

CarbonFlex Bar with Hook 36in

User Manual

General Information

The Carbon Fiber Bar is part of Beyond Power's CarbonFlex™ Series – a bar designed to be safer and more comfortable than traditional bars. It allows for effortless attachment to and detachment from VOLTRA I, ensuring you get direct resistance exercises without the influence of weight from accessories.

For your safety, and to ensure the best experience and maximum gains, it is critical that you read and understand this manual before you begin using the carbon fiber bar. If you are unsure about anything, it is recommended to stop using the product and consult the help manual or seek advice from a professional before continuing to use VOLTRA I via our website. <https://www.beyond-power.com/support>, or by email at support@beyond-power.com.

Subject to compliance with laws and regulations, Beyond Power has the ultimate right to interpret the relevant documents of this product. When updated, revised, or terminated, no further notice will be given. Please visit the official Beyond Power website for the latest product information.

Important Safety Information

Minors

1. The carbon fiber bar is designed for individuals aged 18 and older. Keep children under the age of 13 away from VOLTRA I and the carbon fiber bar.
2. Teenagers aged 16 and above may use the carbon fiber bar during training under direct adult supervision if approved in advance by a physician. An adult should review all safety instructions with the minor before use.

Warning

1. It is the sole responsibility of the purchaser of Beyond Power products to read the owner's manual, warning labels and instruct all individuals, whether they are the end user or supervising personnel on proper usage of the Carbon Fiber Bar.
2. Control is the responsibility of the bar's owner. The extent of control is at the discretion of the owner.
3. Use the carbon fiber bar exclusively for the purposes described in the user manual, only perform the exercises for which the bar has been designed, following the instructions given in the manual. Any other use should be considered incorrect and therefore dangerous.
4. Do not allow users to wear loose fitting clothing and shoes while using the bar. It is also recommended to have users secure long hair back to avoid contact with moving parts.
5. Do not use any accessories other than those recommended by Beyond Power. Attempting to repair or replace any damaged, worn, or broken parts not approved by Beyond Power could void the warranty. Please inform Beyond Power of any problems you experience.
6. The use of the carbon fiber bar is prohibited under the influence of alcohol, drugs, medication or sedatives.
7. Stop exercising immediately if you experience nausea, dizziness or pain during your workout or after the workout, and consult your doctor.
8. This product is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning the use of the product by a person responsible for their safety.
9. This product is intended for indoor use only. Do not leave the carbon fiber bar outdoors, exposed to the elements (rain, sun, wind, etc.). Do not expose the carbon fiber bar to water jets or in high humidity levels.



- 10. For safe operation of the device, a safety zone is required: at least 2.1 meters on both sides of the machine. Depending on the exercise, the safety zone in front of the machine should be the length of VOLTRA 1's cable, the space user needs for exercising, adding 0.5 meters to that as a buffer.
- 11. Before using the bar, make sure that there are no other people or objects within the safety zone.
- 12. Improper use may result in personal injury or carbon fiber bar damage, and removes all liability from the manufacturer and will void the warranty.
- 13. Never drop or insert any object into Bar's pull ring.
- 14. Ensure that the pull ring is fastened firmly before exercise into the cable connector. Never unlock the carbon fiber bar from your cable connector during exercise.
- 15. Sudden release of the bar will cause it to snap back uncontrollably and could result in serious injury or property damage. Maintain a firm grasp of your bar during exercise. Carefully return the accessory to the start position before grip is released.
- 16. Never make adjustments to VOLTRA 1 during exercise as this may cause muscle strain. Always return the cable to the start position prior to making any adjustments to help prevent injury.
- 17. Do not overexert yourself or work to exhaustion. Use reasonable judgment when selecting the resistance range. Avoid using excessive resistance, which may cause injury.

Specifications

Dimensions (W × L)	1.1 × 36 inches
Weight	1.32 lbs
Material	Carbon Fiber, Aluminum Alloy, Titanium, Heat Shrink Tubing

Warranty

The warranty period for this product is from the date of your initial retail purchase. For detailed after-sales service procedures and warranty terms, please visit <https://www.beyond-power.com/warranty>.

Subscribe for more information



**Beyond
Power**