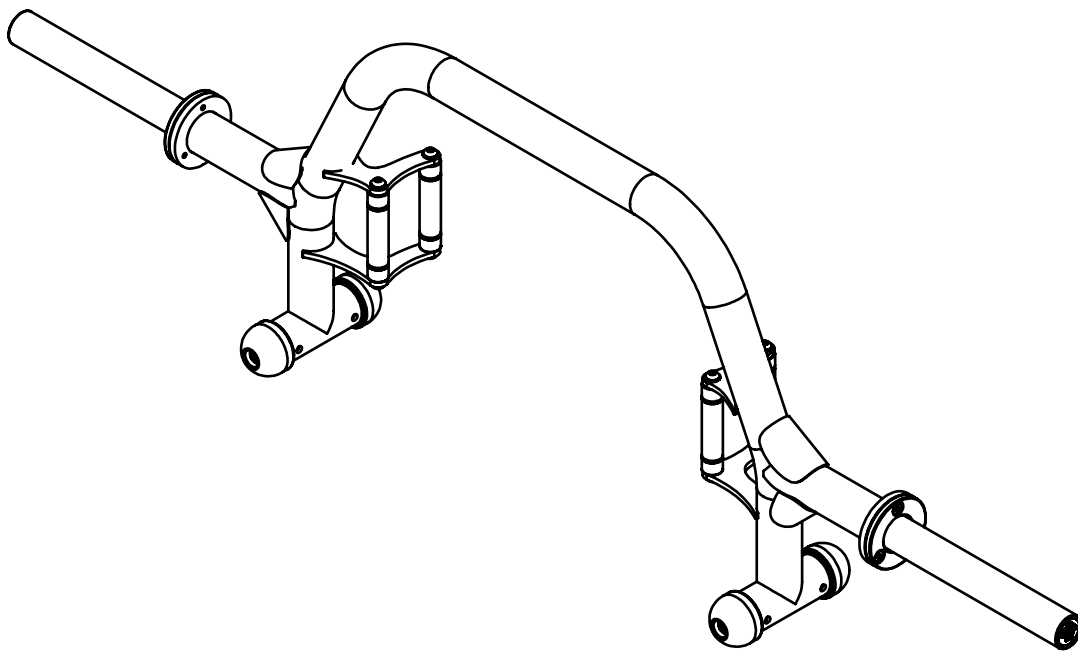


ELEIKO ÖPPEN BAR

Art.no. 3085748



ELEIKO

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READ BEFORE INSTALLATION AND USE

Install and use this equipment in a place where access and supervision are specifically controlled by the owner.

Be sure to install the equipment on a stable base and level the equipment properly. Eleiko recommends that all equipment is installed by a licensed contractor or an Eleiko installer.

This equipment is intended for indoor use only.

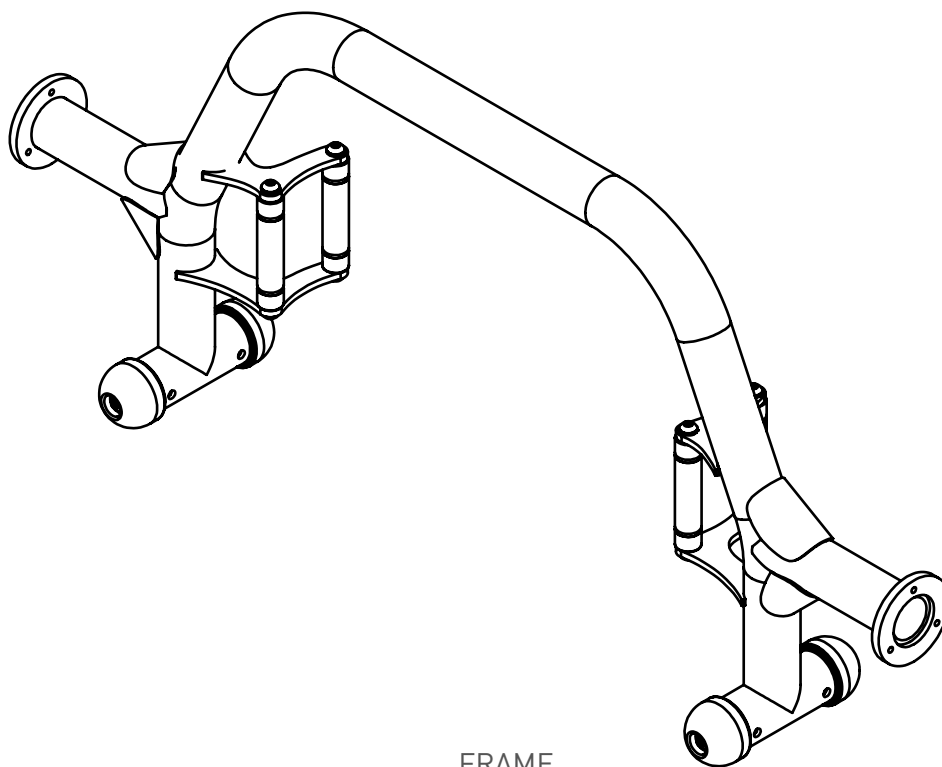
SAFETY INSTRUCTIONS

It is the responsibility of the purchaser of ELEIKO products to instruct all users and supervising personnel on proper usage of the equipment.

1. All included warnings (labels) and instructions **MUST** be read before the use of any Eleiko equipment. Only use the equipment as it is intended.
2. A user **MUST** get a medical examination and proper instructions before using any Eleiko equipment.
3. **DO NOT** let anyone, under any circumstances, use equipment that appears to be damaged. Do not try to repair any equipment before consulting an Eleiko technician.
4. **DO NOT** replace components of Eleiko equipment with other, none Eleiko, equipment (magnetic safety pin, frames, bars etc.). Do not improvise! If there are any doubts, consult an Eleiko representative prior to any intervention.
5. **DO NOT** overload the equipment and **DO NOT** try to exceed personal strength levels.
6. Children under the age of 14 must be supervised by an adult.
7. **DO NOT** remove any safety labels from the Eleiko equipment. Eleiko is not responsible if a label is removed. Replace damaged labels immediately.
8. Eleiko packaging for products can be made of wood. Be aware of splinters! You **MUST** use protective gloves and proper work wear.
9. Eleiko packaging material could be a risk when handling. Be aware of crushing! You **MUST** use work wear including protective gloves and hard shoes.
10. Eleiko products and packing material are heavy, You **MUST** use proper lifting techniques, work wear and hard shoes.

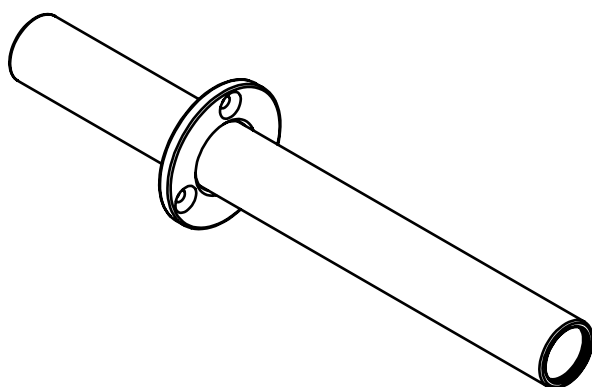
LIST OF COMPONENTS

1x



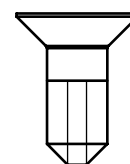
FRAME

2x



3085153a12

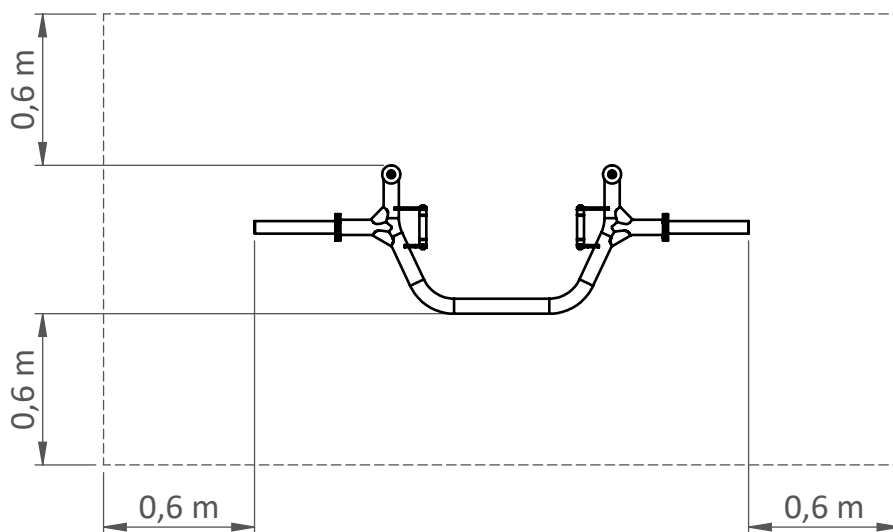
6x



MF6S M8x20
2000913

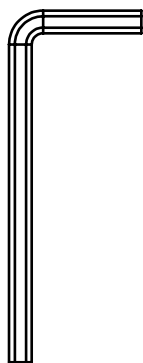
ASSEMBLY INSTRUCTIONS

Before assembly, make sure you have enough clearance on all sides of the equipment, not less than 0,6 meters. Take in account the accessibility to remove and replace bar and weights.



TOOLS NEEDED

You need the following tools to assemble the equipment.

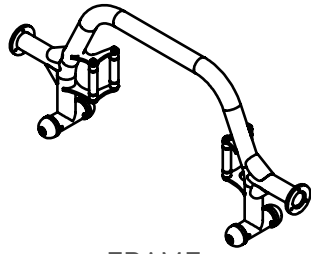


Allen Key Size 6

NOTE: Do not use electric power tools for assembly.

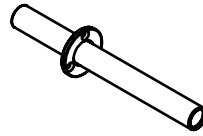
1.

1x



FRAME

2x

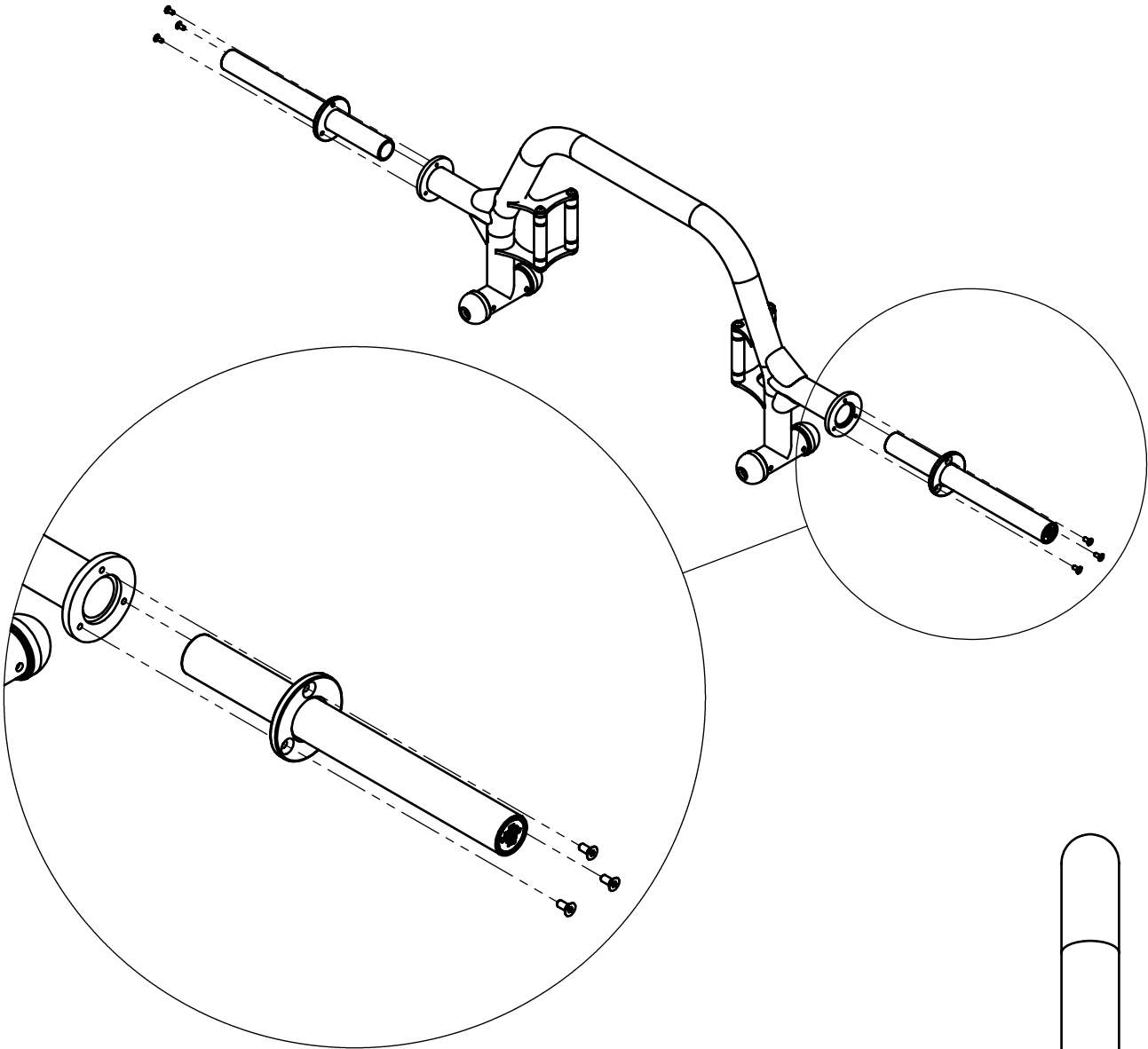


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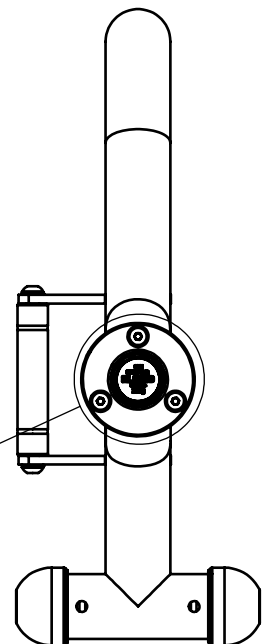
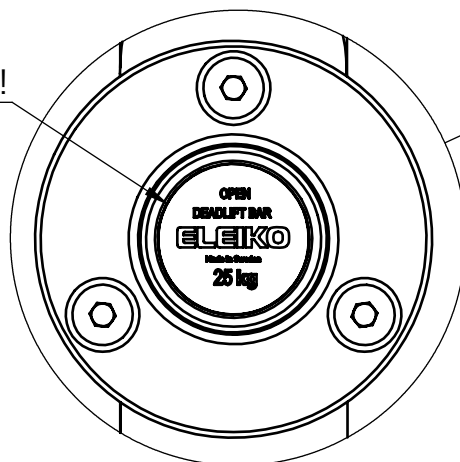
6x



MF6S M8x20



Turn sleeve so that end cap sticker is readable when the bar is standing!



USER GUIDE

PURPOSE

This bar is designed for lifting ease, delivering a wide range of lifting and training possibilities.

GENERAL INSTRUCTIONS FOR USE

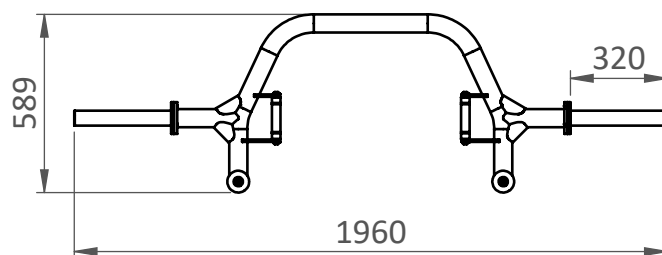
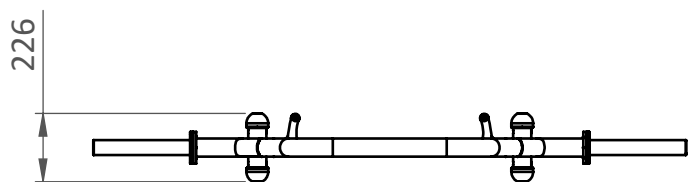
1. Place the bar vertically for easy loading.
2. Secure plates with collars.
3. Tip forward to position the bar for the lift.
4. Choose between different handles depending on exercise.

PRODUCT SPECIFICATION

Max training weight 500 kg / 1102,31 lbs

Product weight 25 kg / 55,1 lbs

Dimensions (L x W x H) 1960 x 226 x 589 mm
77,2 x 8,9 x 23,2"



CARE AND MAINTENANCE

PREVENTIVE MAINTENANCE AND INSPECTIONS

NOTE: The safety level of the equipment can only be maintained if it is examined regularly for damage and wear.

Use:

- Bars shall only be dropped when loaded with plates, do not drop an unloaded bar.
- Barbells (bars loaded with plates) should only be dropped on platforms or surfaces designed for lifting such as the Eleiko IWF Weightlifting Platform, or a minimum 30 mm rubber flooring.
- Always use collars on each end of the bar to prevent plate movement during lifts.
- Use bars in an indoor climate that is dry, clean, and holds 18-27°C / 63-81°F
- Never use the bar if it shows signs of damage or missing parts especially if the sleeve do not rotate properly as this may cause injury.
- Always use common sense when training and always put safety first.

Cleaning and care:

- Clean bars in a horizontal position. Apply a mild soap detergent to a lint free cloth, then wipe down your bar taking care to avoid the area where the sleeve and bar shaft come together.
- Do not allow bars to get wet or allow cleaning fluid to seep into the area where the sleeve and shaft come together. Moisture in the sleeve can impact bar performance and safety.
- Brush the knurling/bar with the nylon brush included at time of purchase after each use to remove chalk or dirt. A steel brush may be used only on the Eleiko IPF Powerlifting Competition Bars which do not have a chromed surface.
- For disinfection, we recommend alcohol-free, bleach-free, and o-phenylphenol (OPP) ammonia free wipes.

Storage:

- Store bars empty in either the horizontal or upright position.
- Do not store bars with weights loaded as this could cause the bar to bend.
- Store bars in an indoor climate that is dry, clean, and holds 18-27°C / 63-81°F

See also www.eleiko.com.

SPARE PARTS AND SERVICE

Contact Eleiko for spare parts and service:

Eleiko Group AB | Klastorpsvägen 18 | SE-302 62 HALMSTAD | Sweden

E-mail: info@eleiko.com | Phone: +46 35 17 70 70

www.eleiko.com

WARRANTY

All products manufactured by ELEIKO are warranted to the original purchaser to be free from defects in workmanship and / or materials under normal use or service as follows:

- 10 years on structural frame welds (NOT on moving parts).
- 1 year on wear and tear parts.

Normal wear and tear do not fall under the warranty.

ELEIKO

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www.eleiko.com