

‘Club’ Uneven bars stand alone

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SAFETY REGULATIONS

WARNING



In order to reduce the risk of injury and to assure secure functioning of the (gymnastic)apparatus, rules mentioned below are to be strictly followed:

1. Use this apparatus only under the supervision of a trained and qualified instructor.
2. Check this apparatus for proper stability before each training, use it only in perfect technical condition.
3. Always check the apparatus for its correct installation, particularly for the fixation mechanism, before each use.
If there are any doubts, do not use the apparatus and get a professional check.
4. Please consider your own limits and the restrictions of this gymnastic apparatus.
5. Obstructive items or persons in close proximity of the apparatus are not allowed.
6. Provide appropriate safety zones in the surroundings of the apparatus.
7. Never use the apparatus under the influence of alcohol, medication or drugs.
8. Pregnant women or persons with health issues should not use the apparatus.

Do not attempt to repair any damage to the apparatus yourself but contact your supplier for advice or technical assistance.

Any unauthorised repair, alternation, removal of parts or change of specifications of the apparatus is strictly prohibited for reasons of safety and will automatically and immediately and without any prior notice end any warranty or right of compensation in any form whatsoever.

General advice:

The life period of (gymnastic) apparatuses and mats is limited. Also materials wear off after a certain period of time. Please check all parts , which are subject to severe wear and tear, at least once every 3 months. This is mainly relevant for the security of adjustable parts and mechanisms, e.g. rails, bars, rings. Replace any worn off, defective and missing parts. If there are any doubts, ask for advice from one of our specialists.

For security reasons, we suggest to perform a maintenance check of all apparatuses and mats by a specialist, once a year. This check can be part of a yearly or six month safety check.

We would like to point out to you the possibility of a maintenance contract with our firm.

This apparatus must be used in dry conditions only. Humidity will have a negative effect on all types of upholstery used on (gymnastic) apparatuses and results in a shortened lifespan.

USERS

The mounting and storing of this device may only be executed by competent adult persons, who have read and understood the safety regulations of this manual.

CORPORATE SOCIAL RESPONSIBILITY

During the development and design of our apparatus and sporting equipment we are concerned about your safety but we also consider the environment and society.

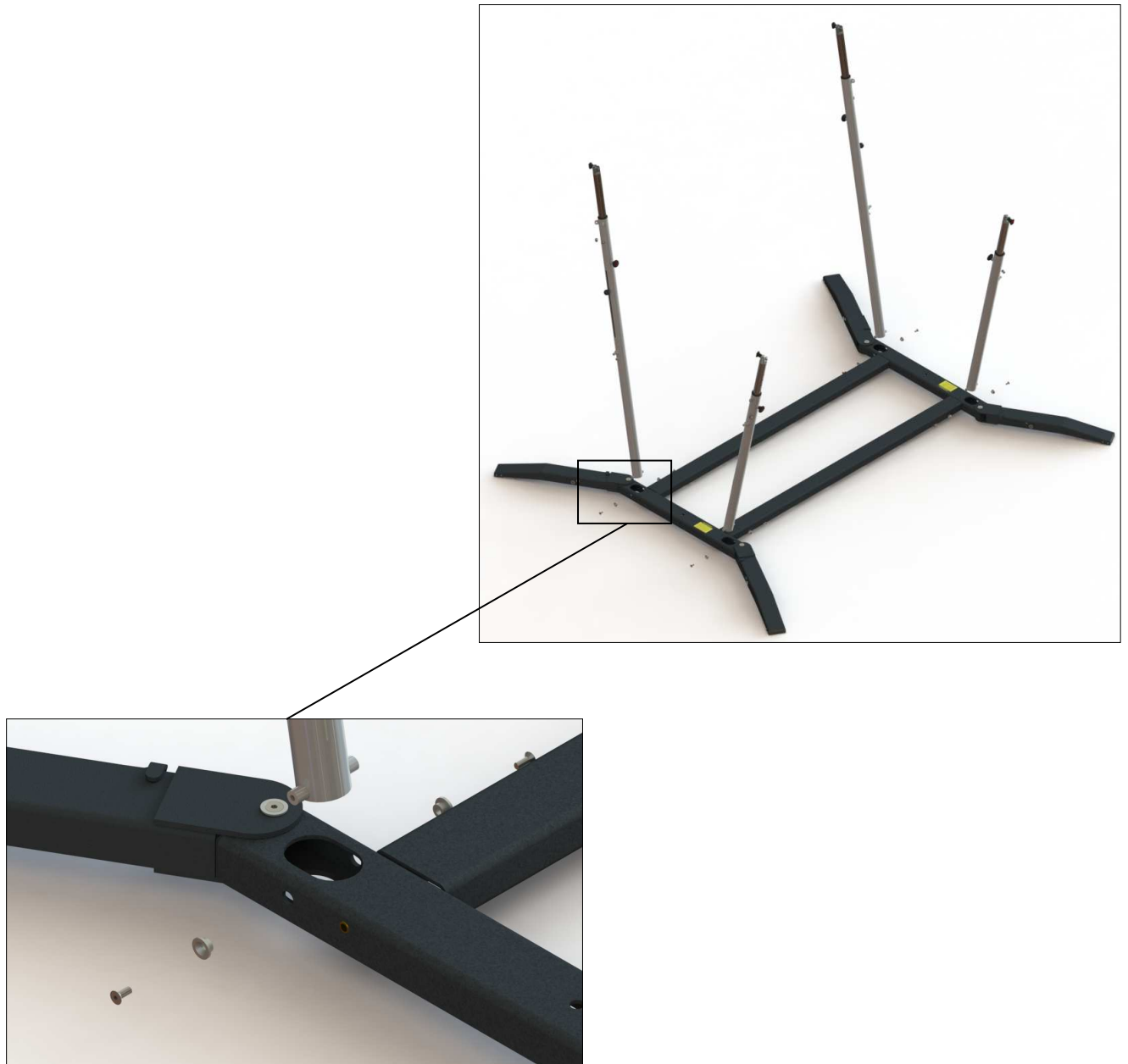
We do this for example by using sustainable materials like FSC or PEFC certified wood, Phthalate free mats and Nexan sport balls with the No Child Labour Guarantee. We are also constantly trying to lower our waste and energy consumption.

We believe that all children should have the ability to play sports and exercise. That's the reason why we have a close collaboration with the Sports for Children Foundation.

Sports for Children collects used sporting equipment in the Netherlands, refurbishes and donates them to schools and sporting clubs in Eastern Europe. Thanks to this cause we can offer children the possibility to play sports in places where otherwise they would not have sporting and exercising facilities.

Curious about how this works? Contact us for more information.





Lay the base frame on a flat surface and carefully place the uprights in the therefore designed cavities.

Make sure the mounting points for the width adjustment point outwards.

When the upright is in position, place bushes in the base frame, on both sides of the upright.

Fasten the upright to the base frame with the M10x25 Flat head countersunk bolts using an Allen key.

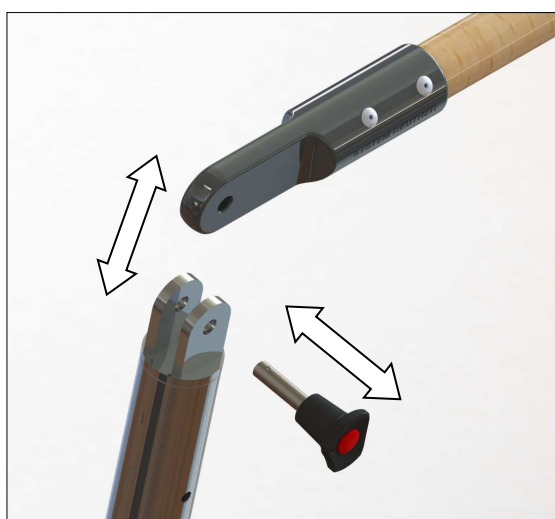


In order to mount the diagonal distance interlock to the high upright, use a M10x20 button head bolt (incl. Loctite sealing) with a washer M10 and for mounting it to the lower upright, use a M10x25 button head bolt (incl. Loctite sealing) with a washer M10.

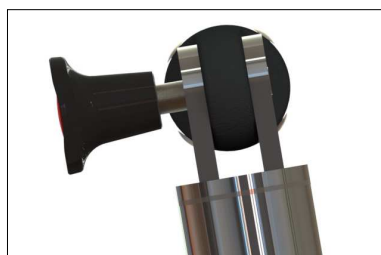
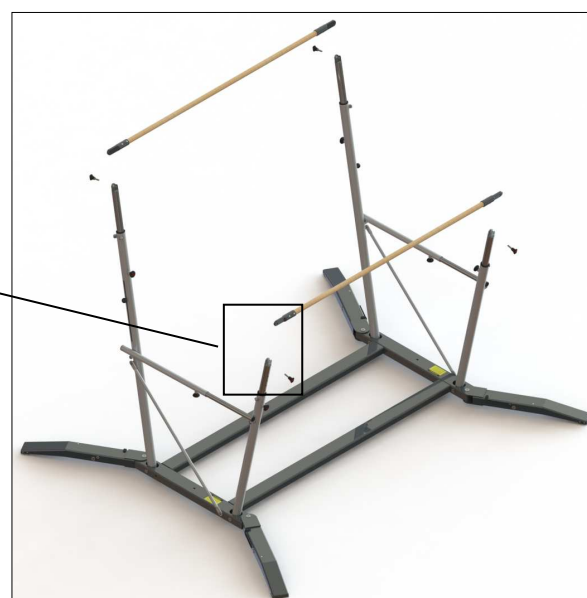


Mount the width adjuster to the uprights using button head bolts M10x20 with washers M10 and fasten them tightly.

Make sure the lever is always positioned on the lower upright.



Position the rail above the slot in the clamping head. Mount the rail to the clamping head, using the locking pin. Press and hold the red button while mounting.



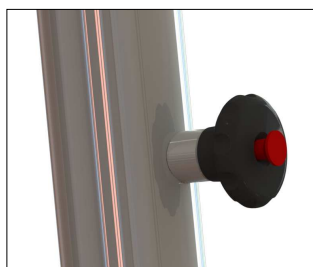
ATTENTION:

When reinserting the locking pin, make sure the pin is fully inserted as shown on the right pic.

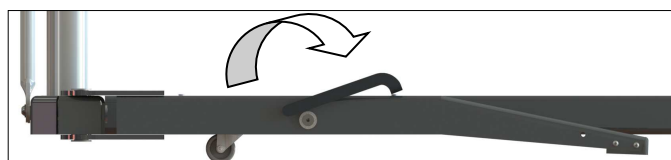
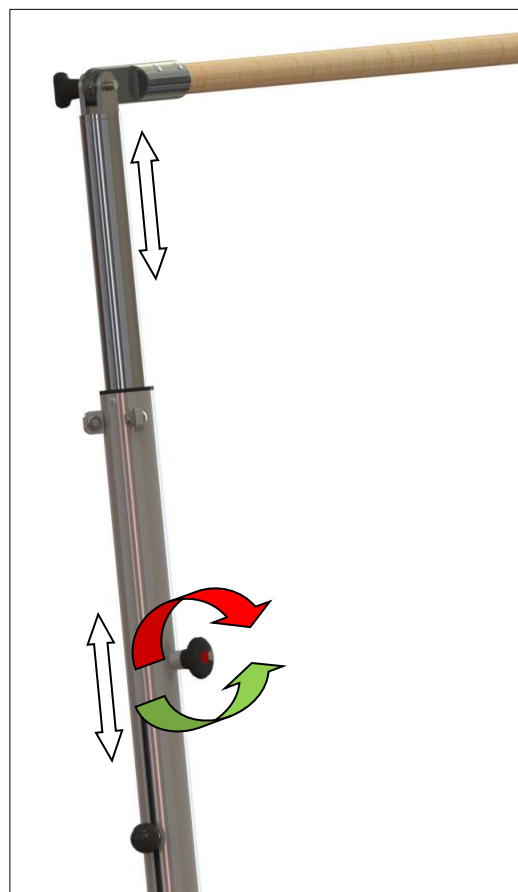


In order to adjust the height of the rails, turn the grip counter clockwise to unlock and pull him out.
For extra support when adjusting the height, there is a knob on the outside.
The uprights are equipped with a supportive spring, inside the upright.

When the desired height is reached, push back the grip until it clicks and turn the grip clockwise to lock the height adjustment.



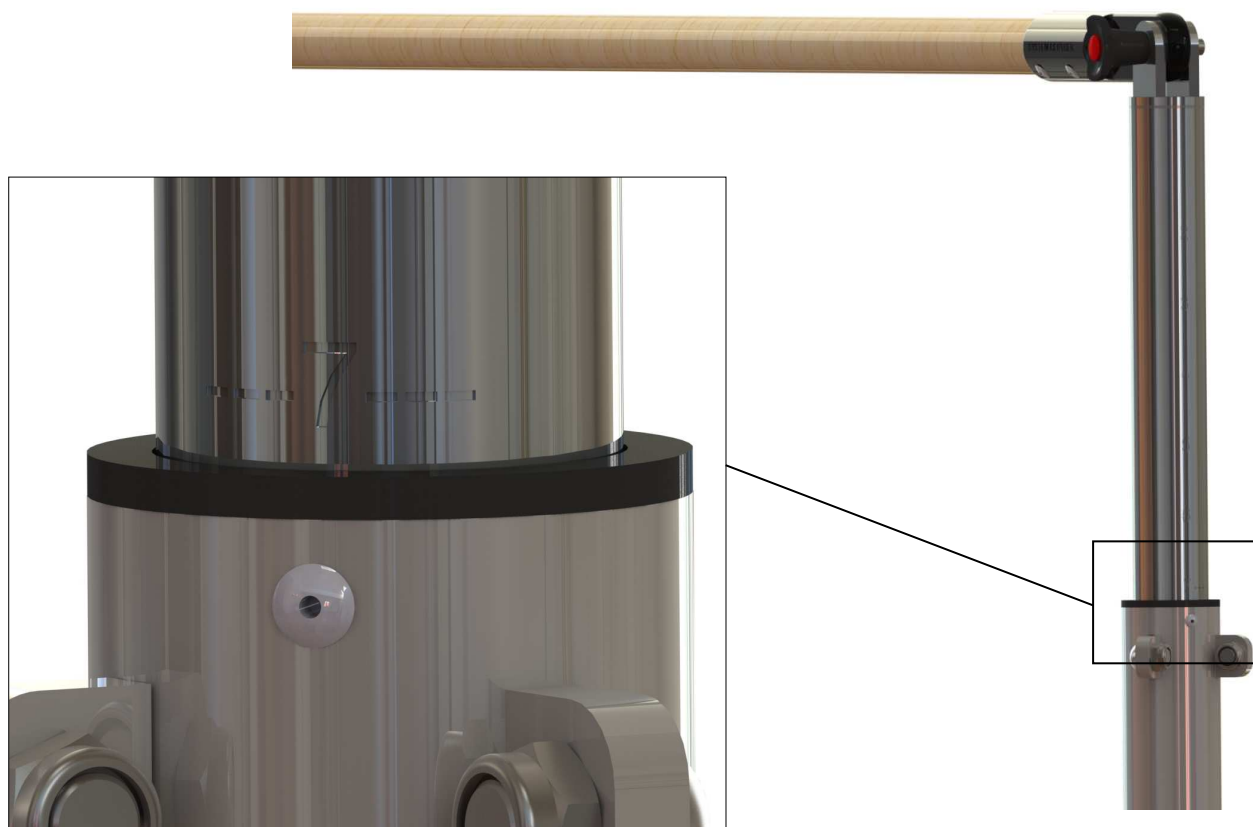
Before use, always check that all red warning indicator buttons, do not protrude.



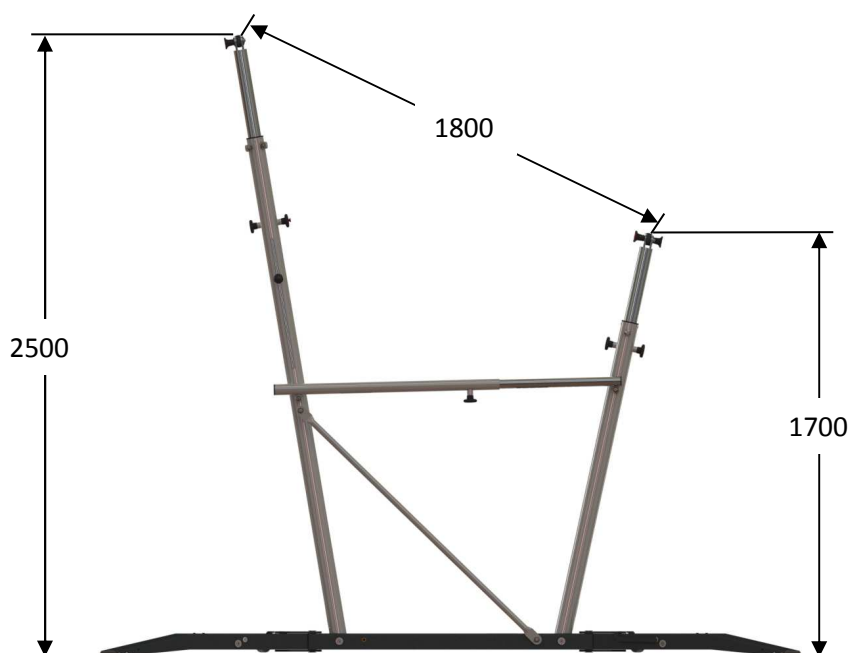
In order to transport the uneven bars the feet need to be folded.
Then move all four levers clockwise to open the transport system.

When the uneven bars are positioned, move all four levers counter clockwise to hide the transport system. Now the feet can be folded out.

For official FIG height use the number indicated with dashes on either upright.



F.I.G -Settings
Upright short -6- 1700mm
Width adjuster -16- 1800mm
Upright high -7- 2500mm



Maintenance instructions

- Check if the stainless steel rail holders are provided with a nylon disc.
- Grease the rail holders (by using Vaseline).
- It is **absolutely forbidden** to use sandpaper when cleaning the rails. Remove magnesia only when the rails are dry, to prevent that the soft parts of the veneer will be removed as well.
Only use scouring pads. Velcro (hook) is a good alternative.
- Check if width adjusters work well.
- Check if the bolts that link the width adjusters to the uprights are well-tightened.
- Check if the bolts of the inner tubes are well-tightened.

Clean the metal parts of the frame with a non-corrosive cleaning product.

Find your local reseller at:

www.spieth-gymnastics.com

