

118AA ADJUSTABLE 12' ALUMINUM BALANCE BEAM

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This equipment is manufactured from 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 carefully read 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.



Qualified persons should only undertake assembly, installation and adjustment of this equipment. At no time should children or other unqualified persons undertake the assembly, installation or adjustment of this equipment.

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

118AA - Adjustable 12' Aluminum Balance Beam



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

For information on Replacement Parts, please see the end of the section of this booklet, as it applies to your particular product.

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.**

118AA Adjust. 12' Aluminium Balance Beam

Thank you for purchasing the S/A Sport 118AA Adjustable 12ft. Aluminum Balance Beam. We appreciate your business and value you as a customer.

Your new beam is constructed 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 the following instructions carefully before assembling your balance beam.

PRE-ASSEMBLY PREPARATIONS

You have received two (2) shipping cartons. One carton contains the **118AAT Adjustable 12ft. Aluminum Beam Top** assembled complete with one (1) Stationary Guide Plate Assembly and one (1) Adjustable Slide Assembly (see Fig.1) at each end. The second shipping carton contains the **Beam Legs**. These are completely assembled with Brace Bars and Foot Cups.

To assemble your new **Balance Beam**, you will need two (2) 9/16" or adjustable wrenches and a 3/4" wrench.



Please note that the **Beam Legs** and **Beam Top** are heavy and can be difficult to balance if not held properly during handling. Two (2) qualified persons are required when assembling this apparatus.

ASSEMBLY INSTRUCTIONS

1. Fully open the shipping carton containing the **Beam Top**. Turn the **Beam Top** 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 and work with one **Beam Leg** at a time.
3. Remove the **Axle Pins** from the Adjustable Slide Assembly and Stationary Guide Plate at one end of the **Beam Top** (Fig.1 page 2), by removing one screw on each Axle Pin and pulling the pin out.
4. Slide the free end of the Brace Bar between the bushings of the Stationary Guide Plate Assembly (Fig. 1). Insert the short Axle Pin as shown in Fig. 1 and secure by tightening the hardware.
5. Slide the free end of the Main Upright over the bushings of the Adjustable Slide Assembly (Fig. 1). Insert the long Axle Pin as indicated in Fig. 1 and secure by tightening the hardware.
6. Repeat steps 3 through 6 with the other **Beam Leg**.



With both **Beam Legs** now secured to the **Beam Top**, the beam can be stood upright. **Please note again that this apparatus is heavy and can be difficult to balance if not held properly during handling. Two qualified persons are required when moving this apparatus.**

ITEM	DESCRIPTION	QT'Y	PART NO.
1	COMPETITION BEAM LEG ASS'Y c/w BRACE BAR	1PR	111-08
2	ADJUSTABLE 12' ALUMINUM BEAM TOP c/w ADJ. SLIDE ASS'Y & STATIONARY GUIDE PLATE	1	118AAT

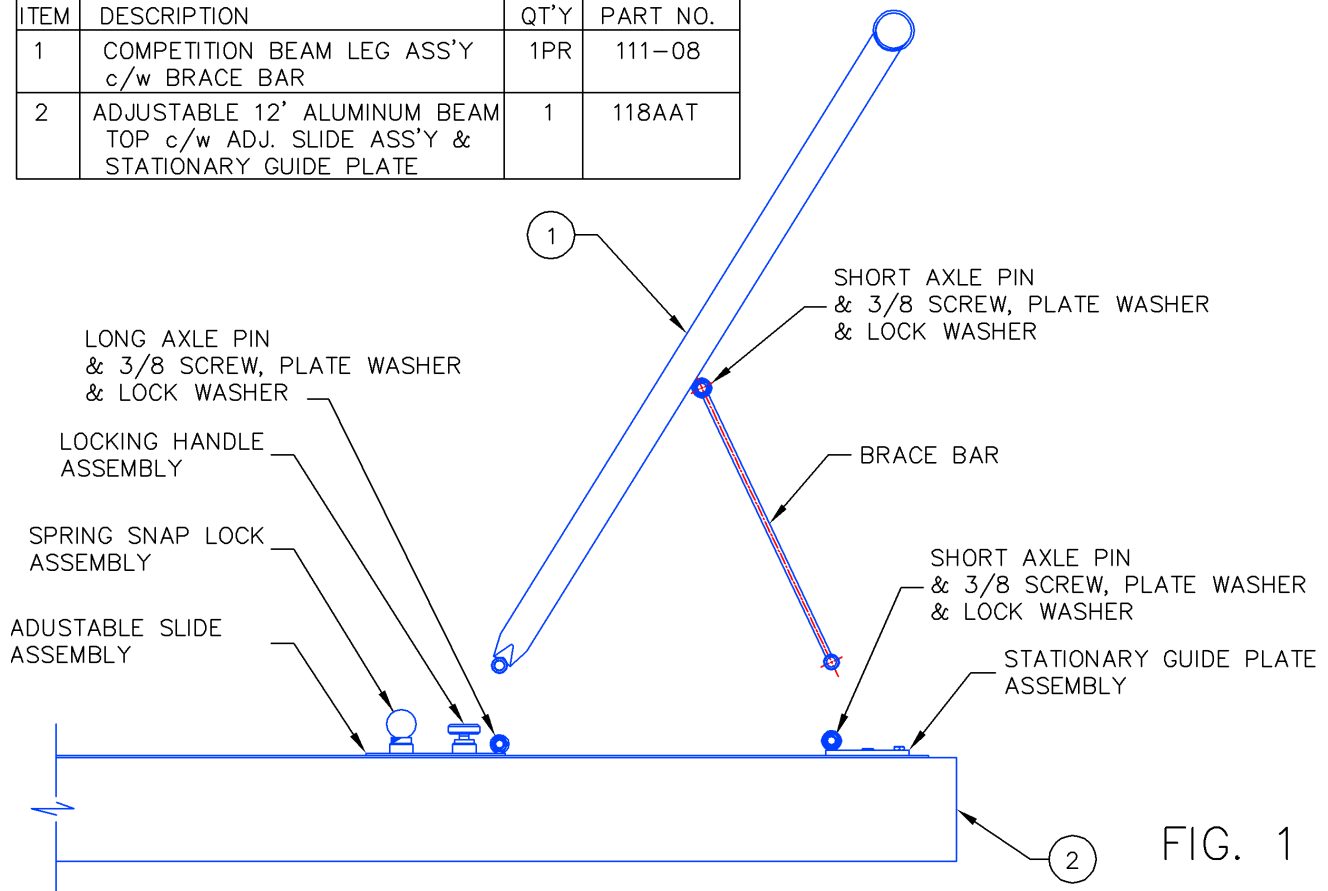


FIG. 1

BEAM HEIGHT ADJUSTMENT

You are now ready to adjust the height of your new *Balance Beam*. Only the *Adjustable Slide Assemblies* are moved for adjustment of the beam height. Do not reposition the *Stationary Guide Plate Assemblies* when adjusting beam height. However, after adjusting the beam height, always ensure that the *Stationary Guide Plate Assemblies* are still securely locked in position.


The end of the beam being adjusted must be firmly supported during the height adjustment operation. Support the end of the beam with one hand. The other hand remains free to adjust the *Adjustable Slide Assembly*.



Note: *It is imperative that fingers be kept well clear of the beam channel at all times during height adjustment. Serious injury may result if fingers are inside the beam channel when the Adjustable Slide Assembly is moved.*

Under no circumstances should children or other unqualified persons be permitted to undertake height adjustments. Only adults, coaches or supervisory staff should adjust the beam height.

Do not let the end of the beam drop to the floor during height adjustment. It must be supported at all times. Damage to the apparatus and personal injury may result from allowing the beam to fall.

1. With the beam end supported, loosen the **Locking Handle Assembly**. Pull down on the **Spring Snap Lock Assembly** until it clears its locking hole.
2. Slide the **Adjustable Slide Assembly** along the beam until the Spring Snap Lock Assembly locks into the desired locking hole.
3. Re-tighten the Locking Handle Assembly.
4.  Check that the adjustable slide assembly is properly engaged by pulling up hard on the beam leg, just below the Adjustable Slide Assembly, and retighten the **Locking Handle Assembly**. (This step helps to seat the adjustable slide Assembly properly.)
5. Repeat Steps 1 through 4 with the other **Beam Leg**.

BEAM MAINTENANCE

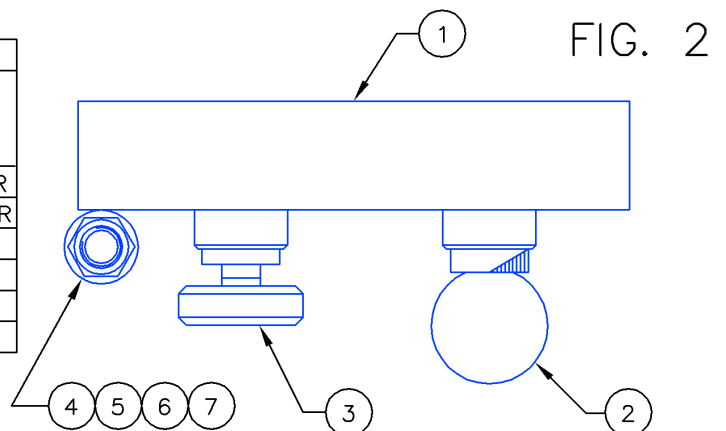
At every use, check all welds, axle bolts and foot cups for signs of wear and tear. Check the top surface of the beam as well. Do not perform on the beam until this inspection has occurred and has been approved.

Build-up of chalk on the beam top is unavoidable and does not detract from the performance of your beam. The Beam top can be kept relatively clean by wiping it with a brush with nylon bristles from time to time. **Do not use water to clean the beam top!** After several years, you may wish to have your beam top recovered as a result of normal wear.

REPLACEMENT PARTS

This booklet includes detailed drawings and parts lists. Please refer to these when ordering any replacement parts that you may require as this will ensure that you get the parts you need (see Fig. 2 and 3).

ITEM	DESCRIPTION	PART NO.
1	ADJUSTABLE SLIDE ASS'Y c/w SPRING SNAP LOCK ASS'Y, LOCKING HANDLE ASS'Y, LONG AXLE PIN, & HARDWARE	
2	SPRING SNAP LOCK ASS'Y	P111-243PR
3	LOCKING HANDLE ASS'Y	P355-25PR
4	LONG AXLE PIN (EA)	
5	3/8-16NC X 1 HEX HEAD SCREW (2)	
6	ø3/8 PLATE WASHER (2)	
7	ø3/8 LOCK WASHER (2)	



ITEM	DESCRIPTION	PART NO.
1	COMPETITION BEAM LEG ASS'Y c/w BRACE BAR	111-08
2	ADJUSTABLE 12' ALUMINUM BEAM TOP c/w ADJ. SLIDE ASS'Y & STATIONARY GUIDE PLATE	118AAT
3	REPLACEMENT BRACE BAR c/w AXLE PIN, 3/8 SCREW, PLATE/LOCKWASHER	P111-14A
4	REPLACEMENT BEAM END CAP (EA)	P111-260PR
5	REPLACEMENT ADJUSTABLE SLIDE ASS'Y (EA) (SEE FIG. 2)	
6	REPLACEMENT STATIONARY GUIDE PLATE c/w PIN, 3/8 SCREW, PLATE/LOCKWASHER	P111-22PR
7	REPLACEMENT FOOT CUP (SET OF 4)	PEKY-014A
8	LONG AXLE PIN (EA)	
9	SHORT AXLE PIN (EA)	
10	3/8-16NC X 1 HEX HEAD SCREW (2)	
11	ø3/8 PLATE WASHER (2)	
12	ø3/8 LOCK WASHER (2)	

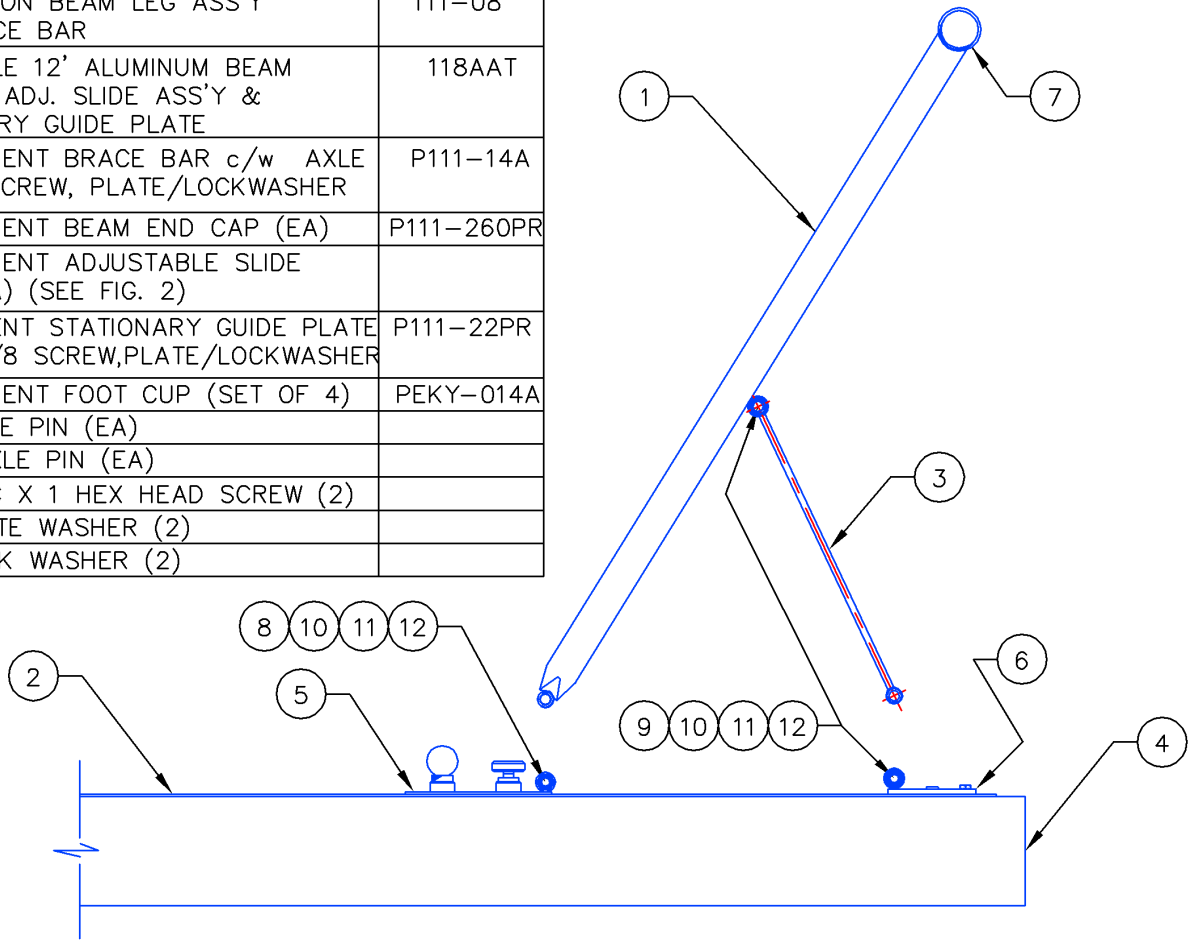


FIG. 3