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> YEEZOO Parallel Bars 7FT Instruction Manual

yeezoo YEEZOO

# YEEZOO Parallel Bars 7FT Instruction Manual

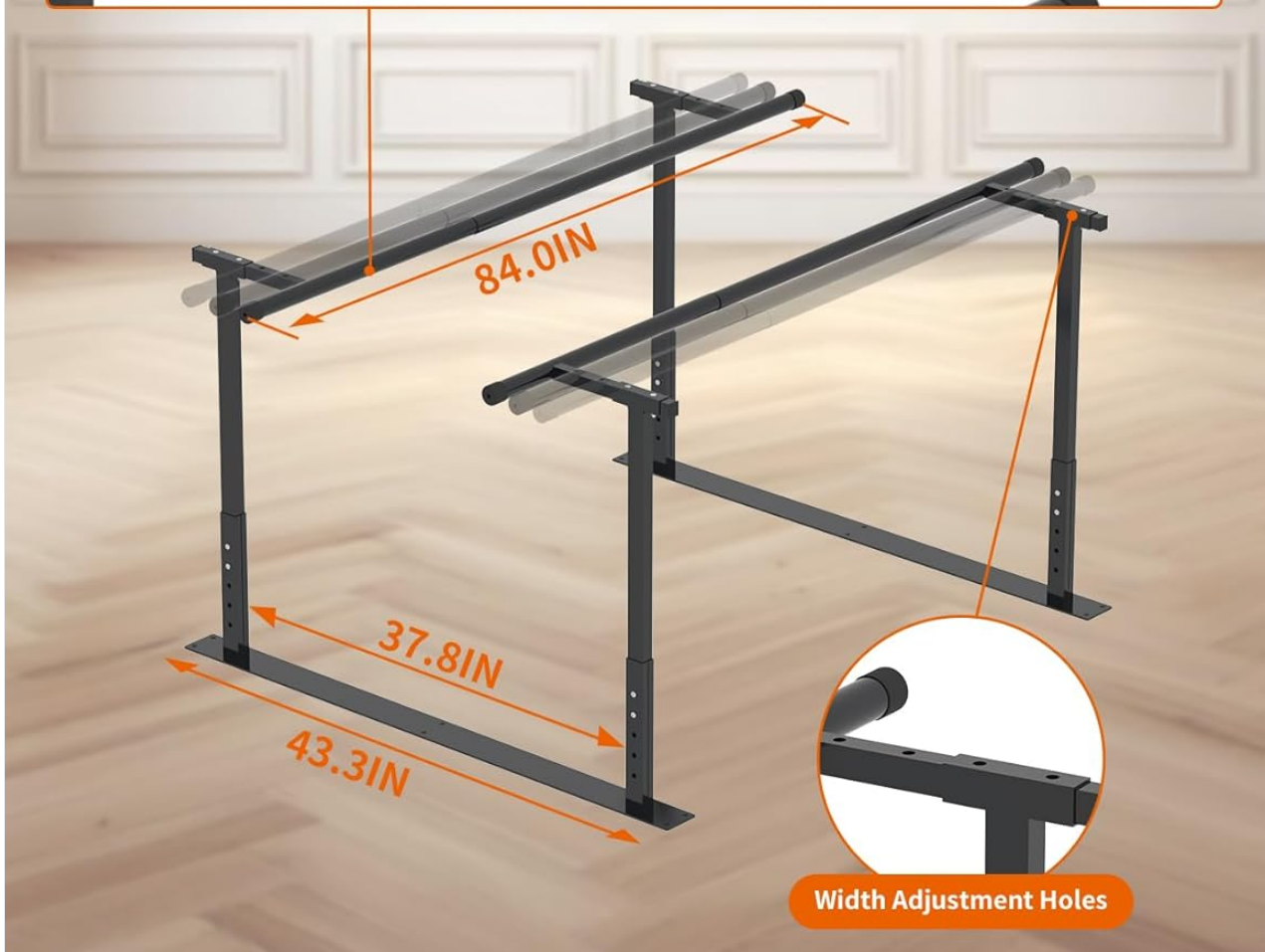
Model: YEEZOO | Brand: yeezoo

## 1. INTRODUCTION

The YEEZOO 7FT Parallel Bars are designed to assist in physical therapy, rehabilitation, and improving walking balance. This product features adjustable height and width, making it suitable for various users and therapeutic needs. Constructed from industrial-grade steel with reinforced joints, it offers stability for gait training, posture correction, and strength recovery exercises.

# 3-Level Width Adjustments

Suitable for different widths of users



Overview of the YEEZOO 7FT Parallel Bars, showcasing its robust design.

## 2. SAFETY INFORMATION

Please read and understand all safety instructions before assembly and use. Failure to follow these instructions may result in injury or damage to the product.

- Always consult with a medical professional or physical therapist before starting any new exercise program.

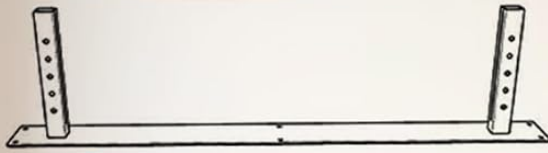
- Ensure all components are securely fastened before each use.
- Do not exceed the maximum weight capacity of 333 lbs (151 kg).
- Place the parallel bars on a stable, level surface.
- Keep children and pets away from the equipment during use.
- Regularly inspect the equipment for any signs of wear, damage, or loose parts.
- Optional: For enhanced stability, consider anchoring the base plates to the floor using the provided expansion screws. Be aware this will cause damage to your floor.

### **3. PACKAGE CONTENTS**

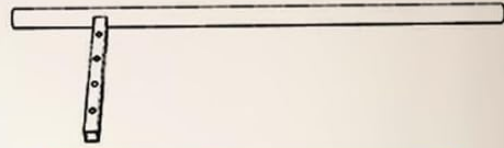
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Verify that all parts listed below are included in your package. If any parts are missing or damaged, please contact customer support.

# Contents of Physical Therapy Parallel Bar



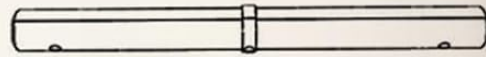
Support Base\*2



Parallel Bar\*4



Vertical Bar\*4



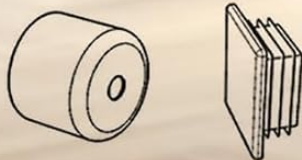
Parallel Bar Connector\*2



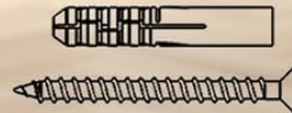
Locking Screw\*6



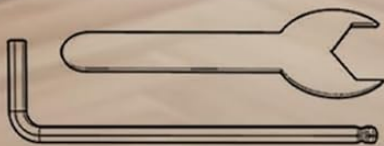
Screws\*16



Round Plug\*2  
Square Plug\*4



Anchor\*12



Hex Wrench\*1  
Single End Wrench\*1

## Warm Tip

Each bar was split in two, require to use connectors to assemble parallel bars.

Visual representation of all components included in the YEEZOO Parallel Bars package.

Item	Quantity
Support Base	2
Parallel Bar	4
Vertical Bar	4
Parallel Bar Connector	2

Item	Quantity
Locking Screw	6
Screws	16
Round Plug	2
Square Plug	4
Anchor	12
Hex Wrench	1
Single End Wrench	1

## 4. ASSEMBLY INSTRUCTIONS

Follow these steps carefully to assemble your YEEZOO Parallel Bars. A video guide is also available for visual assistance.

Your browser does not support the video tag.

Official assembly video for the YEEZOO Parallel Bars, demonstrating each step.

- 1. Assemble the Parallel Bars:** Join the two halves of each parallel bar using the parallel bar connectors. Align the holes and insert the locking screws to secure them.
- 2. Assemble the Vertical Supports and Adjust Height:** Insert the vertical bars into the support bases. Adjust the height of the vertical bars to your desired level (43.5", 46.0", 48.5", 51.0") and secure them with the provided screws using the hex wrench.



Illustration of the 4-level height adjustment feature.

- 3. Adjust Width and Attach Parallel Bars:** Position the assembled parallel bars onto the top of the vertical supports. Adjust the width to one of the three settings (27.5", 32.0", 36.5") and secure them with the

remaining screws.



Illustration of the 3-level width adjustment feature.

4. **Insert Plugs and Optional Floor Fixation:** Insert the round and square plugs into the open ends of the bars and supports. For increased stability, especially during intensive use, you may use the provided anchors to fix the base plates to the floor. This is optional and will require drilling into your floor.



Detail of the reinforced structure and countersunk holes for optional floor anchoring.

## 5. OPERATING INSTRUCTIONS

The YEEZOO Parallel Bars are designed for various physical therapy and rehabilitation exercises. Always

ensure the bars are stable and adjusted correctly for your specific needs before beginning any exercise.

# Physical Therapy Parallel Bar for Home

Made of 5mm thickened steel, safe & reliable



An individual using the parallel bars for walking assistance and balance training.

## Adjusting Height and Width:

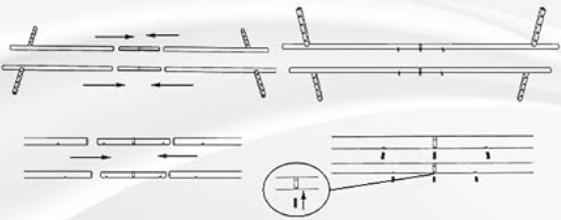
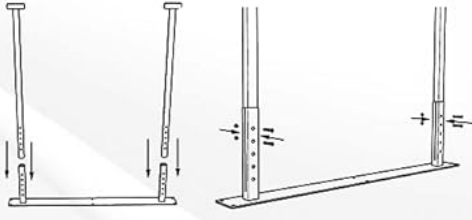
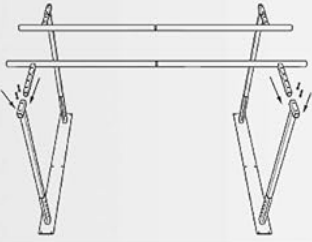
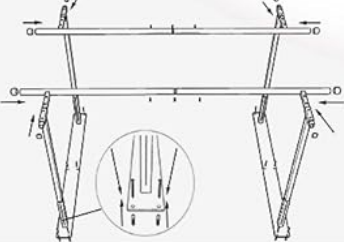
- **Height Adjustment:** To change the height, loosen the screws on the vertical bars, slide the inner tube to the desired height setting (43.5", 46.0", 48.5", 51.0"), and re-tighten the screws securely. Ensure both sides are adjusted to the same height.
- **Width Adjustment:** To change the width, loosen the screws connecting the parallel bars to the vertical supports. Slide the parallel bars to the desired width (27.5", 32.0", 36.5") and re-tighten the screws.

Ensure both parallel bars are set to the same width.

## Intended Use:

- Gait training and walking assistance.
- Balance and coordination exercises.
- Posture correction.
- Upper body and leg strengthening exercises.
- Post-surgery recovery and rehabilitation.

## Easy to Assemble Physical Therapy Parallel Bar

	
<p>① Assemble parallel bars by joining connectors, aligning holes on the inserted crossbar, and securing with screws.</p>	<p>② Secure vertical bars by inserting into base, adjusting height, and tightening screws.</p>
	
<p>③ Install parallel bars by positioning the right bar into vertical holders, adjusting width, and securing with top screws.</p>	<p>④ Secure assembly by inserting plugs into bars and anchoring screws into countersunk holes (optional).</p>

The parallel bars are engineered for stability, supporting up to 333 lbs with thickened steel construction.

## 6. MAINTENANCE

Proper maintenance ensures the longevity and safe operation of your parallel bars.

- **Cleaning:** Wipe down the parallel bars with a damp cloth and mild detergent. Avoid abrasive cleaners or solvents that could damage the powder coating.
- **Inspection:** Regularly check all bolts, screws, and connections to ensure they are tight. Inspect the frame for any signs of rust, cracks, or structural damage.
- **Storage:** Store the parallel bars in a dry, clean environment when not in use to prevent rust and wear.

## 7. TROUBLESHOOTING

If you encounter any issues with your YEEZOO Parallel Bars, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Bars feel wobbly or unstable	Loose screws or uneven surface.	Ensure all screws are tightened. Place the bars on a flat, level surface. Consider optional floor anchoring for maximum stability.
Difficulty adjusting height/width	Screws not fully loosened or mechanism is stiff.	Ensure adjustment screws are completely loosened. Apply a small amount of silicone lubricant to the sliding parts if necessary.
Scratches or cosmetic damage upon arrival	Shipping damage or manufacturing defect.	Contact customer support with photos of the damage for assistance.

## 8. SPECIFICATIONS

Feature	Detail
Product Dimensions	84.25"L x 32"W x 43.5"H (Adjustable)
Adjustable Height	43.5", 46.0", 48.5", 51.0"
Adjustable Width	27.5", 32.0", 36.5"
Item Weight	60 Pounds
Material	Metal
Color	Polished Black
Max Load Capacity	333 LBs
Manufacturer	YEEZOO

## 9. WARRANTY AND SUPPORT

YEEZOO provides a standard warranty for this product against manufacturing defects. Please refer to your purchase documentation for specific warranty terms and duration. For technical support, missing parts, or warranty claims, please contact the seller or YEEZOO customer service through the platform where the product was purchased.

For additional information or assistance, visit the YEEZOO brand store or contact customer support.