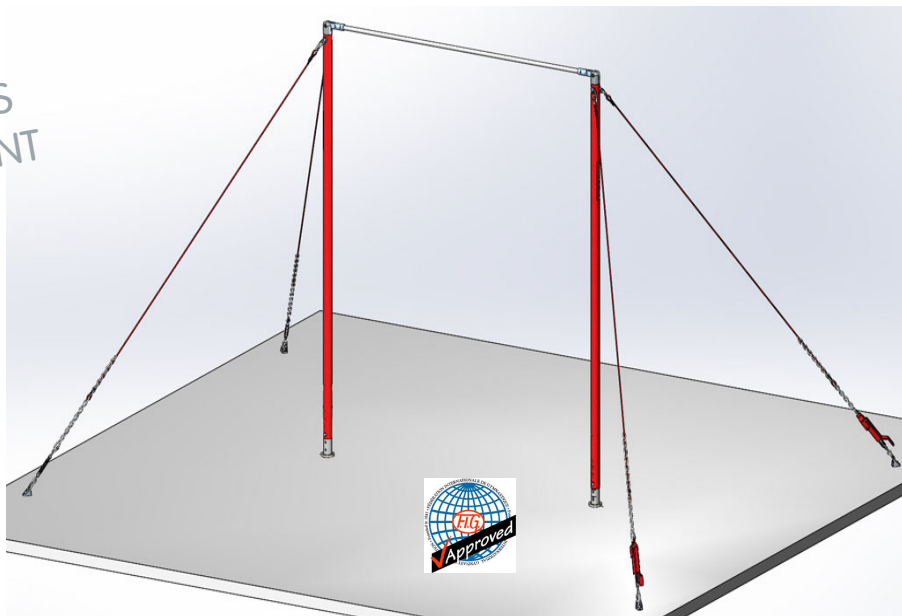


# "LONDON" & "MONTREAL" COMPETITION HIGH BARS

**3020F - 3025F  
3030 - 3035**

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## Warning:

This equipment should be installed by a qualified individual.

The apparatus should be used by only one person at a time, supervised by a qualified individual and with appropriate landing mats or a landing pit.

Using this equipment for purposes other than those originally intended is not allowed.

## Compliance:

This equipment complies with the requirements of the European standard EN 913 "Gymnastic equipment - General safety requirements and test methods" and EN 12197 "Gymnastic equipment - High Bars - Safety requirements and test methods". These equipments (References: 3020F & 3030 are F.I.G. approved).

## Recommendations:

As shown in French Standard NF S 52-400 the following is recommended:

- keep these instructions for subsequent reference (inspection, maintenance, etc.).
- periodically carry out predictive maintenance.
- depending on how much it is used, have the equipment serviced yearly or every few years.

## Weight of the apparatus:

Ref.: 3020F → 49 kg

Ref.: 3025F → 48 kg

Ref.: 3030 → 49 kg

Ref.: 3035 → 48 kg

## Overall size:

- Apparatus without cabling: 2.47 x 0.10 m (distance between hand-rails: 2.40 m)
- With standard cabling: 5.50 x 4.00 m
- With short cabling: 4.00 x 2.00 m

## Packaging:

Package Ref.	3020/51 Upright + slider comp. High Bars	3110 Handrail for High Bars	3117 Handrail with safety cable for High Bars	3011B Standard cable system for High Bars	3012B Short cable system for High Bars	No. of Packages
<b>3020F</b> "London" Comp. High Bar Standard cable system	2	1	-	1	-	4
<b>3025F</b> "London" Comp. High Bar Short cable system	2	1	-	-	1	4
<b>3030</b> "Montreal" Comp. High Bar Standard cable system	2	-	1	1	-	4
<b>3035</b> "Montreal" Comp. High Bar Short cable system	2	-	1	-	1	4
<b>Volume (m³)</b> <b>Masse (kg)</b> <b>Dimensions (mm)</b>	0,06 17 2750x150x150	0,01 12.6 2500x70x70	0,01 12.6 2500x70x70	0,02 10.4 500x280x110	0,02 7.4 510x290x110	

## I. Preparing the cables:

- Standard cable system (Ref.: 3011B) : Refer to the Assembly Instructions NM180.
- Short cable system (Ref.: 3012B) : Refer to the Assembly Instructions NM179.

## II. Assembling the apparatus (minimum

**Note:** Prepare a clean area for assembling the apparatus.

- 1/ Position the hand-rail (3 or 3') on the floor, to view the spacing of uprights (1).
- 2/ Lay both uprights (1) parallel on the floor.
- 3/ On the top of each upright (1), mildly unscrew the bolting (10) and (11), then to allow bracing flats (9) to orient with the cables (see Fig. 1).
- 4/ Install the hand-rail (3 or 3') into the caps (4) of uprights (1) then tighten using the screws (5), (6), (7) and (8).
- 5/ To obtain the 2.80 m prescribed height for the hand-rail (3 or 3'), install the attachments (13) + (14) at the uprights (1) bottom into the 3rd hole of the sliding tubes (2). Moderately lock the attachments (13) + (14) (see Fig. 2).
- 6/ Install the pivots (20) into their housings on the floor, in line with the plotting.

## III. Assembling, adjusting and tightening the cable system:

**Important:** When the vertical position of the uprights (1) is adjusted, and before tightening cables, do not forget to lock the bracing flats (9) (on top of the uprights).

- Standard cable system (Ref.: 3011B): Refer to the Assembly Instructions NM180.
- Short cable system (Ref.: 3012B): Refer to the Assembly Instructions NM179.

## IV. Adjusting the height (see Fig. 2):

- 1/ Loosen the cabling (15) or (16) using the quick tighteners (see NM180 or NM179).
  - 2/ Slightly lift the upright (1) to remove the attachments (13) + (14) at the bottom of the uprights (1).
  - 3/ Raise or lower the uprights (1) until the bar is at the desired height.
  - 4/ Install the attachments (13) + (14) at the bottom of the uprights (1) into the hole of the sliding tubes (2) corresponding to the desired height. Moderately lock the attachment elements (13) + (14).
- Important:** Check that both uprights (1) are adjusted to the same height (horizontal hand-rail) - this is mandatory.
- 5/ Retighten the cables (15) or (16).

## V. Adjustment values (as shown on sliders):

Height of hand-rail: **1st hole** = 2.70 m, **2nd hole** = 2.75 m,  
**F.I.G. height: 3rd hole** = 2.80 m, **4th hole** = 2.85 m

## VI. Usage:

For safety reasons, do not use abrasive materials on the hand-rail, in order to avoid modifying the mechanical properties of the steel (warranty validity).

### VERY IMPORTANT:

- Do not install the removable access platform (Ref.: 2720) on the uprights of this apparatus.
- We recommend changing the hand-rail (3 or 3') at least every 3 years.

## VII. Maintenance:

- Before use, check the state of wear parts and safety parts each time: cables (closure of quick links, ... see NM180, see NM179) and hand-rail (to be periodically replaced depending on usage).
- Maintain the hand-rail (3 or 3'): remove the attachments (6) + (8), clean (magnesium deposits), mildly lubricate the hand-rail ends, the caps (4) and the spacers (5), then re-install the hand-rail (see Fig. 1).
- Check the cable system tightening.
- Check the tightness of all attachment elements (6) + (8), (10) and (13) + (14).

Figure 1

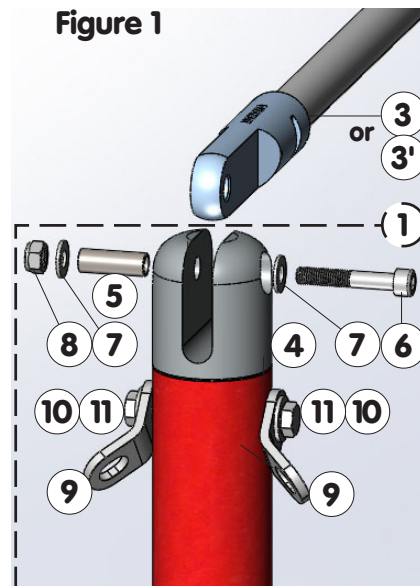
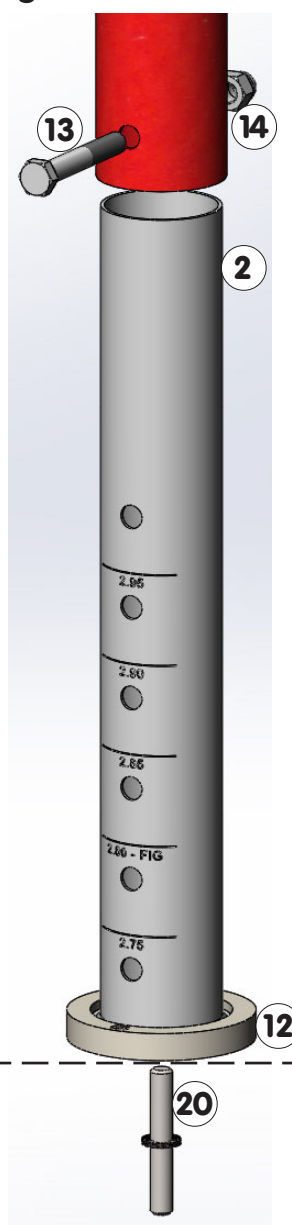


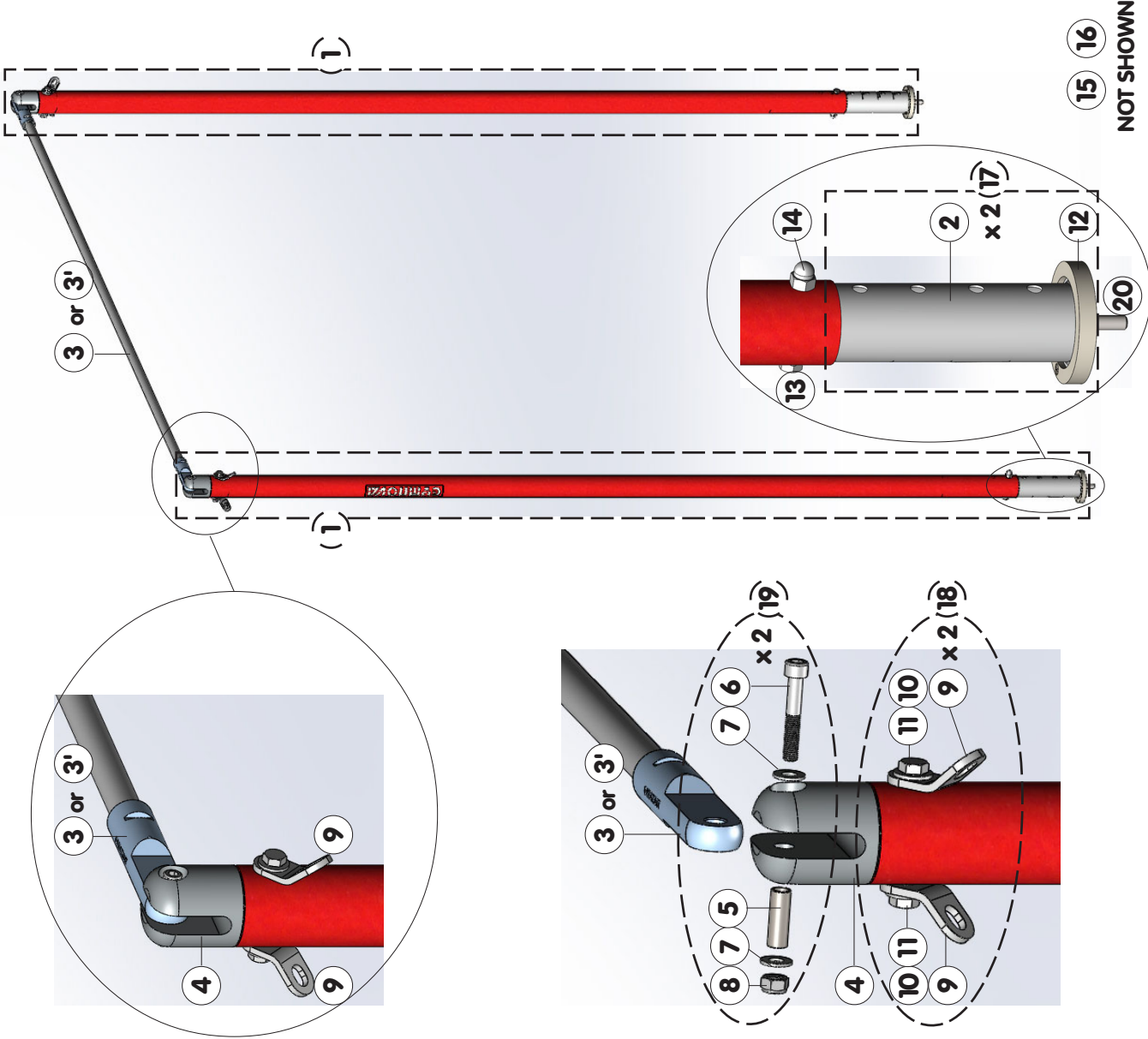
Figure 2



29	-	-	-	-
28	-	-	-	-
27	-	-	-	-
26	-	-	-	-
25	-	-	-	-
24	-	-	-	-
23	-	-	-	-
22	-	-	-	-
21	-	-	-	-
20	-	Support pivot HB & ABars	328/02	each
19	1	Pair Spacers for HR caps	3020/17	Service kit
18	1	Bracing kit Comp HBar	3020/54	Service kit
17	1	Pair engraved sliders HBar	3020/52	Service kit
16	1	Short cables system - HBar	3012B	see NM179
15	1	Standard cables system - HB	3011B	see NM180
14	2	M12 Cap Nut	VEBR12000Z	included in 1
13	2	M12x80 H screw	VH0012080Z	included in 1
12	2	High Bar pad	370/05	each-included in 1
11	4	12x27 flat washer	-	included in 1 & 18
10	4	M12x25 H screw	-	included in 1 & 18
9	4	Bracing flat	-	included in 1 & 18
8	2	M10 H locknut	-	included in 1 & 19
7	4	10x22 flat washer	-	included in 1 & 19
6	2	M10x60 CHC screw	-	included in 1 & 19
5	2	Spacer for cap Comp. HBar	-	included in 1 & 19
4	2	Complete cap Comp. HBar	3020/35	each
3'	1	Hand-rail safety cable Comp HB	3117	pack
3	1	Hand-rail Comp. HB	3110	pack
2	2	Engraved slider Comp. HBar	-	included in 1 & 17
1	2	Upright + Slider Comp. HBar	3020/51	pack
ITEM	QTY	DESCRIPTION	REFERENCE	REMARKS

# "LONDON" & "MONTREAL"

## COMPETITION HIGH BARS

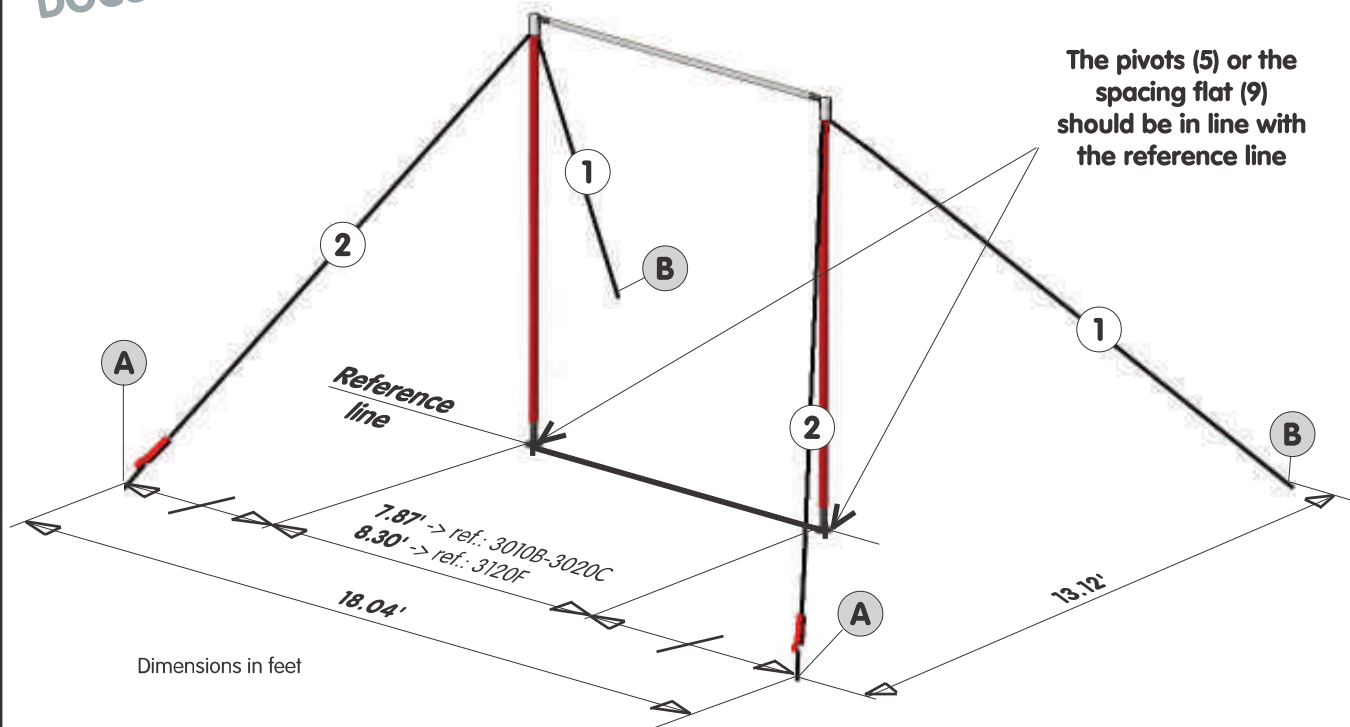


To order spare parts, please provide the description, reference and delivery date of the entire apparatus.  
Constantly aiming to improve our products, we reserve the right to make changes to the equipment and dimensions without further discussion.

# STANDARD CABLING M'2009 FOR HIGH BARS

**3011B**

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## Warning:

This equipment should be installed by a qualified individual.

The apparatus should only be used by one person at a time, under the supervision of a qualified individual.

Using this equipment for purposes other than those originally intended is not allowed.

Attachments that are not provided with the apparatus may only be used if the support complies with the **CC34** specifications for GYMNOVA chemical anchors, (ref. : 2005 or ref. : 2010) or **CC22** for GYMNOVA retractable anchors, (ref. : 2000/40 - 2000/80).

Make sure that the quick links are closed and anchors are tightened before tightening the cables.

Do not use the equipment when the cables are slack.

## Compliance:

This equipment complies with the requirements of the European standard EN 913 "Gymnastic equipment - General safety requirements and test methods".

## Recommendations:

As shown in French Standard NF S52-400 the following is recommended:

- keep these instructions for subsequent reference (inspection, maintenance, etc.).
- periodically carry out predictive maintenance.
- depending on how much it is used, have the equipment serviced yearly or every few years.

## Packaging:

1 Pack (ref.: 3011B)

Dimensions : 500 x 280 x 110 mm (19.7 x 11 x 4.33 in)

Masse : 9,4 kg (20.72 lb)

Volume : 0.0154 m<sup>3</sup> (0.54 ft<sup>3</sup>)

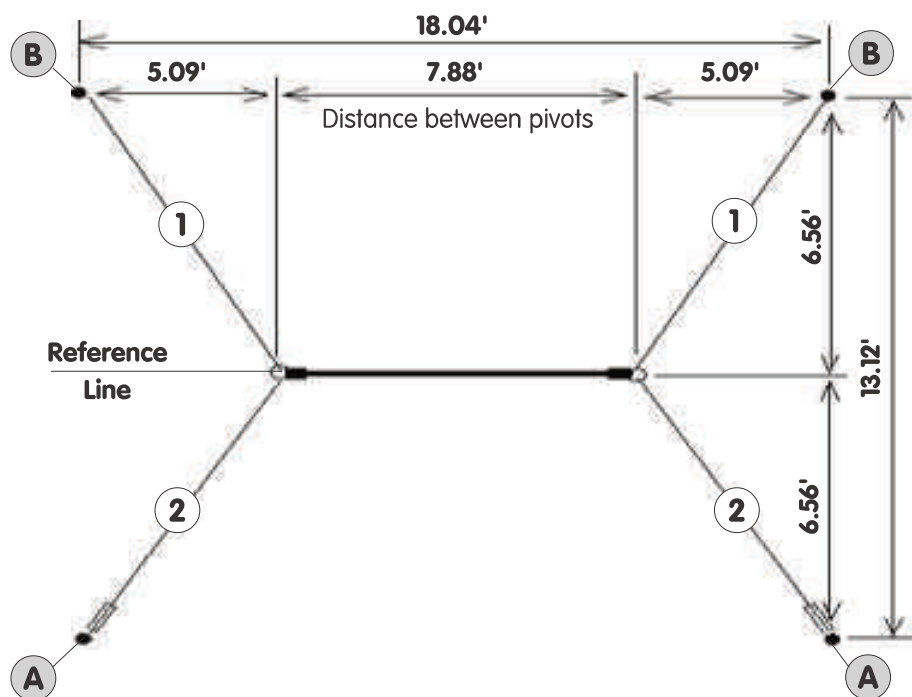
## I. Preparing the cables:

### 1 - Floor positioning (see Fig. 1 or 2):

- Plot the floor positioning of the anchors and the spacing flat **(9)** (or the distance between the pivots **(5)**).
- Drill in accordance with the assembly instructions **NM13** for chemical anchors or **NM25** for retractable anchors (for pivots **(5)**: drill  $\varnothing 12.45$  mm (1.77 in) deep, if required).

**Important:**

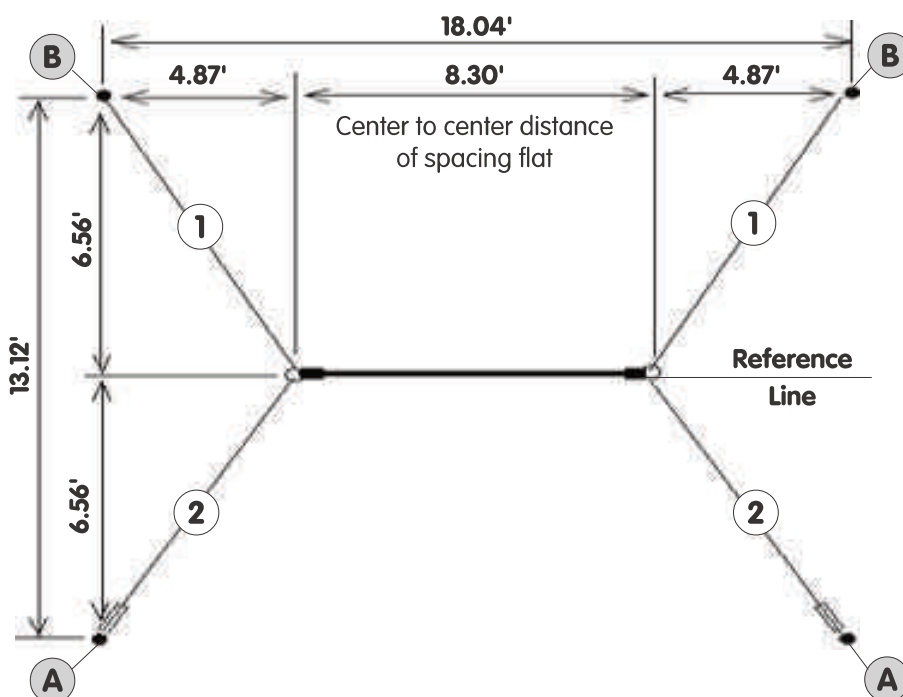
- The cable attachment points must resist 800 daN (see: NF S52-400).
- It is mandatory that **the uprights** are aligned with the reference line.



**Figure 1**  
(Ref.: 3010B - 3020C)

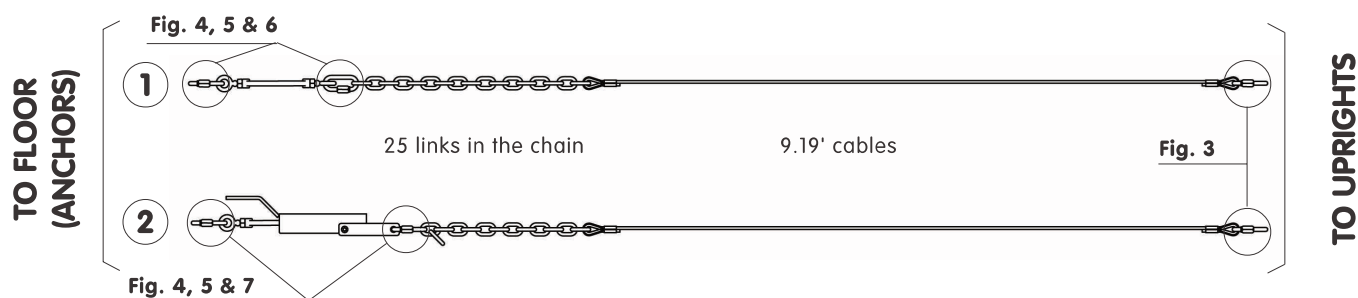
Layout checking dimension:  
22.31 ft diagonal

**Figure 2**  
(Ref.: 3120F)



Dimensions in feet

### 2 - Layout of cabling items:

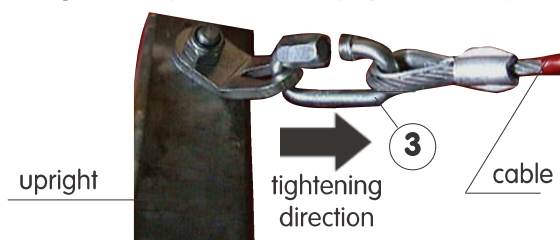


### 3 - Assembly principle and precautions:

- Make sure you assemble the quick links (3) in the proper direction (always tighten downward) like **Fig. 3**.
- Adjust the turnbuckles (8) to medium length to enable the cables to be adjusted easily like **Fig. 6**.

**Note:** Do not lock the floor attachments so that the bracing flats (6) can be positioned.

**Figure 3** - quick link (3) / upright assembly



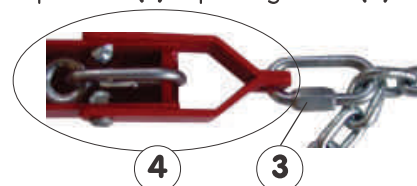
**Figure 4 & 5** - quick link (3) / chain assembly



**Figure 6** - quick link (3) / turnbuckle tie (8) assembly



**Figure 7** - quick link (3) / quick tightener (4) assembly



## II. Assembling the cables (minimum of 2 people required):

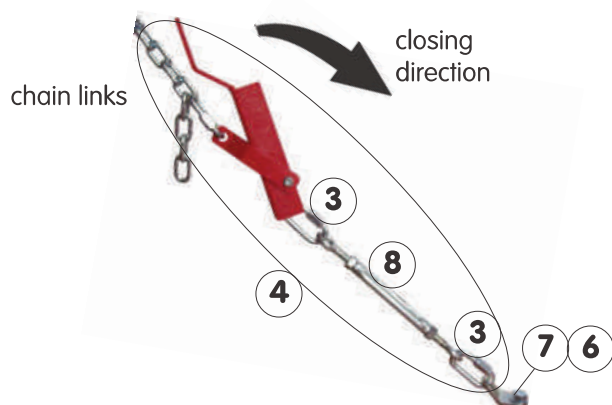
- Identify the location of each cable using **Fig. 1 or 2** (on page 2) and the general view (on 1<sup>st</sup> page).
- Once the respective positions of the cables are determined, attach end of cables on all the uprights, using quick link (3), observing their assembly and tightening direction like **Fig. 3**.
- Hook the cables (1) to the rear anchors (B) using the quick links (3) setting chain lengths.
- Lift the high bar and set it into the pivots (5) or onto the spacing flat (9).
- Hold the apparatus and hook cables (2) to the front anchors (A) using the open quick tightener (4).
- Set each upright assembly vertical (use a level) by adjusting the chain links, then fine-tune the adjustments using the turnbuckles (8).

## III. Adjusting and tightening the cables:

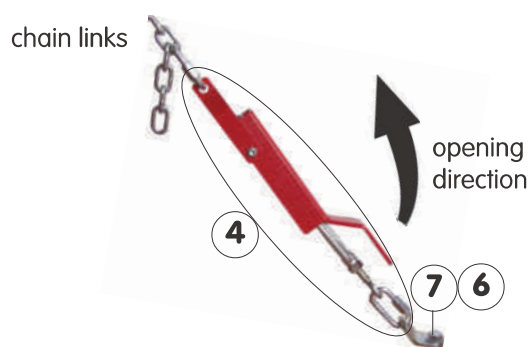
**Important:** Remember to lock all the floor attachments (7) before tightening the cables.

- 1 - To fine-tune the tension of cables (2), open the quick tightener (4) (see **Fig. 9**), screw or unscrew the turnbuckle (8). Lock the locknuts, then close the quick tightener (see **Fig. 8**).
- 2 - Position the handle of the quick tightener (4) so that it is above the turnbuckle (8).
- 3 - **Important:** Lock the quick links (3) and the locknuts on turnbuckles (4) and (8) using the wrench.

**Figure 8** - Slack cabling: Open quick tightener



**Figure 9** - Tightened cabling: Closed quick tightener

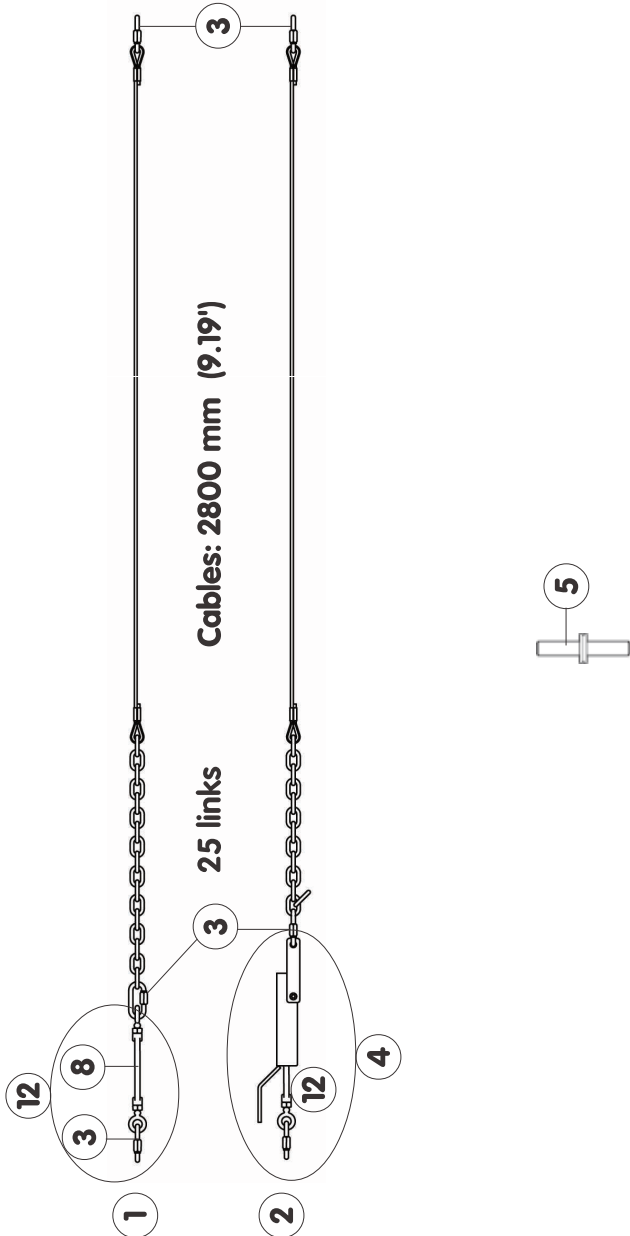


## IV. Maintenance:

- 1 - A regular cleaning of the apparatus allows better viewing of the problems, if any (distortion, breakage, or corrosion).
- 2 - Before use, check wear parts and safety elements each time for good condition and operation: wear of cables, quick links (3), chain links, bracing flats (6), quick tighteners (4), and turnbuckles (8).
- 3 - Check the tightening of cables and closure of quick links, before each use.
- 4 - Check that the anchors (7) are locked and that they do not draw out from the floor.
- 5 - **Important:**
  - If a problem is detected or suspected, do not use the equipment as long as it has not been checked by a technician.
  - Any damaged or distorted piece should be replaced as soon as possible.

## V. Storage:

Always store the equipment away from humidity and heat.



	1	2
Adjustment range (ft)	min: 10.48 Max: 13	min: 10.88 Max: 13.4

28	-	-	-	-
27	-	-	-	-
26	-	-	-	-
25	-	-	-	-
24	-	-	-	-
23	-	-	-	-
22	-	-	-	-
21	-	-	-	-
20	-	-	-	-
19	-	-	-	-
18	-	-	-	-
17	-	-	-	-
16	-	-	-	-
15	-	-	-	-
14	-	-	-	-
13	-	-	-	-
13	-	-	-	-
12	4	M12 Turnbuckle + Quick link	QTELEMA812	each
11	-	Share of 4 brac. flats+screws	3120/40	spare kit
10	-	Share of 2 brac. flats+screws	3120/20	spare kit
9	1	Spacing flat for training HB	312/03	not provided
8	4	M12 O/O Turnbuckle tie	QTELE1012G	each
7	-	4 Anchors retract. hook	2000/40	not provided
7	-	4 Chemical anchors bolt	2010	not provided
6	4	Bracing flat	-	not provided
5	2	Support pivot	328/02	each
4	2	Quick tightener	2550A	spare kit
3	10	Quick link No.8	QMRA000008Z	each
2	2	High Bar cable-tightener	3011/22	spare kit
1	2	High Bar cable-turnbuckle	3011/21	spare kit
ITEM	QTY	DESCRIPTION	REFERENCE	REMARKS
<b>Gymnova</b> RUE GASTON DE FLOTTE <b>13012 MARSEILLE</b> Tél. : 33-(0)-4-91-87-51-20 Fax : 33-(0)-4-91-93-86-89				
<b>STANDARD CABLING M'09</b> <b>FOR HIGH BARS</b>			NM180c	Ref.: 3011B
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