

Bar Mount

User Manual

*Beyond
Power*

In the Box



Bar Mount
X1



1-1.5" spacer
X2
(installed)



1.5-2" spacer
X2



ScrewDriver
X1



M6 X 35 Screw
X4



Bar Mount
User Manual

If any item is missing, contact Beyond Power or the local distributor via:
<https://www.beyond-power.com/support> or by email at support@beyond-power.com

Specifications

Dimensions (LxWxH)	3.9x3.9x3.8 inches
Weight	2.2 lbs
Compatibility	Bar Diameter: 1-2 inches
Material	Aluminum Alloy

General Information

The Bar Mount is part of Beyond Power's AnyMount™ Series – a mount specifically designed to provide comfort during high position training by using VOLTRA I while requiring minimal space.

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 Bar Mount. 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 Bar Mount is designed for individuals aged 18 and older. Keep children under the age of 13 away from VOLTRA I and the Bar Mount.
2. Teenagers aged 16 and above may use the Bar Mount 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 Bar Mount.
2. Control is the responsibility of the bar's owner. The extent of control is at the discretion of the owner.
3. Use the Bar Mount exclusively for the purposes described in the user manual; only perform the exercises for which the Bar Mount has been designed, following the safety information. 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 Mount and VOLTRA I. 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 installation of Bar Mount and the use of VOLTRA I are prohibited while 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 Bar Mount outdoors, exposed to the elements (rain, sun, wind, etc.). Do not expose the Bar Mount to water jets or in high humidity levels.
10. For safe operation of the mount, a safety zone is required: at least 2.1 meters on both sides of the mount. Depending on the exercise, the safety zone in front of the mount should be the length of VOLTRA's cable, the space user needs for exercising, adding 0.5 meters to that as a buffer.
11. Before using the mount, make sure that there are no other people or objects within the safety zone.
12. Improper use may result in personal injury or Bar Mount damage, and removes all liability from the manufacturer and will void the warranty.

13. Never drop or insert any object into the mount.
14. Ensure that the mount is fastened securely before exercising to the bar.
15. Never make adjustments to VOLTRA I 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.
16. Do not overexert yourself or work to exhaustion. Use reasonable judgment when selecting the resistance range. Avoid using excessive resistance, which may cause injury.

Disclaimer and Safety Summary

This product is not a toy. Do not allow children to come into contact with this product or its parts and cable. Please take extra care when using this product in the presence of children

This product is to be used with Voltra that provides easy and adjustable resistance training up to 200 lbs when all components are intact and the power source is functioning properly. Beyond Power Inc. reserves the right to update this "Disclaimer and Safety Guidelines" at any time.

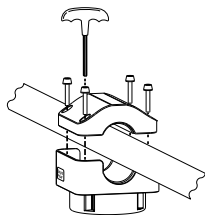
You should read the entire user manual and familiarize yourself with the product's functions before operating it. Incorrect operation of this product may cause serious injury to yourself or others, or damage to the product and property. While the product is easy to operate, it requires basic fitness knowledge, including understanding your maximum training strength to prevent the risk of injury during training. Without strong safety awareness, improper operation may result in product damage and property loss, or even serious injury to yourself and others. Do not use components that are not provided or recommended by Beyond Power

Before assembly, setup, and use, be sure to visit the Beyond Power website (<https://www.beyond-power.com>) to download the "User Manual" and carefully read all instructions and warnings. You understand and agree that without training records, Beyond Power may not be able to analyze the cause of product damage or accidents, and may not be able to provide warranty or after-sales services. Beyond Power is not responsible for any losses caused by the user's failure to follow this document or the "User Manual" when using the product.


By using this product, you are deemed to have understood, accepted, and agreed to all the terms and contents of this document. The user is responsible for their actions and all consequences therein. The user agrees to use this product solely for its intended purposes, and agrees to all the terms and contents of this document and any related policies or guidelines that may be formulated by Beyond Power

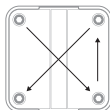
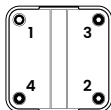
Subject to compliance with laws and regulations, Beyond Power has the final right to interpret this document and all related documents of this product. In the event of updates, revisions, or termination, there will be no further notice. Please visit the Beyond Power official website to obtain the latest product information.

Installation



Use the screwdriver (included)
to tighten the Bar Mount.

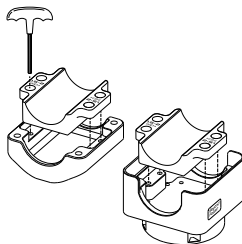
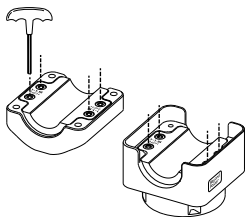
 **Tighten the screws in two separate rounds.**



TOP VIEW

	Torque	sequence
First tightening (pre-tightening)	$\frac{1}{3}$ of the specified torque	1:2:3:4
Second tightening (final tightening)	specified torque	4:3:2:1

Replacement



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



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