

User Guide

Introduction

The Butterfly Bar is a revolutionary barbell specifically designed for an optimized and diverse workout experience. Its unique, flexible grip elements allow for a wider range of exercise possibilities than traditional barbells.

Safety Instructions

General Safety:

1. **Instruction Reading:** Read these instructions carefully before using the Butterfly Bar. Instructions **MUST** be read prior to use.

2. **Medical Evaluation:** Ensure that you are medically fit to lift weights and perform exercises before using the Butterfly Bar. Consult a doctor if in doubt.

3. **Children and Adolescents:** Children and adolescents should only use the Butterfly Bar under the supervision of a responsible adult.

4. **Damaged Equipment:** Do not use the Butterfly Bar if it shows signs of damage. Contact customer service if you detect any damage.

5. **Equipment Components:** Do not replace any parts of the Butterfly Bar with parts not from the manufacturer.

6. **Overloading:** Do not overload the Butterfly Bar and do not attempt to exceed your personal strength level. This can lead to serious injuries.

7. **Proper Handling:** Avoid placing fingers or other body parts next to the grips. Since the grips move, there is a risk of pinching.

8. **Haired Users:** Keep hair of any kind away from the Butterfly Bar to avoid it getting caught in the mechanism.

9. **Grips:** Do not let the grips slide too quickly to the middle of the Butterfly Bar. The threading ends there and there is a risk that the grips may get damaged. Gently slide the upper grip to the middle before you put the Butterfly Bar vertically in a barbell rack.

10. **Footwear:** Always wear appropriate shoes when training with the Butterfly Bar. Barefoot or sock training can lead to injuries.

Additional Safety Instructions:

1. **Use of Weights:** Only use weights and weight plates that are specifically designed for use with barbells. Using non-standardized weights can disturb the balance of the Butterfly Bar and lead to accidents. Weights must always be securely fastened. Improper fastening of weights can lead to accidents, and we accept no liability for damage or injuries resulting from this.

2. **Lifting Technique:** Always use correct lifting and movement technique when training with the Butterfly Bar. Incorrect techniques can lead to serious injuries.

3. **Warming Up:** Always perform an appropriate warm-up program before starting your workout. An adequate warm-up can reduce the risk of injuries.

4. Training Environment: Ensure that the training environment is safe and free from obstacles. Trip hazards can lead to serious injuries.
5. Improper Use: The Butterfly Bar is strictly designed for weight training. It should not be used as a prop or for other purposes.
6. Training Partner: For heavy weights or complex exercises, you should always have a training partner who can assist you if you need support.
7. Pregnancy: Pregnant women should consult a doctor before using the Butterfly Bar.
8. Diseases and Complaints: Individuals with back, knee, or shoulder problems should consult a doctor before using the Butterfly Bar.

Setup and Preparation

The Butterfly Bar is ready for use as soon as you take it out of the packaging. Make sure that the flexible grip elements can glide smoothly along the bar and that no parts are damaged or missing.

Use of the Butterfly Bar

The Butterfly Bar can be used for a variety of exercises, including bench press, shoulder press, rowing, deadlifts, side lifting, bicep curls, and exercises for the rear shoulders. All exercises should be performed in a sort of "fly" execution where both hands meet in the middle and are pushed outward during the exercise.

Cleaning and Maintenance

Regularly clean the Butterfly Bar to remove dust and dirt (Recommended: once a week). Vacuum the threading and wipe the surfaces with a mild soap detergent. Avoid liquids getting inside the flexible grip elements. Use Teflon to maintain the smooth movement of the grip elements along the bar (Recommended: once a month). Apply a small amount of Teflon to the bar and distribute it evenly along the grip path. Avoid overuse of Teflon to prevent residue build-up.

Storage

Store the Butterfly Bar in a dry, clean environment at a temperature of 18-27°C / 63-81°F. The barbell should be unloaded and either stored in a horizontal or upright position.

Disclaimer

The Butterfly Bar is provided "as is" and without any express or implied warranties of any kind, including, but not limited to, implied warranties of merchantability, fitness for a particular purpose, or non-infringement. Use of the Butterfly Bar is at the user's own risk. We do not accept any liability for damage or injuries resulting from improper use, misuse, modifications, or repairs of the Butterfly Bar.

Contact Information

If you have any questions or concerns, you can reach us at support@butterfly-bar.com