

ASSEMBLY INSTRUCTIONS

NM06q

11/06/12

EXERCISE FLOORS FOR ARTISTIC GYMNASTICS

6570E - 6580A 6565F - 6595A



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 forbidden.



Compliance:

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

The 14 x 14m exercise floor reference **6570** is **F.I.G. approved.**

Recommendations:

As set out 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.

Composition:

1/ 14 x 14 m exercise floor (Ref.: 6570E):

- 14 x 14 m overlay carpet (Ref.: 6380C) -> Detailed packaging: refer to instructions NM254.
- 13.5 x 13.5 m impact-absorbing foam (Ref.: 6542A) -> Detailed packaging: refer to instructions NM253.
- 13 x 13 m high elasticity floor (Ref.: 6580A)
- Anti-Rotation Kit for floors 4 adjustable cables (Ref.: 6529D) -> Size: $100 \times 305 \times 345 \text{ mm}$ Volume: 0.01 m^3 Weight: 3,5 Kg **2/** $13.20 \times 13.20 \text{ m}$ exercise floor (Ref.: 6565F):
- 13.15×13.15 m overlay carpet (Ref.: 6390C) -> Detailed packaging: refer to instructions NM254.
- 12.6 x 12.6 m impact-absorbing foam (Ref.: 6572A) -> Detailed packaging: refer to instructions NM253.
- 12.5 x 12.5 m high elasticity floor (Ref.: 6595A)
- Anti-Rotation Kit for floors 4 adjustable cables (Ref.: 6529D) -> Size: 100 x 305 x 345 mm Volume: 0.01 m³ Weight: 3,5 Kg

Packaging:

Packages	6580/50 Pallet of 24 panels + KAR	6580/41 Edge set 2 x 0.5 m	6580/42 Edge set	6580/43 Edge set		6590/15 Set of 28 sections			No. of Pack- ages
Ref.	Foam	+ Corners	2 x 0.5 m	1.5 x 0.25 m	Length 44 cm	Length 1.80 m	Length 1.30 m	68 plates	
6580A High-elasticity floor 13 x 13 m	2	1	1	2	1	2	2	1	12
Volume (m³) Weight (kg) Dimensions (mm)	4.35 722 2000 x 1500 x 1450	0,440 69 2000 x 440 x 500	0,440 69 2000 x 440 x500	0,215 34 1500 x 500 x 320	0,0088 4 460 x 160 x 120	0,0324 20 1800 x 180 x 100	0,0215 15,50 1300 x 150 x 110	0,0302 3 410 x 320 x 230	X

Packages Ref.	6580/50 Pallet of 24 panels + KAR Foam	6590/51 Edge set 2 x 0.25 m	6590/52 Edge set 1.5 x 0.25 m	6590/53 Edge set 2 x 0.25 m + Corners	659/14 Set of 30 sections Length 19 cm	6590/15 Set of 28 sections Length 1.80 m	6590/16 Set of 29 sections Length 1.30 m	660/20 Set of 68 plates	No. of Pack- ages
6595A High-elasticity floor 12.5 x 12.5 m	2	1	2	1	1	2	2	1	12
Volume (m³) Weight (kg) Dimensions (mm)	4.35 722 2000 x 1500 x 1450	0,215 38 2000 x 430 x 250	0,124 20 1500 x 330 x 250	0,215 34 2000 x 430 x 250	0.0088 4 460 x 160 x 120	0,0324 20 1800 x 180 x 100	0,0215 15,50 1300 x 150 x 110	0.0302 3 410 x 320 x 230	X

I. Assembling the floor: A minimum of 2 people are needed.

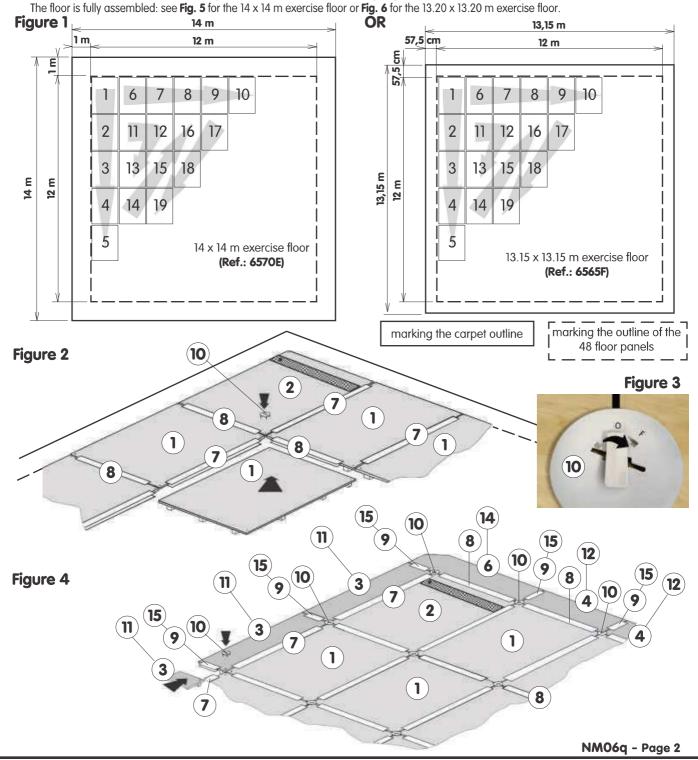
Important: Check that the storage spacers have been fully removed on assembly (retain them for future storage).

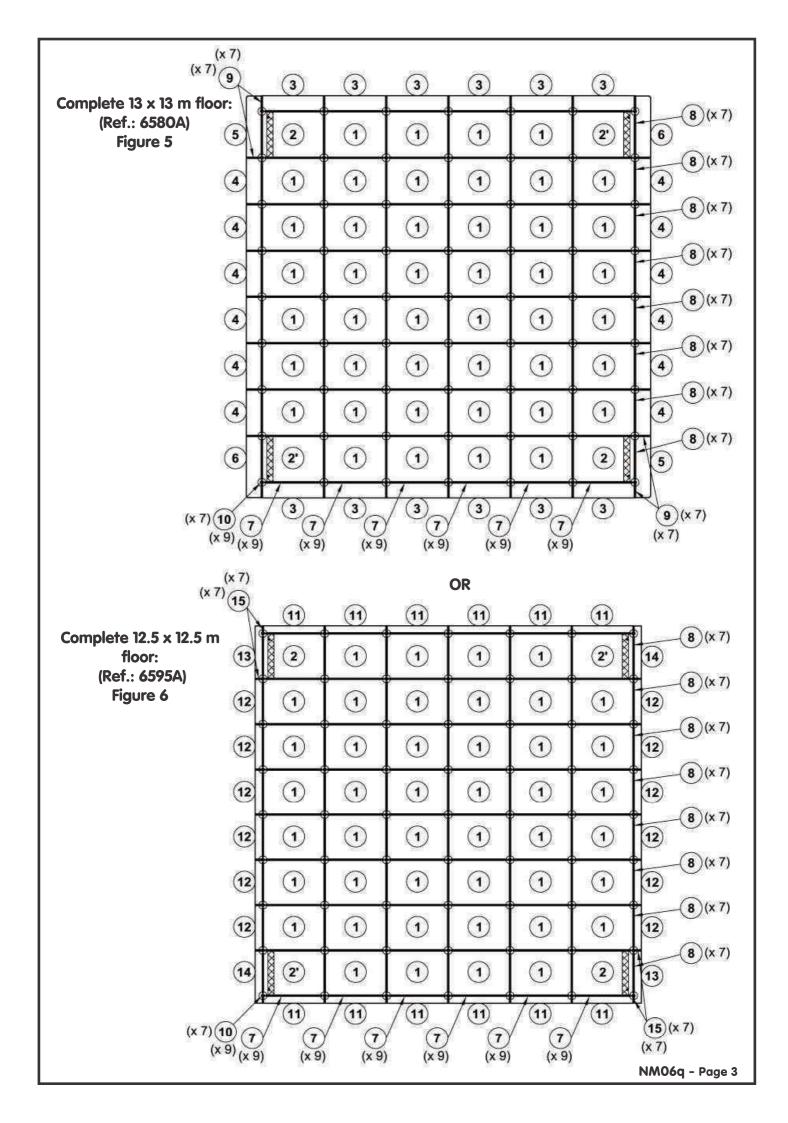
- 1 Determine the position of the complete exercise floor by marking out its perimeter on the floor (as shown in **Fig. 1**), i.e. a square measuring:
 - 14 x 14 m for reference 6570E (Check on diagonal length: 19.80 m).
 - $13.15 \times 13.15 \text{ m}$ for reference **6565F** (Check on diagonal length: 18.60 m).
- 2 Next mark out a square measuring 12 x 12 m (Check on diagonal length: 16.97 m) centered within the first one: position of the floor without the edges (see Fig. 1).
- **3 -** Prepare the 4 corner panels **(2)** and **(2')** which include a 1.50 m Velcro strip on one width and fixation system of anti-rotation kit **(16)**: assemble the 4 cables with NM206 assembly instructions (supplied in package ref.: 6529D).
- 4 Assemble the 48 floor panels (2 x 1.50 m) 2 of which are left corner panels (2), and 2 right corner panels (2'). Start on the 12 m side from a corner, with a corner panel (2) or (2') and its Velcro strip towards the outside (see Fig. 2, 5 or 6). Assemble a minimum of 4 panels on each side starting from the corner, then fan out with the panels (1) following the sequence shown in Fig. 1.
- 5 Fit locking plates (10) and sections (7) and (8) as assembly of the floor panels (1), (2) and (2') progresses.

 In order to fit them without difficulty, it is important that sections (7) and (8) are centered relative to floor panels (1), (2) and (2').

 In the event that a section (7) or (8) is not centered correctly, adjust it by hand or using a wooden block and a mallet if necessary.

 Warning: Do not forget to lock each link plate (10) by turning the catch from "O" to "F" (see Fig. 3).
- 6 Fitting the edges (see Fig. 4):
 - For reference 6570E: fit the 4 corner edges 2 x (5) and 2 x (6), the 12 long edges (3) and the 12 short edges (4).
 - For reference **6565F**: fit the 4 corner edges 2 x **(13)** and 2 x **(14)**, the 12 long edges **(11)** and the 12 short edges **(12)**. The floor is fully group blad, see Fig. 5 for the 14 x 14 m exercise floor or Fig. 5 for the 12 20 m exercise floor





II. Assembling the Impact-absorbing Foam Area.

Refer to assembly instructions for NM253.

III. Assembling the Overlay carpet:

Refer to assembly instructions for NM254.

IV. Disassembly and storage of High elasticity floor:

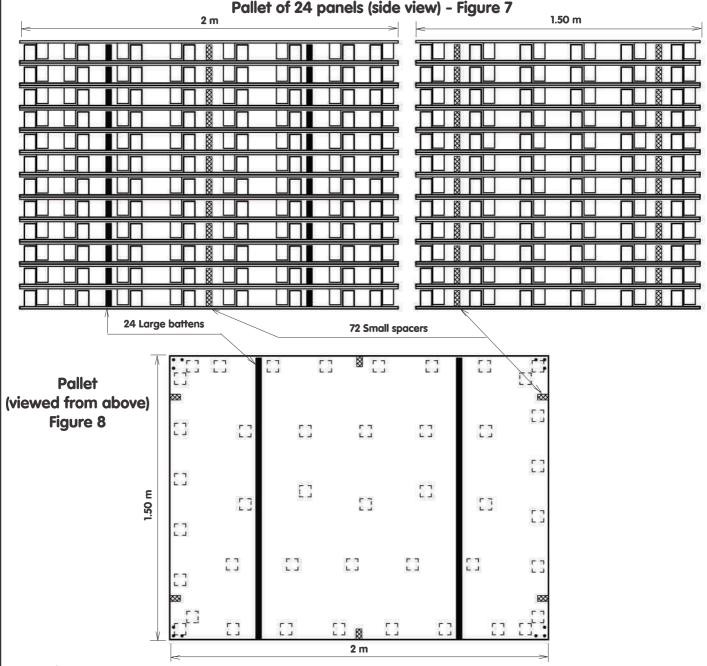
- Unlock link plates (10) and remove them (lift them if necessary using a large flat-blade screwdriver).
- Slide sections (9) or (15), (7) and (8) along the length of the panels and the edges before disassembling the various components.

1 - Frequent storage for short periods:

It is highly advisable to store the panels **fully vertically**, nested together 2 by 2.

2 - Extended storage (as shown in Fig. 7 and 8):

- It is imperative that the panels be stacked horizontally, nested together 2 by 2: stack the panels up to a maximum of 24 high.
- Finish by stacking corner panels (2) and (2') wich are equipped with fixation system of anti-rotation Kit.
- Reuse the small spacers and the large battens supplied on delivery, otherwise permanent damage to the resilience the floor derives the foam blocks may result.



V. Maintenance:

- Regular cleaning of the exercise makes it easier to see any problems, (distortion, breakage or moisture absorption).
- Check the presence and condition: of sections (9) or (15), (7) and (8) and of link plates (10) as well as their locking.
- Check the condition of the floor (timber and high-elasticity foam blocks), of the foam tracks (cf. NM253), and of the carpet (cf. NM254).
- Any damaged or distorted component should be replaced as soon as possible.

FIGOR, 12.30 X 12.30 III			·	_		ı
	11001, 13 × 13 110011	28 -	1			1
	(Ref.: 636UA)	27 -	,			ı
-		26 -	-			ı
		25 -				
		24 -	1			
) }		23 -	1			
		22 -	1			
		21 -	1			ı
	6.6	20	ı			
		- 61	ı		,	ı
		<u>8</u>	ı			ı
B		- 21	Repairing Kit for exercise floor	xercise floor	6537	cf. NM205
		191	Anti-Rotation Kit for exercise floor	or exercise floor	6529D	cf. NM206
	(m)	15 28	Linking section, 19	9 cm long	80/659	Ex. floor, 13.20 x 13.20 m
		14 2		1.75 x 0.25 m	6595/14	Ex. floor, 13.20 x 13.20 m
P. P.		13 2	R.H. corner edge, 1.75 x 0.25 m	1.75 x 0.25 m	6595/13	Ex. floor, 13.20 x 13.20 m
	B	12 12	Short edge, 1.50 x 0.25 m	x 0.25 m	6595/12	Ex. floor, 13.20 x 13.20 m
		12 12	, Long edge, 2.00 x 0.25 m	x 0.25 m	6595/11	Ex. floor, 13.20 x 13.20 m
12	4	10 63	Locking plate		660/14	for 2 Exercise floors
		9 28	Linking section, 44 cm long	4 cm long	659/03	Ex. floor, 14.00 x 14.00 m
(8 26	Linking section, 1.30 m long	30 m long	90/659	for 2 Exercise floors
<u>E</u>		7 54	Linking section, 1.80 m long	80 m long	659/05	for 2 Exercise floors
	2	9	L.H. corner edge, 2 x 0.50 m	2 × 0.50 m	6580/18	Ex. floor, 14.00 x 14.00 m
		2	R.H. corner edge, 2.00 x 0.50 m	2.00 x 0.50 m	6580/17	Ex. floor, 14.00 x 14.00 m
P		4 12	Short edge, $1.50 \times 0.50 \text{ m}$	x 0.50 m	658/03	Ex. floor, 14.00 x 14.00 m
		_	Long edge, 2.00 x 0.50 m	x 0.50 m	658/02	Ex. floor, 14.00 x 14.00 m
4	9		Right Corner plate 2x1.50m+KAR	e 2x1.50m+KAR	6580/52	for 2 Exercise floors
		2 2	Left Corner plate 2x1.50m+KAR	2x1.50m+KAR	6580/51	for 2 Exercise floors
	A P	1 44	Floor plate, 2.00 x 1.50 m	x 1.50 m	658/01	for 2 Exercise floors
	(2)	тем ату	Y DESCRIPTION	PTION	REFERENCE	REMARKS
3	8	RUE GA	RUE GASTON DE FLOTTE	EXERCISE	FLOORS FO	EXERCISE FLOORS FOR ARTISTIC
(15)	6	Tél. : 3:	I 3012 MAKSEILLE Tél. : 33-(0)-4-91-87-51-20 Fax : 33-(0)-4-91-93-86-89		G YMNASTICS	S
		- >0	TO TO TC: 06.05/10	NIMORA	Dof . 45705 4597	Dof : 4570F 4580A 4546F 450EA



ASSEMBLY INSTRUCTIONS

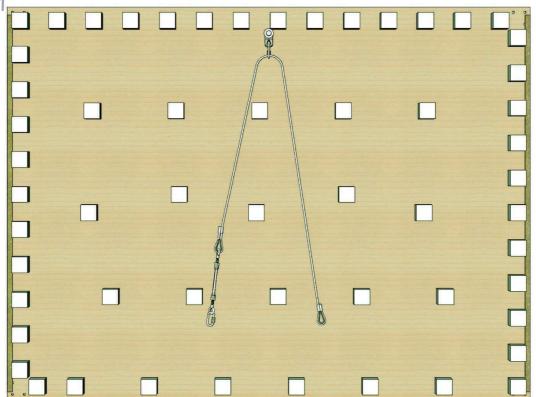
NM206b

11/06/12

STOPPER CABLES AND ANTI-ROTATION KITS
FOR GYM EXERCISE FLOORS AND ACROBATIC TRACKS
M'2012

6180/27 6528C - 6529D





Warning:

This equipment should be installed by a qualified individual.

Attachments that are provided with these kits may only be used if the support complies with the **CC70** specifications. Using this equipment for purposes other than those originally intended is forbidden.

Recommendations:

As set out 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.

Packaaina:

1 Pack (ref.: 6180/27) —> One complete cable:

Weight: 0.93 kg Dimensions: 140 x 150 x 180 mm Volume: 0.004 m³

1 Pack (ref.: 6528C) —> Set of 2 cables:

Weight: 1.6 kg Dimensions: 140 x 150 x 180 mm Volume: 0.004 m³

1 Pack (ref.: 6529D) —> Set of 4 cables:

Weight: 3.5 kg Dimensions: 100 x 305 x 345 mm Volume: 0.01 m³

Uses of stopper cables (ref.: 6180/27):

These cables prevent rotation and/or linear movement of dynamic floors:

- for GYMNOVA acrobatic tracks (Ref.: 6186 6191 6196)
- for GYMNOVA exercise floors (Ref.: 6565 6570 6574)

Maintenance:

- 1 Regular floor cleaning allows any problems to be detected more easily (distortion, breakage, or corrosion).
- 2 Before each use, thoroughly check the condition of the parts: wear to bracing flats (8), cables (14), quick links (16) and turnbuckles (15).
- 3 Periodically check the tension of cables (13), locking of tighteners (15), and closure of quick links (16).
- 4 Check that the attachments (17) are locked and that the bolts (19) do not protrude from the floor.
- 5 Important:
 - If a problem is found or suspected, do not use the equipment until it has been checked by a technician.
 - Any damaged or distorted component should be replaced as soon as possible.

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

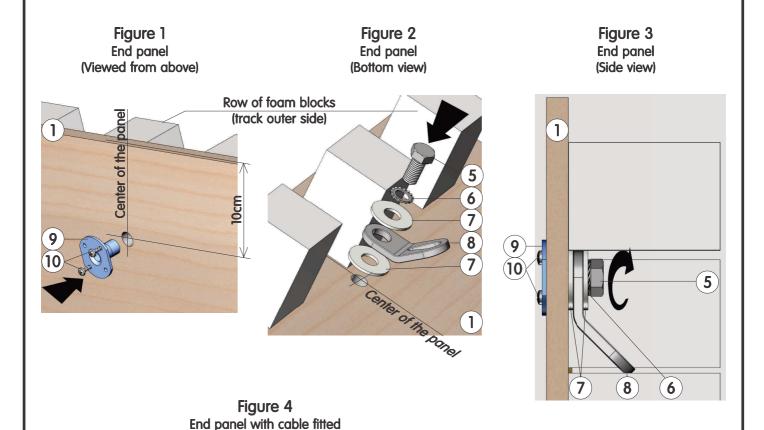
I. Installing the anti-rotation kit for tracks < 14 m (Ref.: 6528C) (minimum of two people required):

Note: if the track is less than 14 m in length, only 2 stopper cables are required to keep the ends in position and to keep the track straight.

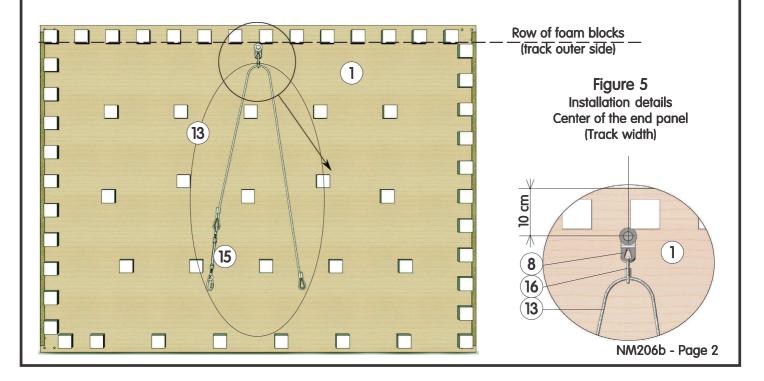
1 - Installing the stopper cables under the floor:

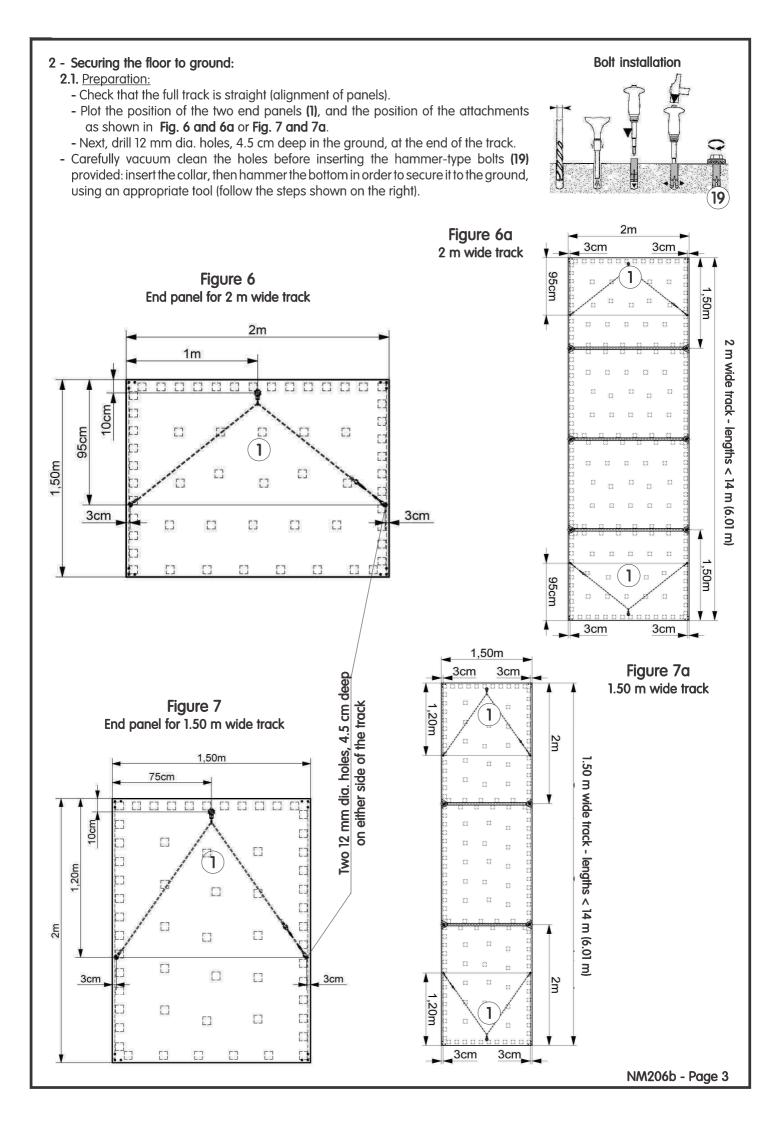
- Once the floor is positioned (depending on the desired and/or existing configuration of the gymnasium), detach the end panels (1) from the track.
- Drill a 11 mm dia. hole, in the center of each end panel (1) along the track width and 10 cm from the edge (see Fig. 1).
- Insert a screw nut (9) into the top of the panel (1), then secure it using two wood screws (10) as shown in Fig. 1.
- Install the bracing flat (8) using the fastenings (5), (6) and (7), under each panel as shown in Fig. 2 and Fig. 3, in the direction shown by Fig. 4 and Fig. 5, before tightening to prevent rotation (see Fig. 3).
- Install a quick link (16) on each bracing flat (8), then insert a complete cable (6) (see Fig. 4 and Fig. 5).

Important: position the tighteners (15) on the easily accessible side of the track so as to provide access for maintenance.



(Track width)



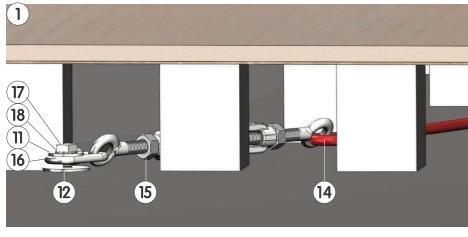


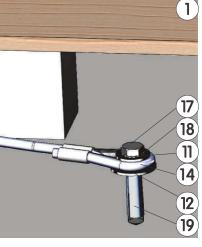
2.2. Fixing:

- Partially reinstall the track end panels (1) with the ends of the cables (13) protruding from the floor.
- Attach the ends of each cable, without tightening (contact with the ground), installing the fastenings in the right order (12), (11), (18) et (17) (see Fig. 8 and 9).
- Reinstall the track end panels (1) using the floor links.
- Check the alignment of all floor items (and the centering of the floor in relation to the attachments).
- Tighten the cables (13) using the tighteners (15).

<u>Note:</u> Moderate tightening of the floor attachments allows the cables **(13)** to be positioned most easily when the tension is adjusted.

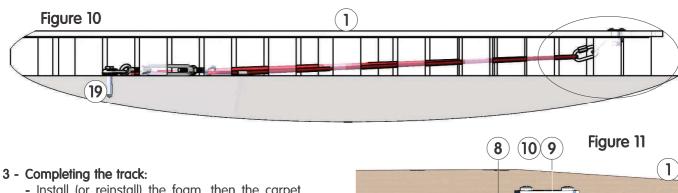
Figure 8 Figure 9





2.3. Tightening:

- To tighten the cables (13), slightly lift each end panel (1), so as to access the tightener (15).
- Screw in each tightener (15) enough, so that the cable (13) no longer rests on the ground (see Fig. 10 and 11).
- Fully tighten the ground attachment elements (12), (11), (18) and (17).
- Finally, manually screw the tighteners (15) so that the cables (13) are fully tensioned.
- Do not forget to lock the adjustment of each tightener (15), by fully tightening the locknuts with a wrench (see Fig. 12).



- Install (or reinstall) the foam, then the carpet, aligned on the floor.
- Install (or reinstall) the flaps along the track length.

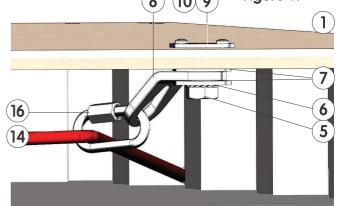


Figure 12

15

Locknuts
(wrench tightening)

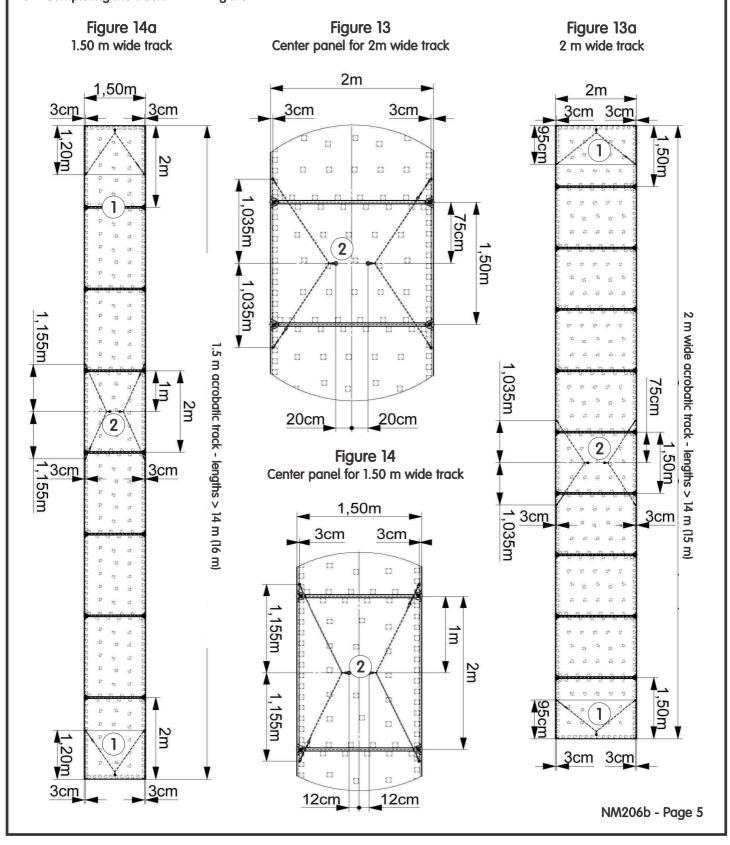
NM206b - Page 4

II. Assembling the anti-rotation kit for tracks • 14 m (Ref.: 6529D) (minimum of two people required):

Note: above 14 m in length, 4 stopper cables are required to keep the track in position (2 at the ends and 2 in the center) and to keep it straight.

1 - Installing the stopper cables under the floor:

- Once the floor is positioned (depending on the desired and/or existing configuration of the gymnasium), detach the end panels (1), and a center panel (2) of the track.
- Refer to the steps described in **«§ I. 1»** for the end panels **(1)**.
- Then, repeat the steps in the center of the track center panel (2) (see Fig. 13 and 13a or Fig. 14 and 14a).
- 2 Securing the floor to the ground: refer to «§ I. 2», and repeat the steps for panels (2).
- 3 Completing the track: refer to «§ I. 3»



III. Assembling the anti-rotation kit gym for exercise floors (Ref.: 6529D) (minimum of two people required): Note: 4 stopper cables are required to immobilize an exercise floor.

- 1.1 Installing stopper cables under an existing floor:
 - Fold back half of the carpet in order to access the foam tracks (exercise floors ref.: 6570 and 6565), or the end of roll-up tracks (exercise floor ref: 6574), depending on the type of exercise floor.
 - Fold back the foam tracks enough to uncover both angle panels of the floor Fig. 15.
 - Remove the floor edges so as to access the angle panels (3) and (4) (2 x 1.5 m) (see Fig. 15 and Fig. 16).
 - Detach each angle panel (3) or (4), then drill one 15 mm dia. hole into the outer angle, 20 cm away from the edge (Fig. 17).
 - Insert a screw nut (9) into the top of the panel (3) or (4), then secure it using two wood screws (10) as shown in Fig. 17
 - Install the bracing flat (8) using the fastenings (5), (6), and (7), under each panel as shown in Fig. 16, at 45° as shown in Fig. 18, before tightening to prevent rotation.
 - Install a quick link (16) on each bracing flat (8), then insert a complete cable (13) (see Fig. 20).

Important: position the tighteners (15) on the easily accessible side of the exercise floor so as to provide access for maintenance.

- Repeat the above steps for the other half of the exercise floor.
- 1.2 Installing stopper cables under a new floor:
 - While assembling the angle panels (3) and (4), install a quick link (16) on each bracing flat (8), then insert a complete cable (13) as shown in Fig. 20.

Figure 15
Angle panel of the exercise floor

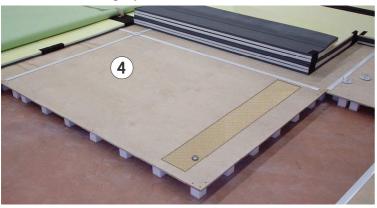


Figure 17
Outer corner of the angle panel (top view)

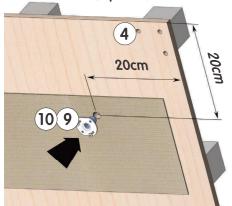


Figure 18
Outer corner of the angle panel
(bottom view)



Figure 16
Complete angle of the exercise floor

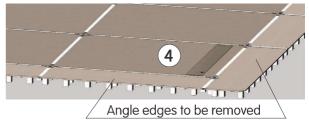


Figure 19
Direction of the bracing flat
(bottom view)

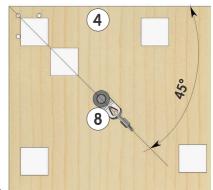
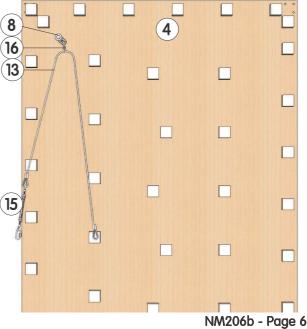


Figure 20



2 - Securing the floor to ground:

2.1. Preparation:

- Reinstall the angle panels (3) and (4) of the exercise floor, with the ends of the cable (13) protruding from either side of the panel (check for correct alignment with the remainder of the floor).
- Drill 12 mm dia. holes, 4.5 cm deep in the ground, at the angles of the floor, as shown by Fig. 21 and 21a.

Note: The position of cable attachment elements is the same for all gym exercise floors. Only the edge width varies.

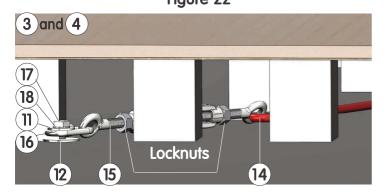
- Carefully vacuum clean the holes before inserting the hammer-type bolts (12) provided: insert the collar, then hammer the bottom in order to secure it to the ground, using an appropriate tool (follow the steps shown below).

Figure 21a Figure 21 **Exercise floor** Angle panel of the exercise floor 12m 2_m 1,48m 1,48m _2m 20cm П 1,48m 3cm 3cm 2 x 1.50 m center panels **Bolt installation** Edges

2.2. Fixing:

- Attach the ends of each cable, without tightening (contact with the ground), installing the fastenings in the right order (12), (11), (18) et (17) (see Fig. 22 and 23).
- Reinstall the track end panels (3) and (4) using the floor links.
- Check the alignment of all floor items.
- Tighten the cables (13) using the tighteners (15).

Note: Moderate tightening of the floor attachments allows the cables (13) to be positioned most easily when the tension is adjusted. Figure 22



3 and 4 17 18 11 14 12 19

2.3. Tightening:

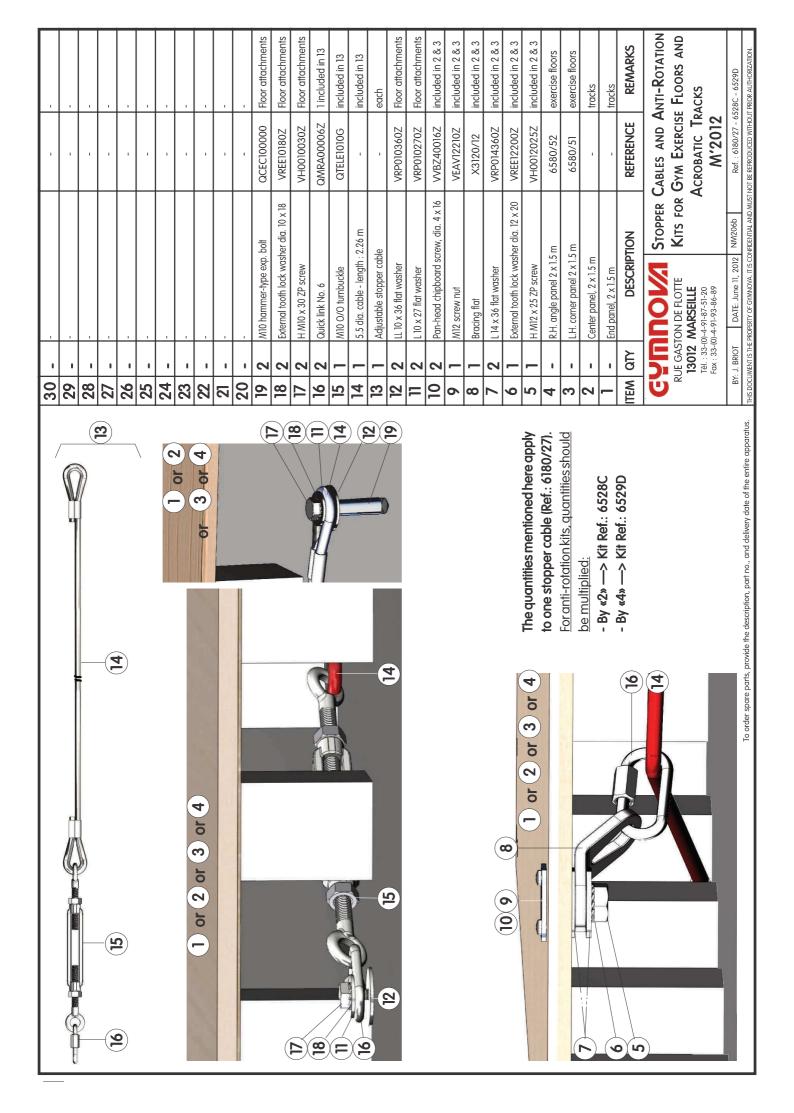
- To tighten the cables (13), slightly lift each angle panel (3) or (4), so as to access the tightener (15). Screw in each tightener (15) enough, so that the cable (13) no longer rests on the ground (see Fig. 10 p4).
- Fully tighten the ground attachment elements (12), (11), (18) and (17).

 Then, manually screw the tighteners (15), so that the cables (13) are fully tensioned.

 Do not forget to lock the adjustment of each tightener (15), by fully tightening the locknuts with a wrench (see Fig. 12 p4).

3 - Completing the exercise floor:

- Reinstall the floor edges.
- Install the foam, then the carpet, aligned on the floor.





ASSEMBLY INSTRUCTIONS

NM253

11/05/10

FOR ARTISTIC GYMNASTICS

6570E - 6542A 6565F - 6572A



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 forbidden.



Compliance:

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

The 14 x 14 m exercise floor reference **6570** is **F.I.G. approved**.

Recommendations:

As set out 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.

Composition:

1/ 14 x 14 m exercise floor (Ref.: 6570E):

- 14 x 14 m overlay carpet (Ref.: 6380C) -> Detailed packaging: refer to instructions NM254.
- 13.5 x 13.5 m impact-absorbing foam (Ref.: 6542A)
- 13 x 13 m high elasticity floor (Ref.: 6580A) -> Detailed packaging: refer to instructions NM06p.
- Anti-Rotation Kit for floors 4 adjustable cables (Ref.: 6529C) -> Detailed packaging: refer to instructions NM06p.

2/ 13.20 x 13.20 m exercise floor (Ref.: 6565F):

- 13.15 x 13.15 m overlay carpet (Ref.: 6390C) -> Detailed packaging: refer to instructions NM254.
- $12.6 \times 12.6 \text{ m}$ impact-absorbing foam (Ref.: 6572A)
- 12.5 x 12.5 m high elasticity floor (Ref.: 6595A) -> Detailed packaging: refer to instructions NM06p.
- Anti-Rotation Kit for floors 4 adjustable cables (Ref.: 6529C) -> Detailed packaging: refer to instructions NM06p.

Packaging:

Packages Ref.	6542/00 Set of 7 Velcro links Foam tracks	6542/01 Center foam track 13.5 x 2 m	6542/12 Side foam track + ARK 13.5 x 2 m	6542/13 Center foam track 13.5 x 1 m	6542/04 Center foam track 13.5 x 0.5 m	Number of Packages
6542A Impact-absorbing foam 13.5 x 13.5 m	1	4	2	1	1	9
Volume (m³) Weight (kg) Dimensions (mm)	0.0168 2 360 x 260 x 180	1.20 40 2000 x 1000 x 600	1.20 40 2000 x 1000 x 600	0.60 20 2000 x 1000 x 300	0.40 20 2000 x 500 x 400	

Packages Ref.	6542/00 Set of 7 Velcro links Foam tracks	6572/01 Center foam track 12.6 x 2 m	6572/12 Left-hand side foam track + ARK - 12.6 x 2 m	6572/13 Right-hand side foam track + ARK - 12.6 x 2 m	6572/04 Center foam track 12.6 x 0.6 m	Number of Packages
6572A High-elasticity floor 12.6 x 12.6 m	1	4	1	1	1	8
Volume (m³) Weight (kg) Dimensions (mm)	0.0168 2 360 x 260 x 180	1.20 40 2000 x 1000 x 600	0.60 20 2000 x 1000 x 300	0.60 20 2000 x 1000 x 300	0.30 20 2000 x 500 x 300	

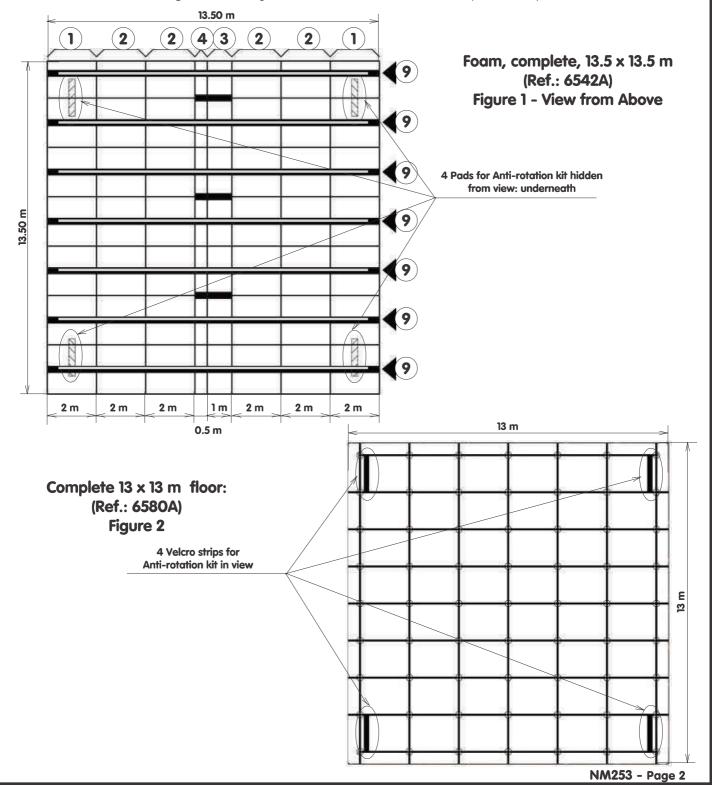
I. Assembling the floor:

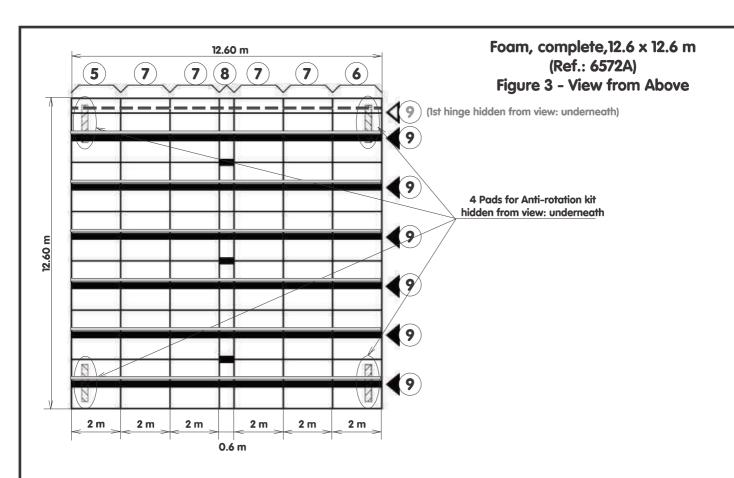
Refer to assembly instructions for NM06p.

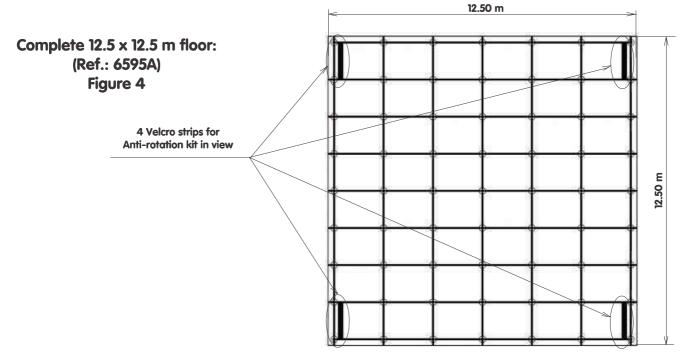
II. Assembling the Impact-absorbing Foam Area (a minimum of 2 people are needed):

- 1 Unfold the foam tracks with the white side in view, while aligning the black fabric hinges:
 - Exercise floor, 14 x 14 m (Ref.: 6570E): 8 tracks of which 2 tracks (1) feature 2 x 1.50 m fabric strips for the Anti-Rotation Kit (see Fig. 1).
 - Exercise floor, $13.20 \times 13.20 \text{ m}$ (Ref.: **6565F**): 7 tracks of which 2 tracks **(5)** and **(6)** feature $2 \times 1.50 \text{ m}$ fabric strips for the ARK (see **Fig. 3**). The 1.50 m Velcro strips on the corner panels of the floor $(2 \times 1.50 \text{ m})$ and the 1.50 m black fabric pads on the foam tracks **(1)** or **(5)** and **(6)** should be positioned opposite one another (see **Fig. 1 & 2** or **Fig. 3 & 4**).
- 2 Tracks including the Anti-rotation kit pads are to be placed on the outside of the floor. Start by positioning:
 - For reference **6570E** (see **Fig. 1**): one track **(1)** which must protrude by **25 cm** either side of the floor.
 - For reference **6565F** (see Fig. 3): track (5) or (6) which must protrude by 5 cm either side of the floor.
- 3 Once the first track has been secured to the floor with the 2 anti-rotation pads, fit the other foam tracks side by side, aligned to one another as shown in Fig. 1 & 2 or Fig. 3 & 4.
- **4** Once the black fabric hinges on the various tracks have been aligned, lock the assembly together using the 7 Velcro strips **(9)** which are 5 cm wide by 12.5 m long: attach one end to the first track (at the first black fabric hinge), apply tension at the other end, then walk over the full 12.50 m length of each one.

Note: For reference 6565F (see Fig. 3), the first hinges are located underneath, the Velcro strip (9) is to be placed under the foam.







III. Assembling the Overlay carpet:

Refer to assembly instructions for NM254.

IV. Disassembly and storage of High elasticity floor:

Refer to assembly instructions for NM06p.

V. Maintenance:

- Regular cleaning of the exercise makes it easier to see any problems, (distortion, breakage or moisture absorption).
- Check condition: of foam tracks (1), (2), (3) and (4), or (5), (6), (7) and (8); of Velcro linking strips (9).
- Check the condition of the floor (timber and high-elasticity blocks, sections, plates), (cf. NM06p), and of the carpet (cf. NM254).
- Any damaged or distorted component should be replaced as soon as possible.

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		- 01	Anti-Rotation Kit for foam	6531A	cf. NM39b
&		9	Set of 7 Velcro strips, 12.5 m	6542/00	for 2 Exercise floors
		8	Center track, 12.6 x 0.6 m	6572/04	Ex. floor, 13.20 x 13.20 m
		7 4	Center track, 12.6 x 2 m	6572/01	Ex. floor, 13.20 x 13.20 m
		9	Right-hand track, 12.6 \times 2 m	6572/13	Ex. floor, 13.20 x 13.20 m
		5 1	Left-hand track, 12.6 \times 2 m	6572/12	Ex. floor, 13.20 x 13.20 m
		4 1	Center track, $13.5 \times 0.5 \text{ m}$	6542/04	Ex. floor, 14 x 14 m
		3	Center track, 13.5 x 1 m	6542/13	Ex. floor, 14 x 14 m
		2 4	Center track, 13.5 x 2 m	6542/01	Ex. floor, 14 x 14 m
•		1 2	Side track, 13.5 x 2 m + ARK	6542/12	Ex. floor, 14 x 14 m
		тем ату	DESCRIPTION	REFERENCE	REMARKS
		RUE GAS	5 11	FOAM AND EXERCISE FLOORS	ISE FLOORS
		13012 Tél.: 33- Fax: 33-	13012 MARSEILLE Tél : 33-(0)-4-91-87-51-20 Fox : 33-(0)-4-91-93-86-89	FOR ARTISTIC GYMNASTICS	MNASTICS
		BY: J. BRIOT	. DATE: 17/05/10 NM253		Dof . 6570E . 6549A . 6565E . 6579A



FAX: 33.(0).4.91.93.86.89 www.gymnova.com - info@gymnova.com

ASSEMBLY INSTRUCTIONS

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NM254E-GB 07/03/17

6380G 6570I-6775-6775/DE 6390H

6565J-6777-6777/DE

CARPETS AND EXERCISE FLOORS FOR ARTISTIC GYMNASTICS

Refs: 6570I - 6775 - 6775/DE FIG approved





KEEP THIS DOCUMENT

Warning:

This equipment should be installed by a qualified individual. This equipment 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 prohibited.

Compliance:

This equipment complies with the requirements of European standard EN 913 "Gymnastic equipment - General safety requirements and test methods". 14 x 14 m Exercise floors references **6570I, 6775 and 6775/DE** are **FIG approved.**

Recommendations:

As set out 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.

Composition:

1/ "London" 14 x 14 m Competition Exercise Floor with foam blocks (Ref: 65701):

- Overlay carpet 14 x 14 m (Ref: 6380G)
- Impact-absorbing foam 13.5 x 13.5 m (Ref: 6542A) -> Detailed Pack list: refer to instructions NM253.
- High elasticity floor 13 x 13 m with foam blocks (Ref: 6580B) -> Detailed Pack list: refer to instructions NM06Q + Floor Anti-Rotation Kit 4 adjustable cables (Ref: 6529/00) -> Detailed Pack list: refer to instructions NM206B.
- 2/ "London" 13 x 13 m Training Exercise Floor with foam blocks (Ref: 6565J):
- Overlay carpet 13 x 13 m (Ref: 6390H)
- Impact-absorbing foam 12.6 x 12.6 m (Ref: 6572A) -> Detailed Pack list: refer to instructions NM253.
- High elasticity floor 12.5 x 12.5 m with foam blocks (Ref: 6595B) -> Detailed Pack list: refer to instructions NM06Q + Floor Anti-Rotation Kit 4 adjustable cables (Ref: 6529/00) -> Detailed Pack list: refer to instructions NM206B.
- 3/ "Montreal" 14 x 14 m Competition Sprung Exercise Floor with springs assembled & springs not assembled, carpet version (Ref: 6775 & 6775/DE):
- Overlay carpet 14 x 14 m (Ref: 6380G)
- Set of 4 finishing bibs 14 m (Ref: 6575/10): Volume 0.06 m³, Weight 9.5 kg, Dimensions 600 x 420 x 240 mm
- Impact-absorbing foam 14 x 14 m thickness: 56 mm (Ref: 6788) -> Detailed Pack list: refer to instructions NM275.
- High elasticity floor 14 x 14 m with springs assembled (Ref: 6785) or springs not assembled (Ref: 6787) -> Detailed Pack list: refer to instructions NM273 + Floor Anti-Rotation Kit 4 adjustable cables (Ref: 6529/00) -> Detailed Pack list: refer to instructions NM277.
- 4/ "Montreal" 13 x 13 m Training Sprung Exercise Floor with springs assembled & springs not assembled, carpet version (Ref: 6777 & 6777/DE):
- Overlay carpet 13 x 13 m (Ref: 6390H)
- Set of 4 finishing bibs 13 m (Ref: 6577/00): Volume 0.06 m³, Weight 11 kg, Dimensions 620 x 420 x 240 mm.
- Impact-absorbing foam 13 x 13 m thickness: 56 mm (Ref: 6784) -> Detailed Pack list: refer to instructions NM276.
- High elasticity floor 13 x 13 m with springs assembled (Ref: 6781) or springs not assembled (Ref: 6783) -> Detailed Pack list: refer to instructions NM274 + Floor Anti-Rotation Kit 4 adjustable cables (Ref: 6529/00) -> Detailed Pack list: refer to instructions NM277.

Pack list:

Pack Ref.	6380/121 Carpet left side width No. 1 14 x 4 m	6380/122 Carpet central width No. 2 14 x 3 m	6380/123 Carpet central width No. 3 14 x 3 m	6380/124 Carpet right side width No. 4 14 x 4 m	6380/108 Set of 3 hook- and-loop joining strips 14 m	6532A Carpet Anti-Rotation Kit	No. of Packages
6380G Overlay carpet 14 x 14 m	1	1	1	1	1	1	6
Volume (m³) Weight (kg) Dimensions (mm)	0.62 99 4300 x 380 x 380	0.48 75 3350 x 380 x 380	0.48 75 3350 x 380 x 380	0.62 99 4300 x 380 x 380	0.02 2 370 x 270 x 200	0.002 0.45 160 x 100 x 100	

Pack Ref.	6390/121 Carpet left side width No. 1 13 x 3.50 m	6390/122 Carpet central width No. 2 13 x 3 m	6390/123 Carpet central width No. 3 13 x 3 m	6390/124 Carpet right side width No. 4 13 x 3.50 m	6380/108 Set of 3 hook- and-loop joining strips 14 m	6532A Carpet Anti- Rotation Kit	No. of Packages
6390H Overlay carpet 13 x 13 m	1	1	1	1	1	1	6
Volume (m³) Weight (kg) Dimensions (mm)	0.55 82 3800 x 380 x 380	0.48 72 3300 x 380 x 380	0.48 72 3300 x 380 x 380	0.55 82 3800 x 380 x 380	0.02 2 370 x 270 x 200	0.002 0.45 160 x 100 x 100	

I. Assembling the floor:

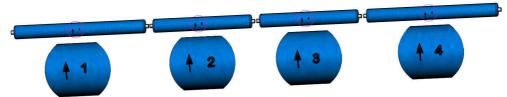
Refer to assembly instructions NM06Q for Refs: 6580B & 6595B, NM273 for Refs: 6785 & 6787 or NM274 for Refs: 6781 & 6783.

II. Assembling the impact-absorbing foam area

Refer to assembly instructions NM253 for Refs: 6542A & 6572A, NM258 for Refs: 6586, NM266 for Refs: 6582 or NM275 & NM276 for Refs: 6788 & 6784.

III. Assembling the carpet: 🛉 🛉 🛉 minimum.

Note: Keep the 4 cardboard core tubes flat for any future storage or moving of the carpet (without a reel trolley).



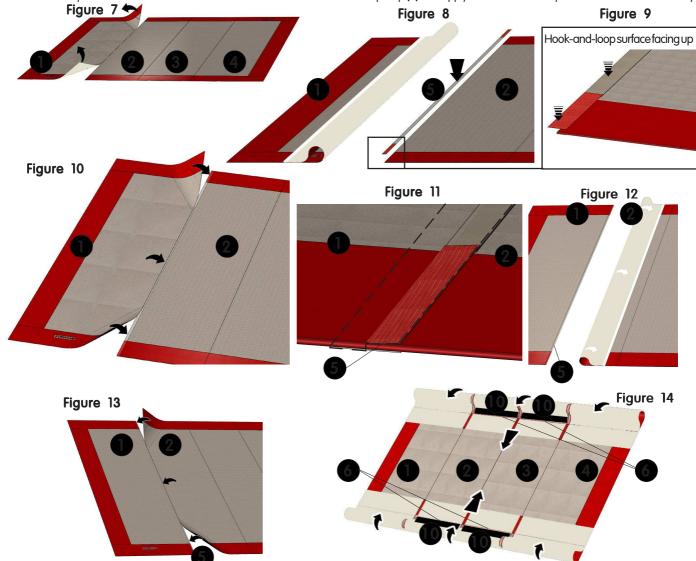
Important: In order to achieve an identical colour shade between the 4 widths (the same pile direction), simply place the 4 rolls side by side observing the order of the numbers and the direction of the arrows (marked on the packaging), as shown in the diagram above.

- 1/ Unroll the 4 widths of carpet right side up over the foam: in the direction of the black strip on the foam tracks (see Fig. 1, 2 & 3 or 4, 5 & 6), placing the 2 wider ones towards the outside. Start by placing one of the 2 large rolls (1, 1' or 4, 4') on one side of the foam (large red edge towards the outside):
 - 14 x 14 m Exercise floors (Ref: 6570I, 6775 & 6775/DE): the 4 m wide side widths (1) and (4) (see Fig. 1 to 3).
 - 13 x 13 m Exercise floors (Ref: 6565J, 6777 & 6777/DE): the 3.50 m wide side widths (1') and (4') (see Fig. 4 to 6).
- 2/ Repeat this step for the second large roll, then unroll the central widths (2) and (3) or (2') and (3') in the middle between the other two.
- 3/ Position the first side width relative to the foam area, aligning it with the initial marking (14 x 14 m or 13 x 13 m):
 - 14 x 14 m Exercise floor with foam blocks (Ref: 6570I): the complete carpet overlaps by 25 cm all around the foam (see Fig. 1 & 2).
 - 13 x 13 m Exercise floor with foam blocks (Ref: 6565J): the complete carpet overlaps by 20 cm all around the foam (see Fig. 4 & 5).
 - 14 x 14 m Sprung Exercise floors (Ref: **6775, 6777, 6775/DE & 6777/DE**): the complete carpet does not overlap the foam (see **Fig. 1 & 3** for 14 x 14 m exercise floor, **Fig 4 & 6** for 13 x 13 m exercise floor).
- 4/ Adjust the 4 widths side by side to fit perfectly together. In order to move a width, all that's required is to have one person at each end of the width and to lift it alternately in order to force air in waves under the width. Readjust its position by pulling in the desired direction.

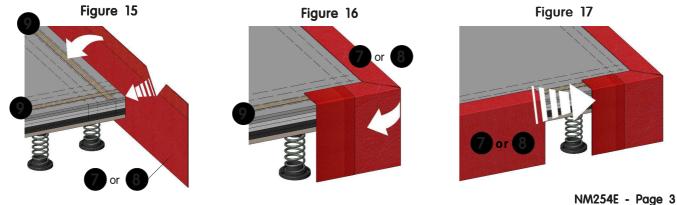
Direction of the foam tracks (in green) / Direction of carpet widths (in red) Complete foam 14 x 14 m "concertina" Complete carpet 14 x 14 m Complete foam 13.50 x 13.50 m tracks Sprung Ex. floor (Ref: 6380G) - Figure 1 "concertina" tracks Ex. Floor with foam (Ref: 6788) - Figure 3 blocks (Ref: 6542A) - Figure 2 14 m 14 m 4 m .3 m___3 m_ 4 m 13,50 m Ε Ε 7 7 50 Complete foam 13 x 13 m "concertina" Complete overlay carpet Complete foam 12.60 x 12.60 m tracks Sprung Ex. Floor (Ref: 6784) -13 x 13 m (Ref: 6390H) - Figure 4 "concertina" tracks Ex. Floor with Figure 6 13 m foam blocks (Ref: 6572A) - Figure 5 13 m 3,50 m 3 m 3 m 3,50 m 12.60 m Ε Ε Ε 2 12,60 ഇ

NM254E - Page 2

- 5/ WARNING: To prevent creases forming, leave to rest for at least 24 h at usage temperature (if creases nevertheless appear, refer to Sect. V). Assemble the 4 widths together (same method for both carpets):
 - Lift each end of a side width (1) finishing with the middle to expose the joining area (Fig. 7 & 8).
 - Unroll a hook-and-loop joining strip (5) (beige & red), with hook-and-loop visible, overlapping by 5 cm over the edge of the central width (2), as per Fig. 8 & 9.
 - Apply the side width (1) over the hook-and-loop joining strip (5) starting from the middle and working towards the ends as per Fig. 10 and 11.
 - Expose the edge of the central width (2) caught underneath the hook-and-loop joining strip (5) (see Fig. 15), starting from each end towards the middle.
 - Gently apply the central width (2) in the same way as the side one, finishing at the ends as per Fig. 13.
 - Repeat the process for the two remaining widths (3) and (4). Trim any overlapping hook-and-loop strip if necessary (exercise floor Ref. 6565J, 6777 & 6777/DE).
- 7/ Install the carpet anti-rotation kit under the ends of the central widths (2) and (3) (see Fig. 14).
 - Fold back each end of the carpet to expose the black strips (10) underneath the central widths.
 - Attach a 2.50 m beige adhesive hook-and-loop strip (6) centred on the width of each black strip (10).
 - Remove the protective film from the self-adhesive surface of the hook-and-loop strip (6) and apply the ends of the carpet onto the foam. Press firmly.



7/ Having trimmed the foam area if necessary (see NM275 or NM276), assemble the bibs (7 or 8) (Fig. 15 to 17): place a length of adhesive strip (9) between the 1st and 2nd line of pre-cut grooves, around the entire perimeter (see Fig. 15).
Align the corner of the bib (in a "V") over the corner of the foam (see Fig. 16) then attach the bib to the strip (9) provided for this purpose (Fig. 15 & 16). Repeat the process for the 3 remaining bibs. Join the bibs together: the large side goes over the smaller side (Fig. 17).



IV. Disassembly and storage of carpet: 🛉🛉 minimum.

- 1/ Disassembly (separating the 4 widths):
 - Position yourself at a joint between 2 widths and carefully lift the corner of a side width (1), while holding the corner of the corresponding central width (2): stand on this width.
 - Work in this way up to halfway along the length of the carpet, then repeat this process from the other end: the first side width (1) is now free.
 - Fold back the edge of the central width (2) to release the hook-and-loop joining strip (6), while holding onto the carpet.
 - Proceed in the same way for the side width (4) and central width (3).
 - Repeat the process between the 2 central widths (2) and (3).
- 2/ Rolling the 4 widths before storage:

Important: the cardboard core tube used must protrude beyond each end of the carpet width.

- Place the 4 widths as flat as possible to facilitate even rolling (do not form a "cone" shape) and to ensure the carpet is stored in good condition.
- WITH 2 people (without a reel trolley), position the cardboard core tube parallel at one end of the first width, and roll up the carpet moving forward together at the same time in order to obtain an even cylinder. This will enable the carpet to be stored without damage.
- Repeat the process for the 3 remaining widths.

V. Maintenance:

- Regular cleaning of the exercise floor makes it easier to spot any problems (distortion, breakage or moisture absorption).
- Check the condition: of the different carpet widths (1), (2), (3) and (4) (red edges securely attached to the beige central section, the Gymnova pieces, the 4 parts of the Carpet Anti-Rotation Kit) and the hook-and-loop strips (6).

For any questions on cleaning the carpet, refer to the recommendations below.

- Check the condition of the "concertina" foam tracks (see NM253, NM275 or NM276) and the hook-and-loop joining strips or "puzzle" panels (see NM258 or NM266) and the floor (wood & foam blocks see NM06g or wood & springs see NM257, NM273 or NM274).
- Any damaged or distorted component should be replaced as quickly as possible.

If creases appear: remove the hook-and-loop joining strip(s) from the corresponding width(s) and flatten using a roller evenly over the surface.

VI. Maintenance recommendations:

Maintenance is an essential element in ensuring long life of the carpet. This document gives recommendations on maintenance, stain removal and cleaning for preservation of a high-quality appearance all through the equipment's life.



Inadequate cleaning and in particular use of inappropriate stain removers or detergent solutions can quickly lead to irreparable dilapidation of the carpet. In such situations, GYMNOVA shall not accept any liability.

Effective maintenance of the carpet MUST include 4 types of actions:

- protection of accesses
- dust removal
- stain removal
- periodic cleaning
- 1/ **Protection of accesses:** since the main cause of soiling is dust and debris from the outside, preventive measures consist in protecting all entrances to the gymnasium.
- 2/ Dust removal by brush-vacuuming: regular cleaning with a brush-vacuum cleaner is the primary maintenance measure for the carpet. To be effective, it is absolutely necessary to use a vacuum with a rotating brush for optimal dust removal by mechanical means, without having to push down when using the vacuum.
- 3/ Stain removal: must be performed daily. Stains get much harder to remove when they become old. Proceed as follows:
 - Liquid stains: As quickly as possible, absorb any spilled liquid by dabbing with a clean, dry and absorbent white cotton cloth.

Do not rub the stain.

- Solid stains: Remove as much as possible with a knife.

- All stain types:

- -> Use the stain removal table below to identify the right stain removal product.
- -> Before any cleaning, check that the stain removal agent is "compatible" with the carpet by testing it on an unexposed area.
- -> Apply the stain removal product on a white cotton cloth (never directly on the carpet) and dab the stain firmly but without rubbing. Work on the stain from the outside towards the centre to prevent it spreading.
- -> Continue to use the stain removal product as described above for as long as it takes for the stain to come out into the cloth.
- -> For shampoo-based mixtures, the overturned glass method can be used effectively to massage the stain by making circles with the overturned glass and then collecting any resulting foam in the glass. Repeat the process without adding any product until no more foam is formed.
- -> Once the stain is removed, rinse it with clean water by dabbing several times with a damp sponge. Dab with a dry cloth to absorb all the liquid. Warning: some cleaning solutions can give rise to rapid re-soiling if they are not completely removed.
- -> Lastly, to absorb residual dampness, place a white, lint-free absorbent layer (cotton cloth or kitchen towel) about 1 cm thick under a heavy object protected with plastic film.
- -> After removal of the object, vacuum-brush the area.

4/ Periodic cleaning:

When these operations are properly carried out they can defer the need for more time-consuming operations such as "Major cleaning" or "Repoyation"

- 1 Cleaning using absorbent powder
- -> Spray pre-stain removal solution over max. 10 m² sections at a time concentrating on dirty or stained areas.
- -> Then spread the powder into a layer as thin as possible.
- -> Use a broom or equivalent to push the powder into the carpet. Leave the product to work for 1 to 3 hours.
- -> Remove the powder with a brush-vacuum, passing the vacuum over several times if necessary, without exerting any vertical pressure.

 2 Injection Extraction

WARNING: This very complex method is a deep cleaning method for cleaning the fibres from top to bottom and should only be considered for extreme cases of soiling. Firstly, carefully remove all dust from the area to be treated. The principle of this method is injection of a very dilute solution of detergent in warm or hot water in the case of very greasy soiling which will loosen the dirt. Immediately afterwards, a very powerful wet-suction system extracts the water together with the dirt. It is important to take care when selecting the detergent solution. The pH of these solutions MUST be less than 8. As a precaution, an anti-foaming agent should be added to the machine's extraction tank.

These steps should be followed:

- -> Proceed using parallel passes. Only use the detergent solution in sufficient quantities to ensure effective cleaning. Avoid excessive wetting. Clean in straight lines when possible and overlap each pass by one third of the width of the cleaning nozzle to prevent any residual machine marks.
- -> After each clean, immediately make a second pass over the same surface without detergent, but operating the vacuum.
- -> Extraction should be repeated on areas where visible dirt has not been removed by means of a single pass of the cleaning nozzle.
- -> Next, the same operations should be carried out with water instead of detergent so as to remove all traces of detergent from the carpet pile.
- -> If extraction has been correctly performed, the optimal drying time is around 6 to 12 hours. Avoid any foot traffic on the carpet during this period. This time period can be significantly reduced by using special blow dryers.

Important general recommendations:

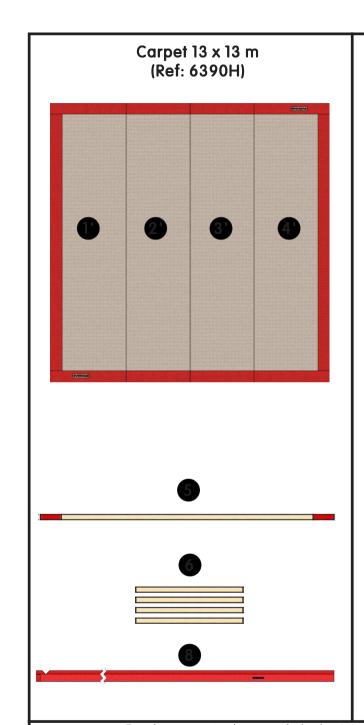
The carpets are sensitive to chemicals: the fibres in the wear layer and the back of the carpet can be damaged by aggressive agents such as alkaline products (ammonia, etc.), bleaching agents, oxidizing agents (liquid bleach, hydrogen peroxide, etc.) and reducing agents.

Avoid saturating the stain: prolonged or repeated wetting can cause discolouration, softening or detachment of the back, shrinkage, yellowing of the carpet or encourage growth of mould and bacteria.

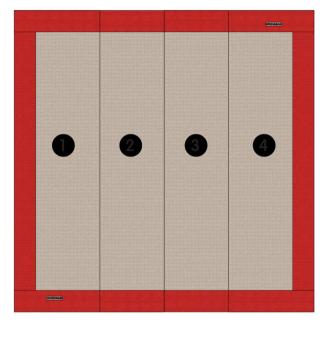
Stain removal table*

Butter, oil, fat, tar, grease, polish	Start by removing as much as possible with a knife. Then dab with a cloth moistened with petroleum type solvent then apply an absorbent powder. Rinse with clean water, dry and vacuum.
Alcoholic drinks, coffee, tea, Coca-cola, fruit juice	After removal of as much as possible with absorbent cloths, dab the stained areas (working from the outside towards the centre) with an equal parts solution of water and alcohol. Then rinse with clean water.
Mud	Leave the mud to dry, then brush. If necessary, rub with a carpet shampoo solution. Rinse with clean water.
Candle wax	Remove as much candle wax as possible by lightly scraping. Then place blotting paper on the stain and apply a warm iron without pressing down. Repeat, moving the blotting paper, until the wax stain has melted and is mostly absorbed. Finish by rubbing the stain with a cloth moistened with an alcohol cleaner.
Chewing gum	Harden the chewing gum with ice then remove it using the back of a knife blade. Then dilute what remains with acetone.
Milk, egg, yogurt, chocolate, grass, vomit	Rub with a cloth moistened with hot water and biological washing powder. Rinse with clean water.
Glue, varnish	Remove as much of the glue or varnish as possible then dab with a cloth soaked in acetone.
Paint	Scrape the paint with sandpaper then dab with a cloth moistened with acetone.
Lipstick	Clean with a cloth moistened with makeup remover then with a carpet shampoo solution. Rinse with clean water.
Rust	Dab the stained area with a commercial rust remover. Before applying, test on an inconspicuous corner of the carpet to make sure it does not cause any discolouration. Leave to work and rinse with clean water.
Blood, milk, sweat, urine	Ammonia solution (28%) or hydrogen peroxide solution (30%).
Nail varnish	Dab the stain with a cloth moistened with acetone or amyl acetate.
Unknown stain	Dab successively with methylene chloride, then acetone, then a dilute white vinegar solution, clean with a carpet shampoo. Rinse with clean water.

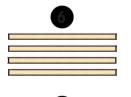
^{*}Remember: remover must be applied on a clean cloth, NEVER directly on the carpet.



Carpet 14 x 14 m (Ref: 6380G)









13012 MARSEILLE Tel.: 33-(0)-4-91-87-51-20 Fax: 33-(0)-4-91-93-86-89

CARPETS AND EXERCISE FLOORS FOR ARTISTIC **GYMNASTICS**

6788/20

6577/01

6575/01

6532A

6390/124

6390/123

6390/122

6390/121

6380/21

6380/124

6380/123

6380/122

6380/121

REFERENCE

included in 2 & 3

each (ex. floor spr.)

each (ex. floor spr.)

4 Length 2.5 m

Ex. floor, 13 x 13 m

Ex. floor, 14 x 14 m

REMARKS

each

BY: M. CHARBONNEAU

26

16 15

12

10

8

6

3'

4

ITEM QTY

Black strips 2.90 x 0.25 m

Carpet Anti-Rotation kit

Right side width No. 4, 13 x 3.5 m

Central width No. 3, 13 x 3 m

Central width No. 2, 13 x 3 m

Left side width No. 1, 13 x 3.5 m Hook-and-loopjoiningstrip, beige/red14 m

Right side width No. 4, 14 x 4 m

Central width No. 3, 14 x 3 m

Central width No. 2, 14 x 3 m

Left side width No. 1, 14 x 4 m

DESCRIPTION

Bib retention kit

Finishing bib 13 m

Finishing bib 14 m

DATE: 07/03/17 NM254E-GB Refs: 6380G (6570), 6775, 6775/DE), 6390H (6565), 6777, 6777/DE)

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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.