



“RIO” ASYMMETRIC BARS FOR COMPETITION

Ref. 3230 - 3235 - 3240 - 3245



These FIG approved asymmetric bars for competition have been developed with a focus on innovation, in terms of both design and mechanical specifications.

Used at the Rio Olympic Games (2016), at the World Championships in Liverpool (2022) and the European Championships in Antalya (2023)



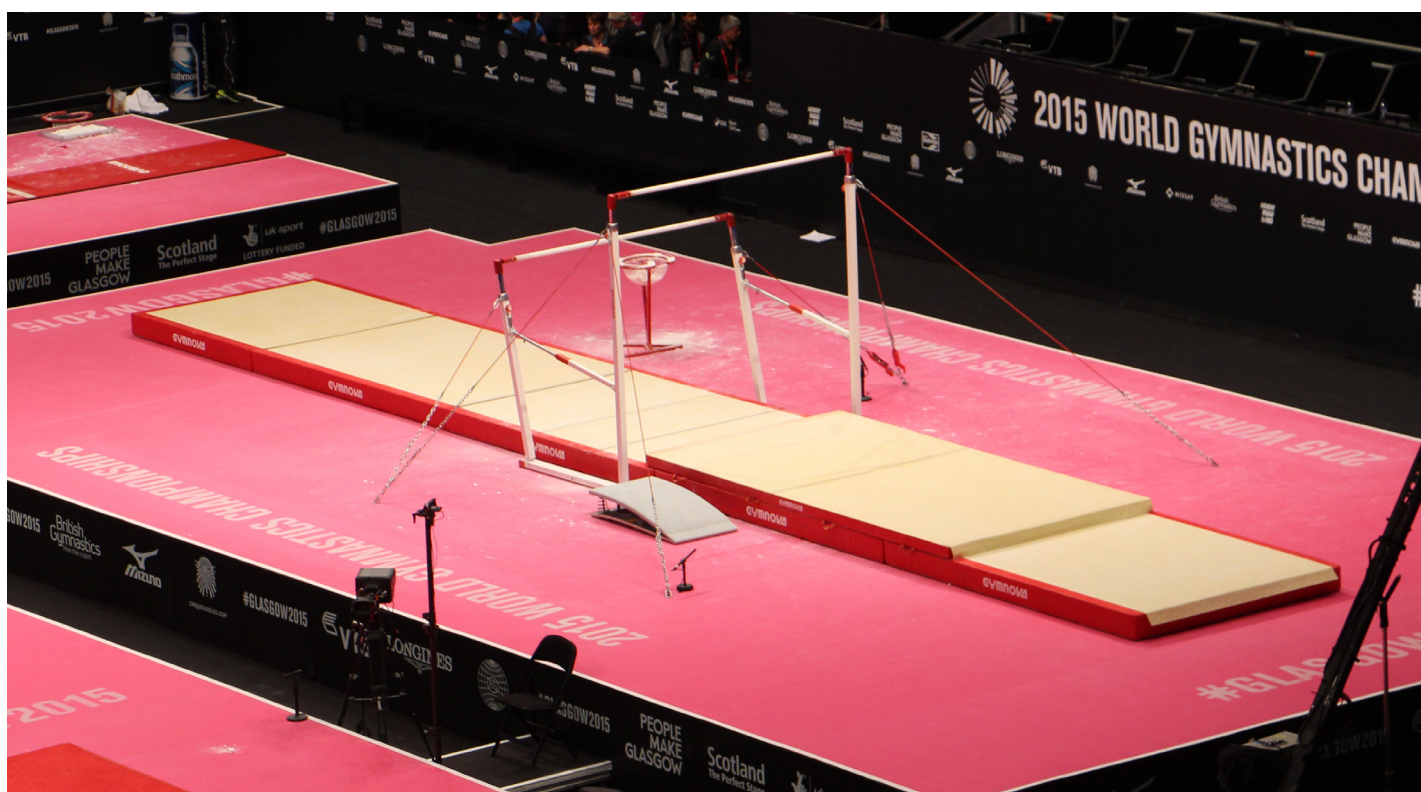
The “RIO” asymmetric bars are suitable for all levels of gymnast, from beginners to advanced. They are easy to use: The hand-rail height and spacing can be adjusted easily with no need to alter the cables.

The redesigned frame is now available in new colours and is compatible with all hand-rails in either natural fibre (Ref. 3265 and Ref 3268) or wood-laminated fibreglass (Ref. 3260). It easily transmits all the energy required for the most difficult exercises back to the gymnasts, supporting great accomplishments.

ADVANTAGES

PERFORMANCE

The “RIO” asymmetric bars help gymnasts to practise highly complex exercises and achieve very high levels of performance. The cable-tensioning system limits vibrations and therefore reduces fatigue during exercises. Gymnasts can therefore take advantage of the dynamism and comfort of the bars to progress and develop their full potential.



GYMNOVA NATURAL FIBRE HAND-RAILS

The “RIO” asymmetric bars have been further enhanced with a recent innovation. New natural fibre hand-rails provide more efficient grip, while also reducing chalk preparation and application times. The result is a considerable increase in the product's performance and lifespan.



Refs. 3265 and 3268

EASY ADJUSTMENT WITH NO NEED TO ALTER CABLES

The “RIO” asymmetric bars can be adjusted to different heights without having to alter the cables.

Easy adjustment of the hand-rail height using sliding tubes, ratchets and tightening thumbscrews:

- Low hand-rail adjustable from 160 to 190 cm (in 5 cm increments)
- High hand-rail adjustable from 245 to 275 cm (in 5 cm increments)

Instant adjustment of hand-rail distance from 102 to 222 cm using width adjusters. Hand-rail spacing varies from 120 to 209 cm when their height is set to the regulatory position (170 cm and 205 cm).



SAFETY



Short cabling: For more compact installation and greater safety, GYMNOVA offers a version of the “RIO” asymmetric bars with short cabling (Ref. 3245), allowing easier movement around the apparatus and reducing the risk of injury.

WORK WITH STRAPS

Straps are used to learn certain exercises on asymmetric bars. The unique design of this apparatus allows the low hand-rail to be removed and the high hand-rail to be replaced with a high bar. This makes it possible to carry out all learning exercises using special straps for asymmetric bars without having to change apparatus. This special feature makes best use of available space and opens up different learning scenarios for female gymnasts.

AVAILABLE REFERENCES

The Rio asymmetric bars are available in several versions with 2 different types of hand-rail to suit all gymnasts.

REF.	CABLES	HAND-RAIL	F.I.G.	FLOOR SPACE
3230	Standard	"Standard" wood Ref 3260		5.50 x 4 m
3235	Short	"Standard" wood Ref 3260		4 x 2.10 m
3240	Standard	Natural fibre Ref 3265		5.50 x 4 m
3245	Short	Natural fibre Ref 3265		4 x 2.10 m



TECHNICAL SPECIFICATIONS

WEIGHT: Between 101 and 102.5 kg, depending on the version

FLOOR SPACE: 4 x 5.50 m (standard cables)
4 x 2.10 m (short cabling)

WIDTH ADJUSTERS AND UPRIGHTS: Featuring marker points for direct identification of F.I.G positions

ERGONOMIC THUMBSCREWS: Dual-material with a rigid core for powerful tightening

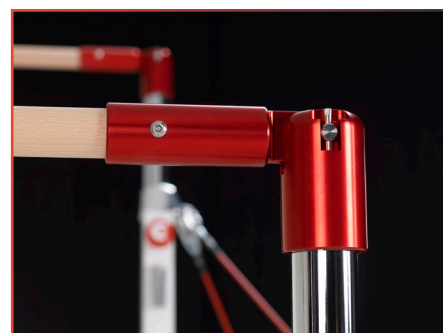
PADS WITH ANTI-SLIP STRIPS: For perfect stability

ROTATING HEADS AND LOCATING PAWLS: Made from a highly resistant aluminum alloy

STAYS: With mono-cable stays centred on the hand-rail

PAINT: Anti-corrosion epoxy paint with high resistance to flaking

TENSION: Easy assembly, disassembly and adjustment of tension thanks to quick tighteners



PACK LIST

Delivered in 7 packages

Weight: Up to 116 kg

4 identical packages for all references

Ref.	Quantity	Description of contents	Dimensions (l x w x h)	Weight (kg)
3220/00	1	Pair of low uprights and sliding tubes	150 x 21 x 14 cm	19
3220/10	1	Pair of tall uprights and sliding tubes	231 x 20 x 14 cm	25
3220/30	1	Pair of legs	154 x 22 x 18 cm	22
3220/40	1	Pair of width adjusters	107 x 12 x 7 cm	12

2 packages for the hand-rails

Ref.	Quantity	Description of contents	Dimensions (l x w x h)	Weight (kg)	Applicable references
3260	2	Wooden hand-rail	247 x 6 x 6 cm	4.5	3230 and 3235

OR

Ref.	Quantity	Description of contents	Dimensions (l x w x h)	Weight (kg)	Applicable references
3265	2	Natural fibre hand-rail	246 x 6 x 6 cm	5	3240 and 3245

1 package for the cables

Ref.	Quantity	Description of contents	Dimensions (l x w x h)	Weight (kg)	Applicable references
3204	1	Short cabling	50 x 28 x 10 cm	14.5	3235 and 3245

OR

Ref.	Quantity	Description of contents	Dimensions (l x w x h)	Weight (kg)	Applicable references
3203	1	Standard cabling	51 x 29 x 11 cm	14	3230 and 3240

ADDITIONAL ACCESSORIES

WOODEN HAND-RAIL

Round fibreglass hand-rail with wood finish.
Ø: 40 mm. Per unit

REF. 3260: "Standard" hand-rail



NATURAL FIBRE HAND-RAIL

The texture of these hand-rails offers more efficient grip combined with a shorter preparation time. It reduces the use of chalk and considerably increases the product's lifespan. Per unit.

TWO POSSIBLE REFERENCES:

REF. 3265: Competition hand-rail Ø: 39.2 mm

REF. 3268: Training hand-rail Ø: 37.5 mm - Smaller diameter for teaching very young gymnasts



Download the
product sheet



Watch the
video

TRANSPORT TROLLEYS

REF. 3850 - Stowable trolleys that can be fitted to all **GYMNOVA** asymmetric bars. Featuring omnidirectional wheels which are attached to the apparatus during assembly. Pair.

CABLES

REF. 3203 - Long cables only for standard positioning 4 x 5.50 m
For Refs. 3230 and 3240

REF. 3204 - Short cabling only. Bracing system for apparatus that reduces the overall size by around 60%. 4 x 2.10 m positioning created using 8 special anchors. For Refs. 3235 and 3245



PROTECTIVE PADDING

Ref.	Description	Length	Content
2945	Protective padding for uprights	1, 30 and 1.88 m	2 low and 2 tall
2925	Protective padding for cables medium model	2 m	Set of 2
2926	Protective padding for cables small model	1.20 m	Set of 2
2927	Large protective padding for cables	2.5 m	Set of 2
2929	Protective padding for cables and tensioners for short cabling	/	4 medium and 2 small



PROTECTIVE SLEEVES FOR HAND-RAILS

Ref.	Description of contents	Length	Thickness	Diameter
2900	Protective sleeves (pair)	59.5 cm	2 cm	0.83 mm
2905	Protective sleeves (pair)	35 cm	2 cm	0.83 mm

TENSIOMETER

Ref. 2040 - Specially designed to measure cable tension.

FIG approved.



F.I.G.-APPROVED LANDING MAT

F.I.G. LANDING MAT SET - REF. 1716

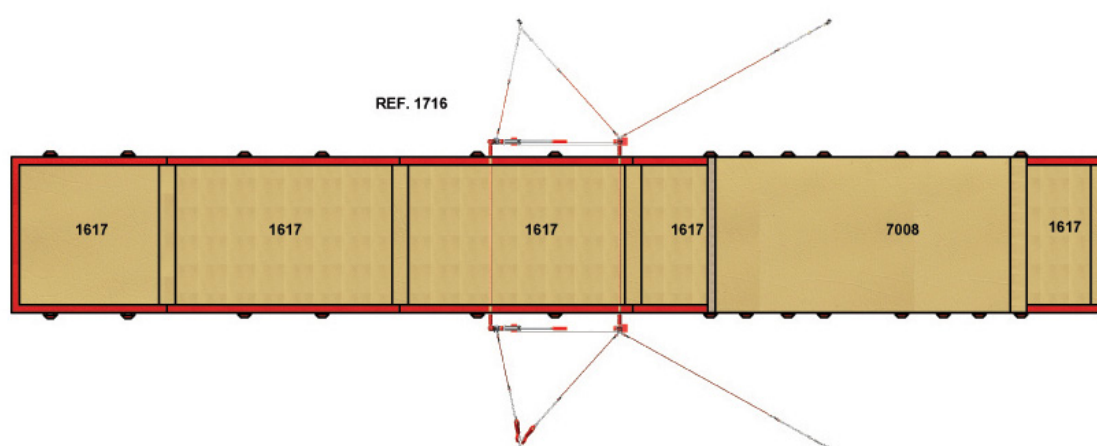
Complete set of special mats for competition asymmetric bars.

20 cm thick mats made from multi-layer double-density foam with a phthalate-free 1000-denier PVC cover with class M2 fire rating. *Ref. 1617 and Ref. 1611*

Additional single-density 10 cm mat. *Ref. 7008*

Total surface area: 28 m²

Floor space: 1400 x 200 cm



DOWNLOAD ASSEMBLY INSTRUCTIONS

