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› CCLIFE Swedish Wall Bar Instruction Manual

CCLIFE DSPWD001A0000000

CCLIFE Swedish Wall Bar Instruction Manual

Model: DSPWD001A0000000

1. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before assembly and use. Failure to follow these safety guidelines may result in injury or damage to the product.

- Ensure the wall bar is securely mounted to a solid, weight-bearing wall structure. Consult a professional if unsure about wall suitability.
- Do not exceed the maximum weight capacity of 100 kg (220 lbs).
- Always supervise children when they are using the wall bar.
- Inspect the wall bar regularly for any signs of wear, damage, or loose components. Tighten all screws and bolts as needed.
- Keep hands and feet clear of moving parts during installation and adjustment.
- Use appropriate safety mats or padding beneath the wall bar, especially when used by children or for dynamic exercises.
- This product is intended for indoor use only.

2. PACKAGE CONTENTS

Verify that all components are present and undamaged before beginning assembly.



Image: All components of the CCLIFE Swedish Wall Bar laid out, showing the wooden side frames and individual rungs.

- Wooden Side Frames (2 sections per side, total 4)
- Wooden Rungs (10 pieces)
- Mounting Brackets (4 pieces)
- Mounting Screws and Wall Anchors (Quantity as per hardware pack)
- Assembly Hardware (Screws for connecting frame sections and rungs)
- Instruction Manual (This document)

3. SPECIFICATIONS

Dimensions (H x W x D)	195 cm x 80 cm x 14 cm (76.7" x 31.5" x 5.5")
Rung Diameter	Approximately 3.3 cm (1.3")
Distance Between Rungs	16.5 cm (6.5")
Maximum Load Capacity	100 kg (220 lbs)

Number of Rungs	10
Material	High-quality Pine Wood
Product Weight	10 kg (22 lbs)
Model Number	DSPWD001A0000000

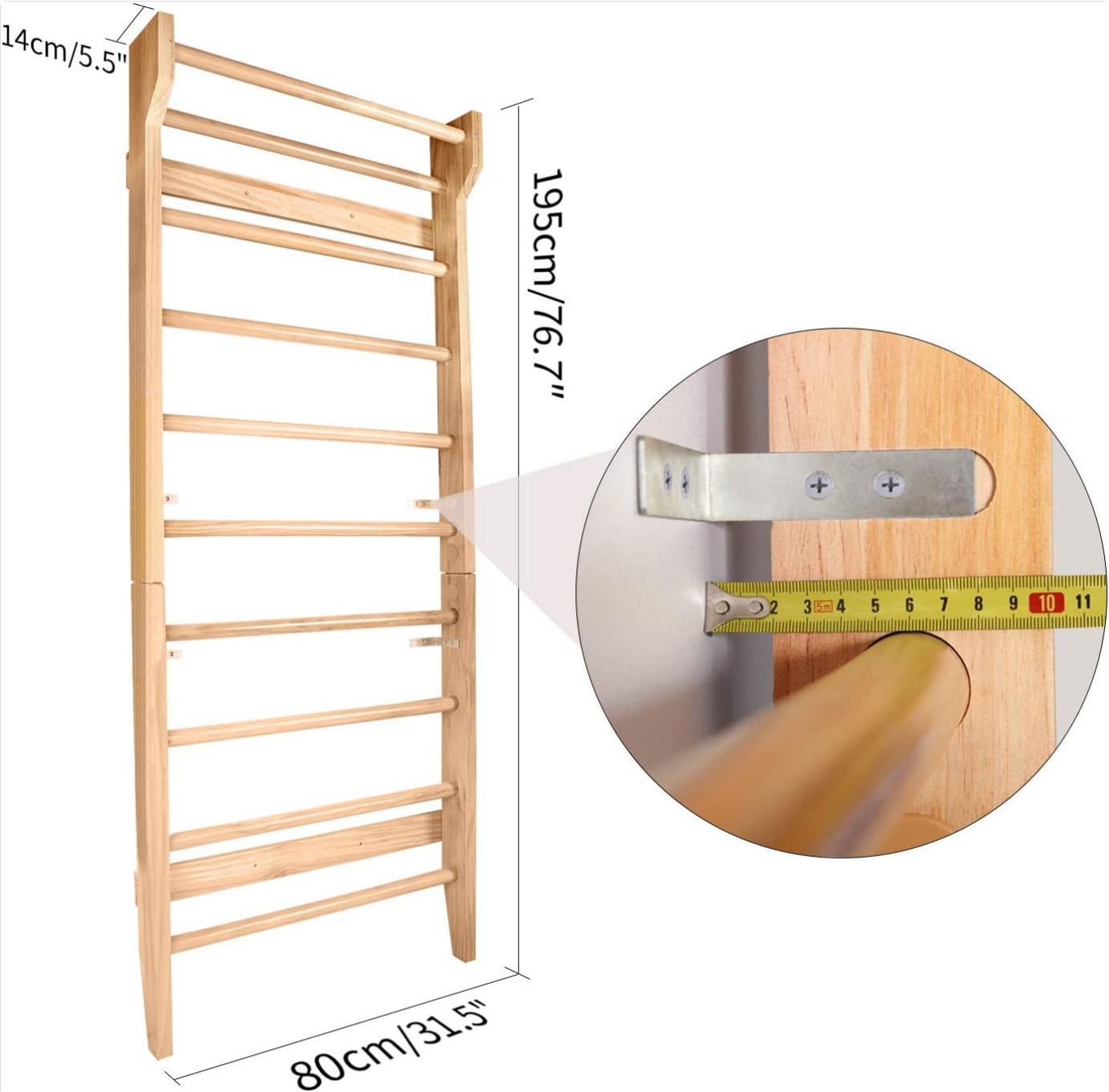


Image: Detailed dimensions of the Swedish Wall Bar, including height, width, and depth.

4. SETUP AND INSTALLATION

Assembly requires basic tools (not included) such as a drill, level, and screwdriver. It is recommended that two people assemble this product.

4.1. Pre-Assembly Steps

- 1. Unpack all components and verify against the package contents list.

2. Identify a suitable wall for mounting. The wall must be solid (e.g., concrete, brick, or studs) and capable of supporting the weight of the wall bar and user. Avoid mounting on drywall without proper stud reinforcement.
3. Ensure there is sufficient clear space around the installation area for safe use.

4.2. Assembly Instructions

1. **Assemble the Side Frames:** Connect the upper and lower sections of each wooden side frame using the provided screws. Ensure the pre-drilled holes align perfectly.
2. **Insert the Rungs:** Carefully insert each wooden rung into the corresponding holes in the side frames. Ensure they are fully seated and secure.
3. **Secure the Rungs:** Use the provided screws to secure each rung to the side frames. Ensure all connections are tight.
4. **Attach Mounting Brackets:** Secure the metal mounting brackets to the back of the assembled wall bar frame using the designated screws. There are typically four brackets: two near the top and two near the bottom.



Image: Detailed views of the assembled wall bar's top, middle connection, and bottom sections.

4.3. Wall Mounting

1. **Mark Drilling Points:** Hold the assembled wall bar against the desired wall location. Use a level to ensure it is perfectly vertical. Mark the positions of the mounting bracket holes on the wall.
2. **Drill Holes:** Using an appropriate drill bit for your wall type and the provided wall anchors, drill holes at the marked positions.
3. **Insert Wall Anchors:** Insert the wall anchors into the drilled holes. Ensure they are flush with the wall surface.

4. **Mount the Wall Bar:** Align the mounting brackets on the wall bar with the drilled holes and anchors. Insert the long mounting screws through the brackets and into the wall anchors. Tighten securely.
5. **Final Check:** Gently pull and push on the installed wall bar to ensure it is firmly attached to the wall and does not wobble.



Image: Visual guide for wall mounting, showing the bracket and screw placement.

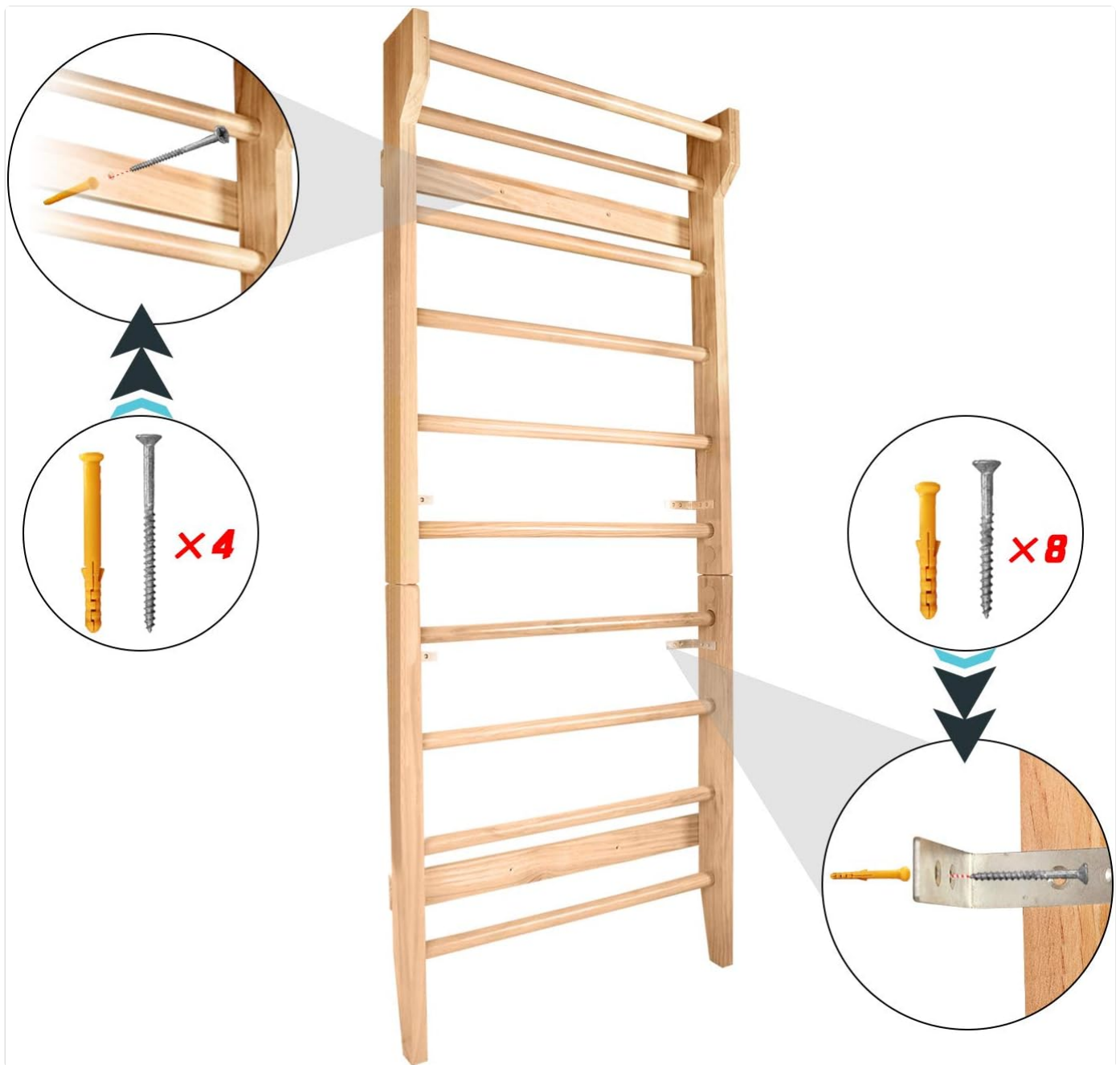


Image: Illustration of the specific screws and wall anchors provided for secure installation.

5. OPERATING INSTRUCTIONS (USAGE)

The CCLIFE Swedish Wall Bar is a versatile piece of fitness equipment suitable for various exercises, including stretching, strength training, and gymnastics.

5.1. General Use Guidelines

- Always warm up before exercising.
- Perform exercises slowly and with control.
- Listen to your body and stop if you feel pain.
- Ensure adequate space around the wall bar to prevent accidental collisions.

5.2. Exercise Examples

Here are a few common exercises that can be performed using the Swedish Wall Bar:

- **Stretching:** Use the rungs for various stretches, such as hamstring stretches by placing a foot on a higher rung, or

shoulder stretches by gripping a rung above.

- **Core Exercises:** Hang from a rung for leg raises or knee tucks to engage abdominal muscles.
- **Calisthenics:** Perform exercises like inverted rows (if space allows and with proper form) or use for support during push-ups or squats.
- **Climbing:** Children can use the rungs for climbing, developing coordination and strength.



Image: A user demonstrating a leg stretch using the wall bar.





Image: The complete Swedish Wall Bar installed, illustrating its full form.

6. MAINTENANCE

Regular maintenance will ensure the longevity and safety of your CCLIFE Swedish Wall Bar.

- **Cleaning:** Wipe the wooden surfaces with a damp cloth. Do not use abrasive cleaners or harsh chemicals, as they may damage the wood finish. After cleaning, allow the wood to air dry completely. The varnish protects against humidity.
- **Inspection:** Periodically check all screws, bolts, and mounting hardware for tightness. Re-tighten any loose connections immediately.
- **Wood Condition:** Inspect the wood for any cracks, splinters, or signs of deterioration. If significant damage is found, discontinue use and contact customer support.
- **Environment:** Store and use the wall bar in a dry environment to prevent wood warping or damage from excessive humidity.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Wall bar feels unstable or wobbly after installation.	Loose mounting screws or inadequate wall support.	Ensure all mounting screws are fully tightened. Verify that the wall structure is solid and capable of supporting the load. If necessary, use stronger wall anchors or consult a professional for installation.
Rungs feel loose.	Screws securing rungs to side frames are loose.	Re-tighten all screws connecting the rungs to the side frames.
Wood appears discolored or damaged.	Exposure to excessive moisture or physical impact.	Ensure the wall bar is used in a dry indoor environment. For minor discoloration, clean as per maintenance instructions. For significant damage (cracks, splinters), discontinue use and contact customer support.

8. WARRANTY AND SUPPORT

CCLIFE stands behind the quality of its products. For specific warranty details and customer support, please refer to the purchase documentation or visit the official CCLIFE website.

If you encounter any issues not covered in this manual or require further assistance, please contact CCLIFE customer service:

Brand Store: [CCLIFE Official Store on Amazon](#)

Seller: CCLIFE Technic GmbH

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question