

HUDORA 64003

HUDORA 64003 Single Gymnastics Bar User Manual

Model: 64003 | Brand: HUDORA

1. SAFETY INFORMATION

Important Safety Notice: This product is not suitable for children younger than 36 months due to potential hazards. Always ensure adult supervision during use.

- Always ensure the gymnastics bar is securely installed and stable before use.
- Do not exceed the maximum weight capacity of 100 kg.
- Regularly inspect all components for wear, damage, or loose connections. Discontinue use if any issues are found.
- Ensure adequate clear space around the bar to prevent collisions during use.
- Children should only use the bar under direct adult supervision.

2. PRODUCT OVERVIEW

The HUDORA 64003 Single Gymnastics Bar is designed to provide individual gymnastics fun in your own garden. Its robust construction and adjustable height make it suitable for various users and activities. The bar is made from high-quality, durable materials to ensure long-lasting performance and safety.



Figure 2.1: The HUDORA 64003 Single Gymnastics Bar, showcasing its simple grey design and sturdy construction.

GYMNASTICS BAR FABIAN PRO, SINGLE

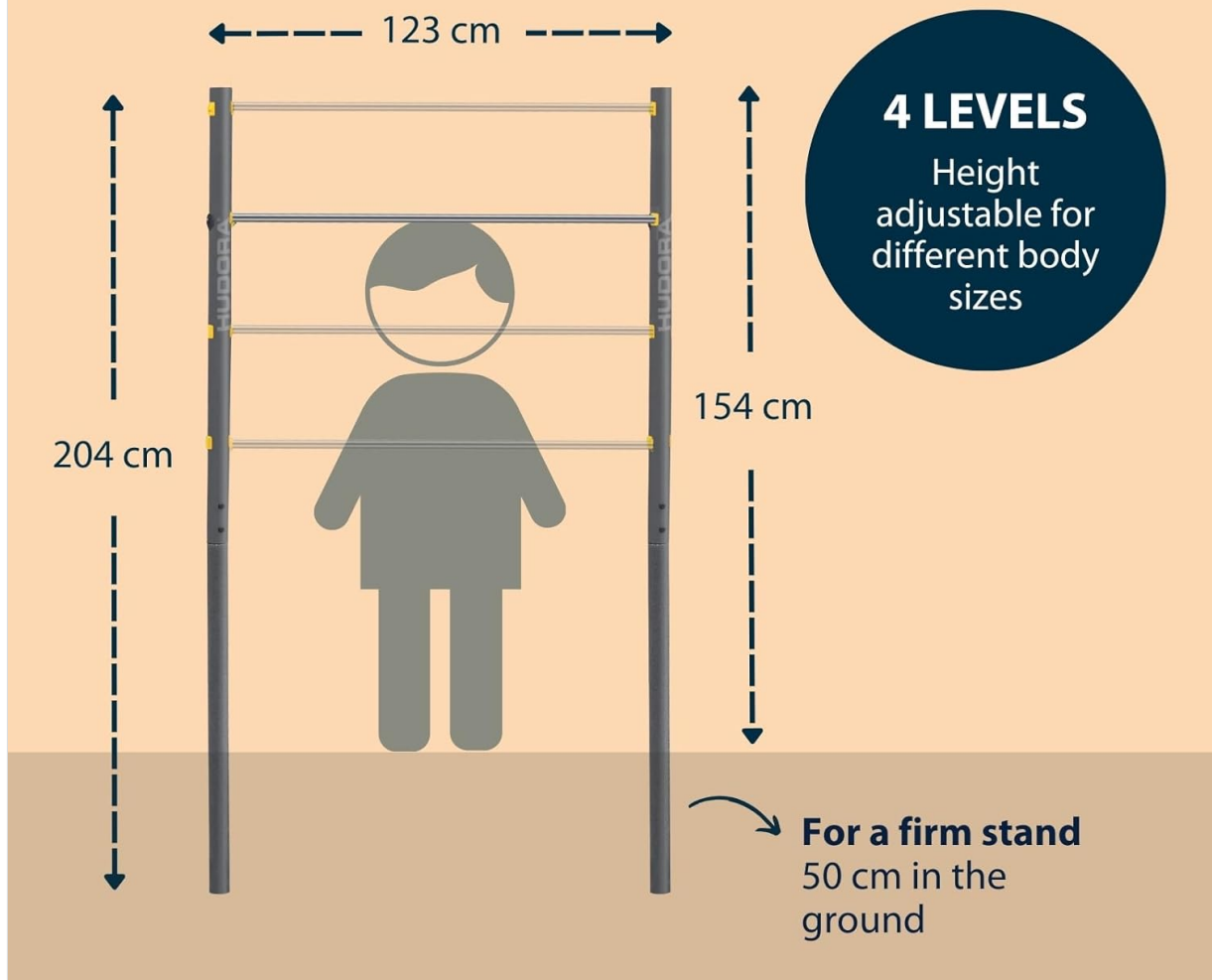


Figure 2.2: Product dimensions, illustrating the total height of 204 cm, width of 123 cm, and adjustable bar height between 71.5 cm and 150 cm. Note that 50 cm of the poles are intended to be buried in the ground for stability.

HUGE FUN WITH MAXIMUM SAFETY



Figure 2.3: Key safety features, including weather-resistant powder-coated steel tubes for a firm hold and a 25 mm diameter stainless steel horizontal bar, designed to support a maximum weight of 100 kg.

3. SETUP AND INSTALLATION

The HUDORA 64003 Gymnastics Bar is designed for straightforward installation, including all necessary mounting hardware. Proper installation is crucial for safety and stability.

Installation Steps:

1. **Dig a Hole:** Dig a hole approximately 50 cm deep at the desired location for each support pole. The total dimensions of the installed unit will be 204 cm (height) x 123 cm (width) x 5 cm (depth of pole).
2. **Prepare Concrete:** Fill the bottom 30 cm of the hole with concrete.
3. **Fix the Rod Vertically:** Insert the support pole into the concrete, ensuring it is perfectly vertical using a spirit level.
4. **Allow to Harden:** Allow the concrete to fully harden according to the concrete manufacturer's instructions (typically 24-48 hours) before proceeding.
5. **Fill with Soil:** Once the concrete is set, fill the remaining part of the hole with soil.
6. **Attach Horizontal Bar:** Securely attach the stainless steel horizontal bar to the support poles at the desired height. The bar is adjustable between 71.5 cm and 150 cm.

CAREFREE GYMNASTICS FUN

Safe construction

Incl. ground anchor & assembly instructions



Mounted in just 5 steps!

- 1 Dig a 50 cm hole
- 2 Fill 30 cm with concrete
- 3 Fix the rod vertically
- 4 Allow concrete to harden
- 5 Fill the rest with soil

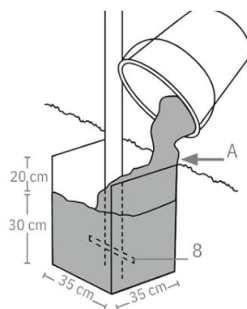


Figure 3.1: Visual guide for the 5-step installation process, emphasizing the concrete anchoring for a safe and stable construction.

4. OPERATION AND USAGE

The HUDORA 64003 Single Gymnastics Bar offers versatile use for various gymnastics and fitness exercises. Its adjustable height allows it to be adapted for users of different ages and sizes.

Adjusting the Height:

The horizontal bar can be adjusted to different height levels, ranging from 71.5 cm to 150 cm. To adjust the height, loosen the securing mechanisms on both support poles, slide the bar to the desired height, and then firmly re-secure the mechanisms. Ensure both sides are at the same height and securely locked before use.

Recommended Exercises:

- **Pull-ups:** For upper body strength.
- **Hangs:** To improve grip strength and decompress the spine.
- **Leg Raises:** For core strength.
- **Swings and Rotations:** For dynamic play and coordination (ensure ample space).

MORE FUN, MORE MOMENTUM – MORE CHILDHOOD FOR ALL

Your personal playground

Promote physical development
in your own garden



For the whole family

For children from 3 years,
teenagers & adults up to
100 kg



Timeless design

In a subtle look with grey
colouring



Figure 4.1: The gymnastics bar provides a personal playground, promoting physical development and fun for the entire family, suitable for children from 3 years and adults up to 100 kg.

5. MAINTENANCE

Regular maintenance will ensure the longevity and safe operation of your HUDORA gymnastics bar.

- **Cleaning:** Clean the bar and poles regularly with a damp cloth and mild soap. Avoid abrasive cleaners.
- **Inspection:** Periodically check all connections, bolts, and the stability of the ground anchoring. Tighten any loose parts.
- **Rust Prevention:** Although made of stainless steel and powder-coated steel, regular cleaning and inspection can help prevent rust, especially in humid environments.
- **Winter Storage:** While designed for outdoor use, consider covering the bar during harsh winter conditions to extend its lifespan.

6. TROUBLESHOOTING

If you encounter any issues with your gymnastics bar, refer to the following common problems and

solutions:

| Problem | Possible Cause | Solution |
|--|---|---|
| Bar feels wobbly or unstable. | Loose connections or insufficient ground anchoring. | Check all bolts and connections and tighten them. Ensure the concrete foundation is fully cured and stable. |
| Difficulty adjusting bar height. | Mechanism might be stiff or obstructed. | Clean the adjustment points. Apply a small amount of silicone spray if necessary. Ensure no debris is blocking the mechanism. |
| Surface scratches or minor rust spots. | Normal wear and tear, exposure to elements. | Clean the affected area. For minor rust, use a rust remover and apply a protective coating suitable for metal. |

If the problem persists or you encounter an issue not listed here, please contact HUDORA customer support.

7. TECHNICAL SPECIFICATIONS

| Feature | Specification |
|--------------------------------|--|
| Model Number | 64003 |
| Product Dimensions (Installed) | Approx. 204 cm (H) x 123 cm (W) x 5 cm (D) |
| Weight | 10 kg |
| Recommended Maximum Weight | 100 kg |
| Adjustable Bar Height | 71.5 cm - 150 cm |
| Horizontal Bar Diameter | 25 mm |
| Wall Thickness (Bar) | 1.4 mm |
| Materials | Stainless Steel (bar), Powder-coated Steel (frame) |
| Assembly Required | Yes (ground installation) |
| Recommended Age | 3 years and older |
| GTIN | 04005998858394 |

8. WARRANTY AND SUPPORT

HUDORA products are manufactured to high-quality standards. For information regarding warranty coverage, please refer to the warranty card included with your purchase or visit the official HUDORA website. Keep your proof of purchase for any warranty claims.

Customer Support:

If you have any questions, require assistance with assembly, or need to report a defect, please contact

HUDORA customer support. Contact details can typically be found on the product packaging or the official HUDORA website.

Website: www.hudora.de (Please check for your regional website for specific contact information)