

Wall Bar Assembly instructions and safety advises

Congratulations!

We congratulate you on the purchase of your new product. You have chosen a high quality product. Familiarize yourself with the product before using it for the first time. In addition, please carefully refer to the operating instructions and the safety advice below. Only use the product as instructed and only for the indicated field of application. Keep these instructions in a safe place. If you pass the product on to anyone else, please ensure that you also pass on all the documentation with it.

Failure to observe the safety notes can lead to serious injuries.

Scope of delivery

1 x Wall Bar
6 x Screws for wall mounting
12 x Grub screws
1 x Assembly Instructions and safety advises

Technical data (Metric)

Height: 230cm
Width: 88cm
Depth: 16cm
Max. user weight: 110 kg

Technical data (Anglo-American)

Height: 7'5"
Width: 2'9"
Depth: 6,3"
Max. user weight: 240lbs

Correct use

This product is designed to allow you to train your whole body. This product is meant for private use and not for medical or commercial use.

PLEASE READ THE ASSEMBLY INSTRUCTIONS BEFORE USING THE PRODUCT! PLEASE KEEP THE ASSEMBLY INSTRUCTIONS IN A SAFE PLACE!

! Warning !

Danger to life and danger of accidents for infants and children! Never leave children alone and unsupervised with the packaging material. Danger of suffocation. Always keep children away from the product. This product is not a toy! No more than one user per Wall Bar. The maximum user weight is 110 kg (242.5 lbs). Do not adjust when in use. If possible only use this product on floors with shock-absorbing properties such as carpet in order to minimize the risk of injury in case of falling down.

! Caution !

Do not leave children alone and unsupervised!

! Caution! Risk of injury !

Make sure that all parts are undamaged and correctly assembled. Improper assembly may result in injury. Damaged parts could adversely affect safety and function.

! Caution !

Never undertake any changes to the device while exercising. Children or persons who lack the knowledge or experience to use the device or whose physical, sensory or intellectual capacities are limited must never be allowed to use the device without supervision or instruction by a person responsible for their safety.

Before beginning training, have your doctor carry out a general medical check-up and clarify any possible heart, circulatory or orthopedic problems. Wrong and excessive training can endanger your health. If you feel any pain while exercising, you should stop immediately and consult a doctor.

! Caution !

Never overload the product. The user's body weight should not exceed 110 kg. This could result in injuries and / or damage to property. Do not use the product in areas that can be freely accessed by anyone at any time. Check that the product is correctly mounted. Prior to every use, check carefully for any possible damage or loose connections. On no account should you use the product if there is any



damage. Loose connections must be tightened immediately. Damage to your health cannot be excluded if the device is used improperly. Do not use the device if you suffer from illnesses, cramps, nausea or chest pains. Do not use the device during pregnancy.

! Warning !

No more than one user per Wall Bar. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. the connection points and bars. Only use original replacement parts. To set it up, choose a place that provides enough place for assembly and exercising. The area chosen should measure at least 3 x 3 m and should be well ventilated. The subsurface must be level and even. Check that it has a secure footing.

A free area of not less than 0.6 m shall remain around the training area in the directions from which the equipment is accessed.

Before use

Note: Remove all packaging materials from the product.

Assembly

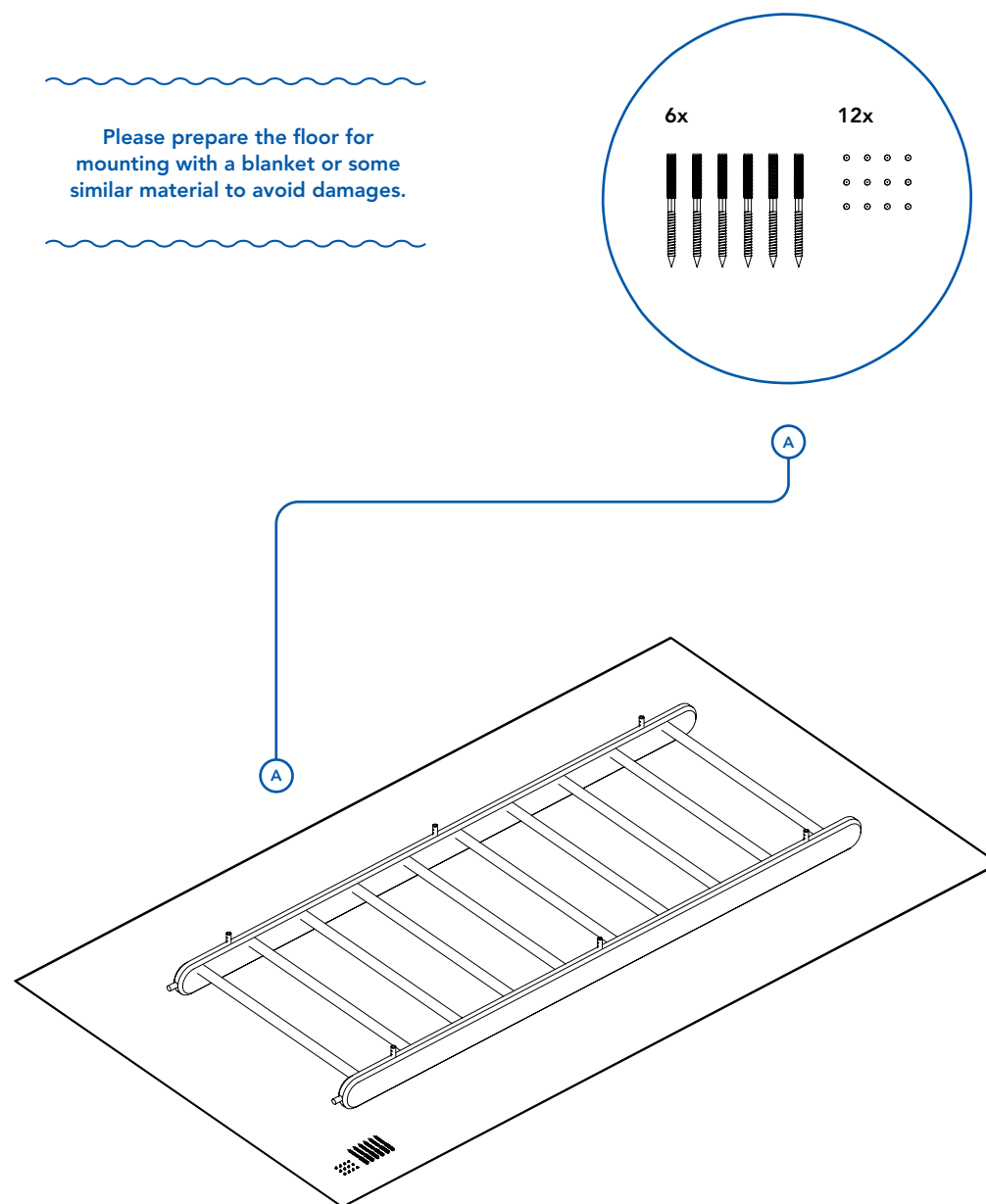
! WARNING !

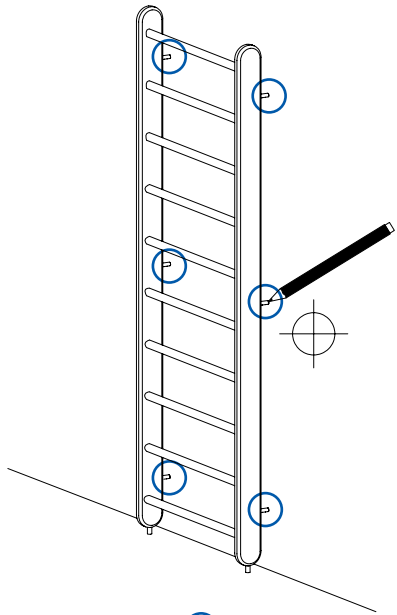
Always check the load-bearing capacity and condition of your wall to ensure that it is suitable for mounting. There is a risk of serious injury if this is not observed. The Wall Bar must be fixed to the wall with dowels. We do not supply dowels as these vary depending on the wall condition and material. If unsure which dowels are suitable for your wall, consult with an expert. Kenko GmbH cannot accept any responsibility for damage or injury resulting from improper wall mounting.

Please prepare the floor for mounting with a blanket or some similar material to avoid damages.

Step one

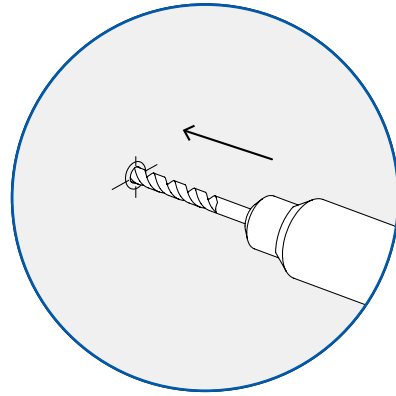
- Spread a blanket or similar on the surface to avoid damage during installation.
- Remove all packaging materials from the product.
- Check the completeness of all supplied screws and prepare your tools.





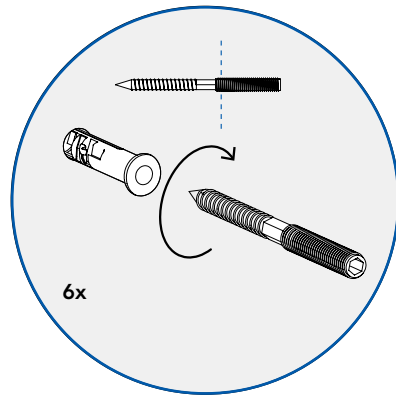
Step two

- Carefully check the wall condition and place the Wall Bar in the desired position with the help of another person. Also check if there are any electrical wiring or water pipes in the working area.
- Check that the floor is level. Small unevenness can be compensated with the adjustable feet.
- Mark the position of the brass brackets on the wall with a pencil.
- Carefully place the Wall Bar back on the blanket or the like
- Using two lines, mark the center of the marked positions of the brass brackets.



Step three

- Carefully drill into the wall at the marked positions using a suitable drill bit (according to the wall condition and according to your dowels).
- Depending on the condition of the wall, it may make sense to pre-drill with a smaller drill bit first.

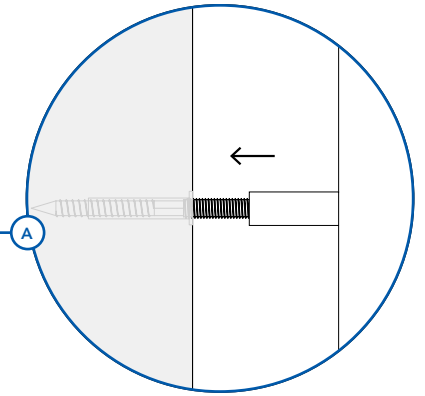
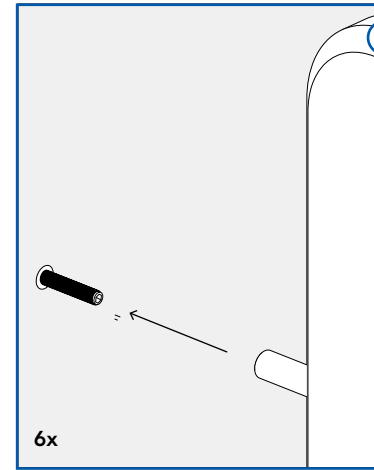


Step four

- Place the dowels in the holes. Make sure that they are flush with the wall.
- Then screw the screws supplied into the dowels up to the position marked in the diagram.

Step five

- After completing step four for all 6 holes, carefully place the Wall Bar in the appropriate location with the help of another person.



Care and storage

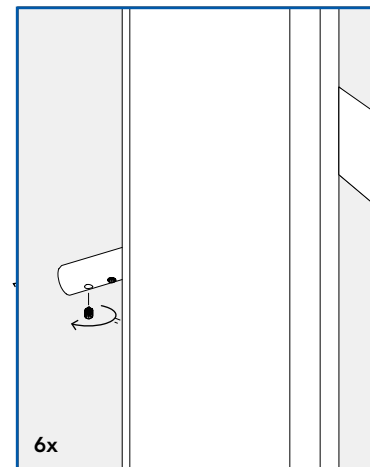
- Do not use corrosive or abrasive cleaning agents as they may damage the product.
- Use a dry fluff-free cloth when you are cleaning or polishing the product.

Disposal

The packaging is made entirely of recyclable materials, which you may dispose of at local recycling facilities. Contact your local refuse disposal authority for more details of how to dispose of your worn-out product.

Step six

- Once the Wall Bar is in the desired position, you can fix the brass bracket to the screws with the grub screws.
- Check that all screws are tight and that there is no noise even under heavy load.



Have fun!
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[instagram.com/kenkostores](https://www.instagram.com/kenkostores)

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