

## Manuals+

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

manuals.plus /

- › [yeezoo](#) /
- › [yeezoo 6FT Physical Therapy Parallel Bars User Manual](#)

### yeezoo 6FT Physical Therapy Parallel Bars

# yeezoo 6FT Physical Therapy Parallel Bars User Manual

Model: 6FT Physical Therapy Parallel Bars



## 1. INTRODUCTION

---

Thank you for choosing the yeezoo 6FT Physical Therapy Parallel Bars. This manual provides essential information for the safe and effective assembly, operation, and maintenance of your new parallel bars. Designed for individuals requiring walking assistance, leg strengthening, or post-operative rehabilitation, these bars offer a stable and adjustable support system. Please read this manual thoroughly before use and retain it for future reference.

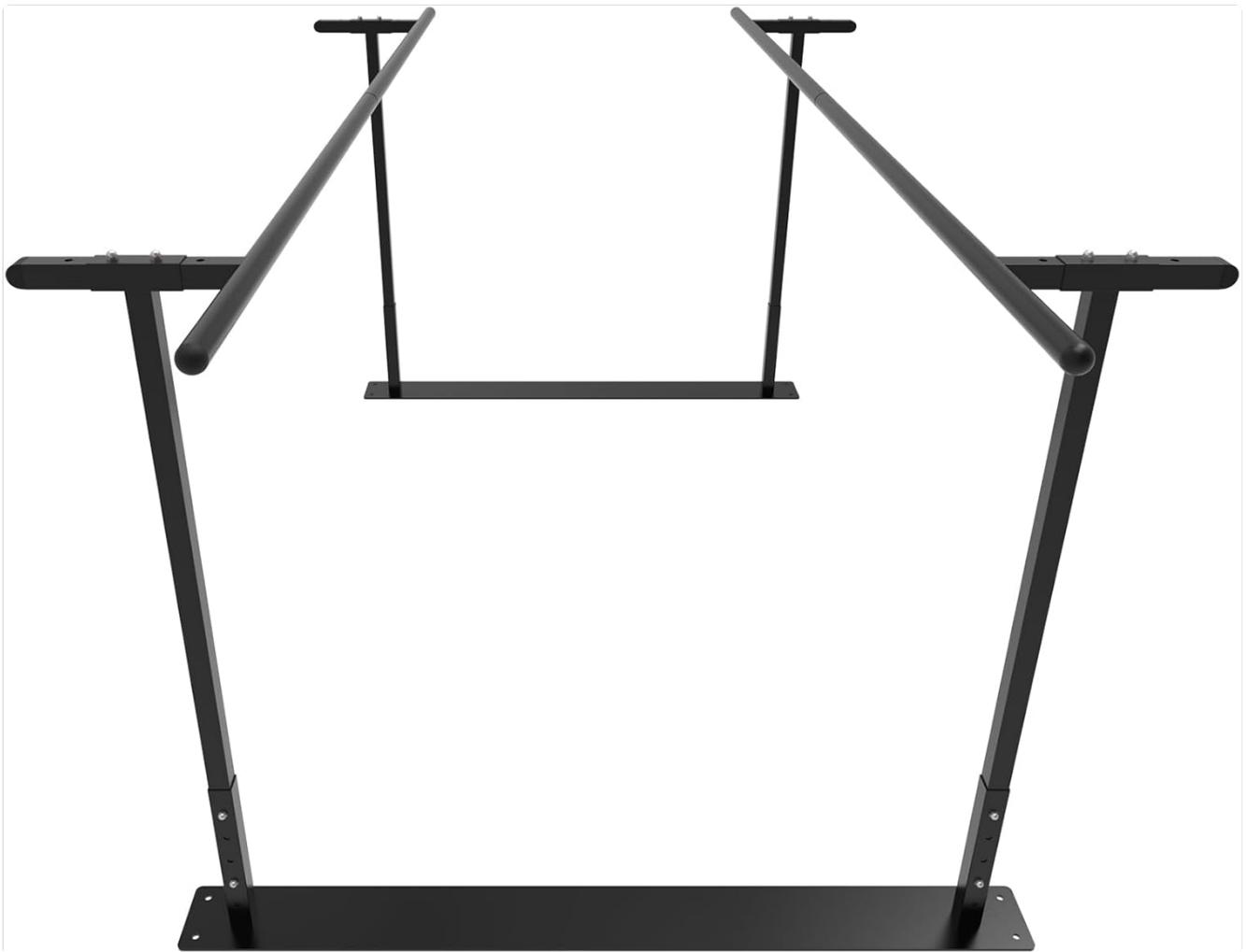


Image 1.1: Overview of the yeezoo 6FT Physical Therapy Parallel Bars.

## 2. SAFETY INFORMATION

---

**WARNING: Failure to follow these safety instructions could result in serious injury or damage to the product.**

- Always consult with a healthcare professional or physical therapist before beginning any exercise or rehabilitation program.
- Ensure all components are securely fastened and the bars are stable before each use.
- The maximum weight capacity for these parallel bars is 666 lbs (302 kg). Do not exceed this limit.
- Anchor the base plates into the ground using the provided expansion screws to prevent wobbling and ensure maximum stability, especially during intensive use.
- Keep children and pets away from the parallel bars during assembly and use.
- Inspect the bars regularly for any signs of wear, damage, or loose connections. Do not use if damaged.
- Use on a flat, stable, and non-slip surface.
- Adjust height and width carefully, ensuring locking mechanisms are fully engaged.
- Do not use the bars for purposes other than their intended use (physical therapy, walking assistance, leg training).

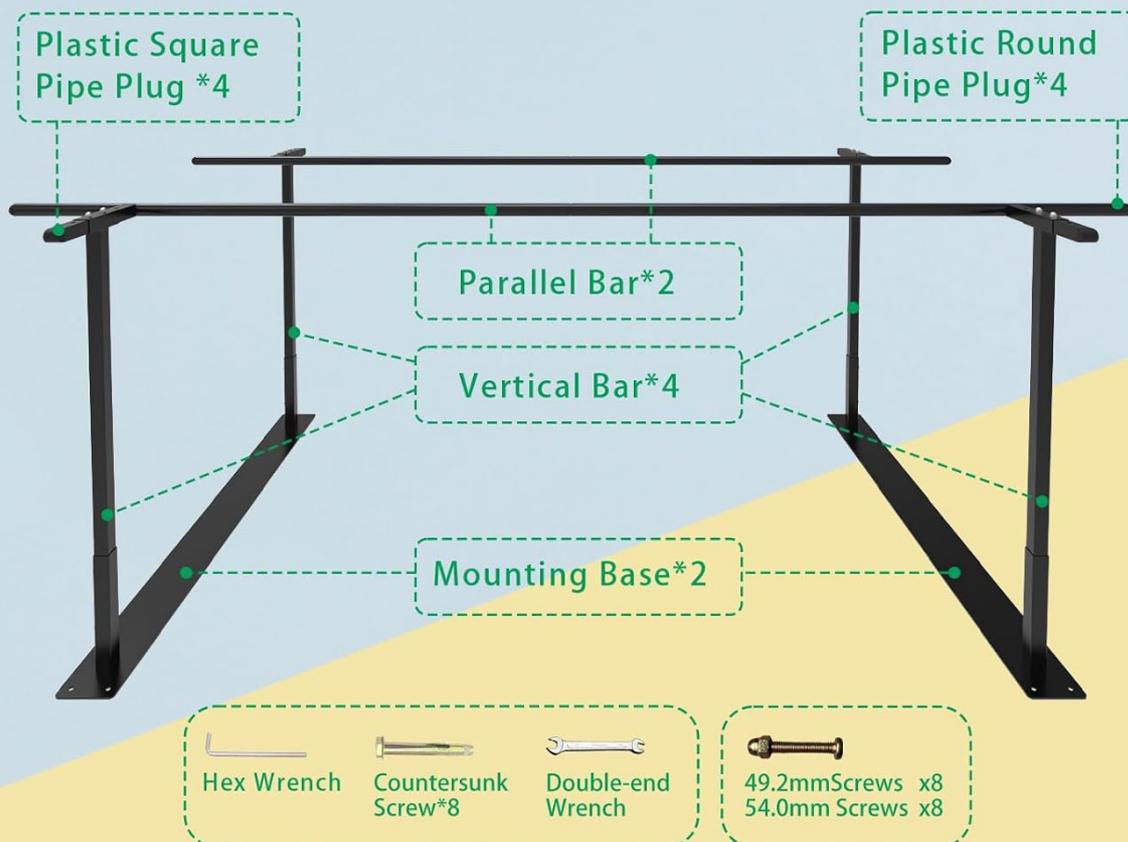
## 3. PACKAGE CONTENTS

---

Before assembly, please verify that all parts listed below are present and undamaged. If any parts are missing or damaged, contact yeezoo customer support immediately.



# COMPONENTS & PACKAGE CONTENT



**BASE WITH PRE-DRILLED HOLES**  
Equipped with expansion screws, need to fix into ground to avoid excess wobbles.

Image 3.1: Diagram of all included components.

Table 3.1: List of Components

Item	Description	Quantity
Parallel Bar	Main horizontal bars (each divided into two sections)	2
Vertical Bar	Support uprights for the parallel bars	4
Mounting Base	Base plates for stability and anchoring	2
Plastic Square Pipe Plug	End caps for square tubes	4
Plastic Round Pipe Plug	End caps for round tubes	4
49.2mm Screws	Screws for fixing parallel bars	8
54.0mm Screws	Screws for fixing holders (vertical bars to base)	8
Expansion Screws	For anchoring base plates to the ground	8

Item	Description	Quantity
Hex Wrench	Tool for assembly	1
Countersunk Wrench	Tool for assembly	1
Double-end Wrench	Tool for assembly	1



Image 3.2: Various components including screws, base plate, and bar connection detail.

## 4. SETUP AND ASSEMBLY

Follow these steps carefully to assemble your yeezoo Physical Therapy Parallel Bars. It is recommended to have two people for easier assembly.



Image 4.1: Visual guide for assembly steps.

### Step One: Install the Four Vertical Bars

1. Prepare a mounting base and a vertical bar.
2. Insert the vertical bar into the mounting base.
  - **Tip:** The holes on vertical bars and holes on the mounting base should be aligned.
  - The cross square pipe at the top of the vertical bar should be parallel to the mounting base for inserting parallel bars.

3. Follow this method to insert the other three vertical bars into the mounting base.

## Step Two: Install the Two Parallel Bars

1. Each parallel bar is divided into two sections and connected with a thread structure. Firmly connect these sections using the self-tapping screws.
2. Insert the assembled parallel bars into the cross square pipe at the top of the vertical bars.
3. There are three width adjustments available for the parallel bars. Choose a suitable width and secure it by tightening two screws.

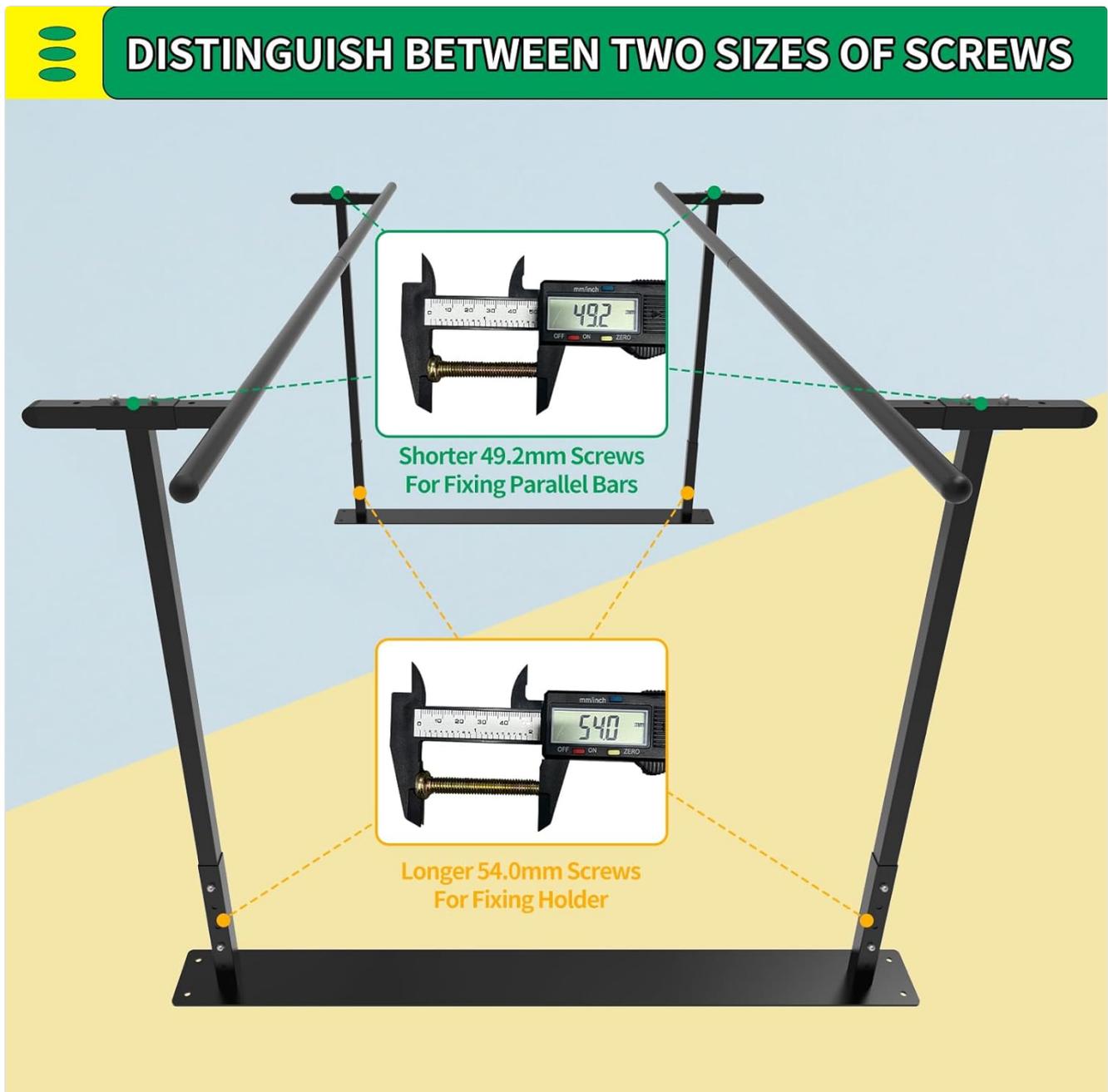


Image 4.2: Distinguishing between 49.2mm screws for parallel bars and 54.0mm screws for fixing holders.

## Step Three: Fix the Vertical Bars and Insert Plastic Plugs

1. The vertical bars offer four height adjustments. Choose a suitable height and tighten two screws to secure.
2. To ensure stability, all four vertical bars must be tightened at the same height.
3. Insert the plastic round pipe plugs into the ends of the round parallel bars and the plastic square pipe plugs into the ends of the square vertical bars.
4. For maximum stability and safety, use the eight expansion screws to anchor the two 4mm thick base plates

into the ground. This prevents excess wobbling.

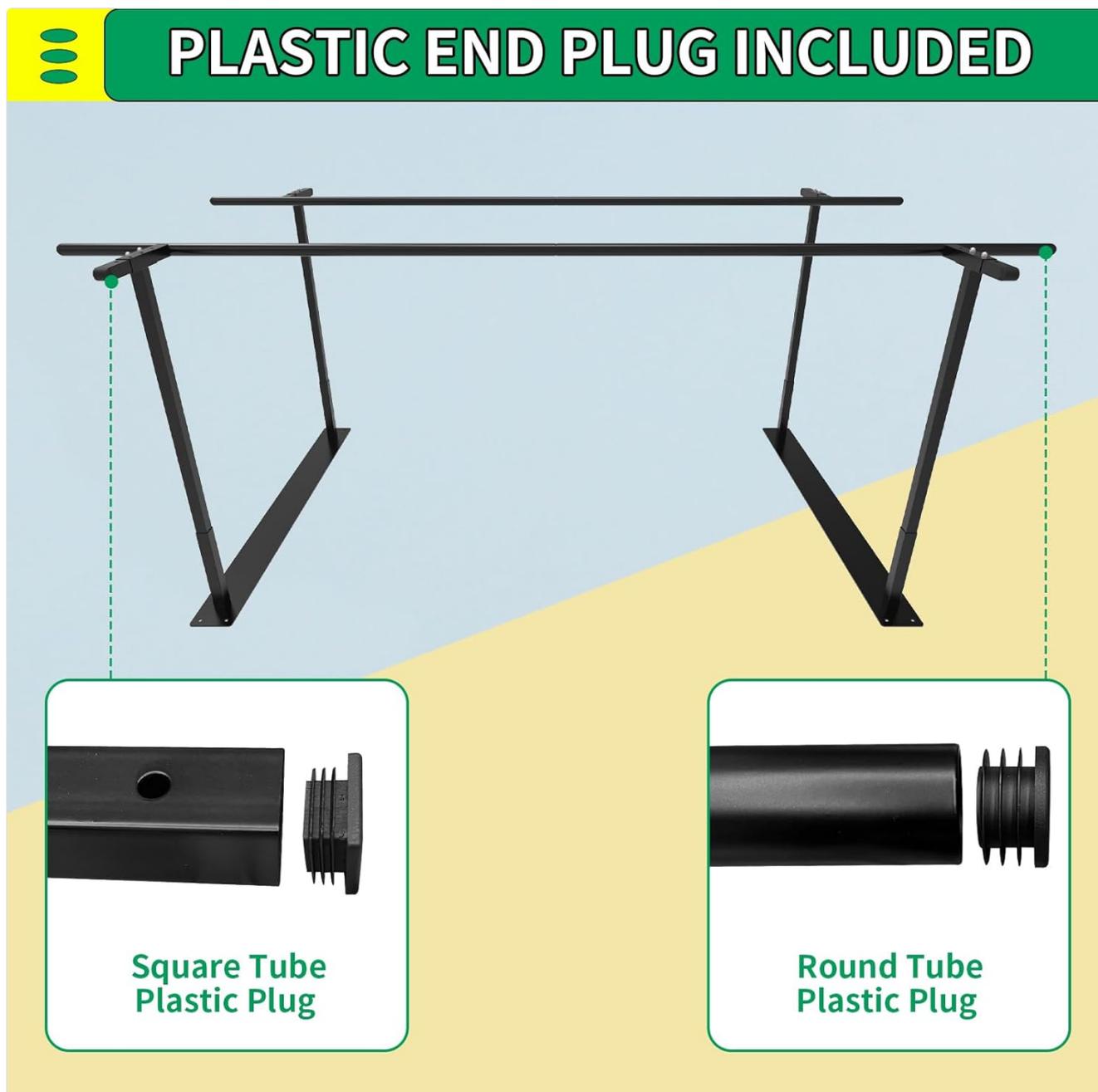


Image 4.3: Illustration of plastic end plugs for both square and round tubes.

## 5. OPERATION AND USAGE

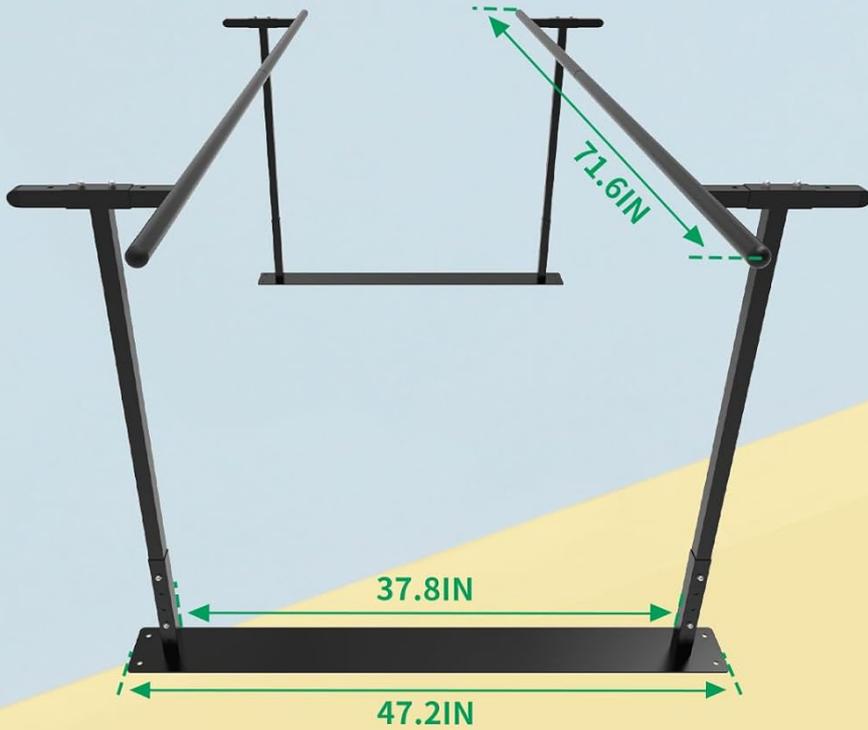
The yeezoo Physical Therapy Parallel Bars are designed to assist with walking, balance training, and leg strengthening exercises. Always ensure the bars are properly assembled and anchored before use.

### Adjusting Height and Width

- **Height Adjustment:** The vertical bars can be adjusted to three different heights: from 39.4 inches to 44.1 inches. Loosen the screws on the vertical bars, slide the inner tube to the desired height, and re-tighten the screws securely. Ensure both sides are adjusted to the same height for stability.
- **Width Adjustment:** The parallel bars offer three width adjustments: from 22.4 inches to 31.9 inches. Loosen the screws connecting the parallel bars to the vertical supports, slide the bars to the desired width, and re-tighten the screws firmly.



# ADJUSTABLE TO WIDTH & HEIGHT



3 Widths Adjustment

WIDTH

From 22.4" To 31.9"

3 Heights Adjustment

HEIGHT

Form 39.4" To 44.1"

**WARM TIP:**  
THE PARALLEL BARS IS HEAVY DUTY, PLEASE DOUBLE CHECK THE WIDTHS AND HEIGHTS TO MAKE SURE IT FITS FOR YOUR NEED BEFORE PURCHASING.

Image 5.1: Diagram illustrating the adjustable width and height ranges.



# PHYSICAL THERAPY PARALLEL BARS



*Image 5.2: An individual utilizing the parallel bars for mobility and walking exercises.*

## Recommended Usage

- **Walking Assistance:** Use the bars to support your weight and maintain balance while practicing walking.
- **Leg Training:** Perform exercises such as squats, leg raises, or balance drills while holding onto the bars for support.
- **Rehabilitation:** Follow your physical therapist's instructions for specific rehabilitation exercises.

## 6. MAINTENANCE

Regular maintenance will ensure the longevity and safe operation of your parallel bars.

- **Cleaning:** Wipe down the bars with a damp cloth and mild detergent. Avoid abrasive cleaners or solvents that could damage the finish. The matt black finish is easy to clean.
- **Inspection:** Periodically check all screws and connections to ensure they are tight. Re-tighten if necessary.
- **Damage Check:** Inspect the steel pipes for any dents, cracks, or signs of corrosion. Ensure the base plates are not bent or damaged.

- **Storage:** Store the parallel bars in a dry, cool place away from direct sunlight and extreme temperatures when not in use for extended periods.

## 7. TROUBLESHOOTING

If you encounter any issues with your yeezoo Physical Therapy Parallel Bars, refer to the following common problems and solutions.

**Table 7.1: Troubleshooting Guide**

Problem	Possible Cause	Solution
Bars wobble during use	Screws are loose; Base not anchored; Uneven surface.	Ensure all assembly screws are tightly fastened. Anchor the base plates to the ground using the provided expansion screws. Move the bars to a flat, level surface.
Difficulty adjusting height/width	Screws not sufficiently loosened; Debris in adjustment holes.	Fully loosen the adjustment screws before attempting to slide. Check for and remove any obstructions in the adjustment holes.
Missing parts upon arrival	Packaging error.	Refer to the "Package Contents" section and contact yeezoo customer support with your purchase details.
Product appears damaged	Shipping damage or manufacturing defect.	Do not assemble or use the product. Contact yeezoo customer support immediately with photos of the damage.

## 8. SPECIFICATIONS

Key technical specifications for the yeezoo 6FT Physical Therapy Parallel Bars:

**Table 8.1: Product Specifications**

Feature	Detail
Model Name	6FT Physical Therapy Parallel Bars
Brand	yeezoo
Material	Steel pipe (2MM thickness)
Color	Matt Black
Max Capacity	666 lbs (302 kg)
Adjustable Width	22.4 inches to 31.9 inches (3 adjustments)
Adjustable Height	39.4 inches to 44.1 inches (3 adjustments)
Overall Length	Approx. 8 feet (each bar divided into two sections)
Base Plate Thickness	4mm
Item Package Dimensions	50.4 x 15 x 6 inches

Feature	Detail
Package Weight	25.31 Kilograms

☰
 RELIABLE HOME PHYSICAL THERAPY PARALLEL BARS

The diagram shows a pair of black parallel bars supported by four legs. Two callout boxes at the top show close-ups of the bars being measured with digital calipers. The left callout shows a 2.0mm thickness, and the right callout shows a 1.5mm thickness. Below the bars, two green weight hangers are suspended from the top bars, each labeled 'Max 333LBS'. A dashed vertical line indicates the center of the bars. At the bottom, a white box with a green border contains the text 'Detachable Parallel Bars' and 'Warm Tip: Each bar is divided into two sections, not a whole.' Below this box is a close-up of a single bar with a visible joint in the middle.

Image 8.1: Details on steel thickness (2.0mm) and individual bar capacity (Max 333LBS, total 666LBS).

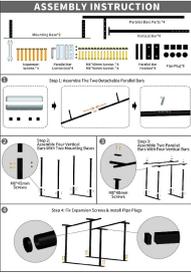
## 9. WARRANTY AND CUSTOMER SUPPORT

yeezoo is committed to providing high-quality products. While specific warranty details are not provided in this manual, please retain your proof of purchase for any warranty claims.

If you have any questions, concerns, or require assistance with your yeezoo Physical Therapy Parallel Bars, please do not hesitate to contact our customer support team. We are dedicated to ensuring your satisfaction.

**Customer Support Contact:** Please refer to the contact information provided with your purchase or visit the official yeezoo website for support options.

## Related Documents - 6FT Physical Therapy Parallel Bars

	<p><a href="#">YEEZOO Two-Step Stool with Handle Assembly Instructions</a></p> <p>Detailed assembly guide for the YEEZOO two-step stool with handle, including parts list, screw types, and step-by-step instructions for safe and proper setup.</p>
	<p><a href="#">Yeezoo RV Steps Assembly Instructions</a></p> <p>Step-by-step guide for assembling Yeezoo RV steps with two handrails. Includes parts list, installation steps, and important safety tips for RVs, travel trailers, and campers.</p>
	<p><a href="#">Parallel Bars Assembly Instructions   Physical Therapy Equipment Setup</a></p> <p>Step-by-step guide to assembling parallel bars for physical therapy and rehabilitation. Includes parts list and detailed instructions for safe setup.</p>
	<p><a href="#">Armedica AM-700 Series Electric Parallel Bars User Manual and Specifications</a></p> <p>Comprehensive user manual for Armedica AM-700 Series Electric Parallel Bars, covering installation, operation, maintenance, troubleshooting, technical specifications, and warranty information for models AM-700, AM-702, AM-703, AM-705, AM-706, and AM-706HD.</p>
	<p><a href="#">Dynatronics Rehabilitation Products Guide: Advanced Therapy Solutions</a></p> <p>Discover Dynatronics' comprehensive catalog of rehabilitation equipment, featuring electrotherapy, ultrasound, light therapy, exercise machines, and clinic furniture designed for optimal patient care and clinical efficiency.</p>

Jak upevnit žebříky, hrazdy, bradla či jiné konstrukce do vertikální stěny ?



## [How to Mount Gymnastic Bars, Pull-up Bars, Parallel Bars, and Other Structures to a Vertical Wall](#)

A comprehensive guide on securely mounting various fitness equipment, such as gymnastic bars, pull-up bars, and parallel bars, to different types of walls including brick, concrete, and wood. This guide details the necessary tools, materials, and step-by-step instructions for each mounting method, including the use of expansion anchors and chemical anchors.