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Cofiyard G3E066KH01-1

Cofiyard Swedish Ladder Wall Gym Instruction Manual

Model: G3E066KH01-1

Introduction

This manual provides essential instructions for the safe assembly, operation, and maintenance of your Cofiyard Swedish Ladder Wall Gym. Please read this manual thoroughly before installation and use to ensure proper function and user safety. This wall-mounted gym system is designed for a variety of exercises including calisthenics, stretching, strength training, and mobility work, offering a versatile fitness solution for home use.

Safety Information

- **Weight Limit:** Do not exceed the maximum user weight of 270 lbs (122 kg).
- **Proper Installation:** Ensure the Swedish ladder is securely mounted to a sturdy wall structure. Improper installation can lead to serious injury. Consult a professional if unsure about wall type or mounting procedures.
- **Regular Inspection:** Before each use, inspect all components, including rungs, pull-up bar, dip bars, and straps, for wear, damage, or loose connections. Do not use if any part is damaged.
- **Children and Pets:** Keep children and pets away from the equipment during use.
- **Clearance:** Maintain adequate clear space around the ladder to prevent collisions during exercise.
- **Medical Advice:** Consult with a healthcare professional before starting any new exercise program.

Product Overview and Dimensions

The Cofiyard Swedish Ladder Wall Gym features a robust wooden and alloy steel construction, designed for durability and stability. It includes 9 solid wood grips, an adjustable pull-up bar, removable dip bars, and exercise straps.



Image: Detailed diagram showing the dimensions of the Swedish Ladder Wall Gym, including height (82.6 inches), width (25.1 inches), and pull-up bar extension (19.6 inches). The maximum load capacity is indicated as 270 lbs.

Overall Dimensions (W x H): 25.1 inches x 82.6 inches

Lowest Rung Height: 5.1 inches

Highest Rung Height: 74.8 inches

Rung Diameter: 1.5 inches

Maximum Load Capacity: 270 lbs

Material: Alloy Steel, Wood

Setup and Installation

The Swedish Ladder Wall Gym requires secure wall mounting. Follow these steps carefully.

1. Unpacking and Component Check

Carefully unpack all components. Verify that all parts listed in the packaging contents are present and undamaged. If

any parts are missing or damaged, contact customer support immediately.

2. Wall Mounting Options

The ladder can be mounted on brick/concrete walls or drywall with studs. Proper mounting is critical for safety.



Image: Illustration showing two wall mounting methods: direct mounting onto a brick or concrete wall, and mounting onto drywall by first securing wood boards to wall studs, then attaching the ladder to these boards. Note: Wood boards are not included for drywall installation.

- **Brick & Concrete Walls:** Use appropriate anchors and screws for solid masonry.

- **Drywall with Studs:** It is highly recommended to mount the ladder to wall studs. Due to non-standard stud distances (e.g., not 16 inches on center for US construction), you may need to install horizontal wood boards (not included) across multiple studs first, then attach the ladder to these boards. This ensures maximum stability.
- **Tools Required:** Drill, level, measuring tape, stud finder (for drywall), and appropriate wrenches/sockets.

3. Assembling the Ladder Frame

Follow the included hardware and instructions to connect the vertical frames and horizontal rungs. Ensure all bolts are tightened securely. The wood rungs are designed to be smooth and splinter-free.

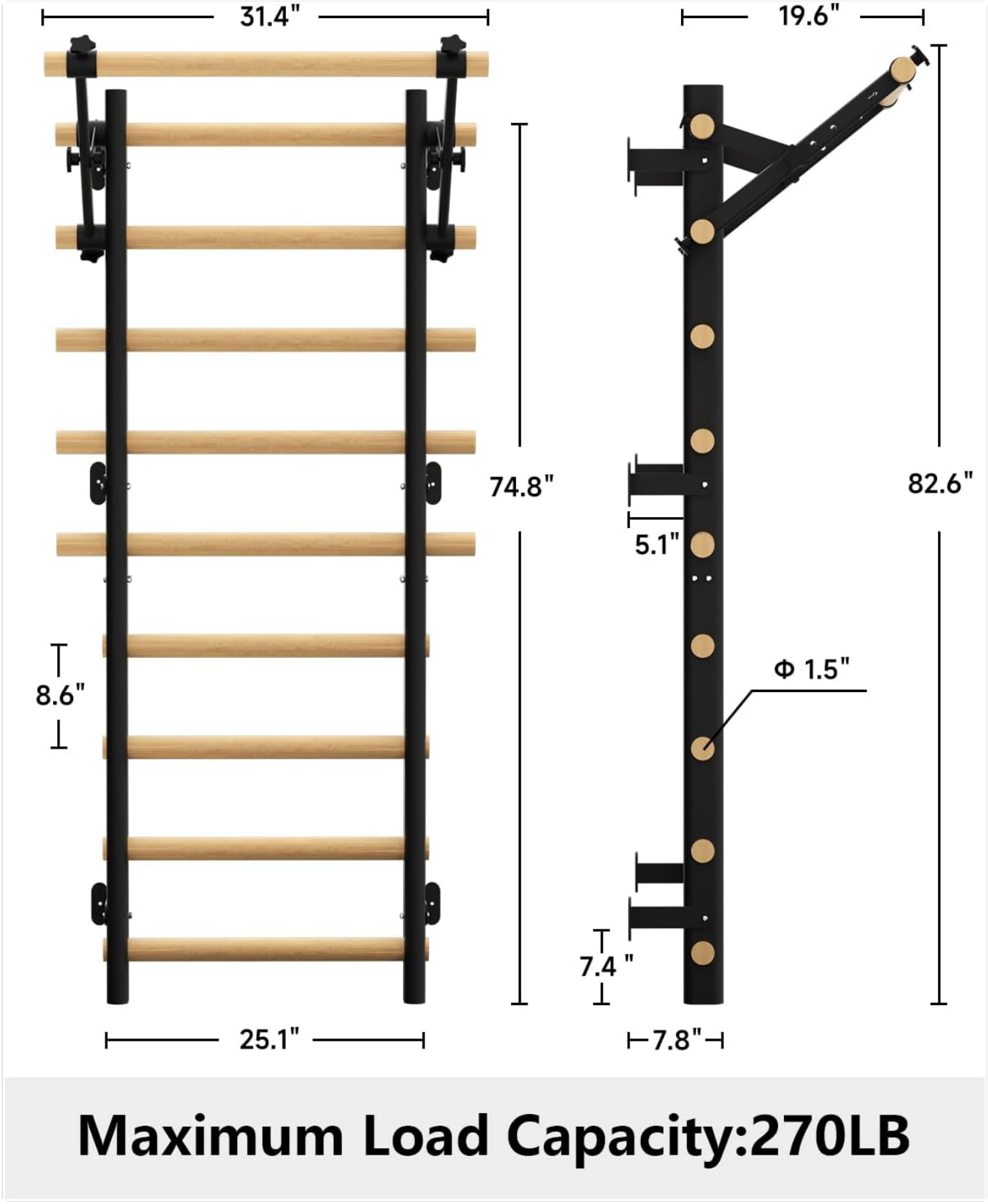


Image: A fully assembled Swedish Ladder Wall Gym, showcasing its black metal frame and natural wood rungs, with the adjustable pull-up bar positioned at the top.

4. Attaching the Adjustable Pull-Up Bar

The pull-up bar can be positioned at various heights and angles. Secure it firmly using the provided locking mechanisms. Ensure it is stable before applying weight.



Image: A close-up view of the adjustable pull-up bar, highlighting the mechanism that allows it to be repositioned across different rung levels and adjusted for various angles.

5. Installing Dip Bars and Exercise Straps

The removable dip bars attach securely to any rung. The exercise straps can be looped over the rungs or the pull-up bar for various bodyweight exercises.



Image: A woman demonstrating the use of the removable dip bars, which are attached to the lower rungs of the Swedish Ladder, allowing for exercises like dips and L-sits.



Image: A woman performing a lunge with exercise straps, which are attached to the upper rungs of the Swedish Ladder, demonstrating their use for various bodyweight workouts.

For a visual guide on assembly and usage, please refer to the official product video:

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Video: An official product video demonstrating the assembly process and various exercises that can be performed with the Cofiyard Swedish Ladder Wall Gym, including the use of the pull-up bar, dip bars, and exercise straps.

Operating Instructions

The Swedish Ladder offers a wide range of exercises. Always start with a warm-up and ensure proper form to prevent injury.

1. Stretching and Mobility

Use the rungs for various stretching exercises to improve flexibility and posture. You can hold onto different rungs for support or to deepen stretches.



Image: A woman performing a leg stretch, placing her foot on one of the lower rungs of the Swedish Ladder for support and leverage.

2. Pull-Ups and Hanging Exercises

Adjust the pull-up bar to your desired height. Perform pull-ups, chin-ups, or hanging core exercises. The adjustable angles allow for varied grip positions.



Image: A woman demonstrating a hanging leg raise, suspended from the adjustable pull-up bar of the Swedish Ladder, engaging her core muscles.

3. Dip Exercises

Attach the dip bars to a comfortable rung height. Use them for dips, L-sits, or leg raises to target your chest, triceps, and core.

4. Exercise Straps Workouts

Utilize the exercise straps for rows, push-ups, core training, and other bodyweight exercises. Adjust the strap length as needed for different movements.

Maintenance

- **Cleaning:** Wipe down the wooden rungs and metal frame with a damp cloth after each use to remove sweat and dirt. Avoid harsh chemicals that may damage the finish.
- **Hardware Check:** Periodically check all bolts, screws, and connections to ensure they remain tight. Re-tighten if necessary.
- **Wood Care:** The solid pine wood is durable, but avoid excessive moisture. If the wood appears dry, a light application of wood conditioner can help maintain its integrity.
- **Strap Inspection:** Inspect exercise straps for fraying or damage. Replace if signs of wear are present.

Troubleshooting

- **Ladder Wobbles After Installation:**
  Ensure all wall mounting bolts are securely fastened. If mounted on drywall, verify that the supporting wood boards are firmly attached to wall studs and the ladder is tightly secured to these boards. Uneven wall surfaces can also contribute to wobbling; shims may be used to level if necessary.
- **Dip Bars Feel Unstable:**
  Confirm that the dip bars are fully inserted and locked into the desired rung positions. Check for any loose connections on the dip bar mechanism itself. If a specific part (e.g., a bolt) is defective, contact customer support for a replacement.
- **Difficulty Adjusting Pull-Up Bar:**
  Ensure the locking pins or levers are fully disengaged before attempting to reposition the bar. If the mechanism feels stiff, check for any obstructions or debris. Do not force the adjustment.

Specifications

Brand	Cofiyard
Model Number	G3E066KH01-1
Material	Alloy Steel, Wood
Mounting Type	Wall Mount
Maximum Weight Recommendation	270 Pounds
Item Dimensions (W x H)	25.1"W x 82.6"H
Item Weight	48.5 Pounds
Special Features	Adjustable Pull-Up Bar, Removable Dip Bars

Age Range Description	Adult

Warranty and Support

Cofiyard offers a 30-day easy return policy for this product. For any questions, concerns, or to report missing/defective parts, please contact Cofiyard-US customer support. Refer to your purchase documentation for specific warranty details and contact information.
Customer Support: Contact Cofiyard-US Seller

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