



- 1) Insert the vertical bars fully into the feet assembly clamps and firmly tighten set screws with supplied tool making sure the upper barre clamps are 90 degrees of the foot assembly.
- 2) Insert the horizontal barre(s) into the indexing clamps up to the line shown at each end of the barres. Note: you may need to back out the hex set screws to allow the barres to enter the clamps. Once you have the barres inserted into the clamps firmly tighten the hex set screws with the supplied tool.
- 3) To adjust the barres to your desired height, simply loosen the lever on the indexing clamps two or three turns, pull the indexing plungers and raise or lower the barres to your selected height. Make sure the indexing plungers are fully engaged then firmly tighten the clamp levers. If working alone, you may need to raise or lower each side incrementally to your desired height.
- 4) Before each use make certain all clamps are firmly tightened.

DISCLAIMER: As with any fitness or exercise equipment, use of this equipment should only be used by persons who are physically able to use the equipment as it is designed for. Proper safety gear such as padded mats, shoes, clothing and the like should always be used. This equipment should not be used alone. Always have someone nearby in case of an emergency. Vita, Inc. and it's affiliates will not be liable for any injury or death resulting from use of this equipment. User assumes responsibility for proper assembly, maintenance and use of

Please keep this instruction sheet for future reference. Should you need assistance with assembly or replacement parts contact us directly. Do not return to place of purchase