

Operating instructions for the pull-up bar

1. Usage and Purpose of the Wall Bar

The wall bar should be used in accordance with its intended purpose and manufacturer recommendations to ensure safety and effective training. It must be installed only on a solid, load-bearing wall capable of withstanding the loads associated with intensive exercises.

Avoid installing the bar on walls that do not meet strength requirements (e.g., partition walls, drywall). If there are any doubts about the wall's structure, consult a specialist before installation.

IMPORTANT: Do not use the wall bar if you notice any damage to its structure or mounting elements (e.g., screws, anchors, brackets).

2. Wall Bar Installation

The wall bar must be installed according to the manufacturer's instructions. Only use the dedicated mounting components included in the set.

Installation Recommendations:

Mount on a stable, load-bearing wall (e.g., concrete or masonry).

Place the bar at an appropriate height, suited to the user's height and planned exercises.

Ensure the installation follows the instructions and all mounting components are securely attached.

IMPORTANT: Installing on walls that do not meet load-bearing standards may damage the structure and compromise user safety.

3. Using the Wall Bar

The wall bar is intended for pull-ups, leg raises, and other strength exercises. Perform exercises with proper technique to avoid overloading joints and muscles. Adjust exercise intensity according to your training level.

Usage Recommendations:

Use the bar in a controlled manner to avoid sudden jerks that may stress the wall or bar.

Maintain proper form during pull-ups to prevent injuries.

Ensure adequate space around the bar for unrestricted movement.

IMPORTANT: Avoid overloading the bar or using it in ways that may strain its structure. Excessive loads can damage the bar or mounting.

4. Cleaning and Maintenance

Regular cleaning and maintenance ensure the bar's aesthetics and functionality over time. After each workout, wipe the bar with a damp cloth to remove sweat and dirt. Use mild cleaning agents that won't damage the bar's surface or mounting.

Maintenance Recommendations:

Clean regularly to prevent dirt buildup that may affect exercise comfort.

Use a soft cloth for metal surfaces; avoid abrasive materials that may scratch the bar.

Check the condition of mounts and screws regularly; tighten if necessary to ensure stability.

5. Wall Bar Storage

If the bar will not be used for an extended period, store it in a dry place away from excessive moisture and heat sources. Excess moisture can

cause corrosion of metal components, and high temperatures can affect material durability.

Storage Recommendations:

Keep the bar in a dry location away from moisture and heat sources.

Ensure the storage area is free from chemicals or sharp objects that could damage the bar.

6. Technical Condition Inspection

Regularly check the wall bar for mechanical damage and material wear. Pay particular attention to:

- Cracks or dents in the bar's structure.
- Loose or damaged mounting components.
- Rusting of metal parts.
- Signs of corrosion or weakened structure.
- If any damage is found, discontinue use immediately.

7. Components / Hazardous Materials

The wall bars are made from materials that may cause allergic reactions or skin irritation in some individuals, especially with prolonged contact with metal elements. If any allergic reactions occur, stop using the bar and consult a physician.