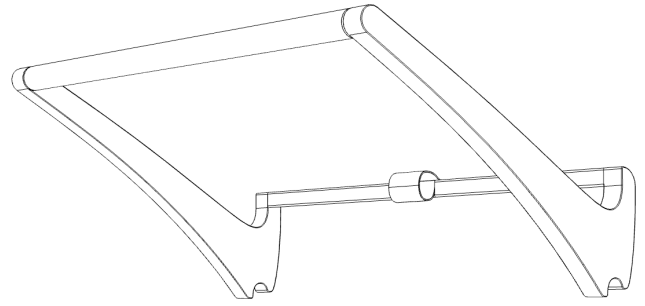


REED™ Pull-Up Bar

User Guide



Product Description

REED™ Pull-Up Bar is a premium attachment designed exclusively for the REED™ Wall Bar. Crafted from solid hardwood with elegant metal details and a hand-stitched leather safety strap, it offers a stable and refined solution for upper-body and functional training. The pull-up bar can be easily adjusted to various heights, supporting a wide range of exercises such as pull-ups, chin-ups, and suspension or ring training.

Limitations

Environment: Indoor only, relative humidity 40-60%

Rated load: 120 kg (265 lb)

Safety Instructions

Please read these safety instructions carefully before setting up or using this product. Improper setup or use may result in product failure, property damage, serious injury, or death. Retain this user guide for future reference.

- **Proper attachment.** This product must be securely mounted to a REED™ Wall Bar only. Do not use it with wall bars from other manufacturers. Ensure the safety strap is fastened at all times, except when adjusting the product height.
- **Space requirements.** Ensure there is sufficient space around the product to perform exercises safely. Keep the area clear of obstacles, sharp objects, and tripping hazards. Use the product only on a flat, stable surface. Use an exercise mat to reduce the risk of injury.
- **Indoor use.** This product is designed for indoor use and storage only (relative humidity 40-60%). Keep the product away from direct contact with liquids. Failure to follow these guidelines may cause the product to deteriorate and become unsafe.
- **Modifications.** Do not modify the product in any way. Any alterations, additions, or attachments not approved by the manufacturer are not permitted. Use the product only as designed and supplied.
- **Repairs.** Do not attempt to repair the product yourself unless you are a qualified professional with the necessary knowledge and skills. Only use original manufacturer parts for any repairs or replacements.
- **Inspection.** Before each use, thoroughly inspect the product. Do not use the product if any parts are damaged, loose, or missing.
- **Weight limit.** This product is designed for users weighing up to 120 kg (265 lb), including any additional weights or accessories.
- **Adult use.** Children under 14 years should only use this product under adult supervision. Not suitable for children under 36 months.
- **Health precautions.** Ensure that you are in good physical condition before exercising. Consult a physician before beginning any new exercise routine, especially if you have pre-existing health conditions. Stop exercising immediately if you feel unwell.
- **Proper technique.** Learn proper technique before using the product. Always use common sense and be aware of your personal limits.
- **Shared use.** Do not allow anyone to use the product unless they are capable, responsible, and properly informed of all safety instructions. Only one person should use this product at any given time.

Legal Disclaimer

The manufacturer shall not be liable for any injuries or damages resulting from improper setup, maintenance, or use of this product. Use of this product is at the user's own risk. Always follow the instructions and safety guidelines outlined in this user guide. Consult a qualified professional if you are unsure about proper setup or use.

REED™ Pull-Up Bar

User Guide

Getting Started

- Read all instructions carefully and ensure you fully understand them before beginning setup or use.
- Carefully unpack the product and inspect it for any transportation damage. Retain the packaging until the product is fully set up.

Setup

1. Hold the product with the round pull-up bar facing you.
2. Tilt it slightly so that the back of the product points downward.
3. Insert the back of the product between two rungs of the wall bar - start with the top part, then move it upward behind the upper rung. At the same time, tilt the product back until the indentations on the side parts are positioned above the lower rung, then lower the product so that the indentations rest securely on the lower rung.
4. Wrap the leather safety strap around the top rung and fasten it to prevent the product from being knocked out of position.
5. Visually confirm that the product is seated securely between the two rungs, then pull down firmly on the bar to verify stability.

Warning! Always ensure either the safety strap is fastened or the product is securely held. Failure to do so may result in the product falling, causing product damage, property damage, injury, or death.

Changing Height of Bars

1. Unfasten the safety strap.
2. Raise the product slightly so that the indentations on the side parts clear the lower rung.
3. Tilt the front of the product upward and slide the back section out from between the rungs.
4. Follow the steps listed under **Setup** to reposition the product at the desired height.

Using the Product

Perform exercises appropriate for your ability and training goals. Use controlled movements and proper technique.

This pull-up bar is designed to withstand centered, downward force only and may become unsafe if loaded in other directions. Do not push the bar upward, swing from side to side, or hang from only one side of the bar. When performing a one-handed pull-up, grip the pull-up bar at its center.

Do not hang from this product with your head down - use only in an upright position.

Always follow the safety instructions provided at the beginning of this user guide.

REED™ Pull-Up Bar

User Guide

Product Care

Please visit [this page](#) for product care guidelines.

Support

Please [contact the manufacturer](#) if you need help with the setup or use of this product or have any other questions.