

165 – “PARALLEL BAR TRAINER” 12”/18”/24”

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165 / Instruction #8920016
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www.spiethanderson.com

Thank you for purchasing the “**PARALLEL BAR TRAINER**” from our line of *Gymnastics Equipment*. We appreciate your business and value you as a customer!

Parallel Bar Trainers are available in 12", 18" and 24" heights. They are extremely stable but lightweight and easy to move. They come complete with protective footpads and are a must for training and conditioning.

This equipment 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 read carefully 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 in Section I of this booklet as they apply to your particular piece or pieces of equipment.

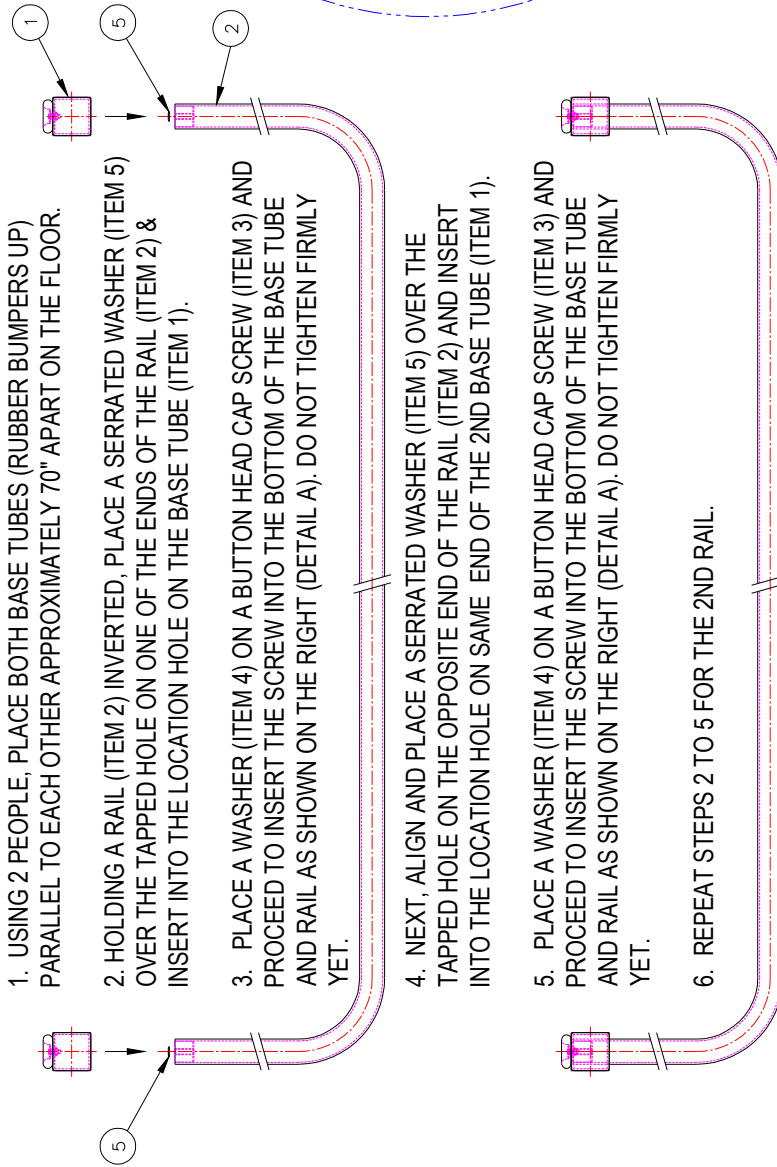
Be sure to read and follow all Safety Instructions in Section III of this booklet before attempting to use the apparatus!

For information on Replacement Parts, please see Section II of this booklet.

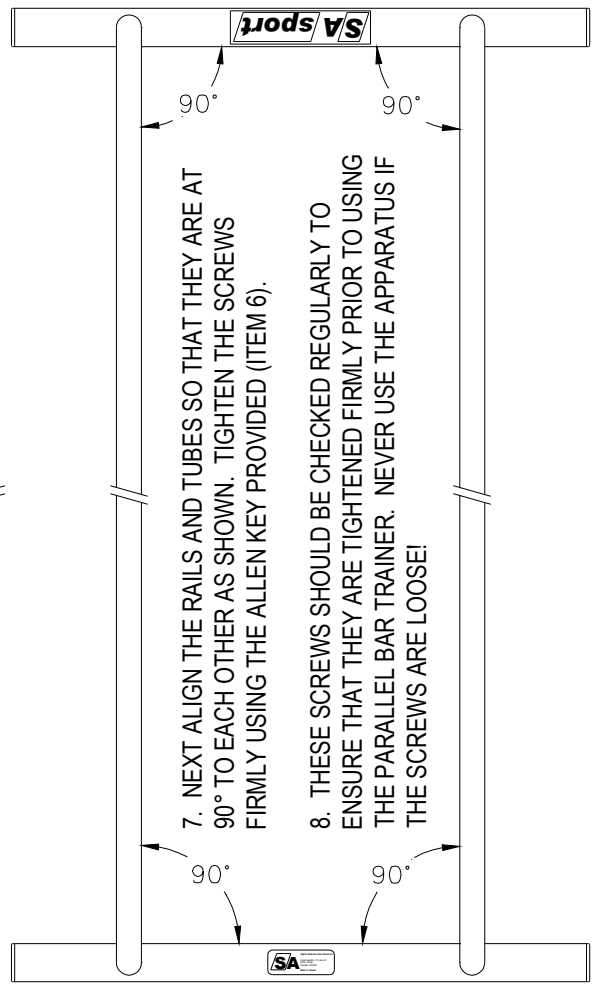
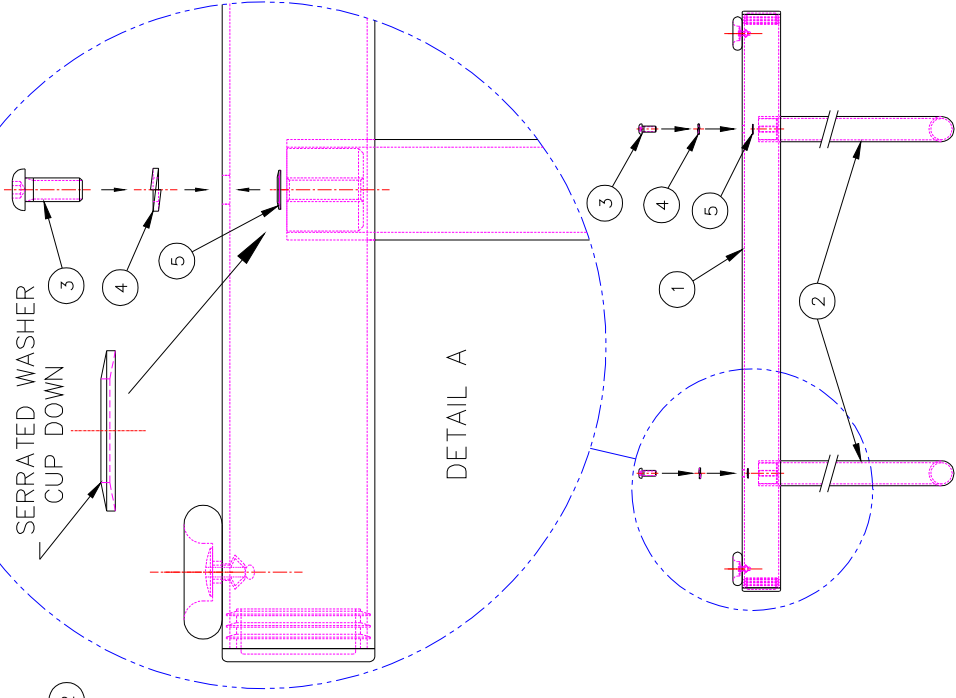
SECTION II

ASSEMBLY

ITEM	DESCRIPTION	QTY	DWG No	PART No
1	BASE TUBE	2	A-165-1	165-01
2	RAIL WELDMENT - 12"/18"/24"	2	B-165-XXA	165-XX
3	5/16-18NCx3/4 BTHD SOC CPS	4	8302063	
4	Ø5/16 LOCK WASHER	4	8320214	
5	5/16 SERRATED BELLEVILLE WASHER	4	8320295	
6	3/16 SHORT ARM ALLEN KEY	1	8395796	



1. USING 2 PEOPLE, PLACE BOTH BASE TUBES (RUBBER BUMPERS UP) PARALLEL TO EACH OTHER APPROXIMATELY 70" APART ON THE FLOOR.
2. HOLDING A RAIL (ITEM 2) INVERTED, PLACE A SERRATED WASHER (ITEM 5) OVER THE TAPPED HOLE ON ONE OF THE ENDS OF THE RAIL (ITEM 2) & INSERT INTO THE LOCATION HOLE ON THE BASE TUBE (ITEM 1).
3. PLACE A WASHER (ITEM 4) ON A BUTTON HEAD CAP SCREW (ITEM 3) AND PROCEED TO INSERT THE SCREW INTO THE BOTTOM OF THE BASE TUBE AND RAIL AS SHOWN ON THE RIGHT (DETAIL A). DO NOT TIGHTEN FIRMLY YET.
4. NEXT, ALIGN AND PLACE A SERRATED WASHER (ITEM 5) OVER THE TAPPED HOLE ON THE OPPOSITE END OF THE RAIL (ITEM 2) AND INSERT INTO THE LOCATION HOLE ON SAME END OF THE 2ND BASE TUBE (ITEM 1).
5. PLACE A WASHER (ITEM 4) ON A BUTTON HEAD CAP SCREW (ITEM 3) AND PROCEED TO INSERT THE SCREW INTO THE BOTTOM OF THE BASE TUBE AND RAIL AS SHOWN ON THE RIGHT (DETAIL A). DO NOT TIGHTEN FIRMLY YET.
6. REPEAT STEPS 2 TO 5 FOR THE 2ND RAIL.



7. NEXT ALIGN THE RAILS AND TUBES SO THAT THEY ARE AT 90° TO EACH OTHER AS SHOWN. TIGHTEN THE SCREWS FIRMLY USING THE ALLEN KEY PROVIDED (ITEM 6).
8. THESE SCREWS SHOULD BE CHECKED REGULARLY TO ENSURE THAT THEY ARE TIGHTENED FIRMLY PRIOR TO USING THE PARALLEL BAR TRAINER. NEVER USE THE APPARATUS IF THE SCREWS ARE LOOSE!

UNLESS OTHERWISE SPECIFIED:
 3 PLACE DECIMALS +/- .002 TOL.
 4 PLACE DECIMALS +/- .001 TOL.
 FRACTIONAL DIMS +/- 1/32 TOL.
 ANGULAR DIMS +/- .0 DEG 15' TOL.

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ASSY PARALLEL BAR TRAINER - 12"/18"/24"	No REQ'D	1
PART ASSEMBLY INSTRUCTIONS	SCALE	1=5
DWN JMB	DATE DEC 2/03	CHK'D
REVISIONS		
▲ SERRATED WASHER ADDED/JMB/JULY 27/05	DWG No	8920016

**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.**