

USER MANUAL

HUKFBR10PR - HUKFBR10PK

K-Foldable Gym Bar

PLEASE READ THE MANUAL CAREFULLY BEFORE USE AND KEEP IT FOR FUTURE REFERENCE

Unique Features:

- Professional-grade gymnastics bar
- Supports weight capacity of up to 350 lbs.
- Adjustable height range from 41.7" to 62" with 12 different height settings

Features:

- Two middle connections & two triangular supports
- Not foldable, easy to disassemble
- Prevents any left-to-right wobble when in use
- Spring knob and secure locking knob
- Constructed from heavy-duty steel
- Effortless height adjustment—no additional help needed
- Perfect size for both home use and gymnastic centers

What's in the Box:

- Foldable gymnastics bar
- Wooden bar
- Screw set
- (2) Rings

Technical Specs:

- Construction Materials: Steel, Beechwood
- Maximum Weight Capacity: Up to 350 lbs.
- Height Adjustability: 12 height levels (41.7 inches to 62 inches)
- Safety Features: Anti-slip bottom
- Locking Mechanisms: Double-lock system (Spring knob & secure locking knob)
- Included Tools/Screws: Screws, wrenches, spring screws, hex wrenches
- Suitable Age Range: 6+
- Base Length: 4.35 feet
- Item Weight: 40.1 lbs.
- Folded Dimensions (L x W x H): 53.5 x 52 x 14 in.
- Unfolded Dimensions (L x W x H): 52 x 52 x (41.7 - 62) inches

Important Safety Information

Prior to assembly, remove all components from the box and verify that all listed parts are included.

Note:

Tighten bolts and nylon nuts manually until the equipment is fully assembled.

California Prop 65 Warning

⚠ WARNING:

This product may expose you to chemicals, which is known to the state of California to cause cancer, birth defects and other reproductive harm. Do not ingest.

For more info go to: www.P65warnings.ca.gov



Questions? Comments?

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WARNING

Before using this equipment or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or those with health problems.

The products LP assumes no responsibility for personal injury or property damage caused by or through the use of this product. It is the owner's responsibility to ensure that all users of this equipment have read the owner's manual and are familiar with all safety information and precautions.

Safety Precautions

- This equipment should only be used on a level surface and is intended for indoor use only. An equipment mat is recommended to protect flooring and allow easier cleaning.
- Wear comfortable, good-quality athletic shoes and appropriate clothing. Do not use this equipment with bare feet, sandals, socks, or stockings.
- Always inspect the equipment before use to ensure all parts are in good condition.
- Do not leave children unattended near this equipment.

General Safety Rules

All individuals using this equipment accept a certain level of risk.

To reduce risk, follow these rules:

1. Inspect equipment before each use. Ensure all nuts, bolts, screws, and pins are secure. Replace worn or damaged parts immediately. Failure to follow these rules may result in serious injury.
2. Keep clear of cables and moving parts during use.
3. Ensure all cables are properly closed and secure during exercises.
4. Exercise with control. Avoid jerky or uncoordinated movements.
5. Perform workouts with a training partner when possible.
6. Do not allow children or minors to use or play around the equipment.
7. Consult a physician before starting any exercise program.

Owner Responsibilities

- Provide proper supervision to all users.
- Ensure all users understand proper usage.
- Ensure trainers and supervisors are properly trained and understand all adjustments and settings.
- Ensure users receive proper instruction in strength training fundamentals.

Assembly

STEP 1 Parts and Accessories

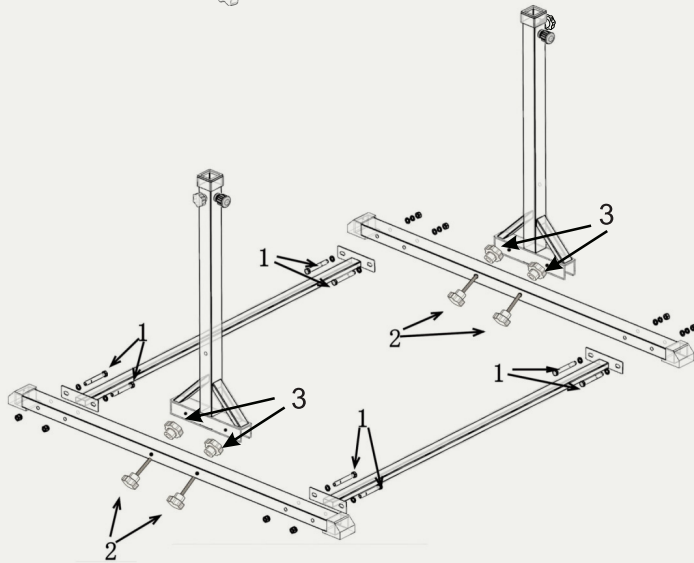
Set 1: M10*80 bolt, nut, washer x8



Set 2: Torx screw x4



Set 3: Torx screw x4

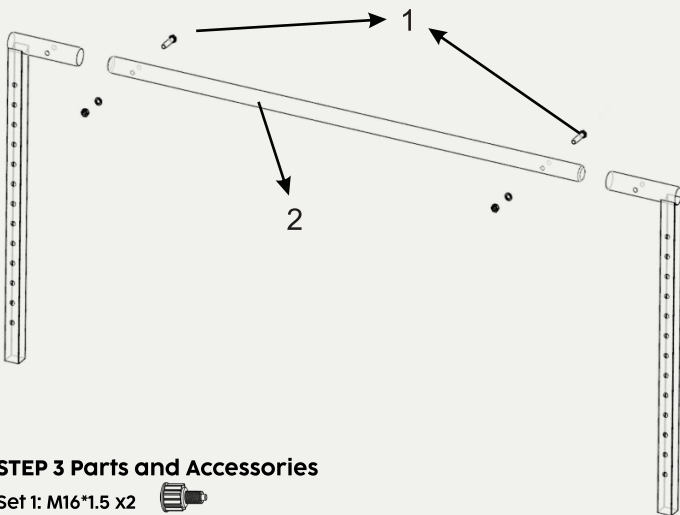


STEP 2 Parts and Accessories

Set 1: M10*55 bolt, nut, washer x2

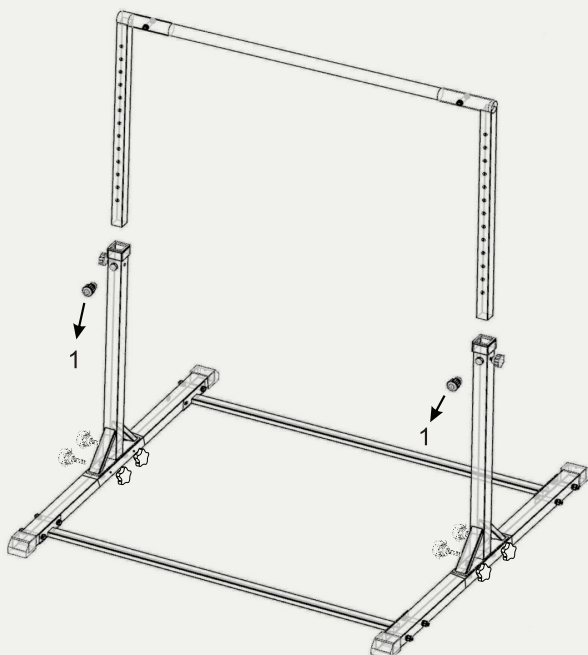


Set 2: Wooden stick 1270MM x1



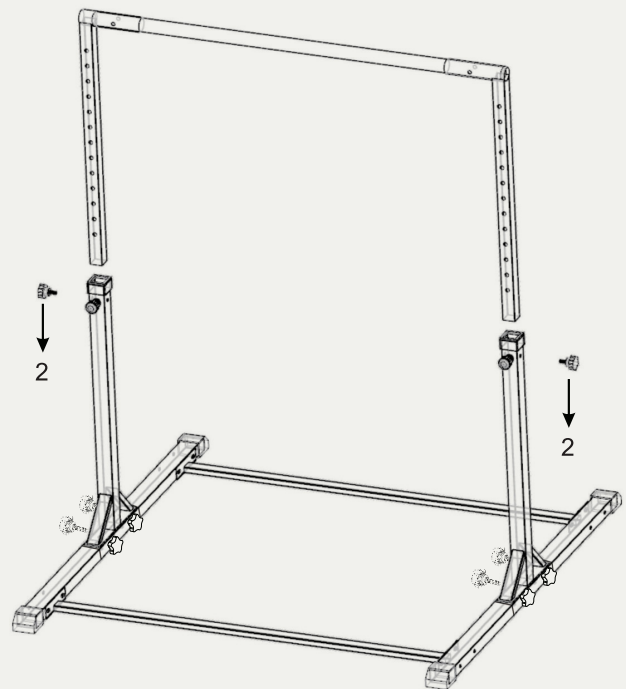
STEP 3 Parts and Accessories

Set 1: M16*1.5 x2



STEP 4 Parts and Accessories

Set 1: M10*20 x2



Assembly Overview

(Based on diagrams)

1. Assemble the base frame using M10 × 80 bolts, nuts, and washers.
2. Attach vertical support posts securely to the base frame.
3. Install the wooden bar between the vertical posts using the provided bolts.
4. Insert and secure the adjustable locking knobs.
5. Tighten all bolts and hardware completely before use.

Maintenance Guidelines

Check and maintain your equipment regularly to keep it safe to use.

Cables

- Check for damage such as fraying or cracks.
- Feel along the cable for any weak spots.
- Tighten or adjust if loose.
- Replace immediately if damaged.

Upholstery

- Wipe clean after each use.
- Clean with mild soap when needed.
- Do not use harsh cleaners.
- Keep sharp objects away.

Nuts, Bolts, and Fasteners

- Check regularly.
- Tighten if loose.

Guide Rods

- Wipe clean with a dry cloth.
- Lubricate when needed.

Adjustments and Locking Parts

- Check for wear or damage.
- Make sure all parts move and lock properly.
- Replace if damaged

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