



*Making Sport Happen*

## FAQ

### **1. Hi, I wonder why the gap between the upper bars in a wall bar system is so large. Is there a special reason for it?**

If you stay suspended with your back towards the wall bars, the gap provides enough space for your shoulder blades (which tend to stick out slightly in this position).

It also gives you the chance of clinging to the upper bar while being suspended with your back turned to the wall.

An equal space and level between bars could expose you to the danger of twisting your wrist outwards.

### **2. How to choose wall bars?**

#### USEFUL HINTS

Before buying a wall bar system, please consider the following:

- check for flatness and hardness the wall you intend to use as wall bars support (you cannot install wall bars on a plasterboard wall).
- check whether the wall bars you intend to buy is high enough. In order to find out the necessary height, raise hands above your head and measure the height between tiptoe and fingertips. (If the standard offer doesn't include the dimension you are looking for, please ask for a price quotation regarding the size you want).
- you should order wall bars that suit the furniture inside the room you choose to use for installation: made of spruce, beech or oak.
- if you are about to order a double size product, first check whether you could get it through the door. Do the same in case you want to install it in an attic or a basement room.
- for the purpose of rehabilitation exercises (scoliosis), we recommend you the product code 221-Reha.

For further details, please call Phone number 0723.119.028

### **3. I use plinth on the parquet floor. Is it possible to install wall bars taking into account this detail?**

The wall bars come with wooden spacers 4 cm in thickness just for this reason, to preserve the distance between the wall bars and the wall.

If the plinth is large, please point it out when launching the order. We could deliver the product cut to shape in the lower part. See cut in the drawing.

[http://www.artimex.ro/images/pdf/code\\_216F\\_ro.pdf](http://www.artimex.ro/images/pdf/code_216F_ro.pdf).

#### **4. Is it possible to attach the metal angle brackets on the inside part of the wall bars?**

Yes, it's up to you, either inside or outside. Upon request, the wall bars can be provided on delivery with wooden slats 33 mm thick, for fixing purposes.

see photo here

<http://www.artimex-sport.com/us/products/home-stall-bar-221-166>

#### **5. Is it possible to deliver wall bars of different dimensions as well?**

Yes, delivery of wall bars of different dimensions is possible.

The product cannot be more than 1.1m wide, due to operating safety.

Bars longer than 1.1 m could give way.

#### **6. Are sidebars made of laminated spruce strong enough?**

Yes, because the spruce is laminated.

The same material is used in wooden frames of double glazing windows.

#### **7. The wall I intend to use as support is an atypical one. Can you make wall bars to fit the contour of the wall?**

If such is the case, please send us a drawing of the wall, adding details about the wall bars you want to have.

[\(See example\)](#)

#### **8. Is there a resistance difference between wall bars with sidebars of spruce (221, 221-Reha, 253) versus those made of beech (221F, 216F)?**

Both are equally resistant, due to the laminated wood we are using, no risk of cracks or degradation over time being involved. It's a matter of "taste", after all. If you wish to have a product with a single shade of color, choose one made entirely of beech.

#### **9. Could you possibly provide me with a product having round bars made of beech?**

Yes, we can supply wall bars with round bars, 36 mm in diameter.

Such a delivery doesn't involve any additional cost.

#### **10. Can you deliver wall bars ready to be installed outdoors?**

Yes. Outdoor wall bars are treated with a special primer and varnished afterwards with outdoor lacquer.

The warranty is the same as for indoor products.

<http://www.artimex-sport.com/us/products/home-stall-bar-221-166>

#### **11. Is it possible to install wall bars on plasterboard walls?**

Yes, it is, by using metal threaded rods.

Please mention this detail when placing the order, just to be able to deliver the product along with needed accessories. Additional cost 15 Euro.

**12. How to fasten double wall bars and wall bars for kids to the wall?**

2 wood slats 33 mm thick are required for the operation.

Upon request, the wall bars are delivered with metal angle brackets.

**13. I would like to buy a certain model of wall bars, on condition that it included a greater number of bars than the standard article. Is it possible?**

Yes, wall bars could be manufactured with greater or smaller number of bars.

**14. Is it possible to manufacture colored wall bars painted in colors other than white?**

Yes, wall bars could be manufactured in any RAL color. When placing the order, please mention the desired RAL color of your wall bars.

**15. I would like to make the payment after the arrival of the product. Is it possible?**

Yes.

**16. I would like a Wall Bars with rounded bars? Is it possible?**

Yes.

**17. How to fix the bars to the sidebars of the product?**

The bars are fixed to the sidebars using wood screws which penetrate the timber the product is made of.

**18. I'd like a larger distance between the wall bars and the wall. Could you possibly deliver the product with bigger spacers?**

Yes, if you mention it in your order.

**19. Dear Artimex Sport,**

**I live in Hong King and I want to buy a Wall Bars code 221.**

**Please send us the price**

**Regards**

**Paul Bart**

Dear Mr Bart,

Thank you for your inquiry.

Price including shipping to Hong Kong is 380 Euro (412 USD).

Delivery via UPS ,5-7 days.

For other question please feel free to contact us.

Regards

Tautu Florin

**20. Hello,**

**I am interested in ordering 16-18 units of model 216 F for a new dance studio, but was wondering if they can be built with an 8\" spacing between the rungs.**

Yes, we can do the Stall Bar with 8\" spacing between the rungs.

**21. Can you make the holes in the boards used to attach stall bars to the wall would be ideally 16 inch centers on horizontal axis to match wall stud spacing?**

Yes, we can.

**22. One question I have is whether I can mount the stall bars so that they are not resting on the floor. I assume that the answer is yes as long as they are well mounted on the wall.**

Yes, you can mount the stall bars like this on the Wall.

Please check before using.

**23. Hello,**

**I have a couple questions regarding code [216F](#) and code [279](#).**

**The rungs require drilling to be assembled, so in the event I wish to disassemble and move it in the future, must I purchase separately an entire new set of rungs?**

No, you can drill it out and drill it again where you move.

**Can the wood slats be placed in multiple ways? For instance, [here](#) the top slat is positioned lower than it is for all of [these](#) stall bars. I would imagine if the wood slat is positioned lower as in the former picture, a thicker piece of wood is required in order to make contact with the wall - if so, is this something you can provide?**

The wood slats can be placed in multiple places.

**My skirting board on my wall is higher than the stock size, can the cutout on the bottom of the stringers be raised to accommodate for this? If so, would this customization carry an extra charge?**

Yes, we can.

Please give us the height of your skirting board.

No extra charge.

**24. HI, im intending to purchase my first wall bar with the top extension for pull ups. Which do you recommend?**

You can choose the Wall Bar entire made of Beechwood , [code 216-F](#)

**25. Dear Florin,**

**We have installed your Swedish walls. We installed it like on your site and pull up bar is hanging very low.**

**Can Swedish wall be installed higher? I mean to hang it.**

**Please reply.**

Dear Medea,

You can install it higher.

But please before use it check if it is good fixing on the Wall.

Make a test please

**26. Why is the 3 rd rung offset?**

The 3 rd rung is offset for the hanging exercises.

When you hang with hands so that it supports your back.

Otherwise you would be going back swinging with no back support.

**27. Why do I choose a widther Stall Bar?**

If you can get a width of 120cm this would be great for straddle pulls and variations that come later in the courses.

**28. Why is the top rung from the Stall Bar slightly forward?**

The forward placement helps to take stress off the shoulder joints when performing hanging leg raises.

**29. What is the approximate height of each of the wall mount horizontal boards? We need to know now to frame the wall appropriately before sheetrock.?**

You can install it where you want.

**30. What is the maximum number of 4.4 lbs. weights that can be added to each side. 10 plus what?**

Plus 10, can be more if the Supergym is taller then 240 cm.

**31. Can a Multi-grip pull-up bar be hooked onto the SuperGym at the top or not? If so, which models will work with this unit?**

You can take this:

<https://www.artimex-sport.com/us/products/pull-up-bars-with-side-handles-for-stall-bars-code-260-2578>

**32. Dip Bars? Can those be used as well?**

Yes.

<https://www.artimex-sport.com/us/products/dip-bars-for-stall-bars-code-270-3435>

**33. Do you have a list of accessories that can be used with the gym which may be commonly used?**

Yes.

<https://www.artimex-sport.com/us/products/abdominal-bench-for-stall-bars-74-8x14-56-inches-code-251-s-2629>

<https://www.artimex-sport.com/us/products/gymnastic-set-wall-bars-pull-up-bars-code-249-e-3565>

<https://www.artimex-sport.com/us/products/stepper-attachable-to-wall-bars-code-45891-2728>

<https://www.artimex-sport.com/us/products/boxing-pear-attachment-to-stall-bars-code-2456-2733>

**34. I am looking to get a 2.2 m x 85 cm stall bar. Could I get it with bar spacing of 20 cm from center-to-center?**

Yes, we can make the Stall Bar in your custom request.

**35. Need additional 2" distance from the wall to the back of the rungs? Can you make it?**

Yes, we can make it. No extra charge.

**36. Is it possible for model below to have rungs on either side of 1 stringer? This would be good if possible as it would reduce the number of stringers we would need.**

<https://www.artimex-sport.com/en/products/steel-wall-bars-orange-black-2-3x0-9-221-metal-orange-2746>

For example, a continuous set of 20 stall bars would only need 21 stringers. This would be a modular system so we could add or take away sets as required.

I have 14.9 m length of wall and would like to get 20 sets within that space. A rung width of approximately 70 cm would require 14 m. that leaves 900 mm for 21 stringers.

Yes we can manufacture the Stall Bars at your request.

**37. How far apart are the rungs at Stall Bars code 221-F-2-Reha?**

The distance of the rungs is 5.31 inches (13.5 cm).

Other distance in request (No extra charge).

**38. I have a question about Black Magic item [269/magic](#).**

**Can this be installed inside a room in a house or does it need to be mounted in brick or block?**

Thank you for your question.

Yes you can install the black magic inside a room.

**39. My wall measures 235 cm ceiling to floor. I would like to buy steel/wood (beech or oak rungs) wall bars, code [221-M-Black](#). I require advise on shape of rungs I've round or oval and what size bars I need to order to fit my wall.**

Recommand you to take 225 cm high Wall Bars.

To have enough space to make pull ups, etc.

If you have small hands taks round bars, if you have normal hands take oval rungs.

**40. I would like to order the: [Steel Stall Bar, 265X100 cm,19 rungs, code 231-Gladiator-90](#) in black with rectangular pipe.**

**However I need the clearance from the wall to be 13 cm to allow for some pipework.**

**Can you accommodate this or have any advice on how I could fix them a little further away from the wall.**

We will make the pipes longer than usual. [See foto](#).

For more questione we are here.

**41. We are intersted in the Supergym [Code 280](#) in White Oak with a custom seat cover in natural tan leather. Please advise the following:**

**1) Are we able to supply a leather color to be matched or supply our own leather for the seat? Please see color attached.**

**2) If leather is not available please let us know and we will provide a RAL color for fabric selection.**

**3) Please provide a sketch showing the distance between bars.**

**4) For the depth of the frame, standard 15 cm, please let us know what the minimum depth possible is.**

Please find the answers

1. Yes we are able to supply leather color for your seats. Please send us RAL number.

3. Distance between the bars is 14 cm (5.51 inches). If you need other distance please tell us.

4. Is no possible less then 15 cm (5.90 inches). Because of the weights. If you want more then 15 cm (5.90 inches) is possible.

For more questions we are here for you.

**42. I am thinking of buying wall bar model 216F (Sprossenwand Gymnastik aus Buche, Modell Basel, 2.4x0.9 m, 17 Sprossen, [Artikelnr. 216F](#)). I have few questions:**

- apart from looks, is there a difference to the model made from oak ([Freiburg 279](#))?
- could I order all rungs round apart from one (the top one to be oval)? Would you recommend round rungs for kids - or would they be ok with all oval rungs?
- on the pictures I see various Artimex logos on the product - can I order one without one? I like the one with logo only on the wall-mounting board.
- it says that the price CHF 319 includes transportation (to Switzerland) but without local taxes and fees - do you know what would be the additional customs cost?

Thank you for your interest in our products.

- there is no difference to the model made from oak
  - yes, we can make the top rung oval. I would recommend round rungs for children.
  - yes, we can put the Artimex logo only on the wall-mounting board
  - from my previous experience with other clients the customs cost are 8%.
- For more questions please contact us.

**43. What diameter(s) rung does the stepper fit (code 45891)?**

**Thank you.**

Thank you for your request.

The stepper fit 40 mm (1.57 inches) diameter rungs.

For more questions we are here for you.

**44. Hi,**

**Can I get bigger distance from the Wall ?**

Yes, it is possible.

See [here](#) example 8.3 cm (3.26 inches)

If you need more distance we can make it for you customize.

**45. I was wondering if you could recommend a stall bar for me. I am a 5 feet 5 inch female who weighs 125 lbs. I live in Pennsylvania and want a stall bar to use my gymnastic strength training on. Please let me your thoughts when you get a chance!**

**Thanks,**

**Tammy murphy**

Hi Tammy,

Thank you for your request.

I think this model is good for you

<https://www.artimex-sport.com/us/products/stall-bars-new-jersey-6-7-1-2-beech-wood-code-253-reha-beech-2576>

Price including shipping to you

Delivery will be in 10-14 days via UPS after your order.

For more questions we are here for you.



**46.** Can we install ([code 221-Gladiator](#)) over a mirror if we anchor to floor and ceiling and keep it the requisite distance from the mirrored wall?

Thanks

Hank

Yes, but you must give us please the exact dimension.

**47.** Hi, Thank you for your request.

What is the inside width of your wall bar? 67.31 cm (26.5")?

If yes, we can make the pull up bar for your wall bar.

**48.** Hey there!

Wondering if it is possible to mount stall bars on the wall but they would be up off the ground. I have a heater that runs along the ground for the length of the wall, the stall bars would have to be mounted just above the heater.

Is this possible?

Thanks!

Andrew.

Yes, it is possible.

**49.** Hello, I have several questions about stall bars. I know that I want Oak with round bars but am debating between the style of [279](#) and [221-E](#).

1) I was wanting to compare how far forward the top bar sits from the rest of the bars and also how big the gap is between the top bar and the rest of the bars? I think the drawing of the 279 shows the gap to be 12" but if the purpose is to provide room for head and shoulders during hanging is that a big enough gap? The gap on the 221-E seems bigger but the drawing doesn't show any measurement info for rung placement so I am not sure.

2) I've also never seen the 3rd bar set forward like the top bar before. the website says it is for back support but I thought the back rested equally on all of the other bars so in my mind that bar would stick out into the back. I don't want to pass on it if it would be better for me. I just don't have any experience to compare and help my decision. I am looking to use these bars for fitness exercises and am sure the kids will enjoy them as well. Which is better for having leg lifts and other exercises (not physical therapy).

3) I could use help picking a total height. My husband measures 8' exactly to the tips of his fingers while standing on his tippy toes. Which makes me think the top rung should be 8' or higher, but the ceiling is 8'10". Is 10" enough room to do chin-ups? Not all of the drawings show the height of the top rung some just the total height. and the 279 is confusing because it says that it is 8' 2.5" high but when you select a

height, the options are 94.5" (7' 10.5") or 102.3" (8' 6.3") not sure which is accurate? I'm only 5'3" so I'm more worried about head clearance but am trying to accommodate the husband by going tall enough for his feet not to hit the floor without the rest of us bonking our heads on the ceiling.

4) Are all of your stall bars placed 5.1 inches apart? is the the difference between the rungs measured center to center or is the the measurement of the space between the rungs?

The rest of my questions have to do with the pull up bar options. I know that I want to buy a pull up accessory but need help deciding which one. Maybe there are more to choose from but I am seeing [248](#) and [248-Holz](#).

5) which one is more stable? the video of 248 Holz looked very wobbly but there is no video of 248.

6) what is the width of available space for your hands on the inside of the bar? does one allow for a wider grip on the pull up bar?

7) can the pull up bar rungs be made out of Oak to match the stall bars?

8) how far away from the other bars is the pull up bar on the 248 and 248 Holz? and how far apart are the two bars on the 248 Holz?

9) can both of them be attached to any rung or are there limitations like not mountable to the top rung or some other rung?

10) is the pull up bar the same height as the stall bar it is attached to? if not, how much of a difference is it?

11) Also wondering about import fees.

12) is there a percentage I can calculate or a dollar amount that if I stay below it I don't pay any import fees? I don't have any experience buying overseas.

13) Oh, and how does the warranty work living in the USA?

14) if something broke is it replaced at no cost to me or do I have to pay shipping, import fees, pay to send something back etc..?

**Thank you for all of your help,  
V J**

Please find the answers

1) The gap between the rungs is 13 cm for 279 and 13.5 cm for 221-E

If you need other gap please tell us.

2) We can put the 3rd bar in line with the others if you like.

3) The top rung at 279 is at 231.8 cm for the 240 cm height.

Normally you must have minimum 10 cm place between the last rung and ceiling.

4) The distance is between center and center.

5) Please see the video of 248

[https://youtu.be/OFe0dMS0\\_Wg](https://youtu.be/OFe0dMS0_Wg)

6) Yes.

7) Yes.

8) 248 is 45 cm.

248-Holz is 70 cm.

9) Any rung both.

10) I don't understand the question please.

11) Is different from state to state.

You must check please.

12) Some clients talk about till 800 USD is free.

13) If something happen we ship from Germany the replace parts.

14) No cost for you.

If you need more help please tell me.

## **50. Hello Artimex,**

**I would like to buy stall bars for my studio room. I am tall (6'4") so I believe I need a custom item. Could I order something like your combo set [263-F](#) (stall bar, pull up bar, and inline board in Beech), but with extra height?**

I think for your height you need 250 cm height Stall Bars.

The price for the set code 263-F with 250 cm height Stall Bars is 1569 CAD

Including shipping to your door in Canada.

### **Details:**

**my reach - 98"**

**Overhead clearance - 117"**

**Max width 88"**

**baseboard (plinth) 1"x3.5"**

### **Questions:**

**What is the maximum width of a single unit?**

**What is a common width for men?**

Maximum width for a single unit is 110 cm

Common width is 90 cm

For a double unit 220 cm

See please [216-2F](#)

**I would like to have removable mats on the floor. Can I mount the stall bars on the wall with space below for the mats? (i.e. 1-2" off the floor)**

Yes

**My wife is shorter than me. Can we order a double unit with a a lower offset top bar only on the second ladder?**

Yes

How tall is your wife please?

**Which woods do you offer? Our studio is in maple.**

Beechwood and Oakwood

**Thank you,**

**M B**

**Toronto, Canada**

We thank you

Florin