

# STANDARD BARBELL

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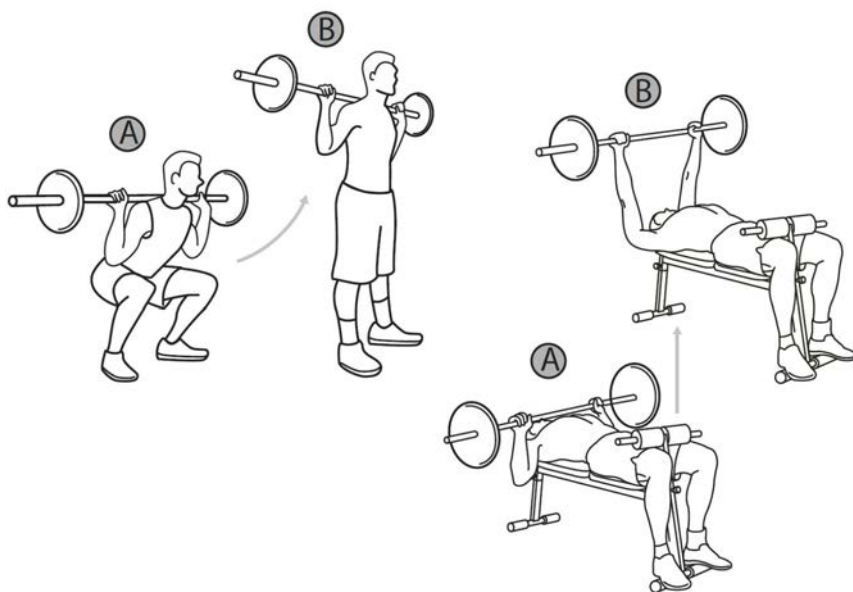


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User Manual

## SAFETY INSTRUCTIONS

1. It is the owner's responsibility to ensure that all users of this product are properly informed about safe use.
2. The user is responsible for proper care and maintenance of the device. After the product has been assembled, check before each use that the fastening elements are firmly tightened and that no elements are protruding. Regularly check the condition of the parts that are most susceptible to wear.
3. If you feel pain during exercise or become dizzy, stop immediately, take a rest and consult a physician.
4. Please consult your physician before starting this training programme, especially if you haven't exercised in a number of years.
5. Do not bend your back while training, make sure to keep it straight.
6. Excessive or incorrect training can be harmful to your health.
7. Adults and other persons responsible for children should be aware of their responsibility, since children's natural instinct of playfulness and experimentation can lead to situations and behaviours for which the exercise device is not intended.
8. If children are allowed to use the device, you should consider their mental and physical development and above all their temperament. They should be instructed in the controlled and proper use of the device. The device is not suitable as a child's toy under any circumstances.
9. The free area on which the device is positioned must be at least 60 cm larger than the device.



## TECHNICAL INFORMATION

Length: 180 cm, Diameter 30 mm

- Weight: approx. 10 kg
- Max. load: Approx. 136 kg

## DISPOSAL

### Dispose of packaging



Dispose of packaging separated by material. Deposit paperboard and cardboard in paper recycling, films in recyclables.

Importer:  
Summary GmbH  
Vossbarg 1 25524  
Itzehoe  
Germany

