

REED™ Wall Bar

User Guide

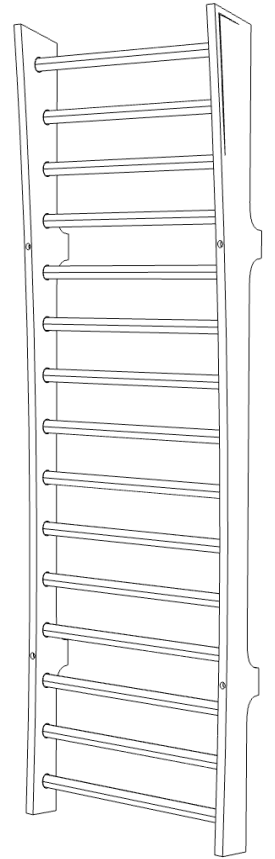
Product Description

REED™ Wall Bar is a premium piece of fitness equipment designed to support mobility, flexibility, and strength training. Crafted from solid hardwood with subtle metal details, it offers a durable, stable, and elegant solution for home or studio use. The wall bar can be mounted on solid or timber-frame walls and serves as a versatile foundation for a variety of exercises and compatible attachments.

Limitations

Environment: Indoor only, relative humidity 40-60%

Rated load: 120 kg (265 lb)



Safety Instructions

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

- **Proper mounting.** This product must be securely mounted to a structurally sound, load-bearing wall. Do not install on drywall, light plywood, or any other non-load-bearing surface unless there is sufficient structural framing directly at the fixing points.
- **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, fasteners, and attachments. Do not use the product if any parts are damaged, loose, or missing. Regularly check and tighten all screws and fasteners, particularly in areas where the wood may shift or flex.
- **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 assembly, installation, 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 assembly, installation, or use.

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Getting Started

- Read all instructions carefully and ensure you fully understand them before beginning assembly or installation.
- Installation must be performed by at least two capable adults. Assistance from someone with technical experience is recommended.
- Carefully unpack the product and inspect it for any transportation damage. Retain the packaging until the product is fully installed.
- Verify that all parts have been delivered by checking the parts list. If any parts are missing or damaged, contact the manufacturer.
- Installation conditions vary, and the manufacturer cannot anticipate every scenario. The installer is solely responsible for ensuring that the product is installed securely and safely. Professional assessment and installation may be required.
- Carefully assess site conditions and select suitable installation hardware - this may differ from the standard hardware supplied with the product. Installation steps may also need adjustment to suit your specific site and may differ from those outlined in this manual.
- Before drilling or driving wall screws, check for electrical wiring, plumbing, or other utilities within the wall. Use a cable and pipe detector if necessary. Only use power tools and hardware in good condition and follow all relevant safety instructions.
- If you are unsure about any installation step, consult a professional installer.

Selecting Installation Method

Select the appropriate installation method based on your wall type:

SOLID WALL	TIMBER FRAME	CROSSBARS	OTHER
For solid, load-bearing walls capable of securely holding the supplied expansion fasteners, including most brick, block, stone, and concrete walls.	For timber-frame walls with studs spaced 40 cm (16") on center, provided the wall bar's side rails can be aligned with the studs. Also suitable for timber-frame walls with blocking pre-installed at the fixing points.	For timber-frame walls with non-standard stud spacing or when the wall bar cannot be aligned with the studs and no pre-installed blocking is available at the fixing points.	For walls that do not meet the criteria on the left, professional assessment and installation are required. This may involve specialized fasteners, custom mounting solutions, or structural reinforcement. For custom installations, the installation section of this user guide serves as a general reference only and should not be followed step by step.
A minimum wall thickness of 10 cm (4") is required.			

Warning! Do not install on drywall, light plywood or other non-load-bearing surfaces unless there is sufficient structural timber framing directly at the fixing points. Improper installation may result in injury or damage.

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Parts List

Reference	Name	Quantity
<i>Parts always provided:</i>		
A	Side rail	2
B	Rung	15
C	Decorative metal plug with rubber rings	4
D	Longer wood screw 5.0×90 mm	2
E	Shorter wood screw 5.0×60 mm	28
F	Screwdriver bit TX20	1
G	Screwdriver bit TX40	1
<i>Parts provided for the SOLID WALL installation method only:</i>		
H	Solid wall expansion fastener 10×160 mm	4
<i>Parts provided for the TIMBER FRAME installation method only:</i>		
I	Construction wood screw with washer head 8×180 mm	4
<i>Parts provided for the CROSSBARS installation method only:</i>		
J	Mounting crossbar	2
K	Construction wood screw with washer head 8×120 mm	4
L	Bolt M10 120 mm	4
M	Washer M10	4
N	Square nut M10	4
O	Screwdriver bit HEX8	1

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Assembly

1. **Lay out the first side rail.** Place one side rail (A) on a protective surface (you can use part of the packaging), with the oval recesses facing upward.
2. **Insert the rungs.** Insert all rungs (B) into the oval recesses of the side rail. If desired, orient each rung so that the more visually appealing side faces the front of the wall bar.
3. **Attach the second side rail.** Position the second side rail (A), with oval recesses facing downward, on top of the rungs. Hold it at a slight angle and lower it gradually, aligning and inserting each rung one by one until all are properly seated. This step is best performed by two people.
4. **Secure the top rung.** Using a screwdriver with a TX20 bit (F), fasten the top screw hole on each side rail with the two longer wood screws (D). The top rung is slightly offset and requires longer screws.
5. **Secure the remaining rungs.** Use the shorter wood screws (E) to fasten the remaining screw holes along both side rails.

Continue with the following steps for the CROSSBARS installation method only:

6. **Insert the bolts.** Place a washer (M) on each of the four bolts (L) and insert them into the mounting holes on the side rails.
7. **Insert the square nuts.** Place the square nuts (N) into the square recesses on the mounting crossbars, with the flat side of each nut facing inward.
8. **Position the crossbars.** Place the mounting crossbars (J) on the back side of the wall bar, ensuring the square nuts face outward.
9. **Check alignment.** Verify that the bolts can be inserted into the square nuts. If not, slightly loosen the wood screws securing the rungs to allow the side rails to shift for easier alignment. Once the crossbars are mounted, retighten all wood screws securely.
10. **Fasten the bolts.** Using a screwdriver with a HEX8 bit (O), tighten the bolts firmly to eliminate any play. Do not overtighten, as excessive force may cause cracks in the ends of the mounting crossbars.

Tip: Only insert the decorative metal plugs (C) after installation is complete and verified. They fit tightly and may be difficult to remove once in place.

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Installation: SOLID WALL

Follow these steps if the **SOLID WALL** installation method is suitable for your wall type:

1. **Position the wall bar.** After selecting a suitable installation location, place the assembled wall bar against the wall, ensuring the side rails rest firmly on the floor and all four mounting points are in contact with the wall.
2. **Mark hole positions.** Carefully mark the hole locations on the wall through the mounting holes in the side rails, then remove the wall bar. *Optional: If your drill bit is long enough (see next step), you may drill directly through the side rails while holding the wall bar steady, instead of marking separately.*
3. **Drill the holes.** Drill four 10 mm (0.4") holes, each 90 mm (3.5") deep, precisely at the marked positions. Vacuum out any dust.
4. **Insert the fasteners.** Align the wall bar with the holes and insert the expansion fasteners (H) - with the nylon sleeves left on the metal screws - through the mounting holes on the side rails into the drilled holes. Gently tap the fasteners in with a hammer if needed - take care not to damage the wooden side rails.
5. **Secure the wall bar.** Once the fasteners are fully inserted and the wall bar sits flush against the wall, use a screwdriver with a TX40 bit (G) to tighten the fasteners until all play and gaps are eliminated. Do not overtighten.
6. **Conceal the fasteners.** Insert the decorative metal plugs (C) to cover the screw heads. Each hole has a small internal step at the correct depth - press the plugs in by hand until they stop naturally. Do not use a hammer, as excessive force may push the plug beyond its intended position.

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Installation: TIMBER FRAME

Follow these steps if the **TIMBER FRAME** installation method is suitable for your wall type:

1. **Position the wall bar.** After selecting a suitable installation location, place the assembled wall bar against the wall, ensuring the side rails are centered on the wall studs, rest firmly on the floor, and that all four mounting points are in contact with the wall.
2. **Mark hole positions.** Carefully mark the hole locations on the wall through the mounting holes in the side rails, then remove the wall bar. *Optional: If your drill bit is long enough (see next step), you may drill directly through the side rails while holding the wall bar steady, instead of marking separately.*
3. **Drill pilot holes.** Drill four 5 mm (0.2") pilot holes, each 80 mm (3.15") deep, directly into the studs at the marked positions.
4. **Insert the screws.** Align the wall bar with the pilot holes and insert the construction wood screws (I) through the mounting holes on the side rails.
5. **Secure the wall bar.** Ensure the wall bar sits flush against the wall, then use a screwdriver with a TX40 bit (G) to tighten the screws until all play and gaps are eliminated. Do not overtighten.
6. **Conceal the fasteners.** Insert the decorative metal plugs (C) to cover the screw heads. Each hole has a small internal step at the correct depth - press the plugs in by hand until they stop naturally. Do not use a hammer, as excessive force may push the plug beyond its intended position.

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Installation: CROSSBARS

Follow these steps if the **CROSSBARS** installation method is suitable for your wall type:

1. **Position the wall bar.** Select a suitable installation location. With the crossbars already mounted, place the wall bar against the wall, ensuring the side rails rest firmly on the floor and both crossbars make full contact with the wall. Ideally, center the wall bar relative to the wall studs.
2. **Mark stud centers.** Mark the centers of the wall studs on both crossbars, then remove the wall bar from the wall.
3. **Drill clearance holes.** Drill 9 mm (0.35") clearance holes through the crossbars at the marked positions.
4. **Mark hole locations on the wall.** Place the wall bar back in position and mark the wall through the holes drilled in the crossbars. Remove the wall bar again.
5. **Drill pilot holes.** Drill four 5 mm (0.2") pilot holes, each 80 mm (3.15") deep, directly into the studs at the marked positions.
6. **Insert the screws.** Align the wall bar with the pilot holes and insert the construction wood screws (K) through the holes on the crossbars.
7. **Secure the wall bar.** Ensure both crossbars sit flush against the wall, then use a screwdriver with a TX40 bit (G) to tighten the screws until all play and gaps are eliminated. Do not overtighten.
8. **Conceal the fasteners.** Insert the decorative metal plugs (C) to cover the screw heads. Each hole has a small internal step at the correct depth - press the plugs in by hand until they stop naturally. Do not use a hammer, as excessive force may push the plug beyond its intended position.

Tip: If you plan to center the wall bar relative to the studs, use a stud finder to locate the stud centers and measure the distance between them. Note the measurement, then from the center of each mounting crossbar, measure half of that distance to each side and mark the drilling locations. For example, if your studs are 50 cm (20") apart on center, measure 25 cm (10") from the center to each side. This approach is often more convenient than transferring stud measurements directly from the wall while the wall bar is in place.

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Using the Product

Perform exercises appropriate for your ability and training goals. Use controlled movements and proper technique. Always follow the safety instructions provided at the beginning of this user guide.

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Product Care

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

Support

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