



ASSEMBLY AND CARE INSTRUCTIONS

ADJUSTABLE SINGLE BAR TRAINER WITH SHORT CABLES 5176-010

VERSION: 8920054 (Revised 02/2018)



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Thank you for purchasing a SPIETH America **5176-010 – Adjustable Single Bar Trainer with Short Cables** from our line of **Gymnastics Equipment**. We appreciate your business and value you as a customer!

Please carefully read the following instructions before assembling and using your new equipment, as they pertain to the particular equipment you have purchased. Keep these instructions for subsequent reference (inspection, maintenance, etc.).



The exclamation mark symbol when seen in this manual is used to indicate warnings or items that require special attention during the use or assembly of the apparatus.



Assembly, set-up and adjustment of this equipment should only be undertaken by qualified persons. At no time should children or other unqualified persons undertake the assembly, set-up, installation or adjustment of this equipment.



Periodically carry out predictive maintenance. Depending on how much the product is used, have the equipment serviced yearly or every few years.

For assembly, set-up and adjustment instructions, please read and follow all instructions in Section I and II of this manual as they apply to your particular piece or pieces of equipment.



The apparatus should be used by only one person at a time, supervised by a qualified individual and with appropriate landing mats or landing pits.

- **The Adjustable Single Bar Trainer is a training apparatus and, as such, should never be used as a competition apparatus.**
- **Using this equipment for purposes other than those originally intended is not allowed.**
- **Make sure that the quick links are closed and anchors are tightened before tightening the cables.**
- **Do not use the equipment when the cables are slack.**
- **Never use abrasive materials on the veneered rails, in order to avoid modifying their mechanical properties or their dimensions.**
- **Always store the equipment away from humidity and heat.**

Be sure to read and follow all Safety Instructions in Section III of this manual before attempting to use the apparatus!

I. General information

1. *Weight of the apparatus*

Reference 5176-010 weights approximately 119 lbs

2. *Overall size*

- Apparatus without cables: 8'-7 9/16" X 4" (2.63 m x 0.10 m)
- With short cables: 13'-1 7/16" X 6'-6 3/4" (4.00 m x 2.00 m)

3. *Packaging*

Package	GN3120/70	GN3120/60	GN3110	GN3012	Total
Reference	Pair of Slide Tubes	Pair of Uprights	Steel Rail	Short Cable System	
5176-010 Adjustable single bar with short cables	1	1	1	1	4
Weight Dimension (in)	26 lbs 30x8x7	45 lbs 114X7X3	29 lbs 98X3X3	21 lbs 20X11X5	121 lbs

4. *Adjustment values*

- Height of rail: 0.95 to 2.75m or 3'-1 5/16" to 9'-1/4"
- From the bottom: 6 locking notches in 20cm or (7-7/8") increments, then 7 locking notches in or 10cm (or 3-15/16") increments.

II. Assembly & Operation

1. *Installing the anchors*



4 Concrete Floor anchors are required for securing the Threaded Socket Adaptors. These floor anchors are not supplied with this package. They must be purchased separately. Concrete anchors are available at SPIETH America under spare part #PEA1 (Set of 4 pieces).



This equipment should be installed by a qualified individual.

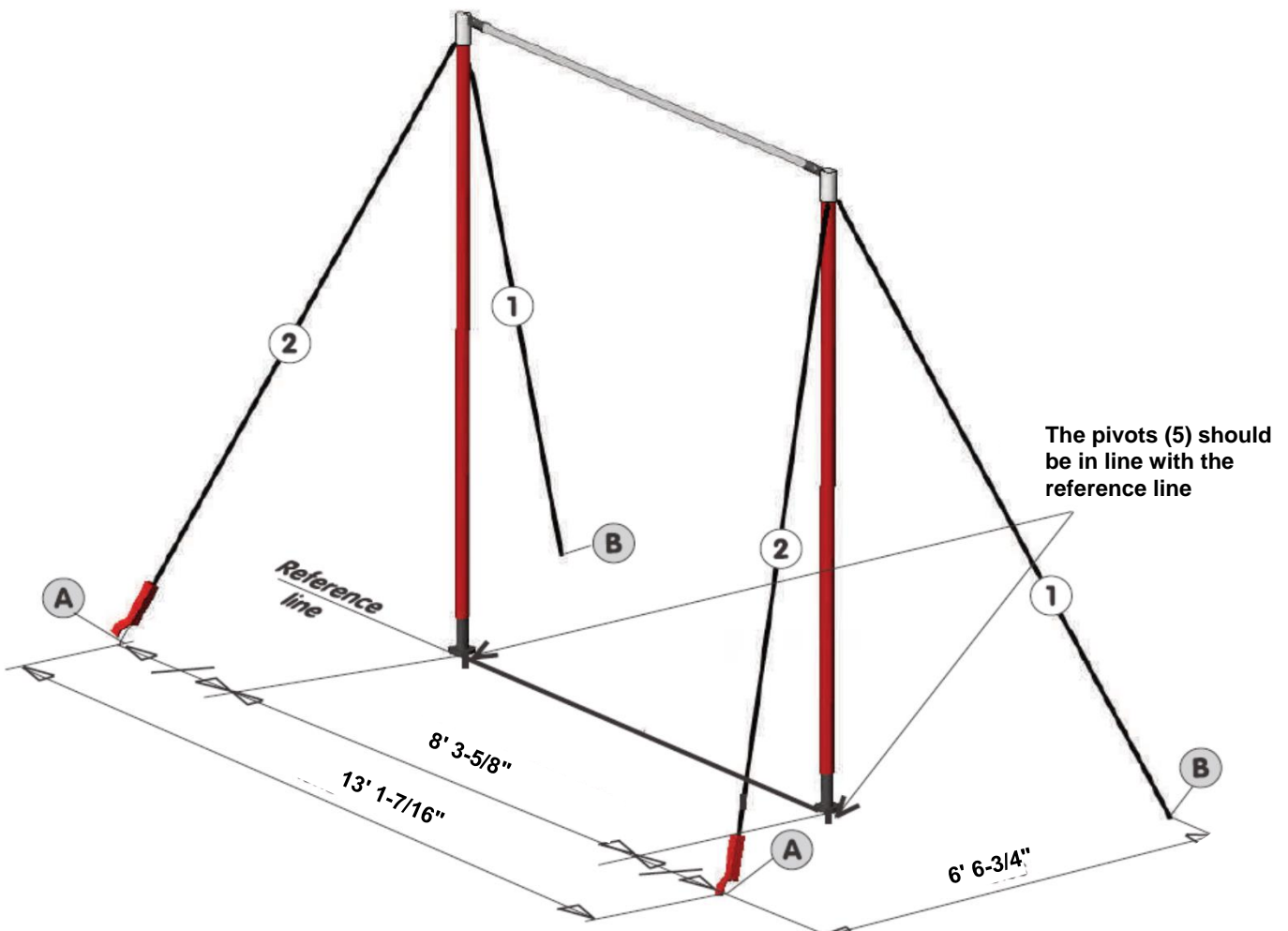


Figure 1

1.1 Layout

1. Choose a location for the apparatus and mark the location of the anchors and the distance between the pivots **(5)** on the floor, according to **Figure 2** below.
2. Before drilling measure the diagonal distances between the corners of the layout, to check that the anchors will be uniformly located.



It is mandatory that the uprights are aligned with the reference line.



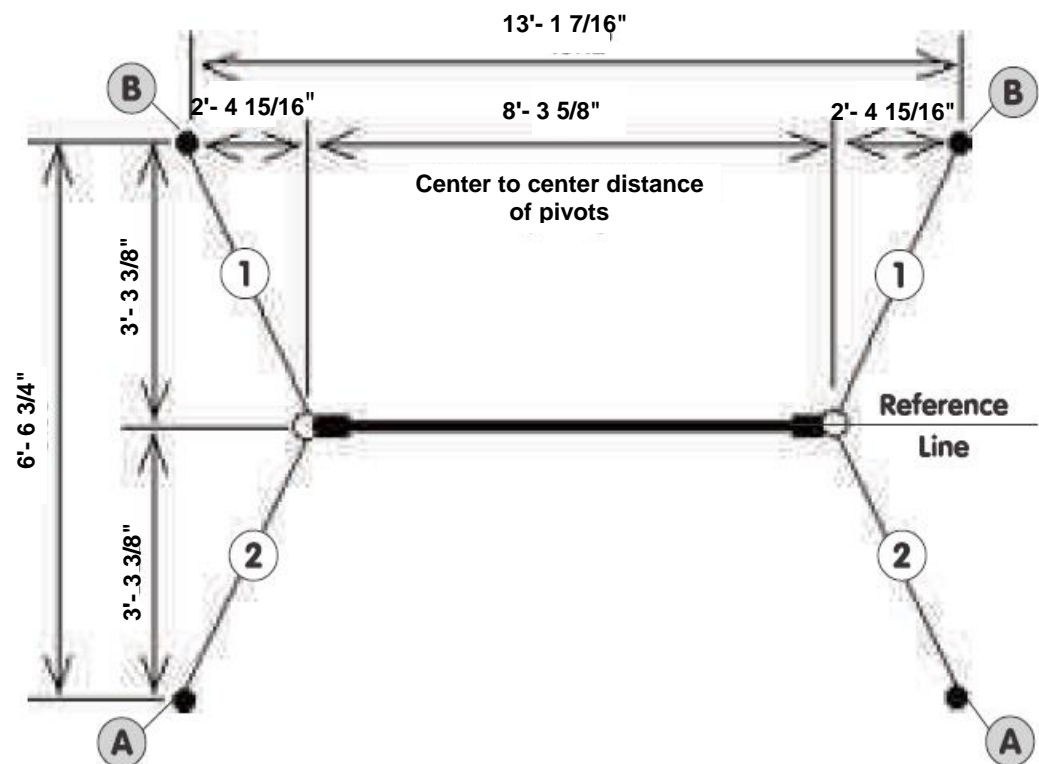
Read Section 1.2. "Installing Concrete Anchors" on next page carefully, for properly installing those floor anchors. Installing the concrete anchors properly is critical for this apparatus to function safely!



The cable attachment points must resist 1798 lbs.

3. Install the Concrete Anchors according to the instructions on the next page. For pivot **(5)**, drill 12mm (or 31/64") diameter holes, 45mm (or 1.77") deep, if required.
4. Install supplied threaded socket adapters into the floor anchors.

Figure 2



1.2. Installing Concrete Anchors

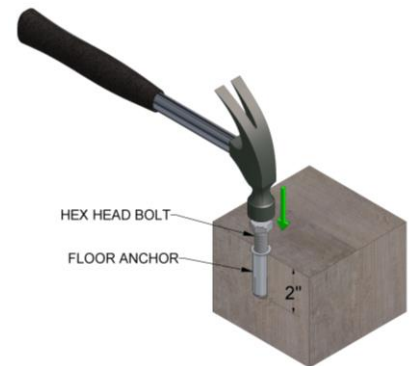
Tools Required (customer supplied):

- Tape measure
- Anchor setting tool or punch with a $\frac{5}{16}$ " diameter & 1.5" long end
- $\frac{5}{8}$ " diameter carbide tipped concrete drill bit
- Hammer drill
- $\frac{3}{4}$ " or 19mm Socket, Extension and Ratchet
- Hammer
- Safety glasses



Never place a floor anchor into a seam/crack, or an area within 9" from a seam/crack or outside edge of the concrete floor

1. With the $\frac{5}{8}$ " carbide drill bit installed in the Hammer drill, drill a hole into the concrete to 2 inches ($+1/8$ ").
2. Use a shop vacuum or turkey baster to remove all dust and concrete chips out of the holes. Ensure the hole depth is at least 2 inches ($+1/8$ ").
3. Turn a hex head bolt 3 full turns into a floor anchor, and insert it into the drilled hole.
4. Use the hammer to tap the top of the bolt until the floor anchor is flush with or just below the top of the concrete.
5. Remove the hex head bolt, proceed to set the anchor and lock it in place!



The step of locking or setting the anchors is critical. Ensure that it is done correctly!

6. Using a punch or setting tool (customer supplied), set the floor anchor by striking the plunger in the center of the floor anchor. Strike the setting tool or punch with a hammer repeatedly, to expand the anchor in the hole.

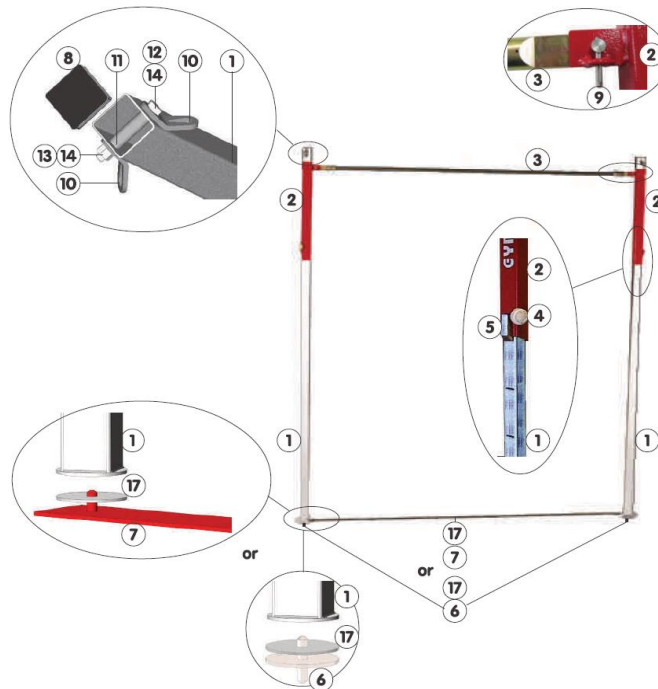


When attaching equipment to floor anchors, a bolt torque value of 20 ft lbs is recommended.

2. Assembling the apparatus

2.1 Bill of materials

Item	Qty	Description	Reference	Notes
1	1	Uprights for Adjustable single bar	GN3120/60	Replacement sold by the pair
2	1	Slide Tubes	GN3120/70	Replacement sold by the pair
3	1	Steel Rail or Fiberglass Rail Fiberglass Rail	GN3110 GN3260 GN3262	Replacement rail sold by the unit Replacement rail sold by the unit Replacement rail sold by the unit
4	2	Tightening Knob	GN333/38	Included in (2) Replacement sold by the unit
5	2	Pawl Handle	GN333/29	Included in (2) Replacement sold by the unit
6	2	Support Pivots	GN3120/52	Included in (2)
7	1	Connecting Bar	GN3120/62	Optional, sold separately
8	2	End Cap	-	Included in (1)
9	2	Stainless Pin	GN322/13	Included in (2) Replacement sold by the unit
10	4	Bracing flat	-	Included in (2)
11	2	Spacer	-	Included in (2)
12	2	M12 x 90 H screw	-	Included in (2)
13	2	M12 H Locknut	-	Included in (2)
14	4	L 12 X 32 washer	-	Included in (2)



2.2 Apparatus Assembly



Prepare a clean area to assemble the apparatus.



The assembly and set-up of the apparatus requires a minimum of two qualified persons. Do not attempt the assembly and set-up of this apparatus alone!

1. Position the rail (3) on the floor, to view the spacing of uprights (1).
2. Lay both uprights (1) parallel on the floor.
3. Install the sliding tubes (2) in the highest position on the uprights (1) (tightening knobs (4) outward).
4. Remove the black plastic caps (8) from the end of the uprights (1), insert the spacers (11) inside (see Fig. 3).
5. Install 2 bracing flats (10) on the top of each upright (1), using the screws (12), (13) and (14), then moderately tighten to allow flats (10) to swivel with regard to the cables. Install the black plastic caps (8) back into the uprights (1).
6. Install the rail (3) on the sliding tubes (2) using the pins (9) (see Fig. 4).
7. Position the pivots (6) into the hole in the floor and the upright, or place the connecting flat bar (7) on the floor.

Figure 3

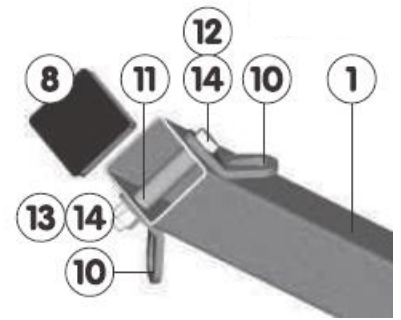


Figure 4



Note: Plastic washers (17) have to be placed like Fig. 5 or 6.

Figure 5

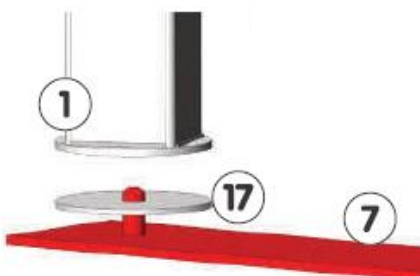
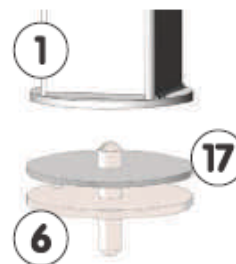


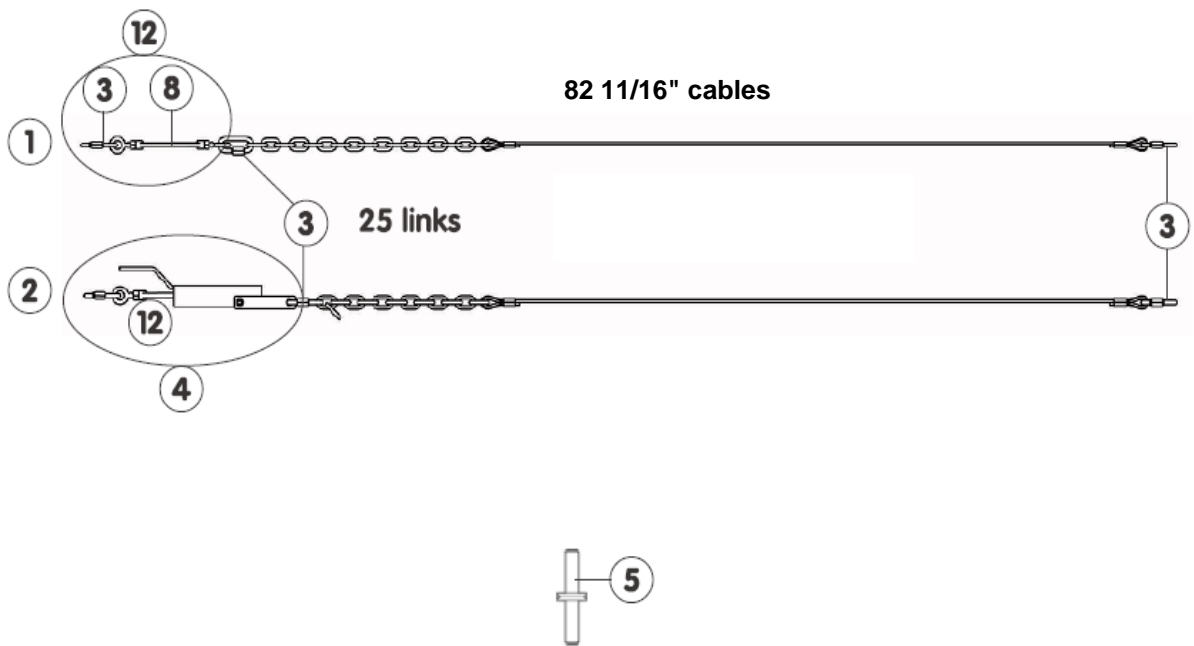
Figure 6



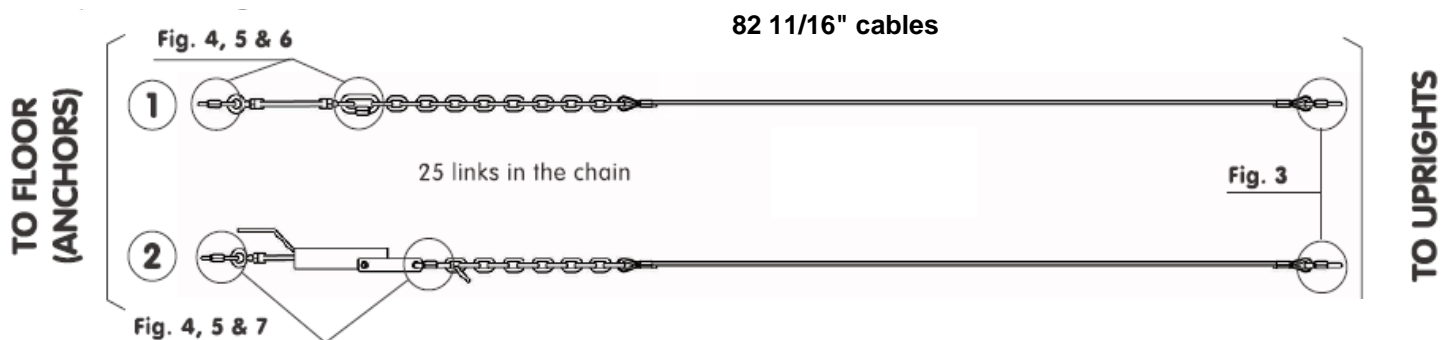
3. Installing the cables

3.1 Bill of materials

Item	Qty	Description	Reference	Notes
1	2	Adjustable Bar turnbuckle cable	-	Replacement sold by the unit
2	2	Adjustable Bar tightener cable	-	Replacement sold by the unit
3	10	Quick link #8	-	Replacement sold by the unit
4	2	Load Binder	5173-004	Replacement sold by the unit
5	2	Support pivots	GN328/02	Replacement sold by the unit
6	4	Threaded socket adapter	184B	Replacement sold by the unit
7	-	Concrete anchors	PEA1	Not supplied Replacement sold by set of 4 pieces
8	4	M12 O/O Turnbuckles	QTELE1012G	Replacement sold by the unit
12	-	M12 O/O Turnbuckle + quick link	-	



3.2 Cabling items layout



1. Make sure you assemble the quick links **(3)** in the proper direction **(always tighten downward)** like **Figure 7** below.
2. Adjust the turnbuckles **(8)** to medium length to enable the cables to be adjusted easily like **Figure 10** below.



Do not close the floor attachment quick links, so that the threaded socket adaptors **(6) can be set up.**

Figure 7- quick link (3) / upright assembly



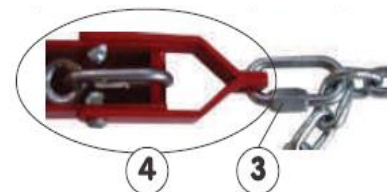
Figure 8 & 9 - quick links (3) / chain assembly



Figure 10 - quick link (3) / turnbuckle tie (8) assembly



Figure 11 - quick link (3) / load binder (4) assembly




3.3 Assembling the cables



The assembly and set-up of the cables requires a minimum of two qualified persons. Do not attempt the assembly and set-up of this apparatus alone!

1. Identify the location of each cable using **Figure 2** (on page 5) and the general view (on page 4).
2. Once the location of each cable is properly identified, **attach the ends of the cables on all of the uprights, using the large opening quick links (3), respecting the precautions about assembly and tightening directed above.**
3. Hook the turnbuckles **(8)** of the cables **(1)** to the rear threaded socket adaptors **(B)**, then set the chain lengths.

 **When the vertical position of the uprights (1) is adjusted and before tightening the cables, do not forget to tighten the bracing flats (on top of uprights). (See Figure 3 on page 8).**

4. Lift the adjustable bar and set the uprights into the pivots (6).
5. Hold the apparatus and attach the load binders (4) of the cables (2) to the front threaded socket adapters (A).
6. Set each upright assembly **vertical (use a level)**, by adjusting the chain links, then fine tune the adjustments using the turnbuckles (8).

3.4 Adjusting and tightening the cables

 **Remember to tighten all the threaded socket adaptors (6) and all the quick links properly before tightening the cables. The quick links (3) and the locknuts on turnbuckles (4) + (8) need to be tightened using an adjustable wrench.**

7. To fine-tune the tightener cables (2), open the load binders (4) (see **Figure 12** below), then screw or unscrew the turnbuckle (8). Lock the locknuts, then place the handle of the load binder (4) above the turnbuckle (8) to close it (see **Figure 12** below).

Figure 12 - Slack cabling: Open load binder

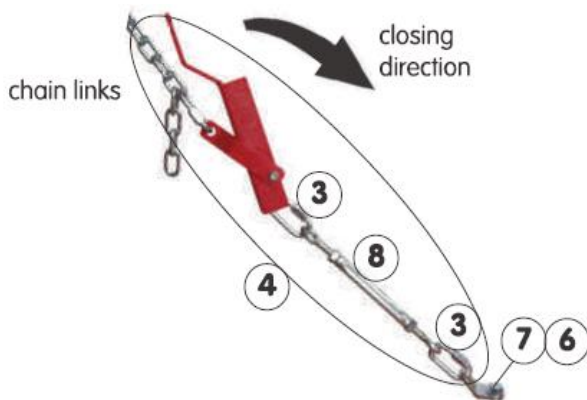
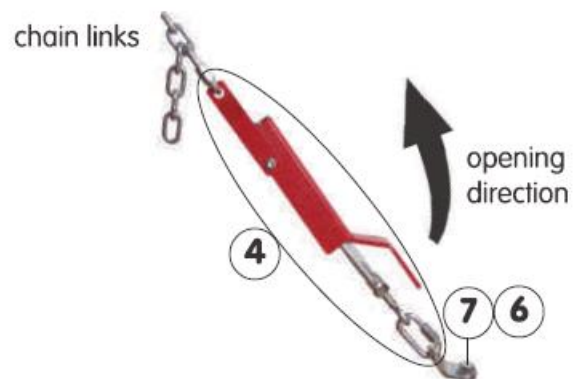


Figure 13 - Tightened cabling: Closed load binder



4 Apparatus operation

4.1 Height adjustment

1. Loosen the cables by opening the load binders (see **Figure 13** on previous page).
2. Unlock the slides tubes by loosening the tightening knobs **(4)** (2 to 3 turns) on both of the slide tubes **(2)**.
3. Release the slide tube by pressing down and holding down the pawl handle **(5)**.
4. Raise or lower the sliding tubes **(2)** until the rail is at the desired height.
5. Lock the slide tubes by tightening the knobs back **(4)**.



When the tightening knob (4) is tightened, make sure the slide tubes are properly locked, by checking that each pawl handle (5) is locked against the sliding tubes (2). In this position, it should not be possible to raise nor lower the sliding tubes (2).

6. Retighten the cables properly.



Always check that both sliding tubes (2) are adjusted to the same height. This is mandatory.



Never modify the cable tightening in accordance with the height of the rail (3). In the lowest position, it's normal for the cables to look loose.

Figure 14

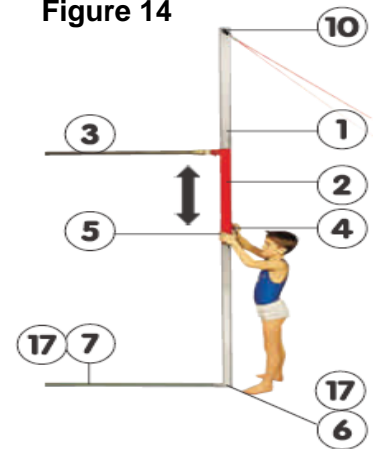
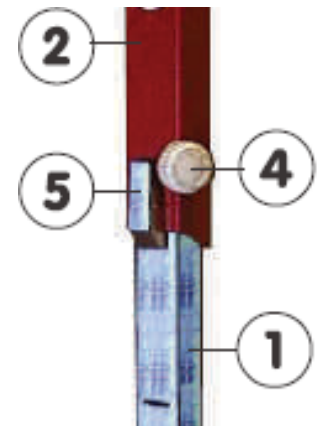


Figure 15



4.2 Maintenance

1. A regular cleaning of the apparatus allows better noticing of eventual issues (distortion, breakage, or corrosion).
2. **Before using the apparatus, always check the state of wear parts and safety elements for good condition and operation:**
 - Cables, tightening knobs **(4) (NEED TO BE TIGHTENED)**, pawl notching handles **(5) (NEED TO BE FULLY ENGAGED)**, plastic washers **(17)**, quick links closed, stainless pins **(9) (NEED TO BE LOCKED)**.
 - Visual inspection of correct tightening and condition of the rail (3), and all cabling devices (cables, tighteners, quick links locked, etc).
3. Maintenance of the rail **(3)**:
 - Remove the pins (9), clean chalk deposits, lubricate the rail ends, then re-install the rail.
4. **Check the tightening of cables and closure of quick links before each use.**
5. **Check the tightening of all attachment elements (1) + (2) + (12) + (13) and the tightening of all floor anchors before each use.**



IF AN ISSUE IS DETECTED OR SUSPECTED, DO NOT USE THE EQUIPMENT AS LONG AS IT HAS NOT BEEN CHECKED BY A TECHNICIAN. ANY DAMAGE OR DISTORTED PIECE SHOULD BE REPLACED IMMEDIATELY.

III. SAFETY



Any activity involving motion 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.

You assume a risk of serious injury in using this equipment. However, this risk can be reduced by strictly following these rules at all times.

1. Use this equipment **only** under the supervision of a trained and qualified instructor.
2. This equipment **must be used only when protected by proper matting as recommended by the Federation of International Gymnasts (F.I.G.)**. If in doubt concerning proper matting, **do not use this equipment**.
3. This equipment **must be used with proper spotting equipment and qualified spotters suitable to the activity or skill**. Always consult an instructor.
4. **Know your own limitations and the limitations of this equipment**. Follow progressive learning techniques and always consult an instructor.
5. **Always inspect this equipment for proper stability before each use**.
6. **Always inspect this equipment for loose fittings and parts**. Replace any worn, defective or missing parts.
7. **Always inspect this equipment for improper or unsafe installation**. If in doubt, **do not use this equipment**.