

# Assembly Instructions

## Frame Bar

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

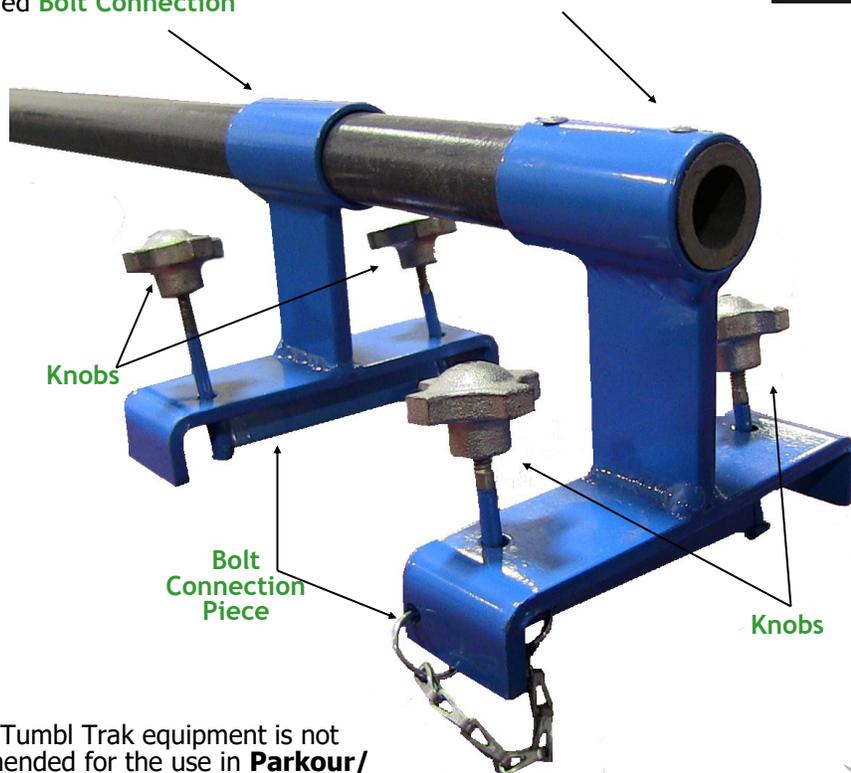
After opening the boxes, please check the parts list to make sure all pieces have arrived in good condition. If you have any questions during this assembly process, please call customer service at 1-800-331-4362.



## Parts List

Sliding Bracket with attached Bolt Connection

Stationary Bracket with attached Bolt Connection



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



## WARNING

- Serious injury (including permanent paralysis or death) could result from any activity involving motion, rotation or height.
- All users of this equipment assume this risk of serious injury.
- Mats and pits cannot and do not eliminate hazards.

## Safety Instructions

### ALWAYS:

1. Consult an instructor prior to use.
2. Use equipment **ONLY** under the supervision of trained and qualified instructors.
3. Use equipment with trained spotters and the proper spotting equipment.
4. Check equipment before use for proper positioning; equipment can move during use.
5. Follow a progressive learning pattern. Assure basic skills are achieved before attempting more advanced skills.
6. Use equipment **ONLY** when all hard exposed surfaces are protected with proper mats.
7. Assure that all inflatable equipment has sufficient air pressure to avoid injury.

**DO NOT** use the apparatus with damaged, worn or missing parts.

**DO NOT** allow more than one person at a time to use the equipment.



Scan the QR Code with your smartphone to learn more about what you can do with your new Tumbl Trak product!



**Tumbl Trak**  
Train Smart

For questions or problems, please call Tumbl Trak at (800) 331-4362

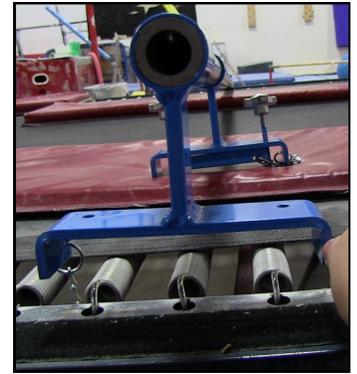
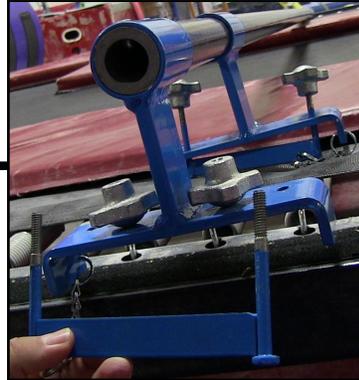


**Step 1:**

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.

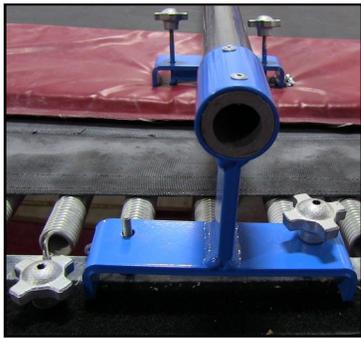
Unscrew the knobs on the stationary bracket of the Frame Bar and place it over two spring holes on the frame. **NOTE: There is no need to remove the spring from the frame hole.**

**Step 2:**



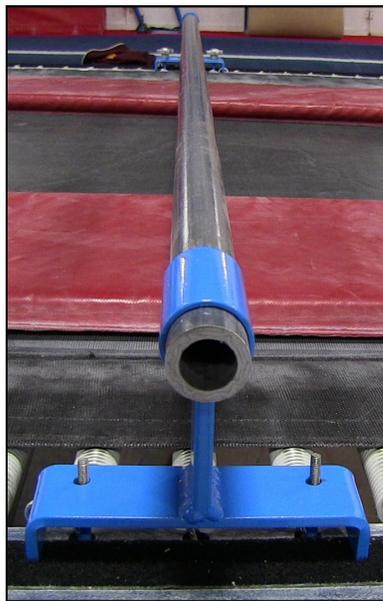
**Step 3:**

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.**



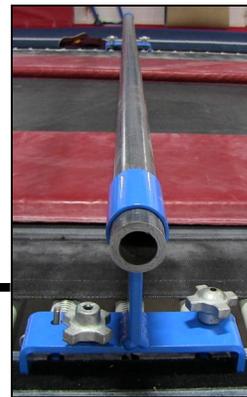
**Step 4:**

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.**

**Step 5:**



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

**Step 6:**



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



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