

118 - 12' STEEL LOW TRAINING BEAM

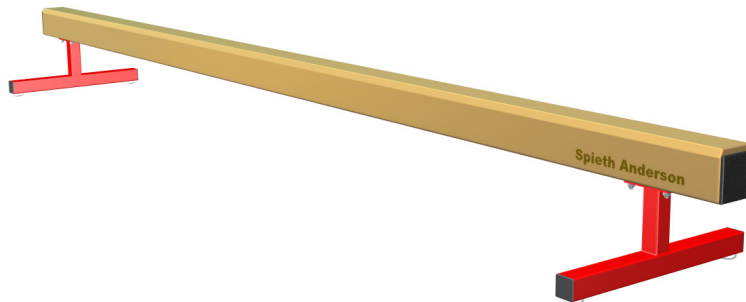
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Thank you for purchasing the **118 – 12' Steel Low Training Beam** from our line of *Gymnastics equipment*. We appreciate your business and value you as a customer.

This 12' Steel Low Training Beam is manufactured of the finest materials and has been thoroughly inspected before leaving our plant. We are sure you will be pleased with its quality, durability and performance.

Please read carefully the following instructions before assembling and using your new equipment.



The exclamation mark symbol when seen in this booklet 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.

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

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

For information on Replacement Parts, please see Section IV of this booklet.

Pre-Assembly Preparations

You have received two shipping cartons. One carton contains the **118T – 12' Steel Low Training Beam Top** packed with a **Pair of Steel Low Training Beam End Caps**. The second shipping carton contains the **118-25 - 12' Steel Low Training Beam Legs**, which are packed complete with mounting hardware.

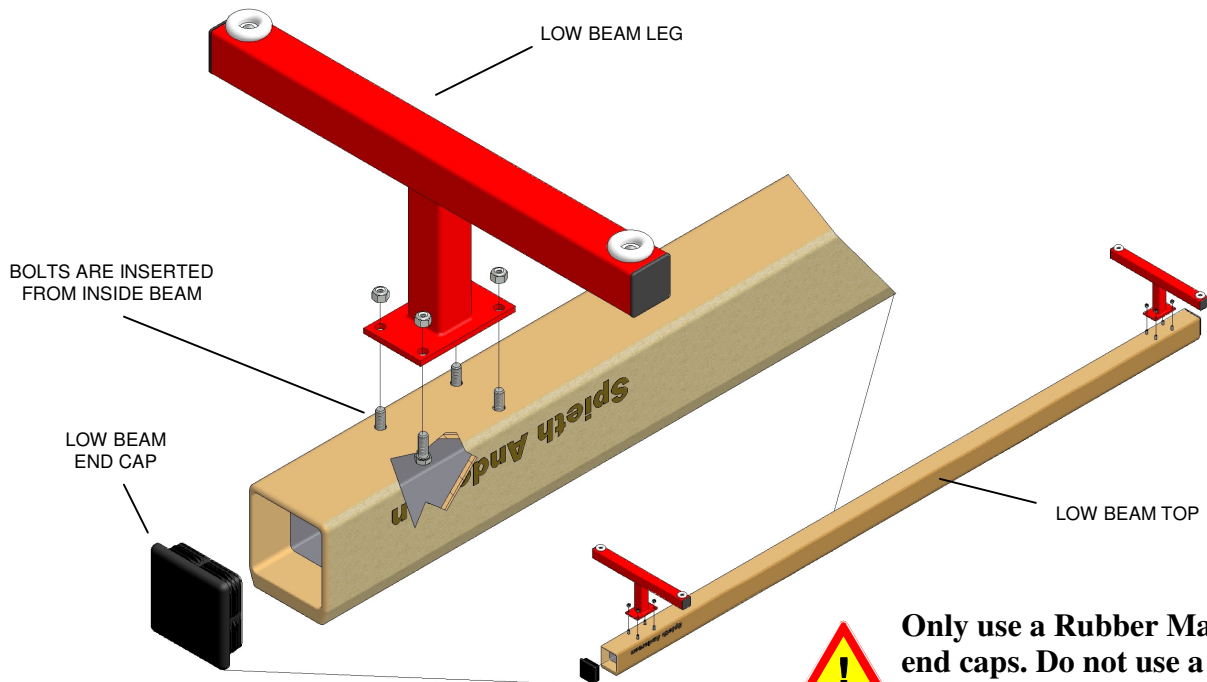
To assemble the **Steel Low Training Beam** you will need two (2) adjustable wrenches & rubber mallet.



Note: *The Beam Legs and Beam Top are heavy and can be difficult to balance if not held properly while handling. Two (2) qualified persons are required when assembling this apparatus.*

Assembly Instructions

1. Carefully open the shipping carton containing the **Beam Top** by removing the Phillips screws from the carton lid, remove the screws along its full length of the Lid & remove the Lid. Carefully lift the **Beam Top**, out through the top of the carton, and place it upside down on a clean surface. This will help to protect the **Beam Top** from being soiled or damaged during assembly.
2. Remove the **Beam Legs** from their shipping carton. Work with one **Beam Leg** at a time.
3. Locate the mounting holes in the underside of the **Beam Top**. Align these holes with the holes in the mounting plate of the **Beam Leg**. Reach inside the Beam; insert a bolt through the bottom wall of the **Beam Top** and the mounting plate. Hold the bolt from spinning and install the Nylock nut on the bolt. Repeat this step for all 4 holes and then tighten fasteners securely. (See Figure below).
4. Repeat the steps above for the 2nd Leg. With both **Beam Legs** now secured to the **Beam Top**, the beam can be stood upright. **Two (2) qualified persons are required when moving this apparatus.**
5. Assemble a **Low Beam End Cap** into each end of the **Beam Top**.



Only use a Rubber Mallet to install end caps. Do not use a hammer, as this may cause damage

SECTION III

SAFETY



Warning


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.**

SECTION IV

SPARE PARTS

Description			Part Number
Pair Steel Low Training Beam Caps – 1 Pair <i>(new part fits prior applications)</i>	P118-60PR