

# User Manual for Wooden Gymnastic Ladder

## 1. Product Description

The wooden gymnastic ladder is a robust and functional apparatus designed for general fitness exercises, rehabilitation, and strength training. Crafted from high-quality wood, it ensures durability and an aesthetic appeal, seamlessly integrating into various interiors.

## 2. Intended Use

The ladder is ideal for:

- Stretching exercises
- Strength training
- Rehabilitation
- Corrective exercises
- Physical activities for both children and adults

## 3. Assembly

**Preparing the Area:** Select a stable wall capable of supporting the load during exercises. Ensure there is ample space around the ladder for unrestricted movement.

**Mounting:** We recommend attaching the ladder to the wall using the provided flat brackets and screws at four designated points. Secure the longer edge of the bracket to the ladder and the shorter edge to the wall using appropriate wall anchors. The ladder should stand vertically and be positioned close to the wall so that the mounting elements do not protrude.

**Checking Stability:** After installation, verify that the ladder is stable and does not wobble. Before commencing exercises, test its strength by gently applying pressure to the rungs.

**WARNING!** Ensure a strong and stable mounting.

## 4. Usage Instructions

**Warm-up:** Prior to exercising, perform a brief warm-up to prepare muscles and joints for activity.

**Exercise Technique:** Execute exercises as advised by a trainer or physiotherapist. Maintain proper body posture and avoid abrupt movements.

**Safety:** Do not exceed the ladder's maximum load capacity. Refrain from using the ladder if it is damaged or unstable.

## 5. Maintenance and Care

Cleaning: Regularly wipe the ladder with a damp cloth to remove dust and dirt. Avoid using harsh chemicals that may damage the wood surface.

Condition Check: Periodically inspect the ladder for any damage, such as cracks or loose components. If any issues are detected, discontinue use until repairs are made.

## 6. Precautions

Supervision of Children: Children should use the ladder only under adult supervision.

Footwear: It is recommended to wear sports shoes with non-slip soles during exercises.

Avoiding Overloads: Do not use the ladder for exercises that require loads exceeding its maximum strength.