GYMNOVA
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ISO 9001
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ASSEMBLY INSTRUCTIONS	NM11j	29/01/09

TRAINING UNEVEN PARALLEL BARS WITH STAYS

3270A 3275A

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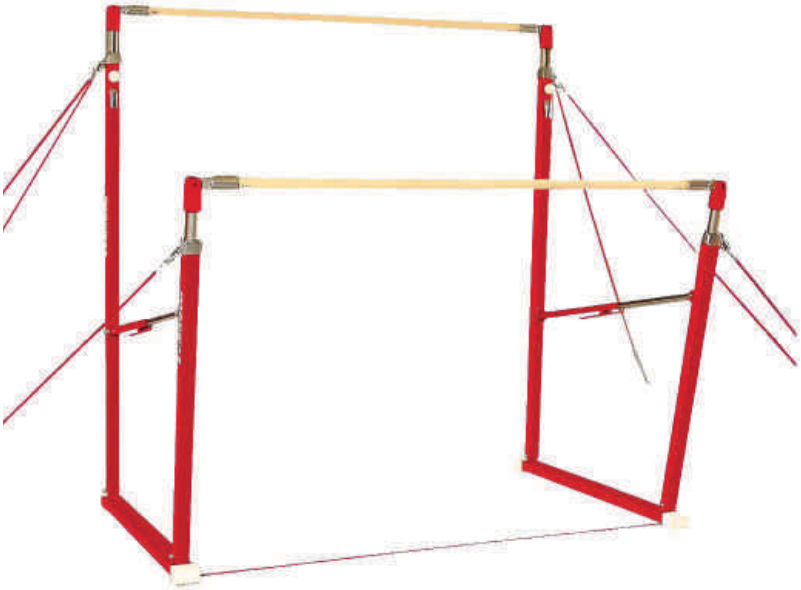


Warning:

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.
Do not use the equipment when the cables are slack.
You are strongly advised against climbing on the spreaders **(8)**.

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.

Weight of the apparatus:

Ref.: 3270A —> 185.2 lb	Ref.: 3275A —> 187.4 lb

Overall size:

- Apparatus without cabling: 2.50 x 1.50 m (8.20 x 4.92 ft)
- With standard cabling: 5.50 x 4.00 m (18.04 x 13.12 ft)
- With short cabling: 4.00 x 2.10 m (13.12 x 6.89 ft)

Packaging:

Colis / Réf.	**3260/02** Pair of Hand-rails M'05	**433/05** Spreaders (2) + Bases (2)	**327/00** 4 Uprights Training Bars	**3203A** Standard Cabling M'07	**3204A** Short Cabling M'07	**No. of Packages**
3270A Training B.# Standard Cabling	1	1	1	1	-	4
3275A Training B.# Short Cabling	1	1	1	-	1	4
Volume (ft³) **Weight (lb)** **Dimensions (in)**	0.8652 15.43 98.4 x 5.5 x 2.8	2.38 63.93 60.6 x 9.05 x 7.5	2.91 79.37 81.1 x 7.87 x 7.87	0.58 26.45 20.1 x 11.4 x 4.33	0.60 28.66 20.1 x 11 x 4.72	

Constantly aiming to improve our products, we reserve the right to make changes to the equipment and dimensions without further discussion.

I. Preparing the cables:

- Standard cabling **(Ref. : 3203A)**: refer to the Assembly Instructions NM177.
- Short cabling **(Ref. : 3204A)**: refer to the Assembly Instructions NM178.

II. Assembling the apparatus (minimum of two people) with Fig. 1 & 2:

Note: Prepare a clean area for assembling the apparatus.

1 - Place the support cable **(18)** on the floor aligned on the mark, or support pivots **(19)** in their holes.

2 - Position the bases **(1)** in the support pivots **(19)** or on the fingers of the support cable **(18)**.

3 - Locate and remove the screws **(4)** + **(5)** from the bases **(1)**.

4 - Assemble the tall uprights **(6)** then the short uprights **(7)** on each base **(1)** using the screws **(4)** and the nuts **(5)** making sure that the spacers **(3)** remain in position. Firmly tighten the screws.

Be careful, uprights have to be assembled in the right way:

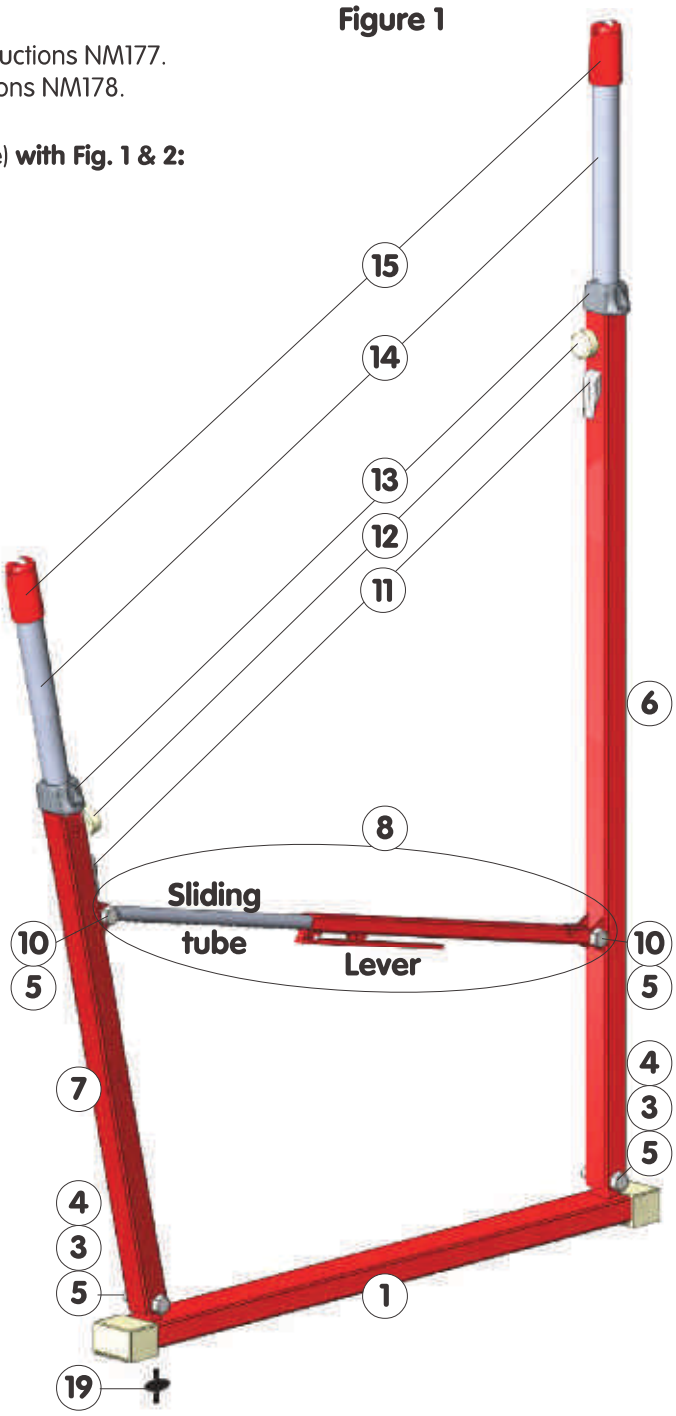
- Tightening thumbscrews **(12)** of **(6)** and **(7)** uprights on the same base **(1)** have to be opposite each other.
- The stay wire attachment rings of the aluminium cups **(13)** are towards the outside of the apparatus.

5 - Check that slinding tubes **(14)** are locked, then ajust the swivel heads **(15)** to receive the hand-rails **(16)**.

6 - Assemble each extremity of the hand-rails **(16)** in swivel heads **(15)** notches (ajust the joint of the handrail wooden veneering towards the bottom), then lock them with the stainless steel pins **(17)**.

7 - Attach the spreaders **(8)** (lever towards the bottom, sliding tube on the side of the short upright **(7)**) on the uprights **(6)** et **(7)** with the screws **(10)** and the nuts **(5)**. Tighten the screws in moderation.

Figure 1



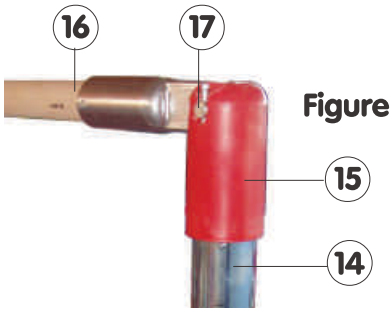


Figure 2

III. Assembling, adjusting and tightening the cables:

- Standard cabling **(Ref. : 3203A)**: refer to the Assembly Instructions NM177.
- Short cabling **(Ref. : 3204A)**: refer to the Assembly Instructions NM178.

IV. Adjusting the height (see **Fig. 3** and **Fig. 4**):

1 - Loosen the cables matching to the hand-rail **(16)** to ajust using the quick tighteners (cf. NM177 ou NM178).

2 - Unlocking: Loosen the thumbscrews **(12)** by 2 to 3 turns on both of the uprights **(6)** or **(7)**.

3 - Freeing the pistons: press and hold down the pawl **(11)**.

4 - Raise or lower the sliding tube in question **(14)** until the bar is at the desired height (corresponding marking).

5 - Locking: Tighten the thumbscrews **(12)**, after check the correct catching* of the pawls **(11)**.

6 - Retighten the cabling **(20)** or **(21)** using the quick tighteners.

Important:

- ***Catching :** make sure of the height is locked, checking each pawl **(11)** leans on the uprights **(6)** or **(7)**. In this position, the sliding tubes **(14)** must neither move up nor move down.
- Check that both uprights on a single hand-rail **(16)** are adjusted to the same height (horizontal hand-rail) - this is mandatory.

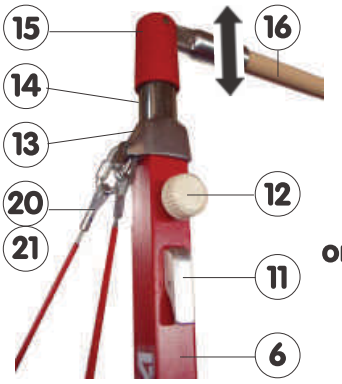
V. Adjusting the distance between the bars (two people advised):

1 - Adjustment is possible without loosen the cabling: press the lever of the 2 spreaders **(8)** in the same time.
2 - Ajust the distance wanted matching the graduation, pushing or pulling the short upright **(7)**.
3 - Release the spreader lever **(8)**.
4 - Make sure that the spreader **(8)** is locked: the piston pin must be correctly engaged.

Important: Both spreaders **(8)** must be adjusted to the same value (mandatory).

Nota : If spreaders **(8)** catching is difficult, check balancing tension of cables to keep the verticallity of the uprights tall **(6)** and short **(7)**, and line them up with the same base **(1)** like shown on **Figure 5**.

Figure 3 - Tall Upright



or

Figure 4 - Short Upright

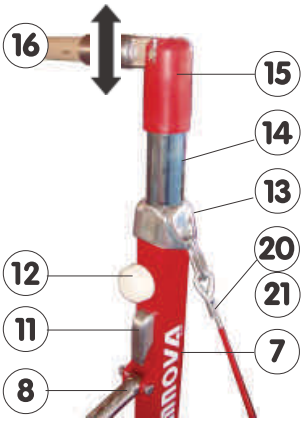
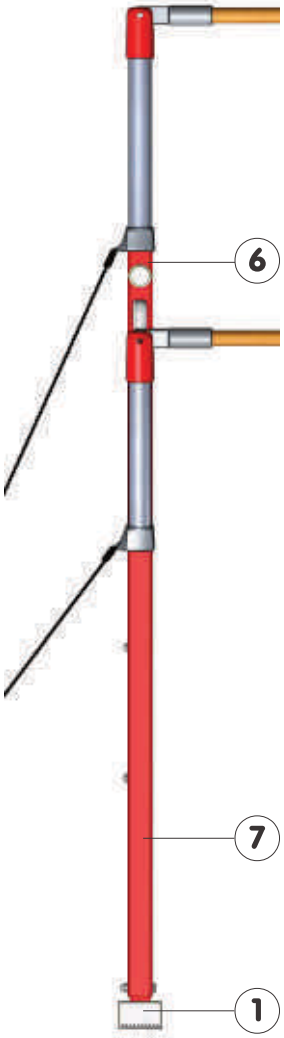


Figure 5



VI. Adjustment values:

Lower hand-rail:	1.40 to 1.70 m
Upper hand-rail:	2.15 to 2.45 m
Distance between uprights:	0.72 to 2.01 m

VII. Usage and Benefits:

- The adjustment between hand-rails is done quickly without modifying the adjustment of cabling.
- The uneven parallel bars allow you to quickly and easily remove the lower hand-rail in order to use the high bar only. Simply release the quick tightener (see: NM177 or NM178) on the lower hand-rail and remove its two pins **(17)** to remove the hand-rail. Thus you can safely use the upper hand-rail only.

For safety reasons:

- These uneven parallel bars are training apparatus, which must not be used like competition apparatus.
- Never use abrasive materials on the hand-rails **(16)**, in order to avoid modifying their mechanical properties or their dimensions.

VERY IMPORTANT:
- Don't fit a high bar hand-rail on the tall uprights for a GAM use, to avoid all premature damage of the apparatus (warranty validity).

VIII. Maintenance:

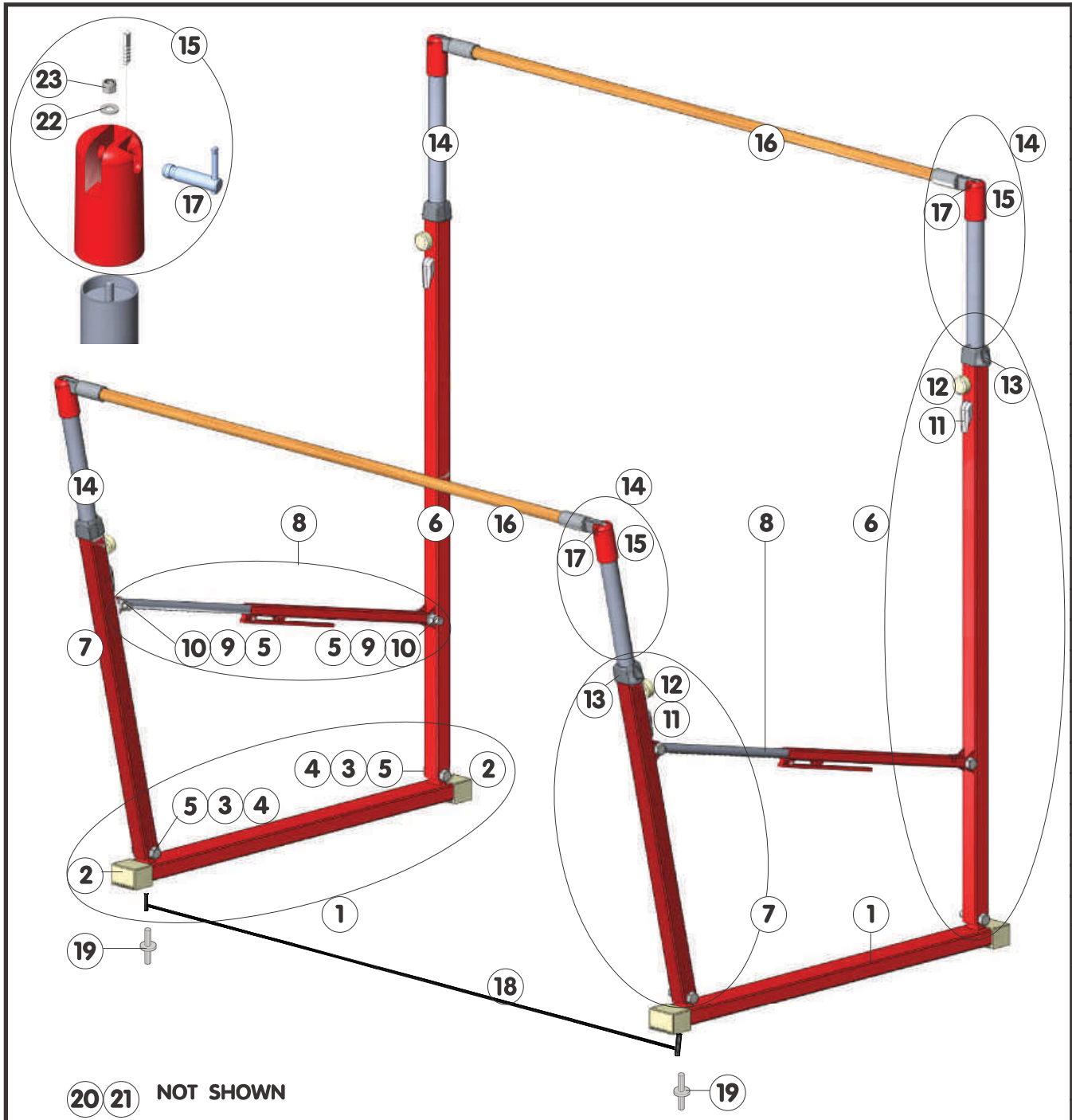
1 - A regular cleaning of the apparatus allows better viewing of the problems, if any (distortion, breakage, or corrosion).
2 - Before use, check wear parts and safety elements each time for good condition and operation:
- pads **(2)**, silent-blocs **(9)** spreader, thumbscrews **(12)** (tightened), aluminum cups **(13)**, pawls **(11)** and spreaders **(8)** (notched), swivel heads **(15)**, hand-rails pins **(17)** (locked).
- visual inspection of correct tightening and condition of the hand-rails **(16)**, and all the bracing cable elements (cables, tighteners, quick links locked, etc.).

3 - Maintenance of the hand-rail **(16)**:
- Remove the pins **(17)**, clean (magnesium deposits), lubricate the hand-rails ends, then re-install the hand-rails.

4 - Check the tightening of cabling **(20)** or **(21)** and closure of quick links, ... (see NM177, NM178), before each use.
5 - Check the correct tightening of all attachment elements **(4)** + **(10)** + **(5)** + **(23)** and the locking of anchors.
6 - 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.

IX. Storage:

Always store the equipment away from humidity and heat.



To order spare parts, provide the description, reference, and delivery date of the entire apparatus.

ITEM	QTY	DESCRIPTION	REFERENCE	REMARKS
30	-	-	-	-
29	-	-	-	-
28	-	-	-	-
27	-	-	-	-
26	-	-	-	-
25	-	-	-	-
24	-			
23	4	M8 Brake Nut	VEHF08000Z	
22	4	M8 x 18 plane washer	VRP008180Z	
21	-	Short Cabling M'07	3204A	see NM178
20	-	Standard Cabling M'07	3203A	see NM177
19	2	Support Pivot	328/02	not supplied
18	1	Support Cable	333/41	not supplied
17	4	Stainless Steel HR Pin	322/13	includ. in 14&15
16	2	Hand-rail for Uneven Bars 05	3260A	spare kit
15	2	Pair of swivel Heads	3210/20	spare kit
14	4	Sliding Tube + Head + Pin	328/13	spare kit
13	4	Uneven Bars renf. Alum. Cup	3210/30	included in 6&7
12	4	Tightening Thumbscrew	333/38	included in 6&7
11	4	Piston Pawl + Spring	333/05	included in 6&7
10	4	HM12 x 60 Screw	VH0012060Z	included in 8
9	4	Silent-Bloc Spreader	433/06	included in 6&7
8	2	Giant Spreader	433/01	spare kit
7	2	Short Upright-Training	328/10	spare kit
6	2	Tall Upright-Training	328/15	spare kit
5	8	M12 Cap Nut	VEBR12000Z	included in 1&8
4	4	HM12 x 70 Screw	VH0012070Z	included in 1
3	4	Base Spacer	-	included in 1
2	4	Apparatus Pad + Screw	3800/07	spare kit
1	2	Base	433/02	spare kit

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Training Uneven Parallel Bars With Stays

BY: J.BRIOT	DATE: 29/01/09	NM11j	Ref.: 3270A - 3275A

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ASSEMBLY INSTRUCTIONS	NM177c	06/03/09

STANDARD CABLING M'2009 FOR UNEVEN PARALLEL BARS

3203B

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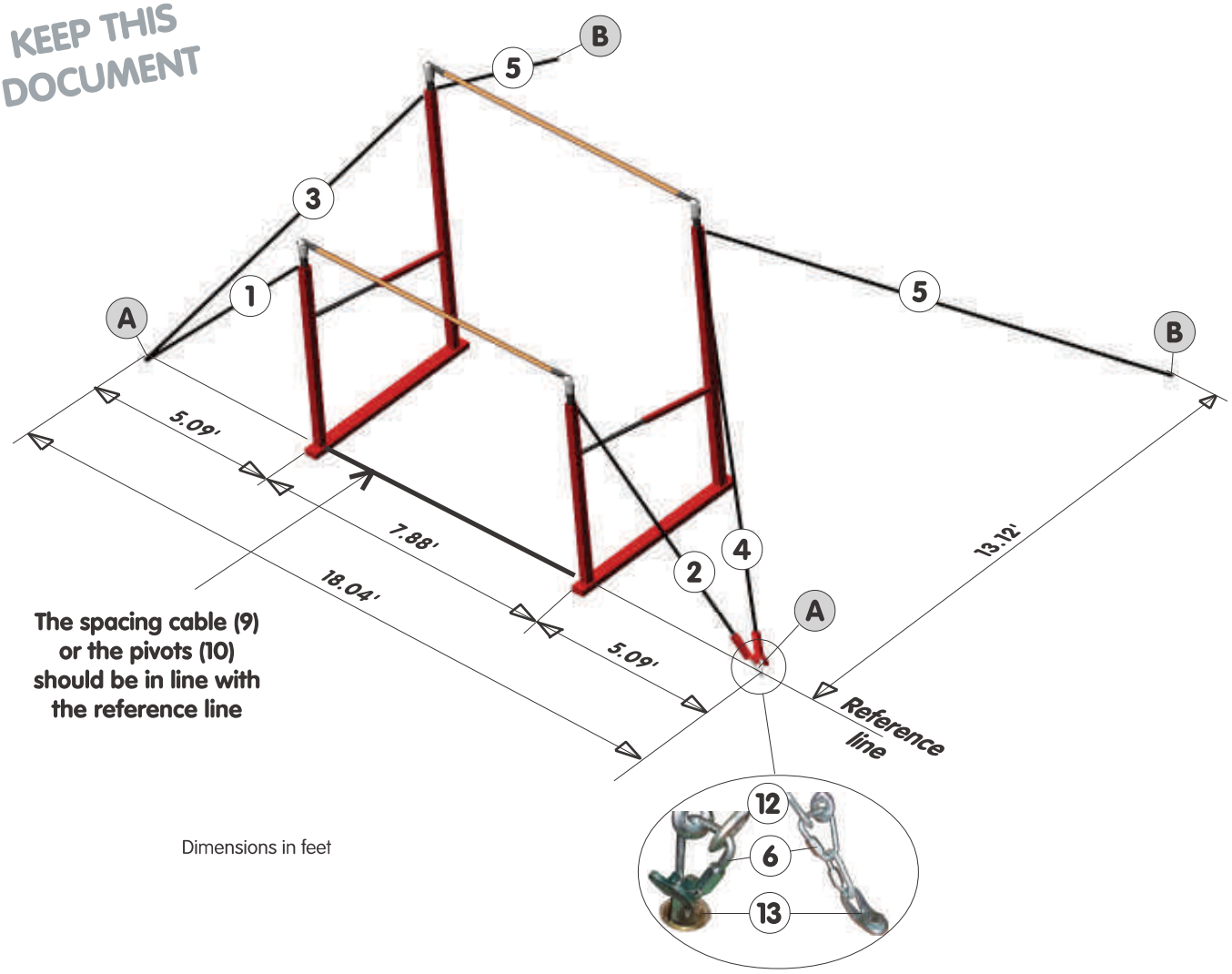


The spacing cable (9) or the pivots (10) should be in line with the reference line

Dimensions in feet

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.: 3203B) Dimensions : 500 x 280 x 110 mm (19.7 x 11 x 4.33 in)
Masse : 12 kg (26.45 lb) Volume : 0.0154 m^3 (0.54 ft^3)

Constantly aiming to improve our products, we reserve the right to make changes to the equipment and dimensions without further discussion.

I. Preparing the cables:

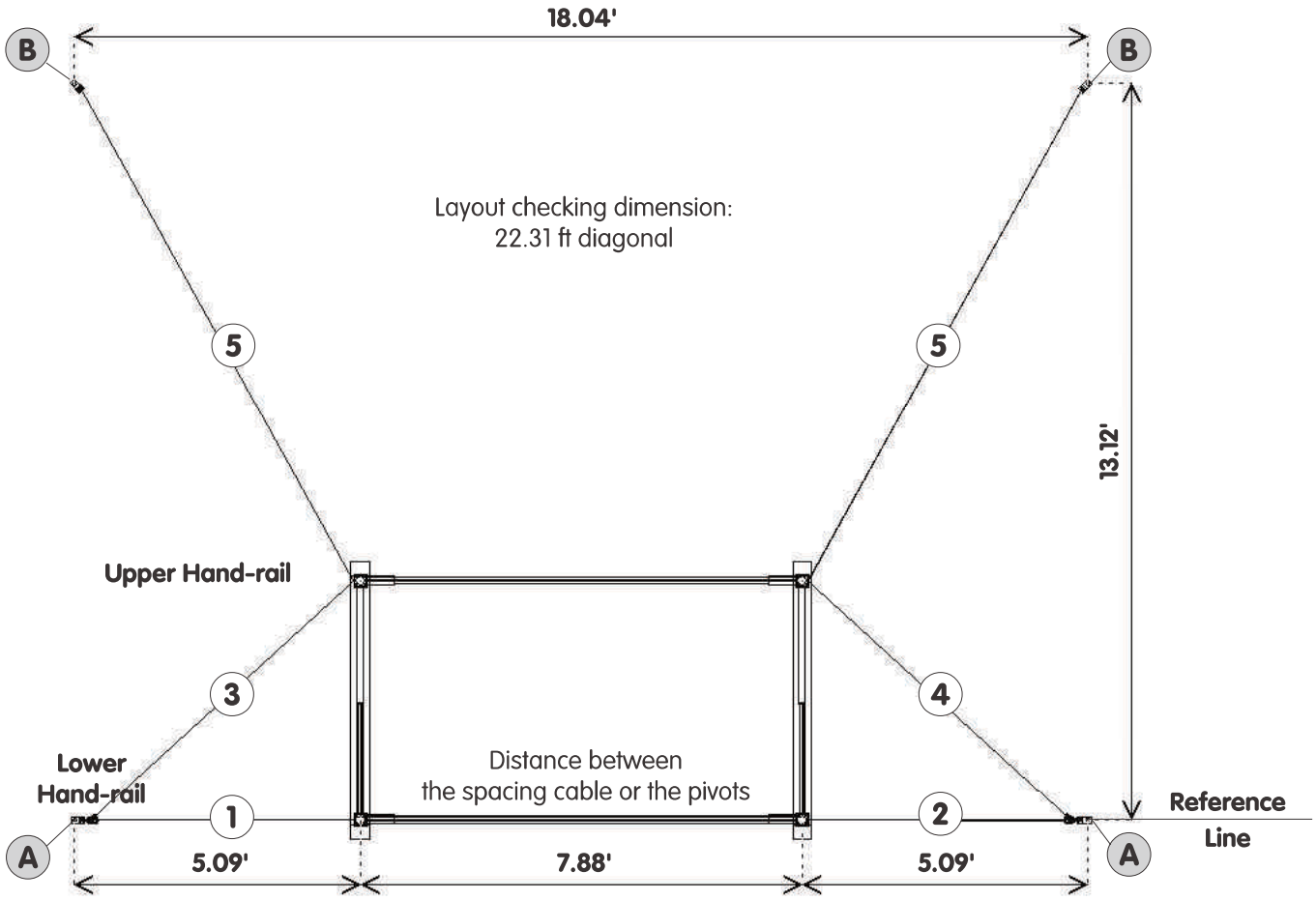
1 - Floor positioning (see **Fig. 1**):

- Plot the floor positioning of the anchors and the spacing cable **(9)** (or the distance between the pivots **(10)**).
- Drill in accordance with the assembly instructions **NM13** for chemical anchors or **NM25** for retractable anchors (for pivots **(10)**: drill ø12, 45 mm (1.77 in) deep, if required).

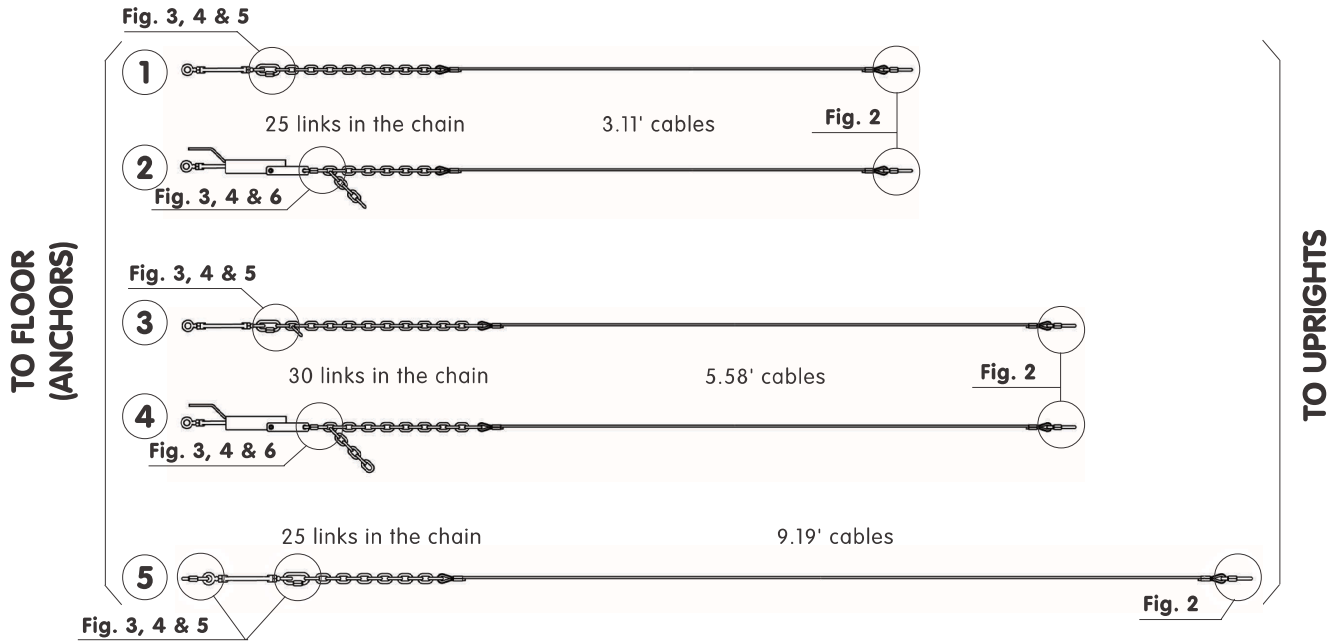
Important:
- The cable attachment points must resist 800 daN (see: NF S52-400).
- It is mandatory that **the lower uprights** are aligned with the reference line.

Dimensions in feet

Figure 1



2 - Layout of cabling items:



3 - Assembly principle and precautions:
- Make sure you assemble the quick links **(6)** and **(14)** in the proper direction (always tighten downward) like **Fig. 2**.
- Adjust the turnbuckles to medium length to enable the cables to be adjusted easily like **Fig. 5**.

Note: Do not lock the floor attachments so that the bracing flats **(11)** can be positioned.

Figure 2 - quick link **(14)** / upright assembly

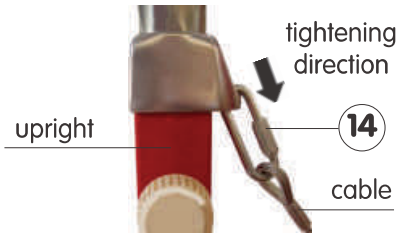


Figure 3 & 4 - quick link **(6)** / chain assembly

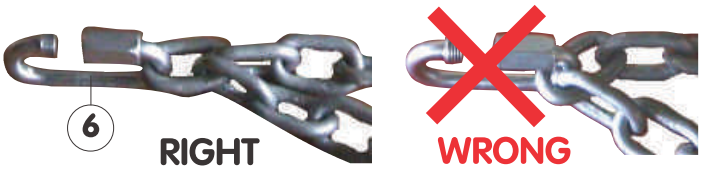
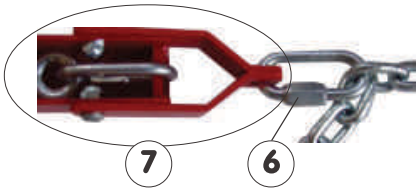


Figure 5 - quick link **(6)** / turnbuckle tie **(8)** assembly

Figure 5 - quick link **(6)** / quick tightener **(7)** assembly



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

- Identify the location of each cable using **Fig. 1** (on page 2) and the general view (on 1st page).
- Once the respective positions of the cables are determined, attach end of cables on all the uprights, using big quick link **(14)**, observing their assembly and tightening direction like **Fig. 2**.
- Hook the cables **(5)** to the rear anchors **(B)** using the quick links **(6)** setting chain lengths.
- Attach cables **(1)** and **(3)** to the lower hand-rail anchor bolts **(A)** using the turnbuckle ties **(8)**.
- Attach cables **(2)** and **(4)** to the other lower hand-rail anchor bolts **(A)** using the open quick tightener **(7)**.
- Set each tall 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 **(13)** before tightening the cables.

1 - To fine-tune the tension of cables **(2)** and **(4)**, open the quick tightener **(7)** (see **Fig. 8**), screw or unscrew the turnbuckle **(8)**. Lock the locknuts, then close the quick tightener (see **Fig. 7**).

2 - Position the handle of the quick tightener **(7)** so that it is above the turnbuckle **(8)**.

3 - **Important:** Lock the quick links **(6)** and the locknuts on turnbuckles **(7)** and **(8)** using the wrench.

Figure 7 - Slack cabling: Open quick tightener

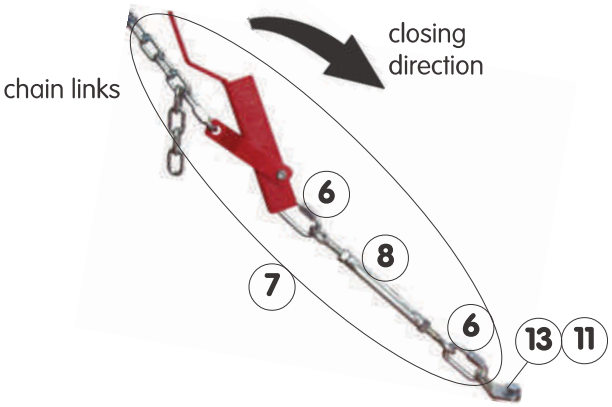
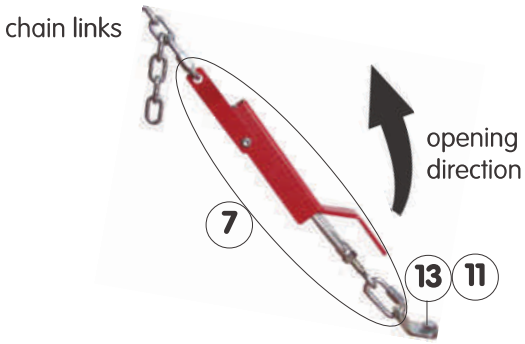


Figure 8 - Tightened cabling: Closed quick tightener



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 **(6)** and **(14)**, chain links, bracing flats **(11)**, quick tighteners **(7)**, and turnbuckles **(8)**.

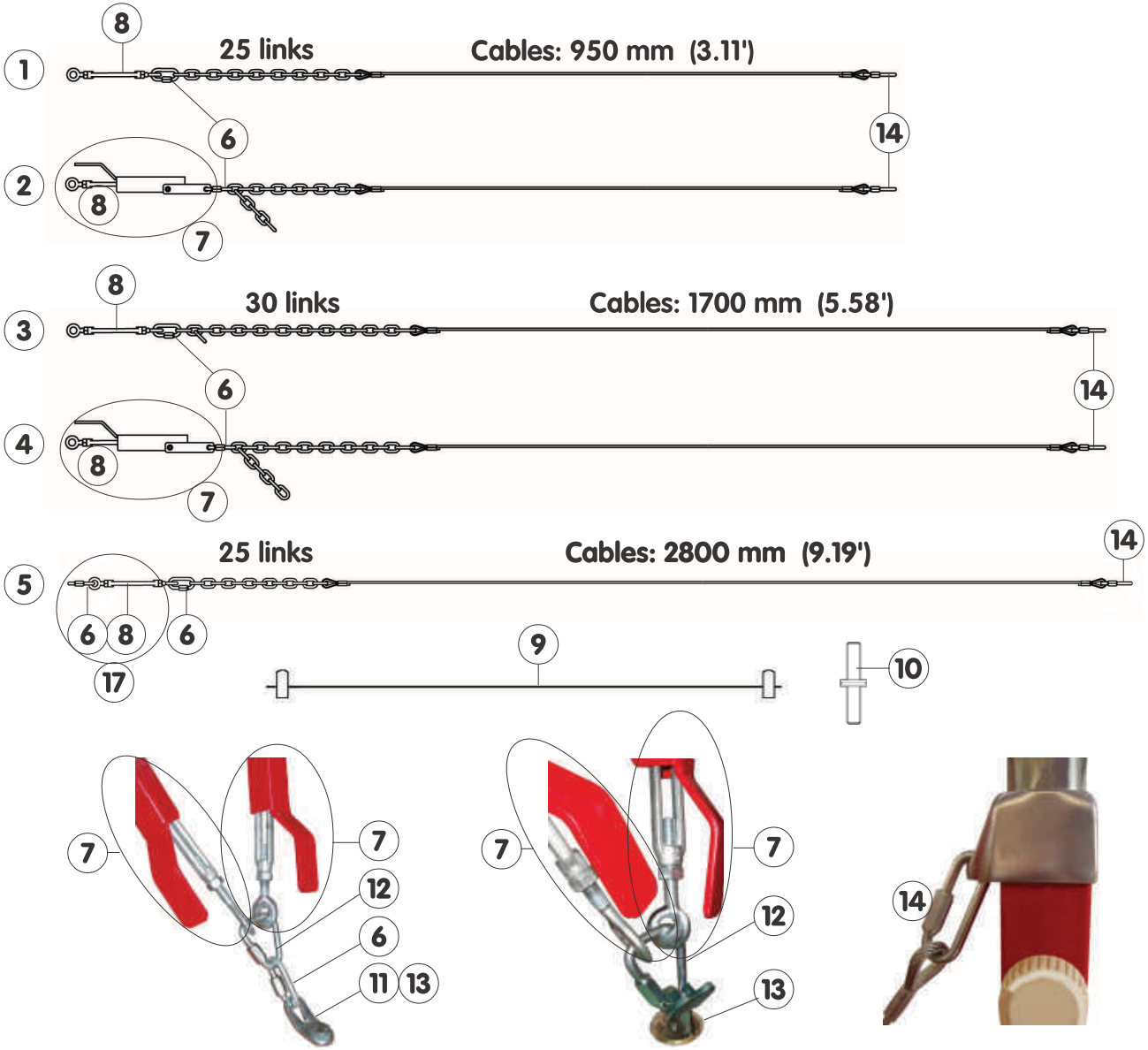
3 - Check the tightening of cables and closure of quick links, before each use.

4 - Check that the anchors **(13)** 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.



29	-	-	-	-
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25	-	-	-	-
24	-	-	-	-
23	-	-	-	-
22	-	-	-	-
21	-	-	-	-
20	-	-	-	-
19	-	-	-	-
18	-	-	-	-
17	6	M12 Turnbuckle + Quick link	QTELEMA812	each
16	-	Share of 4 brac. flats+screws	3120/40	spare kit
15	-	Share of 2 brac. flats+screws	3120/20	spare kit
14	6	Large open Quick link No.8	QMRAG0008Z	each
13	-	4 Anchors retract. hook	2000/40	not provided
13	-	4 Chimical anchors bolt	2010	not provided
12	2	Delta Quick link No.8	QMRADEL08Z	each
11	4	Bracing flat	-	not provided
10	2	Support pivot	328/02	each
9	1	Spacing cable	333/41	each
8	6	Turnbuckle tie M12 O/O	QTELE1012G	each
7	2	Quick tightener	2550A	spare kit
6	8	Quick link No.8	QMRA00008Z	each
5	2	Long Upper HR cable-turn.	3203/25	spare kit
4	1	Upper HR cable-tightener	3203/24	spare kit
3	1	Upper HR cable-turnbuckle	3203/23	spare kit
2	1	Lower HR cable-tightener	3203/22	spare kit
1	1	Lower HR cable-turnbuckle	3203/21	spare kit
ITEM	QTY	DESCRIPTION	REFERENCE	REMARKS

	1	2	3	4	5
Adjustment range (ft)	min: 4.26 Max: 6.79	min: 4.66 Max: 7.18	min: 6.72 Max: 9.71	min: 7.12 Max: 10.1	min: 10.53 Max: 13.06

To order spare parts, provide the description, part no. and delivery date of the entire apparatus.

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Fax : 33-(0)-4-91-93-86-89

Standard Cabling M'09 for Uneven Parallel Bars

BY: J.BRIOT | DATE: 06/03/09 | NM177c | Ref.: 3203B

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