

TUMBL TRAK™ OWNERS MANUAL

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Scan the Microsoft Tag with your smartphone to learn more about what you can do with your Tumbl Trak™!

Congratulations on your acquisition of a Tumbl Trak™ product! The Tumbl Trak™ Line of Equipment has been designed and developed with the gymnastics coach **and** athlete in mind. Tumbl Trak™ is dedicated to helping young athletes train smarter.

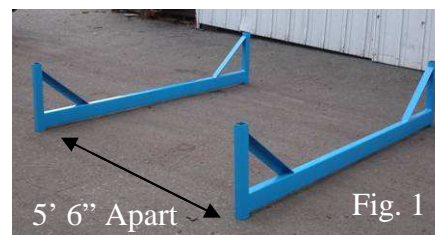
I. T-21 TUMBL TRAK™

Parts needed:

- (2) 10' Rails for each 10' Section of Tumbl Trak™
- (2) Legs for each 10' Section of Tumbl Trak™
- (100) Springs for each 10' Section of Tumbl Trak™
- (1) 60" Wide Tumbl Trak™ Black Polypropylene Bed - The length of the bed will vary according to the length of your Tumbl Trak™ or the length ordered
- (4) 5' long pads for each 10' Section of Tumbl Trak™ (Each pad should have 2" hook Velcro sewn on the backside)
- (20 ft) loop Velcro for each 10' Section of Tumbl Trak™
- (2) Bolts for each 10' Section of Tumbl Trak™
- Spring Tool
- (4) End Caps
- (1) Owners Manual and a "Tumbl Trak™ Owners Video" DVD – Please view for visual assembly instructions

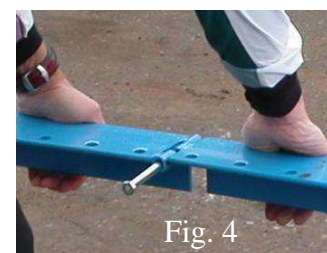
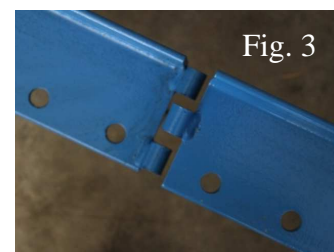
1. FRAME ASSEMBLY

- A. Place the legs in the desired location and stand them upright so that the plastic caps are on the floor (Fig. 1). The legs will run perpendicular to the length of the Tumbl Trak™ like railroad ties. Space the legs out approximately 5' 6" apart from each other. Two legs will be used for every 10' of Tumbl Trak™ Frame.
- B. Insert the down tubes of the 10' rails into the legs. The spring holes should face the inside of the Tumbl Trak™. (See Fig. 2 & Fig. 5-next page).
- C. Match the host and guest ends (See Fig. 3) of the rails and insert the bolts to fasten together (See Fig. 4).
- D. If you purchased Downhill Inclines with your Tumbl Trak™, please see the Assembly Instructions that were included with that packaging.



2. SPRINGING THE BED

- A. Decide which end of the bed will be used as the "take off" or dismount end. Start springing the bed on this end. *****The "take-off end" is where the athletes dismount onto a mat.***
- B. Hook two springs on the first D-ring (the silver rings that are sewn along the edges of the bed). Using the Spring Tool, attach the first and second springs to the first two spring holes respectively (See Fig. 5-next page).
- C. The third spring will attach to the second D-ring and hook to the third frame hole (See Fig. 6-next page). **ALWAYS ATTACH HOOKS DOWNWARDS!!!**
- D. Repeat on the other side.
- E. As you continue springing the bed, skip the **tenth** frame hole to angle the springs, pulling the bed tight and smooth (See Fig. 6 & 7-next page). **DO NOT** skip every 10 holes (20th, 30th, 40th, etc) - **only the 10th hole**. As you continue springing the bed, if you notice that the springs are no longer angled or that wrinkles are starting to form on the bed, then skip another set of frame holes. When the bed is attached properly, it should be smooth and tight. **WARNING:** Tumbl Trak™ cannot be held responsible for beds that are not strung up according to these instructions.
- F. Springing the bed will be much easier and quicker if you have another person hand springing the opposite side of the Tumbl Trak™ while you are using the Spring Tool to spring one side. When hand springing the opposite side of the Tumbl Trak™, be sure to stay at least 4-5 springs ahead of the person using the Spring Tool.
- G. If you are setting up the Tumbl Trak™ by yourself, hand spring 4-9 springs on one side then alternate to the other side and continue to use the Spring Tool to spring the 2-7 springs before you alternate to the other side again. By continuing down the bed further on the hand sprung side, the amount of effort to hand spring will remain low.



- H. The last 2-3 springs will attach to the frame at an angle; this pulls the end of the bed tight.
- I. After all D-rings have springs attached to them, double spring the **last** D-rings on each side of the frame. The springs may be difficult to hook, but will provide extra support for the end of the bed.
- J. After the bed is sprung, there should be 2-3 frame holes that do not have springs in them.

Tip: In 3-4 years if the springs become stretched you can call and order more springs (in quantities of 50 or 100).

For Safety and liability reasons, the polypropylene bed of your Tumbl Trak™ should be replaced every 5-6 years.

Note: If you have purchased a bed that is **longer** than your Tumbl Trak™ frame, tuck the rest of the bed under the back end. Tumbl Trak™ suggests that you put a block, runway or some support under this end. This will help prevent the bed in this area from being over-stressed. We suggest purchasing the frame extension for the Tumbl Trak™ within 2 years. Having the extra bed folded for a longer period of time may reduce the quality of the bed material.

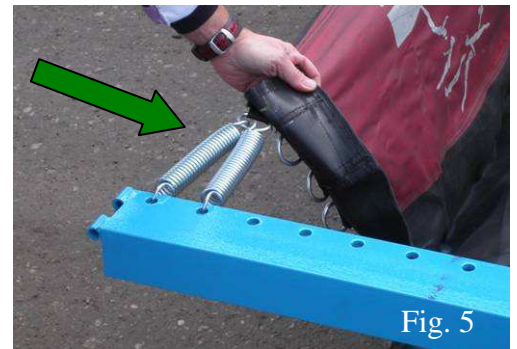


Fig. 5

10th Spring Hole Skipped—Tumbl Trak Only

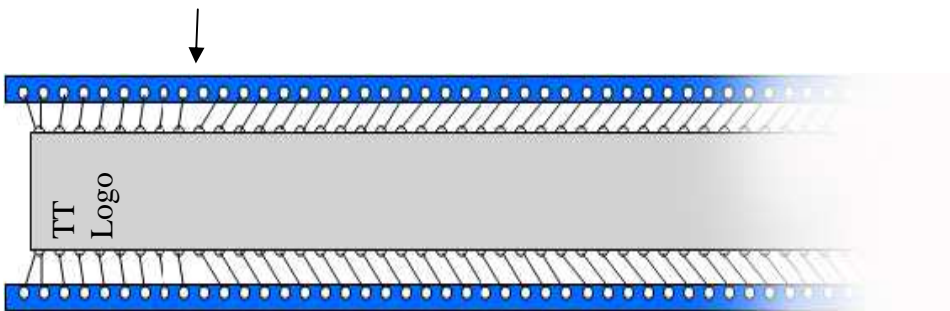


Fig. 7

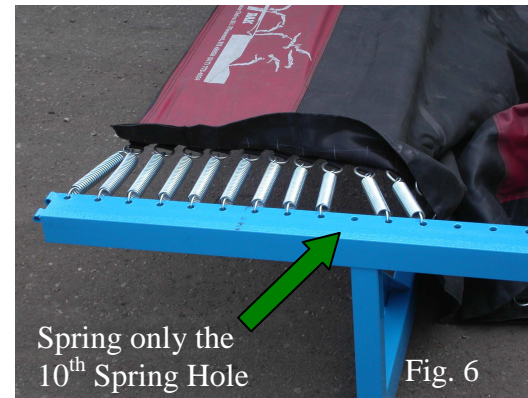


Fig. 6

3. USING THE SPRING TOOL

This model has been designed for easier use. The bent end of the thicker rod fits in a frame hole one down from the hole into which you want to place the spring. Use the smaller hook to stretch the spring onto the tool handle. With your other hand help place the spring into the desired hole. ****Watch your hands!!!** You should use gloves (See Fig. 8).



Fig. 8

4. ATTACHING THE FRAME PADS & END CAPS

- A. Attach the pressure sensitive loop Velcro to the outer edge of the holes on the Tumbl Trak™ rails leaving 6" extra at each end to attach the endcaps.
- B. Align the pre-sewn Velcro on the pads with the Velcro strips on the Tumbl Trak™ rails.
- C. Make sure the springs, frame, and bed flaps are covered by the pads.
- D. Attach an endcap to each of the four corners of the Tumbl Trak™.
- E. Use the extra 6" of Velcro to wrap around the endcap and fasten the Velcro to the underside of the rail (See Fig. 9).

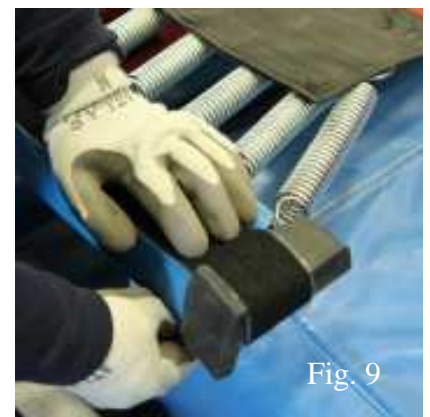


Fig. 9

A. After Assembly Checklist

After you have assembled your Tumbl Trak™, check the following points:

- **Is the bed of the Tumbl Trak™ smooth?** If it is wrinkled, check your assembly instructions (written or DVD), and re-spring the appropriate springs to draw the bed smooth. Commonly, new owners will forget to skip a hole on the Tumbl Trak™ frame.
- Check to see that the Frame Pads are securely connected to the frame with Velcro and that they cover the entire frame and springs.
- Check the landing surface at the end of your Tumbl Trak™. The Tumbl Trak™ Dismount Mat has straps that fasten to the end of the frame. The end of the mat should be placed under the "take-off" end of the Tumbl Trak™ so that it rests against the last leg of the Tumbl Trak™. The Tumbl Trak™ Dismount Mat has been designed specifically to be paired with the Original Tumbl Trak™.
- Post the included Safety Poster in a visible area near your assembled Tumbl Trak™.

B. Maintenance Checks for the Tumbl Trak™

Daily:

- ★ Check to see that the pads are securely in place on the frame of the Tumbl Trak™.
- ★ Check to see that the landing surface is set up for use in appropriate fashion.
- ★ (If applicable) Check to see that the runway and/or ramp is secure to the Tumbl Trak™ frame and to each other.
- ★ **Tip:** If you purchased a folding ramp with your Tumbl Trak™, you may want to attach a strip of loop Velcro to the bed of the Tumbl Trak™. The flap on the ramp will fasten to this Velcro strip, securing the ramp to the Tumbl Trak™.

Weekly:

- ★ Check the bed of the Tumbl Trak™ once every week for wear. On some occasions the seam, near the edge where the D-rings are sewn, can show a stretch in the black polypropylene material. It is common to have a stretch of up to 1 inch.
- ★ If there is a greater stretch, or any of the strands of material have actually torn, discontinue use and contact Tumbl Trak™ at 1-800-331-4362.

C. Tumbling with Tumbl Trak™

Remember that the Tumbl Trak™ has more “spring” than most tumbling surfaces. Your beginner to advanced athletes may need to start slowly when tumbling on the Tumbl Trak™; there is the potential to over-power skills. Tumbl Trak™ suggests gymnasts start the skill standing and progress before going “all out.” Make careful preparations to measure the approach to the take-off end of the Tumbl Trak™. Gymnasts often dismount too close to the end of the bed. The red vinyl with the Tumbl Trak™ logo provides a visual cue to help gymnasts take-off.

D. Safety Suggestions for Use of the Tumbl Trak™

1. Tumblers should be able to tumble in a straight line before using the Tumbl Trak™.
2. The Tumbl Trak™ should be used UNDER PROPER SUPERVISION ONLY.
3. ****The standard T-21 Tumbl Trak™ is not designed to be folded. If you fold up a section, you will break the frame.**
4. Explain to all new participants that the Tumbl Trak™ has more "spring" than most other tumbling surfaces, and that it should be approached with care. For example, it is very easy to over-rotate skills on the Tumbl Trak™. Tumblers may barely be able to perform these skills on another surface. Over-rotating tumbling skills on or off of the Tumbl Trak™ can be risky and dangerous. A shorter and easier approach to a tumbling pass (rather than a hard run) will usually be more than sufficient on the Tumbl Trak™. Tumbling with 1.25" or 2" mats (such as panel mats or carpet-bonded foam) is an excellent way to slow down the tumblers and allow them to feel as if they are tumbling on a more traditional surface.
5. We suggest that the Tumbl Trak™ be set up with a mat that is 18 inches thick. Tumbl Trak™ can supply a 7'x14'x18" thick mat with a connecting device so that the mat is attached to the frame. The mat will fit under the colored Tumbl Trak™ Logo on the bed and up against the frame; so that tumblers who take off too near the end of the bed will have a mat to protect them. Although the Tumbl Trak™ can certainly be used as a landing surface for more difficult skills, it is more appropriate to take a progressive approach to the training of aerial skills. If athletes are dismounting into a pit, please check industry standards for specifications. Tumbl Trak™ recommends that the bottom and ALL sides of the pits have padding.
6. Be familiar with the Tumbl Trak™ information that has been provided to you.
7. Perform Tumbl Trak™ maintenance checks as suggested in this Tumbl Trak™ owner's manual.
8. Because of additional inherent risk, it is not recommended that anyone over the age of 18 should use this equipment.

Skipping steps in the progressions suggested above may be dangerous, because the participant may not be mentally or physically prepared to perform the skill safely. Neither the Tumbl Trak™, spotters, nor mats are any substitute for proper training. Coaches should never assume that any of these can take the place of proper training. For proper technique please refer to the enclosed DVD or visit our Training Tips at www.tumbltrak.com.

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