



VITA BARRE

Wall Mounted Hinged Ballet / Fitness Barre

Installation Instructions

You can mount the barre to any height you desire. Please keep in mind that this adjustable height hinged ballet / Fitness barre has three usable height positions and two stored positions. It is best to mount this barre while in the middle position at your desired height then you will have the option of repositioning the barre 5" up or down from the center position.

First determine where you will mount your new barre making sure to attached to the wall studs. (see reverse side for recommended bracket spacing)

Mount wall brackets using the supplied 1/4" lag bolts and washers. If mounting to wood studs, pilot drill a 3/16" hole into the wall / stud 1-3/4" deep prior to screwing in lag bolts. If mounting to a masonry wall, first install a 1/4 lag shield anchor (not included) prior to screwing in lag bolt.

If mounting to metal stud wall, it is highly recommended that a 1"X6" wood backer board first be mounted to the metal stud wall. **Be sure that the brackets are mounted level for proper operation.**

After brackets are securely mounted, push the black caps onto the exposed bolt heads for a finished look.

Mount the barre to the brackets by sliding the barre into the bracket collars and evenly space so that an equal amount of barre is extending beyond the end brackets.

Move the brackets to the up stored position so you will have access to install the supplied collar screws. Install the supplied # 8 X 3/4" screws through the holes in the collar into the barre. It may be necessary to first drill a pilot hole. Note: Install both screws on each collar.

To Use: Simply pull the locking pin knobs located at the hinged brackets and turn it a 1/4 turn to keep it in the unlocked position, adjust barre to your desired height and release the locking pins onto this position.

Make sure all locking pins are fully engaged before using.

To Store: Repeat to process above and position the barre either fully up or down towards the wall and engage the locking pins.

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 Vibe, 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 this equipment.

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.

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Recommended Bracket Spacing

These recommended bracket spacings are based on typical wood stud spacing of 16" on center. You can adjust this spacing to suit your own installation conditions.

