



**SOMETIMES
YOUR BIGGEST
OPPONENT IS
YOURSELF.**

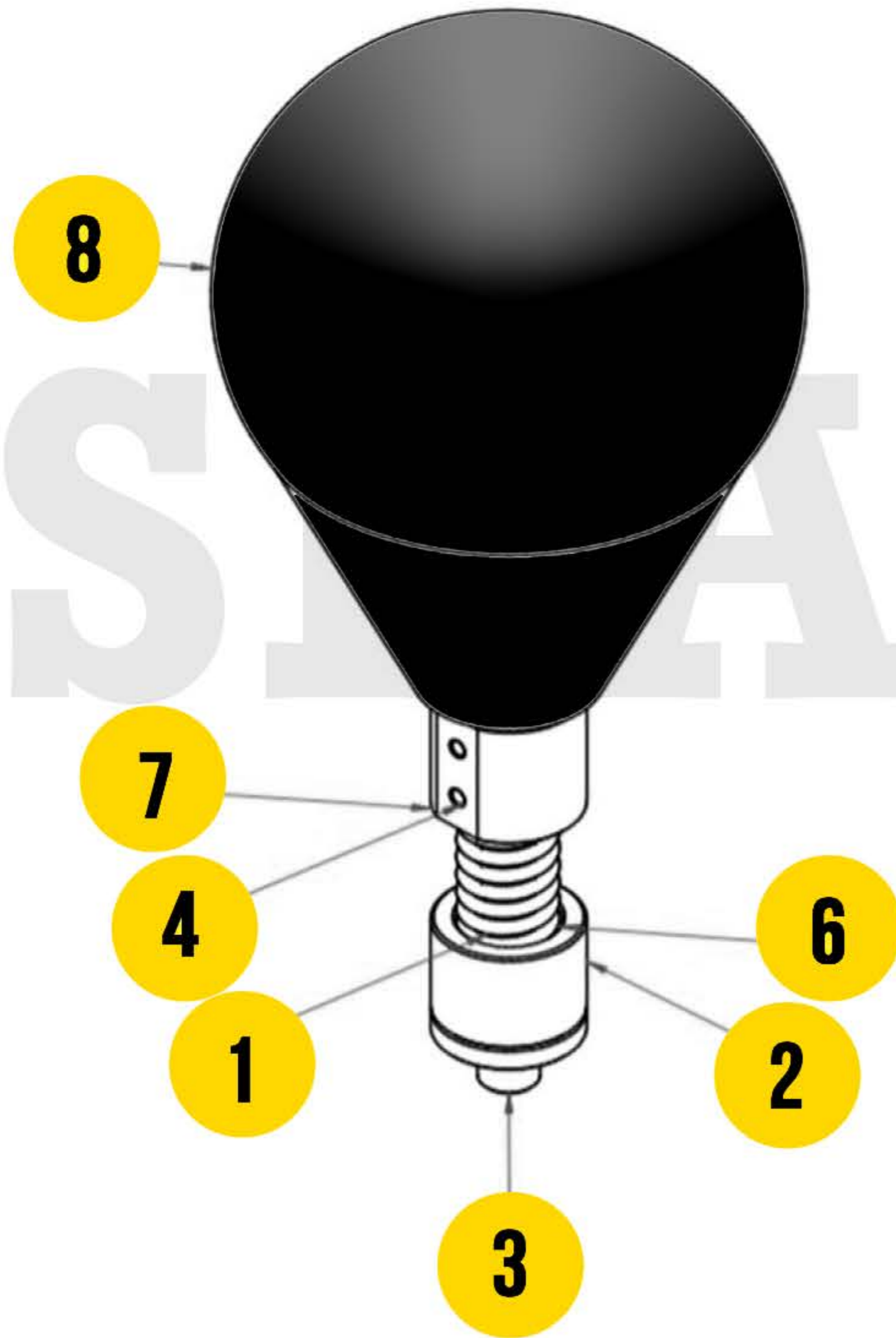
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SPARBAR® PRO 3X/4.0/4X

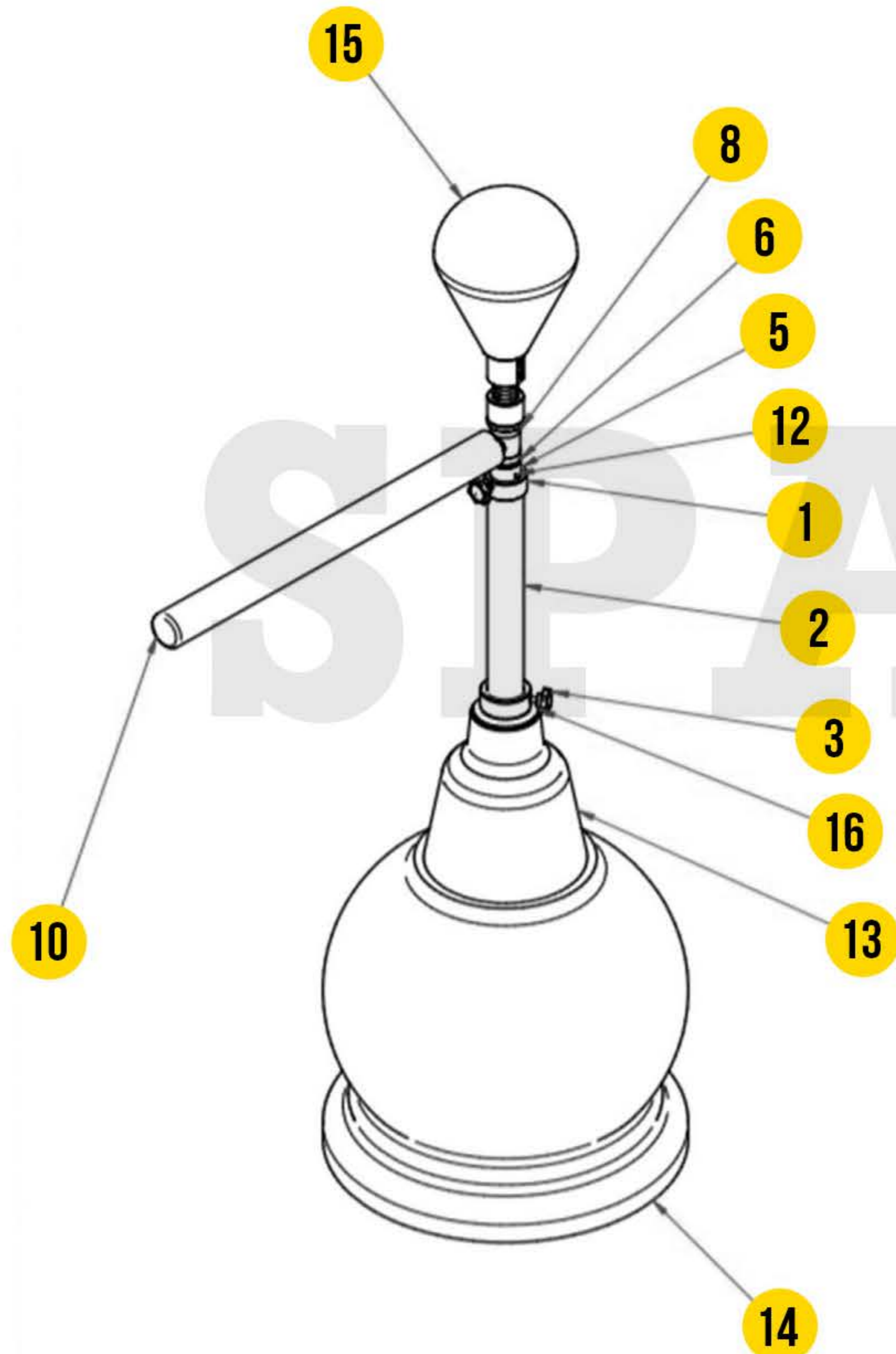
INSTRUCTION MANUAL



| ITEM NO | PART DESCRIPTION | QTY |
|---------|------------------------------|-----|
| 1. | SPHERICAL SHAFT 100 | 1 |
| 2. | SPHERICAL JOINT HOUSING 35MM | 1 |
| 3. | M20 LOCKING NUTT | 1 |
| 4. | M6 35 CAP HEAD | 2 |
| 6. | SPRING | 1 |
| 7. | SPRING HOUSING ADAPTOR | 1 |
| 8. | HEAD TARGET ASSEMBLY | 1 |

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INSTRUCTION MANUAL



| ITEM NO | PART DESCRIPTION | QTY |
|---------|--------------------------|----------------|
| 1. | M8 LOCKING NUTT HOUSING | 1 |
| 2. | MAIN BODY SHAFT | 1 |
| 3. | M8 LOCKING KNOB | 2 |
| 5. | UPPER MAIN BODY SHAFT | 1 |
| 6. | BEARING SPINDLE | 1 [®] |
| 8. | ARM WELD ASSEMBLY | 1 |
| 10. | TARGET ARM COVER | 1 |
| 12. | M6 GRUB SCREW | 2 |
| 13. | NECK | 1 |
| 14. | WATER / SAND BASE | 1 |
| 15. | PRO HEAD ASSEMBLY TARGET | 1 |
| 16. | NECK ADAPDER BASE | 1 |

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INSTRUCTION MANUAL



STEP 1

INSERT SHAFT LOCATOR ADAPTER TO NECK



STEP 2

A) FIT NECK TO BASE

B) ALIGN THE HOLES OF THE NECK AND BASE

C) INSERT THE BOLTS AND TIGHTEN ENSURE ALL BOLTS HAVE BEEN TIGHTEN USING THE PROVIDED TOOLS

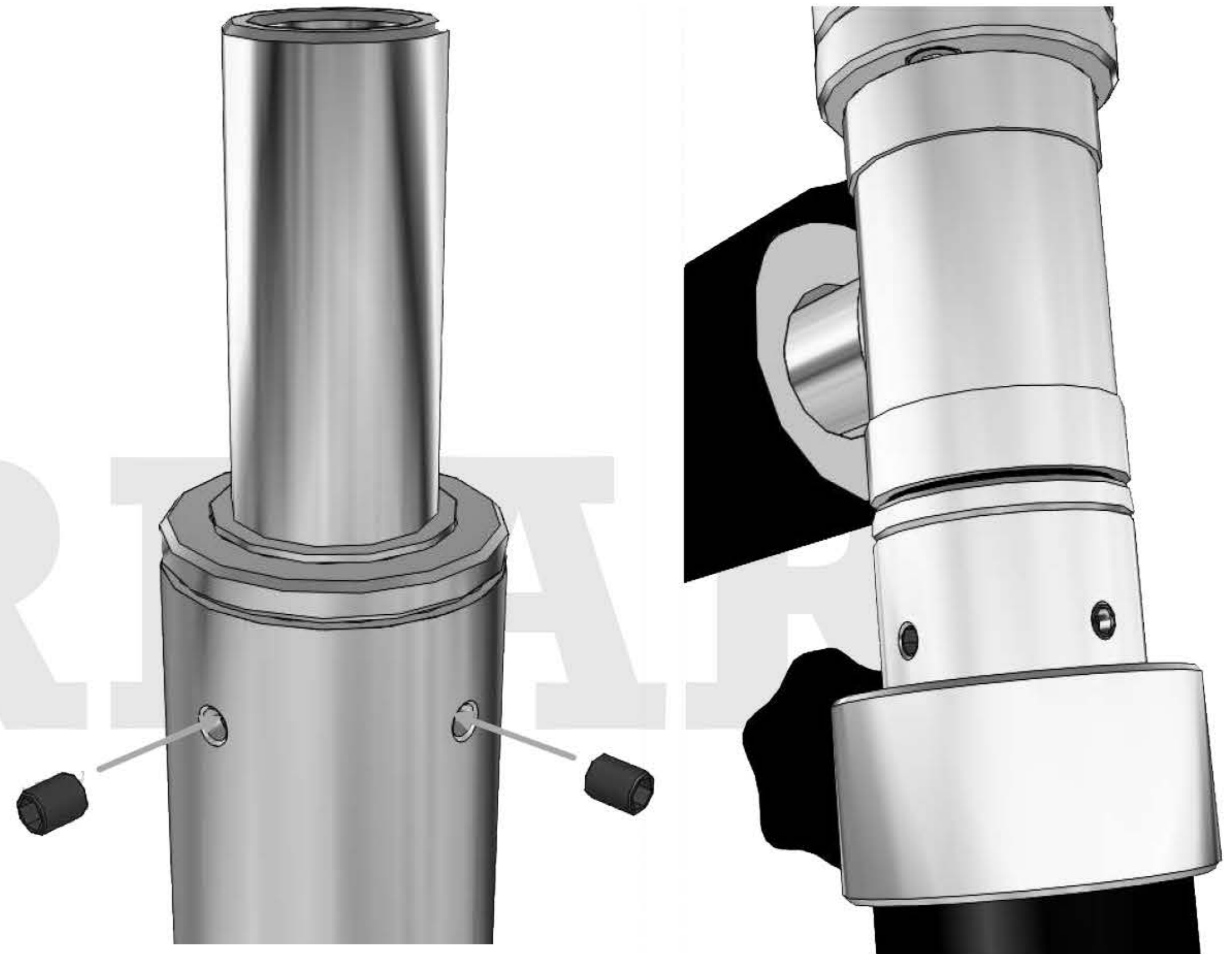
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INSTRUCTION MANUAL



STEP 3

FIT THE BEARING SHAFT INTO THE INTERNAL SHAFT

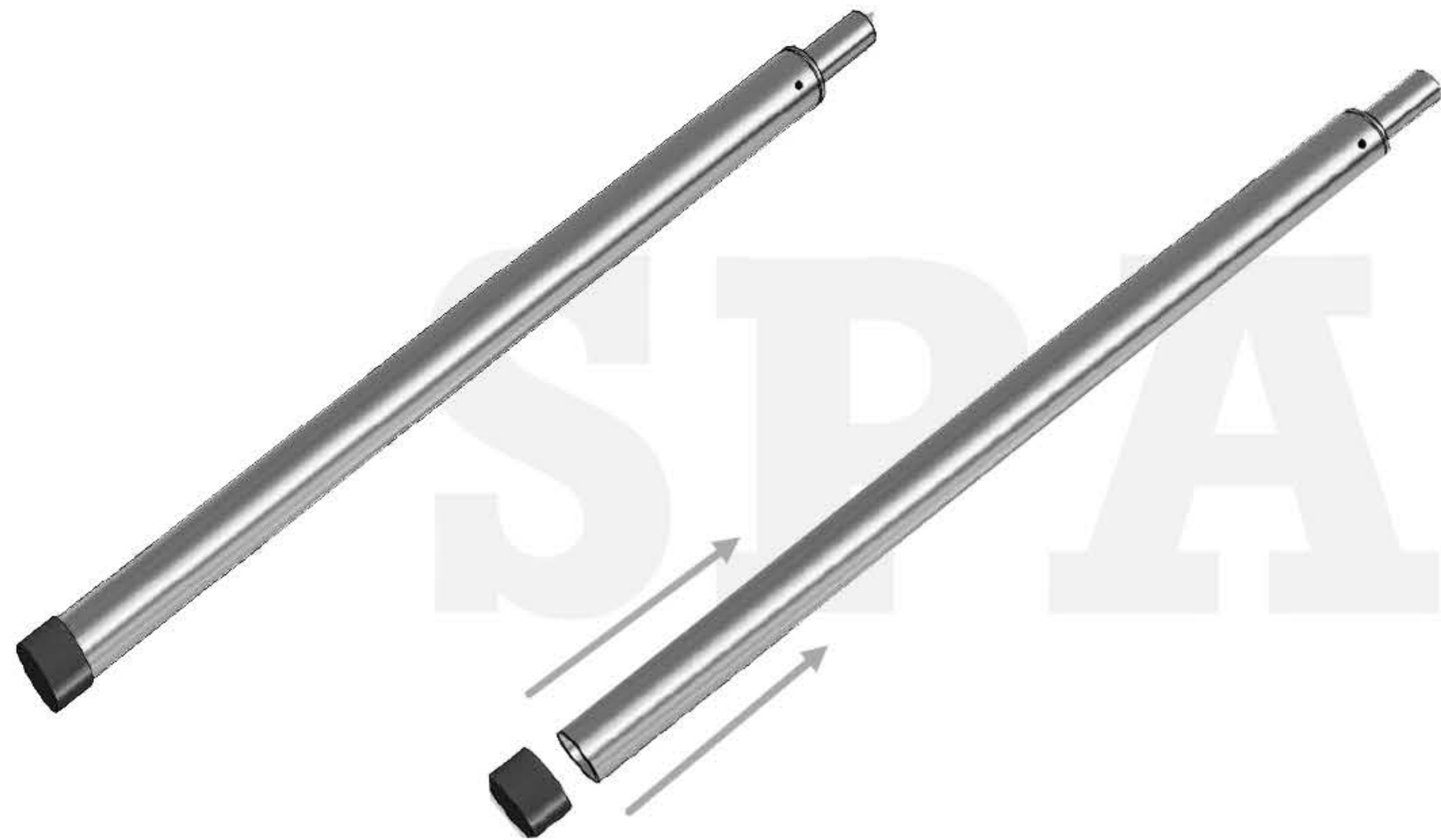


CONTINUED...

USING THE GRUB SCREWS FASTEN THE BEARING SPINDLE SHAFT SECURELY TO THE INTERNAL SHAFT

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STEP 4

PUSH AND ENSURE CAP IS FULLY ENGAGE TO THE INTERNAL SHAFT



STEP 5

PUSH INTERNAL SHAFT INTO EXTERNAL SHAFT AND SECURE USING THE LOCK NUT

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INSTRUCTION MANUAL



STEP 6

INSERT THE ADJUSTABLE POLE ASSEMBLY INTO THE NECK AND SECURE USING THE LOCK MECHANISM ON THE NECK ADAPTER.

ENSURE THE POLE ASSEMBLY IS LOCATED IN RECESS IN THE NECK INSERT

RETIGHTEN THE TWO LOCKING MECHANISM, WHICH SECURE THE INTERNAL SHAFT AND MAIN POLE



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STEP 7

ENSURE BEARING ARE PUSHED FLUSH TO BEARING HOUSING



STEP 8

SLIDE ARM ASSEMBLY OVER BEARING SPINDLE

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INSTRUCTION MANUAL



STEP 9

ENSURE ALL PROTECTIVE
COVERS ARE FITTED BEFORE
THE HEAD IS SECURED

SCREW HEAD INTO BEARING SPINDLE

ENSURE HEAD IS FULLY TIGHTENED
AND SECURE TO SPINDLE SHAFT



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IMPORTANT LEGAL DISCLAIMER FOR WARRANTY & PRODUCT USE

WARRANTY

WE STAND BEHIND OUR PRODUCTS. SPARBAR® WARRANTS ITS PRODUCTS TO BE FREE FROM DEFECTS IN MATERIALS AND WORKMANSHIP FOR A PERIOD OF 90 DAYS FROM DATE OF PURCHASE, PROVIDED THEY HAVE NOT BEEN SUBJECTED TO OBVIOUS ABUSE, NEGLIGENCE OR MISUSE. SPARBAR® SOLE LIABILITY IS LIMITED TO REPAIRING OR REPLACING PRODUCTS THAT ARE RETURNED WITHIN THIS 90-DAY PERIOD. PLEASE CONTACT CUSTOMER SERVICE FOR ASSISTANCE.

THE HEAD MUST NOT BE DISASSEMBLED OR WARRANTY WILL BE VOID

WARNING WHILE USING THIS EQUIPMENT

- 1) EYE PROTECTION MUST BE WORN
- 2) BOXING GLOVES MUST BE WORN
- 3) HEAD GUARD MUST BE WORN
- 4) GUM SHIELD MUST BE WORN
- 5) MAKE SURROUNDING PEOPLE AWARE OF YOUR ACTIVITY
- 6) UNDER 18'S MUST BE SUPERVISED BY AN ADULT
- 7) THIS IS A BOXING SKILLS BUILDING PRODUCT AND NOT DESIGNED FOR HARD HITS
- 8) DO NOT LEAN ON THE BAR

LEGAL DISCLAIMER

AS WITH ANY EXERCISE RELATED ACTIVITY, YOU ASSUME CERTAIN RISKS TO YOUR HEALTH AND SAFETY BY FOLLOWING USING THE SPARBAR®. ANY FORM OF EXERCISE CAN CAUSE INJURIES IF THE EXERCISES ARE PERFORMED

INCORRECTLY, AND SPARBAR® & TRADE BOXING & FITNESS IS NO EXCEPTION. IT IS POSSIBLE THAT YOU MAY BECOME INJURED WHILST TRAINING ON OUR PRODUCTS, ESPECIALLY IF THEY ARE DONE WITH POOR FORM, REALIZE THAT SPARBAR® TRAINING (LIKE ANY OTHER EXERCISE PROGRAM) DOES INVOLVE A RISK OF INJURY THEREFORE PLEASE CONSULT YOUR DOCTOR BEFORE USING THE SPARBAR®.

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INNOVATION FOR GREATNESS