

# PARALLEL BARS FOR COMPETITION & HIGH LEVEL COMPETITION

## 3810C - 3830C 3832B

KEEP THIS DOCUMENT



### Warning:

This equipment should be installed by a qualified individual.

This apparatus should be used by only one person at a time, supervised by a qualified individual and with appropriate landing mats or a landing pit.

Using this equipment for purposes other than those originally intended is not allowed.

### Compliance:

This equipment complies with the requirements of the European standard EN 913 "Gymnastic equipment - General safety requirements and test methods".

This equipment (Ref. : 3832B) is F.I.G. approved.

### Recommendations:

As shown in French Standard NF S52-400 the following is recommended:

- keep these instructions for subsequent reference (inspection, maintenance, etc.).
- periodically carry out predictive maintenance.
- depending on how much it is used, have the equipment serviced yearly or every few years.

### Weight of the apparatus:

Ref. : 3810C → 159 kg (350.54 lb)

Ref. : 3830C → 171 kg (377 lb)

Ref. : 3832B → 243 kg (535.7 lb)

### Overall size:

Ref. : 3810C → 2.56 x 2.40 m (8.4 x 7.87 ft)

Ref. : 3830C → 2.56 x 2.40 m (8.4 x 7.87 ft)

Ref. : 3832B → 3.42 x 2,55 m (11.22 x 8.37 ft)

### Packaging:

Package Ref.	3861/10 Pair of reinforced hand-rails	380/18 Pair of spars	380/19 Pair of fixed legs	380/39 Pair of reinforced flanges	380/34 Pair of uprights 2.00 m	380/35 Pair of uprights 2.30 m	3832/00 Pair of weighted extensions	No. of Packages
<b>3810C</b> Parallel Bars for Competition	1	1	1	1	2	-	-	6
<b>3830C</b> Parallel Bars for High-level Competition	1	1	1	1	-	2	-	6
<b>3832B</b> Weighted Parallel Bars for High-level Competition	1	1	1	1	-	2	2	8
<b>Volume (ft³)</b>	1.307	1.307	1.271	2.048	1.271	2.154	1.024	X
<b>Weight (lb)</b>	24.25	72.75	61.73	68.34	61.73	70.55	79.37	
<b>Dimensions (in)</b>	140.55x5.91x2.76	110.24x4.72x4.33	79.53x5.91x4.72	31.50x10.24x11.02	47.63x7.87x5.91	60.63x8.66x7.09	40.94x7.87x5.51	

## I. Assembling the apparatus (minimum of two people):

**Note:** Prepare a clean area for assembling the apparatus.

- 1 - Position the lower reinforcing flanges (4) on the floor (see Fig. 1).
- 2 - Insert the ends of each spar (1) into the threaded rods of the lower flanges (4) (see Fig. 1).
- 3 - Insert each leg (2) into the remaining threaded rods of the lower flanges (4) (see Fig. 1).

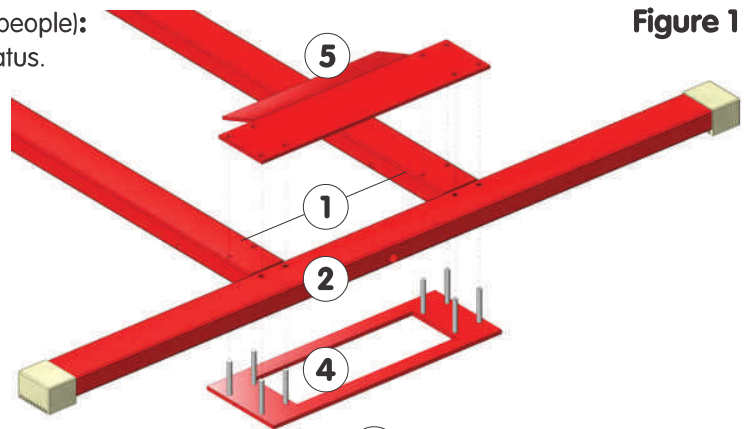


Figure 1

- 4 - Only for Parallel Bars (Ref. 3832B): Insert two weighted extensions (29) per leg (2), setting them against the pads (3), then secure them by fully tightening the screws (30) (see Fig. 2 & 3).

**Take care:** Each package contains one RH extension and one LH extension, to be mounted on the same leg (2).

Figure 2

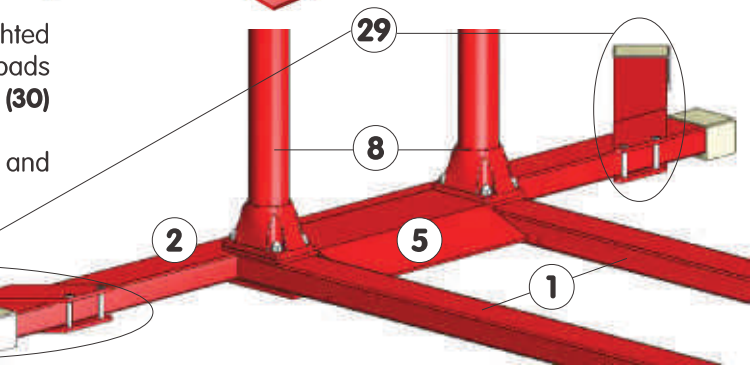
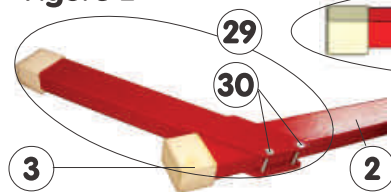


Figure 3

- 5 - Insert the upper flanges (5) into the threaded rods of the flanges (4), protruding from the frame assembly (1)+(2) (see Fig.1).
- 6 - Insert the uprights (7) or (8) into the threaded rods of the flanges (4) and direct the grips (12) to the apparatus outside.  
**Tip:** The uprights (7) or (8) of the same package are attached to the same leg (2).
- 7 - Secure the assembly using the 16 nuts (6): gradually tighten, so that all parts correctly fit in position. Moderately tighten the 4 nuts (6) of each upright (7) or (8), then increase tightening by rotating around the apparatus, until final locking. After some time in use, securely tighten the assembly.
- 8 - Lift the tightening levers (12) and position the swan necks (14) in the same direction following the graduations of bushings (11) (refer to § III. see Fig. 6).
- 9 - Install the hand-rails: Insert both caps (18) of the same hand-rail (16) into both matching ball joints (19), then lock the assembly using the screws (20) + (21).  
9.1. Parallel Bars for competition (Ref. 3810C) : engage the 2 plastic support cap (19) of the same H-Rail (16) in the 2 ball joints matching to slide tubes (9), then fix them together with screws and bolts (22) + (23), see Fig. 4.  
**Take care:** For safety reasons, the screw (22) should always protrude out from the nut (23). Tightening of these hinges directly impacts the stiffness of the hand-rails (16): to avoid locking the assembly, don't tighten so strongly the nut (23).  
9.2. Parallel Bars for high-level competition (Ref. 3830C & 3832B) : engage the 2 metal cap + ball joints (25) of the same H-Rail (17) into the 2 swan neck matching to slide tubes (10), then fix them together with screws and bolts (26)+(27)+(28).  
**Important:** the metal washer (27) have to be assembled in the right way, the rounded side against the nut (28) (see Fig. 5).  
**Take care:** For safety reasons, the screw should always protrude out from the nut (28). Tighten the nut (28) in moderation not locked (with a tightening couple of 30Nm).

Figure 4

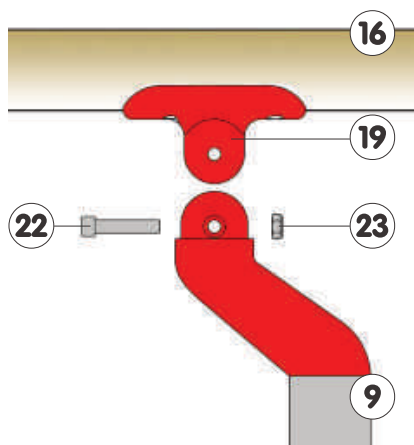
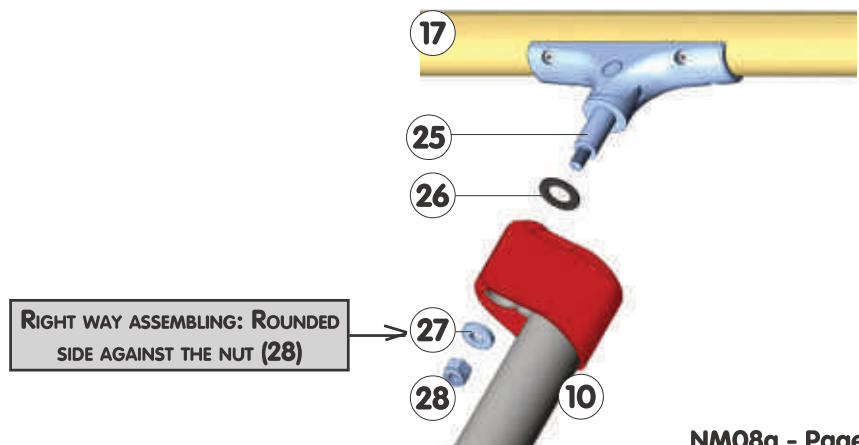


Figure 5



## II. Adjusting the height (see Fig. 6 or 7):

- 1 - Lift the tightening grips (12).
  - 2 - Adjust the height of the hand-rails (16) or (17):
    - Press the lock button (15) of each slide tube (9) or (10).
    - Action the end of the hand-rail (16) or (17) concerned: move it up or down, as required.
    - Repeat the operations for each upright (7) or (8).
  - 3 - Lower the tightening grips (12).
- Important:** Check that both slide tubes (9) or (10) on a single hand-rail (16) or (17) are adjusted to the same height (horizontal hand-rail) - this is mandatory.

## III. Adjusting the width (see Fig. 6 or 7):

- 1 - Lift the tightening grips (12).
- 2 - Adjust the direction of the swan necks (14) to the desired value: the graduated bushings (11) are fixed and provide a mark for the hand-rail spacing.
- 3 - Lower the tightening grips (12).

## IV. Adjustment values:

- Height of hand-rails (F.I.G. height = 2.00 m):
  - Ref. 3810C:** 1.35 to 2.00 m (in 5 cm steps)
  - Ref. 3830C & 3832B:** 1.65 to 2.30 m (in 5 cm steps)
- Spacing of hand-rails (F.I.G. spacing = 0.42 to 0.52 m):
  - Adjustment range:** 0.375 to 0.650 m

## V. Usage (warranty validity):

For safety reasons:

- Never use abrasive materials on the hand-rails (16) or (17) in order not to change their mechanical properties or their dimensions that are required by F.I.G.

### VERY IMPORTANT:

- Do not install the transport trolley integral with the frame (Ref. : 3850) on this apparatus.
- We recommend to regularly change the hand-rails as required by usage frequency (at least every 3 years).

## VI. Maintenance:

- 1 - A regular cleaning of the apparatus allows better viewing of the problems, if any (distortion, breakage, or corrosion).
- 2 - Before use, check wear parts and safety elements each time for good condition and operation:
  - pads (3), swan necks (14), plastic caps + ball joints (20), metal caps + ball joints (25), tightening nuts (13) and tightening grips (12) (lowered for use).
  - visual inspection of hand-rail (16) or (17) tightening and condition.
- 3 - Maintenance of the hand-rail (16) or (17) in case a malfunction is detected:
  - Remove the attachment elements (22) + (23), clean (magnesium deposits), lubricate the caps (19), then re-install the hand-rails (16) or (17).
- 4 - After intensive usage, the slide tubes (9) or (10) may no longer ensure the correct positioning of hand-rails (16) or (17). It is then necessary to adjust the locking system inside the grip (12):
  - Lift the grip (12), tighten by 1/8 turn maximum the screw of the nut (13) (see Fig. 8).
  - Lower the grip (12), then carefully repeat the operation if necessary until obtaining an optimum tightening.
- 5 - Check the correct tightening of all attachment elements (6), (18), (22) + (23) + (24) or (28), (30).
- 6 - **Important:**
  - If a problem is detected or suspected, do not use the equipment as long as it has not been checked by a technician.
  - Any damaged or distorted piece should be replaced as soon as possible.

## VII. Storage:

Always store the equipment away from humidity and heat.

Figure 6

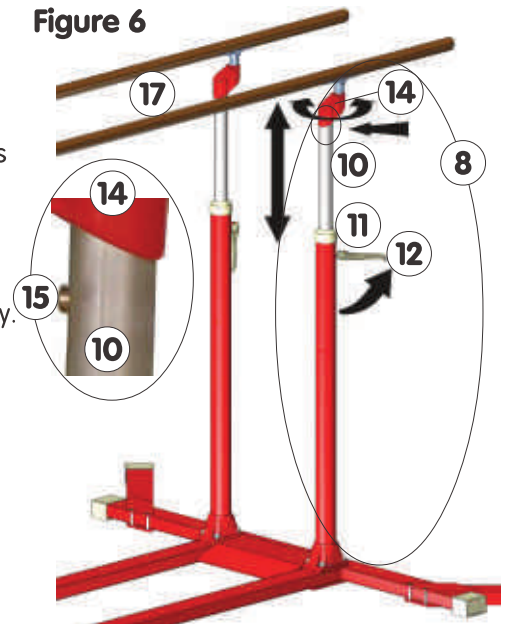


Figure 7

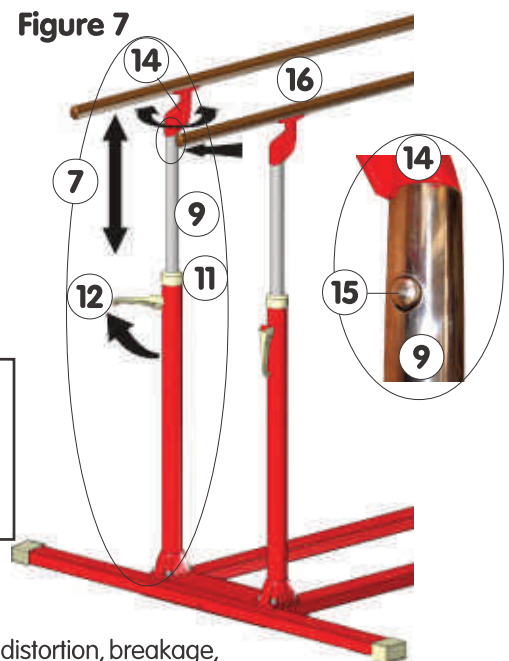
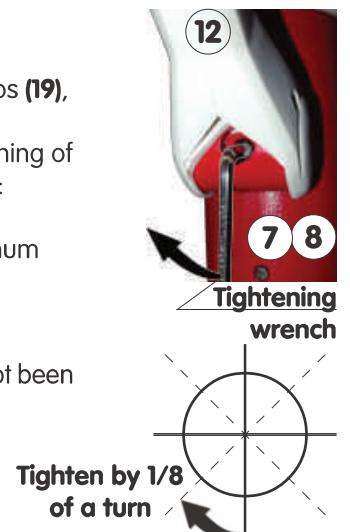


Figure 8



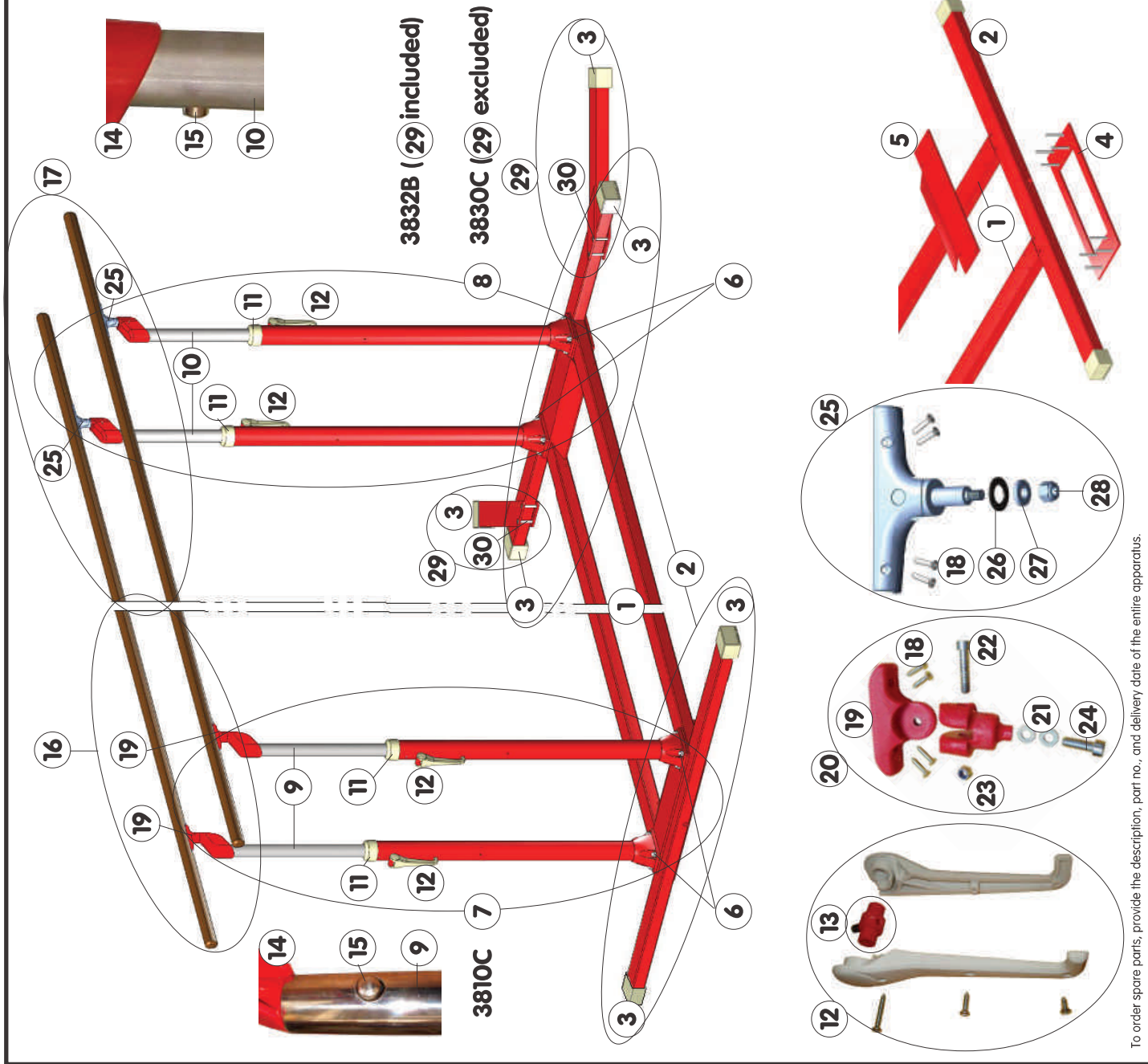
ITEM	QTY	DESCRIPTION	REFERENCE	REMARKS
30	8	M10 x 70 FHC screw	VFHC10070Z	included in 29
29	2	Pair of weighted extensions	3832/00	pack
28	4	M10 H locknut	VEHF10000Z	includ. in 17 & 25
27	4	M10 x 25 machined washer	VRP010250Z	includ. in 17 & 25
26	4	ø18 x 32 friction washer	QRFR183215	includ. in 17 & 25
25	4	Metal Cap+Par. bar ball joint	3832/25	spare kit
24	4	M8 x 25 CHC screw	VCHC08025Z	includ. in 16&20
23	4	M8 H locknut	VEHF08000Z	includ. in 16&20
22	4	M8 x 38 CHC screw	VCHC08038Z	includ. in 16&20
21	8	ø8 x 16 plate washer	VRP008160Z	includ. in 16&20
20	4	Plastic Cap+Par. bar ball joint	380/15	spare kit
19	4	Hand-rail plastic support cap	-	includ. in 16&20
18	16	ø4.8 x 25 metal sheet screw	VTBZ48250Z	includ. in 16&17
17	2	Reinforced HC hand-rails	3862	spare kit
16	2	Reinforced comp. hand-rails	3861A	spare kit
15	-	Lock button	-	-
14	-	Swan neck	-	included in 7 & 8
13	4	Tightening nut + screw	3832/10	included in 12
12	4	Tightening grip assembly	380/50	spare kit
11	4	Graduated bushing	380/25	included in 7 & 8
10	2	Pair of HCompet. slide tubes	-	included in 8
9	2	Pair of compet. slide tubes	-	included in 7
8	2	Pair of uprights, 2.30 m M'07	3832/35	pack
7	2	Pair of uprights, 2.00 m	380/34	pack
6	16	M12 Cap Nut	VEBR12000Z	-
5	2	Upper frame flange	-	-
4	2	Lower frame flange	-	-
3	-	Apparatus pad + screw	3800/07	spare kit
2	1	Pair of frame fixed legs	380/19	pack
1	1	Pair of frame spars	380/18	pack

**Gymnova**

RUE GASTON DE FLOTTE  
13012 MARSEILLE  
Tel. : 33-(0)-4-91-87-51-20  
Fax : 33-(0)-4-91-93-86-89

BY: J.BRIOT DATE: 29/01/09 NM08g Ref: 3810C - 3830C - 3832B

**PARALLEL BARS FOR  
COMPETITION & HIGH LEVEL  
COMPETITION**



To order spare parts, provide the description, part no., and delivery date of the entire apparatus.