

## **How to Assemble Wall Mount Ballet Barre**



Thank you for purchasing our wall mount ballet barre. It is perfect size for users trying to improve their flexibility.

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 wall barre if any parts are missing.

Typically, for ballet use the barre height is 42" from the floor to the top of the barre. For barre fitness the barre height is between 36" and 40" from the floor to the top of the barre. Of course, you can mount the barre to any height you desire.

First determine where you will mount your new barre making sure to attach the brackets to the wall studs.

Before each use, check that screws and bolts are securely tightened. The equipment is intended for use only by properly trained and qualified participants under supervised conditions.

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## What's Included



(A1)



(A2)

(B)



(C)



A1.A2: 2 wooden bars

B: 2 iron tubes

C: 2 brackets

## Hardware

(1)



(2)



(3)



(4)



(5)



(6)



1: 4 L screws  
2: 2 end-caps

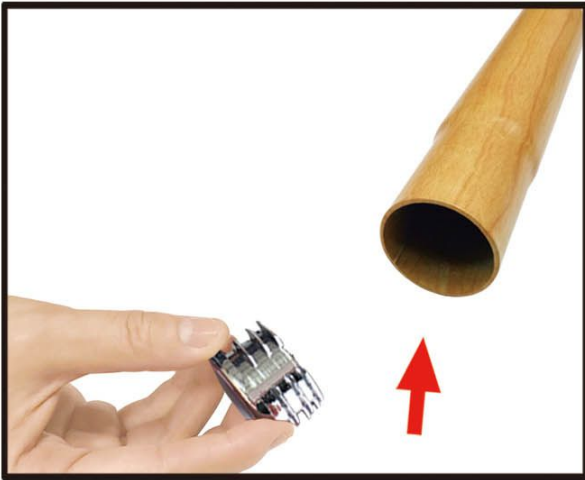
3: 8 lag screws  
4: 8 anchors

5: 8 washers  
6: 2 black PVC edges

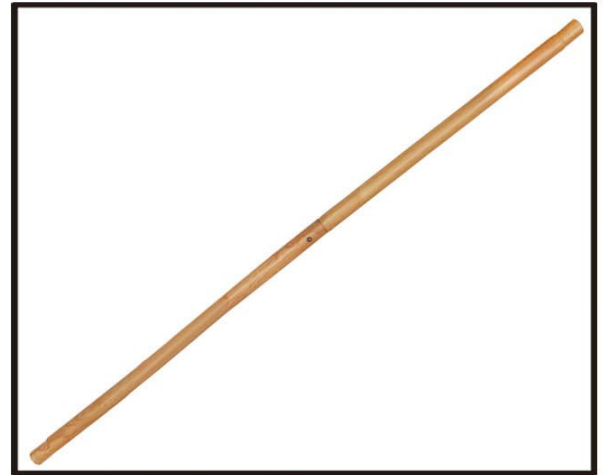
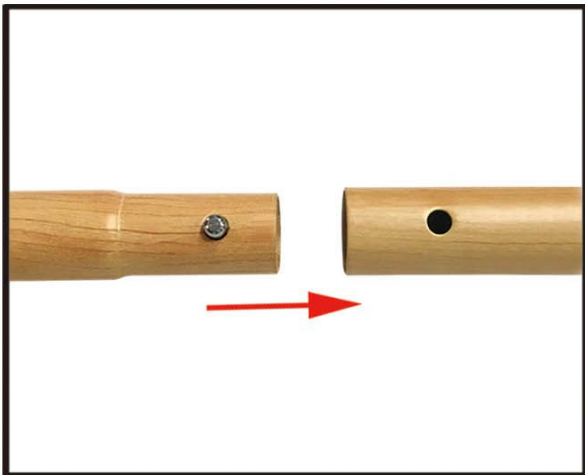
# Assembly Instructions

**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 cap (#2) into both sides of wooden bars (A1 ~ A2).



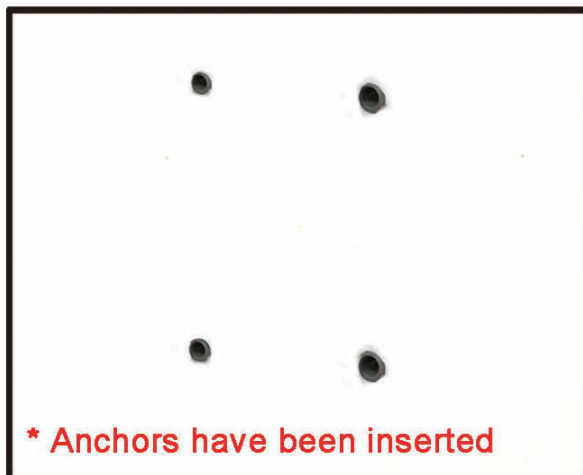
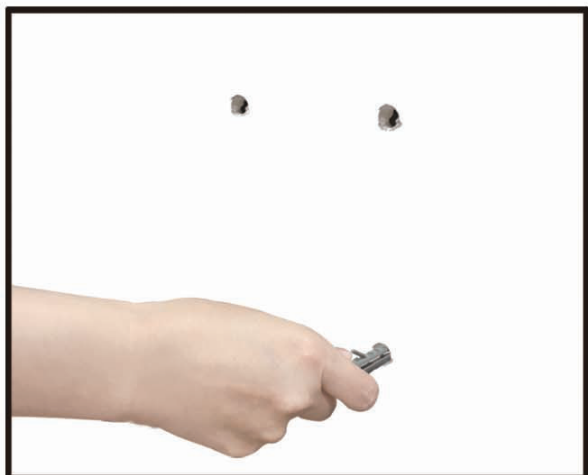
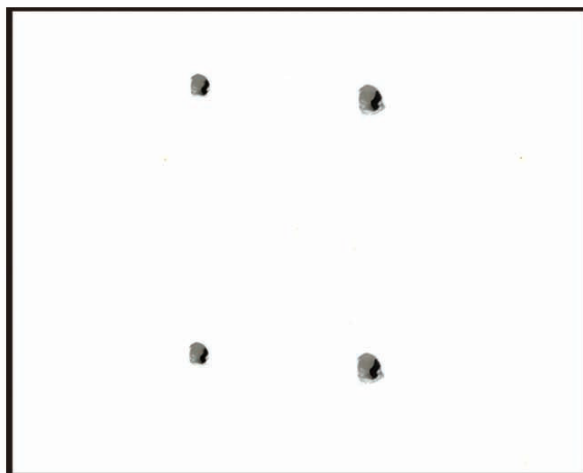
Step 2: Assemble the wooden bar , using the spring button to attach 2 pieces as shown (A1, A2).



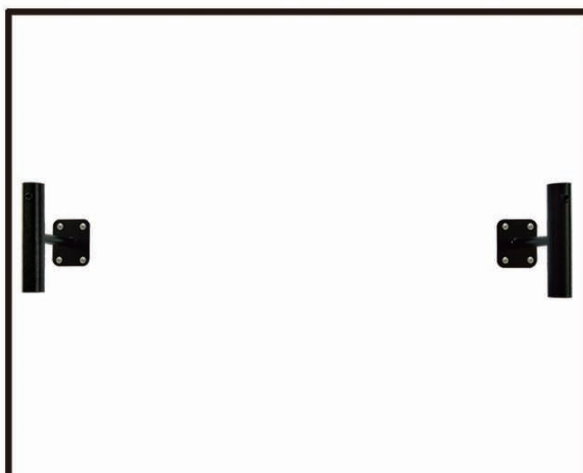
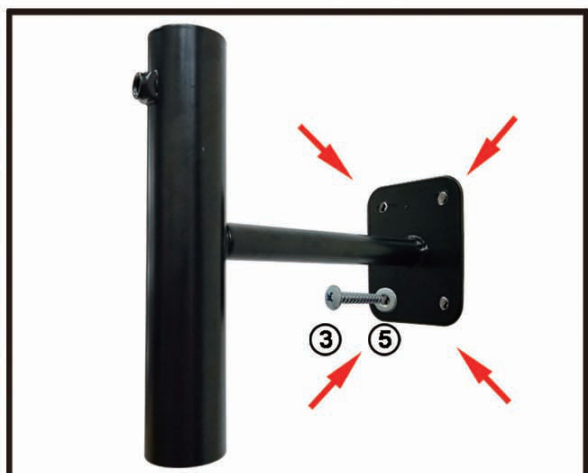
Step 3: Height : The Wall Mounted Ballet Bar allows users of all sizes to train at their appropriate height. Set at a standard top bar height of 32" ~ 42" from the floor. Mark the position of two ballet bar brackets (C) hole with a pencil.



Step 4 : Drill 4 holes on the wall with a power drill, then lock the anchors (#4) into 4 holes. Lock the other side in the same way.



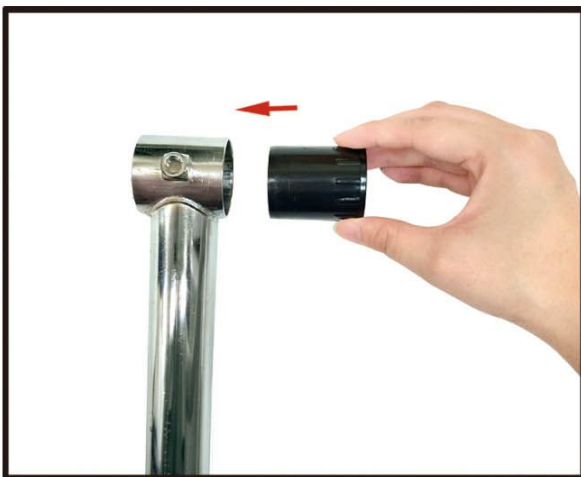
Step 5 : Install the two ballet bar brackets (C) into the wall by locking the lag screw (#3) and washers (#5) , and be sure to tighten both brackets.



Step 6: Insert black PVC edges (#6) into iron tubes (B). To help you identify the left and right sides, there is a black PVC edge that must face outwards.



The right iron tube is used the same method .



Step 7 : Insert the assembled wooden bar into the iron tube (B), use L-screw (#1) to lock up, and lock the other side in the same way.



Step 8 : Finally assembly. Slide the iron tube onto brackets (C). Decide approximately how high you want it and insert L-screw (#1) into the hole and turn to tighten.

