Assembly Instructions

Gymnastics Home Kip Bar



Thank you for purchasing the Gymnastics Home Kip Bar.

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.

Scan QR code for Video Assembly Instructions

Assembly Time = 20 minutes

Assembly Requires 1-2 Adults



⚠ 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:

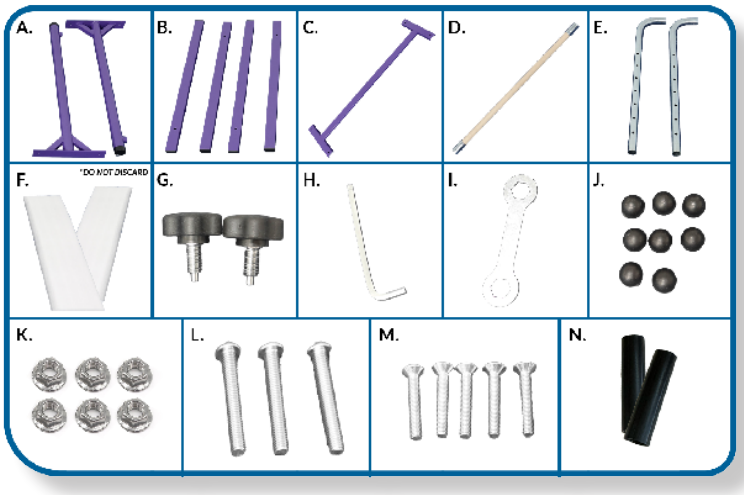
1. Consult an instructor prior to use.
2. Use equipment **ONLY** under the supervision of trained and equalified instructors.
3. Use equipment with trained spotters and the proper spotting equipment.
4. Check equipment before use for proper positioning; equipment can move during use.
5. Follow a progressive 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.

Parts List

A. (2) Vertical Uprights
B. (4) Legs
C. Center Cross Brace
D. Wood Bar
E. (2) Down Tubes
F. (2) Foam Mat Transition pieces
G. (2) Spring-detent knobs (D-2)
H. Allen Wrench
I. Wrench
J. (6) Rubber nut Cap Covers
K. (6) Flange Lock Nuts
L. (2) 2¼-in Bolts
M. (4) 2-in Countersunk Bolts
N. (2) Plastic spacer



Tumbl Trak
Train Smart

For questions or assistance, please contact your regional Tumbl Trak representative

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1. Clear a space large enough to assemble your bar. The bar requires 4-ft x 6-ft of space, with additional room around the bar for safety when the athlete is at play.

Unbox all pieces and lay them out. Locate AND SAVE the two largest, white pieces of foam in the box. These will be used as transition pieces for under your mat.

2. Find and place (2) legs, end-to-end with the holes toward each other next to the cross brace.

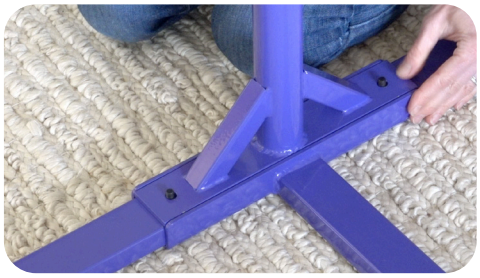






3. Place the countersunk bolt pointing upward in the cross brace. Align the two legs in the channel of the cross brace so the holes line up.

4. Place the upright on top of the crossbar and legs. Make sure to line up the holes and bolts.





5. Secure the cross brace, legs, and upright together using the bolt assembly shown to the right.

Tighten using the allen and wrench. This may require more than one person.

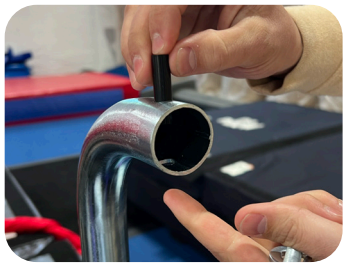


6. Place the rubber cap on top of the nut.

7. Repeat steps 2-6 for the other side.







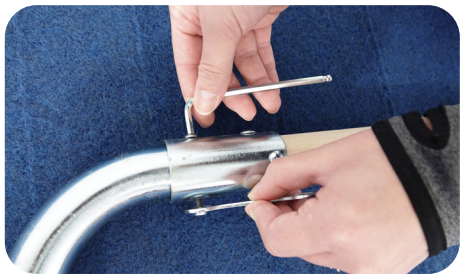


8. Place one plastic spacer in the down tube.



9. Place the wooden bar on the floor with the down tube curve facing the wooden bar end. Use the bolt assembly, shown to left, to secure the bar to the down tube.





10. Use the Allen wrench on the bolt head and wrench on the nut to tighten bolt. Place the rubber cap over the bolt.

11. Repeat steps 8-10 for other side of bar.





12. Slide the wooden bar assembly into the vertical upright. Lower the bar evenly on both sides.

13. Use the black D-2 knobs to secure the bar in place.





14. Place the two large solid foam pieces from the packaging on the floor next to the middle crossbar with the tapered side farthest from the crossbar.

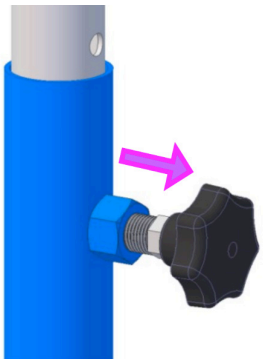
These pieces allow your top mat to lie smoothly over the middle crossbar.

Adjusting the Bar Height

1. Loosen D-2 knob (1-2 counter-clockwise turns). Pull back on the knob to retract pin from vertical support hole.

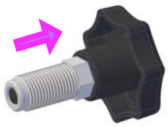
2. Raise the bar to the desired height until you hear an audible *click*. This sound means the pin is secured in place.

3. Tighten the knob (clockwise) until knob is fully tightened.





Detent-pin is protruding



Detent-pin is retracted

Recommended Accessories:



Bar Pad

- Developed for the smaller athlete
- Easily attaches to the bar with Velcro
- Measures 9½-in wide and fits any 1½-in diameter bar



Home Practice Mat

- Provides softer base for skills
- May be used for tumbling skills when not in use with the Gymnastics Home Kip Bar
- Removable cover for washing



Air Barrel & Cradles

- Great station to use with Gymnastics Home Kip Bar
- Put Air Barrel behind the bar and do drills for Kips and straight arm bouncy butt drills
- Let your imagination go and you will discover so much more!