

ASSEMBLY INSTRUCTIONS

NM225

04/09/06

PARALLEL BARS FOR TRAINING & MIXED BARS

3910 - 3915 3920 - 3921 - 3925 3380 - 3390 - 3391



Warning:

This equipment should be installed by a qualified individual.

This 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".

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. : 3910 —> 330 lb	Ref. : 3920 —> 293 lb	Ref. : 3380> 340 lb
Ref. : 3915 —> 474 lb	Ref. : 3921 —> 322 lb	Ref. : 3390 -> 302 lb
	Ref. : 3925 —> 465 lb	Ref. : 3391 —> 330 lb

Overall size:

All Ref. \rightarrow 3.50 x 2.00 m (11.48 x 6.56 ft) (Folded legs: $3.50 \times 0.87 \text{ m}$ (11.48 x 2.85 ft))

Packagina:

Packaging:											
Package Ref.	380/37 4 simple attaching flanges	380/18 Pair of spars	386/01 Pair of hand-rails	380/34 Pair of uprights 2.00 m	380/35 Pair of uprights 2.30 m	380/19 Pair of fixed legs	391/20 Pair of folding legs	3850 Transport trolley	7082 Built-in side mat	7083 Built-in central mat	No. of Padka- ges
3910 Parallel bars Folding legs	1	1	1	2	-	-	1	1	-	-	7
3915 Parallel bars Folding legs + Mat	1	1	1	2	-	-	1	1	2	1	10
3920 Parallel bars Fixed legs	1	1	1	2	-	1	-	-	-	-	6
3921 Parallel bars Fixed legs + Trolley	1	1	1	2	-	1	-	1	-	-	7
3925 Parallel bars Fixed legs + Trolley + Mat	1	1	1	2	-	1	-	1	2	1	10
3380 Mixed bars Folding legs	1	1	1	1	1	-	1	1	-	-	7
3390 Mixed bars Fixed legs	1	1	1	1	1	1	-	-	-	-	6
3391 Mixed bars Fixed legs + Trolley	1	1	1	1	1	1	-	1	-	-	7
Volume (ff³) Weight (lb) Dimensions (in)	0.141 11.02 7.48x6.30x5.12	1.307 72.75 110.24x4.72x4.33	1.307 24.25 140.55x5.91x2.76	1.271 61.73 47.63x7.87x5.91	2.154 70.55 60.63x8.66x7.09	1.271 61.73 79.53x5.91x4.72	1.695 70.55 79.92x7.87x4.72	0.600 28.66 20.08x11.42x4.72	33.90 57.32 94.49x78.74x7.87	8.334 28.66 102.36x27.56x5.12	X

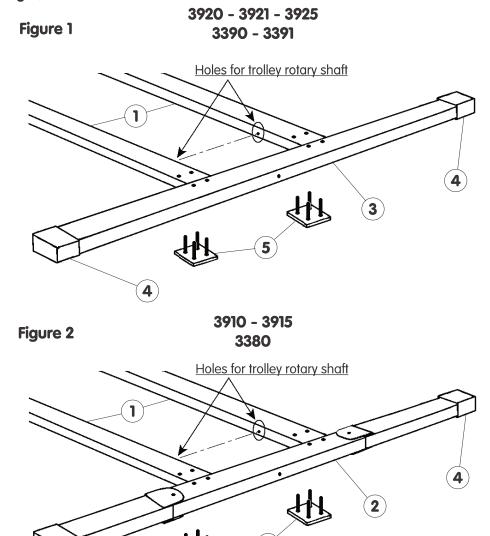
Constantly aiming to improve our products, we reserve the right to make changes to the equipment and dimensions without further discussion.

I. Assembling the apparatus (minimum of two people):

Note: Prepare a clean area for assembling the apparatus.

Installing the trolley (Ref.: 3850): Refer to the Assembly Instructions NM21.

- 1 Position the attaching flanges (5) on the floor (see Fig. 1 or Fig. 2).
- 2 Insert the end of each spar (1) into the threaded rods of the attaching flanges (5) (trolley holes inside and downward) (see Fig. 1 ou Fig. 2).
- 3 Insert each folding (2) or fixed (3) leg into the remaining threaded rods of the attaching flanges (5) (see Fig. 1 or Fig. 2).



- **4 -** Insert the uprights **(7)** or **(8)** into the threaded rods of the flanges **(5)** and direct the grips **(11)** and "GYMNOVA" stickers to the apparatus outside.
 - Tip: The uprights (7) or (8) of the same package are attached to the same spar (1).

4

- **5 -** Secure the assembly using the 16 nuts **(6)**: gradually tighten, so that all parts correctly fit in position. Moderately tighten the 4 nuts **(6)** of each upright **(7)** or **(8)**, then increase tightening by rotating around the apparatus, until final locking.
 - **Note:** After some time in use, securely tighten the assembly.
- **6** Lift the tightening levers (11) and position the swan necks (13) in the same direction following the graduations of bushings (10) (see Fig. 3).
- 7 Install the hand-rails (15): insert both caps (16) of the same hand-rail (15) into both matching ball joints (18), then secure the assembly using the screws (19) + (20).
 - **Take care:** For safety reasons, the screw **(19)** should always protrude out from the nut **(20)**. Tightening of these hinges directly impacts the stiffness of the hand-rails **(15)**: it is highly recommended to avoid locking the assembly.

II. Adjusting the height (see Fig. 3):

- 1 Lift the tightening levers (11).
- 2 Adjust the height of the hand-rails (15):
 - Press the lock button (14) of each slide tube (9).
 - Act on the end of the hand-rail (15) concerned: move it up or down, as required.
 - Repeat the operations for each upright (7) or (8).
- 3 Lower the tightening levers (11).

Important: Check that both slide tubes (9) on a single hand-rail (15) are adjusted to the same height (horizontal hand-rail) — this is mandatory.

III. Adjusting the width (see Fig. 3):

- 1 Lift the tightening levers (11).
- 2 Adjust the direction of the swan necks (13) to the desired value: the graduated bushings (10) are fixed and provide a mark for the hand-rail spacina.
- 3 Lower the tightening levers (11).

IV. Adjustment values:

- Height of hand-rails (F.I.G. height = 2.00 m):

Ref. 3920, 3921, 3925, 3910 & 3915 : 1.35 to 2.00 m (in 5 cm steps)

Ref. 3390, 3391 & 3380 :1.35 to 2.30 m (in 5 cm steps)

- Spacing of hand-rails (F.I.G. spacing = 0.42 to 0.52 m):

All References: 0.375 to 0.650 m



For safety reasons:

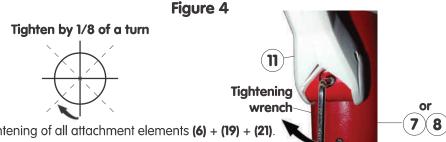
- Never use abrasive materials on the hand-rails (15), in order not to change their mechanical properties or their dimensions that are required by F.I.G.

VERY IMPORTANT:

- Never use the equipment when it is positioned on its transport system, or when the legs are folded.
- We recommend to regularly change the hand-rails as required by usage frequency (at least every 3 years).

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 and safety elements each time for good condition and operation:
 - pads (4), swan necks (13), caps (17), ball joints (18), tightening nuts (12) and tightening levers (11) (lowered).
 - visual inspection of hand-rail tightening and condition (15).
- **3 -** Maintenance of the hand-rail (15) in case a malfunction is detected:
 - Remove the attachment elements (19) + (20), clean (magnesium deposits), lubricate the caps, then re-install the hand-rails (15).
- 4 After intensive usage, the slide tubes (9) may no longer ensure the correct positioning of hand-rails (15). It is then necessary to adjust the locking system inside the lever (11):
 - Lift the lever (11), tighten by 1/8 turn maximum the screw of the nut (12) (see Fig. 4).
 - Lower the lever (11), then carefully repeat the operation until obtaining an optimum tightening.



- 5 Check the correct tightening of all attachment elements (6) + (19) + (21).
- 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.

VII. Storage:

Always store the equipment away from humidity and heat.



Figure 3

16

13

14

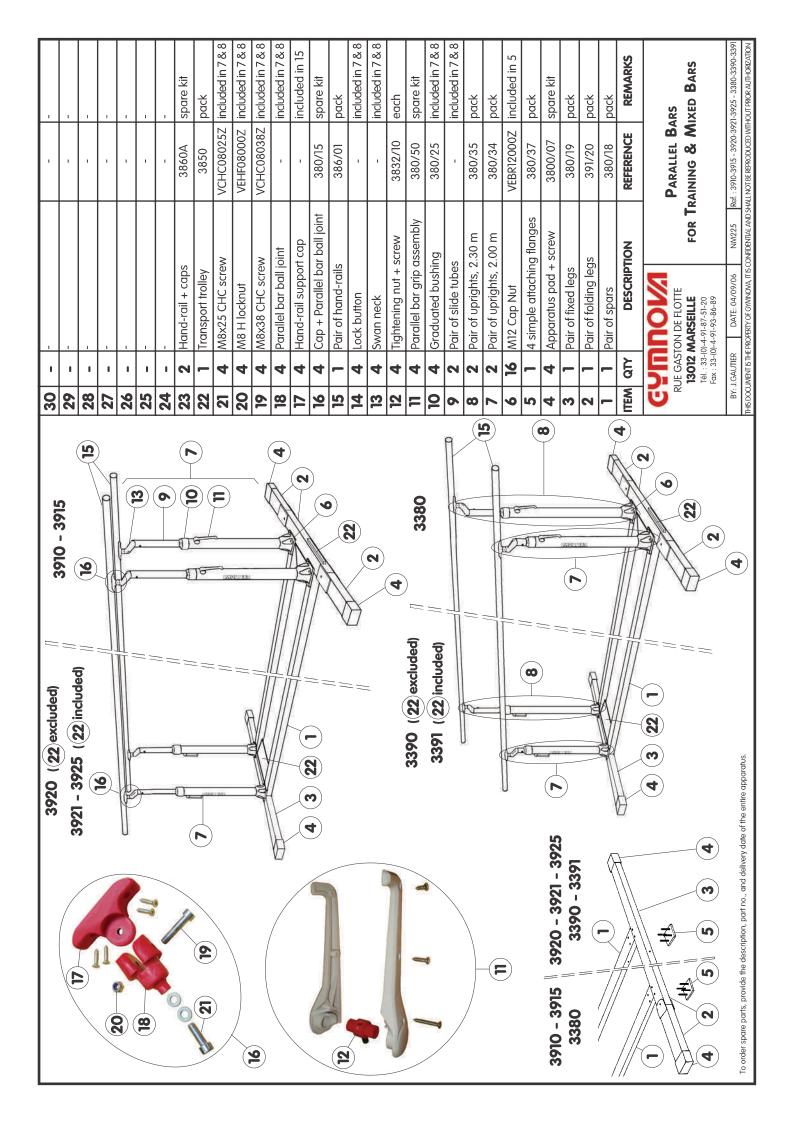
9

10

11

15

4





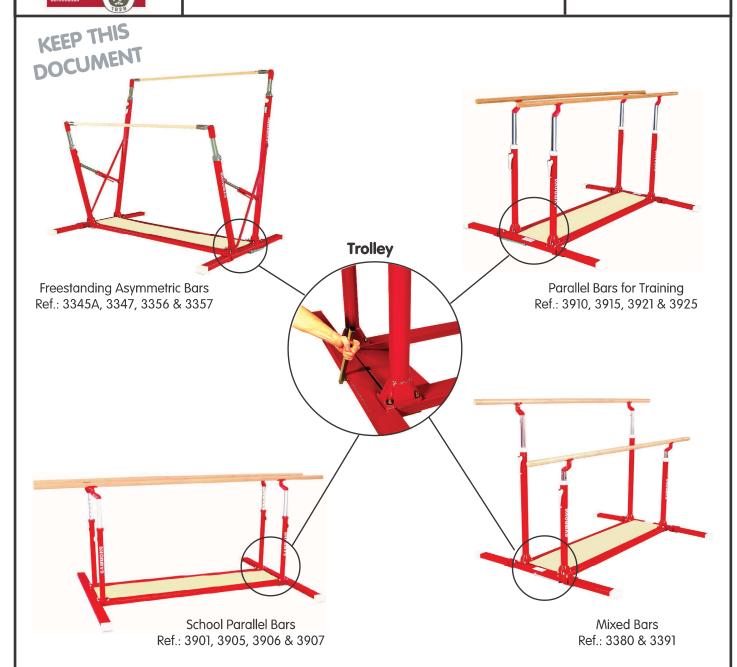
ASSEMBLY INSTRUCTIONS

NM21e

25/06/07

BUILT-IN PAIR OF TRANSPORT TROLLEYS FOR FREESTANDING BARS

3850



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)

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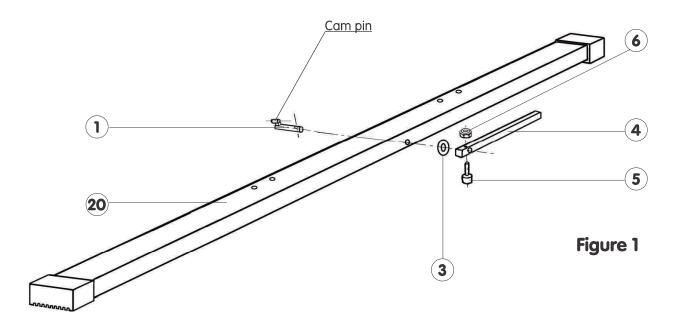
Volume: 0.018 m³ (0.6357 ft³)

I. Disassembling the Apparatus:

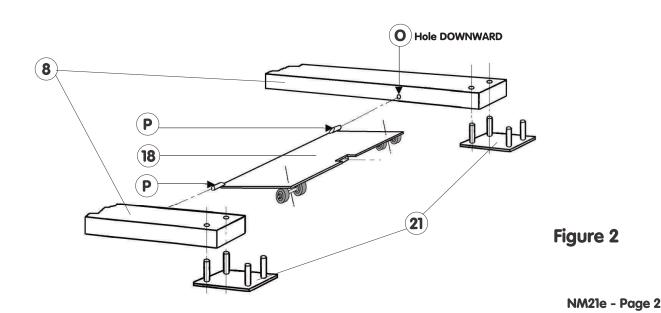
- 1 In case of joint purchase, refer to section II.
- 2 If the pair of trolleys has been purchased after the apparatus, the installation requires partly disassembling the apparatus frame: Disassemble all 4 uprights of the apparatus, then remove the legs (20) and spars (8) from the frame flanges (21).

II. Assembling the trolley:

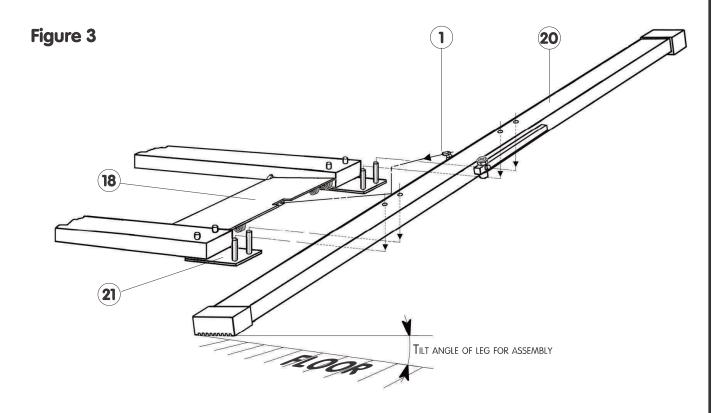
- 1 Insert each cam (1), into the hole of each leg (20). Insert one thrust washer (3), then the lever (4) horizontally onto the cam (1) as shown by **Figure 1**.
 - **Important:** it is imperative to observe the lever **(4)** assembly direction with regard to the cam, by setting the "pin" upward.
- 2 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).



- 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).



- **5** Position each leg **(20)**, slightly tilted at each end of the "trolley+spars+flages" 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.



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:

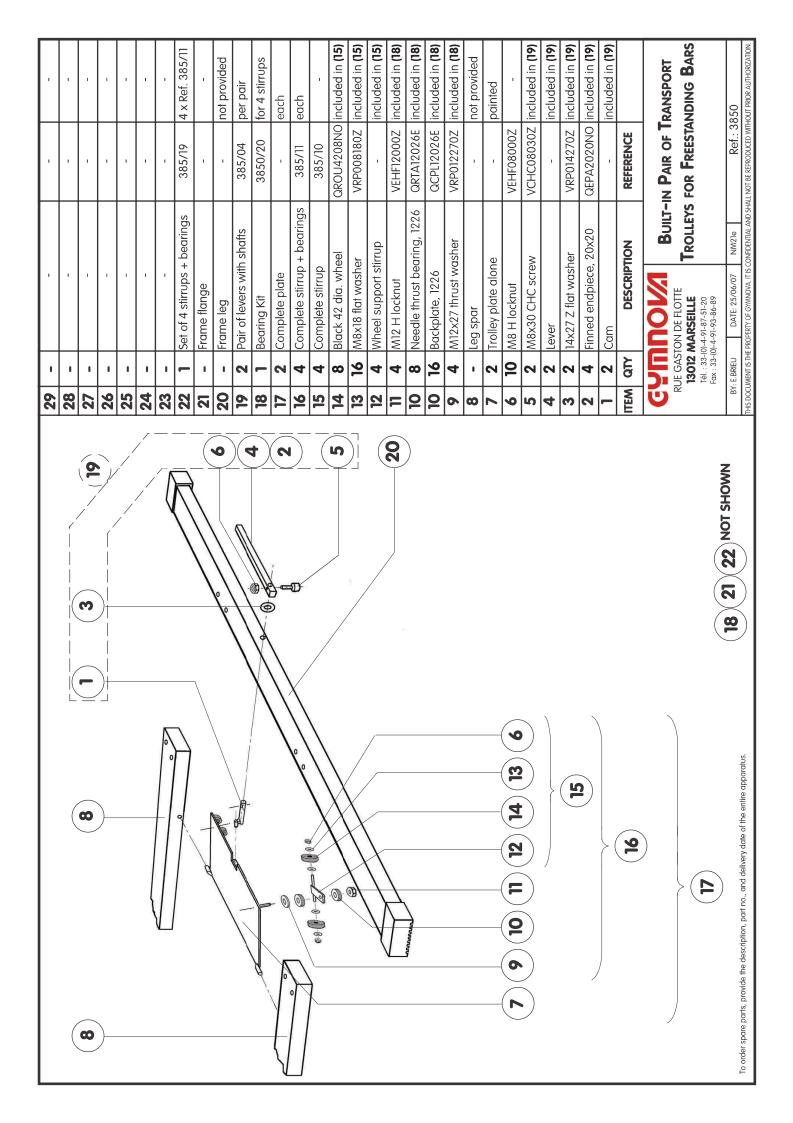
- 1 A regular cleaning of the apparatus allows better viewing of the problems, if any (distortion, breakage or corrosion).
- 2 Before use, check wear parts and safety elements each time for good condition and operation:
 - wear of the cam (1), trolley plate (7), wheels (14), bearing system (18).
 - check 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.





ASSEMBLY INSTRUCTIONS

NM232

12/06/07

INTEGRATED FOLDABLE MAT
FREESTANDING BARS

3347 - 3357 - 3905 3907 - 3915 - 3925 7080



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 masts 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)
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 0.66x 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 × 0.52 × 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 × 0.95 × 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 × 0.49 × 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	

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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.

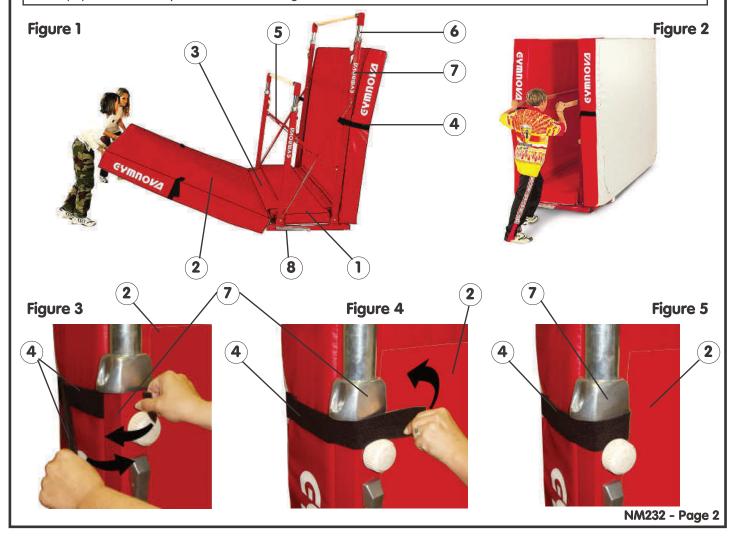
- 1 Position the central mat (1) between the 4 uprights (7) of the freestanding bars. Then center it on the frame.
- 2 Position each side mat (2), connecting skirt side, against the central mat (1). Align the side mats (2) with the central mat (1).
- 3 Fold the connecting skirt (3) of each side mat (2) 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):

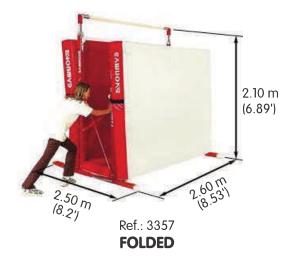
- 1 For asymmetric bars only, adjust each spreader (5) to the minimum position and fully insert the sliding tubes (6) into the uprights (7).
- 2 Lift each side mat (2) against the uprights (7) (see Fig.1).
- 3 Attach each side mat (2) to the uprights (7) using the black Velcro tapes (4) (see Fig.3, 4 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.



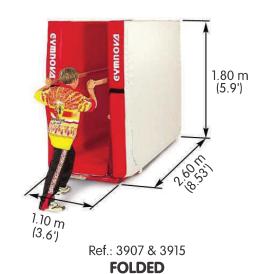
IV. Overall size:





2.50 m (8.2')
Ref.: 3905 & 3925

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.

