



ASSEMBLY AND CARE INSTRUCTIONS

JUNIOR TRAINING BAR

366

VERSION: 8920033 (Revised 10/17)



SALES AND SERVICE

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Thank you for purchasing a **366 Junior Training Bar** from our **Just For Kids** line. We appreciate your business and value you as a customer.

This Junior Training Bar is manufactured of 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 booklet 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 and set-up instructions, please read and follow all instructions below as they apply to your particular piece of equipment.

Be sure to read and follow all SAFETY INSTRUCTIONS on the last page of this manual before attempting to use the apparatus.

1. Assembly

1.1. *Tools required*

- One Allen key (supplied)
- One (1) 3/8" Open end wrench or one (1) adjustable wrench
- One (1) Phillips-head screwdriver

1.2. *Assembly instructions*

1. Assemble one base with one upright, using two (2) supplied 2-3/4" long bolts, four (4) washers and two (2) nylon nuts, according to **Figure 1** below.



Make sure the nuts are assembled on the same side than the flat piece welded on the upright.

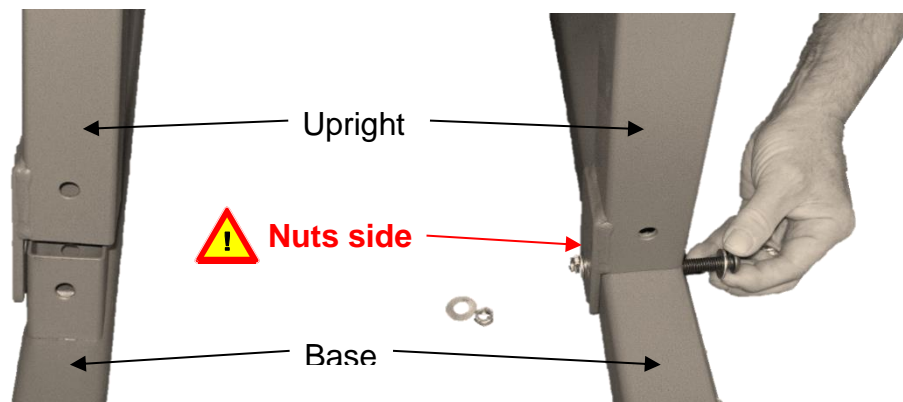


Figure 1: Base & Upright assembly step 1

2. Finish assembling the base and upright **by fastening the upright with the base cross- way**, using one (1) supplied 2-1/2" long bolt, two (2) washers and one (1) nylon nut, according to Figure 2 below.

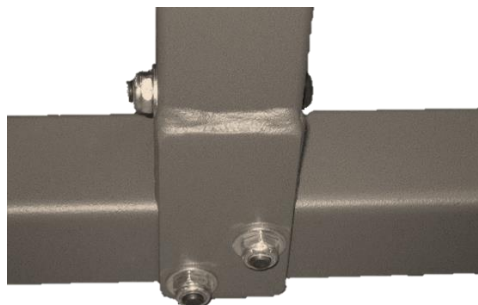


Figure 2: Base & Upright assembly step 2

3. **Repeat steps 1 & 2 with the second base and upright.**

4. Turn both base and upright assemblies upside down. **Assemble each end of the cross bar to the bottom of each base**, by threading the two (2) supplied flat head bolts (see **Figure 3** below). The head of the bolt needs to sit flush with the cross bar, thanks to the countersunk hole in the bar.



Make sure the nuts maintaining the uprights and the bases together face outward the apparatus, according to Figure 3 below.

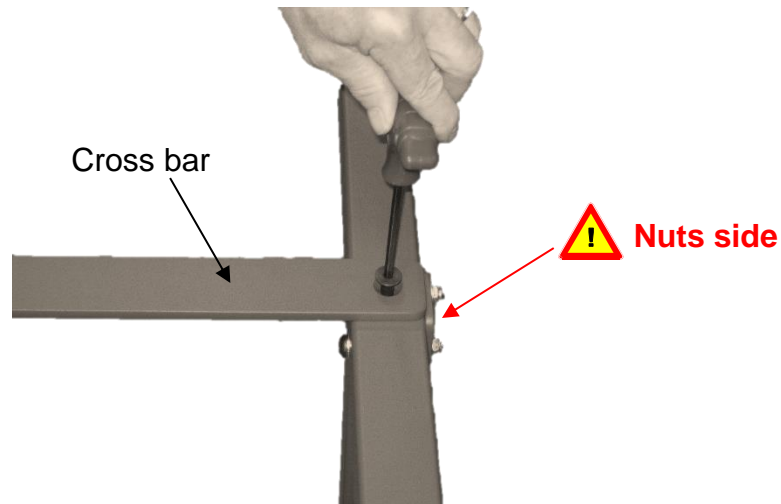


Figure 3: Cross bar assembly

5. To ensure the apparatus will function properly and adjust smoothly, make sure both diagonals measure the same. Adjust if necessary by untightening/retightening the cross bar flat bolt (step 4).
6. Assemble each end of the veneered rail to the adjusting tubes by threading the four (4) supplied Phillips screws into the adjusting tube and predrilled rail (see Figure 4 below). **Tighten properly.**

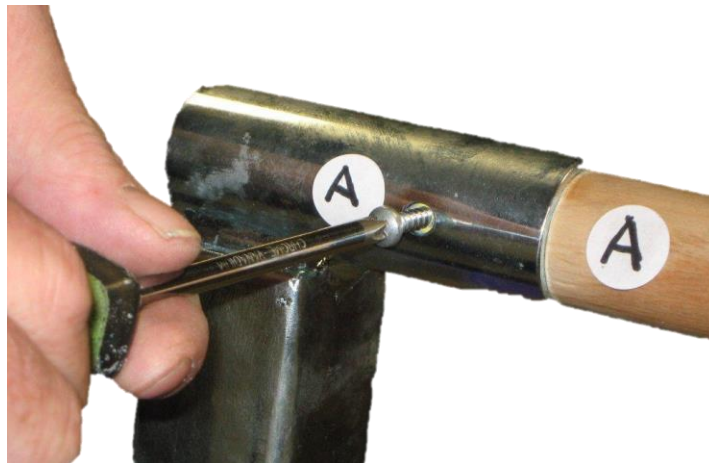


Figure 4: Veneered rail assembly

7. Insert the adjusting tubes and rail assembly into the uprights. Lock into the desired position using the two (2) supplied lock pins.




Before attempting to use the apparatus, make sure the pins are locked properly.



Figure 5: Lock pin

2. Replacement parts

Description		Part Number
1 Piece – Retainer Lock Pin		PRLP-1

3. 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**.