

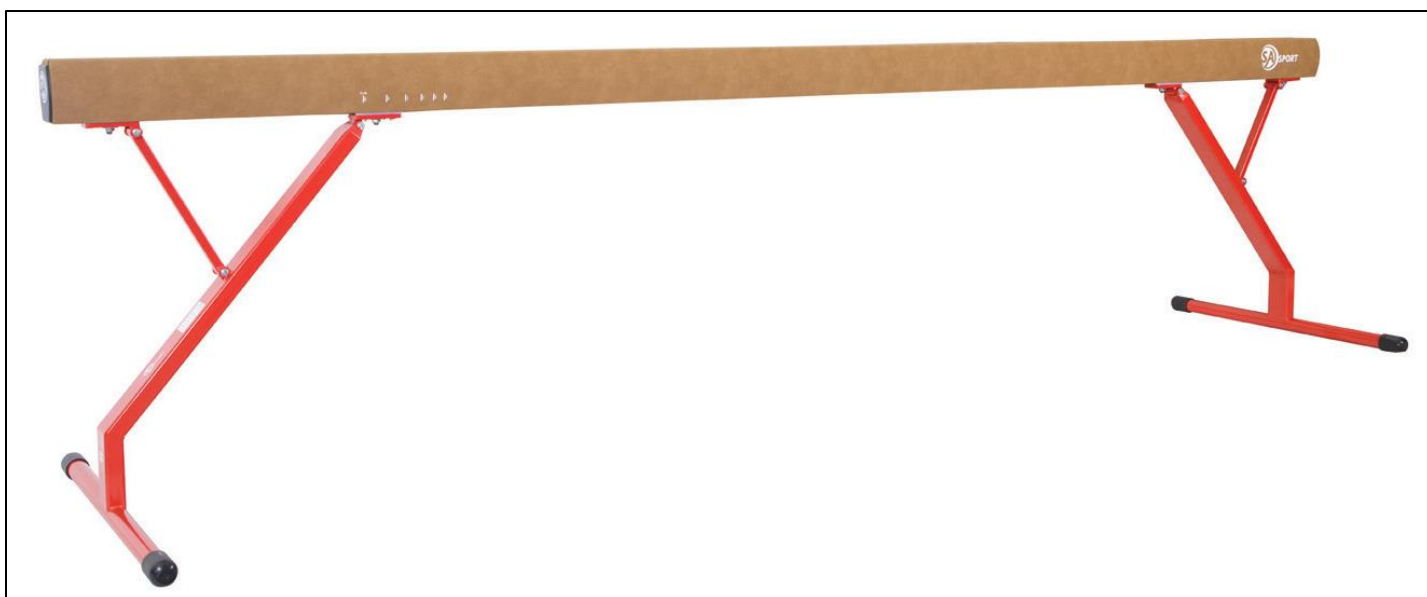


ASSEMBLY AND CARE INSTRUCTIONS

COMPETITION CRANK BALANCE BEAM

5121-120 (16') & 5121-335 (12')

VERSION: 8920028 (Revised 09/17)



SALES AND SERVICE

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This equipment is manufactured from 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, set-up, adjustment and maintenance instructions, please read and follow all instructions, in the particular Section of this booklet, as they apply to your particular piece or pieces of equipment.

Section I Assembly and adjustment instructions

Section II Maintenance

Section III Replacement Parts

Section IV Safety

For information on Replacement Parts, please see the third section of this manual, as it applies to your particular product.



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

1. Assembly and adjustment instructions



Please note that the **Beam Legs** and **Beam Top** are heavy and can be difficult to balance if not held properly during handling. Two (2) qualified persons are required when assembling this apparatus. Also watch fingers on swinging parts of beam legs.

1.1. *Assembly*



Please refer to the **Figure 1** below for part names and locations.

1. To assemble you will need two (2) 9/16" wrenches or adjustable wrenches & one (1) 15/16" wrench.
2. Fully open the shipping crate containing the **Beam Top**. Turn the **Beam Top** upside down on a clean surface. This will protect the **Beam Top** from being soiled or damaged during assembly.
3. Remove the **Beam Legs** from their shipping cartons and work with one **Beam Leg** at a time.

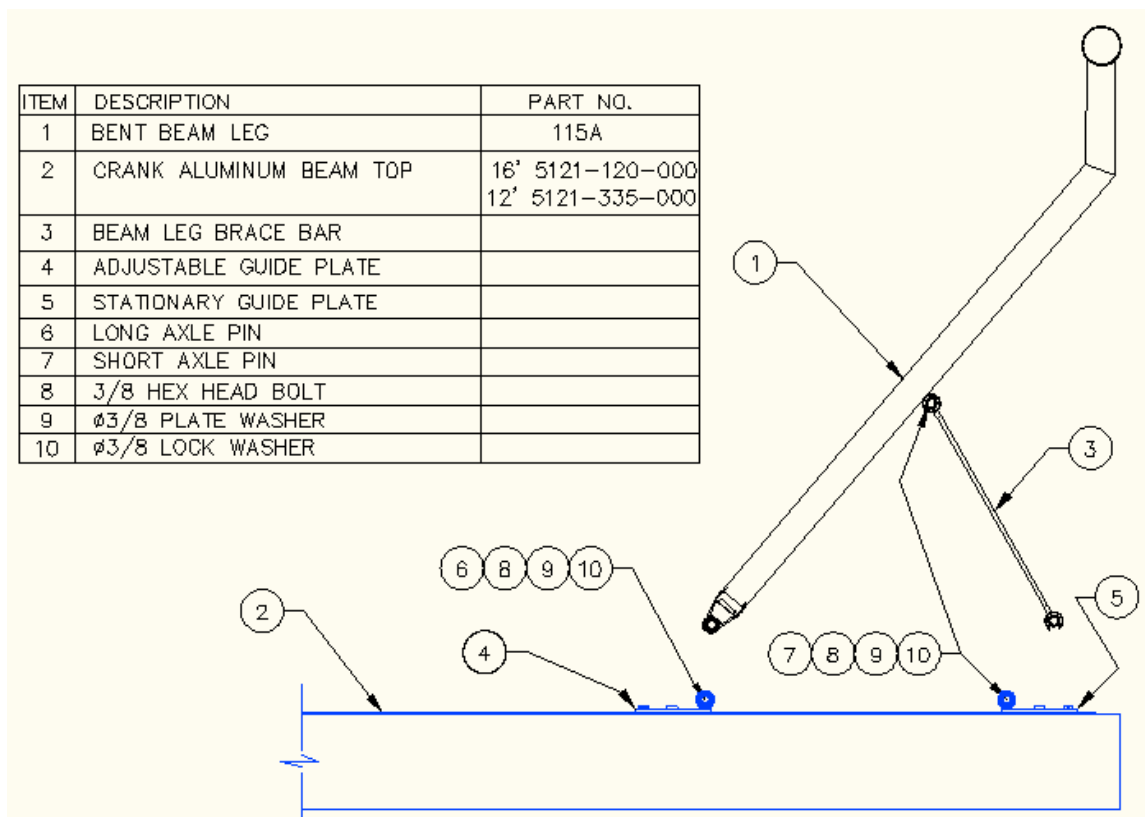


Figure 1

4. Remove both **Axle Pins (#6 & 7)** from the **Adjustable Guide Plate (#4)** and the **Stationary Guide Plate (#5)** at one end of the **Beam Top**. Remove one screw/bolt and pull/tap the pin out. Watch not to damage the threads.



Watch not to mix up the 2 Axle Pins (#6 & 7). The Long Axle Pin (#6) goes with the Adjustable Guide Plate (#4). The Short Axle Pin (#7) goes with the Stationary Guide Plate (#5).

5. Remove tape holding the **Brace Bar (#3)** to the main leg (#1).





WATCH YOU FINGERS SINCE THE BRACE BAR WILL SWING FREELY!

6. Slide the free end of the **Brace Bar (#3)** between the bushings of the **Stationary Guide Plate (#5)**. Insert the **Short Axle Pin (#7)** and secure with the **Axle Pin Screw/Bolt** that you previously removed.
7. Slide the free end of the **Main Leg (#1)** over the bushings of the **Adjustable Guide Plate (#4)**. Insert the **Long Axle Pin (#6)** and secure by tightening the hardware.
8. Tighten the **Adjustable Guide Plate Nut (15/16")** until snug (Approx 20 ft-lbs), and then **LOOSEN IT OFF A QUARTER TURN**. The plate will slide easily for adjustment without any excessive play.
9. Repeat steps 3 through 6 with the second **Beam Leg** and stand the beam upright.

1.2. *Height Adjustment*

You are now ready to adjust the height of your new **Crank Balance Beam**.

 It is imperative that fingers be kept well clear of the beam channel at all times during height adjustment. Serious injury may result if fingers are inside the beam channel during height adjustment.

 Under no circumstances should children or other unqualified persons be permitted to undertake height adjustment. Only adults, coaches or supervisory staff should adjust the beam height.

Use the **Crank Handle** supplied to adjust the beam height. Insert the slotted end of the crank into the end of the beam, which has the **End Cap with an opening in it**. Slide the crank over the shaft, ensure the Crank is fully inserted over the end of the Shaft and adjust the beam to the desired height. **Turning the Crank Handle Clockwise will make your beam go up. Turning the Crank Handle Counterclockwise will lower your beam.**

2. Beam maintenance

2.1. *General maintenance*

- At every use, check all welds, axle bolts and foot cups for signs of wear and tear. Check the top surface of the beam as well. Do not perform on the beam until these inspections have occurred and have been approved.
- Build-up of chalk on the beam top is unavoidable and does not detract from the performance of your beam. The Beam top can be kept relatively clean by wiping it with a brush with nylon bristles from time to time. **Do not use water to clean the beam top! After several years, you may wish to have your beam top recovered as a result of normal wear.**
- **Periodically lubricate the threaded height adjustment mechanism with a paste type lubricant (grease).** The bottom covers, which conceal the threads of this mechanism, will have to be removed to perform this maintenance. (see instructions below)
- Periodically check the **Adjustable Guide Plate nut (Fig.1) for tightness.** The nut should be tightened as described under the assembly instructions on page 4 (point 6). If the nut is too tight, it will make the beam hard to adjust. If it's too loose, damage may occur to the components.



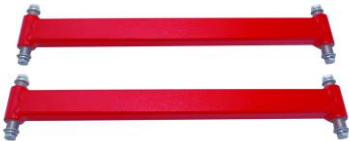
2.2. *Removing bottom covers*

To remove the bottom covers, follow the instructions below:





1. Turn the beam upside down on a clean surface.
2. Remove the nut, which secures the **Adjustable Guide Plate** to the Beam Top. Lift the **Adjustable Guide Plate over the threaded pin.**
3. Remove the screws, which hold the bottom cover to the nylon sliders. Lift the bottom cover over the threaded pin.
4. **Apply lubricant to the threaded mechanism.**
5. Replace the bottom cover by reversing the above procedure.
6. Repeat steps 2 through 5 with the second beam leg.
7. Stand the Beam upright. Check the height adjustment of the beam. **If adjustment is too easy or too difficult, tighten or loosen the nut which secures the Adjustable Guide plate to the Beam Top.**

3. Replacements parts

3.1. *General replacement parts*

Description		Part Number
1 Pair – Bent Beam Legs		115A
Set of 4 – Rubber Foot Cups		PEKY-014A
1 Pair – Brace bars c/w hardware and pins		P111-14PR

3.2. *5121-120 & 5121-335 Crank Balance Beam replacement parts*

Description		Part Number
1 Piece – Crank Handle		P113-39PR
1 Pair – Adjustable Guide Plates for Crank Balance Beam c/w hardware and pins		P113-59PR
1 Pair – Stationary Guide Plates for Crank Balance Beam c/w hardware and pins		P113-58PR
1 Pair – End caps for Crank Balance Beam		P113-60PR

4. 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.**