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› [CCLIFE Wooden Wall Bars for Gymnastics - Model DSPWD002B0000000 Instruction Manual](#)

CCLIFE DSPWD002B0000000

CCLIFE Wooden Wall Bars for Gymnastics

Model: DSPWD002B0000000 - Instruction Manual

1. SAFETY INFORMATION

Read and understand all instructions before assembly and use. Failure to follow these instructions may result in serious injury.

- **Maximum Load Capacity:** The wall bars have a maximum load capacity of 150 kg. The adjustable attachment has a maximum load capacity of 100 kg. Do not exceed these limits.
- **Proper Installation:** Ensure the wall bars are securely mounted to a solid wall structure using appropriate hardware. The provided wall anchors may not be suitable for all wall types; consult a professional if unsure about your wall's suitability or require stronger anchors.
- **Child Supervision:** Children should always be supervised by an adult when using the wall bars.
- **Clearance Area:** Maintain a clear area around the wall bars to prevent collisions during exercise.
- **Regular Inspection:** Periodically check all bolts, screws, and connections to ensure they are tight and secure. Do not use if any parts are loose or damaged.
- **Health Considerations:** Consult a physician before starting any new exercise program. Stop exercising immediately if you experience pain, dizziness, or discomfort.

2. PRODUCT OVERVIEW

The CCLIFE Wooden Wall Bars are designed for a variety of gymnastics and fitness exercises, suitable for both children and adults. Constructed from solid varnished pine wood, this robust equipment features a classic design and includes an adjustable attachment for expanded exercise options.



Image: CCLIFE Wooden Wall Bars with a child demonstrating use, showing the adjustable top bar and secure base.

3. PACKAGE CONTENTS

Verify that all components are present before beginning assembly. If any parts are missing or damaged, contact customer support.

- Wooden Wall Bars frame (main uprights and rungs)
- Adjustable attachment (pull-up bar)
- Assembly hardware (screws, bolts, wall anchors)
- Instruction manual

4. SPECIFICATIONS

Feature	Detail
Model Number	DSPWD002B0000000
Material	Varnished Pine Wood

Feature	Detail
Overall Dimensions (H x W x D)	Approx. 220 cm x 80 cm x 57 cm
Adjustable Attachment Dimensions	Approx. 73 cm x 55 cm x 35 cm
Number of Bars	15
Wall Bars Max Load Capacity	150 kg
Adjustable Attachment Max Load Capacity	100 kg
Product Weight	20 kg

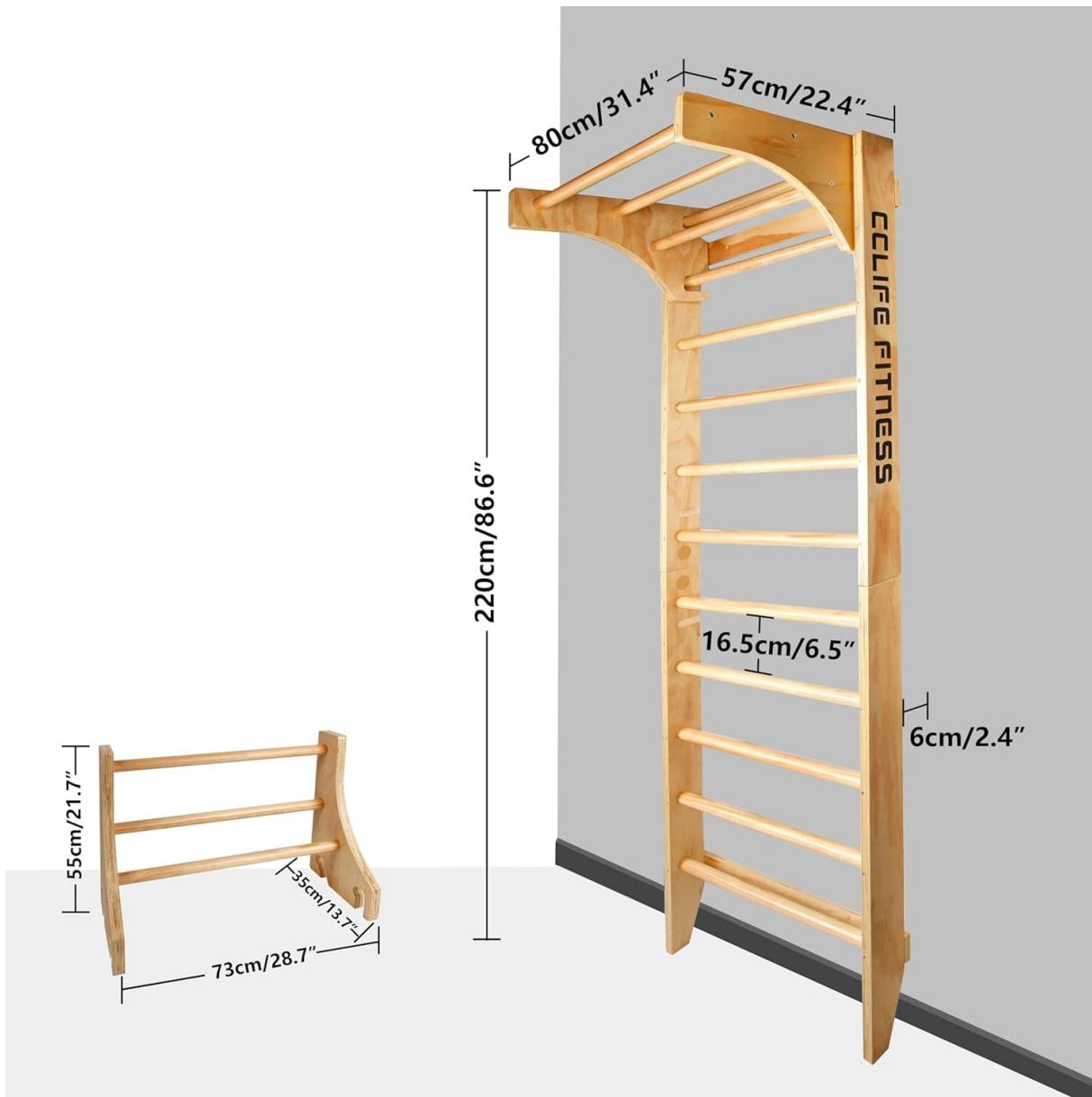


Image: Detailed dimensions of the wall bars and the adjustable attachment.

5. SETUP AND ASSEMBLY

Assembly requires careful attention and is recommended for two people to ensure stability and safety. Follow the step-by-step instructions provided in the included manual.

- 1. Unpack Components:** Carefully remove all parts from the packaging and verify against the package contents list.

2. **Assemble Frame:** Connect the main uprights and rungs according to the diagrams in the manual. Ensure all connections are snug but do not overtighten until fully assembled.
3. **Attach Adjustable Bar:** Secure the adjustable attachment to the top section of the wall bars as instructed.
4. **Wall Mounting:** This is a critical step for safety. Choose a solid, load-bearing wall. Mark the drilling points accurately. Drill holes and insert appropriate wall anchors. **Note:** Some users have reported that the included wall anchors may not be sufficient for all wall types. Consider purchasing higher-quality anchors suitable for your specific wall material (e.g., concrete, brick, stud-reinforced drywall) to ensure maximum security.
5. **Secure to Wall:** Mount the assembled wall bars to the wall using the provided or upgraded hardware. Ensure all mounting points are firmly secured.
6. **Final Check:** Before first use, thoroughly check all connections, bolts, and wall mounts for tightness and stability.

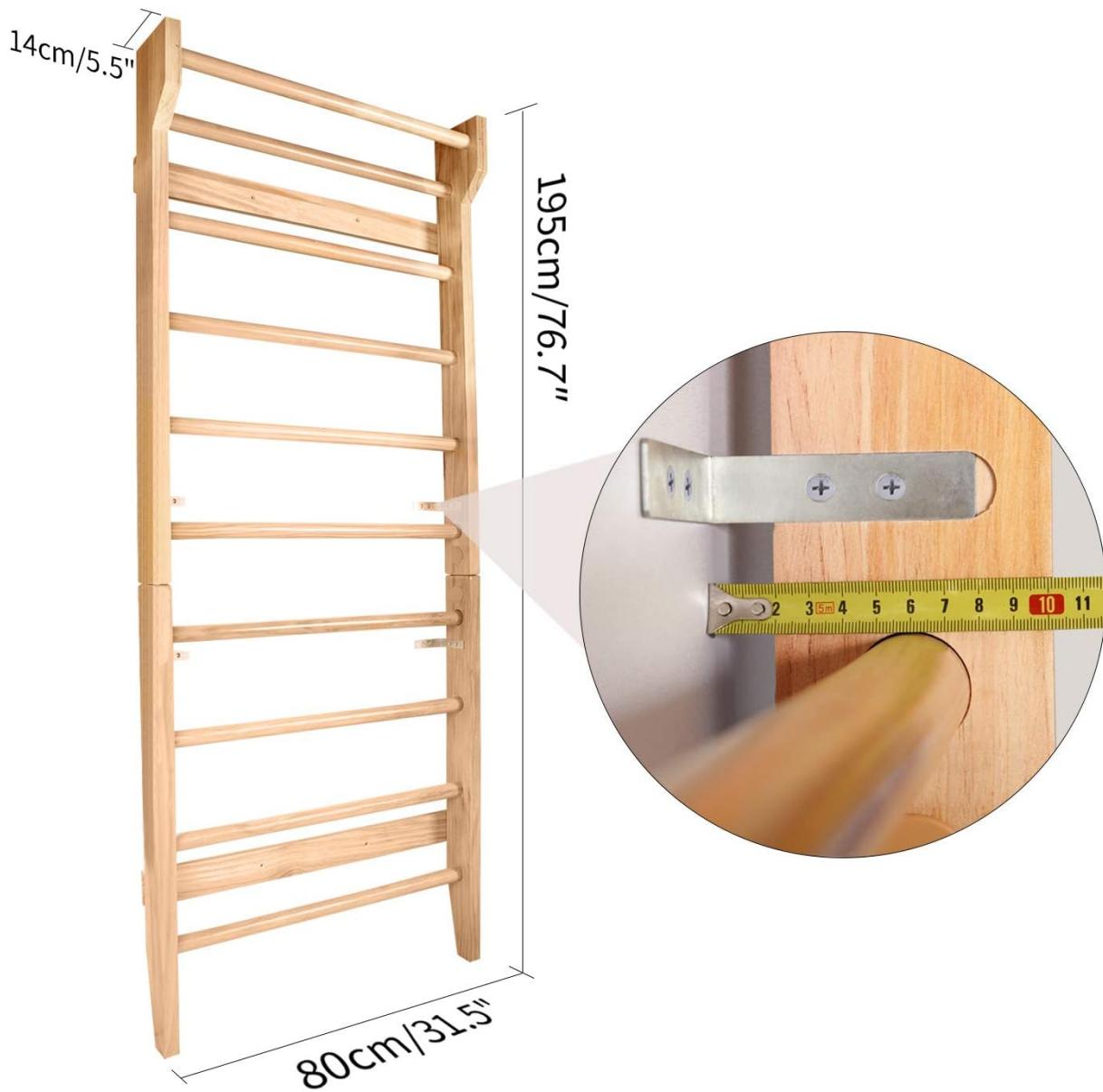


Image: Wall bars with dimensions and a close-up of the wall mounting bracket.

6. OPERATION AND USAGE

The CCLIFE Wooden Wall Bars offer a versatile platform for various exercises. Always start with a warm-up and perform exercises with controlled movements.

Common Exercises:

- **Stretching:** Use the rungs for support during various stretches, such as leg stretches, back extensions, and shoulder mobility exercises.
- **Pull-ups/Chin-ups:** Utilize the adjustable attachment for upper body strength training. Adjust the height to suit your needs.
- **Core Exercises:** Perform hanging leg raises, knee tucks, or sit-ups with feet secured under a lower rung.
- **Climbing:** Children can use the bars for climbing, developing coordination and strength under adult supervision.



Image: Adult performing pull-ups.



Image: Adult performing sit-ups.



Image: Woman stretching.



Image: Child climbing.

7. MAINTENANCE

Proper maintenance ensures the longevity and safety of your wall bars.

- **Cleaning:** Wipe the wooden surfaces with a damp cloth. Avoid abrasive cleaners or harsh chemicals that could damage the varnish.
- **Regular Checks:** Inspect the wall bars monthly for any signs of wear, cracks in the wood, or loose components. Pay close attention to the wall mounting points and the adjustable attachment.
- **Tighten Fasteners:** Re-tighten all bolts and screws as needed to maintain structural integrity.
- **Storage:** If not in regular use, store in a dry environment to prevent wood damage.

8. TROUBLESHOOTING

If you encounter issues with your wall bars, refer to the following common problems and solutions:

- **Instability/Wobbling:**
 - Check all wall mounting bolts and screws. Re-tighten if loose.
 - Verify the integrity of your wall anchors. If the wall bars feel unstable, the anchors may be insufficient for your wall type. Consider replacing them with heavy-duty anchors suitable for your wall material.
 - Ensure the wall surface is flat and even. Uneven surfaces can cause wobbling.
- **Loose Rungs/Bars:**
 - Inspect the connections where the rungs meet the uprights. Tighten any visible screws or bolts.
 - If a rung is damaged or excessively loose, discontinue use and contact customer support for replacement parts.
- **Difficulty Assembling:**
 - Review the assembly instructions carefully, paying attention to diagrams.
 - Ensure all parts are oriented correctly.
 - If struggling, seek assistance from another person.

9. WARRANTY AND SUPPORT

For warranty information, product support, or to inquire about replacement parts, please contact CCLIFE customer service. Refer to your purchase documentation for specific warranty terms and contact details.

You can often find support contact information on the manufacturer's official website or through the retailer where the product was purchased.