

COMPETITION & TRAINING BALANCE BEAMS STANDARD LEGS

3610G
3611B - 3612D

KEEP THIS
DOCUMENT



Warning:

This equipment should be installed by a qualified individual. This equipment should only be used by one person at a time, under the supervision of a qualified individual.
Using this equipment for purposes other than those originally intended is prohibited.

Compliance:

Competition Balance Beam ref. 3610G is FIG approved.

Recommendations:

- Keep these instructions for subsequent reference (inspection, maintenance, etc.).
- Periodically carry out predictive maintenance.
- Depending on how much it is used have the equipment serviced yearly or every few years.

Pack list:

PACKAGES REF.	3610/80 FIG competition Body	3611/70 Body + PVC Caps	3450/40 Upright + Slide Standard Legs	345/30 Pair of base feet Standard Legs	3695 Displacement trolleys	7086/31 Integrated mat Foams	7086/42 Integrated mat Cover	Number of pack
3610G FIG competition Beam Std Legs	1	-	2	1	-	-	-	4
3611B Competition Beam Std Legs	-	1	2	1	-	-	-	4
3612D Compact Beam	-	1	2	1	1	2	1	8
VOLUME (M³)	0.24	0.24	0.035	0.02	0.006	1.38	0.16	X
WEIGHT (KG)	52	52	13.1	13.65	3.15	25.2	27.3	
SIZE (MM)	5015x220x220	5015x220x220	780x250x180	1030x170x110	710x100x90	2300x1500x400	1300x600x200	

Tools required:

- 1 open end spanner no 18
- 1 open end spanner no 19



- 1 tube spanner no. 18
- 1 tube spanner no. 19

I. Maintenance:



IMPORTANT:

- Regular cleaning of the apparatus makes it easier to spot any problems (distortion, breakage or moisture absorption).
Before each use, make a through check on good condition and correct operation of wear parts and safety elements:
- Check the condition of pads (10), thumbscrews (6) (tightened) and pawls (5) (locked).
 - Check the tightening of all the fixings.
 - If a problem is detected or suspected, do not use the equipment as long as it has not been checked by a technician.
 - Any damaged or distorted component should be replaced as quickly as possible.

Constantly aiming to improve our products, we reserve the right to make changes to the equipment and dimensions without further discussion.

II. Apparatus assembly (3610G & 3611B) : (2 minimum). Prepare a clean area for assembling the apparatus.

1. STANDARD LEGS ASSEMBLY:

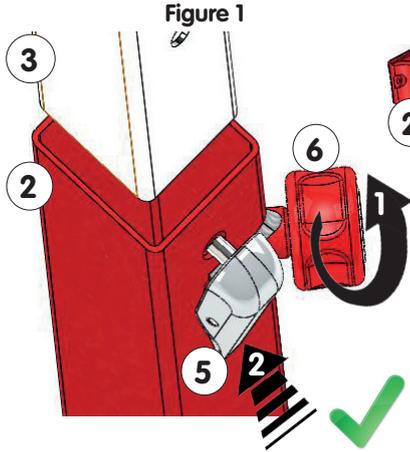


Figure 1

Figure 2

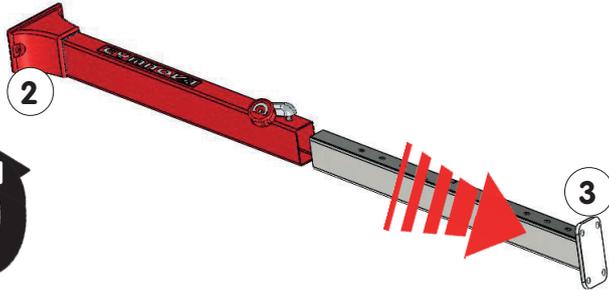
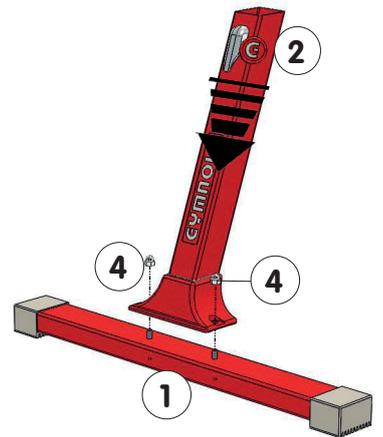


Figure 3 - Assemble with bolts (4) without tighten.



2. PLACEMENT OF SLIDES UNDER THE BODY:

Figure 4 - Dismantle fixings under the body (7) or (7')

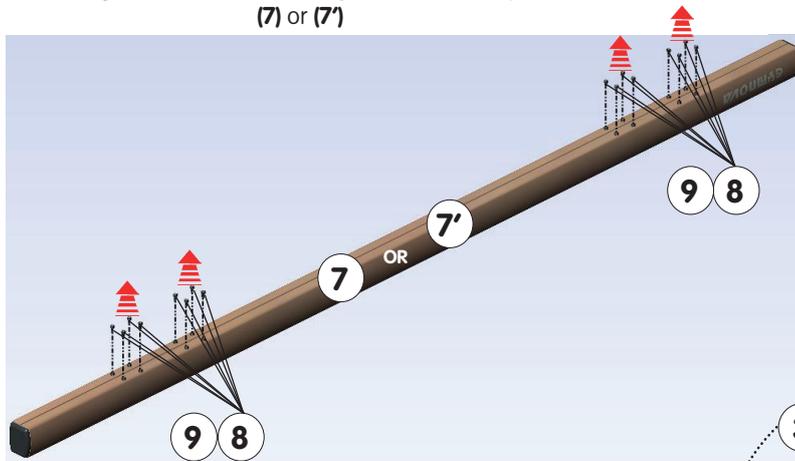
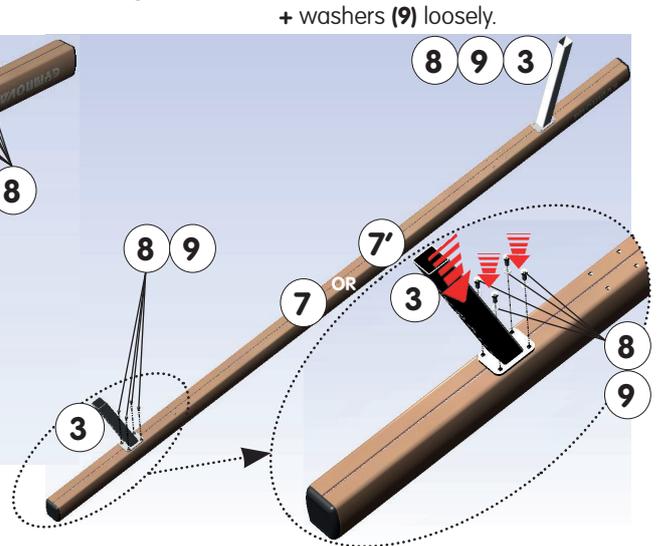


Figure 5 - Secure the slide (3) with the 4 screws (8) + washers (9) loosely.



3. MOUNTING AND LOCKING OF FEET + TIGHTENING OF FASTENERS:

Figure 6

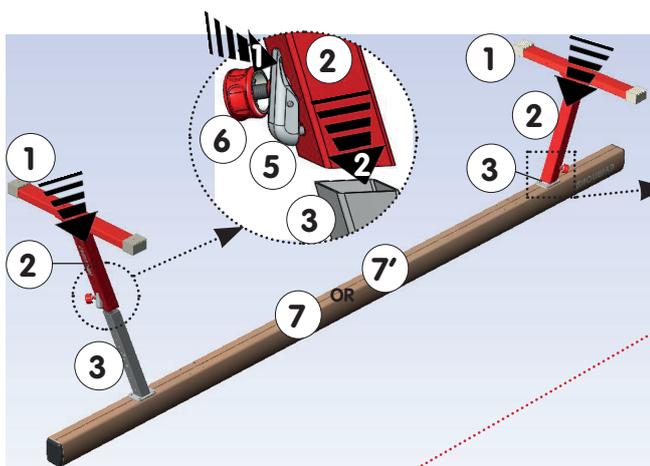


Figure 7 - Lock the 2 slides (3) at the same height.



Figure 8

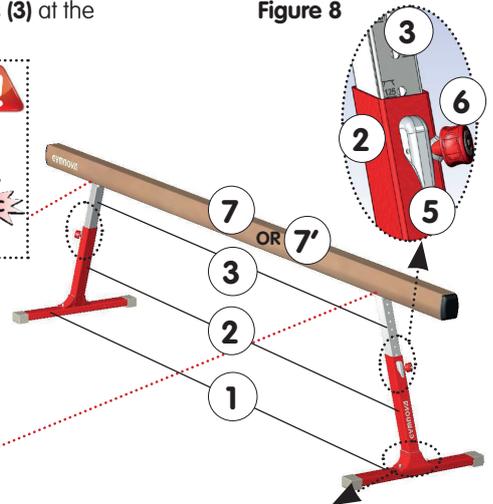


Figure 9 - Lock fasteners (8) + (9) under the body (7) or (7')

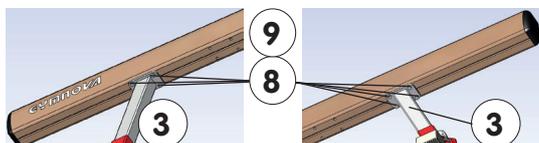
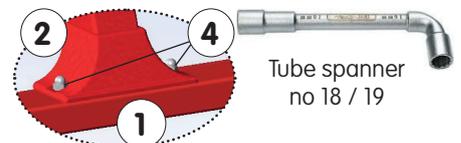


Figure 10 - Lock foot fasteners (4).



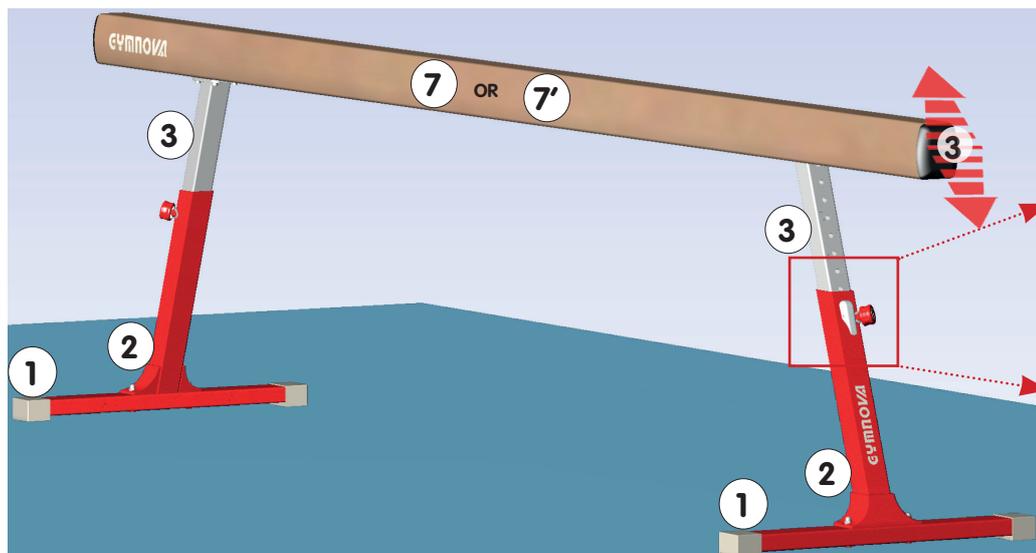
III. Installing the Integrated Folding Mat (7086A) on the Standard Legs Beam (3612D):

Refer to Assembly Instructions NM123.

IV. Height adjustment and dimensions of the apparatus (3610G, 3611B & 3612D):

1. BODY HEIGHT ADJUSTMENT:

Figures 11 - 12 - 13 - Unlock one slide (3) at a time: change height (1 detent every 5cm)
Lock the slide (3) before adjusting the second slide (3) to the same height.



2. DIMENSIONS:

Figure 14 - Side view
5.04m or 5.01m

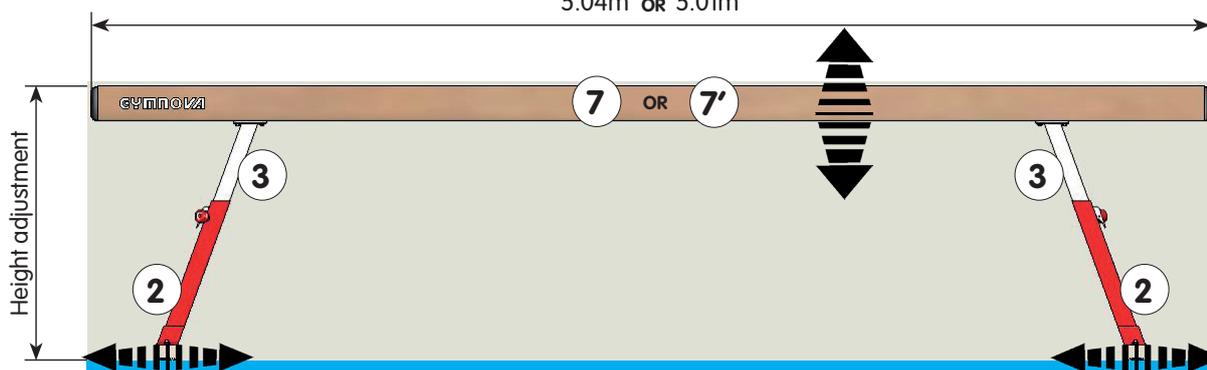
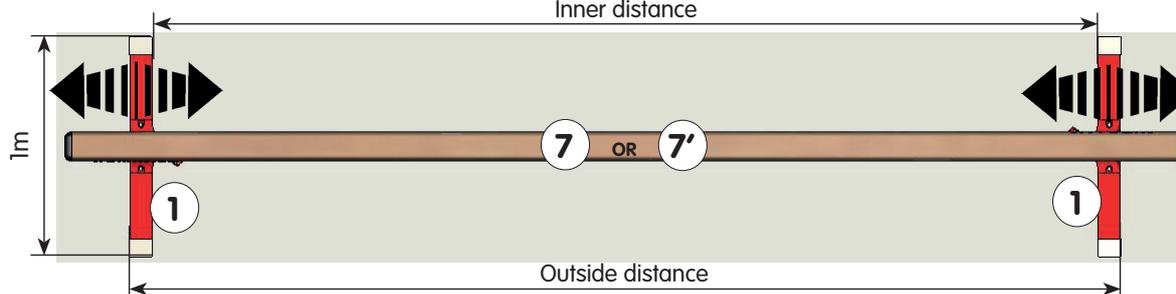


Figure 15 - Top view
Inner distance

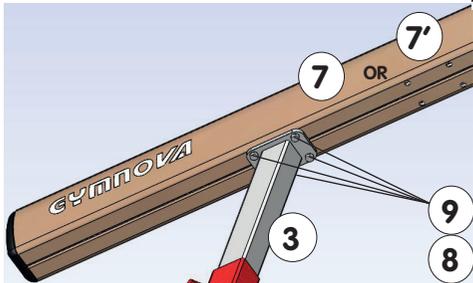
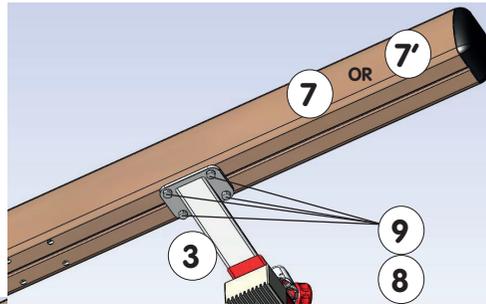
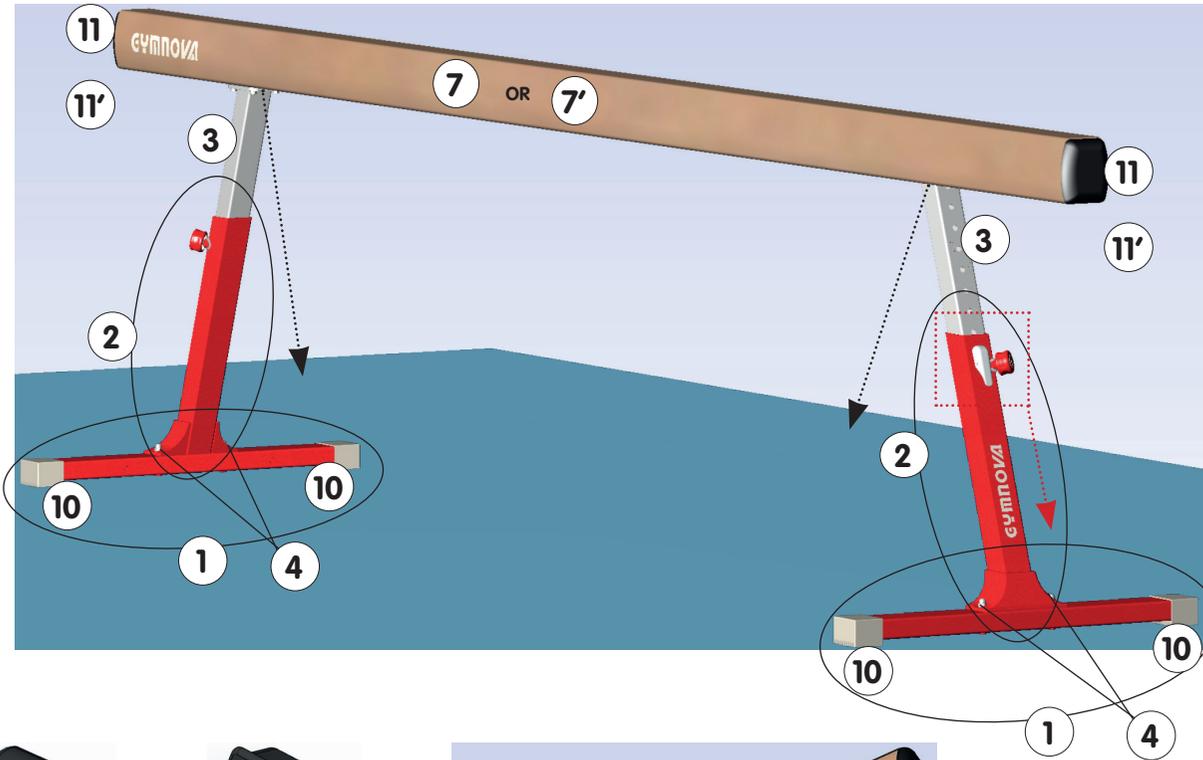


HEIGHT ADJUSTMENT	INNER DISTANCE	OUTSIDE DISTANCE
0.90m	4.01m	4.23m
0.95m	4.05m	4.26m
1m	4.09m	4.30m
1.05m	4.12m	4.34m
1.10m	4.16m	4.37m
1.15m	4.20m	4.41m

HEIGHT ADJUSTMENT	INNER DISTANCE	OUTSIDE DISTANCE
1.20m	4.23m	4.44m
FIG 1.25m	4.27m	4.48m
1.30m	4.30m	4.52m
1.35m	4.34m	4.55m
1.40m	4.38m	4.59m

V. Storage:

Store material in a clean, dry place, away from moisture and heat. Do not store anything heavy, protruding or otherwise on the body. In case of disassembly of the body, avoid direct contact with the floor.



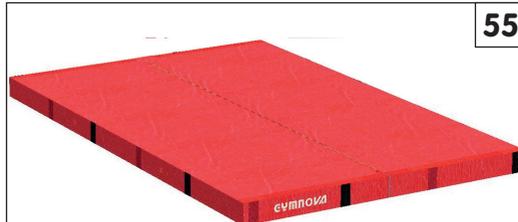
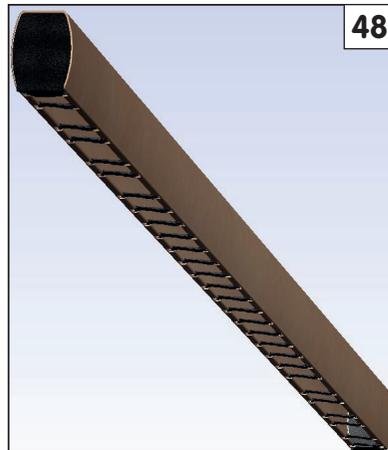
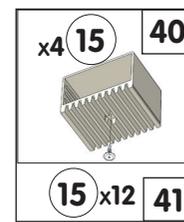
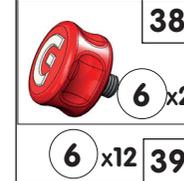
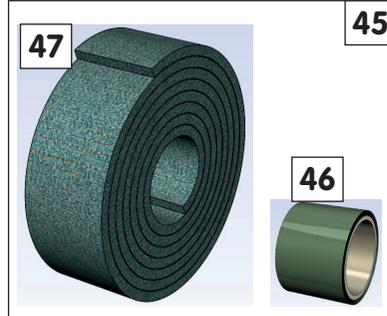
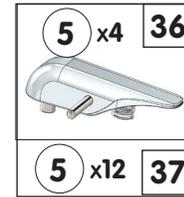
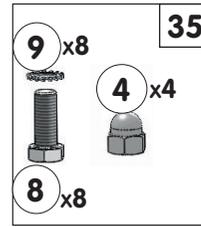
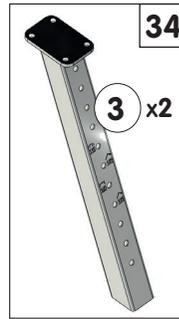
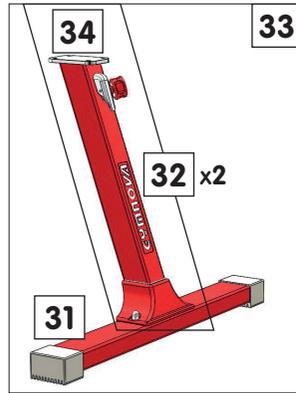
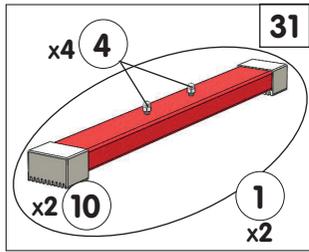
28	-	-	-	-
27	-	-	-	-
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15	-	-	-	-
14	-	-	-	-
13	-	-	-	-
12	-	-	-	-
11'	2	Rigid PVC Cap for Std Beam Body	3610/77	3611B - 3612D
11	2	FIG compet. Body Beam damping cap	-	3610G
10	4	10x5cm Apparatus pad + Screw	3800/07	Unit
9	16	Zinc Plated d12 x 20 break washer	-	Included in 7 & 7'
8	16	Zinc Plated HM12 x 30 Screw	-	Included in 7 & 7'
7'	1	Standard Beam Body + PVC Caps	3611/70	3611B - 3612D
7	1	FIG competition Beam Body	3610/80	3610G
6	2	M16x35 Soft tightening Thumbscrew	-	3610G-3611B-3612D
5	2	Cylindrical piston rounded locking pawl	333/115	3610G-3611B-3612D
4	4	Zinc Plated HM12 Blind Nut	-	3610G-3611B-3612D
3	2	Slide of Standard Leg	-	3610G-3611B-3612D
2	2	Complete Upright of Standard Leg	-	3610G-3611B-3612D
1	2	Base + pads of Standard Leg	-	3610G-3611B-3612D
ITEM	QTY	DESCRIPTION	REFERENCE	REMARKS

COMPETITION & TRAINING BALANCE BEAMS STANDARD LEGS

To order spare parts, please provide the description, reference and delivery date of the entire apparatus.

Constantly aiming to improve our products, we reserve the right to make changes to the equipment and dimensions without further discussion.

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60	-	-	-	-
59	-	-	-	-
58	-	-	-	-
57	-	-	-	-
56	-	-	-	-
55	-	Integrated mat Beams standard Legs	7086A	3612D - NM123
54	-	Moving wheels Horses, Beams & VT	3697	Not Supplied - Option
53	-	Displacement trolleys Horses, Beams & VT	3695	Not Supplied - Option
52	-	2.50m «flat» Beam widener	3682	Not Supplied - Option
51	-	2.50m «U» Beam widener	3664A	Not Supplied - Option
50	-	2.50m Body Beams padded protection	3662A	Not Supplied - Option
49	-	1m Body Beams padded protection	3661A	Not Supplied - Option
48	1	Removable cover / Beams bodies	3652	Not Supplied - NM272
47	-	Damping foam band wide 10cm	-	Length 5m
46	1	Double-sided adhesive roll 8.5cm wide	QADH0100AC	10m Roll
45	1	Foam repair kit / Beams bodies	3610/87	3610G-3611B-3612D
44	1	Set of screws / Beams bodies	3610/86	3610G-3611B-3612D
43	1	Pair of FIG Body Beam damping caps	3610/85	3610G - NM135
42	1	Guards for Std beams & VTable legs	2920D	Not Supplied - Option
41	1	Set of 12 10x5cm Apparatus pad + Screw	3800/12	3610G-3611B-3612D
40	1	Set of 4 10x5cm Apparatus pad + Screw	3800/04	3610G-3611B-3612D
39	-	Set of 12 M16x35 Soft Thumbscrew	333/102	3610G-3611B-3612D
38	1	Pair of M16x35 Soft Thumbscrew	333/101	3610G-3611B-3612D
37	-	Set of 12 Cylindrical locking pawls	333/116	3610G-3611B-3612D
36	-	Set of 4 Cylindrical locking pawls	333/117	3610G-3611B-3612D
35	1	Set of screws / Pair of Standard Legs	3450/55	3610G-3611B-3612D
34	1	Pair of Slides of Standard Legs	3450/21	3610G-3611B-3612D
33	1	Pair of complete Standard Legs	3450/50	3610G-3611B-3612D
32	2	Upright + Slide Standard Leg	3450/40	3610G-3611B-3612D
31	1	Pair of bases + pads for Standard Legs	345/30	3610G-3611B-3612D

ITEM	QTY	DESCRIPTION	REFERENCE	REMARKS
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SPARE PARTS & MAINTENANCE KITS COMPETITION & TRAINING BALANCE BEAMS STANDARD LEGS

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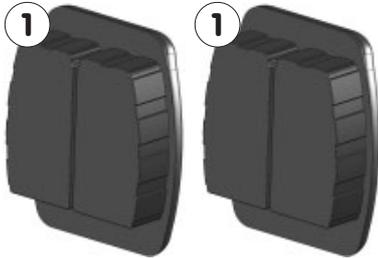
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**TRAINING & FIG COMPETITION
BEAMS BOBY CAPS REPLACEMENT**

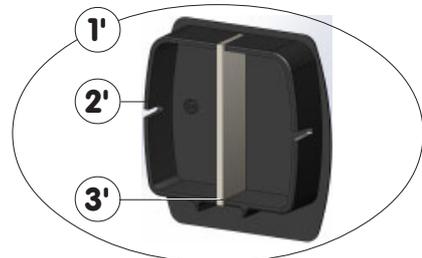
**3610/85
3610/77**

Pair of FIG Competition Beam soft caps (Ref.: 3610/85)



PLEASE KEEP

Training Beam rigid cap (Ref.: 3610/77)



Warning:

This equipment should be installed by a qualified individual.
This equipment should only be used by one person at a time, under the supervision of a qualified individual.
Using this equipment for purposes other than those originally intended is prohibited.
These caps are provided to accommodate for Gymnova beams bodies (Refs: 3610 - 3611 - 3612 - 3620 - 3670 - 3672).

Recommendations:

- As set out in French Standard NF S52-400 the following is recommended:
- keep these instructions for subsequent reference (inspection, maintenance, etc.).
 - periodically carry out predictive maintenance.
 - depending on how much it is used have the equipment serviced yearly or every few years.

Damaged caps replacement:

1 Remove the old cap through the bottom of the body: soft **(1)** by hand / rigid **(1')** with a big flat screwdriver.

2 Engage the new cap by hand : soft **(1)** / rigid **(1')** or **(2')**, then push it by knocking gently around the cap plane surface with a soft plastic mallet.

Soft cap **(1)** (supplied without small strip) on all bodies types (with and without central rib).

