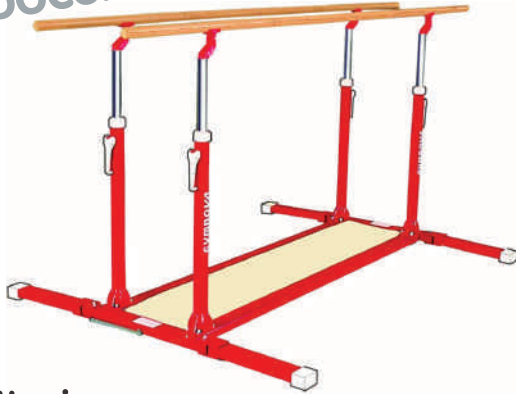


PARALLEL BARS FOR TRAINING & MIXED BARS

3910 - 3915
3920 - 3921 - 3925
3380 - 3390 - 3391

**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".

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. : 3910 → 330 lb
Ref. : 3915 → 474 lb

Ref. : 3920 → 293 lb
Ref. : 3921 → 322 lb
Ref. : 3925 → 465 lb

Ref. : 3380 → 340 lb
Ref. : 3390 → 302 lb
Ref. : 3391 → 330 lb

Overall size:

All Ref. → 3.50 x 2.00 m (11.48 x 6.56 ft)

(Folded legs: 3.50 x 0.87 m (11.48 x 2.85 ft))

Packaging:

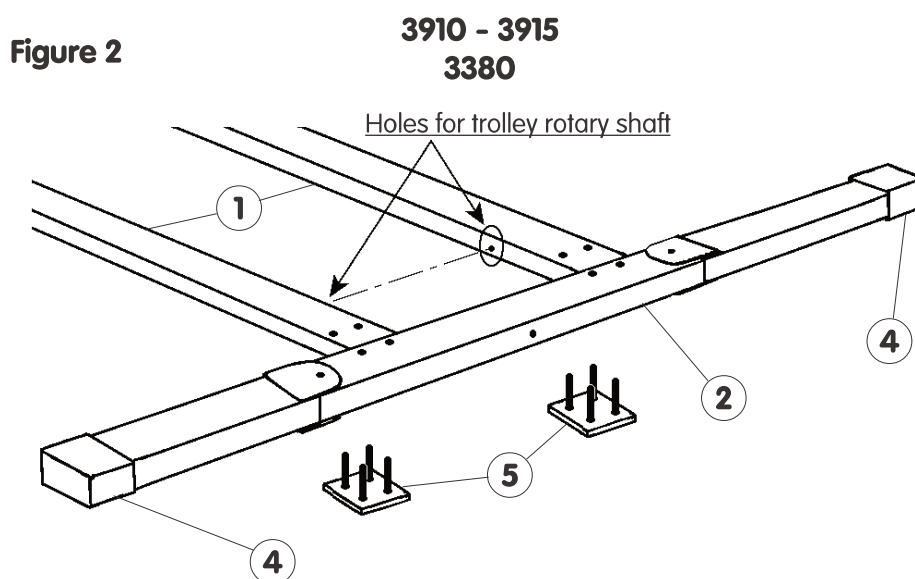
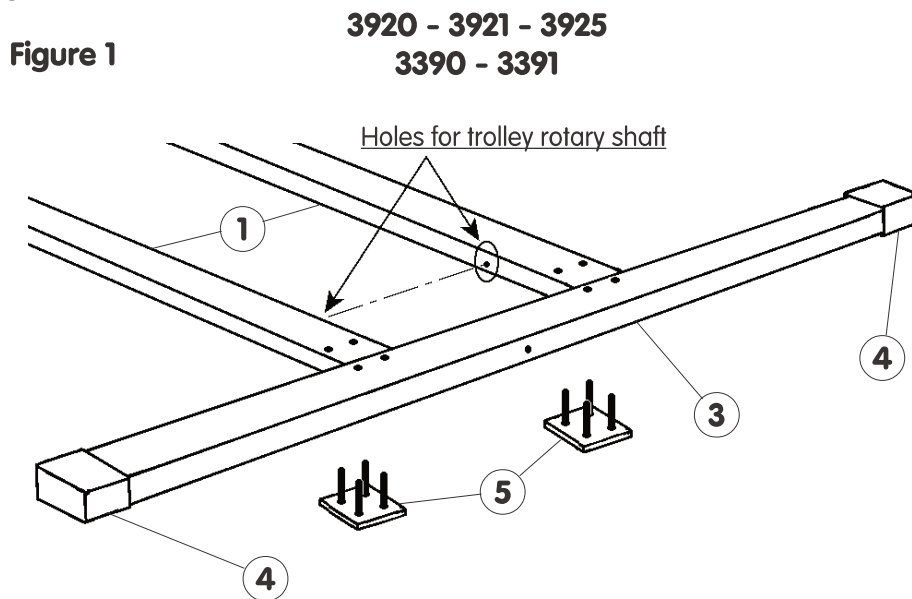
Ref.	Package	380/37 4 simple attaching flanges	380/18 Pair of spars	386/01 Pair of hand-rails	380/34 Pair of uprights 2.00 m	380/35 Pair of uprights 2.30 m	380/19 Pair of fixed legs	391/20 Pair of folding legs	3850 Transport trolley	7082 Built-in side mat	7083 Built-in central mat	No. of Packa- ges
3910	Parallel bars Folding legs	1	1	1	2	-	-	1	1	-	-	7
3915	Parallel bars Folding legs + Mat	1	1	1	2	-	-	1	1	2	1	10
3920	Parallel bars Fixed legs	1	1	1	2	-	1	-	-	-	-	6
3921	Parallel bars Fixed legs + Trolley	1	1	1	2	-	1	-	1	-	-	7
3925	Parallel bars Fixed legs + Trolley + Mat	1	1	1	2	-	1	-	1	2	1	10
3380	Mixed bars Folding legs	1	1	1	1	1	-	1	1	-	-	7
3390	Mixed bars Fixed legs	1	1	1	1	1	1	-	-	-	-	6
3391	Mixed bars Fixed legs + Trolley	1	1	1	1	1	1	-	1	-	-	7
Volume (ft³)	Weight (lb)	0.141	1.307	1.307	1.271	2.154	1.271	1.695	0.600	33.90	8.334	X
Dimensions (in)		11.02	72.75	24.25	61.73	70.55	61.73	70.55	28.66	57.32	28.66	
		7.48x6.30x5.12	110.24x4.72x4.33	140.55x5.91x2.76	47.63x7.87x5.91	60.63x8.66x7.09	79.53x5.91x4.72	79.92x7.87x4.72	20.08x11.42x4.72	94.49x78.74x7.87	102.36x27.56x5.12	

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

Note: Prepare a clean area for assembling the apparatus.

Installing the trolley (**Ref.: 3850**): Refer to the Assembly Instructions NM21.

- 1 - Position the attaching flanges (**5**) on the floor (see **Fig. 1** or **Fig. 2**).
- 2 - Insert the end of each spar (**1**) into the threaded rods of the attaching flanges (**5**) (trolley holes inside and downward) (see **Fig. 1** or **Fig. 2**).
- 3 - Insert each folding (**2**) or fixed (**3**) leg into the remaining threaded rods of the attaching flanges (**5**) (see **Fig. 1** or **Fig. 2**).



- 4 - Insert the uprights (**7**) or (**8**) into the threaded rods of the flanges (**5**) and direct the grips (**11**) and "GYMNOVA" stickers to the apparatus outside.
Tip: The uprights (**7**) or (**8**) of the same package are attached to the same spar (**1**).
- 5 - 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.
Note: After some time in use, securely tighten the assembly.
- 6 - Lift the tightening levers (**11**) and position the swan necks (**13**) in the same direction following the graduations of bushings (**10**) (see **Fig. 3**).
- 7 - Install the hand-rails (**15**): insert both caps (**16**) of the same hand-rail (**15**) into both matching ball joints (**18**), then secure the assembly using the screws (**19**) + (**20**).
Take care: For safety reasons, the screw (**19**) should always protrude out from the nut (**20**). Tightening of these hinges directly impacts the stiffness of the hand-rails (**15**): it is highly recommended to avoid locking the assembly.

II. Adjusting the height (see Fig. 3):

- 1 - Lift the tightening levers (11).
 - 2 - Adjust the height of the hand-rails (15):
 - Press the lock button (14) of each slide tube (9).
 - Act on the end of the hand-rail (15) concerned: move it up or down, as required.
 - Repeat the operations for each upright (7) or (8).
 - 3 - Lower the tightening levers (11).
- Important:** Check that both slide tubes (9) on a single hand-rail (15) are adjusted to the same height (horizontal hand-rail) — this is mandatory.

III. Adjusting the width (see Fig. 3):

- 1 - Lift the tightening levers (11).
- 2 - Adjust the direction of the swan necks (13) to the desired value: the graduated bushings (10) are fixed and provide a mark for the hand-rail spacing.
- 3 - Lower the tightening levers (11).

IV. Adjustment values:

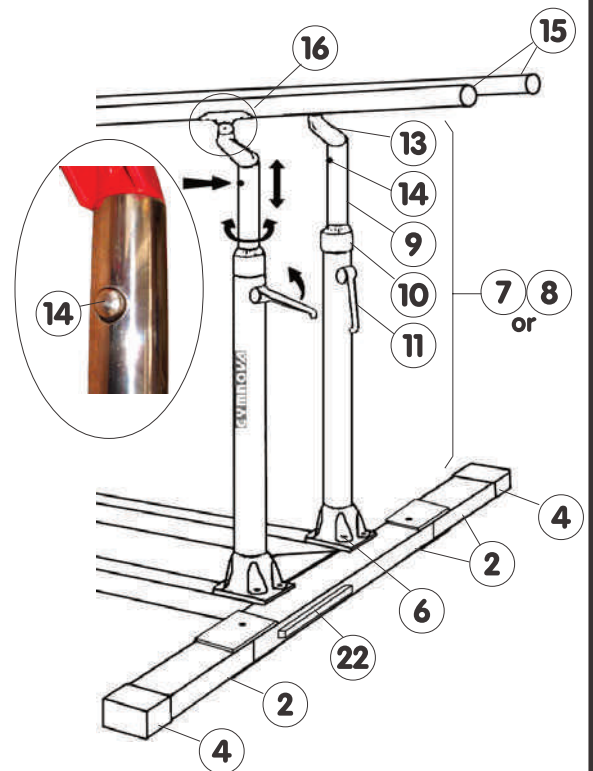
- Height of hand-rails (F.I.G. height = 2.00 m):
 - Ref. 3920, 3921, 3925, 3910 & 3915 : 1.35 to 2.00 m (in 5 cm steps)
 - Ref. 3390, 3391 & 3380 : 1.35 to 2.30 m (in 5 cm steps)
- Spacing of hand-rails (F.I.G. spacing = 0.42 to 0.52 m):
 - All References: 0.375 to 0.650 m

V. Usage (warranty validity):

For safety reasons:

- Never use abrasive materials on the hand-rails (15), in order not to change their mechanical properties or their dimensions that are required by F.I.G.

Figure 3



VERY IMPORTANT:

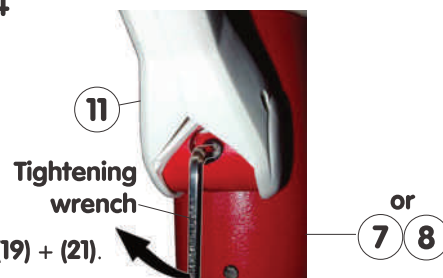
- Never use the equipment when it is positioned on its transport system, or when the legs are folded.
- We recommend to regularly change the hand-rails as required by usage frequency (at least every 3 years).

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 (4), swan necks (13), caps (17), ball joints (18), tightening nuts (12) and tightening levers (11) (lowered).
 - visual inspection of hand-rail tightening and condition (15).
- 3 - Maintenance of the hand-rail (15) in case a malfunction is detected:
 - Remove the attachment elements (19) + (20), clean (magnesium deposits), lubricate the caps, then re-install the hand-rails (15).
- 4 - After intensive usage, the slide tubes (9) may no longer ensure the correct positioning of hand-rails (15). It is then necessary to adjust the locking system inside the lever (11):
 - Lift the lever (11), tighten by 1/8 turn maximum the screw of the nut (12) (see Fig. 4).
 - Lower the lever (11), then carefully repeat the operation until obtaining an optimum tightening.

Figure 4

Tighten by 1/8 of a turn



- 5 - Check the correct tightening of all attachment elements (6) + (19) + (21).

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:

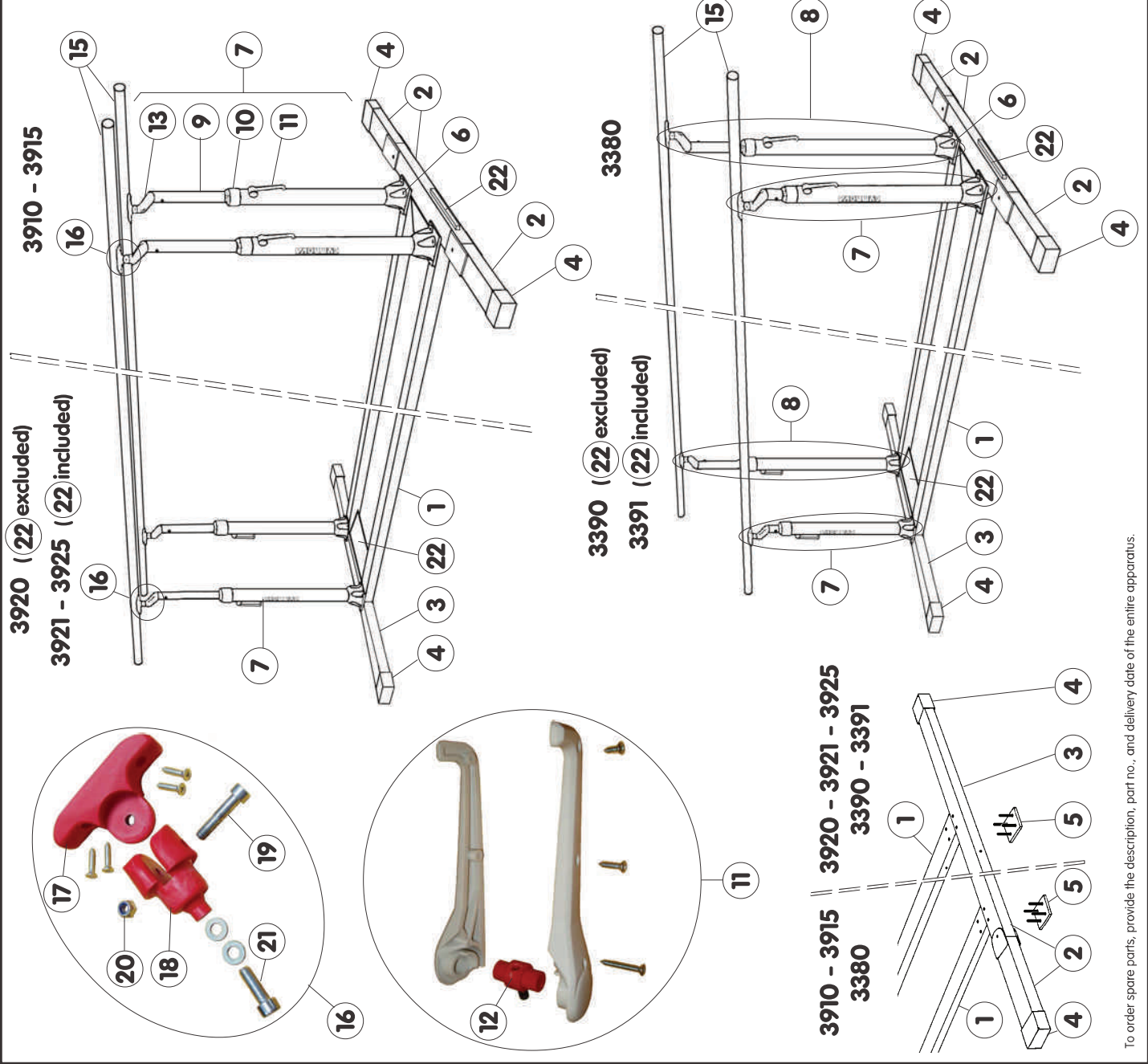
Always store the equipment away from humidity and heat.

ITEM	QTY	DESCRIPTION	REFERENCE	REMARKS
30	-	-	-	-
29	-	-	-	-
28	-	-	-	-
27	-	-	-	-
26	-	-	-	-
25	-	-	-	-
24	-	-	-	-
23	2	Hand-rail + cops	3860A	spare kit
22	1	Transport trolley	3850	pack
21	4	M8x25 CHC screw	VCHC08025Z	included in 7 & 8
20	4	M8 H locknut	VEHF08000Z	included in 7 & 8
19	4	M8x38 CHC screw	VCHC08038Z	included in 7 & 8
18	4	Parallel bar ball joint	-	included in 7 & 8
17	4	Hand-rail support cap	-	included in 15
16	4	Cap + Parallel bar ball joint	380/15	spare kit
15	1	Pair of hand-rails	386/01	pack
14	4	Lock button	-	included in 7 & 8
13	4	Swan neck	-	included in 7 & 8
12	4	Tightening nut + screw	3832/10	each
11	4	Parallel bar grip assembly	380/50	spare kit
10	4	Graduated bushing	380/25	included in 7 & 8
9	2	Pair of slide tubes	-	included in 7 & 8
8	2	Pair of uprights, 2.30 m	380/35	pack
7	2	Pair of uprights, 2.00 m	380/34	pack
6	16	M12 Cap Nut	VEBR12000Z	included in 5
5	1	4 simple attaching flanges	380/37	pack
4	4	Apparatus pad + screw	3800/07	spare kit
3	1	Pair of fixed legs	380/19	pack
2	1	Pair of folding legs	391/20	pack
1	1	Pair of spars	380/18	pack

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**PARALLEL BARS
 FOR TRAINING & MIXED BARS**

BY : J. GAUTIER DATE : 04/09/06 NM225 Ref. : 3910-3915 - 3920-3921-3925 - 3380-3390-3391
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To order spare parts, provide the description, part no., and delivery date of the entire apparatus.