

# Assembly Instructions

## Frame Bar

Thank you for purchasing the Frame Bar to be used with the Tumb Trak™, Xtreme Tumb Trak, Inground Tumb Trak, Recreation Tumb Trak, and Porta Trak. We hope you will enjoy years of use of this product.

After opening the boxes, please check the parts list to make sure all pieces have arrived in good condition. If you have any questions during this assembly process, please call customer service at 1-800-331-4362.



### CAUTION

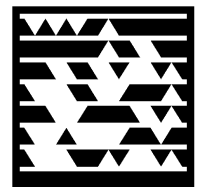
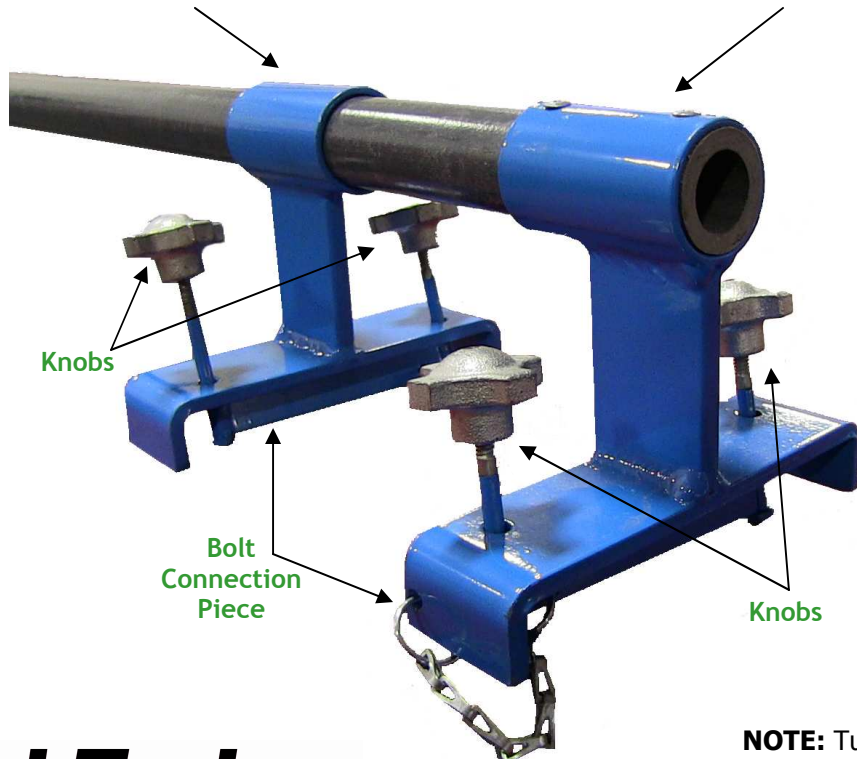
Any activity involving motion, rotation or height creates the possibility of serious injury including permanent paralysis and even death from landing or falling on the neck, head or other parts of the body. Gymnastic mats and floors cannot and do not eliminate this hazard entirely. You still assume a risk of serious injury when using this equipment.

Before each use, always check apparatus for damages or wear. If in doubt, do not use the product. This gymnastic apparatus can move during use. Always check for proper positioning of the product before use.

## Parts List

Sliding Bracket with attached Bolt Connection

Stationary Bracket with attached Bolt Connection



Scan the Microsoft Tag with your smartphone to learn more about what you can do with your new Tumb Trak product!

**Tumb Trak**  
Do It Again

**NOTE:** Tumb Trak equipment is not recommended for the use in **Parkour/Free Running** related activities.

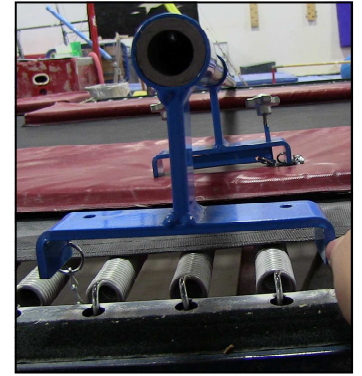
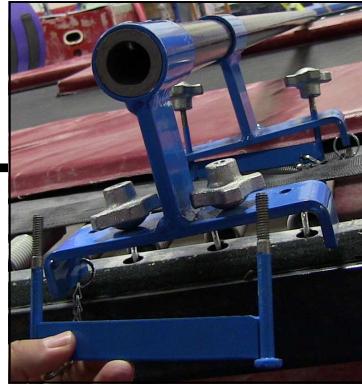


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Locate the area on your Tumbler Trak where you want to place the Frame Bar. Remove the section of Tumbler Trak pads on both sides of your Tumbler Trak frame.

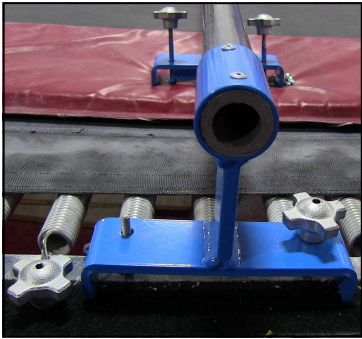
Unscrew the knobs on the stationary bracket of the Frame Bar and place it over two spring holes on the frame.  
**NOTE: There is no need to remove the spring from the frame hole.**

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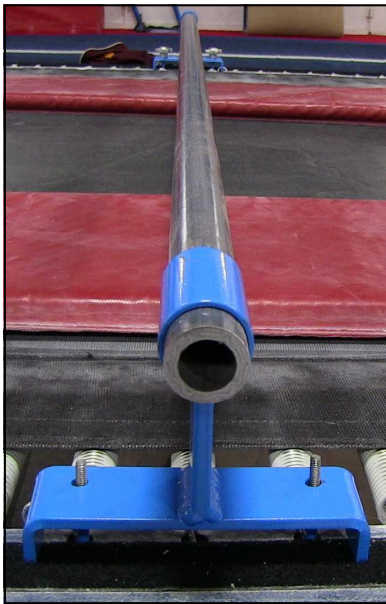
③

Insert the bolt connection piece through the spring holes and the bracket holes. Tighten the knobs securely. **Failure to tighten or secure properly could result in injury.**



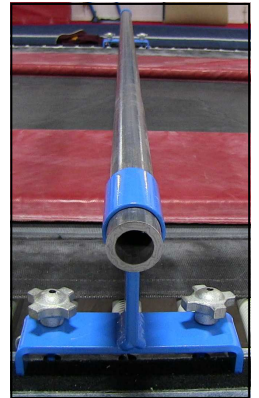
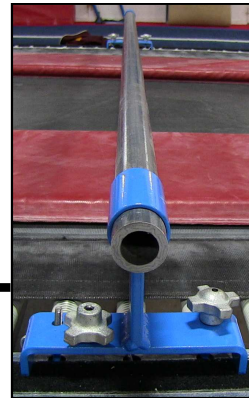
④

Move the sliding bracket to the other end of the Frame Bar (and other side of the Tumbler Trak) and unscrew the knobs. Place the bracket over the opposite two spring holes on the frame. Insert the bolt connection piece through the spring holes and the bracket holes.



Tighten the knobs securely. **Failure to tighten or secure properly could result in injury.**

⑤



Place your Tumbler Trak pads over the Frame Bar for protection.  
Enjoy the Frame Bar!

⑥



To watch the Frame Bar in use visit the training tips section of our website at [www.tumbltrak.com/training](http://www.tumbltrak.com/training)

**Tumbler Trak**  
Do It Again