



SAFETY/MOUNTING RECOMMENDATIONS

WARNING: Before starting the training program consult your doctor.

This is especially recommended for people with a history of heart problems or physical illnesses.

We assume no responsibility for personal injury or damage incurred through the use of this tool.

WARNING: Woodoclimb products are natural and untreated.

Humidity, direct exposure to the sun and temperature leaps could lead to deformations and cracks.

It's recommended the use in suitable environments.

Woodoclimb is not responsible for the above mentioned defects.

- 1)** Read the manual carefully, and follow all instructions before using the beam training.
- 2)** If while you're training you do not feel well, stop the training session.
CONSULT A DOCTOR IMMEDIATELY.
- 3)** The owner of the training board must be sure that all the people using his board are aware of all prescriptions and safety instructions described in this manual.
- 4)** The board can be used by people in perfect physical conditions.
- 5)** Keep the board away from people with physical issues.
- 6)** Before the installation, carefully check the integrity of the tool to exclude the presence of structural cracks or defects, that could arise from the operations of shipping charges. In case of structural imperfections, please contact directly Woodoclimb, or the dealer you purchased the item from.
- 7)** Install the board on a perfectly flat support free from any irregularity. Be sure that the final support is flat as well and made of a material, structure and thickness which are suitable to withstand the stresses and loads that will occur during training. Use the appropriate mounting holes.
- 8)** The fastening screws must be suitable in diameter, length and material to withstand the stresses and loads which will occur.
- 9)** If necessary, the dimensions of the mounting holes of the beam may be increased a little bit. For this operation, consult an expert in the field.
- 10)** For any doubt about the assembly and/or verification of resistance, consult an engineer or an expert in the field.
- 11)** Make sure that the board is installed correctly, and that it cannot move in any direction.
- 12)** When installing the board, do not use an excessive tightening torque as this may damage the board, while an insufficient tightening torque could cause the detachment of the beam during your workout. For this scope it is recommended the use of a manual screw driver in order to fix the instrument in a proper way avoiding any possible damage due to an excessive tightening torque.



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- 13)** Periodically check the tightness of the bolts and make sure of the integrity of all components.
- 14)** Install the board at a height so that you can reach the higher sockets with your arms extended.
- 15)** Install the tool so that there's enough space on the rear side for the correct execution of the exercises, preventing the contact of the body with the wall.
- 16)** If possible, position a shock-absorbing mattress (or surrogate) at the base of the board to protect user from possible injuries or accidents in case of falls.
- 17)** Install the training board in an closed, safe place away from direct sun exposure, avoiding places with big temperature and moisture variation.
- 18)** Handle the board only with dry hands.
- 19)** To increase the grip during the exercises it is advisable to use liquid chalk, or alternatively powder chalk.
- 20)** Use only a dry brush for a regular cleaning and a cloth moistened with water for a sporadic deep cleaning
- 21)** Do not insert objects into the slots.
- 22)** Do not get close to the training board when someone else is training.
- 23)** Persons with disabilities should have the consent of a doctor and the supervision of qualified personnel before using the tool.
- 24)** Always use the tool properly performing the exercises correctly and according to your physical condition.
- 25)** Warm up for 5-10 minutes before each training session. Even the cool down is important, and should last at least 5-10 minutes. This will avoid possible problems in muscles and joints
- 26)** Start your exercise program slowly and increase gradually the intensity.
- 27)** Overtraining can be harmful to joints and muscles. Respect the proper rest time.
- 28)** Always wear appropriate clothing and shoes while exercising.
- 29)** Do not wear rings, watches, bracelets, necklaces or any other object that could be harmful or dangerous during training.
- 30)** Be careful when you lift or move the tool.
- 31)** Maximum user weight: 100kg.



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