

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.

Care Instructions:

We recommend lightly scrubbing the bar with a wire brush
to remove any visible buildup of chalk or dirt then wipe
with mineral oil on a microfiber cloth to clean the bar.

125lb. weight limit



⚠ 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:

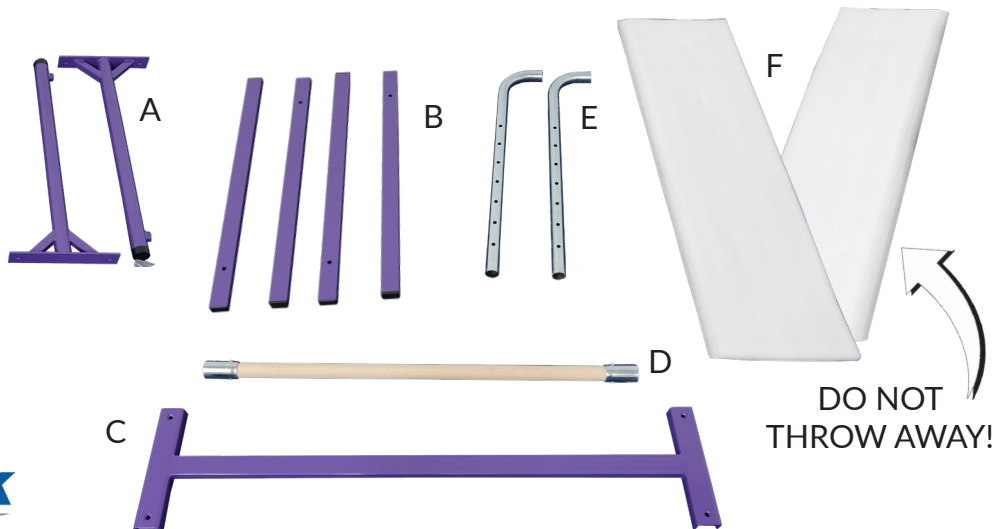
1. Consult an instructor prior to use.
2. Use equipment **ONLY** under the supervision of trained and qualified instructors.
3. Use equipment with trained spotters and the proper spotting equipment.
4. Check equipment before use for proper positioning; equipment can move during use.
5. Follow a progressive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

- 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) Flat Washers
- L. (6) Nuts
- M. (2) 2¼-in Bolts
- N. (4) 2-in Flathead Screws
- O. (2) Plastic spacer



**DO NOT
THROW AWAY!**





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.

1A. 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 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.

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



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

5A. Use the Allen on the screw head and wrench on the nut to tighten screw. This may require more than one person.

Flat head screw from the bottom, washer, and then nut on top.



6. Place the rubber cap on top of the tightened screw end.



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

To watch the Gymnastics Home Kip Bar in action, visit our website: www.tumbtrak.com



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.

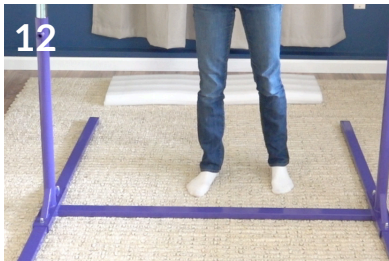
Bolt facing down through bar and down tube, washer, and then nut.



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

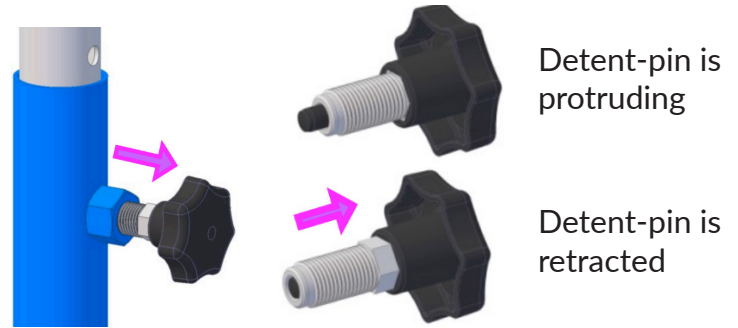
These pieces allow your top mat to lie smoothly over the middle crossbar.

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To adjust Gymnastics Home Kip Bar height...

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



Accessories for Gymnastics Home Kip Bar



Bar Pad

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



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!

To purchase accessories for the Gymnastics Home Kip Bar, visit our website: www.tumbitrak.com

