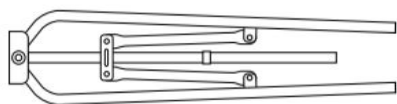


# GYMNASTIC TRAINING BAR

## Instruction Manual

6+  
years

### Parts List



Main Frame  
A x 2pcs



Adjustable Tube  
B x 2pcs



Base Tube  
C x 2pcs



Center Cross Tube  
D x 1pc



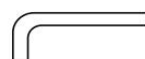
Knob  
E x 2pcs



Adjustable Base  
F x 2pcs



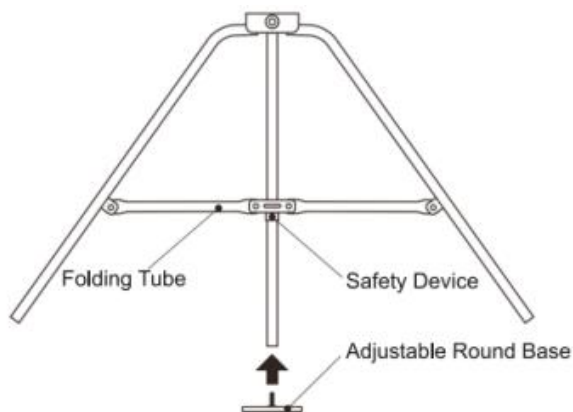
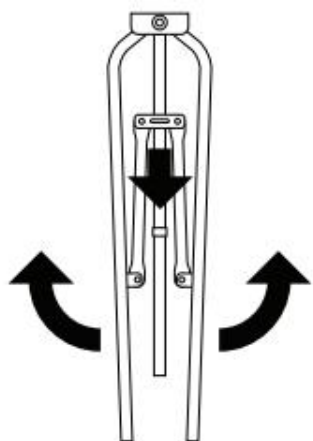
Bolt  
G x 6pcs



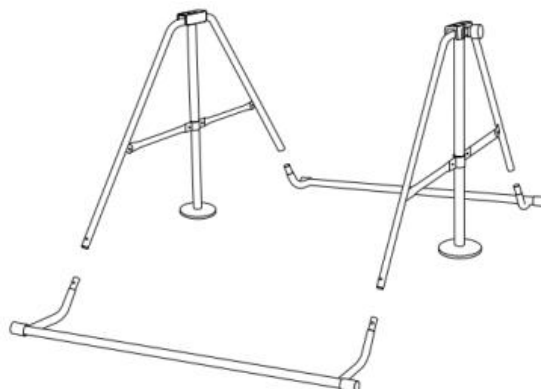
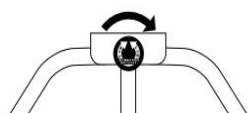
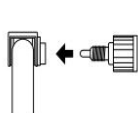
Allen Wrench  
H x 1pc

### Assembly Instructions

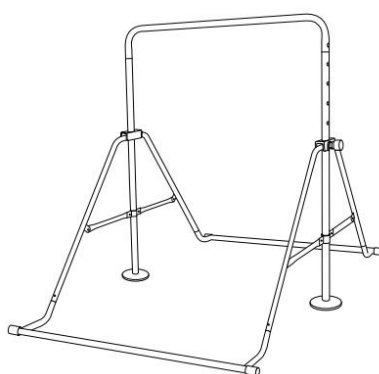
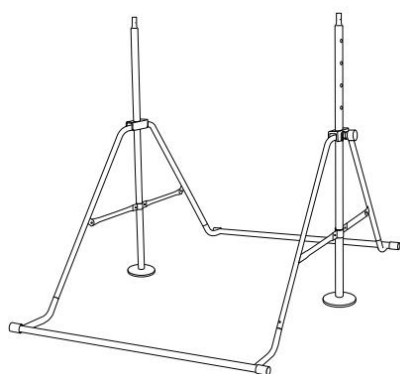
Step1. Open the two Main Frames (A), then screw into an Adjustable Base (F) on each frame.



Step 2. Screw the Knob (E) into its position from outside, then connection two Base Tubes (C) together with the Main Frames by screwing into the Bolts (G).



Step 3. Insert the Adjustable Tube (B) into the Main Frame, then connect the Center Cross Tube (D) together on the top by screwing into the Bolt.



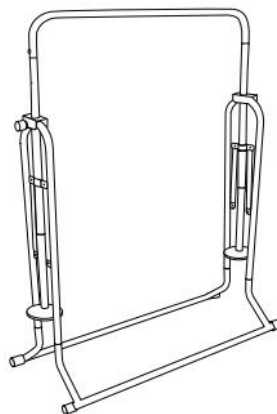
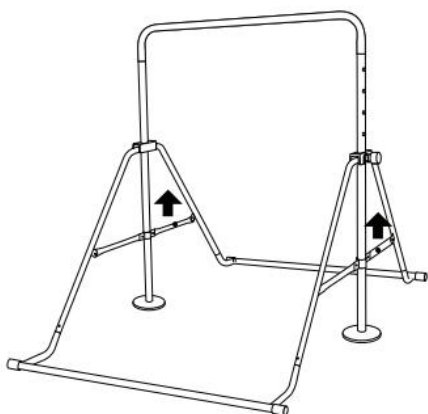
Note: Height is adjustable by pulling back/tighten the knob.

Height:

- 1 section: 89cm
- 2 section: 99cm
- 3 section: 109cm
- 4 section: 119cm
- 5 section: 129cm

## Folding Instructions

Hold both two folding tube and lift them up, then the gymnastic bar folded.



## Warning!

1. **CHOKING HAZARD**, small parts. Not suitable for children under 3 years.
2. Adult assembly required.
3. If the ground is not flat, you can adjust the round adjustable base to make the gymnastic more stable.
4. The maximum loading weigh is 50kg.
5. Suitable for indoor use only.

KEY CODE: 43-278-893

MADE IN CHINA

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