



ASSEMBLY AND CARE INSTRUCTIONS

STEEL PARALLEL BAR TRAINERS

165-12 / 165-18 / 165-24

VERSION: 8920016 (Revised 11/17)



SALES AND SERVICE

spiethamerica.com

Canada and International

135 Forestview Road, Oro-Medonte
Ontario, Canada L3V0R4

Toll-Free: (800) 563-6479
Telephone: (705) 325-2274
Fax: (705) 325-1485

service.ca@spiethamerica.com

USA

3327 Ranger Road
Lansing, MI 48906

Toll-Free: (800) 331-8068
Telephone: (517) 999-8230
Fax: (517) 999-8245

service.usa@spiethamerica.com

Thank you for purchasing a SPIETH America **165 - Parallel Bar Trainer** from our line of **Gymnastics Equipment**. We appreciate your business and value you as a customer!

Our **Parallel Bar Trainers** are available in 12", 18" and 24" heights. They are extremely stable but lightweight and easy to move. They come complete with protective footpads and are a must for training and conditioning.

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



The exclamation mark symbol when seen in this manual 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 I of this manual as they apply to your particular piece or pieces of equipment.

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

1. Assembly & Installation Instructions

1.1. *Product Description*

Please confirm that you have received the following parts:

- 2 Rails
- 2 Bases
- Mounting hardware (4 Each) 3/8-16NC Button Head Bolts, 3/8" Lock Washers
- 7/32" Allen Wrench

1.2. *Assembly & Installation*

1. Sleeve rail ends into the base and ensure they are fully inserted.
2. Insert the lock washer and bolt as shown. The bolt threads into the rail end.
3. Use the supplied 7/32" Allen Wrench to firmly tighten the bolt.
4. Repeat for all four connection points.
5. Turn the assembled product over and check stability before using.

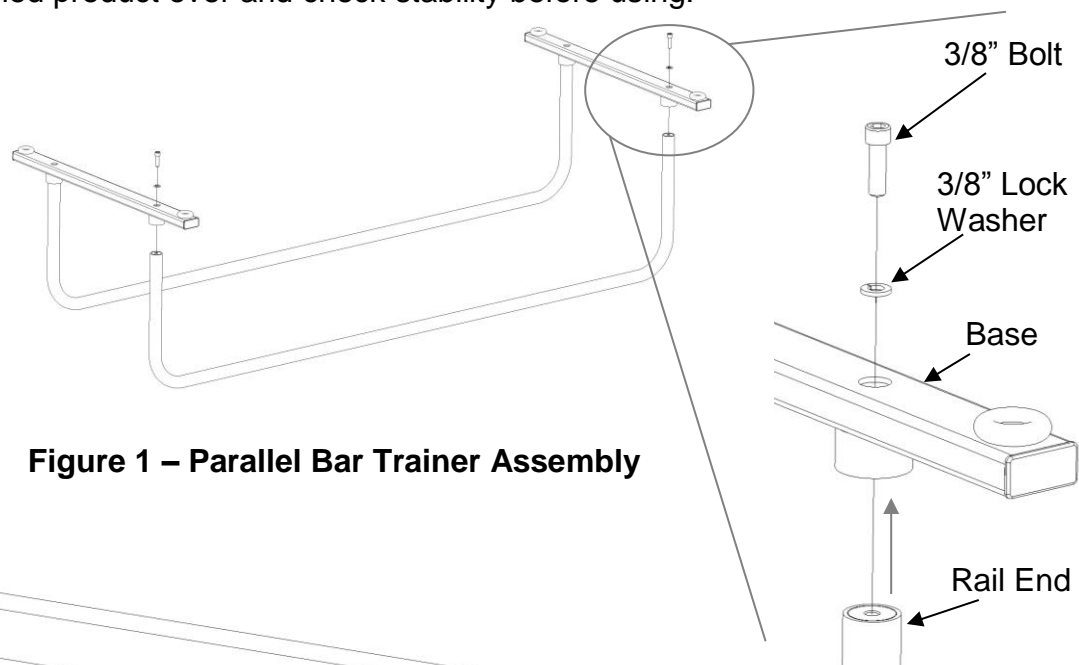


Figure 1 – Parallel Bar Trainer Assembly



Figure 2 – Parallel Bar Trainer Assembled

2. SAFETY



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.**