

Resistance Band Training Systems, LLC

The B.A.R Installation Instructions

This owner's manual contains assembly and safety information. In the interest of safety, please read all information and be sure to understand instruction before use.

- 1.) Utilizing the fasteners that come with your new Fitness Bar please install as shown (Fig 1).
- 2.) Fasteners MUST BE INSTALLED INTO STRUCTURAL STUDS, CONCRETE, or PLYWOOD wall. DO NOT FASTEN TO DRYWALL ALONE or damage and/or injury may occur (Fig 2).

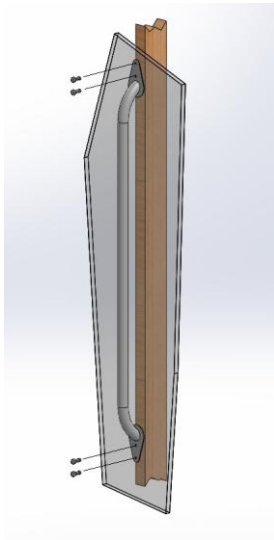


FIG. 1

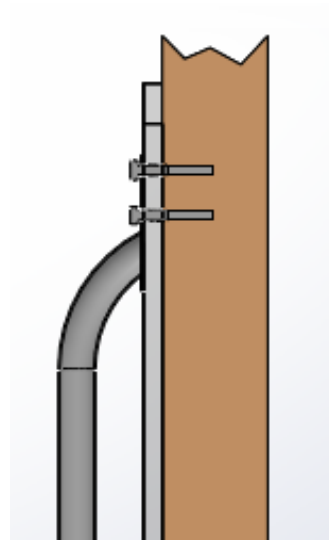


FIG. 2

Vertical Anatomical Alignment Recommendations

To optimize the Fitness Bar it is recommended to vertically align the lowest point of the bar with the knee cap of the primary user. This will ensure that the vertically placed bar will provide maximum training attachment options.

Resistance Band Training Systems, LLC and all of its affiliates are not responsible for damage and/or injury caused directly or indirectly by any equipment that is not installed and/or used correctly.

For additional support contact support@resistancebandtraining.com

[Review the B.A.R Set up Video](#)