



ASSEMBLY AND CARE INSTRUCTIONS

SIX ACSYS CABLE SYSTEM 5103-000

VERSION: 8920205 (Revised 10/17)



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Thank you for purchasing a SPIETH America **5103-000 SIX ACSYS cable system** from our line of **Gymnastics Equipment**. We appreciate your business and value you as a customer!

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.

For assembly, set-up and adjustment instructions, please read and follow all instructions in this manual as they apply to your particular piece or pieces of equipment.

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



6 Concrete Floor anchors are required for securing the Threaded Socket Adaptors. These floor anchors are not supplied with this package. They must be purchased separately. Concrete anchors are available at SPIETH America under spare part #PEA1 (Set of 4 pieces).

1. Preparing Six Acsys Cable Installation



The assembly and set-up of this apparatus requires three to five (3 to 5) qualified persons. Do not attempt the assembly and set-up of this apparatus alone! Installing the concrete anchors properly is critical for this apparatus to function safely!

- Choose a location for the apparatus and mark out the 6 anchor points with the dimensions provided in Figure 1. **Refer to the Uneven Bars assembly instructions for any additional bases anchoring hardware required, as bases anchoring specifics pertain to the particular equipment you have purchased.**
- Before drilling, measure the diagonal distances between the corners of the layout to check that the marks are uniformly located.
- Read Section 2. “Installing Concrete Anchors” on page 5 for properly installing those floor anchors.
- Install supplied threaded socket adaptors into the floor anchors.

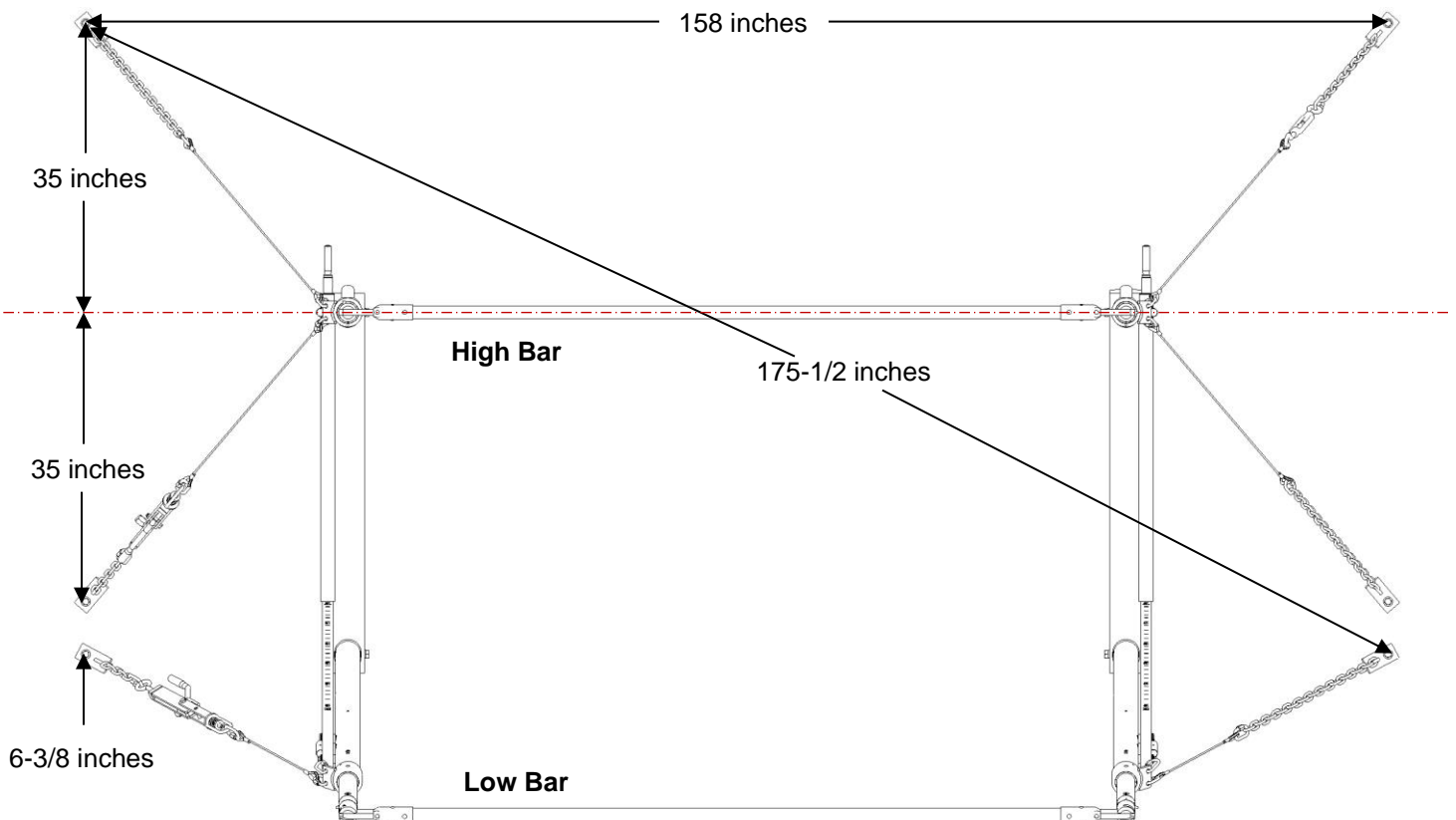


Figure 1: 5103-000 Six Acsys cable system layout

2. Installing Concrete Anchors



To determine anchor locations, please refer to the following section for your specific equipment to be anchored.

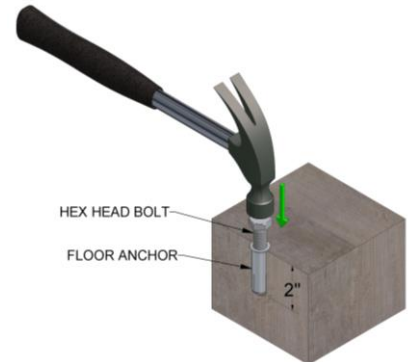
Tools Required (customer supplied):

- Tape measure
- Anchor setting tool or punch with a $\frac{5}{16}$ " diameter & 1.5" long end
- $\frac{5}{8}$ " diameter carbide tipped concrete drill bit
- Hammer drill
- $\frac{3}{4}$ " or 19mm Socket, Extension and Ratchet
- Hammer
- Safety glasses



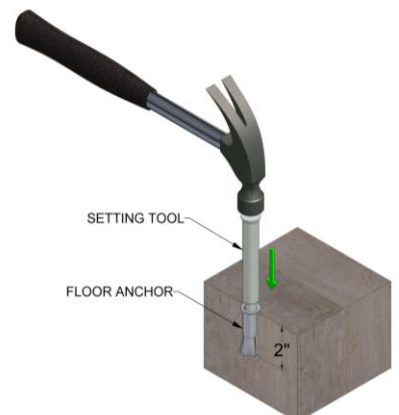
Never place a floor anchor into a seam/crack, or an area within 9" from a seam/crack or outside edge of the concrete floor

1. With the $\frac{5}{8}$ " carbide drill bit installed in the Hammer drill, drill a hole into the concrete to 2 inches ($+\frac{1}{8}$ ").
2. Use a shop vacuum or turkey baster to remove all dust and concrete chips out of the holes. Ensure the hole depth is at least 2 inches ($+\frac{1}{8}$ ").
3. Turn a hex head bolt 3 full turns into a floor anchor, and insert it into the drilled hole.
4. Use the hammer to tap the top of the bolt until the floor anchor is flush with or just below the top of the concrete.
5. Remove the hex head bolt, proceed to set the anchor and lock it in place!



The step of locking or setting the anchors is critical. Ensure that it is done correctly!

6. Using a punch or setting tool (customer supplied), set the floor anchor by striking the plunger in the center of the floor anchor. Strike the setting tool or punch with a hammer repeatedly, to expand the anchor in the hole.



When attaching equipment to floor anchors, a bolt torque value of 20 ft lbs is recommended.

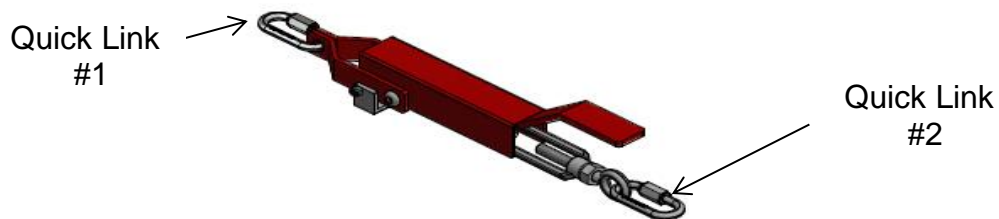
3. Preparing The Cable System

1. Hook the supplied cables to the Quick Links already on the uprights. There are 4 long Cables and 2 short Cables. The short Cables attach to the short upright and the long Cables attach to the long upright.
2. Separate the 4 individual Chain and Turnbuckle Assemblies. Unscrew both ends of the Turnbuckle equally. Place one assembly by each Floor Socket on one side of the Uneven Bars, and one assembly by the Long Upright Floor Socket on the other side of the Uneven Bars.
3. Place each Load Binder by the 2 Floor Sockets left.
4. The tie-down system (Cables) can now be assembled.



The next steps require that you have installed or have in place floor sockets that are considered to be appropriate for safe use with Competitive Gymnastics Equipment. Spieth America recommends that the Socket Pattern be sized as per the dimensions shown in Figure 1.

5. Attach the Chain & Turnbuckle assemblies to the Floor Sockets. Adjust the chains if necessary. **All Chain and Turnbuckle length must be equal to each other.** This will balance the cable system.
6. Attach the Load Binders to the position shown in Fig.1. **The Quick Links #1 on the Load Binders must be used to attach to the cable end (See below). Attach Quick Link #2 to the installed Floor Sockets.** There will be one unused quick link on the Short Uprights.
7. **Open the Load Binders and tighten the chain by 1 or 2 links so that when the Load Binder is closed, tension is applied to the cabling system. Only apply enough tension needed to stabilize the system.** The Load Binder Eyebolt can also be used to 'fine-tune' the tension by turning it (See Load Binder Instructions Manual for usage).



Never tighten a Turnbuckle or Load Binder with any leverage tool. Over-tightening may result in personal injury or damage to the apparatus.

8. Once everything is correct use an adjustable wrench to **tighten all the Quick Links Securely!**
9. **Check and verify the following:**
 - The floor sockets must be positioned correctly as shown in **Fig. 1**.
 - Base location must be centered correctly. Compare the location of your upright assemblies with **Fig. 1**.

- Each turnbuckle must be adjusted to the same length.
- The Load Binders are used to apply tension and stabilize the bars. When the Load Binders are opened, the bars may lean to one side. This is normal and will be corrected once they are closed again.
- All cable ends must be properly attached to their appropriate Upright Attachment Point.



When a single Turnbuckle is adjusted, the whole apparatus will be pulled toward or away from that corner. Equal adjustments undertaken at all Turnbuckles will avoid any misalignment. Avoid tightening a Turnbuckle with any leverage tool. Over-tightening can result in possible damage to the apparatus.

4. Use as a Single Bar



The Six Acsys cable system should only be used as a Single Bar if the Long Uprights are in a vertical position, with the bases anchored to the floor and secured in place, or personal injury or damage to the apparatus may occur!

1. Loosen the tension on the short upright load binder. (See Fig. 2 below)
2. Loosen the 3/8" bolts on both heads of the short uprights and remove the rail.
3. Close the short upright load binder, but do not tension it.
4. Make sure the long uprights are stabilized properly before using the bars.

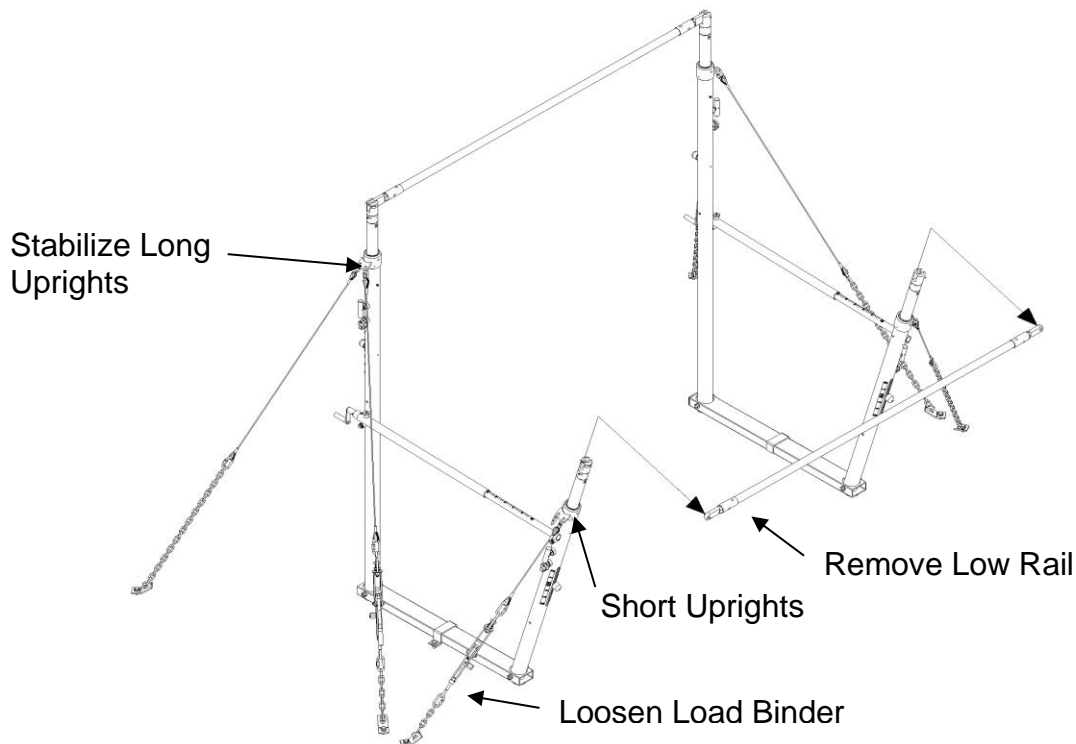


Figure 2

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**.