



## ASSEMBLY AND CARE INSTRUCTIONS

### CEILING HUNG RINGS

108

VERSION: 8920071 (Revised 06/15)



### SALES AND SERVICE

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Thank you for purchasing a **108 – Ceiling Hung Rings** from SA Sport. We appreciate your business and value you as a customer!

The **108 – Ceiling Hung Rings** are an ideal solution for gyms with limited space. The rings are manufactured with multi-laminated wood rings, heavy-duty nylon straps and extra-long coated cables.

**Please carefully read the following instructions before assembling and using your new equipment, as they pertain to the particular equipment you have purchased.**



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.**

You have received One (1) shipping Carton containing the following components:

- 2 - Swivels
- 2 - Cable Thimbles
- 6 - Wire Rope Clips (Cable Clamps)
- 2 - Rings with straps and quick link attached
- 2 - Cables with thimble in fixed loop on one end for attachment to Ring Strap's quick links

Tools Required:

- 1 - Pliers for cotter pin assembly
- 2 -  $\frac{3}{4}$ " Wrenches
- 2 -  $\frac{1}{2}$ " Wrenches
- 1 - Carpenters level
- 1 - Knife to strip plastic off Cable
- 1 - Wire rope cutter to cut excess cable

If your SA Sport **110 - Beam Clamps** have already been installed, you are ready to begin assembly. If not, refer to the **110 - Beam Clamps** Assembly instructions first.

## 1. Installation Instructions

### 1.1. *Swivel Attachment to Beam Clamps*

1. Remove the bolts, washer, Cotter pin & Castle Nut from the underside of the **Beam Clamp**.
2. Insert the **top rounded end of the swivel** between the two hanger brackets on the underside of the **Beam Clamp**.
3. **Replace the bolt, washers, and castle nut** as per figure A. **Tighten securely** using  $\frac{3}{4}$ " wrenches.
4. **Insert the cotter pin thru the castle nut** and **spread the Cotter Pin open** to prevent the castle nut from coming undone.
5. Install one of the Thimbles on the end of the swivel (see figure B on next page).
6. Repeat steps 2 to 5 for the second swivel.
7. Proceed to section 'Cable Attachment to Swivel'.



It is suggested to determine the required length of cable and strip the plastic off the steel cable prior to installing the cable to the swivels. Don't shorten the cables until you finish the installation, at which time the excess can be cut off.

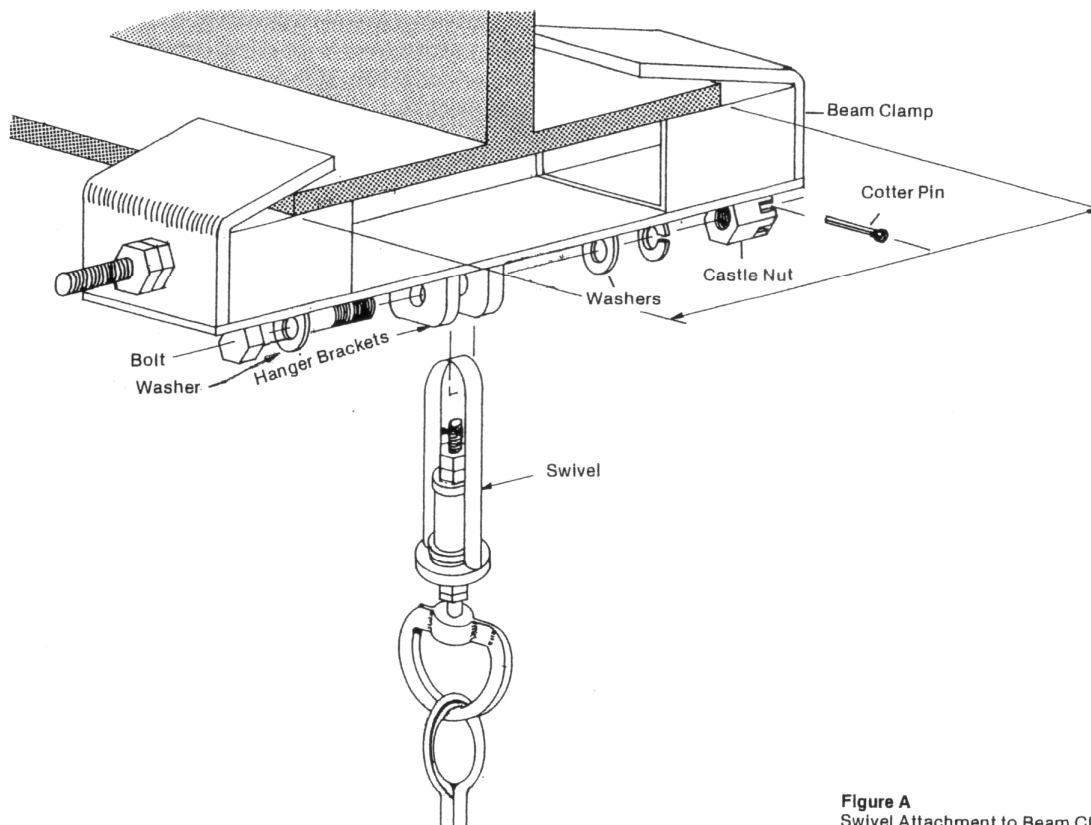


Figure A  
Swivel Attachment to Beam Clamps

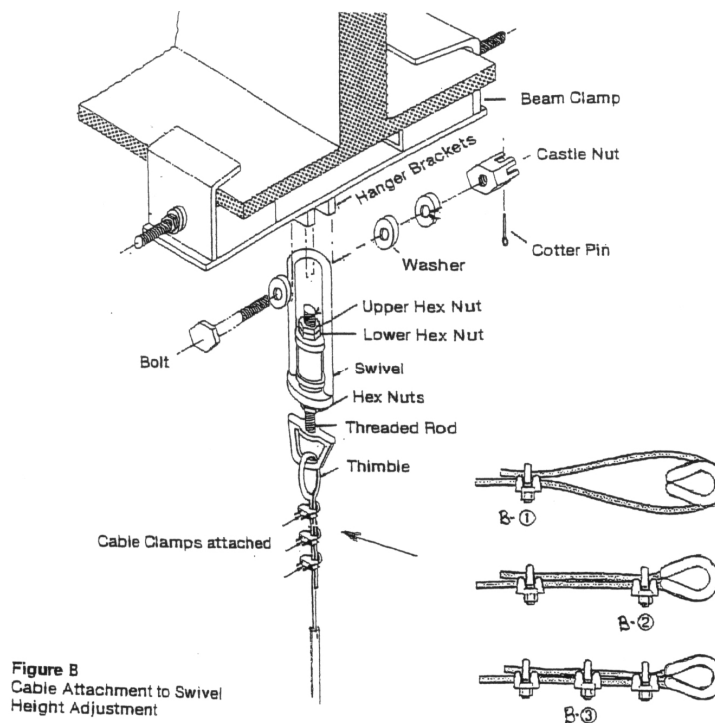
## 1.2. Cable Attachment to Swivel

1. Take one cable with plastic coating removed, as per figure D on next page, and feed it around the Thimble which is inserted on the base of the Swivel, as shown in figure B on previous page. Depending on height requirement, see figure C below, it may be necessary to strip more plastic off.



When attaching wire rope clips, ensure the base is on the live end of the cable & the U-bolt is on the short or dead end of the cable. (figure B1-B3 below). Cable clamps must be fastened directly on steel cable (wire rope). Plastic **MUST** be stripped off in this area if required.

2. **Attach first clip** as per figure B1 below, **no closer than one base width from dead end of cable**. Tighten nuts **firmly but not completely tight**.
3. **Attach second clip** as per figure B2 below, **as close to loop as possible**. Tighten nuts **firmly but not completely tight**.
4. **Attach third clip** as per figure B3 below, **equally spaced between the first two**. Tighten nuts **firmly but not completely tight**.
5. Repeat steps 1 to 4 for the second cable.
6. With your rings assembled to the cables, **recheck the distance** (500 mm  $\pm$  5 mm) **between your hanging cables** (see figure C on next page). **If your measurement does not fall within this range, the beam clamps must be re-adjusted.**
7. Proceed to section 'Leveling and Height adjustment'.

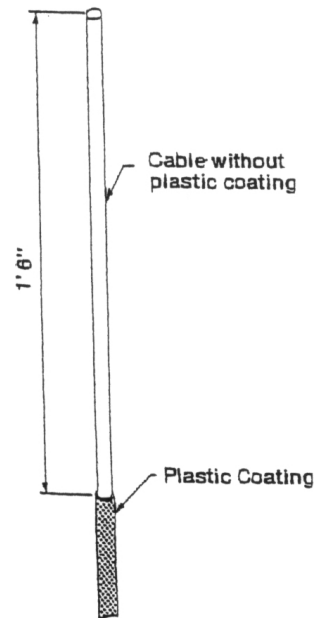
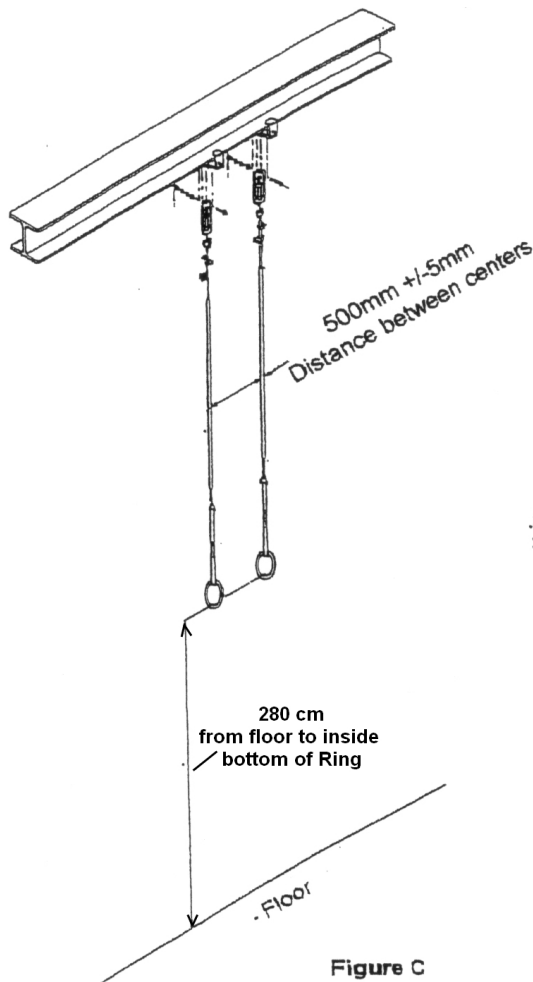


### 1.3. Leveling & Height Adjustment

1. The official F.I.G. height specifications are  $280 \text{ cm} \pm 5 \text{ mm}$ . This measurement is taken from the floor to the inside bottom of the ring (see Figure C below).
2. Place a carpenter level through the rings & hang a weight from the center to stretch cables.
3. Pull cable as required through the wire cable clamps until desired height & level is achieved. You may have to slacken wire rope clips. When the desired height is achieved, **tighten the lower clamp nuts securely** (figure B1 on previous page) and **the 2 upper clamps firmly but not completely, on both cables**.
4. Carefully apply an initial load to the cable & **alternately and uniformly retighten all the nuts securely**.
5. Inspect and periodically retighten the clamps.



**Never reposition the cable clamps on the cable after they have been fastened tightly to cable, or serious injury due to cable failure is possible.**



## 2. 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.**