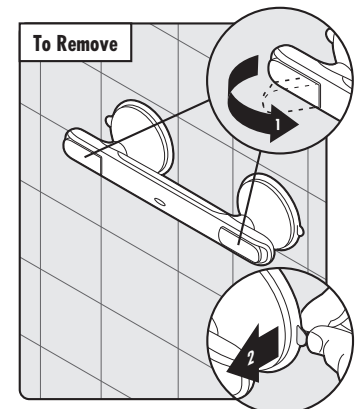
INSIDE



1. Determine whether to mount Grip Bar horizontally or vertically.
2. Wash desired area thoroughly with a warm, damp cloth and dry completely.
3. Flip up both installation levers into the unlocked position.



1. Press the suction cups against smooth, non-porous surface. DO NOT position the suction cups over any grout lines.
2. Flip down both installation levers into locked position to activate suction.
3. Pull on Grip Bar to test, ensuring it is securely in place before using; test before each use.



1. Flip up both installation levers into the unlocked position.
2. Pull tabs to release suction cups.