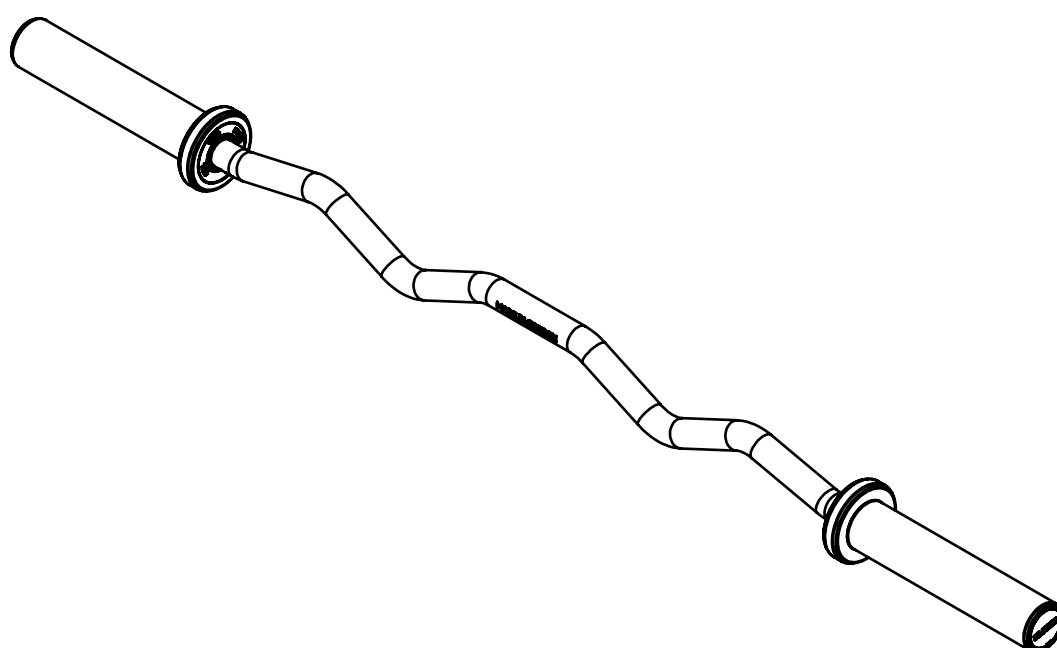


Art.no. 3085980

Curl Bar

RAISE THE BAR



ELEIKO

Read Before Installation and Use

Caution

The equipment must be installed and used in a place whose access and supervision are specifically controlled by the owner.

Be sure to install the equipment on a stable base and properly level the equipment. 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. Use each equipment as it is intended for.
2. A user **MUST** get a medical examination and proper instructions before the use of 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 the components of ELEIKO-equipment with other non-ELEIKO equipment (magnetic safety pin, frames, bars), 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 package for products can be made of wood, be aware of splinters, **MUST** use gloves and proper work wear.
9. Eleiko package material could be a risk when handling, be aware of crushing, **MUST** use work wear including gloves and hard shoes.
10. Eleiko products and package material is heavy, **MUST** use proper lifting technique, work wear and hard shoes.

Preventive Maintenance & Inspections

Regularly

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

- Specialty Bars shall not be dropped.
- 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.
- Always use common sense when training and always put safety first.

Storage

- Store bars empty in either horizontal or in intended storage.
- 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.

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.
- Do not allow bars to get wet or allow cleaning fluid to seep into the area where the sleeve and frame come together.
- Brush the knurling/bar with the nylon brush after each use to remove chalk or dirt.
- For disinfection, we recommend alcohol-free, bleach-free, and o-phenylphenol (OPP) ammonia-free wipes.

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 welds on structural frame (NOT on moving parts)
- 5 years on structural moving parts
- 3 years on bearings, bushings and pulleys
- 1 year on wire, accessories and PUR upholstery (6 months on SKAI upholstery)
- 1 year on wear and tear parts

Check the product sheet to see the specific warranty for this product.

Product Info

Purpose

The bar is designed for various arm exercises, such as elbow flexion and extension movements, but it makes them easier on your joints. Its curved shape provides different grip angles, reducing stress on the wrists and forearms so you can train more comfortably with better control.

General Instructions for Use

1. Place the bar in a rack for easy loading.
2. Secure the plates with collars.
3. Choose where to grip depending on the exercise.

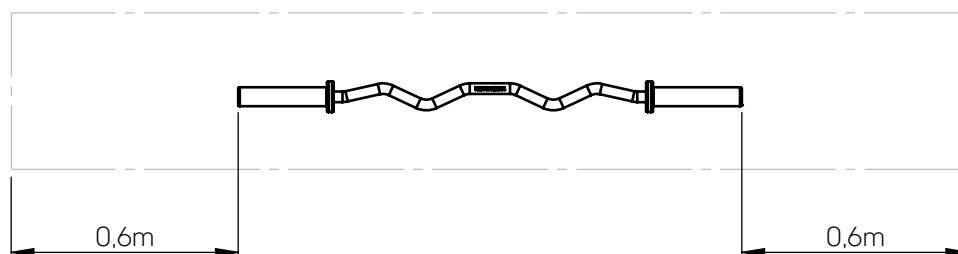
Description

Max user weight	N/A
Max training weight	175kg
Product weight	12kg (26.5lbs)
Dimensions (L x W x H)	1332 x 81mm (52,4 x 3,2inch)

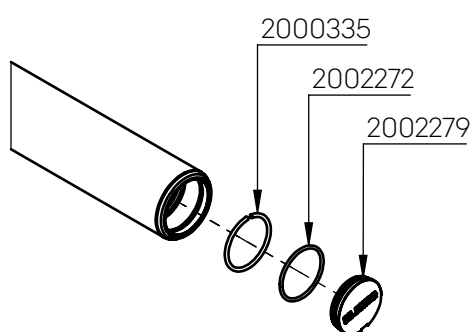
User guide

Loading

Before loading, make sure you have enough clearance on all sides of the equipment, not less than 0.6 meters. Take into account accessibility for removing and replace weights.



Spare Parts List



Spare parts and service

Contact Eleiko for spare parts and service:

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

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