

## How to Assemble Your Freestanding Ballet & Exercise Barre



Thank you for purchasing our freestanding portable barre for ballet, stretching and balance exercise. **The barre is designed to tip when too much sideways force is applied. This helps you develop your core balance and technique.**

Read these instructions carefully and make sure you understand them before you begin. Inspect the package thoroughly to make sure there are no missing pieces. **DO NOT** use the barre if any parts are missing.

Before each use, check that screws and bolts are securely tightened and the barre is resting on a flat and level floor.

This barre is **NOT** intended for gymnastics or any exercise that requires it to support the user's full balance and weight. This freestanding ballet barre should not be used for strenuous fitness programs that require pushing, pulling or weight-bearing.

There is an iron tube (part no. (E) which is designed for balancing of this barre. Please **DO NOT** step, stand or sit it (part no. (E)) because it may cause injury and/or equipment damage.

[www.artanbalanceus.com](http://www.artanbalanceus.com)

[contact@artanbalanceus.com](mailto:contact@artanbalanceus.com)

**Thank you for your purchase!**



As a thank you for your purchase we have a 50\$ gift card for you!  
Please email us [contact@artanbalanceus.com](mailto:contact@artanbalanceus.com) with your order number to get it.

## **Introducing our Artan Balance Roll Out Dance Mat**



- Absorbs vibration to protect your fitness equipment and floor surfaces from scratches.
- Two-color matching, double-sided mats are available.
- Soft and smooth surface, providing fast floor speed.
- Shockproof and sound-absorbing.

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## What's Included

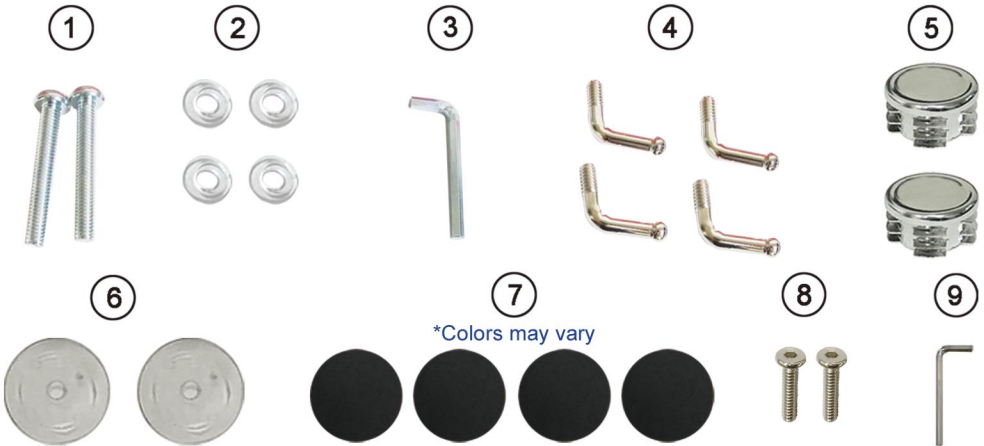


A: 1 wooden bar  
B: 2 upright tubes

C: 2 T shaped tubes  
D: 2 arched tubes

E: 1 down side iron tube

## Hardware



1. 2 Long screws  
2. 4 small PVC washers  
3. 1 M6 hex wrench

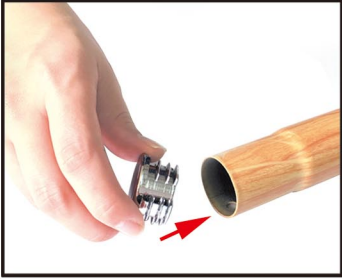
4. 4 L type screws  
5. 2 end caps  
6. 2 large PVC washers

7. 4 anti-slip pads  
8. 2 short bolts  
9. 1 M4 hex wrench

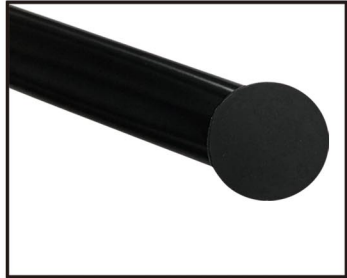
## Assembly Instructions

**Caution:** The pieces are large and heavy. We recommend that two or three people be available for safe and effective assembly.

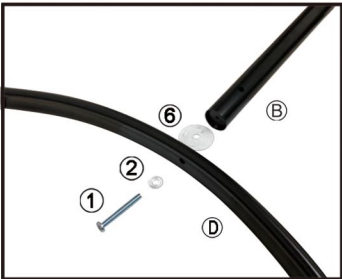
Step 1: Insert the end caps (#5) into both sides of wooden bar (A).



Step 2: Stick the anti-slip pads (#7) on each arched tubes (D).



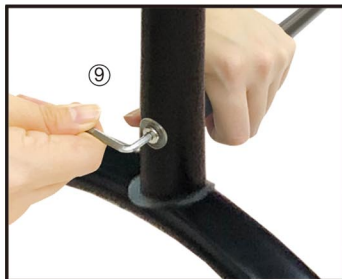
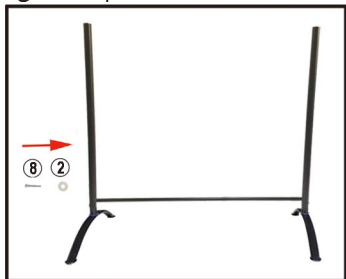
Step 3: Use long screw (#1) and small PVC washer (#2) to assemble (B) & (D). Before tightening up, place large PVC washer (#6) between upright tubes (B) & arched tubes (D).



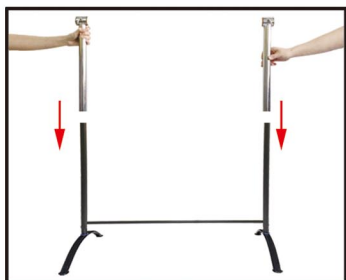
Final use hex wrench (#3) to fully tighten up.



Step 4: Insert down side iron tube (E) into upright tube (B) (which is already assembled arched tube (D)). Use short bolt (#8) and small PVC washer (#2) to assemble (B) & (E). Final use M4 hex wrench (#9) to fully tighten up.



Step 5: The black edge should be outward. Insert both T shaped tube (C) to iron tube (B), and choose how height you want, it should be parallel, then use L type screw (#4) to fully tighten up.



Step 6: Final assembly. Insert wooden bar (A) to T shaped tube (C), then use L type screw (#4) to lock up.



Done



**WARNING:**

**"BEFORE EACH USAGE"** Please make sure all screws are securely tightened and ensure all legs, bar and frame do not move.

# Work-out for slim body and stretch when adjust to lowest height :



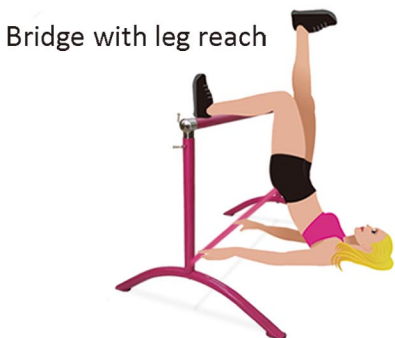
Single leg squats



Back stretch



Glute & Hip stretch



Bridge with leg reach



Side push



Push ups



Hips Extension



Side bridge with Abduction



Hamstring Stretch



Push



Oblique push up



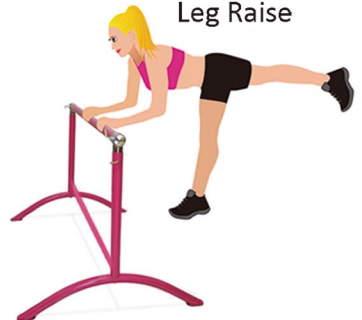
Vertical Rows



Kneeling Triceps extension



Leg Raise



Done! Assembly is complete, and your new barre is ready to use.



**⚠ WARNING:** Before each use, make sure all screws are securely tightened. Ensure that there is no play in the legs, bar, or frame.

## Quality Assurance

We ensure that our product fully complies with proper manufacturing and quality standards. Our quality assurance covers any product return with regards to material or workmanship defect under normal use.

Please note, the following are not valid reasons for product return:

1. Components damaged during use. Components damaged during assembly due to user not following instructions or directions.
2. Storage in unsuitable areas or not using original parts or hardware to assemble.
3. Dirt build up, scratches, peeled powder coating, or other damage to the finish after normal use or during assembly.
4. Any damage incurred during the opening of the package after purchase.
5. Damage by natural disasters such as floods, earthquake, or other force majeure.

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