

HIGH BARS WITHOUT CABLES (7.87 ft AND 8.33 ft CENTER-TO-CENTER)

3101B - 3102B
3103B - 3111B
3112B - 3113B

**KEEP THIS
DOCUMENT**



Warning:

This equipment should be installed by a qualified individual.

This equipment should be used by only one person at a time (per place), supervised by a qualified individual and with appropriate landing mats or a landing pit.

Using this equipment for purposes other than those originally intended is not allowed.

Compliance:

This equipment complies with the requirements of the European standard EN 913 "Gymnastic equipment - General safety requirements and test methods".

Recommendations:

As shown 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.

Weight of the apparatus:

Ref. : 3101B → 138.89 lb	Ref. : 3102B → 222.67 lb	Ref. : 3103B → 306.44 lb
Ref. : 3111B → 141.10 lb	Ref. : 3112B → 227.08 lb	Ref. : 3113B → 1313.06 lb

Overall size:

Ref. : 3101B → 8.17 x 0.82 ft	Ref. : 3102B → 16.04 x 0.82 ft	Ref. : 3103B → 23.92 x 0.82 ft
Ref. : 3111B → 8.63 x 0.82 ft	Ref. : 3112B → 16.96 x 0.82 ft	Ref. : 3113B → 25.30 x 0.82 ft

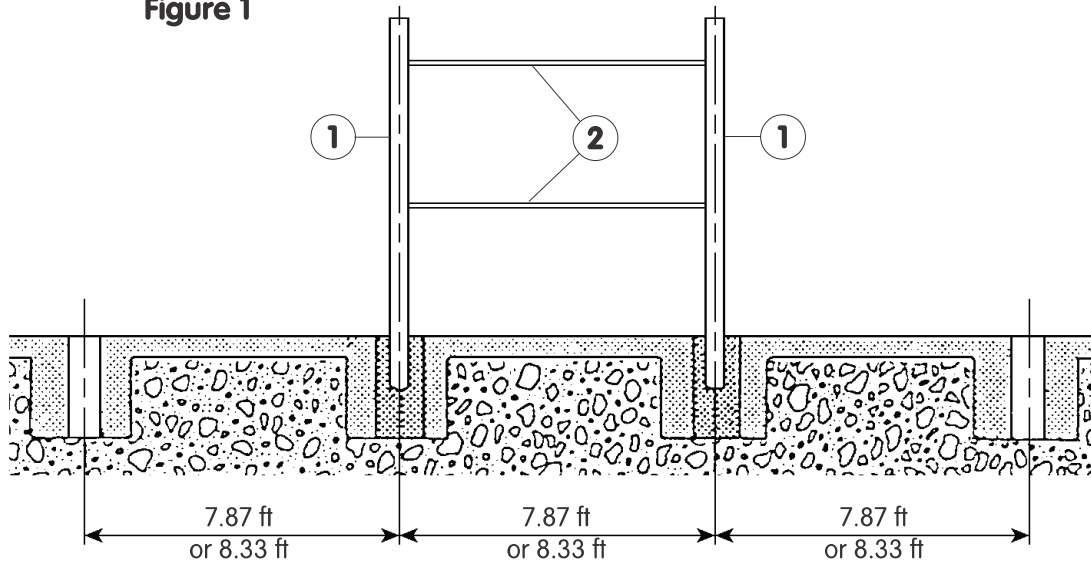
Packaging:

Ref. / Package	305/50 Upright for High Bars without Cables	3116 Training Hand-rail for High Bars	305/02 Sleeve + Cover for High Bars without Cables	305/22 Pair of Pivots for 7.87 ft center-to-center High Bars	305/32 Pair of Pivots for 8.33 ft center-to-center High Bars	No. of Packages
3101B High Bar, 7.87 ft center-to-center 1 Place	2	1	2	1	-	6
3102B High Bar, 7.87 ft center-to-center 2 Places	3	2	3	2	-	10
3103B High Bar, 7.87 ft center-to-center 3 Places	4	3	4	3	-	14
3111B High Bar, 8.33 ft center-to-center 1 Place	2	1	2	-	1	6
3112B High Bar, 8.33 ft center-to-center 2 Places	3	2	3	-	2	10
3113B High Bar, 8.33 ft center-to-center 3 Places	4	3	4	-	3	14
Volume (ft³)	5.7457	0.4344	0.4590	0.0777	0.1165	X
Weight (lb)	46.30	26.46	8.82	2.20	4.41	
Dimensions (in)	114.17 x 12.99 x 6.70	98.43 x 2.76 x 2.76	12.20 x 8.66 x 7.48	6.70 x 4.72 x 4.33	5.91 x 6.70 x 5.12	

I. Bedding of sleeves (outer diameter: 102 mm; overall height: 300 mm) :

- 1 - When the High Bar includes several places, first bed sleeve (7) corresponding to an intermediate upright (1): use the upright (1) by positioning and holding it vertical.
Chemical bedding is to be performed with SPIT EPOBAR Epoxy synthetic compound (not supplied).
- 2 - Continue bedding a sleeve (7) adjacent to the first reference upright (1), using 2 Hand-rails (2) (if possible) to keep the second upright (1) vertical (7.87 ft or 8.33 ft constant spacing at top and bottom of uprights) (see Fig. 1).
- 3 - Repeat the same operation for the other sleeves (7).

Figure 1



II. Assembling the apparatus (minimum of two people required) (see Fig. 2 or Fig. 3):

- 1 - Remove the covers from the sleeves (7).
 - 2 - Insert the uprights (1) into the sleeves (7), directing them so that the adjusting holes are visible when facing the High Bar (the hole centerlines should be perpendicular to the hand-rail (2) centerline).
 - 3 - Install the pivots (4) or (5) at the ends of each hand-rail (2) but do not tighten the attachments.
 - 4 - Insert the "pin" of each pivot (4) or (5) into the holes of the uprights (1) corresponding to the desired height (Caution: 2 successive hand-rails cannot be adjusted to the same notch).
 - 5 - Check that the hand-rails (2) are horizontal before locking the pivots (4) or (5) using their respective pins (ring folded downward).
- Note:** The flat parts at the end of the hand-rails (2) should be horizontal.
- 6 - Lock the attachments of the pivots (4) or (5) onto each hand-rail (2), starting from one end to the other.
 - 7 - Firmly tighten the levers (3), in the same progression order.

Figure 2

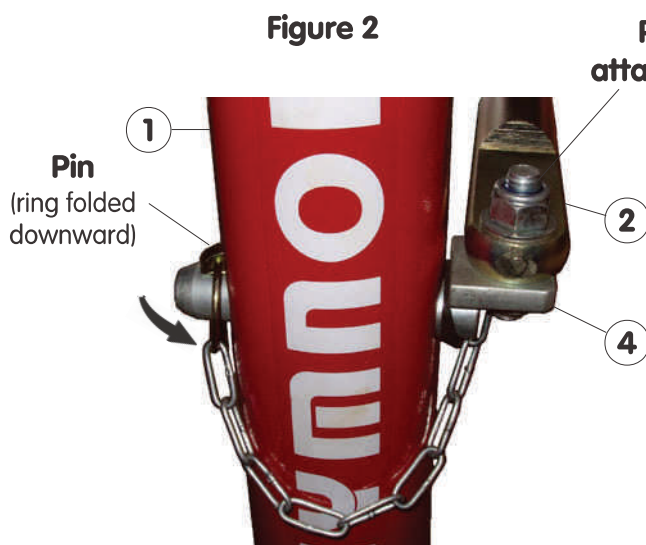
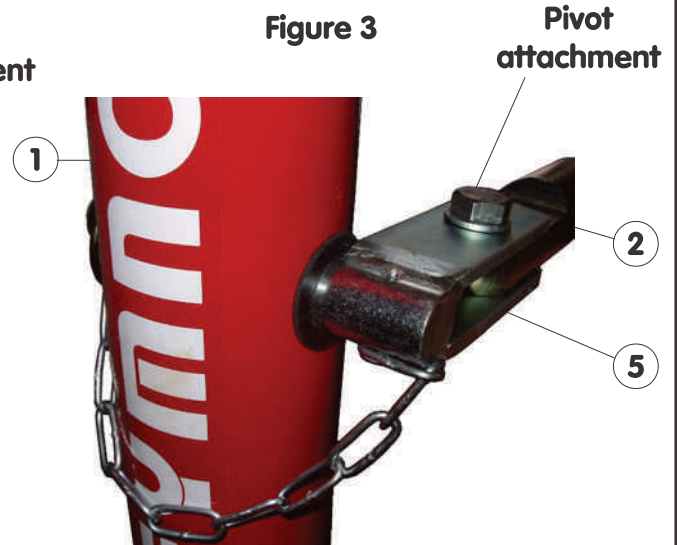


Figure 3



III. Adjusting the height (see Fig. 4):

1 - Unlock the levers (3).

2 - Remove the pins from the pivots (4) or (5).

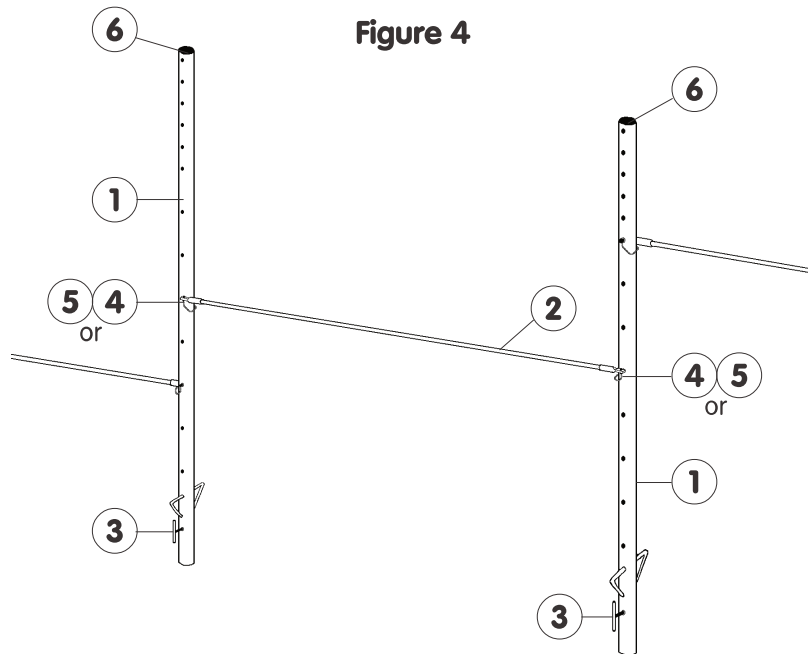
3 - Remove the pivots from the uprights (2), then position them at the desired height.

4 - Lock the pivots (4) or (5), using their pins.

Important: Check that each hand-rail (2) is horizontal, and correctly secured to the pivots (4) or (5).

5 - Firmly tighten the levers (3).

Note: For the topmost adjusting positions, the transport handles may be used as a "footboard".



IV. Adjustment values:

Height of hand-rail: 0.60 to 2.50 m

(from the bottom: 8 locking notches per steps of 0.20 m, then 5 locking notches per steps of 0.10 m).

V. Usage:

- It is possible to install and use the hand-rails for Asymmetric Bars (Ref.: 3260) on this apparatus.

For safety reasons:

- This high bar is a training apparatus and, as such, should never be used as a competition apparatus.
- Never use abrasive materials on the high bar and asymmetric bar hand-rails, in order to avoid modifying their mechanical properties or their dimensions, imposed by the F.I.G. (warranty validity).
- When disassembling the apparatus, set the cover back onto each sleeve.

VERY IMPORTANT:

- Do not install the removable access platform (Ref.: 2720) on the uprights of this apparatus.
- We recommend to regularly change the hand-rails as required by usage frequency (at least every 3 years).

VI. Maintenance:

1 - A regular cleaning of the apparatus allows better viewing of the problems, if any (distortion, breakage, or corrosion).

2 - Before use, check wear parts and safety elements each time for good condition and operation:

- finned endpieces (6), levers (3) (tightened), pivot pins (4) or (5) (installed and locked).
- visual inspection of correct tightening and condition of the hand-rails (2).

3 - Check for correct tightening of the hand-rail (2) attachments on the pivots (4) or (5).

4 - **Important:**

- 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 piece should be replaced as soon as possible.

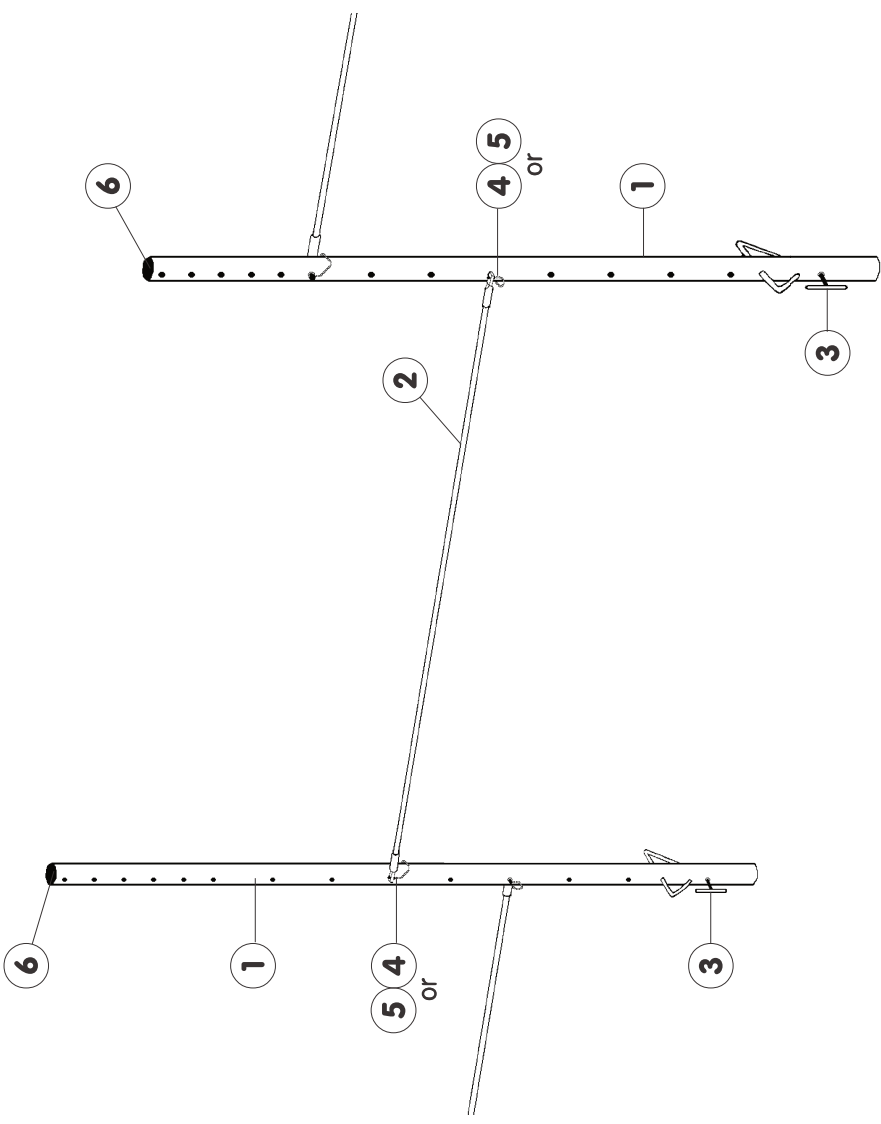
VII. Storage:

Always store the equipment away from humidity and heat.

REP	QTY	DESCRIPTION	REFERENCE	REMARKS
High Bars, 3 Places				
7	4	High Bar Sleeve + Cover	305/02	pack
6	4	Finned endpiece, D90, black	QEPA0090NO	included in 1
5	3	Pair of 7.87 ft H.B. pivots	305/32	pack
4	3	Pair of 7.87 ft H.B. pivots	305/22	pack
3	4	M16 tightening lever	305/08	spare kit
2	3	Training HB Hand-rail	3116	pack
1	4	Upright – HB without cables	305/50	pack
REP	QTY	DESCRIPTION	REFERENCE	REMARKS
High Bars, 2 Places				
7	3	High Bar Sleeve + Cover	305/02	pack
6	3	Finned endpiece, D90, black	QEPA0090NO	included in 1
5	2	Pair of 8.33 ft H.B. pivots	305/32	pack
4	2	Pair of 8.33 ft H.B. pivots	305/22	pack
3	3	M16 tightening lever	305/08	spare kit
2	2	Training HB Hand-rail	3116	pack
1	3	Upright – HB without cables	305/50	pack
REP	QTY	DESCRIPTION	REFERENCE	REMARKS
High Bars, 1 Place				
7	2	High Bar Sleeve + Cover	305/02	pack
6	2	Finned endpiece, D90, black	QEPA0090NO	included in 1
5	1	Pair of 8.33 ft H.B. pivots	305/32	pack
4	1	Pair of 7.87 ft H.B. pivots	305/22	pack
3	2	M16 tightening lever	305/08	spare kit
2	1	Training HB Hand-rail	3116	pack
1	2	Upright – HB without cables	305/50	pack
ITEM	QTY	DESCRIPTION	REFERENCE	REMARKS
High Bars Without Cables (7.87 FT AND 8.33 FT CENTER-TO-CENTER)				

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7

NOT SHOWN

To order spare parts, provide the description, part no., and delivery date of the entire apparatus.