

BARRES PARALLÈLES SCOLAIRES

A CONSERVER

**3900-3901
3905-3906-3907**

Avertissement :

Il convient de faire installer ce matériel par une personne qualifiée.

L'appareil doit être utilisé par une seule personne à la fois, sous la surveillance d'une personne qualifiée. Des tapis de réception doivent être obligatoirement installés sur le châssis. L'usage de cet appareil à des fins autres que celles initialement prévues est exclu. Il est interdit d'utiliser le matériel lorsqu'il est sur son dispositif de déplacement.

Recommandations :

Il est recommandé comme l'indique la norme française NF S 52-400 de :

- conserver cette notice pour référence ultérieure (contrôle, entretien...).
- effectuer une maintenance préventive de manière périodique.
- mettre en place une vérification annuelle ou pluriannuelle selon l'utilisation.

Utilisation :

Dans sa configuration de base (Réf. : 3900 avec pieds fixes), cet appareil possède un encombrement au sol de 2,5 x 2 m. Afin de faciliter son déplacement, il existe une version avec chariots intégrés (Réf. : 3901 avec pieds fixes), ou la possibilité de rajouter ce chariot ultérieurement (Réf. : 3850). Pour accroître sa maniabilité et optimiser son espace de rangement, il existe équipé de pieds repliables avec chariots (Réf. : 3906) : encombrement au sol de 2,55 x 0,90 m.

Dans un souci d'amélioration du confort de l'utilisateur, cet appareil peut être livré avec un matelas pliant spécifique intégré (Réf. : 7080 seul) qui nécessite l'emploi de chariots, permettant de déplacer l'ensemble (Réf. : 3905 ou 3907) agrès et matelas de réception.

Composition et colisage :

-> **Réf. : 3900** : Barre parallèle scolaire à pieds fixes

- 1 colis (Réf. : 386/01) : La paire de porte-mains (6).
- 2 colis (Réf. : 3900/04) : La paire de fûts de B. // scolaires (5).
- 1 colis (Réf. : 380/18) : La paire de longerons (3).
- 1 colis (Réf. : 380/19) : La paire de pieds fixes pour châssis (1).
- 1 colis (Réf. : 380/37) : 4 brides de fixation simples (4).

-> **Réf. : 3901** : Barre par. scolaire à pieds fixes + chariots

- Mêmes colis que la «3900» + 1 colis (Réf. : 3850)

-> **Réf. : 3905** : Barre par. scol. pieds fixes + chariots + matelas pliant intégré

- Mêmes colis que la «3901» + 1 colis (Réf. : 7080)

-> **Réf. : 3906** : Barre par. scol. pieds repliables + chariots

- 1 colis (Réf. : 386/01) : La paire de porte-mains (6).
- 2 colis (Réf. : 3900/04) : La paire de fûts de B. // scolaires (5).
- 1 colis (Réf. : 380/18) : La paire de longerons (3).
- 1 colis (Réf. : 391/20) : La paire de pieds repliables (2).
- 1 colis (Réf. : 380/37) : 4 brides de fixation simples (4).
- 1 colis (Réf. : 3850) : Chariots de déplacement (non représentés : livrés avec notice NM21) .

-> **Réf. : 3907** : Barre par. scol. pieds repliables + chariots + matelas pliant intégré

- Mêmes colis que la «3906» + 1 colis (Réf. : 7080)

Montage :

- 1) **Assemblage du châssis** : Procéder suivant figure ci-dessus. Veiller à placer les trous «O» des longerons (3) vers le bas et l'intérieur du châssis, en vue du montage éventuel des chariots. Enfiler les brides de fixation (4) à travers les pieds (1) ou (2) et les longerons (3).
- 2) **Montage des fûts** : Placer les fûts (5) suivant figure (Molettes de serrage vers l'extérieur). Serrer fortement toutes les fixations.
- 3) **Mise en place des porte-mains (6)** : Enfiler les 2 chapes (10) de chaque porte-mains (6) dans les rotules (8) des fûts (5). Serrer modérément les 4 articulations grâce à la visserie fournie.

Réglages :

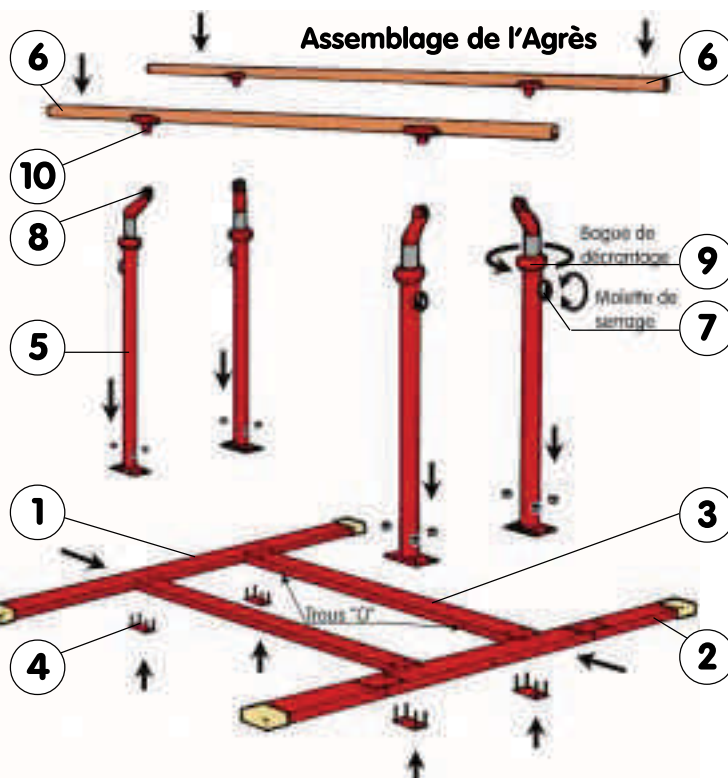
1. Hauteur des porte-mains (1,15 à 1,85 m - réglage tous les 5 cm) :

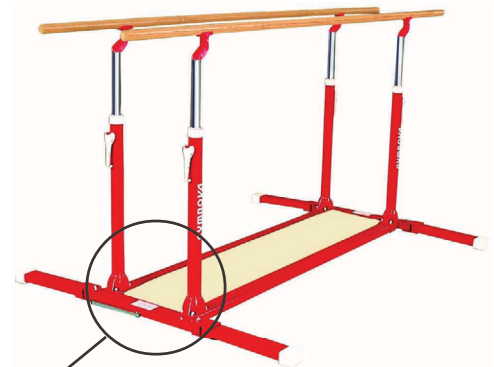
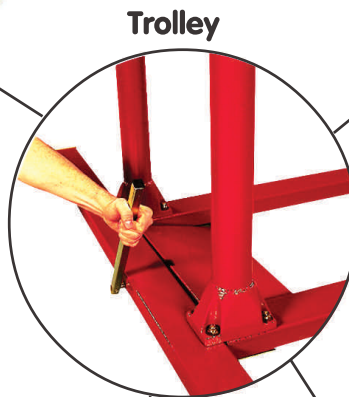
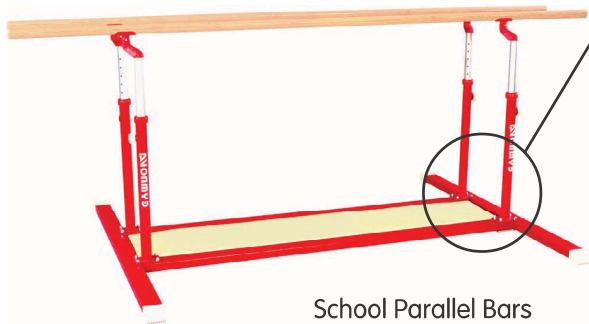
- Pour remonter le porte-mains (6) : Desserrer les molettes (7) des 2 fûts d'un même porte-mains. Soulever celui-ci jusqu'à obtention de la hauteur voulue (Le petit «doigt métallique» à l'intérieur de la bague (9) doit être en appui dans un trou de réglage). Resserrer chaque molette (7). Renouveler l'opération pour l'autre porte-mains.
- Pour abaisser le porte-mains (6) : Desserrer les molettes (7) des 2 fûts d'un même porte-mains. Soulever celui-ci de quelques centimètres afin de dégager complètement chaque petit «doigt métallique» (à l'intérieur des bagues (9)). Tourner ensuite la bague (9) d'un quart de tour, puis accompagner la descente du porte-mains. Lorsqu'il est au plus bas, tourner la bague (9) pour cranter le petit «doigt métallique», puis ajuster la hauteur. Resserrer chaque molette (7). Renouveler l'opération pour l'autre porte-mains.

2. Écartement des porte-mains (37,5 à 65 cm) :

Pour modifier cet écartement, il suffit de desserrer les molettes (7) des 2 fûts d'un même porte-mains, et de positionner ce dernier suivant les besoins. Renouveler l'opération pour l'autre porte-mains. Veiller à conserver le parallélisme des porte-mains, avant de resserrer chaque molette (7).

Dans le souci d'une amélioration constante des produits, nous nous réservons le droit d'apporter des modifications techniques et dimensionnelles sans que cette notice nous soit opposable.



**BUILT-IN PAIR OF TRANSPORT
TROLLEYS FOR FREESTANDING BARS****3850****KEEP THIS
DOCUMENT**Freestanding Asymmetric Bars
Ref.: 3345A, 3347, 3356 & 3357Parallel Bars for Training
Ref.: 3910, 3915, 3921 & 3925**Trolley**School Parallel Bars
Ref.: 3901, 3905, 3906 & 3907Mixed Bars
Ref.: 3380 & 3391**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.

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. 3850): Pair of transport trolleys

Weight: 13 kg (28.66 lb) Dimensions: 510 x 290 x 120 mm (1.67 x 0.95 x 0.39 ft)

Volume: 0.018 m³ (0.6357 ft³)

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

I. Disassembling the Apparatus:

- 1 - In case of joint purchase, refer to section II.
- 2 - If the pair of trolleys has been purchased after the apparatus, the installation requires partly disassembling the apparatus frame: Disassemble all 4 uprights of the apparatus, then remove the legs (20) and spars (8) from the frame flanges (21).

II. Assembling the trolley:

- 1 - Insert each cam (1), into the hole of each leg (20). Insert one thrust washer (3), then the lever (4) horizontally onto the cam (1) as shown by **Figure 1**.
Important: it is imperative to observe the lever (4) assembly direction with regard to the cam, by setting the "pin" upward.
- 2 - Lock the assembly by inserting the screw (5) through the lever (4) and the cam (1), then fully tighten the assembly using the nut (6) (see **Fig. 1**).

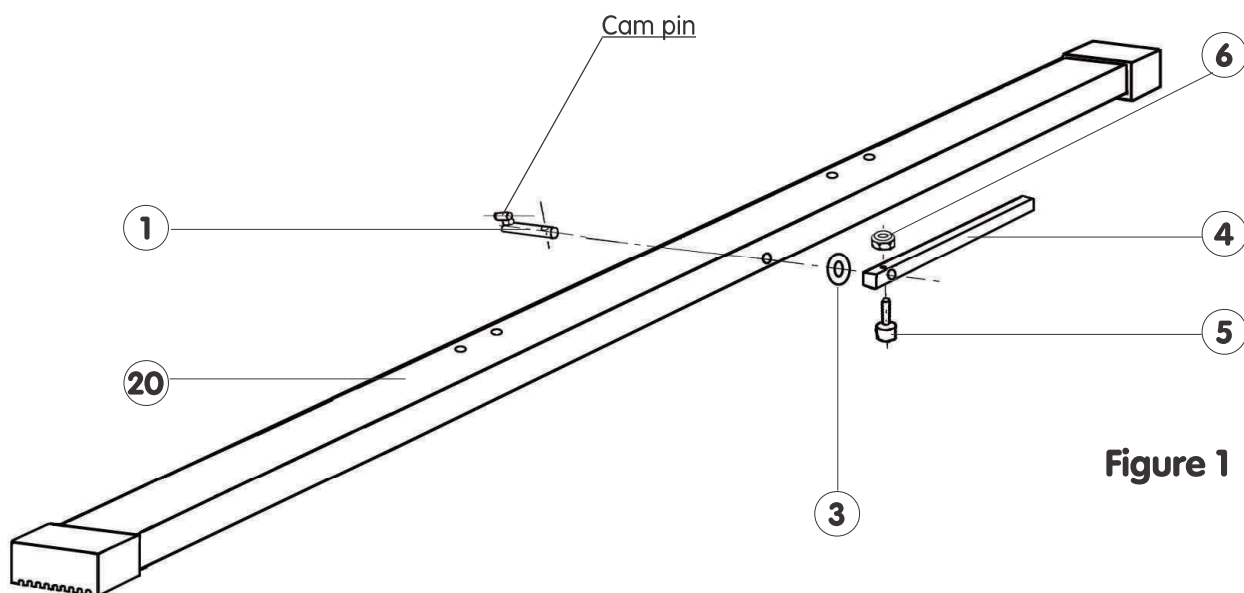


Figure 1

- 3 - Place the frame flanges (21) on the floor. Insert the spars (8) onto the flanges (see **Fig. 2**).
Important: hole "O" should imperatively be located downward and on the inner side of the frame.
- 4 - Brings the "spars (8) + flanges (21)" assemblies against both complete plates (18) by inserting the pivots "P" into the holes "O" (see **Fig. 2**).

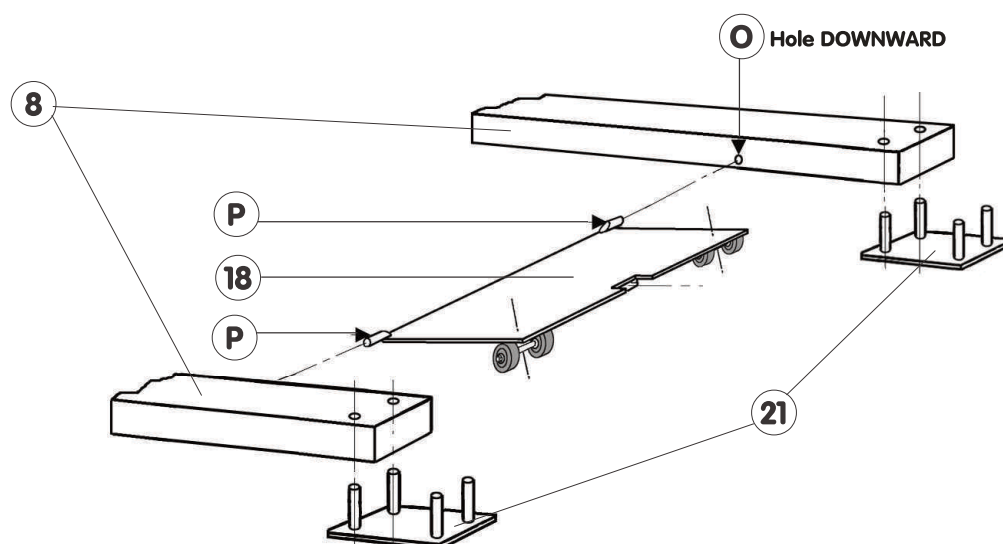
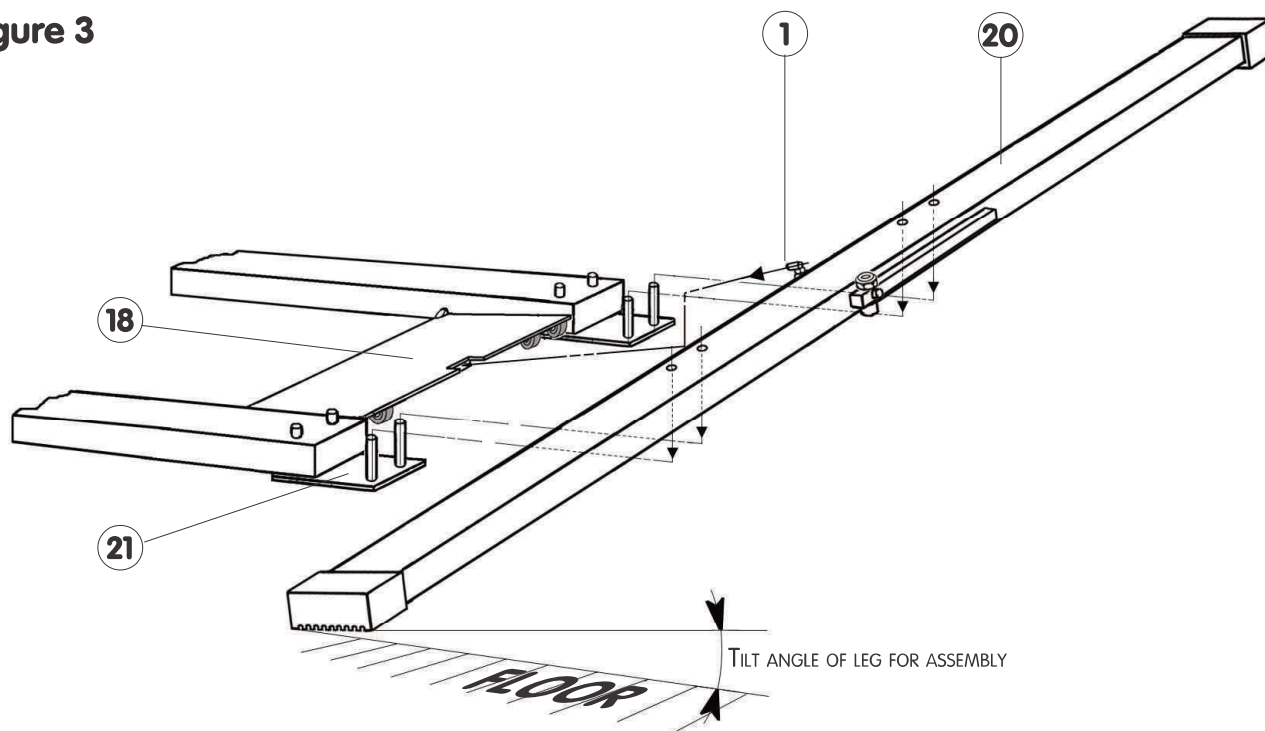


Figure 2

- 5 - Position each leg (20), slightly tilted at each end of the "trolley+spars+flanges" assembly resting on the floor, as shown by **Figure 3**.
- 6 - Insert the cam "pin" (1), previously lubricated, into the housing of the plate (18) (see **Fig. 3**). If necessary, slightly lift the trolley for easier assembly.
- 7 - Lower the assembly to insert the leg (20) onto the flanges (21) (see **Fig. 3**).
- 8 - The pair of trolleys then is in rest position.

Figure 3



III. Assembling the apparatus:

- 1 - Freestanding Asymmetric Bars: Refer to the Assembly Instructions NM17.
- 2 - Parallel Bars for Training and Mixed Bars: Refer to the Assembly Instructions NM225.
- 3 - School Parallel Bars: Refer to the Assembly Instructions NM117.

IV. Usage:

1 - Activating the trolleys:

- Warning: it is recommended to support the levers (4) when rocking (this allows dampening the bump due to the apparatus weight), in order to avoid damaging the whole equipment.
- In order to set the apparatus on wheels, simply rock each lever (4) so that the trolley may come into contact with the floor by lifting the apparatus.
- Warning: check that the lever is actually abutting when rocking (far exceeding the vertical position) to allow for correct positioning of the trolley, i.e. in "work" position.
- For moving, simply push the apparatus fitted with the trolleys.

2 - Retracting the transport trolleys:

After moving the apparatus, set it back onto the floor, by folding the levers (4).

V. 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 the cam (1), trolley plate (7), wheels (14), bearing system (18).
 - check the correct tightening of all attachment elements (5), (6) and (11).
- 3 - **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.

VI. Storage:

Always store the equipment away from humidity and heat.

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23	-	-	-	-
22	1	Set of 4 stirrups + bearings	385/19	4 x Ref. 385/11
21	-	Frame flange	-	-
20	-	Frame leg	-	not provided
19	2	Pair of levers with shafts	385/04	per pair
18	1	Bearing Kit	3850/20	for 4 stirrups
17	2	Complete plate	-	each
16	4	Complete stirrup + bearings	385/11	each
15	4	Complete stirrup	385/10	-
14	8	Black 42 dia. wheel	GROU4208NO	included in (15)
13	16	M8x18 flat washer	VRP008180Z	included in (15)
12	4	Wheel support stirrup	-	included in (15)
11	4	M12 H locknut	VEHF12000Z	included in (18)
10	8	Needle thrust bearing, 1226	QRTA12026E	included in (18)
10	16	Backplate, 1226	QCPL12026E	included in (18)
9	4	M12x27 thrust washer	VRP012270Z	included in (18)
8	-	Leg spar	-	not provided
7	2	Trolley plate alone	-	painted
6	10	M8 H locknut	VEHF08000Z	-
5	2	M8x30 CHC screw	VCHC08030Z	included in (19)
4	2	Lever	-	included in (19)
3	2	14x27 Z flat washer	VRP014270Z	included in (19)
2	4	Finned endpiece, 20x20	QEPA2020NO	included in (19)
1	2	Cam	-	included in (19)
ITEM	QTY	DESCRIPTION	REFERENCE	

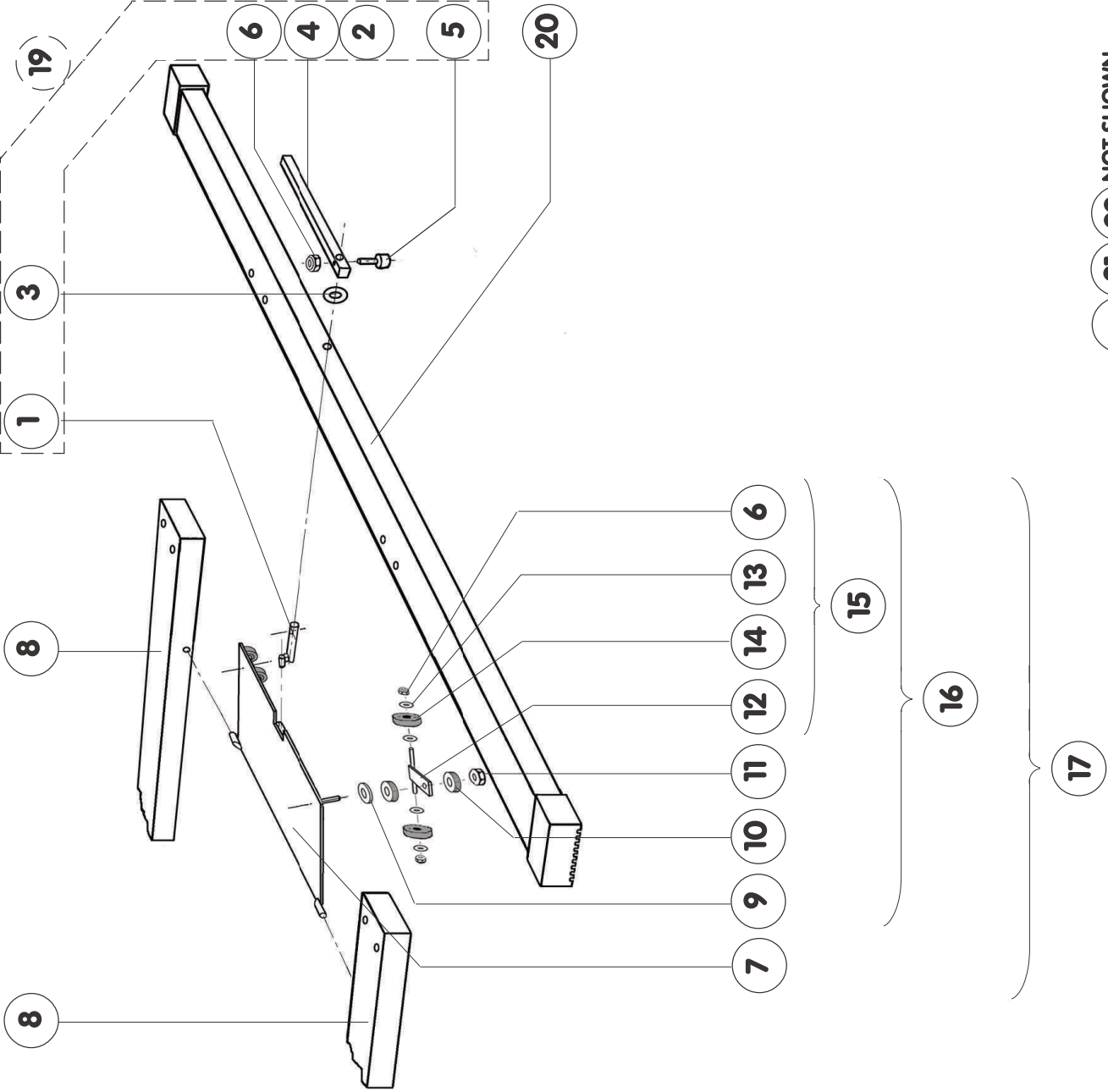


RUE GASTON DE FLOTTE
13012 MARSEILLE
 Tél. : 33-(0)-4-91-87-51-20
 Fax : 33-(0)-4-91-93-86-89

BUILT-IN PAIR OF TRANSPORT TROLLEYS FOR FREESTANDING BARS

BY: E BRIEU DATE: 25/06/07 NW21e Ref.: 3850

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18 21 22 NOT SHOWN

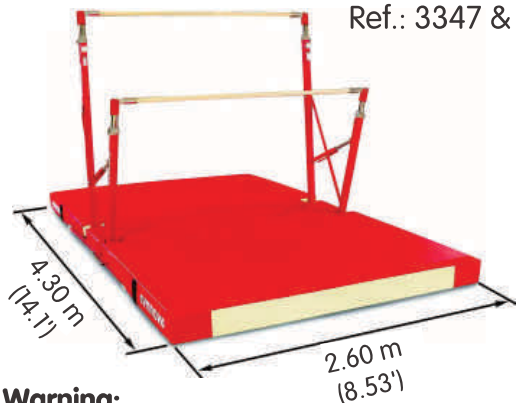
To order spare parts, provide the description, part no., and delivery date of the entire apparatus.

INTEGRATED FOLDABLE MAT FREESTANDING BARS

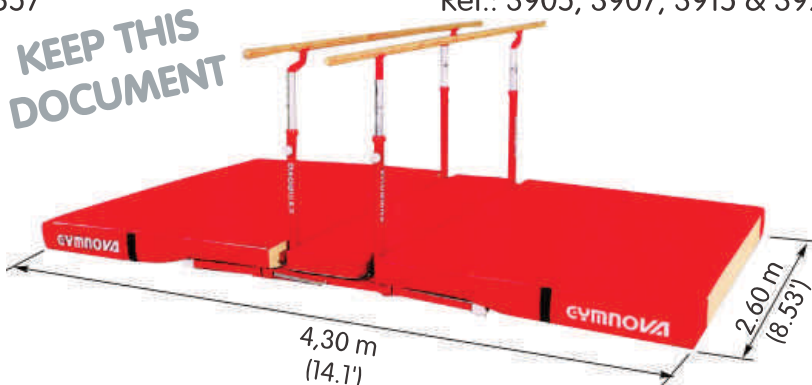
**3347 - 3357 - 3905
3907 - 3915 - 3925
7080**

Ref.: 3347 & 3357

Ref.: 3905, 3907, 3915 & 3925



KEEP THIS
DOCUMENT



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. The integrated foldable mat is designed to be used with the GYMNOVA freestanding bars only.

Compliance:

The integrated foldable mat (ref.: 7080) complies with the requirements of the European standard EN 12503-1 "Sports mats - Part 1: Gymnastic mats, safety requirements". This equipment is classified as type 7: "Safety mats for difficult exercises"

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:

Ref.	3347 Folding legs asym. bars + mat	3357 Fixed legs asym. bars + mat	3905 Fixed legs school // bars + mat	3907 Foldable legs school // bars + mat	3915 Foldable legs practice // bars + mat	3925 Fixed legs practice // bars + mat	7080 Integrated foldable mat	Volume (ft³) Weight (lb) Dimensions (ft)
Packages								
380/18 Pair of freestanding bar spars	1	1	1	1	1	1	-	1.307 72.753 9.19 x 0.39 x 0.36
380/19 Fixed legs for freestanding bars	-	1	1	-	-	1	-	1.271 61.729 6.63 x 0.49 x 0.39
391/20 Foldable legs for freestanding bars	1	-	-	1	1	-	-	1.73 70.548 6.66 x 0.66 x 0.39
327/00 4 asymmetric bar spars, M'97	1	1	-	-	-	-	-	2.896 72.753 6.76 x 0.66 x 0.66
3900/04 Pair of uprights for school // bars	-	-	2	2	-	-	-	2.225 35.274 4.07 x 0.75 x 0.72
380/34 Pair of uprights for practice // bars	-	-	-	-	2	2	-	1.271 61.729 3.97 x 0.66 x 0.49
380/37 Simple attaching flanges	-	-	1	1	1	1	-	0.141 11.023 0.62 x 0.52 x 0.43
333/99 Spreaders+plates+asym. bar flanges, M'98	1	1	-	-	-	-	-	1.059 44.092 2.33 x 0.69 x 0.66
3355/02 Braces for asym. bars, M'98	1	1	-	-	-	-	-	0.318 8.8185 5.02 x 0.33 x 0.2
3850 Transport trolleys for freestanding bars	1	1	1	1	1	1	-	0.636 28.66 1.67 x 0.95 x 0.39
3260/02 Pair of hand-rails for asym. bars, M'05	1	1	-	-	-	-	-	0.883 15.432 8.2 x 0.46 x 0.23
386/01 Pair of hand-rails for parallel bars	-	-	1	1	1	1	-	1.307 24.251 11.7 x 0.49 x 0.23
7082 Built-in side mat	2	2	2	2	2	2	2	33.196 57.32 8.53 x 5.9 x 0.66
7083 Built-in central mat	1	1	1	1	1	1	1	12.713 28.66 8.53 x 2.3 x 0.66
No. of Packages	10	10	10	10	10	10	3	

I. Assembling the Apparatus:

- Freestanding asymmetric bars with fixed legs (ref.: 3356) and foldable legs (ref.: 3345): Refer to the Assembly Instructions NM17.
- Mixed bars with fixed legs (ref.: 3391) and foldable legs (ref.: 3380): Refer to the Assembly Instructions NM225.
- School parallel bars with fixed legs (ref.: 3901) and foldable legs (ref.: 3906): Refer to the Assembly Instructions NM117.

II. Installing the integrated foldable mat (two people recommended):

Note: Prepare a clean area for assembling the mat.

- 1 - Position the central mat (1) between the 4 uprights (7) of the freestanding bars. Then center it on the frame.
- 2 - Position each side mat (2), connecting skirt side, against the central mat (1). Align the side mats (2) with the central mat (1).
- 3 - Fold the connecting skirt (3) of each side mat (2) onto the female Velcro of the central mat (1).
- 4 - When the connecting skirt is attached, check that the side mat (2) is fully applied against the central mat (1). Re-adjust and tighten the connecting skirt (3) if required.

III. Folding and storing the apparatus with integrated mat (two people recommended):

- 1 - For asymmetric bars only, adjust each spreader (5) to the minimum position and fully insert the sliding tubes (6) into the uprights (7).
- 2 - Lift each side mat (2) against the uprights (7) (see Fig.1).
- 3 - Attach each side mat (2) to the uprights (7) using the black Velcro tapes (4) (see Fig.3, 4 and 5): keep each side mat (2) applied against the uprights (7) by tightening the Velcro tapes (4).
- 4 - Install the apparatus on the transport trolleys, lifting the levers (8) on the frame sides.
- 5 - For freestanding bars with foldable legs only, fold the 4 legs against the spars.
- 6 - Store the apparatus in the desired location. When moving, handle the apparatus with folded mat with special care, in order to avoid rocking.
- 7 - When unfolding the integrated mat, perform the same operations in reverse order.

VERY IMPORTANT:

- Never fold or unfold the integrated mat when the apparatus is positioned on the transport trolleys: always perform these operations when the apparatus is resting on the floor, on its pads.
- For freestanding bars with foldable legs, never fold or unfold the mat when the legs are folded against the spars: always perform these operations when the legs are extended.

Figure 1

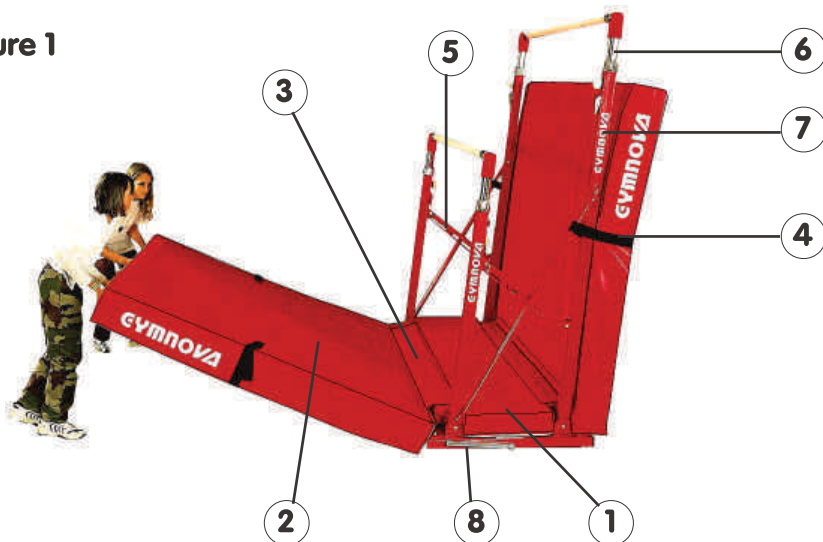


Figure 2



Figure 3

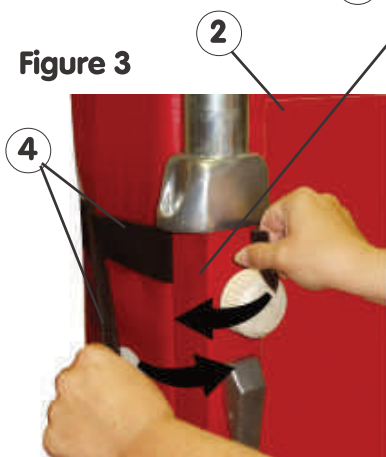


Figure 4

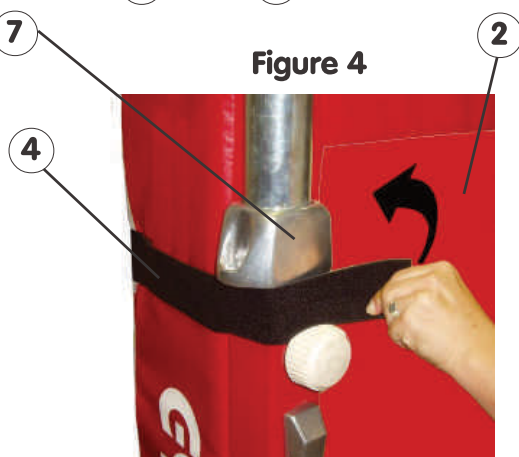
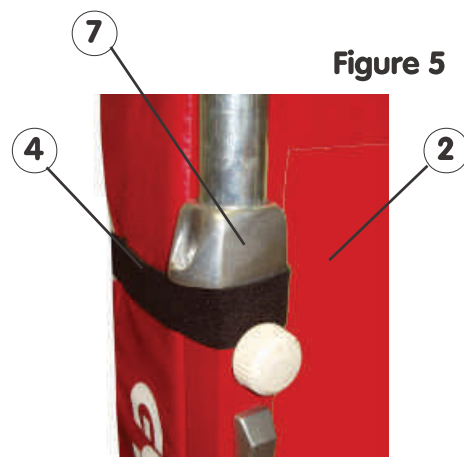
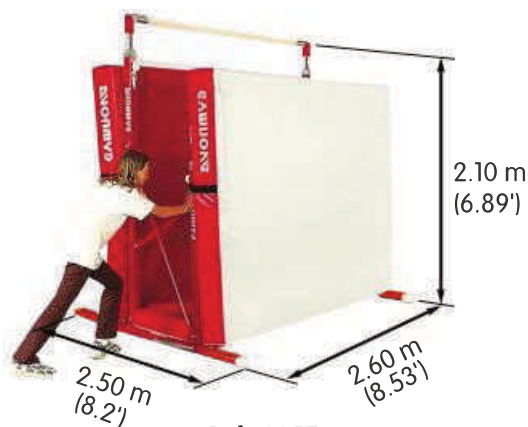


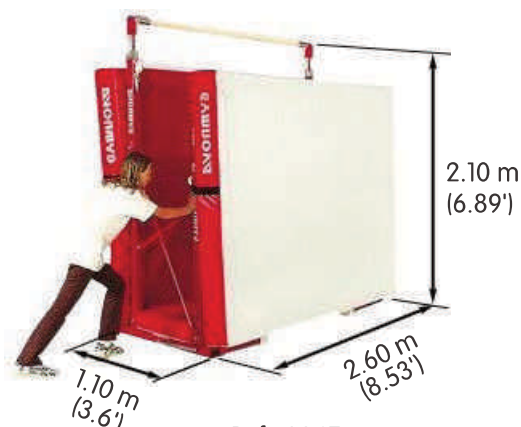
Figure 5



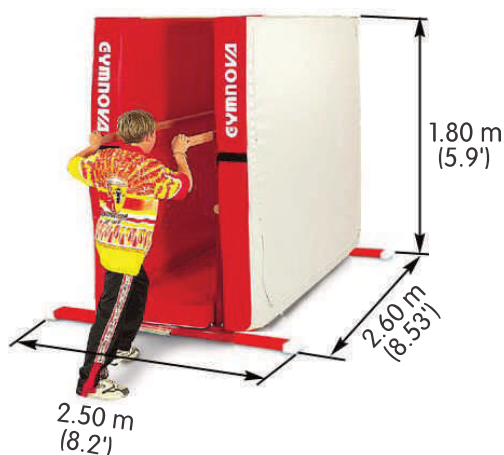
IV. Overall size:



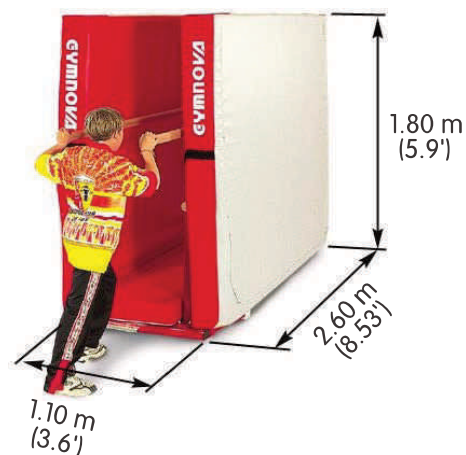
Ref.: 3357
FOLDED



Ref.: 3347
FOLDED



Ref.: 3905 & 3925
FOLDED



Ref.: 3907 & 3915
FOLDED

V. Usage (warranty validity):

This apparatus is for practice only. For safety reasons, it should never be used as a competition apparatus.

VI. 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 each time for good condition and operation: connecting skirts (3) and black Velcro tapes (4) of the side mats (2).
- 3 - **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.

VII. Storage:

Always store the equipment away from humidity and heat.

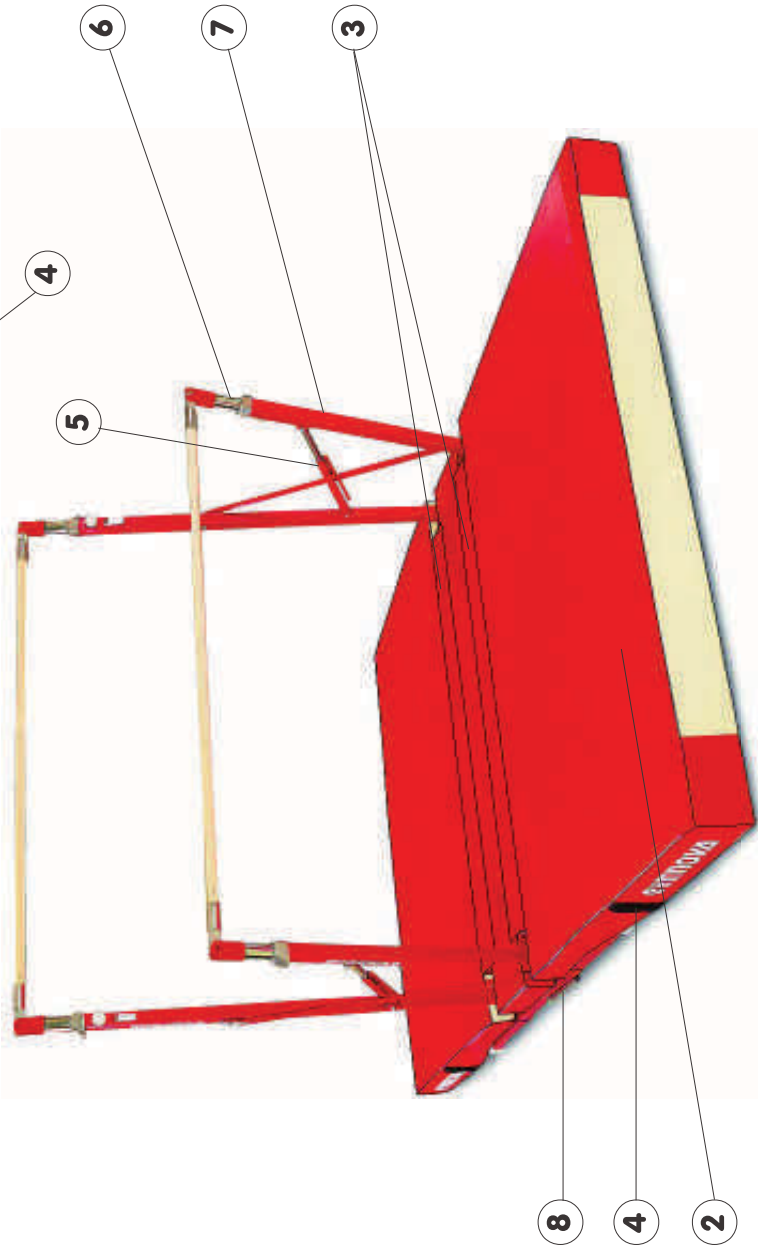
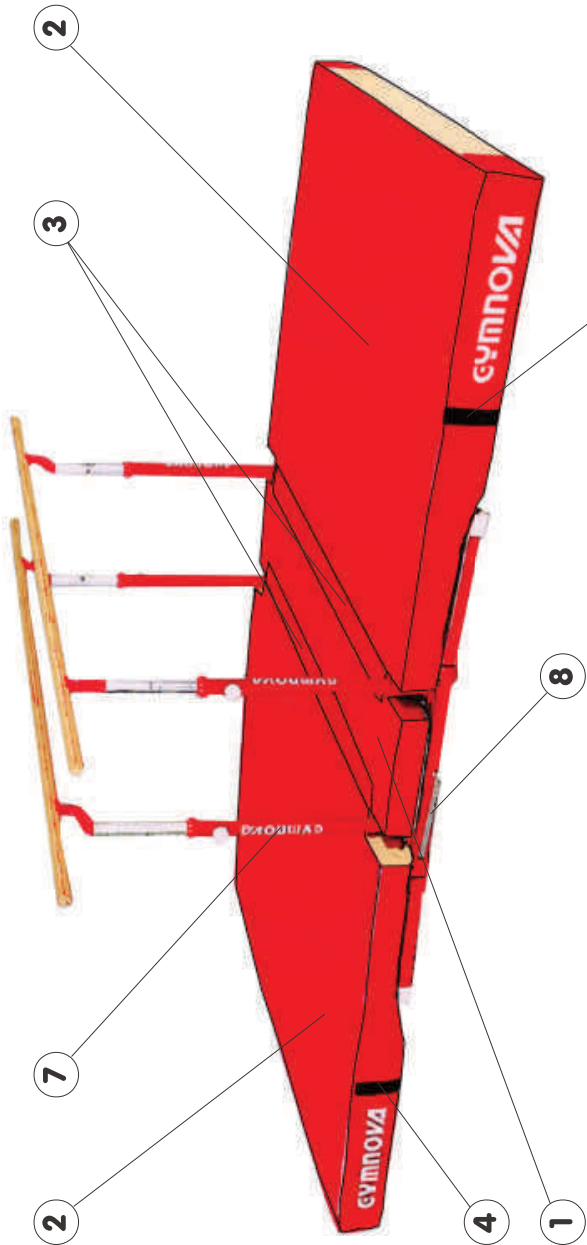
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10	-	-	-	-	-
9	-	-	-	-	-
8	-	-	-	Transport trolley lever	-
7	-	-	-	Freestanding bar upright	-
6	-	-	-	Asym. bar sliding tube	-
5	-	-	-	Asym. bar spreader	-
4	-	-	-	Black Velcro tape	-
3	-	-	-	Connecting skirt	-
2	2	-	-	Built-in side mat	7082 pack
1	1	-	-	Built-in central mat	7083 pack
ITEM	QTY	DESCRIPTION	REFERENCE	REMARKS	

Gymnova

RUE GASTON DE FLOTTE
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Tél. : 33-(0)-4-91-87-51-20
Fax : 33-(0)-4-91-93-86-89

INTEGRATED FOLDABLE MAT FREESTANDING BARS

BY : E BRIEU	DATE : 12/06/07	NIM232	Ref.: 3347 - 3357 - 3905 - 3907 - 3915 - 3925 - 7080
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To order spare parts, provide the description, part no., and delivery date of the entire apparatus.