

**FITWOOD®**  
OF SCANDINAVIA



**TROLLSTIGEN  
WALLBARS  
INSTRUCTION MANUAL**

## **Contents**

Foreword.....	3
Product Information.....	4
Warranty.....	5
Recommended Tools.....	5
Assembly instructions for fixed mounting of wall bars.....	5
What's in the box?.....	6
Assembly instructions.....	6
Maintenance and care instructions.....	10
Cleaning.....	10
Training instructions and limitations.....	10

## **Foreword**

Thank you very much for choosing the FitWood TROLLSTIGEN Wall Bars. Please read this guide thoroughly before assembly and follow each process step by step so you can enjoy the product safely.

Note: Some steps may require two people.

Please keep this guide for future reference. Should you need assistance with assembly, contact us directly. Do not return to place of purchase.

FitWood Ltd  
Kohmankaari 3  
33310 Tampere  
Finland  
info@fitwood.com

Made in FINLAND

## **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. We cannot be held responsible in any way for any loss or injury, howsoever caused, as a result of information contained on this document or our website.

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.

FitWood Ltd will not be liable for any injury or death resulting from improper, assembly, maintenance use of this equipment.

## Product information

### Model:

TROLLSTIGEN Wallbars

### Dimensions:

Width: 78cm (30.7")

Height: 220cm (86.6")

Depth (Body): 12cm (4.7")

Depth (Upper section): 54cm (21.3")

Weight: 24kg (53 lbs)

### Materials:

Bars: massive birch wood

Legs: glued massive birch wood

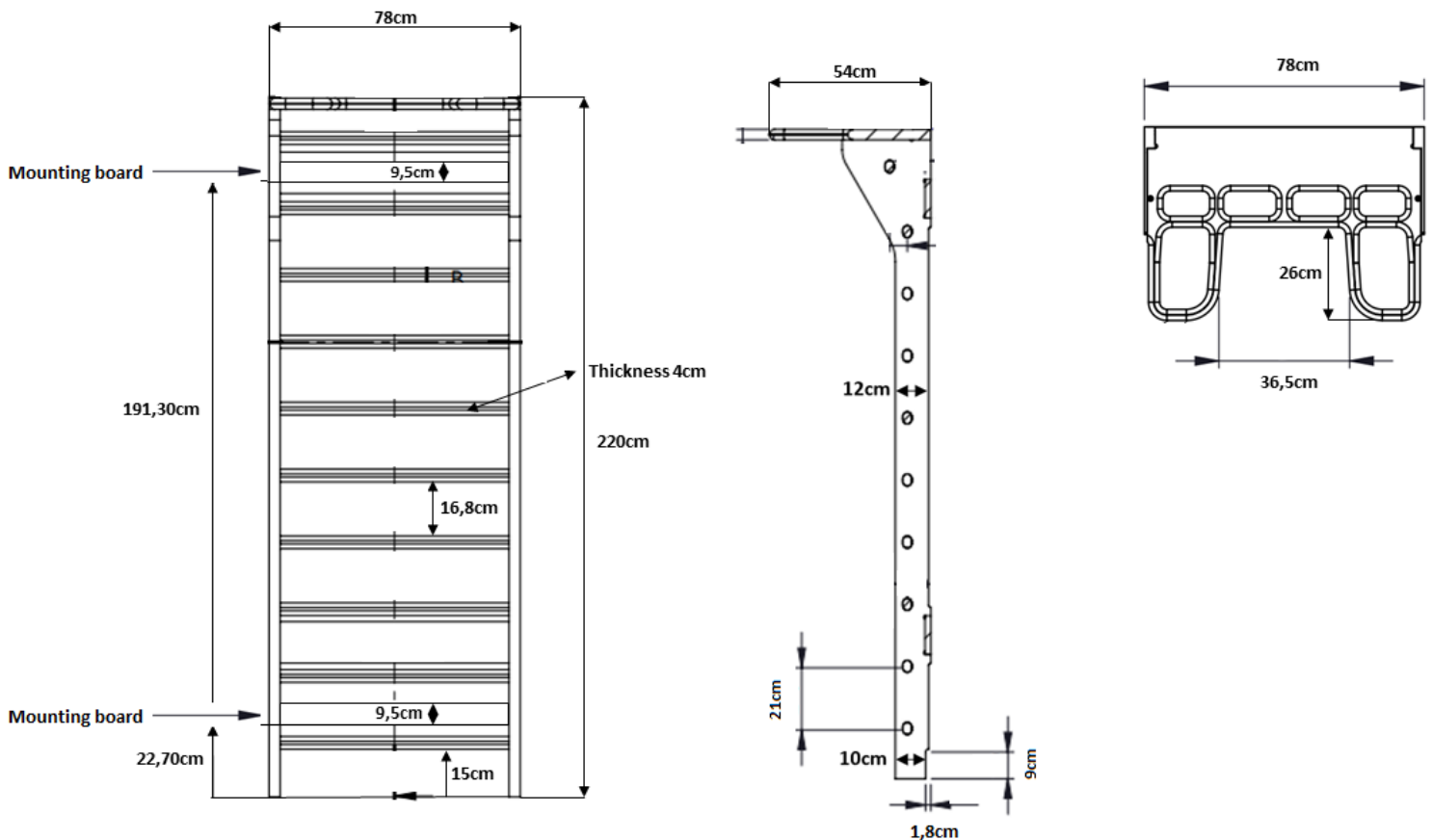
Upper section: birch plywood

### Delivery:

Delivery in 2 boxes

### Weight limit:

150kg (330lbs) total, or 100kg (220lbs) per side



## **Warranty**

Your FitWood product has 2 years warranty for home use and 1 year warranty for commercial use.

## **Recommended Tools**

- Power Drill with Torx TX30 Drill Bit
- Stud Finder
- Tape Measure
- Level
- Pen
- Rubber Mallet
- Wooden block

## **Assembly instructions for fixed mounting of wall bars**

FitWood Ltd recommends that a qualified person install your TROLLSTIGEN Wall Bars to assure proper and safe connection to studs or other type of wall structure. TROLLSTIGEN Wall Bars can be connected to concrete walls as well using concrete anchors. The package includes fastening screws which, for example, can be used for fastening TROLLSTIGEN Wall Bars to:

- Plasterboard which has wooden studs
- Concrete walls

**Kindly note that FitWood cannot know what the customer's wall material is, their wall thickness, etc. Therefore, FitWood only provides sample screws. FitWood can not guarantee that the provided screws will serve every customer's need, so you may be required to find suitable screws yourself.**

For commercial buildings or structures with metal studs, your qualified installer should determine with anchors to use to properly secure your TROLLSTIGEN Wall Bars. Materials to fasten Wall Bars to metal stud are not included in the package.

FitWood Ltd is not responsible for improper installation or damage to any structure incurred during the installation on of any Wall Bars, nor for any damage or injuries incurred subsequent to installation.

## What's in the box?

- Wooden side rails, 2 pcs
- Wooden oval bars, 10 pcs
- Wooden mounting rails, 2 pcs
- Chin bar, 1 pc
- Screws 6 x 100 TX30, 4 pcs for fastening the Chin Bar to the side rails
- Screws, 6 x 60 TX30, 14 pcs for fastening the mounting rails and the bars
- Wooden screws 6 x 100 TX30, 4 pcs
- Screw anchor, 4 pcs

## Prepare for mounting wall

PLEASE NOTE:

The mounting rails are 78 cm (30.7in) wide in order to accommodate studs that are 60 cm (23.6 in), or for unusual spacing. Before the assembly kindly check with the qualified person if Wooden screws 6 x 100, 4 pcs (included in the package) are suitable for your wall material.

### Step 1

Use a stud finder to locate the studs in your wall where you want to mount your TROLLSTIGEN Wall Bars. Once studs are located, measure the distance between the two studs.

### Step 2

From the center of each mounting board, measure half of the distance between your studs. For example, if your studs are 60 cm (23.6 in) in apart, use 30 cm (11.8 in). Take the thickness of the stud into account once marking the distances to the mounting rails. Mark these distances as this is where you will pre-drill holes for mounting.

Check with your qualified person for advice on which are the correctly sized screws and other materials needed to fasten TROLLSTIGEN Wall Bars to your wall's studs.

### Step 3

Pre-drill holes in each mounting rails. We recommend to check with your qualified person what are the correct drilling holes for the screws selected. Also, make sure that you do not drill the hole in the seam area of mounting rail. This is to ensure that mounting rails do not crack.

## Assembly instructions for TROLLSTIGEN Wall Bars

### GENERAL:

Always fasten the screws slowly and firm. However, do not mount the screws too deep and tight. Remember, that the material is wood, and may crack if you are using too much power. Once the Wall Bars are fully assembled, check that all the screws are fully fastened.

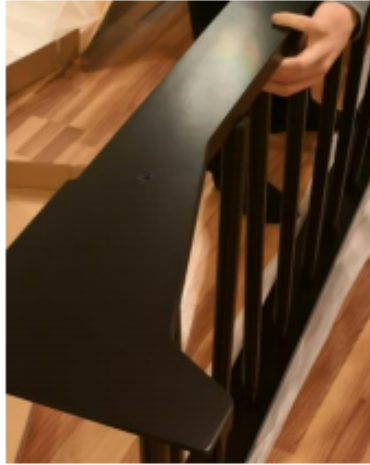
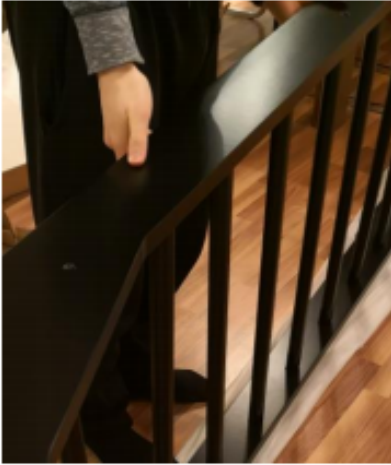
### Step 1



Cover the floor so that the floor or Wall Bars will not get scratches. Lay the first long wooden side rail on the floor.

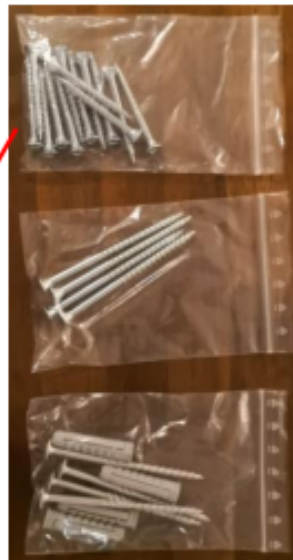
Fit all the oval bars into the long side rail. Use a rubber mallet and carefully tap the oval bars in place if it is necessary. Bars are meant to be tight.

## Step 2

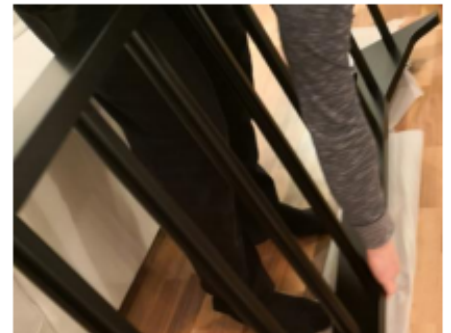


Fit the second rail on the top of the oval bars. Start at one end and progressively insert oval bars until all are seated.

Use wooden block and rubber mallet if necessary to fully seat oval bars. Be careful not to damage or scratch the surface. Screw three oval bars to the wooden side boards with three (3 pcs) 6 x 60 TX30 screws on the one side.



Turn the Wall bars on the other side and screw the oval bars with the next three (3 pcs) 6x60 TX30 screws.



## Step 3

Turn the Wall Bars front side downwards. Screw the mounting boards into a place with eight (8 pcs) 6 x 60 TX 30 screws (same screws as for the long side rails). Assemble the mounting rail with FITWOOD logo to the upper section, and the board with TROLLSTIGEN logo to the lower section.





## Step 4



Turn the Wall Bars on the back side. Fit the chin bar between the rails. Screw the chin bar with four (4 pcs) 6x100 TX30 screws.

## Step 5



Lift the Wall Bars to its correct place. Ensure that you have marked the correct location for the fastening wooden mounting rails. Also, make sure to use proper and safe connection to studs or other type of wall structure.

If the package has covers to hide the screw ends, fasten them to the top of the screws.



## **Maintenance and care instructions:**

Carry out a visual check for possible damages at regular intervals. Also remember to check that the screw connections are tight. Due to our continuous quality control of the products, technical changes may occur which may lead to slight deviations in the instructions. Visual damages can often be repaired by grinding and painting.

## **Cleaning**

Wall bars can be cleaned with a wet cloth and with mild soap. Do not use strong detergents as they may damage the product.

## **Training instructions and limitations**

We keep on updating training instructions on our website. Feel free to visit our website at [www.fitwood.com](http://www.fitwood.com) to learn more. You will also see how to combine other FitWood products, such as Gym Rings, to TROLLSTIGEN Wall Bars for more effective training.

The TROLLSTIGEN Wall Bar's Weight limit is 150 kg.