

# Assembly Instructions

## Gymnastics Home Training Kip Bar



Thank you for purchasing the Gymnastics Home Training Kip Bar. We know 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.



- 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.

## Parts List

#### Parts List:

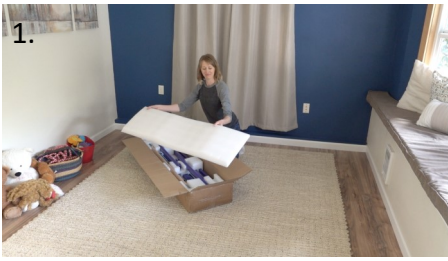
- |                                |                             |
|--------------------------------|-----------------------------|
| (2) Vertical uprights          | (1) Allen wrench            |
| (4) Legs                       | (1) Wrench                  |
| (1) Center cross brace         | (6) Rubber nut cap covers   |
| (1) Wood Bar                   | (6) Flat washers            |
| (2) Down Tubes                 | (6) Nuts                    |
| (2) Foam mat transition pieces | (2) 2.25 inch bolts         |
| (2) Spring-detent knobs (D-2)  | (4) 2 inch flat head screws |



**DON'T THROW AWAY!!**



**Tumbly Trak**  
Train Smart

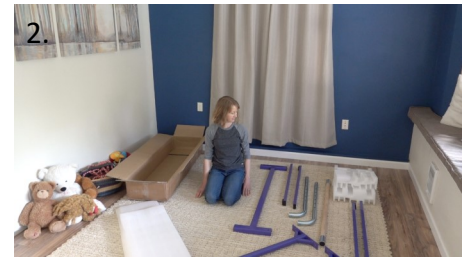


1. Locate and save the two largest, solid pieces of white foam in the box. These will be used as transition pieces for under your mat.

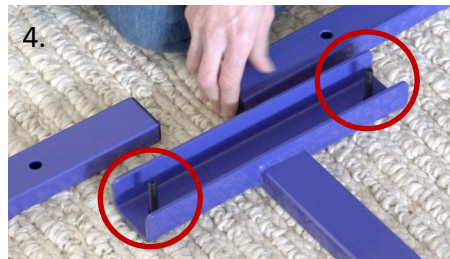


2. Clear a space large enough to assemble your bar. The bar will require 4 x 6 foot space with additional room around the bar for safety when the athlete is at play. Unbox all the pieces of the bar and lay them on the floor as pictured.

*\*You may receive extra hardware. Please save.*



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



4. Place the flat head screws pointing upward in the cross brace. Align the two legs in the channel of the cross brace so the holes line up.



5. Place the upright on top of the crossbar and legs, again, lining up the holes and screws.

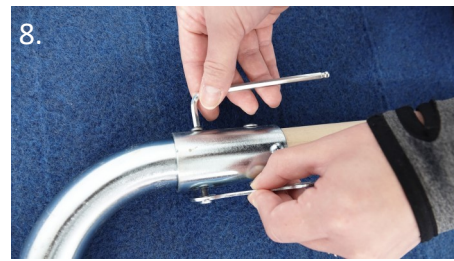


6. Secure the cross brace, legs and upright together using the screw assembly as shown above. Flat head screw from the bottom, washer, and then nut on top. Use the Allen on the screw head and wrench on the nut to tighten screw. This may require more than one person. Place the rubber cap on top of the tightened screw end.



7. Repeat steps 3-6 for the other side





8. Place the wooden bar on the floor with the down tube curve facing toward the wooden bar end. Use the bolt assembly shown above to secure the bar to the down tube. Bolt facing down through bar and down tube, washer, and then nut. Use the Allen wrench on the bolt head and wrench on the nut to tighten bolt. Place the rubber cap over bolt. Repeat for both sides of bar.

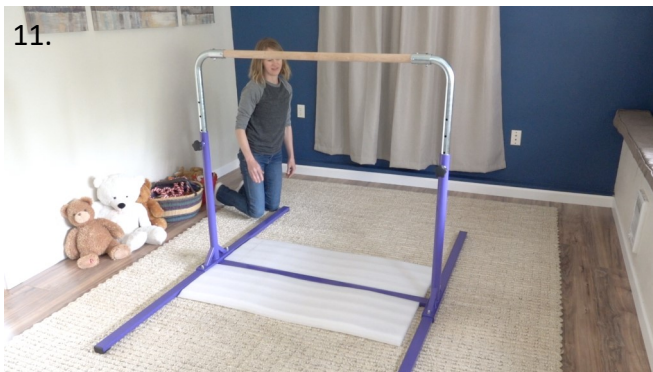
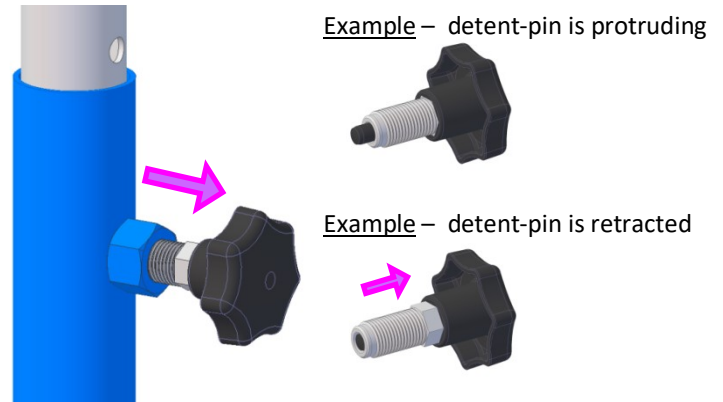


9. Slide the wooden bar assembly into the vertical upright. Lower the bar evenly on both sides.

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

#### To adjust Gymnastics Home Training Kip Bar height:

- Loosen spring-knob (1-2 turns counter-clockwise)
- Pull back on knob to retract pin from tube hole, and raise/lower Gymnastics Home Training Kip Bar
- to desired location
- Release knob, assuring that the pin goes into the appropriate tube hole
- Tighten knob (turning clockwise) until knob is fully seated against the tube, holding it securely



11. 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.

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

**General Guidelines**  
(125 lb. limit)



# Accessories for the Gymnastics Home Training Kip Bar

The following accessories can be purchased from Tumbl Trak's website at [www.tumbltrak.com](http://www.tumbltrak.com) or by calling 1-800-331-4362.



## Bar Pad

- Developed for the smaller athlete
- Easily attaches to the bar with Velcro
- Measures 9.5" wide and 1.5" in diameter



## Home Practice Mat

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



## Air Barrel and Cradle

- This is a great station to use with your Gymnastics Home Training Kip Bar
- Put the 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!



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