Thank you for choosing Vita Vibe.

We strive to provide the best products possible by using only the highest quality materials and workmanship and back it with our exclusive 10 year warranty.

Please keep in mind that your new Vita Vibe ballet barre is of a modular design allowing you to customize it in many ways. You can at any time order additional horizontal barres to convert a single barre to a double barre or purchase longer or shorter horizontal barres to better fit your needs. The possibilities are many.

Additional barres, feet, clamps, and other components can be ordered online or by calling us at 864-288-8934.

Vita Vibe also manufactures a complete line of wall and floor mounted ballet barres. Please visit www.vitavibe.com for more information.

Please keep this guide for future reference.

Should you have a warranty claim or any questions about this product, please call 864-288-8934. Do not return to place of purchase.

Freestanding ballet barres are intended for use in keeping balance during ballet exercises. They are not intended to hold one's weight especially when pushing or pulling against the barre. The barre should not be used as a crutch. In ballet, learning to use a freestanding barre without it tipping over is a benefit as it helps to improve one's balance and strengthen one's core.

DISCLAIMER: As with any therapy, fitness, or exercise equipment, use of this equipment should only be used by persons who are physically able to use the equipment as it is designed for.

Proper safety gear such as padded mats, shoes, clothing and the like should always be used.

This equipment should not be used alone. Always have someone nearby in case of an emergency. Vita Vibe, Inc. and it's affiliates will not be liable for any injury or death resulting from use of this equipment.

User assumes responsibility for proper assembly, maintenance, placement and use of this equipment.

WARNING: Make certain all clamps, fittings and hardware are securely tightened before each use, transporting or moving this equipment.
1) Loosen the clamp knob on the foot assembly and insert the upright leg into the clamp making sure that the upright leg is vertical and centered on the foot assembly. Tighten both clamp knobs. Repeat this for both foot assemblies.

2) Slide one clamp (single barre) or two clamps (double barre) onto the top of each upright leg and insert the end of the horizontal barre(s) into the clamp on each side. Adjust to the desired height and tighten all clamp knobs securely.

3) For ease of storage, loosen the upper clamp knob at the bottom of each upright (on the foot assembly) and pivot the foot so that it is parallel with the horizontal barre.

4) Before each use make certain all clamps are firmly tightened.

1) Insert the vertical bars fully into the feet assembly clamps and firmly tighten set screws with supplied tool making sure the upper barre clamps are 90 degrees of the foot assembly.

2) Insert the horizontal barre(s) into the indexing clamps up to the line shown at each end of the barres. Note: you may need to back out the hex set screws to allow the barres to enter the clamps. Once you have the barres inserted into the clamps firmly tighten the hex set screws with the supplied tool.

3) To adjust the barres to your desired height, simply loosen the lever on the indexing clamps two or three turns, pull the indexing plungers and raise or lower the barres to your selected height. Make sure the indexing plungers are fully engaged then firmly tighten the clamp levers. If working alone, you may need to raise or lower each side incrementally to your desired height.

4) Before each use make certain all set screws are securely tightened.

1) Insert the vertical bars fully into the feet assembly clamps and firmly tighten set screws with supplied tool making sure the upper barre clamps are 90 degrees of the foot assembly.

2) Insert the two horizontal barres into the clamps of ONE side of the vertical bars and firmly tighten the set screws with supplied tool.

3) Insert the two horizontal barres into the clamps on the other vertical bar and firmly tighten set screws with supplied tool. (This step may require the help of another person depending on the barre length)

4) Before each use make certain all set screws are securely tightened.

5) Note: For barres over 8ft you will use the center leg assembly. Follow step 3 for attachment procedure.