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5101 – Performance Series Uneven Bars



Thank you for purchasing an SA Sport **5101 - Performance Series Uneven Bars** from our line of *Gymnastics Equipment*. We appreciate your business and value you as a customer!

Unrivalled functionality and performance makes this set of bars a must have for every gym. New product adjustments and markings allow for the user to easily adjust the height and width quickly. Heavy-duty uprights are the strongest available.

- High bar adjusts from 235cm (92-1/2") to 265cm (104-3/8") in 5cm (2") increments.
- Low bar adjusts from 155cm (61") to 180cm (70-7/8") in 5cm (2") increments.
- Width between the rails adjusts from 114cm (44-7/8") to 207cm (81-1/2") continuously.
- New constant force spring design makes bar height adjustment quick and easy without having to reach the bar.
- Cables attach to upright allows bar adjustment without altering cable length. Spin-lock and snap-lock design allows for secure locked settings.
- Ultra-Flex 39 mm. rails are included.

The *Performance Series Uneven Bars* are 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, as they pertain to the particular equipment you have purchased.



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.



Only qualified persons should undertake assembly, installation and adjustment of this equipment. At no time should children or other unqualified persons undertake the assembly, installation or adjustment of this equipment.

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

For maintenance of rail attachment heads please see Section III

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

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

SECTION II

ASSEMBLY

Product Description:

The **5101 - Performance Series Uneven Bars** consist of:

- Two (2) Uneven Bar Bases, assembled complete with shoulder bushings (4 per base), Axle Bolts (2 per base) and Hex Lock nuts (2 per base).
- Two (2) Crank Style Locking Width Adjusters.



Caution: When handling the Short and Long Upright assemblies, never release the Spin-Lock & pull out the Snap-Lock when in a horizontal Position or when the Uprights are not assembled to a rail in the vertical position! Serious personal injury or damage to the Adjusting Tubes and Uprights will occur!



Uprights are shipped set and locked in their lowest height settings to make assembly as easy as possible, so no height adjustment is required until after the rails are installed.



See section on Height Adjustment of Uprights before attempting to adjust the height of the Adjusting Tubes.

- Two (2) Short Uprights (1 right & 1 left), assembled complete with **Constant Force Sprung Adjusting Tubes** (1 per Upright) and for mounting the **Width Adjusters**; spacer bushings (2 per Upright), lock washers, flat washers and mounting bolt (1 each per Upright).
- Two (2) Long Uprights (1 right & 1 left), assembled complete with **Constant Force Sprung Adjusting Tubes** (1 per Upright) and for mounting the **Width Adjusters**; spacer bushings (2 per Upright), lock washers, flat washers and mounting bolt (1 each per Upright).
- Two (2) Fiberglass rails
- One (1) complete tie-down system (consisting of 8 pieces in total)
 - Four (4) Chain & Turnbuckle Assemblies
 - Four (4) Cable & Cable Tensioner with Pulley Assemblies
- Four (4) threaded Socket Adapter S/A SPORT Product No. 184.



Note: Floor anchors to attach the Threaded Socket Adaptors to are not supplied with this package, customer to supply these items.

Assembly & Installation Instructions

To complete the assembly of your 5101 Uneven Bars you will require two (2) 15/16" Wrenches, one (1) 9/16" Wrench, one (1) 3/16 Allen Key (Allen Key supplied attached to Instructions) and two (2) adjustable wrenches to tighten the quick links on the Cable Tie-down system.

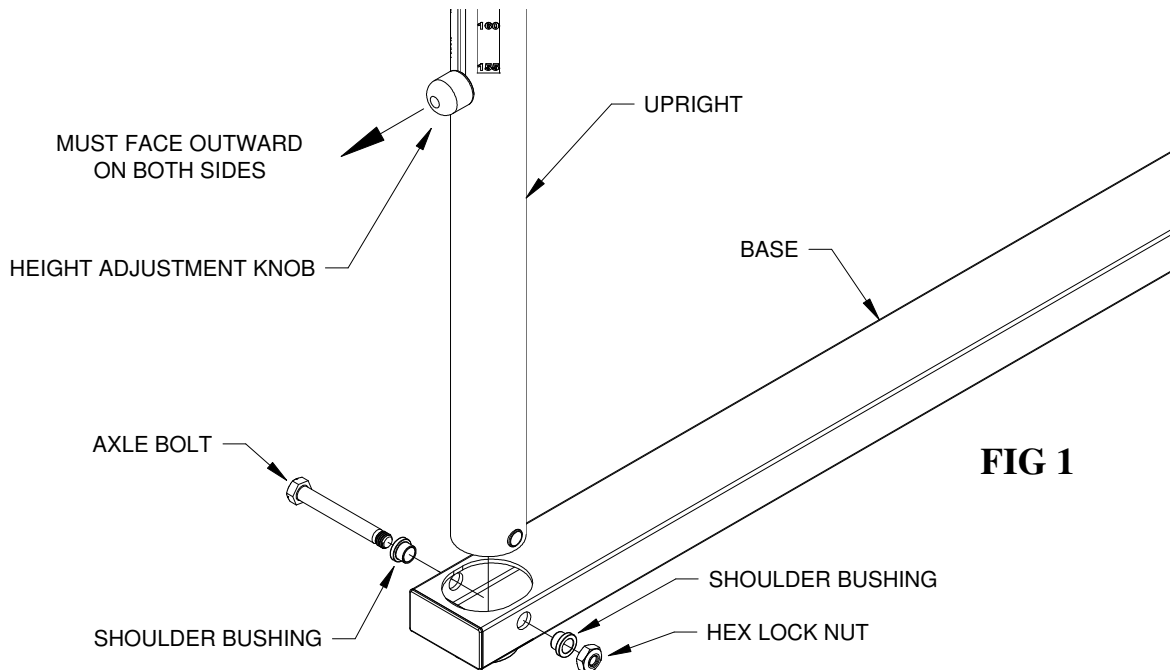


Note: The assembly and set-up of this apparatus requires a minimum of three to five (3 to 5) qualified persons. Do not attempt the assembly and set-up of this apparatus alone!

Begin by assembling the Long and Short Uprights into one of the bases and mounting the width adjusters on the Uprights. To avoid loss of parts, work with one base at a time.

1. Remove the Axle Bolts from the base by removing the Hex Lock nuts from the Axle Bolts.

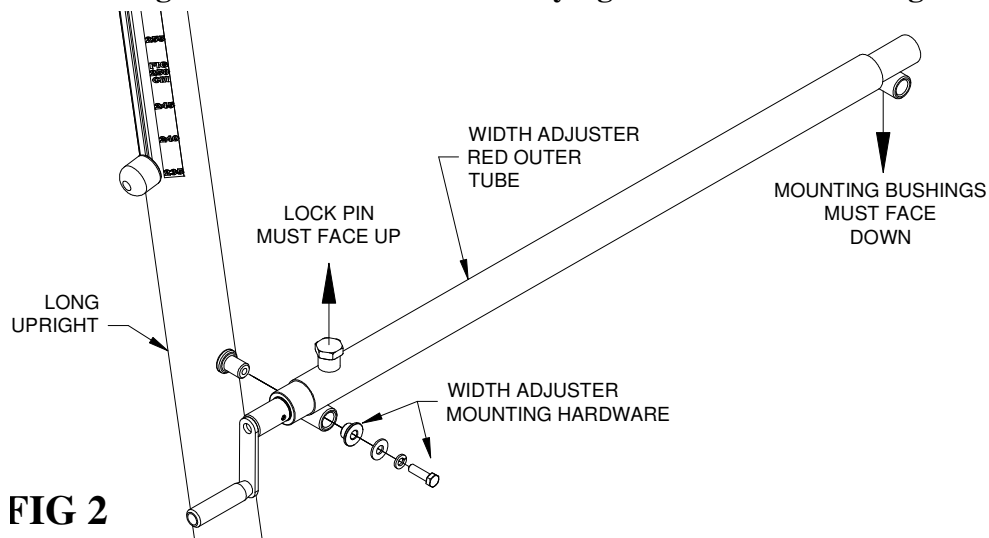
- Position the bottom of a short Upright in one of the openings in the top of the base. Ensure the Uprights Height Adjustment Knob faces outward as shown. Insert an Axle Bolt, as shown in Fig. 1. **Ensure that the Shoulder Bushings are assembled on the Axle Bolt as shown in Fig. 1.** Securely tighten the Hex Lock Nuts to the Axle Bolts.



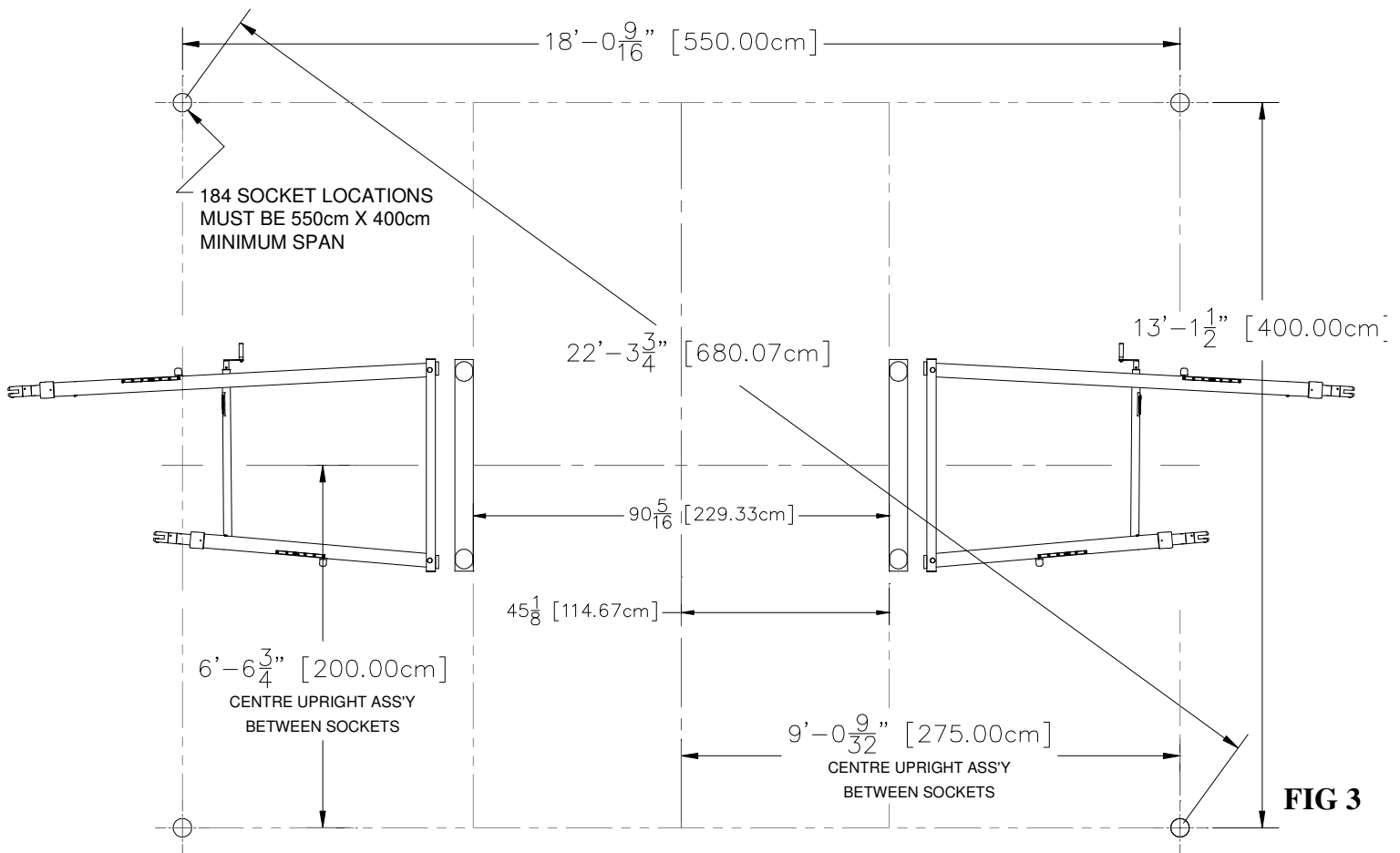
- Next, install a Long Upright in the other opening in the top of the Base by repeating Step 2 above. **Ensure that the studs on the Uprights on which the Width Adjusters mount are facing the same way on both the long and short uprights when assembled into the Base Assemblies.**
- Unscrew the mounting bolts from the studs on the Uprights to remove the Width Adjuster mounting hardware from the Uprights.
- Mount a Width Adjuster on the studs on the Uprights. Position the Width Adjuster so that the red Outer Tube is mounted to the Long Upright and the silver inner tube is mounted to the Short Upright. **Ensure the Lock Pin is facing upward and the mounting bushings down as shown in Fig 2.** Re-assemble the Width Adjuster mounting hardware to the Upright as shown in Fig. 2.



Ensure the Mounting Hardware Bolts are securely tightened as shown in Fig. 2.



7. One side of the assembly is now complete and should be laid on the floor as indicated in Fig. 3.




8. Repeat steps 1 through 5 with the other Base Assembly & Upright components. Use the 1st completed **Upright assembly** as a guide for locating the Short and Long Uprights into the 2nd Base as shown in Fig. 3.



Note: The Width Adjusters are meant for mounting to the outside of the working area of the Uneven Bars. When installing the second Width Adjuster, verify the mounting location for the first Width Adjuster to ensure that on final assembly, both Width Adjusters are mounted to the outside of the working area for the Uneven Bars.

9. **At this point lay down the second assembly in the center of the socket pattern,** Locate the two sides of the assembly so it is centered within your socket layout as shown in Fig. 3. Face the sides of the assembly so that the Long and Short Uprights will reflect the desired high/low bar positioning.
10. **Prepare the Tie-down System** by separating the 4 individual Chain and Turnbuckle Assemblies. Unscrew both ends of the Turnbuckle equally and place one assembly by each Floor Socket.
11. Next, take each cable assembly and unravel each looped cable & Pulley assembly, straighten the cables out, stretch the 2 looped ends of the cable with the Quick Links towards the uprights and the pulley towards each of the Floor sockets, ensure the Cable Tensioner face up & cables are untangled.
12. Attach the pulley to the Turnbuckle Hook and the chain to the floor anchor.

 **Note: The assembly and set-up of this apparatus requires a minimum of three to five (3 to 5) qualified persons. Do not attempt the assembly and set-up of this apparatus alone! Especially from this point forward, 2 persons per side and one to install the rail is suggested.**

 13. Stand the sides of the assembly up. **Keep in mind that the assembly is not stable at this point and that each side must be supported at all times during the installation.**

14. Using the 3/16" Allen Key partially unscrew the **Rail retaining Safety Screws** located in the Rail Attachment Heads of each Adjusting Tube. (**Allen Key supplied with instructions**)

15. Fit the rails into place as shown in Fig. 4. There is a seam in the veneer of the rail. The rails should be fitted into the head casting in a way that the seam is facing down. Tighten the Safety Screw securely using the 3/16" Allen Key in all 4 Rail Attachment Heads once the rails are installed.

Important: Ensure that the pin in each end of the rail is inserted all the way into the slot of the Rail Attachment Heads and has passed the Safety Screws. Re-tighten the Safety Screw when each rail is correctly fitted in the respective Rail Attachment Head. Bear in mind that the assembly is still not completely stable at this point and must still be supported at all times until the Cables are attached and tightened.

 **Note: A properly fitted rail cannot be removed from the Rail Attachment Heads without unscrewing the Safety Screws.**

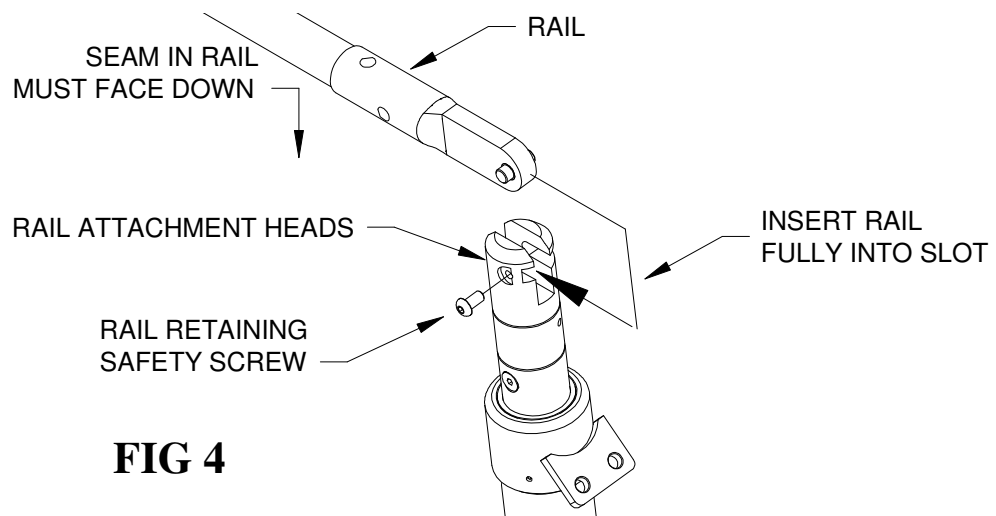



FIG 4

 **Note: The next assembly steps require that the customer has installed or has in place it's own floor sockets that are considered to be appropriate for safe use with Competitive Gymnastics Equipment. SA Sport recommends that the Size of the Socket Pattern be to the dimensions shown in FIG 3, 550cm X 400cm.**

 **Note: The safe use of this apparatus is directly dependent on the proper installation and condition of your Floor Socket system and is the direct responsibility of the customer.**

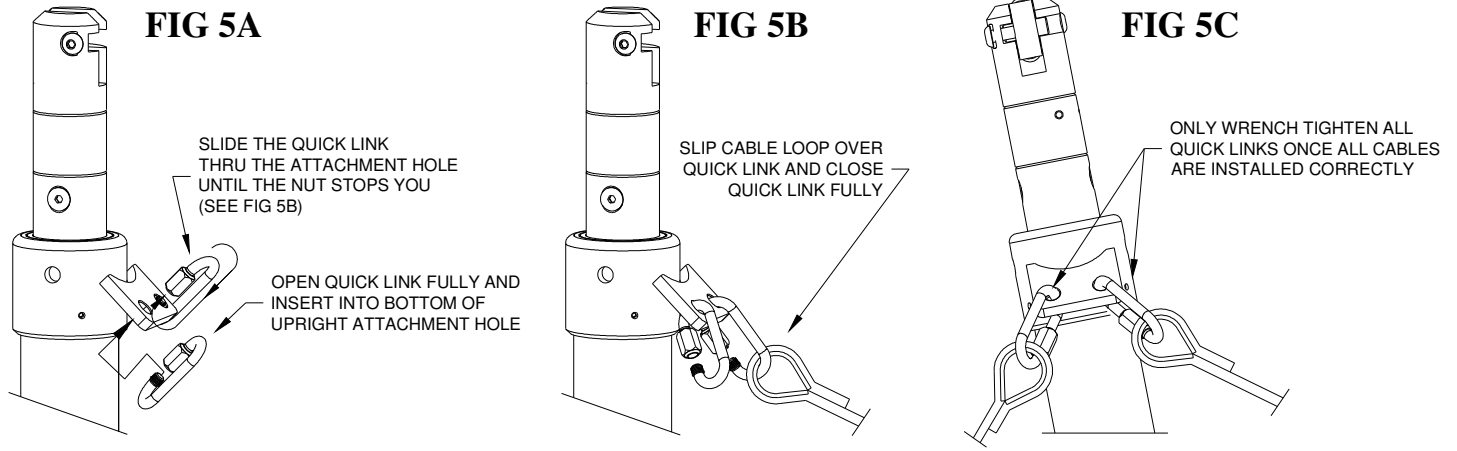
16. While supporting the assembled Apparatus, adjust both **Crank Style locking Width Adjusters** to the **180cm setting** by pulling the Lock Pin up and spinning the Crank and reading the Scale on the Chrome tube. Ensure that the Lock pin is fully engaged once the desired width is reached.

17. The tie-down system (Cables) can now be assembled. Please refer to **Fig. 5A to 6** for details.

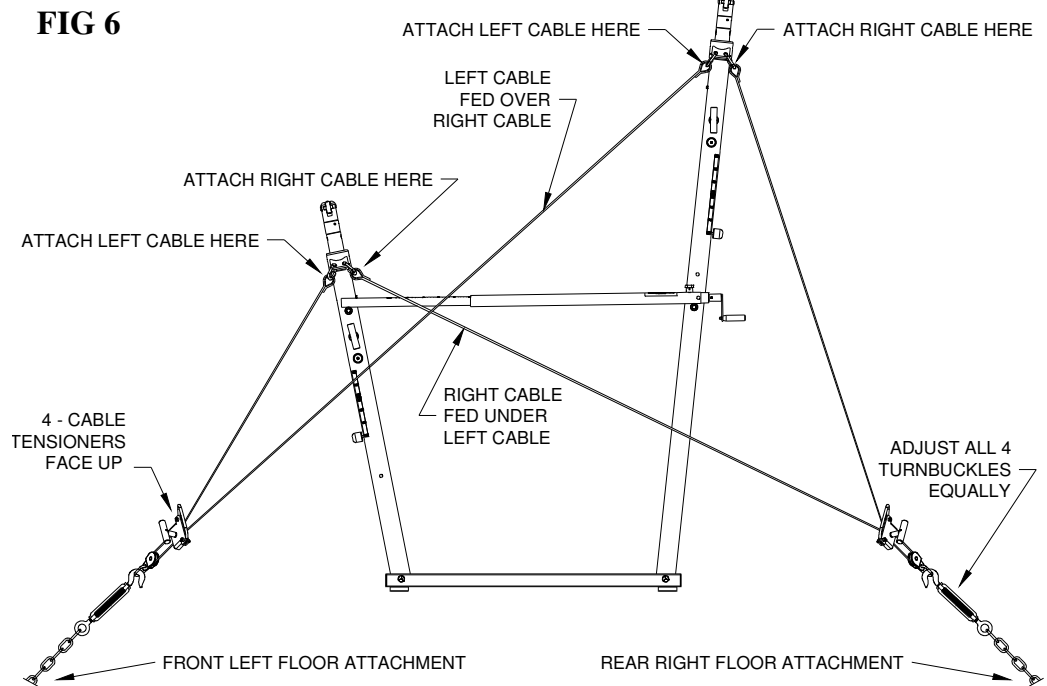


Note: The Pulley end of the Cable assembly should be hooked into the Turnbuckle Hook and the Chain hooked to a floor socket, as per steps 11 to 13.

18. Attach quick links to the attachment holes on the uprights as shown in Fig 5A to 5C. Hook all cables to the proper quick links as shown in FIG 6. Close the quick links, hand tight at this point, since you may have to open it again during assembly.



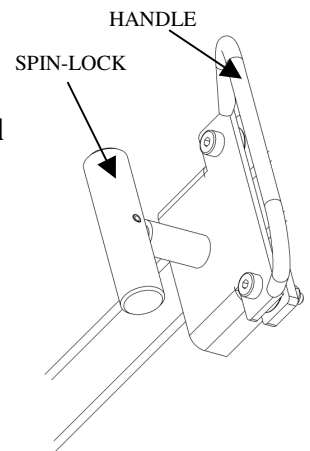
19. Adjust the chains so that the Cable Tensioner does not have to be pulled far to tension the cables. This allows you to narrow the Uneven Bars without having to adjust the chains. The **Front Tie-Down chain and turnbuckle length** must be equal to each other and the **Rear Tie-down chain and turnbuckle length** must also be equal to each other. This will balance the cable system.



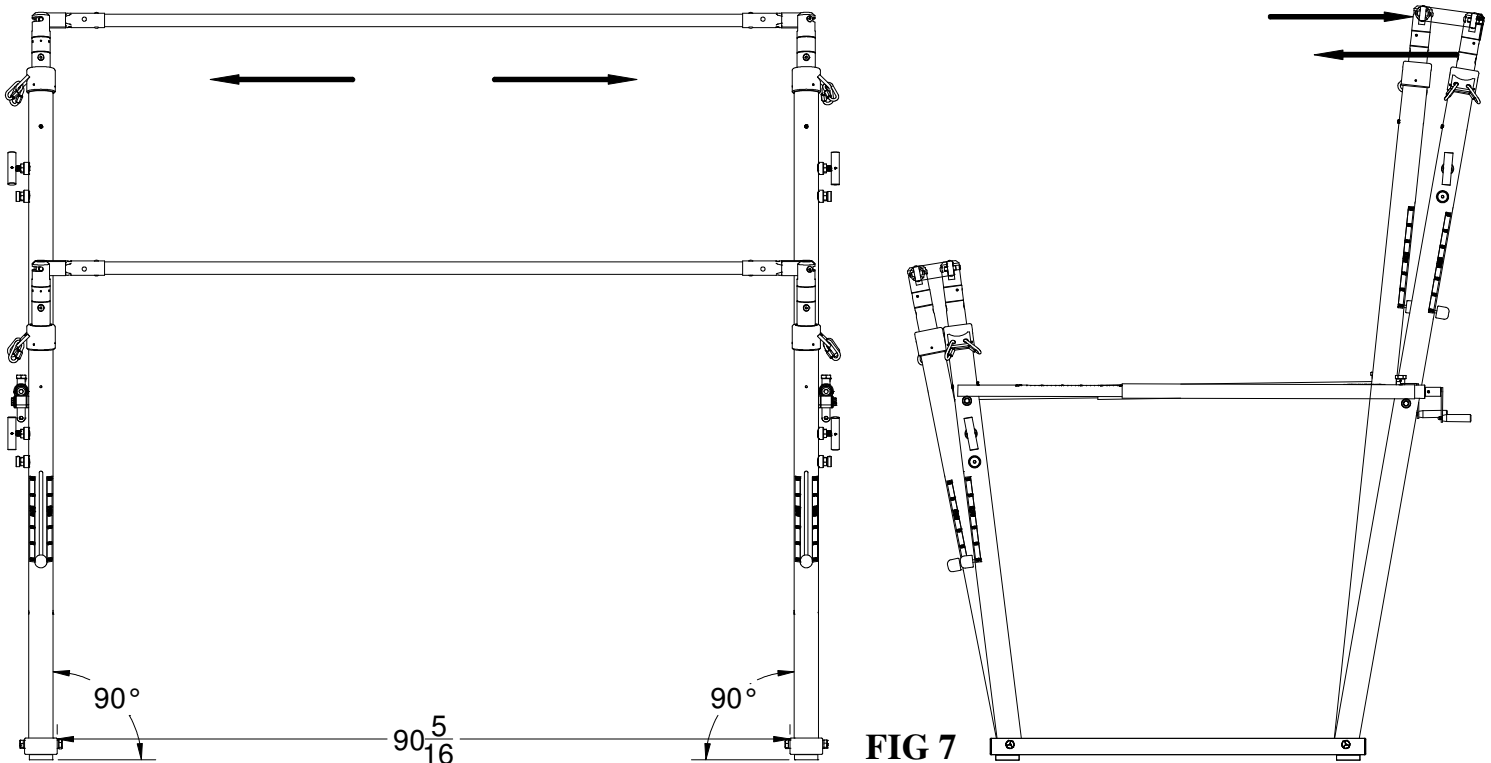
20. Once every thing is correct as per FIG 6, use an adjustable wrench to **tighten the Quick links Securely!**



WARNING: When tightening the cables, be aware that the Cable Tensioners will move rapidly backwards down the cable if they are not securely locked in place. Always keep a firm grip on the handle when tightening the cables or when loosening the spin-lock to release tension, since personal injury can occur if the tensioner is not controlled. Never let go of the handle until the tensioner is securely locked in place using the spin-lock.



Upright Alignment



A visual inspection of your Uneven Bars will determine whether or not you have to adjust the Upright Alignment. If the Uneven Bars lean to one side or unequally forward or backward, the Upright Alignment needs to be adjusted.

Check and verify the following, see figure 7:

- The floor sockets must be positioned correctly as shown in Fig. 3.
- Base location must be centered correctly. Compare the location of your upright assemblies with Fig. 3.
- The number of chain links from the floor to the turnbuckle on the **Rear Tie-downs** must be the same on both floor attachments. The number of chain links from the floor to the turnbuckle on the **Front Tie-downs** must also be the same on both floor attachments.
- Each turnbuckle must be adjusted to the same length.
- All eight cable ends must be properly attached to their appropriate Upright Attachment Point.
- Cable tension, as determined by the Cable Tensioners, must be equal:
 - **Front Right Tension = Front Left Tension**
 - **Rear Right Tension = Rear Left Tension**

With the above checked and correct, the final adjustments can be made with the chains and turnbuckles. Be sure to release the tension on the Cable Tensioner when adjusting the Turnbuckles.



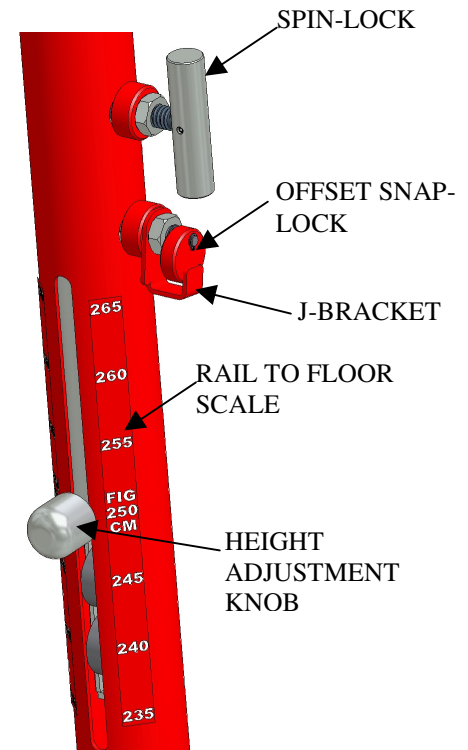
Note: When a single turnbuckle is adjusted, the whole apparatus will be pulled toward or away from that corner. Equal adjustments undertaken at all turnbuckles will avoid any misalignment. Avoid tightening a turnbuckle with any leverage tool. Over-tightening can result in possible damage to the apparatus.



Note: Never adjust the Width Adjusters with out releasing the tension on the Tie-down System, or severe damage will result to Width Adjusters, Uprights and components.

Height & Width Adjustments

1. To adjust the Height of the Rail, see FIG 8 and proceed as follows:
 - a. **1st Release the tension on all 4 Ultra Cable Tensioners.**
 - b. Loosen the Spin Lock on the Upright being adjusted.
 - c. To disengage Safety Snap Lock, rotate the red knob until it can move past the J-bracket..
 - d. While holding the Height Adjustment Knob, pull & hold the Safety Snap Lock to disengage it from the Adjusting tube.
 - e. Move the Height Adjusting Knob to the desired Height and release the Safety Snap Lock, **ensuring it engages fully into the Adjusting Tube**. The red knob should fall back down when released.
 - f. **Tighten the Spin Lock securely.**
 - g. Repeat Steps **a to f** to adjust the other Uprights.



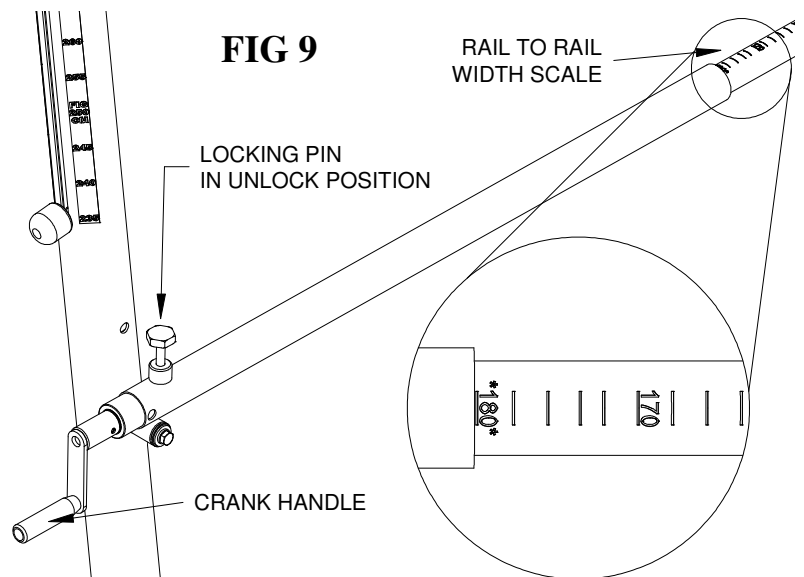
Note: The Height Scale on the Uprights indicates the Vertical Height from the floor to the upper edge of the rail in cm.

Note: It is critical that the Snap Lock engages fully into the adjusting tube and that the spin lock is tightened securely before using.

2. To adjust the Width between the Rails, see FIG 9 and proceed as follows:
 - a. **1st Release the tension on all 4 Ultra Cable Tensioners.**
 - b. Grasp the Crank Handle on the width Adjuster and lift and hold the Locking Pin up.
 - c. Spin the Crank until the desired width is achieved on the **Inner Tube Scale** Of the Width Adjuster.
 - d. Turn Crank to either up or down Position and push the Locking Pin down until it locks the Width Adjuster from spinning.
 - e. Repeat Steps **a to d** to adjust the other side.



Note: The Width Scale on the Uprights indicates the inner Rail-to-Rail distance in cm.



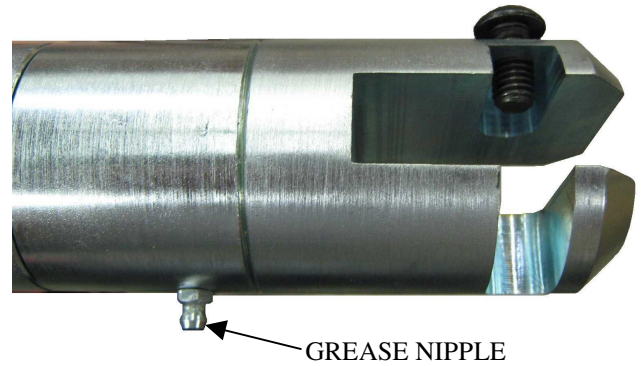
Note: Never adjust the Width Adjusters with out releasing the tension on the Tie-down System, or severe damage will result to Width Adjusters, Uprights and components.

SECTION III

MAINTENANCE

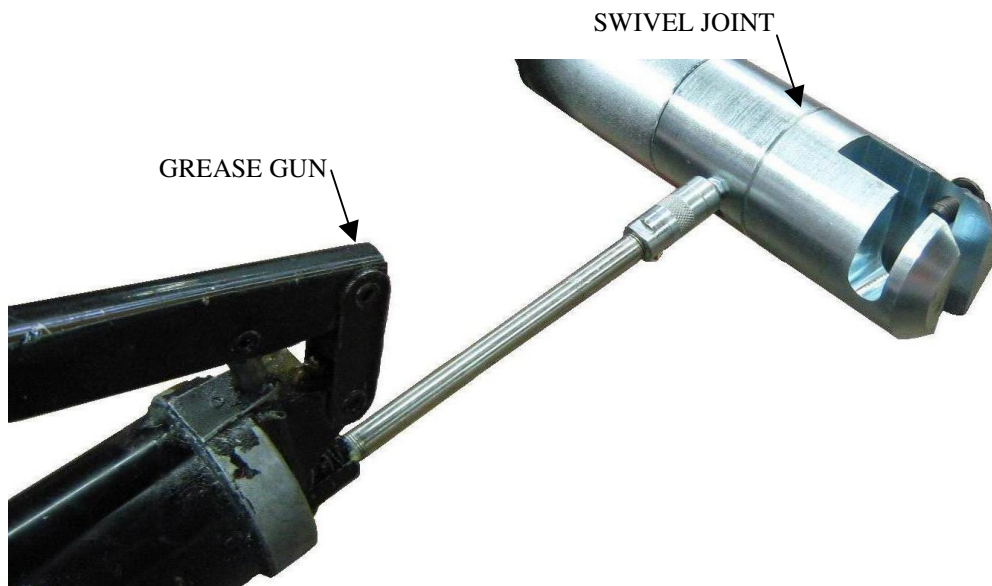
Greasing Rail Attachment Head

- a. Grease every six months or if swivel heads start to bind.
- b. Always use Teflon based grease.
- c. Press the grease gun head all the way over the grease nipple and keep forward pressure while pumping grease



Note: Grease guns produce high pressure and grease may fly through the air if not seated properly!

- d. When first starting to grease rail attachment head, only pump grease gun once and check for seepage around fitting and grease gun tip.
- e. If every thing looks fine then proceed to pump gun until you see grease starting to seep out around swivel joint then wipe off excess grease and continue on to next upright (grease all four uprights every time you grease).
- f. During application, grease may seep out from the dowel pin hole; this is normal just wipe off any excess grease.





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.**



Note: Never adjust the Width Adjusters without releasing the tension on the Tie-down System, or severe damage will result to Width Adjusters, Uprights and components.



Note: Avoid tightening a turnbuckle with any leverage tool. Over-tightening can result in possible damage to the apparatus.

SECTION V

SPARE PARTS

FIG 10

SA Sport - 5101-001
Performance Series Uneven Bars
Replacement Parts

ITEM	DESCRIPTION	QTY	PART No	ITEM	DESCRIPTION	QTY	PART No
1	RAIL ATTACHMENT HEAD	4		7R	RHT HAND LONG UPRIGHT ASSY c/w HARDWARE	1	
2R	RIGHT ADJUSTING TUBE c/w RAIL ATTACHT HEAD	2		7L	LEFT HAND LONG UPRIGHT ASSY c/w HARDWARE	1	
2L	LEFT ADJUSTING TUBE c/w RAIL ATTACHT HEAD	2		8	BASE ASSEMBLIES c/w AXLES	1 PR	
3	SWIVEL SPIN LOCK	4	P228-170A	9	FOOT PADS (SOLD IN PAIRS)	4	P355-BFP
4	SNAP LOCK	4		10	CRANK STYLE LOCKING WIDTH ADJUSTERS	2	
5	HEIGHT ADJUSTMENT KNOB	4		11	LOCKING PIN FOR WIDTH ADJUSTERS	2	
6R	RHT HAND SHORT UPRIGHT ASSY c/w HARDWARE	1		12	CRANK HANDLE FOR WIDTH ADJUSTERS	2	
6L	LEFT HAND SHORT UPRIGHT ASSY c/w HARDWARE	1		13	ULTRA-FLEX RAIL	2	P121-99A

NOTE: ONLY SPARE PART ITEMS WITH PART NUMBERS CAN BE PURCHASED AS REPLACEMENT PARTS

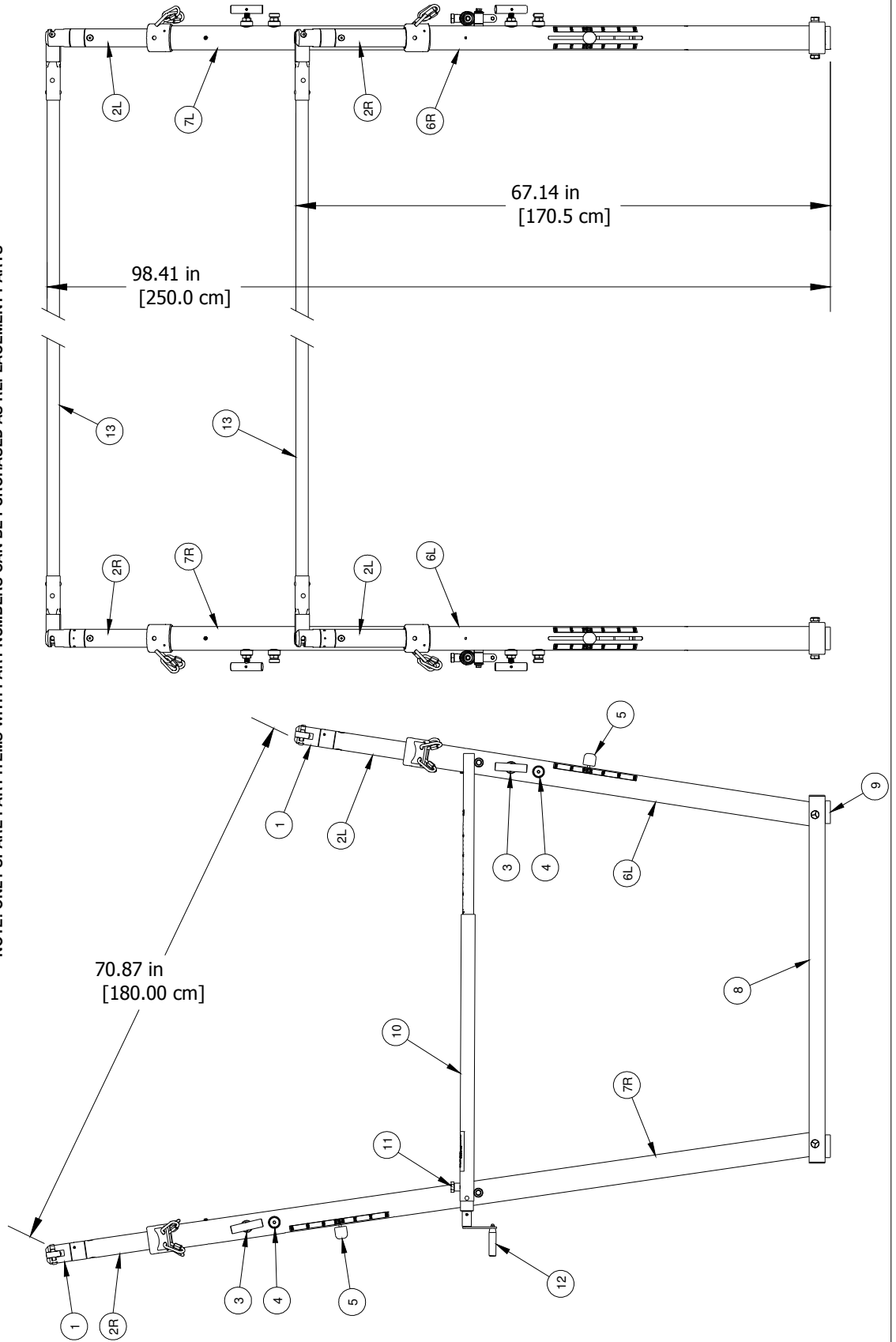


FIG 11

SA Sport - 5101-001 Performance Series Uneven Bars Tie-down System Replacement Parts

ITEM	DESCRIPTION	QTY	PART No
1	CABLE ASSY w/ TENSIONER, TURNBUCKLE & CHAIN	4	
2	ULTRA CABLE TENSIONER	4	P127-B
3	TURNBUCKLE WITH CHAIN	4	P136-47A
4	THREADED SOCKET ADAPTORS	4	184
5	5/16" QUICK LINKS	8	PQL516

**NOTE: ONLY SPARE PART ITEMS WITH PART NUMBERS
CAN BE PURCHASED AS REPLACEMENT PARTS**

