

## CCLIFE Sprossenwand004

# CCLIFE Sprossenwand004 Wall Bars Gym Climbing Frame User Manual

Model: Sprossenwand004 (DSPWD004B0000rot)

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## 1. INTRODUCTION

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Thank you for choosing the CCLIFE Sprossenwand004 Wall Bars Gym Climbing Frame. This versatile wooden fitness equipment is designed for both children and adults, offering a range of exercises for stretching, muscle training, and recreational activities. Constructed from durable lacquered solid pine wood, it meets high environmental standards and is built for stability and longevity. This manual provides essential information for safe assembly, operation, and maintenance of your new climbing frame.





The CCLIFE Sprossenwand004 Wall Bars Gym Climbing Frame, a versatile wooden fitness solution for home use.

## 2. SAFETY INSTRUCTIONS

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

- **Adult Supervision:** Children must always be supervised by an adult when using the climbing frame.
- **Weight Limit:** The climbing frame supports a maximum load of 100 kg (220 lbs). Do not exceed this weight limit.

- **Proper Installation:** Ensure the climbing frame is securely mounted to a sturdy wall using appropriate hardware for your wall type. Consult a professional if unsure about wall suitability or installation.
- **Regular Inspection:** Before each use, inspect all components, including ropes, rings, ladders, and mounting hardware, for wear, damage, or looseness. Do not use if any part is damaged.
- **Clearance Area:** Ensure sufficient clear space around the climbing frame to prevent collisions during use.
- **No Modifications:** Do not modify the product in any way. Use only original parts and accessories.
- **Cleanliness:** Keep the product clean and dry. Wipe with a damp cloth and allow to air dry.
- **Footwear:** Use appropriate footwear or go barefoot for better grip and safety.

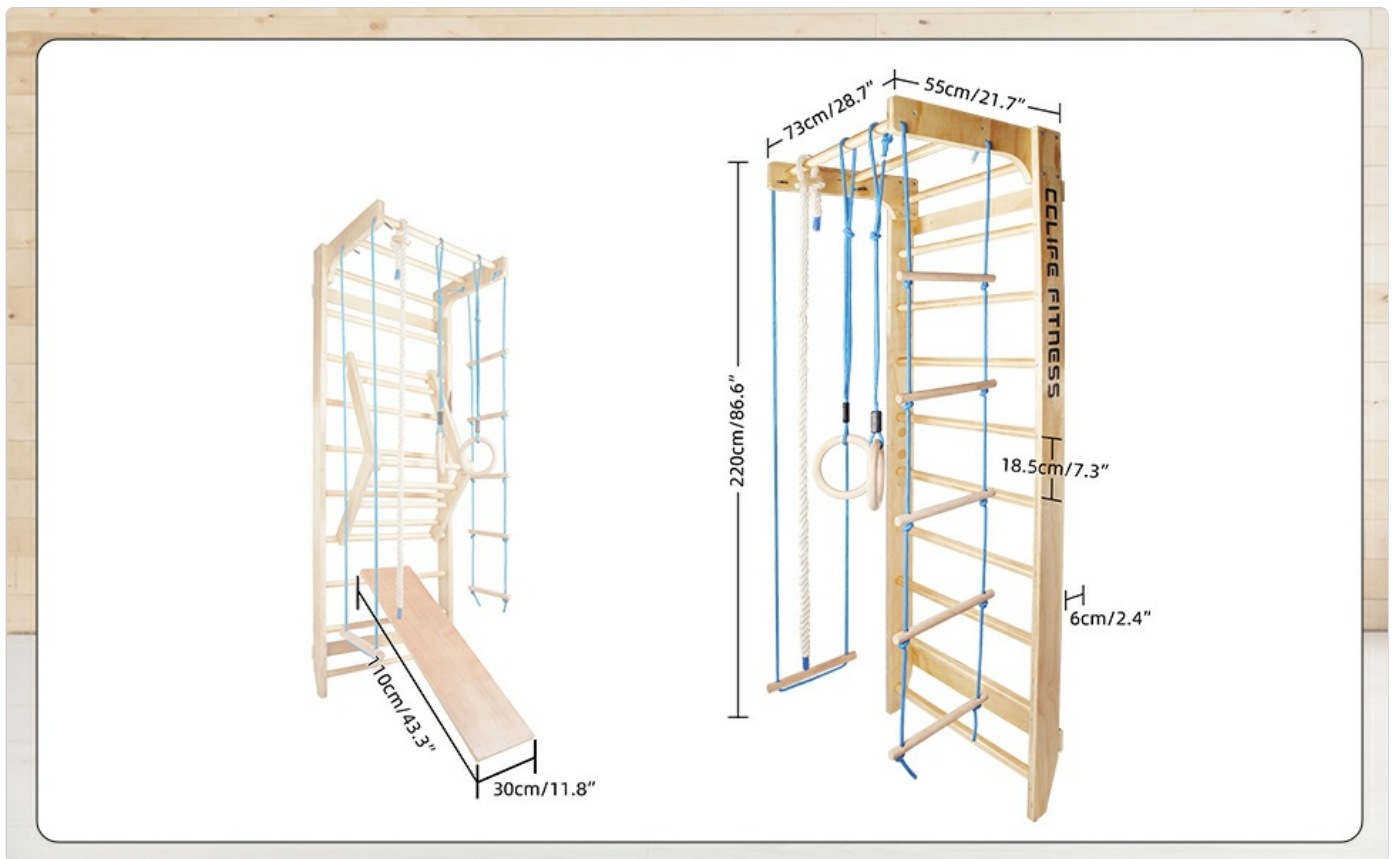
### 3. PACKAGE CONTENTS

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

- Wall bars frame (main wooden structure)
- Gymnastic rings
- Climbing rope
- Rope ladder
- Slide/Skateboard board (110 x 30 cm)
- Triangular climbing part (removable)
- All necessary mounting screws and hardware



Illustration of all included components for the climbing frame and its accessories.



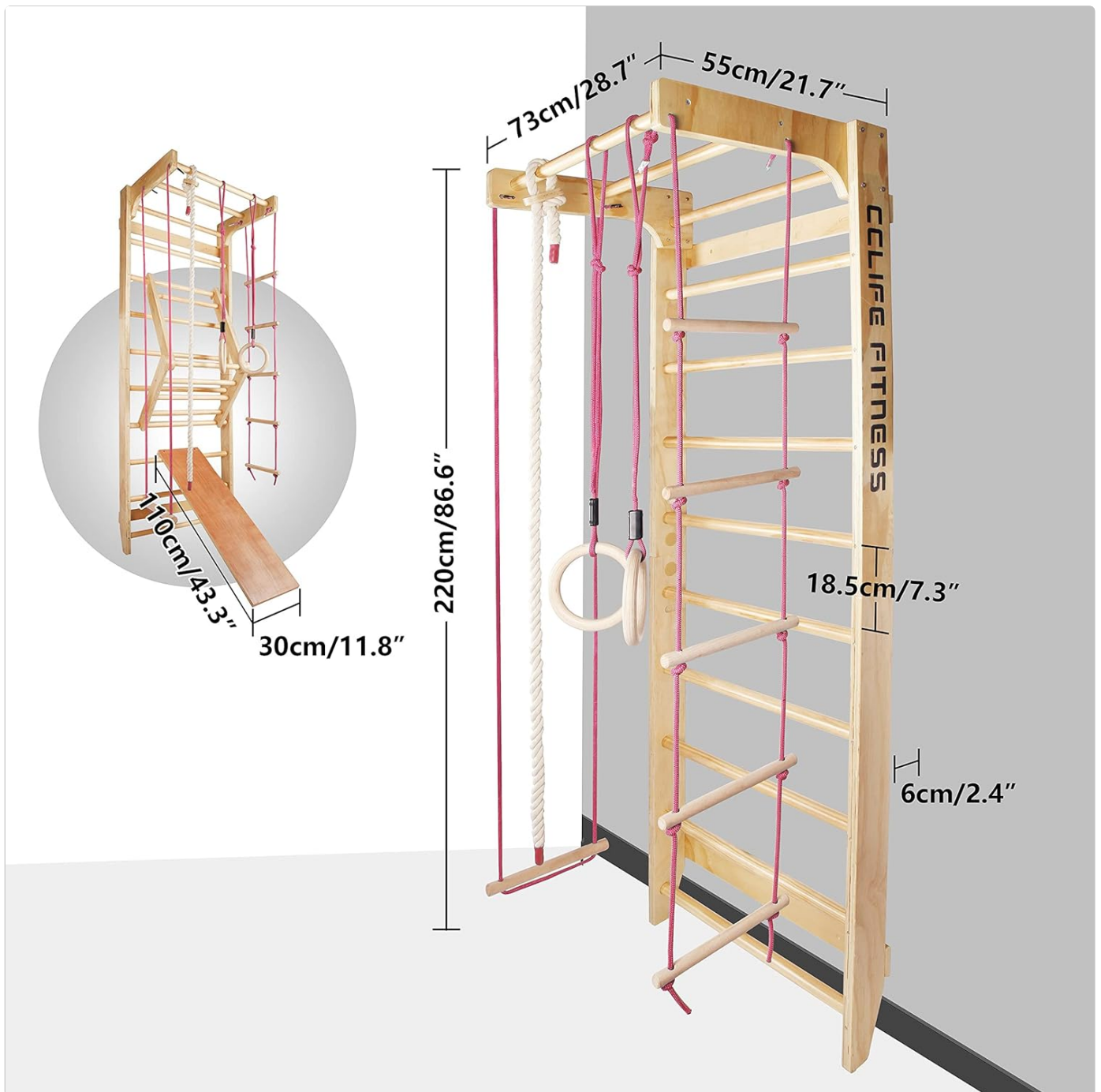
Detailed view of the gymnastic rings, rope ladder, and the slide board, along with their attachment points.

## 4. SETUP & ASSEMBLY

Assembly requires basic tools (not included) and should be performed by at least two adults. Ensure you have enough space and a suitable wall for installation.

### 4.1 Wall Preparation

- Choose a solid, load-bearing wall (e.g., concrete, brick). Avoid drywall or plasterboard unless reinforced.
- Ensure the chosen location has adequate clearance around the frame for safe use.
- Mark the desired height and width for the wall bars on the wall. The frame dimensions are approximately 220 cm (H) x 73 cm (L) x 55 cm (W).



Detailed dimensions of the climbing frame: 220cm height, 73cm length, 55cm width. The slide is 110cm long and 30cm wide.

## 4.2 Assembling the Frame

1. Unpack all components and verify against the package contents list.
2. Assemble the main wooden frame according to the provided diagrams. Ensure all rungs are securely fitted into the side supports.
3. Attach the upper extension piece (if applicable) to the main frame.
4. Secure all wooden joints with the provided screws. Do not overtighten.



Detailed view of the robust wooden construction and secure joint mechanisms of the wall bars.

### 4.3 Wall Mounting

1. Position the assembled frame against the wall at the marked location.
2. Mark the drilling points for the wall mounting brackets.
3. Drill holes using an appropriate drill bit for your wall type.
4. Insert wall plugs (if required for your wall type) into the drilled holes.
5. Securely attach the climbing frame to the wall using the provided screws and mounting hardware. Ensure the frame is level and stable.
6. Verify the stability of the wall attachment by gently pulling and pushing the frame. It should not wobble or move.



**Easy to be fixed and Stable**



**Hard to be fixed and Unstable**

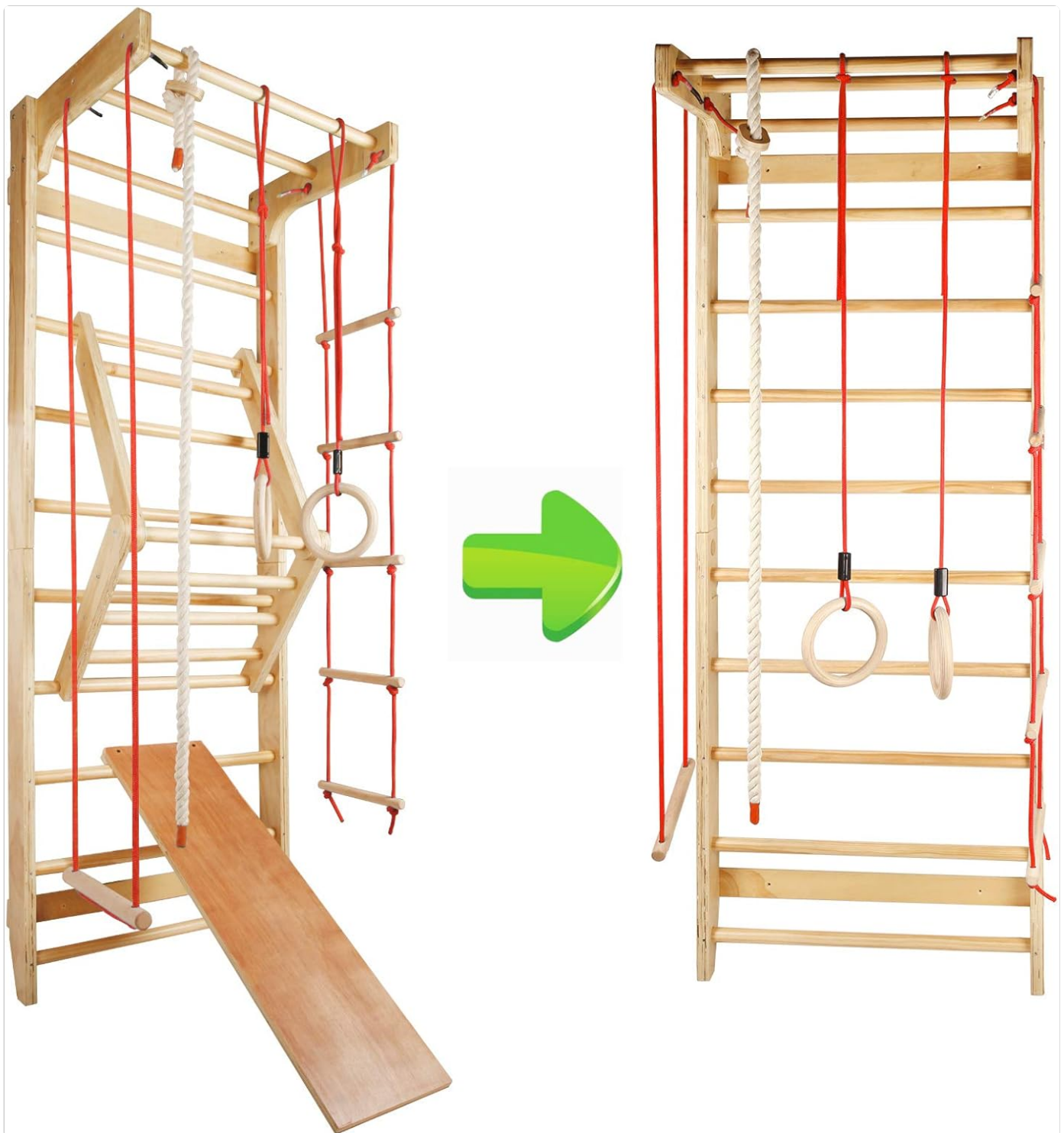
This image illustrates the secure and stable wall attachment design of the CCLIFE climbing frame compared to less stable alternatives.

#### 4.4 Attaching Accessories

- **Gymnastic Rings:** Attach the gymnastic rings to the top rungs using their adjustable straps. Ensure they are securely fastened.
- **Climbing Rope:** Secure the climbing rope to a sturdy top rung.
- **Rope Ladder:** Attach the rope ladder to the desired rungs, ensuring it hangs freely and securely.
- **Slide/Skateboard:** The slide board can be placed on any rung to create an incline. Ensure it is stable before use. The triangular climbing part is also removable and can be positioned as desired.



The climbing frame shown with gymnastic rings, a rope ladder, and a slide board, highlighting their attachment points.



This image shows the versatility of the climbing frame, illustrating how accessories can be easily added or removed.

## 5. OPERATING INSTRUCTIONS

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The CCLIFE climbing frame offers a variety of exercises for different fitness levels and ages. Always ensure proper form and safety during use.

### 5.1 General Use

- **Stretching:** Use the rungs for various stretching exercises to improve flexibility.
- **Climbing:** Climb the wall bars or the rope ladder for full-body engagement and coordination.
- **Strength Training:** Perform pull-ups, leg raises, or other bodyweight exercises using the rungs or gymnastic rings.
- **Recreational Play:** Children can enjoy climbing, sliding down the board, or swinging on the rings under adult supervision.

# Characteristics of the product

Natural colour

REMOVABLE



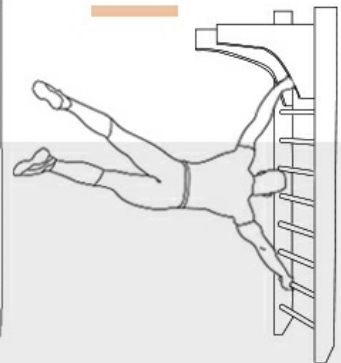
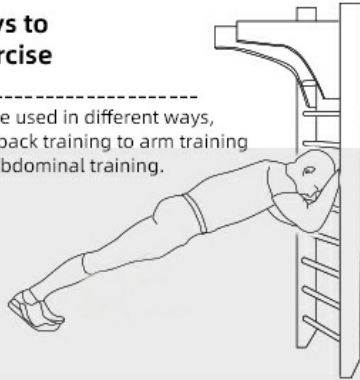
Gymnastics exercise

ROBUST AND STABLE



## Ways to exercise

Can be used in different ways, from back training to arm training and abdominal training.



Examples of exercises: pull-ups, back training, arm training, and abdominal training using the wall bars.

## 5.2 Using Accessories

- **Slide Board:** Position the slide board on a rung at a comfortable height. Ensure it is stable before use. Children can slide down or climb up.
- **Gymnastic Rings:** Use for swinging, pull-ups, dips, or other gymnastic exercises. Adjust strap length as needed.
- **Climbing Rope:** Practice climbing the rope for upper body and core strength.



A child safely enjoying the slide board accessory attached to the wall bars.



A child demonstrating climbing the rope accessory, enhancing physical skills.

## 6. MAINTENANCE

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Proper maintenance ensures the longevity and safety of your climbing frame.

- **Cleaning:** Wipe all surfaces with a damp cloth. Do not use abrasive cleaners or harsh chemicals. Allow to air dry completely.
- **Inspection:** Regularly check all screws, bolts, and connections for tightness. Retighten as necessary.
- **Wood Care:** The lacquered pine wood is durable. Avoid prolonged exposure to moisture or extreme temperature changes.
- **Accessory Check:** Inspect ropes, straps, and rings for fraying, tears, or excessive wear. Replace any damaged accessories immediately.

## 7. TROUBLESHOOTING

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Problem	Possible Cause	Solution
Frame feels unstable after mounting.	Loose wall mounting screws or unsuitable wall material.	Retighten all mounting screws. Ensure the wall is solid and appropriate wall plugs were used. Consult a professional if necessary.
Accessories (rings, rope) feel loose.	Straps or knots are not securely fastened.	Re-secure all accessory straps and knots. Ensure they are tight and cannot slip.
Wood appears splintered or rough.	Minor manufacturing imperfection or wear.	Lightly sand the affected area with fine-grit sandpaper. Ensure no splinters remain.
Squeaking noises during use.	Loose connections or friction between wooden parts.	Check and tighten all screws. Apply a small amount of wood-safe lubricant to friction points if necessary.

## 8. SPECIFICATIONS

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Feature	Detail
<b>Model Name</b>	Sprossenwand004
<b>Model Number</b>	DSPWD004B0000rot
<b>Brand</b>	CCLIFE
<b>Dimensions (H x L x W)</b>	220 cm x 73 cm x 55 cm (86.6" x 28.7" x 21.7")
<b>Slide/Skateboard Dimensions</b>	110 cm x 30 cm (43.3" x 11.8")
<b>Weight Capacity</b>	Up to 100 kg (220 lbs)
<b>Main Material</b>	Lacquered Solid Pine Wood
<b>Color</b>	Red (Sprossenwand004 Rouge)
<b>Included Components</b>	Gymnastic wall bars, gymnastic rings, climbing rope, rope ladder, slide/skateboard, triangular climbing part, mounting hardware.



Overview of the climbing frame, highlighting key features like adjustable rope ladder, secure wall attachment, and 110kg weight capacity.

## 9. WARRANTY & SUPPORT

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For warranty information or customer support, please refer to your purchase documentation or contact CCLIFE directly through their official website or the retailer where you purchased the product. Keep your proof of purchase for any warranty claims.

### Contact Information:

- **Brand:** CCLIFE
- **Seller:** CCLIFE Technic GmbH
- **Amazon Store:** [Visit the CCLIFE Store on Amazon](#)



