

**121PB - PRO BARS**

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Thank you for purchasing the SA Sport **121PB Pro Bars**. We appreciate your business and value you as a customer.

Your **Pro Bars** are manufactured of the finest materials and have been thoroughly inspected before leaving our plant. We are sure you will be pleased with their quality, durability, and performance.

Please read the following instruction carefully before assembling your Pro Bars.



### 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, the 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.**

### **Replacement Parts**

We have included with this booklet detailed drawings and parts lists located at the end of this booklet (Fig. 8 and 9). Referring to these when ordering any replacement parts you may require, will help to ensure that you receive the parts you need.

## I. Product Description: Model 121PB Pro Bars

The 121PB Pro Bars are fully adjustable in height and width to suit a wide range of skill levels. They meet and exceed all F.I.G. specifications. The 121PB Pro Bars consist of:

- Two (2) Uneven Bar Bases, assembled complete with shoulder bushings (4 per base), axle bolts (2 per base) and nuts (2 per base);
- Two (2) Pin Lock Width Adjusters;
- Two (2) Short Uprights, assembled complete with Adjusting Tubes (1 per Upright), spacer bushings (2 per Upright), lock washers (1 per Upright), flat washers (1 per Upright) and mounting bolt (1 per Upright);
- Two (2) Long Uprights, assembled complete with Adjusting Tubes (1 per Upright), spacer bushings (2 per Upright), lock washers (1 per Upright), flat washers (1 per Upright) and mounting bolt (1 per Upright);
- Two (2) Fiberglass rails
- One (1) complete tie-down system (consisting of 6 pieces in total)
  - Two (2) Chain & Turnbuckle Assemblies
  - Two (2) Cable & Cable Tensioner Assemblies
  - Two (2) Cable, Cable Tensioner & Chain Assemblies
- Four (4) threaded Socket Adapter (S/A SPORT Product No. 184).

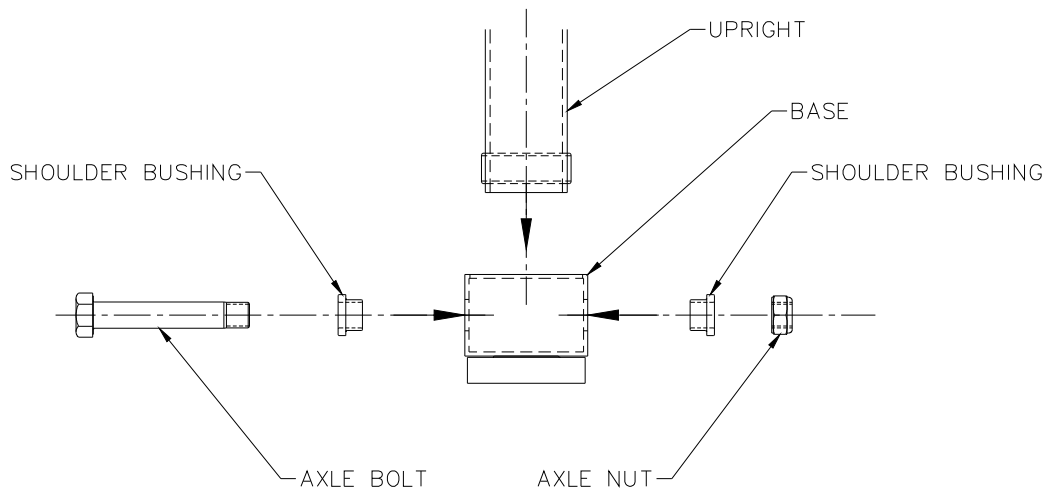
## II. Assembly & Installation Instructions

To complete the assembly of your 121PB Pro Bars you will require two (2) 15/16" Wrenches, one (1) 9/16" Wrench and one (1) flat Screwdriver.

**Note:** The assembly and set-up of this apparatus requires a minimum of two (2) qualified persons. Do not attempt the assembly and set-up of this apparatus alone!

Begin by assembling the Long and Short Uprights into one of the bases and mounting the width adjusters on the Uprights. To avoid loss of parts, work with one base at a time.

1. Remove the axle bolts from the base by removing the axle nuts.
2. Position the bottom of a short Upright in one of the openings in the top of the base. Insert an axle bolt as shown in Fig. 1. **Ensure that the Shoulder Bushings are assembled on the Axle Bolt as shown in Fig. 1.** Securely tighten the axle nuts to the axle bolts.

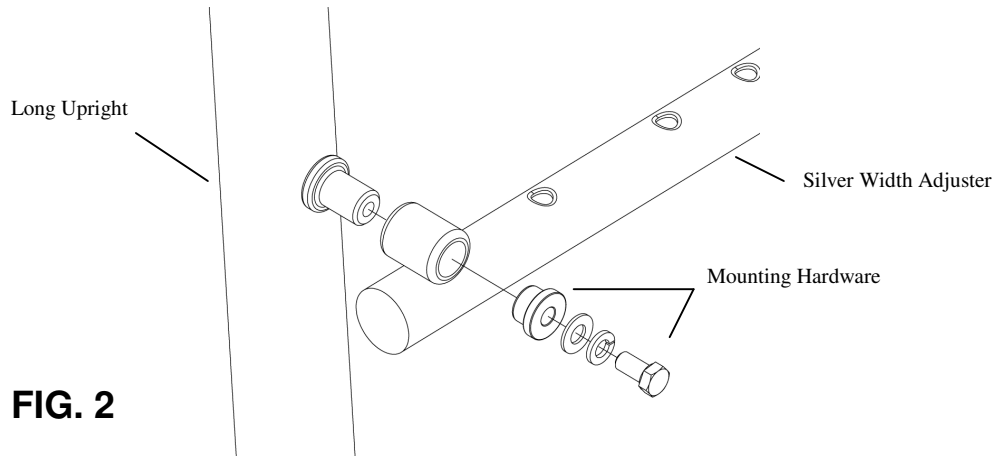


**FIG. 1**

3. Repeat Step 2 with a Long Upright in the other opening in the top of the Base. **Ensure that the studs on the Uprights on which the Width Adjusters mount are facing the same way on both the long and short uprights when assembled.**
4. Unscrew the mounting bolts from the studs on the Uprights to remove the Width Adjuster mounting hardware from the Uprights.
5. Mount a Width Adjuster on the studs on the Uprights. Position the Width Adjuster so that the red outer tube is mounted to the Short Upright and the silver inner tube is mounted to the Long Upright. Re-assemble the Width Adjuster mounting hardware to the Upright as shown in Fig. 2.

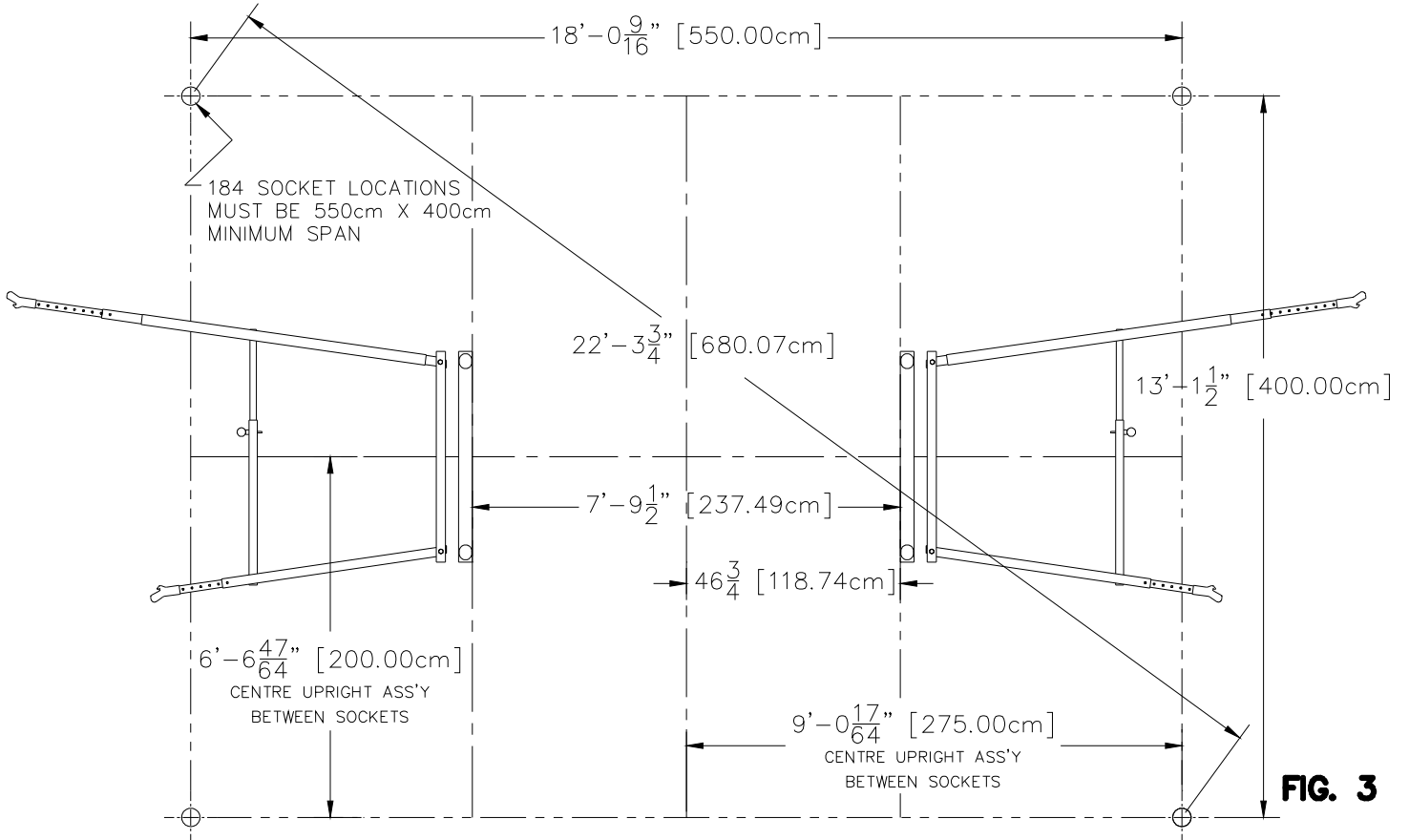


6. **Ensure the Mounting Hardware Bolts are securely tightened as shown in Fig. 2.**



**FIG. 2**

7. One side of the assembly is now complete and should be laid on the floor as indicated in Fig. 3.



**FIG. 3**

8. Position the other base to the inside of the completed side as shown in Fig. 3.
9. Repeat steps 1 through 5 with the other components. Use the completed side as a guide for locating the Uprights in the base.



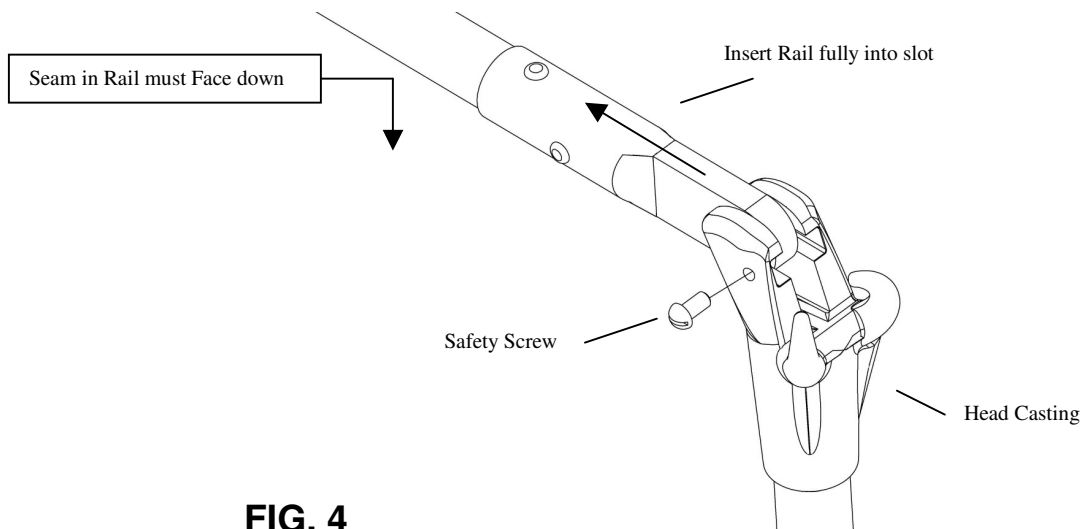
**Note:** The Width Adjusters are meant for mounting to the outside of the working area of the Uneven Bars. When installing the second Width Adjuster, verify the mounting location for the first Width Adjuster to ensure that on final assembly, both Width Adjusters are mounted to the outside of the working area for the Uneven Bars.

10. Locate the two sides of the assembly centered within your socket layout as shown in Fig. 3.
11. Face the sides of the assembly so that the Long and Short Uprights will reflect the desired high/low bar positioning.
12. Stand the sides of the assembly up. **Keep in mind that the assembly is not stable at this point and that each side must be supported at all times during the installation.**
13. Partially unscrew the Safety Screws located in the head castings of each Adjusting Tube.
14. Fit the rails into place as shown in Fig. 4. There is a seam in the veneer of the rail. The rails should be fitted into the head casting in a way that the seam is facing down.



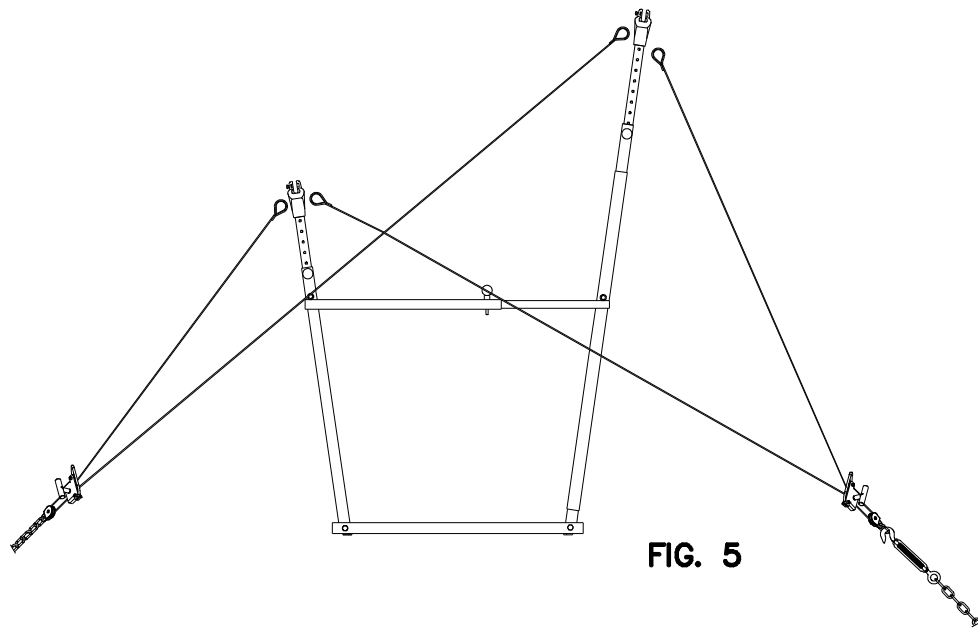
**Important:** Ensure that the pin in each end of the rail is inserted all the way into the slot of the head casting and has passed the Safety Screws. Re-tighten the Safety Screw when each rail is correctly fitted in the respective head castings. Bear in mind that the assembly is still not completely stable at this point and must still be supported at all times.

**Note:** A properly fitted rail cannot be removed from the head castings without unscrewing the Safety Screws.



**FIG. 4**

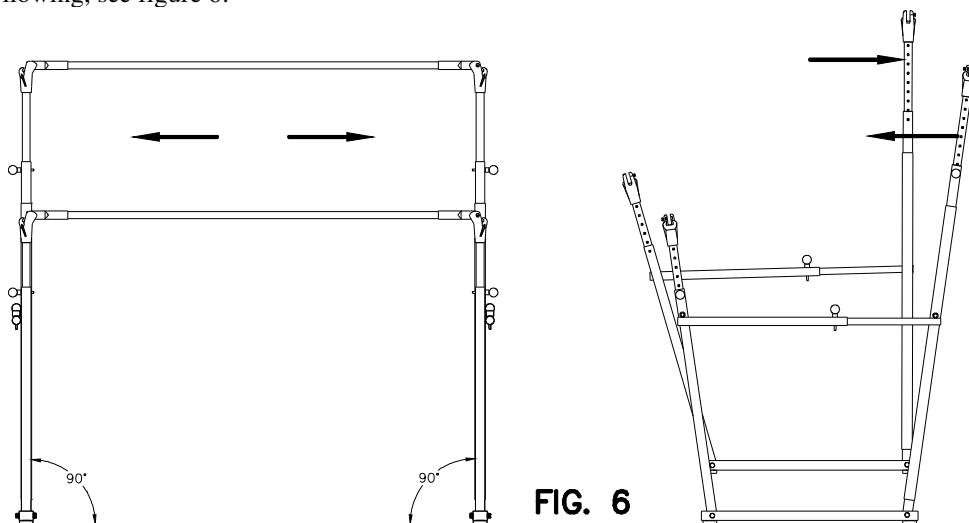
15. The tie-down system can now be assembled. Please refer to Fig. 5 for details. Determine the widest setting at which you intend to use your new Uneven Bars. Adjust the chains so that the Cable Tensioners do not have to be raised very far in order to tension the cables. This will allow you to narrow your Uneven Bars greatly without having to adjust the chains. The number of chain links from the floor to the turnbuckle on the rear tie-downs must be the same on both floor attachments. The number of chain links from floor to pulley holder on the front tie-downs must also be the same for both floor attachments. Each turnbuckle must be adjusted to the same length.



**FIG. 5**

**II. Upright Alignment**

A visual inspection of your Uneven Bars will determine whether or not you have to adjust the Upright Alignment. If the Uneven Bars lean to one side or unequally forward or backward, the Upright Alignment needs to be adjusted. Check and verify the following, see figure 6:



**FIG. 6**

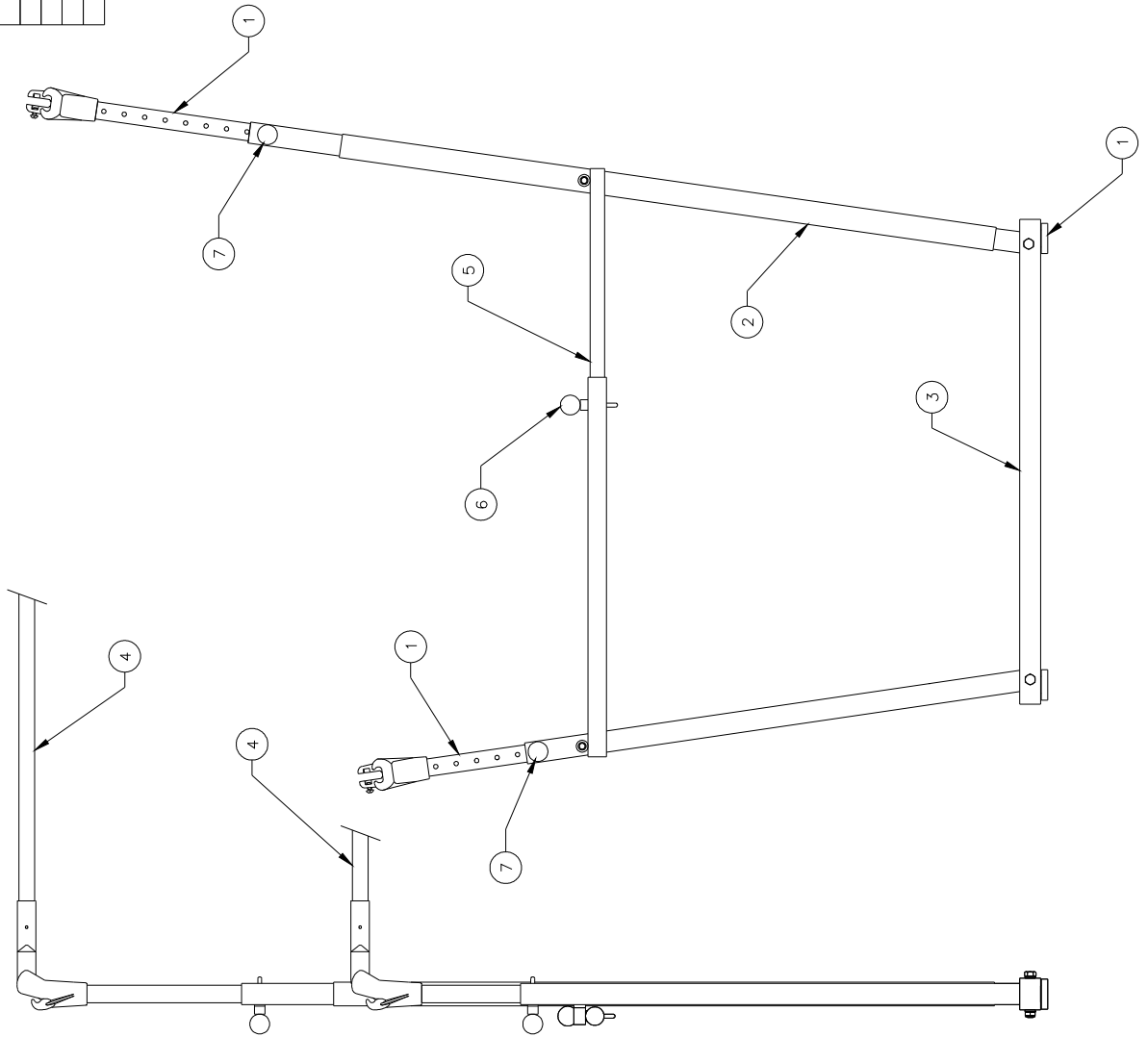
1. Base location must be correct. Compare the location of your upright assemblies with Fig. 3.
2. The number of chain links from the floor to the turnbuckle on the rear tie-downs must be the same on both floor attachments. The number of chain links from the floor to the pulley holder on the front tie-downs must also be the same on both floor attachments. If SA Sport Chain Eliminators, products P913-A or P912-A are used, they must be set on the same adjustment position.
3. Each turnbuckle must be adjusted to the same length.
4. All eight cable ends must be properly attached to their appropriate hook on the head casting.
5. The floor sockets must be positioned correctly as shown in Fig. 3.
6. Cable tension, as determined by the Cable Tensioners, must be equal:
 

Front Right tension =	Front Left Tension
Rear Right tension =	Rear Left Tension
7. With the above checked and correct, the final adjustments can be made with the chains and turnbuckles.



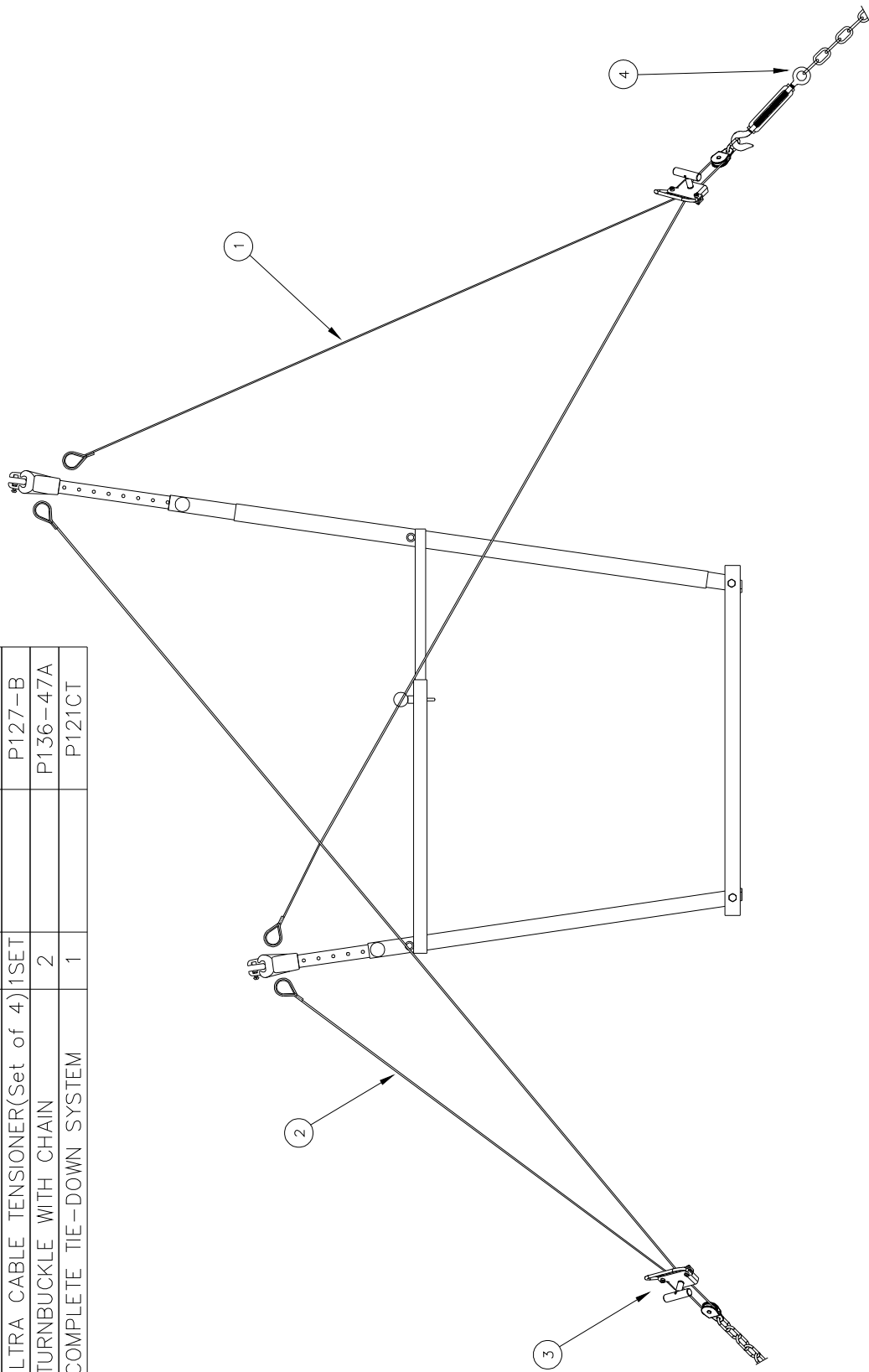
**Note:** When a single turnbuckle is adjusted, the whole apparatus will be pulled toward or away from that corner. Equal adjustments undertaken at both turnbuckles will avoid any misalignment. Avoid tightening a turnbuckle with any leverage tool. Over-tightening can result in possible damage to the apparatus.

ITEM	DESCRIPTION	QTY	DWG No	PART No
1	ADJUSTING TUBE w HEAD CASTING	4	A-121-7A	P121-7A
2	LONG UPRIGHT c/w HARDWARE	1 PR		P121-10A
3	BASES c/w AXLES	1 PR		P121-92A
4	FIBERGLASS RAIL	2	B-121-99A	P121-99A
5	PIN LOCK WIDTH ADJUSTER	2		P126-60PB
6	PIN LOCK FOR WIDTH ADJ.	2		P126-68A
7	FAST HEIGHT ADJUSTMENT PIN	4	A-911-1A	P911-1A
8	FOOT PAD	4		8396000



S/A SPORT  
121PB PRO BARS  
REPLACEMENT PARTS  
FIG. 8

ITEM	DESCRIPTION	QTY	DWG No	PART No
1	REAR CABLE ASS'Y c/w TENSIONER WITH TURNBUCKLE & CHAIN ASS'Y	2		
2	FRONT CABLE/CHAIN ASSEMBLY c/w TENSIONER	2		
3	ULTRA CABLE TENSIONER(Set of 4)	1SET		P127-B
4	TURNBUCKLE WITH CHAIN	2		P136-47A
5	COMPLETE TIE-DOWN SYSTEM	1		P121CT



S/A SPORT  
121PB PRO BARS  
TIE-DOWN SYSTEM REPLACEMENT PART  
FIG. 9