MOVE BOARD



THE NORDIC BAR

by Moveboard — Assembly & User Manual

Height 230 cm | Width 70 cm | Max user weight 120 kg

Welcome

Thank you for choosing The Nordic Bar by Moveboard. This manual will guide you through unpacking, assembling, and safely mounting your Nordic Bar, plus care instructions to keep it in top condition for years of use.

Please read this entire manual before beginning assembly, and keep it for future reference.

■ **WARNING:** Assembly should be carried out by **two adults**. Do not use the product until assembly and wall mounting are fully complete and checked.

Safety Information

- Maximum user weight: **120 kg (264 lb)**. Do not exceed this limit, including combined weight if more than one person uses the bars.
- This product must be fixed to a solid, structurally sound wall capable of bearing dynamic (moving) loads. Do not mount to weak, damaged, or hollow surfaces.
- If mounting into a masonry/concrete/brick wall, use the supplied wall screws and appropriate wall plugs. If mounting into a stud/drywall partition, fixings must go directly into the wooden or metal studs — never into drywall alone.
- If you are unsure about your wall type or its ability to bear load, consult a qualified installer or structural professional before mounting.
- Check all bolts and wall fixings are fully tightened before first use, and re-check monthly.
- Children should only use the Nordic Bar under adult supervision.
- Do not use the product if any part is damaged, cracked, or loose — stop use and contact support.
- Keep the area beneath and around the Nordic Bar clear of furniture and hazards.

Product Specifications

Product	The Nordic Bar by Moveboard
Height	230 cm / 90.5 in
Width	70 cm / 27.5 in
Maximum supported weight	120 kg
Rung material	Premium teakwood
Side support material	18 mm structural plywood
Design	Vertical, wall-mounted, space-saving
Use	Mobility, stretching, strength & functional training

What's in the Box

Before you begin, lay out all parts and check the contents against the list below.

#	Part	Qty	Description
A	Side supports	2	18 mm structural plywood uprights
B	Teakwood rungs	9	Premium teakwood rungs (2 are branded MOVE BOARD, top and bottom)
C	Pull-up bar	1	Round wooden cross bar, fits at the top
D	Top wall mounting brackets	2	Fix the top of the frame to the wall
E	Bottom feet / brackets	2	Stabilise the base of the frame
F	Frame bolts	As required	All bolts are the same size — used with the Allen key for all frame assembly
G	Allen key	1	Included — the only tool needed to assemble the frame
H	Wall screws	As required	Supplied separately — for fixing brackets to the wall only
I	Wall plugs/anchors	As required	Match to your wall type (see Wall Requirements)

NOTE: All frame bolts are identical, so there is no need to sort them by step — any bolt fits any bolt hole on the frame. Wall screws (H) are separate from frame bolts (F) and are used only in the wall-mounting step.

Tools Needed

- **Allen key** (included) — for all frame assembly bolts.
- **Drill / screwdriver** — for wall screws (not included).
- **Spirit level** — recommended, to ensure the frame is mounted straight.
- **Pencil and tape measure** — for marking screw hole positions.
- A second person to help hold the frame steady during mounting.

Wall Requirements

The Nordic Bar must be fixed to a solid, load-bearing wall. Choose your fixing method based on your wall type:

Wall type	Recommended fixing
Concrete / brick / masonry	Use the supplied wall screws with masonry wall plugs (sized to match your screws and drill bit).
Timber stud wall	Fixings must go directly into the wooden studs. Locate studs with a stud finder before drilling — do not fix into plasterboard alone.
Hollow / drywall (no stud access)	Not recommended without additional heavy-duty anchors rated for dynamic load. Consult a professional installer.

■ **WARNING:** If in doubt about your wall's construction or load-bearing capacity, stop and consult a qualified installer. Incorrect wall fixing can result in the unit detaching from the wall during use.

Step 1 – Assemble the Frame

1

Lay out the side rails

Place the two side rails (A) on a flat, protected surface (e.g. a rug or cardboard), facing upward and parallel to each other, matching the spacing of the rungs.

2

Fit the rungs

Starting from the bottom, fit each wooden rung (B) between the two side rails at each rung position. Insert a bolt (F) through each rail into the end of the rung, by hand, without tightening yet.

3

Fit the branded rungs

Fit the two branded MOVE BOARD rungs at the top and bottom positions as shown on the box image, the same way as the other rungs.

4

Fit the pull-up bar

Fit the round wooden pull-up bar (C) into the top mounting points, just below the top rung, using the same bolts (F).

5

Tighten all bolts

Once every rung and the pull-up bar are in place, go through and fully tighten every bolt using the included Allen key (G). Remember — all bolts are the same, so any bolt works in any hole.

6

Attach mounting brackets

Fit the top mounting brackets (D) to the top of the frame and the bottom brackets/feet (E) to the base, securing with bolts (F) and the Allen key.

NOTE: Do not fully tighten the top and bottom bracket bolts yet — leave them slightly loose until after the frame is positioned on the wall in Step 2.

Step 2 – Mount to the Wall

1

Mark the position

With a helper, hold the assembled frame against the wall in the desired position. Use a spirit level to ensure it is vertical, then mark the screw hole positions through the top and bottom brackets with a pencil.

2

Check for studs (if applicable)

If mounting to a stud wall, use a stud finder to confirm the marked positions line up with solid studs. Adjust the frame position if needed.

3

Drill pilot holes

Set the frame aside. Drill pilot holes at the marked positions, sized to match the wall screws (H) and, for masonry walls, the wall plugs (I).

4

Insert wall plugs

For concrete, brick, or masonry walls, insert the wall plugs (I) into the drilled holes.

5

Fix the frame to the wall

With a helper holding the frame in position, drive the wall screws (H) through the top and bottom brackets into the wall plugs or studs. Fully tighten all wall screws.

6

Final tightening and check

Go back and fully tighten the bracket bolts from Step 1 (frame bolts). Firmly pull and push on the frame to confirm it is secure and does not move before use.

■ **WARNING:** Do not use the Nordic Bar until you have confirmed the frame is completely secure, all bolts and wall screws are fully tightened, and the unit does not move when force is applied.

Care & Maintenance

- Wipe wooden rungs with a soft, dry or slightly damp cloth. Avoid harsh chemical cleaners.
- Check all bolts and wall screws monthly and re-tighten if needed.
- Inspect wooden rungs periodically for cracks, splinters, or wear; discontinue use if damaged.
- Keep the unit dry — not recommended for outdoor or high-humidity installation unless specified.
- Avoid exposing the frame to direct, prolonged sunlight to prevent fading of the wood finish.

Troubleshooting

Issue	Solution
Frame feels loose or wobbles	Re-tighten all frame bolts with the Allen key and re-check wall screws are fully driven in.
Bolt won't tighten fully	Ensure the bolt is not cross-threaded; remove and re-insert straight, then tighten.
Rung is misaligned	Loosen the bolts on that rung slightly, re-position, then re-tighten evenly on both sides.
Wall screws spin without gripping	The wall plug may be the wrong size or the hole too large — use a larger plug or reposition to solid material.

Warranty & Support

If you have any questions during assembly, notice any missing or damaged parts, or need support after installation, please contact our customer care team — we're happy to help.

Support email	support@moveboard.com
Product	The Nordic Bar by Moveboard
Product page	moveboard.in/products/moveboard
Max user weight	120 kg / 264 lb

Please retain your proof of purchase. Keep this manual for future reference and re-assembly.