

Single wall bars

Thank you very much for choosing a Sport-Thieme product!

Please read the instructions fully before use so that you can enjoy the product and safety is guaranteed.

Please keep these instructions for future reference. Should you have any questions or requests, we are happy to help.

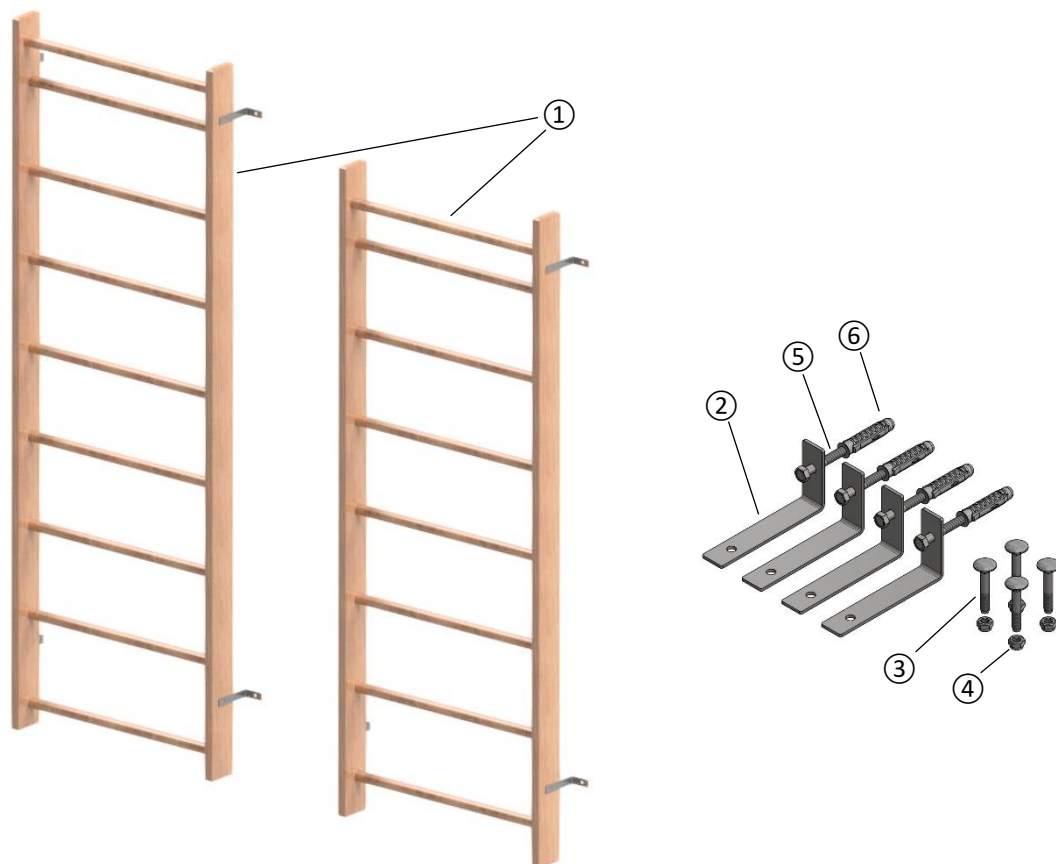


Illustration 1: 122 6557 (230x80 cm, 9 rungs – on the left) and 122 6560 (210x80 cm, 8 rungs – on the right)

Parts list:

No.	Quantity	Description
1	1	Single wall bars (8 or 9 rungs)
2	4	Securing bracket, L: 130x65 mm, 3 mm thick, 25 mm wide
3	4	Coach bolt, M8x40
4	4	Nut, M8
5	4	Hexagon wood screw, 8x60
6	4	Plastic raw plug (12x60)

Assembly

Tools required: Tape measure or folding rule, spirit level, pencil, hammer, drill with a diameter of 9 mm (wood) & 12 mm (masonry/concrete), SW13 spanner

Number of people required: 1–2

Time required: Approx. 30 min.

Difficulty: Medium

Please note: Before installing the wall bars, please assess the wall that it will be attached to. It should be a solid load-bearing wall (solid brick, lime sandstone or reinforced concrete) which can safely withstand horizontal forces of at least 900 N in line with DIN 7910 (illustration 2).

If you are not certain that the wall will withstand these forces, please consult a structural engineer.

Depending on the condition of your wall, use the appropriate fixings to screw the brackets to the wall.

If the wall bars are installed in an alcove, a maximum width of 100 cm, a maximum height of 220 cm and 240 cm respectively and a depth of 16–17 cm (depending on the distance from the wall) are recommended. Make sure that the wall bars do not protrude from the alcove after installation.

Maximum load of wall bracket: The fixings (raw plug & screw) should each be able to withstand a tensile load of at least 0.5 kN.

Max. load: 100 kg

Intended use: This product must only be used for its intended purpose.

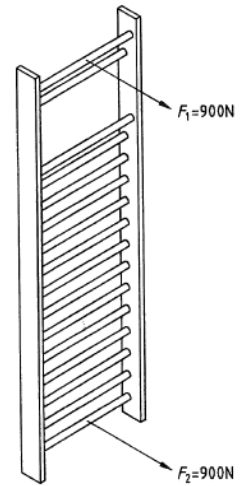


Illustration 2:
 Strength after installation (DIN 7910: 1999-08)

Pattern of drilling and final dimensions

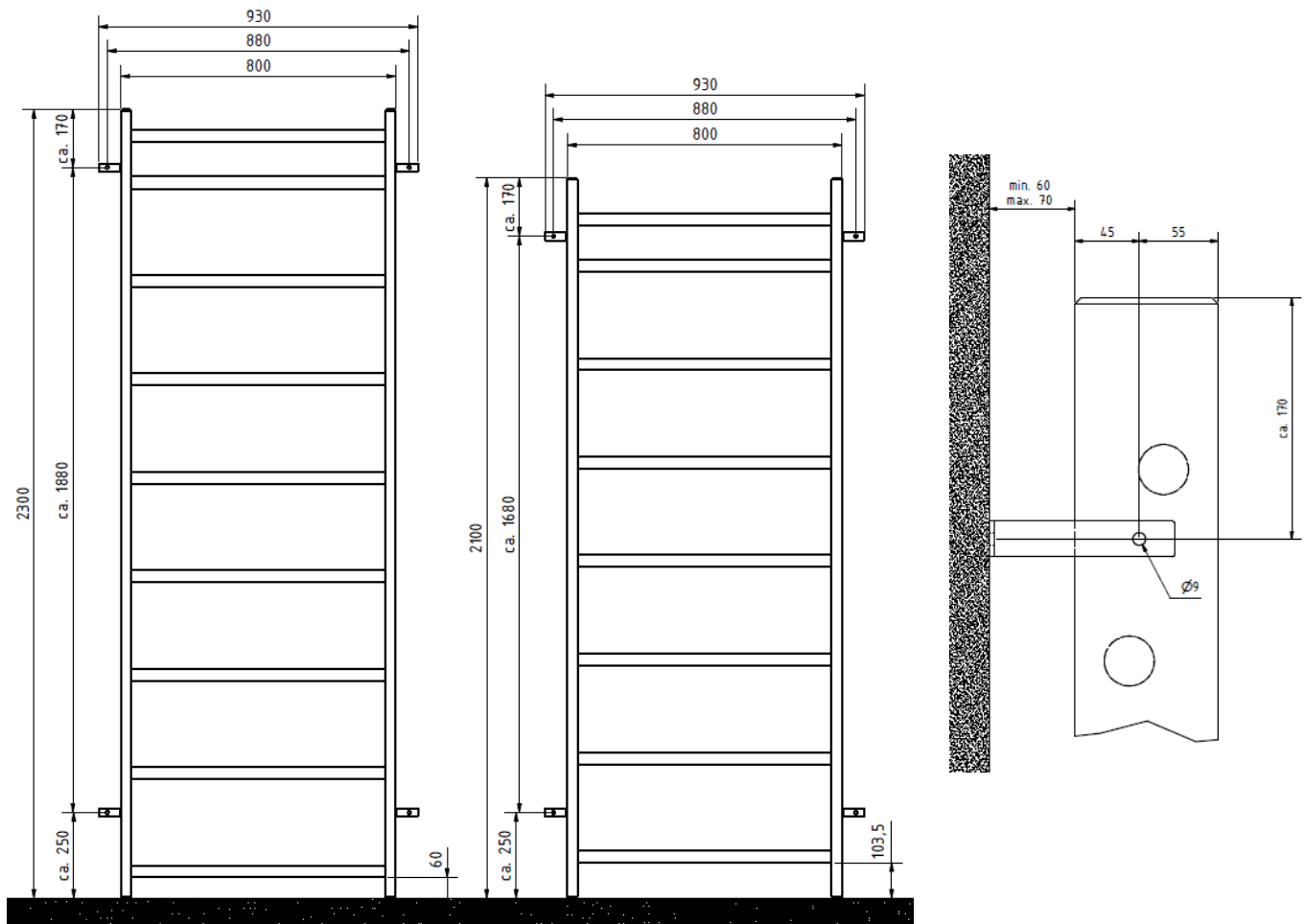


Illustration 3: Recommended hole patterns and dimensions

Assembly step 1

First, place the wall bars at a distance of 60–70 mm from the wall they will be mounted on and check for potential obstacles, such as pipes or electrical cables.

If there are no interfering objects, the hole dimensions from illustration 3 are recommended. Once you have found suitable positions for the wall brackets, mark the drilling points on the outside of the wall bars. Then drill 4 holes with a diameter of 9 mm through the frame of the wall bars.

Next, hammer the coach bolts flush from the inside into the wall bars frame (illustration 4). Use a conventional hammer for this purpose. The hammered-in square prevents the bolts from turning during subsequent assembly.

Then attach the brackets to the wall bars from the outside using the corresponding hexagon nut (SW13 spanner).

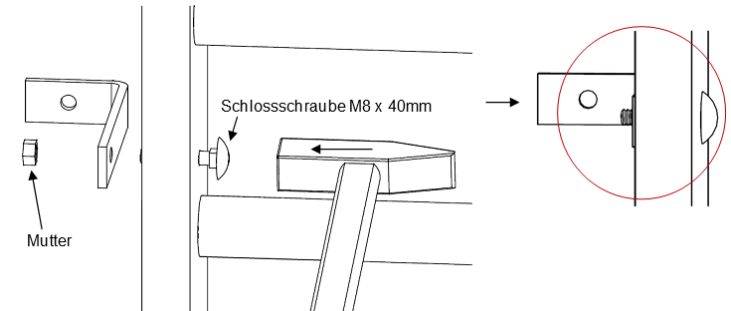


Illustration 4: Attaching the bracket to the frame

Mutter = nut
 Schlossschraube = coach bolt

Assembly step 2

Place the wall bars with the screwed-on brackets flush against the wall and mark the drilling points onto the wall. Then drill 4 holes with a diameter of 12 mm into the wall. Remove any drill dust from the holes and insert the supplied raw plugs into the holes in the wall.

Now attach the wall bars using the hexagonal wood screws (SW13 spanner).

Maintenance and care / additional information

Information regarding regular inspection:

- Carry out regular visual inspections.
- Regularly check that the screws are fitted securely.
- Check the equipment for any damage and replace worn parts.
- The device should undergo an annual safety inspection by a specialist company.



Caution!

- Due to our continuous quality control of the products, technical changes may occur which may lead to minor changes to the instructions.
- Modifications and misuse of any kind will compromise safety and render the warranty void!

Application

- This equipment has been designed for carrying out typical exercises on wall bars.
- Various Sport-Thieme products can be attached to the wall bars at different heights, e.g., Sport-Thieme® Sloping Board (122 6805), Sport-Thieme® Pull-Up Bars (122 6906 & 281 6106), Sport-Thieme® 'Original' Gymnastics Benches, 3+ m (121 8419 et seq.) Sport-Thieme® 'Vario' Ladder (122 3109) and further products from the modular vaulting box range.

Accessories:

- Sport-Thieme® Protective Padding for the Sides of Wall Bars (237 7807)
- Sport-Thieme® Impact Protection for Wall Bars, 200x80x6 cm (208 9762)

Should you have any questions or requests, we are happy to help!

Your Sport-Thieme Team