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Toboli 64737

Toboli Wooden Wall Bars User Manual

Model: 64737 | Brand: Toboli

1. INTRODUCTION

Thank you for choosing the Toboli Wooden Wall Bars. This manual provides essential information for the safe and effective assembly, operation, and maintenance of your new fitness equipment. Please read all instructions carefully before use and retain this manual for future reference.

The Toboli Wall Bars are designed for versatile indoor use, supporting various exercises including gymnastics, strength training, stretching, and pull-ups. Its robust construction from lacquered pine wood ensures durability and a maximum load capacity of 150 kg.

2. SAFETY INFORMATION

Always prioritize safety when using the wall bars. Failure to follow these guidelines may result in injury or damage to the product.

- **Maximum Load Capacity:** Do not exceed the maximum user weight of 150 kg (330 lbs).
- **Proper Installation:** Ensure the wall bars are securely mounted to a solid, load-bearing wall structure according to the installation instructions. Consult a professional if unsure about wall suitability.
- **Regular Inspection:** Before each use, inspect the wall bars for any loose parts, damage, or signs of wear. Do not use if any components are compromised.
- **Supervision:** Children should only use the wall bars under direct adult supervision.
- **Clear Area:** Ensure sufficient clear space around the wall bars to prevent collisions during exercise.
- **Appropriate Attire:** Wear suitable athletic clothing and footwear.

3. SETUP AND ASSEMBLY

The Toboli Wall Bars are designed for straightforward assembly. The wall profile consists of two main components for easier mounting. Please follow these steps carefully.

3.1. Unpacking and Component Check

Carefully unpack all components and compare them with the parts list provided in your packaging. Ensure all parts are present and undamaged before proceeding.

3.2. Assembly Steps

1. Assemble the two main wall profile components. These are designed to connect securely to form the full height of the wall bars.
2. Attach the individual rungs to the assembled side frames. Ensure each rung is firmly secured.
3. Verify all screws and fasteners are tightened. Do not overtighten.

Note: While assembly is designed to be easy, some users may find the instructions require careful attention. Refer to the detailed diagram below for dimensions and component layout.



Image: The two main components of the Toboli Wall Bars, showing how they connect to form the full frame.



Image: Technical drawing illustrating the dimensions of the Toboli Wall Bars, including height (1950 mm), width (800 mm), depth (140 mm), and rung spacing (170 mm).

3.3. Wall Mounting

The wall bars must be securely mounted to a sturdy wall. Use appropriate wall anchors and screws for your specific wall type (e.g., concrete, brick, wood studs). Mounting hardware is typically included, but verify its suitability for your wall.

1. Choose a suitable location on a solid, load-bearing wall.
2. Mark the drilling points accurately using the pre-drilled holes on the wall bars as a template.
3. Drill holes of the appropriate size and depth for your chosen wall anchors.
4. Insert the wall anchors.
5. Position the wall bars and secure them firmly to the wall using the provided screws.
6. Perform a stability test by gently applying pressure to the wall bars to ensure they are securely fixed.

before full use.

4. OPERATING INSTRUCTIONS

The Toboli Wall Bars offer a wide range of exercise possibilities for various fitness levels and ages.





Image: The Toboli Wooden Wall Bars, showcasing its natural wood finish and multiple rungs for various exercises.

4.1. General Use

- Use the rungs for climbing, stretching, and various bodyweight exercises.
- The top rung allows for free suspension, enabling exercises such as pull-ups.
- The wall bars can serve as an anchor point for resistance bands or to support a gymnastics bench (not included).

4.2. Exercise Examples

Consult a fitness professional or reliable exercise resources for specific routines. Always warm up before exercising and cool down afterwards.

- **Stretching:** Use the rungs to assist with leg, back, and shoulder stretches.
- **Core Exercises:** Hang from the top rung for leg raises or use lower rungs for incline sit-ups.
- **Strength Training:** Perform pull-ups, chin-ups, or use resistance bands attached to the rungs for various strength exercises.
- **Climbing:** For children, the wall bars provide a safe and engaging climbing surface to develop motor skills and strength.

5. MAINTENANCE

Regular maintenance will prolong the life of your Toboli Wall Bars and ensure continued safe operation.

5.1. Cleaning

The lacquered pine wood surface is easy to clean.

- Wipe the surface with a soft, damp cloth.
- Avoid using abrasive cleaners or harsh chemicals, as these can damage the lacquer finish.
- Allow the wall bars to air dry completely after cleaning, especially if exposed to sweat or moisture.

5.2. Inspection

Perform routine inspections to identify any potential issues.

- **Fasteners:** Periodically check all screws, bolts, and mounting hardware for tightness. Retighten if necessary.
- **Wood Condition:** Inspect the wood for any cracks, splinters, or signs of damage.
- **Rungs:** Ensure all rungs are securely fixed and do not rotate or wobble.
- **Wall Mount:** Verify that the wall mounting remains secure and shows no signs of loosening or stress on the wall.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your Toboli Wall Bars.

6.1. Instability After Mounting

- **Issue:** The wall bars feel wobbly or unstable after installation.
- **Solution:**
 - a. Ensure all mounting screws are fully tightened into appropriate wall anchors.
 - b. Verify that the wall structure itself is solid and capable of supporting the weight and forces applied to the wall bars. If mounted to drywall, ensure anchors are in studs or use heavy-duty toggle bolts.
 - c. Check the connections between the two main wall profile components and ensure they are securely fastened.

6.2. Loose Rungs

- **Issue:** One or more rungs feel loose or rotate.
- **Solution:**
 - a. Locate the fasteners securing the loose rung to the side frames.
 - b. Tighten these fasteners. If the issue persists, the rung or fastener may be damaged and require replacement.

6.3. Wood Damage (Splits/Cracks)

- **Issue:** Visible splits or cracks in the wooden components.
- **Solution:**
 - a. Minor surface cracks may not affect structural integrity, but monitor them closely.
 - b. If a crack is deep, extends across a load-bearing part, or causes instability, discontinue use immediately. Contact customer support for advice or replacement parts.

7. SPECIFICATIONS

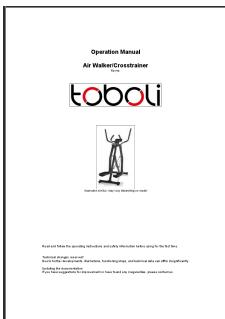
Feature	Specification
Brand	Toboli
Model Number	64737
Material	Pine Wood (Lacquered)
Color	Wood Aspect
Overall Dimensions (L x W x H)	80 x 14 x 195 cm (31.5 x 5.5 x 76.8 inches)
Weight	9.58 kg (21.12 lbs)
Maximum Load Capacity	150 kg (330 lbs)
Assembly	2-component wall profile for easier mounting

8. WARRANTY AND SUPPORT

Toboli products are manufactured to high-quality standards. For information regarding warranty coverage, returns, or technical support, please refer to the purchase documentation or contact your retailer. Keep your proof of purchase for any warranty claims.

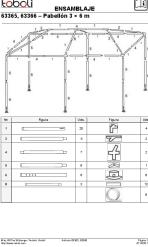
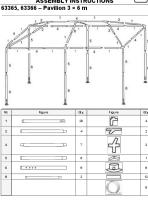
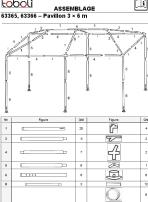
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Related Documents - 64737



Toboli Air Walker/Crosstrainer Operation Manual

Comprehensive operation manual for the Toboli Air Walker/Crosstrainer (Model 62712) by WilTec Wildanger Technik GmbH, covering safety instructions, assembly, care, and maintenance.

	<p>Toboli 63365, 63366 Pavilion Assembly Instructions</p> <p>Assembly instructions for the Toboli 63365 and 63366 pavilion, a 3x6 meter structure. This guide details the step-by-step process for assembling the pavilion.</p>
	<p>Toboli Foldable SUP/Surfboard Trolley 45 kg - Operation Manual & Guide</p> <p>Official operation manual for the Toboli Foldable SUP/Surfboard Trolley (models 62889, 63040). Learn how to assemble, use, and safely operate this 45 kg capacity trolley for your water sports gear.</p>
	<p>Toboli 63365, 63366 Pavilion 3x6m Assembly Instructions</p> <p>Step-by-step assembly instructions for the Toboli 63365, 63366 Pavilion, a 3x6 meter outdoor shelter. Includes parts list and assembly diagrams.</p>
	<p>Guide d'Assemblage Toboli Pavillon 63365, 63366 (3x6m)</p> <p>Instructions détaillées pour l'assemblage du pavillon Toboli 63365, 63366 de dimensions 3x6 mètres. Inclut la liste des pièces et les étapes de montage.</p>
	<p>Bruksanvisning för Toboli Fruktkvarn - Modeller 51275, 51479, 51475</p> <p>Omfattande bruksanvisning för Toboli fruktkvarn (modeller 51275, 51479, 51475). Innehåller driftsinstruktioner, säkerhetsriktlinjer och underhållstips för att göra juice, cider och must.</p>