

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

› [Physionics](#) /

› [Physionics Removable Wooden Pull-Up Bar for Wall Bars Instruction Manual](#)

Physionics SPWD01C

Physionics Removable Wooden Pull-Up Bar for Wall Bars

Model: SPWD01C

PRODUCT OVERVIEW

This gymnastics accessory is designed to be combined with a Swedish ladder or wall bars to enhance your versatile training program. The Physionics removable wooden pull-up bar can be attached to the wall bars at your preferred height, making it suitable for various users, including children. It serves as an ideal complement for upper body training.

Key Features:

- **Upper Body Focus:** Designed to enhance your workout program by adding a removable pull-up bar to your wall bars.
- **Compatibility:** Ensure to measure your Swedish ladder to confirm corresponding dimensions for this pull-up bar.
- **Specifications:** Dimensions are approximately 73 x 45 x 27 cm, with a maximum load capacity of 100 kg.
- **Durability:** Constructed from high-quality pine wood and treated with moisture-resistant varnish.
- **Versatility:** The removable pull-up bar can be installed at various heights according to your preference.

SETUP AND ASSEMBLY

The pull-up bar is supplied as a kit for self-assembly. Please ensure all components are present before beginning assembly.

1. **Unpack Components:** Carefully unpack all parts from the packaging. Verify that all wooden pieces and hardware are included.
2. **Assemble Frame:** Connect the main wooden pieces of the pull-up bar using the provided screws/bolts and any included tools (e.g., Allen key). Ensure all connections are secure.
3. **Attach to Wall Bars:** Once assembled, the pull-up bar is designed to hook onto the rungs of your existing wall bars. Place the hooks securely over the desired rung.
4. **Adjust Height:** The bar can be easily repositioned to different rungs on the wall bars to suit various exercises and user heights.

EASY ASSEMBLY

EINFACHE MONTAGE



An illustration of the pull-up bar components alongside a disassembled wall bar, emphasizing the straightforward assembly process.

OPERATING INSTRUCTIONS

The Physionics Removable Wooden Pull-Up Bar is designed for various upper body and core exercises when attached to wall bars. Always ensure the bar is securely placed before use.

- **Pull-ups and Chin-ups:** Grip the bar with an overhand (palms facing away) or underhand (palms facing towards you) grip. Pull your body upwards until your chin clears the bar. Lower yourself slowly and with control.
- **Leg Raises:** Hang from the bar with a stable grip. Raise your legs towards your chest or straight up for abdominal engagement. Control the movement during both the upward and downward phases.
- **Stretching:** Use the bar for various stretching exercises, such as hanging to decompress the spine or stretching the shoulders and back muscles.
- **Adjustable Height:** Reposition the bar on different rungs of the wall bars to accommodate users of various heights and to target different muscle groups or exercise variations.



This image illustrates the pull-up bar's maximum load capacity of 100 kg and its versatility for users of all ages, including adults performing pull-ups and a child climbing.

IDEAL FOR PERFORMING A TOTAL BODY WORKOUT

IDEAL FÜR EIN GANZKÖRPERTRAINING



Two men are depicted using wall bars for exercises, illustrating the equipment's suitability for a comprehensive full-body workout.

GOOD AT ENABLING THERAPEUTIC EXERCISES, WHICH CAN HELP EASE BACK PAIN AND OTHER PROBLEMS

GUT DARIN, THERAPEUTISCHE ÜBUNGEN ZU ERMÖGLICHEN, DIE HELFEN KÖNNEN, RÜCKENSCHMERZEN UND ANDERE PROBLEME ZU LINDERN



This image shows two women, one assisting the other, performing therapeutic exercises with wall bars, suggesting its utility in alleviating back pain and other physical issues.

MAINTENANCE

Proper maintenance ensures the longevity and safety of your pull-up bar.

- **Regular Inspection:** Periodically inspect the pull-up bar for any signs of wear, such as cracks in the wood, splinters, or loose connections.
- **Tighten Connections:** Check and tighten any screws or bolts as needed to maintain stability and safety.
- **Cleaning:** Clean the wooden surfaces with a damp cloth. Avoid using abrasive cleaners or harsh chemicals, which can damage the wood finish.
- **Storage:** Store the pull-up bar in a dry environment to prevent wood warping, cracking, or other moisture-related damage.
- **Weight Capacity:** Never exceed the maximum weight capacity of 100 kg to prevent structural damage and injury.

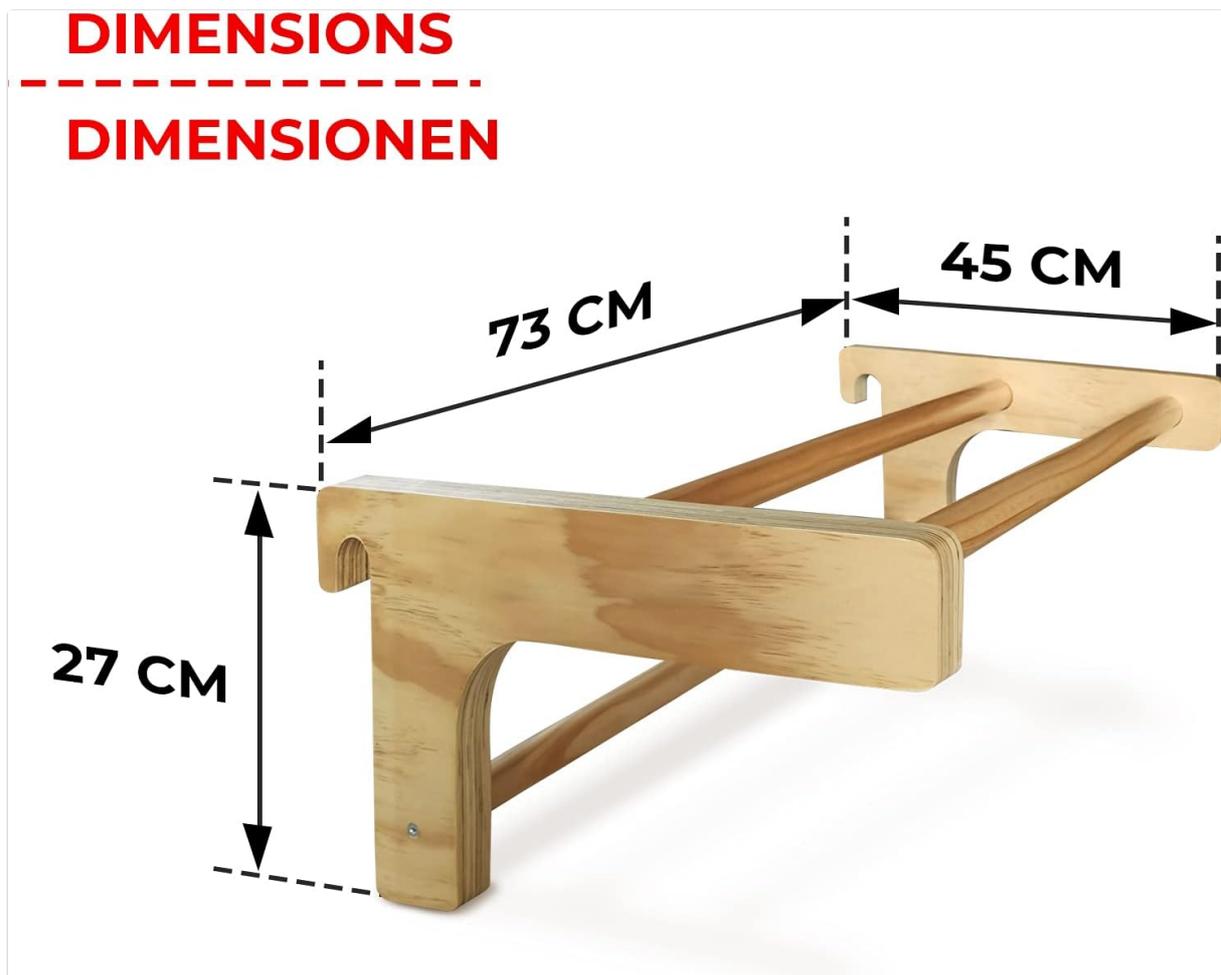
TROUBLESHOOTING

If you encounter any issues with your Physionics pull-up bar, refer to the following common solutions:

- **Bar feels unstable:** Ensure the pull-up bar is correctly and fully seated on the wall bar rungs. Double-check that all assembly screws are tightened. Verify that your wall bars themselves are securely mounted to the wall.
- **Difficulty assembling:** Review the assembly instructions and diagrams carefully. Ensure all parts are correctly oriented and that you are using the appropriate hardware for each step.
- **Wood damage (cracks, splinters):** If you notice significant cracks, splinters, or other structural damage to the wood, discontinue use immediately. Continued use with damaged components can lead to injury. Contact customer support for assistance.

SPECIFICATIONS

Dimensions (L/H/P)	Approx. 73 x 45 x 27 cm
Maximum Load Capacity	Approx. 100 kg
Weight	Approx. 2.3 kg
Materials	Plywood and pine wood
Color	Natural wood
Components Included	1 x Removable pull-up bar for wall bars (assembly kit)



A clear diagram detailing the physical dimensions of the pull-up bar, measuring approximately 73 cm in length, 45 cm in depth, and 27 cm in height.

WALL BARS COME WITH AN ADDITION, A REMOVABLE PULL-UP BAR THAT CAN BE ADDED TO THE LADDER AT A HEIGHT OF YOUR OWN CHOOSING, THUS EXPANDING EVEN MORE THE ARRAY OF FITNESS EXERCISES THAT CAN BE PERFORMED.

NUMBER OF RUNGS: 10

ZU DEN WANDSTANGEN GEHÖRT EINE ABNEHMBARE KLIMMZUGSTANGE, DIE IN EINER HÖHE IHRER WAHL AN DER LEITER ANGEBRACHT WERDEN KANN, WODURCH DAS SPEKTRUM DER DURCHFÜHRENDE FITNESSÜBUNGEN NOCH ERWEITERT WIRD.

ANZAHL DER SPROSSEN: 10



This image shows the pull-up bar positioned on a set of wall bars, highlighting its removable design and the ability to adjust its height by placing it on various rungs, indicated by numbers 1 through 10.

WARRANTY INFORMATION

This Physionics product comes with a standard manufacturer's warranty against defects in materials and workmanship. The warranty period typically begins from the date of purchase. Please retain your original purchase receipt or proof of purchase, as it will be required for any warranty claims. For specific details regarding the warranty terms and conditions, please refer to the documentation provided with your product or contact customer support.

CUSTOMER SUPPORT

For any questions, technical assistance, or to report issues with your Physionics Removable Wooden Pull-Up Bar, please contact our customer service team. You can typically find contact information on the official Physionics website or through the retailer where you purchased the product. When contacting support, please have your product model (SPWD01C) and proof of purchase ready to facilitate a quicker resolution.

