HUDORA 64004

HUDORA Fabian Gymnastics Bar Pro Double - Instruction Manual

Model: 64004 | Brand: HUDORA

1. Important Safety Information

Please read this entire instruction manual carefully before assembly and use. Failure to follow these instructions can result in serious injury.

- **Age Restriction:** Not suitable for children under 36 months due to potential hazards.
- **Maximum Load:** The gymnastics bar is designed to support a maximum load of**100 kg (220 lbs)**. Do not exceed this weight limit.
- **Proper Installation:** Ensure the bar is securely concreted into the ground as specified in the setup section. Improper installation can lead to instability and injury.
- **Regular Inspection:** Before each use, inspect the bar for any signs of wear, damage, or loose components. Do not use if damaged.
- **Supervision:** Children should always be supervised by an adult while using the gymnastics bar.
- **Clearance Area:** Ensure a clear area around the bar, free from obstacles, to prevent accidents during use.

2. Product Overview

The HUDORA Fabian Gymnastics Bar is a high-quality, multifunctional steel bar designed for outdoor fitness and gymnastics. It is suitable for both children and adults, offering an effective bar training experience in your garden.

- **Models:** Available in Standard and Pro series, with options for single or double bars. The Pro models, like this one, feature maximum stability due to a reinforced cross-frame.
- **Material:** Constructed from durable stainless steel with a 25 mm diameter bar and a powder-coated steel frame.
- **Adjustable Height:** The bar offers 4 height adjustment positions, ranging from 71.5 cm to 150 cm, accommodating various user heights.
- **Design:** Features an elegant and subtle grey design that blends well with outdoor environments.

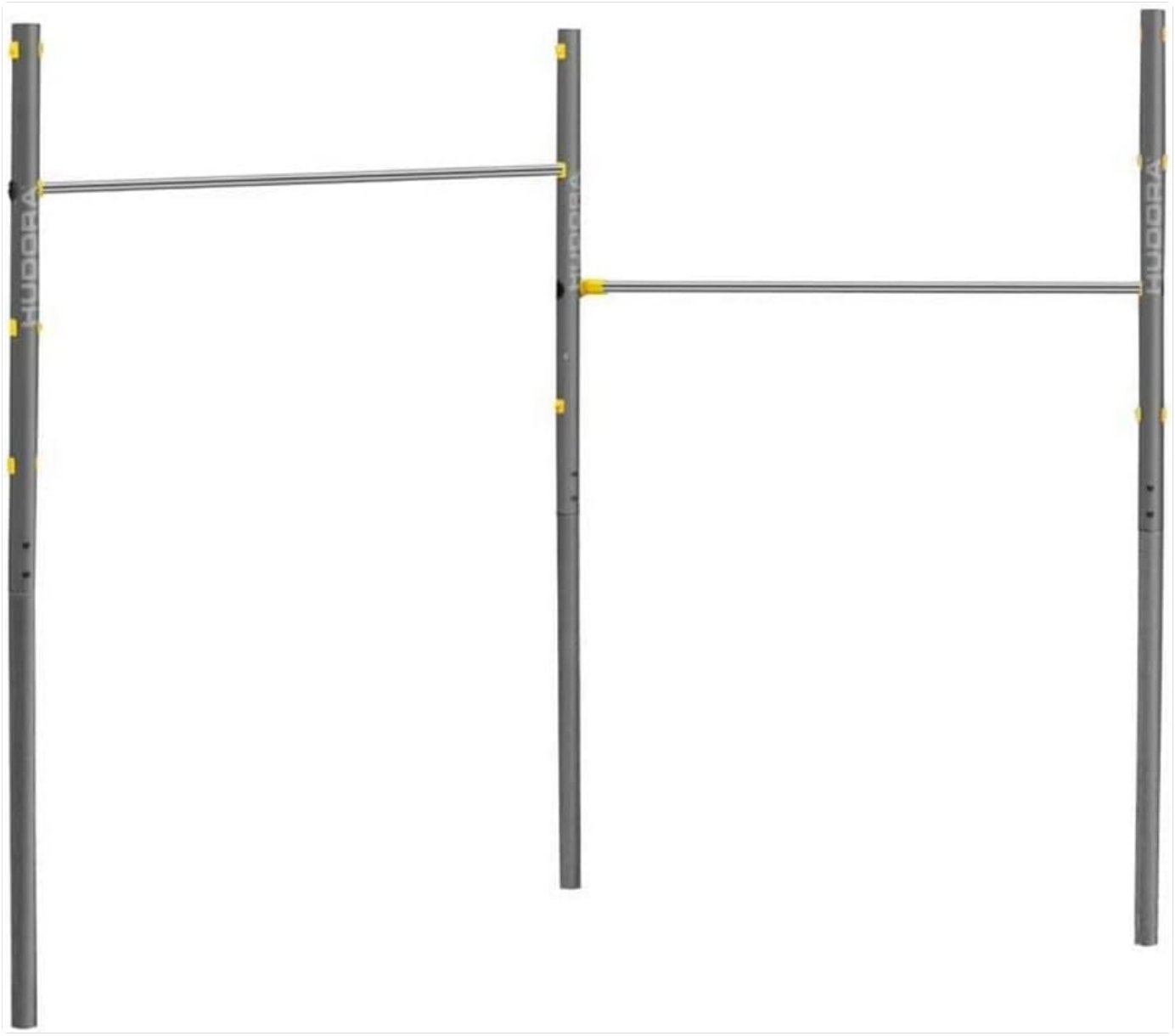


Figure 2.1: Overview of the HUDORA Fabian Gymnastics Bar Pro Double.



Figure 2.2: The Pro Double model offers double the fun for young gymnasts and climbers.

3. Setup and Assembly

The HUDORA Fabian Gymnastics Bar is designed for straightforward assembly. All necessary mounting materials are included. For optimal stability and safety, the bar must be concreted into the ground.

3.1 Site Preparation

- Choose a level, stable outdoor location for installation.
- Ensure adequate clearance around the bar for safe use, free from walls, fences, or other obstacles.

3.2 Assembly Steps

1. **Unpack Components:** Carefully unpack all parts and verify against the included parts list.
2. **Assemble Frame:** Follow the diagram in the assembly guide to connect the main frame components. Ensure all connections are secure before proceeding.
3. **Dig Foundation Holes:** Dig holes for the vertical posts. The posts need to be concreted into the ground to a depth of **50 cm (19.7 inches)** to ensure stability. The overall dimensions of the installed product are approximately 204 cm (height) x 241 cm (width) x 5 cm (depth of posts).
4. **Position Bar:** Place the assembled frame into the dug holes. Use a spirit level to ensure the bar is perfectly vertical and level.

5. **Concrete Posts:** Fill the holes with concrete, ensuring the posts remain vertical and stable during the curing process. Allow the concrete to fully cure according to the concrete manufacturer's instructions before using the bar.
6. **Attach Gymnastics Bar:** Once the concrete is fully set, attach the stainless steel gymnastics bar to the vertical posts. The bar has a diameter of 25 mm.
7. **Adjust Height:** Utilize the four pre-drilled holes to set the desired height of the bar, ranging from 71.5 cm to 150 cm. Secure the bar at the chosen height using the provided fasteners.



Figure 3.1: The bar is 4-way height adjustable, from 71.5 cm to 150 cm, suitable for various users.



Figure 3.2: The bar is made of stainless steel with a 25 mm diameter for durability.

4. Operating Instructions

The HUDORA Fabian Gymnastics Bar is designed for a variety of exercises, including pull-ups, chin-ups, leg raises, and other bodyweight exercises. Always ensure proper form and technique to prevent injury.

4.1 Adjusting Bar Height

1. Identify the four pre-drilled holes on the vertical posts.
2. Loosen the fasteners securing the bar at its current height.
3. Carefully slide the bar to the desired height, aligning it with one of the pre-drilled holes.
4. Re-insert and securely tighten the fasteners to lock the bar in place. Ensure both sides are at the same height and securely fastened before use.

4.2 Usage Guidelines

- Always warm up before exercising.
- Maintain a firm grip on the bar during all exercises.

- Do not swing excessively or perform acrobatic maneuvers that could lead to loss of grip or stability.
- Ensure the maximum weight limit of 100 kg is not exceeded.
- For children, ensure adult supervision and select an appropriate bar height for their safety and comfort.



Figure 4.1: The bar is suitable for adults for various fitness exercises.



Figure 4.2: Children can safely enjoy the gymnastics bar under adult supervision.

5. Maintenance

Regular maintenance will extend the life of your HUDORA Fabian Gymnastics Bar and ensure continued safe operation.

- **Cleaning:** Clean the bar and frame regularly with a damp cloth and mild soap. Avoid abrasive cleaners or solvents.
- **Inspection:** Periodically check all bolts, nuts, and fasteners to ensure they are tight. Re-tighten if necessary.

- **Rust Prevention:** Although the bar is made of stainless steel and the frame is powder-coated, prolonged exposure to harsh weather conditions can still lead to surface rust. Inspect for any signs of rust, especially at joints and connection points. If surface rust appears, it can often be removed with a rust-removing agent suitable for stainless steel and powder-coated metals. Applying a protective coating or storing the bar under cover during extreme weather can help prolong its appearance.
- **Ground Stability:** Periodically check the concrete foundation for cracks or signs of loosening. If any issues are detected, consult a professional for repair.

6. Troubleshooting

Problem	Possible Cause	Solution
Bar feels wobbly after installation.	Concrete not fully cured, or posts not set deep enough/level.	Ensure concrete is fully cured (can take several days). Verify posts are concreted to the specified 50 cm depth and are perfectly vertical. If issues persist, professional re-installation may be required.
Missing parts upon delivery.	Packaging error or transit damage.	Immediately contact HUDORA customer support or your retailer with your purchase details and a list of missing components. Do not attempt to assemble with incomplete parts.
Surface rust appears on the bar or frame.	Prolonged exposure to moisture or harsh elements.	Clean the affected area with a rust-removing agent suitable for stainless steel/powder-coated metals. Consider applying a protective clear coat or covering the bar during extended periods of non-use or severe weather.
Difficulty adjusting bar height.	Fasteners are too tight or misaligned.	Ensure fasteners are fully loosened. Check for any debris in the pre-drilled holes. Apply a small amount of silicone spray if the bar slides with difficulty.

7. Specifications

Brand: HUDORA

Model: Fabian Pro Double

Item Model Number: 64004

Material: Stainless Steel (Bar), Powder-Coated Steel (Frame)

Bar Diameter: 25 mm

Adjustable Height Range: 71.5 cm to 150 cm (4 positions)

Maximum Load Capacity: 100 kg (220 lbs)

Product Dimensions (Installed): Approximately 204 cm (H) x 241 cm (W) x 5 cm (D, posts)

Required Ground Depth for Concreting: 50 cm

Item Weight: 15 kg

Fixing Type: Ground Mounting (requires concreting)

Recommended Age: Unisex (Not suitable for children under 36 months)

8. Warranty and Support

HUDORA, a family-run business for four generations, stands for quality, durability, and social responsibility. While specific warranty details are not provided in this manual, HUDORA is committed to providing high-quality products.
For any questions regarding your product, including warranty claims, missing parts, or technical support, please contact HUDORA customer service directly or the retailer from whom you purchased the product. Please have your model number (64004) and purchase information ready when contacting support.
You can often find contact information on the official HUDORA website or on your purchase receipt.



Figure 8.1: HUDORA - "We move people."

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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.

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