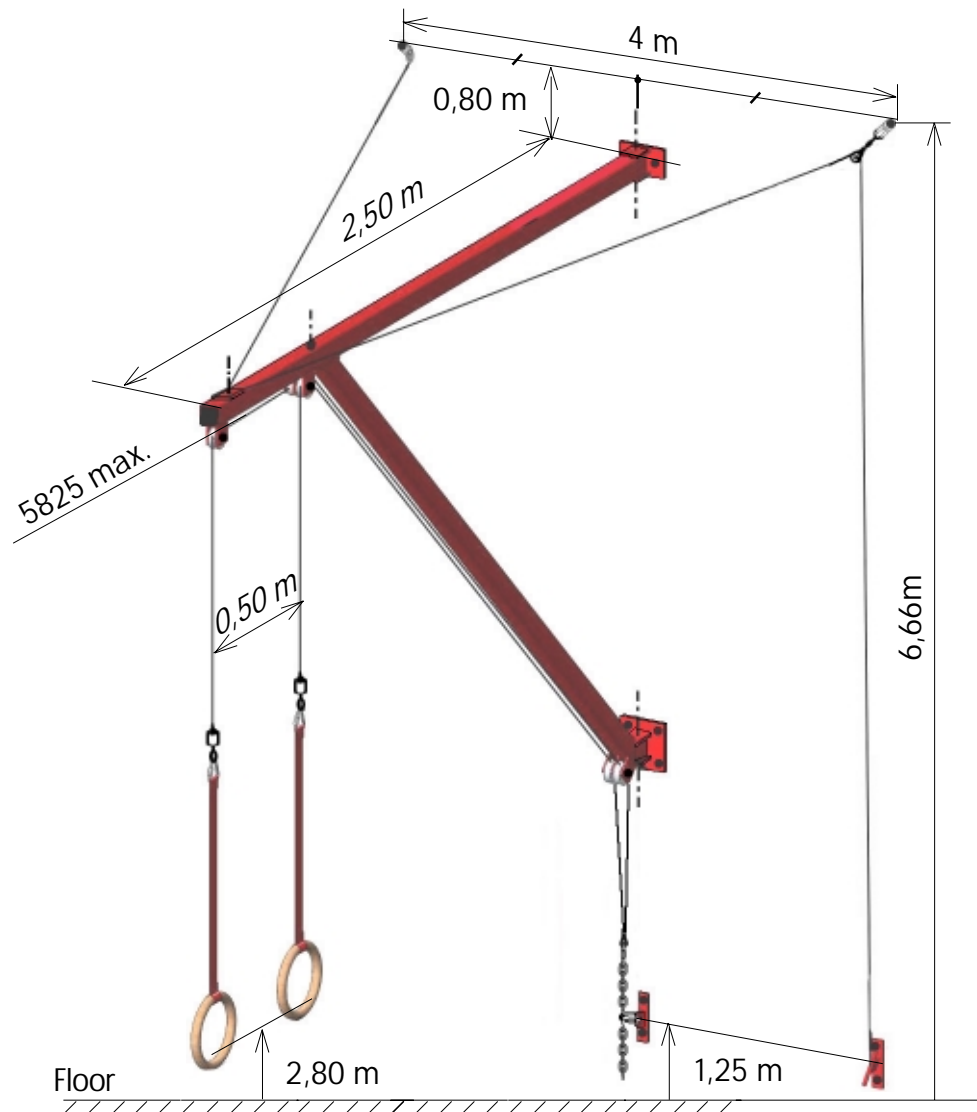


**WALL MOUNTED BRACKET ASSEMBLY
M'2010**

3750C

KEEP THIS DOCUMENT



Warning:

This equipment should be installed by a qualified individual.
The apparatus should be used by only one person at a time, supervised by a qualified individual and with appropriate landing mats or a landing pit.
Attachments that are provided with the apparatus may only be used if the concrete support complies with the **CC19I** specifications. If the support is not made of concrete, the bracket may be secured to IPE, in accordance with the **CC30F** specifications. 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.

Packaging:

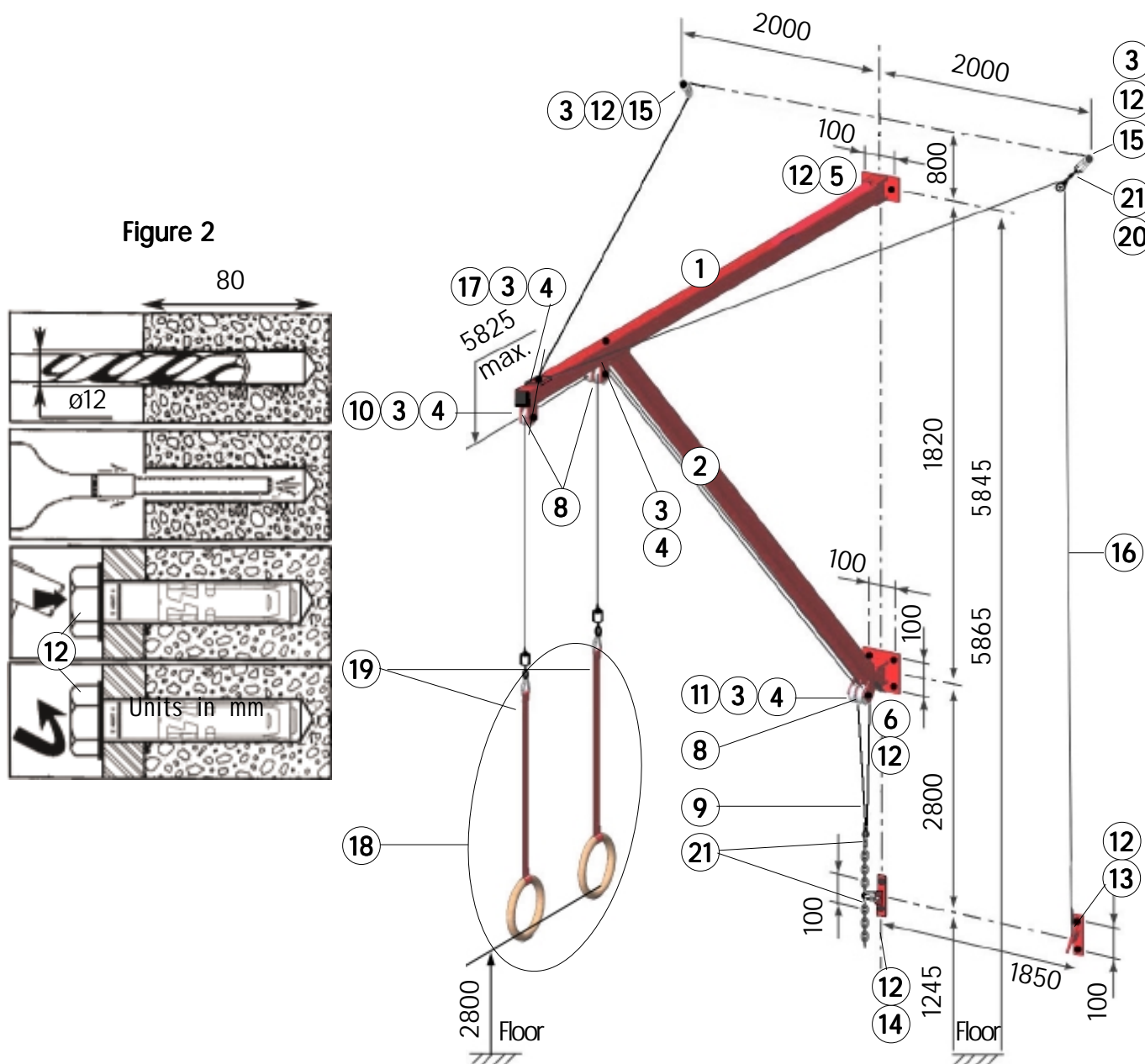
- 1 Pack (Ref.: 3750/20) -> Horizontal crossbar + 2-hole pivot cap + Attachments
Weight: 12.6 kg Dimensions: 2590 x 210 x 120 mm Volume: 0.07 m³
- 1 Pack (Ref.: 3750/30) -> Slant crossbar + 4-hole pivot cap + Attachments
Weight: 14.7 kg Dimensions: 2740 x 280 x 120 mm Volume: 0.09 m³
- 1 Pack (Ref.: 3750/40) -> Rings + Cables + 2-hole plates + Attachments
Weight: 11 kg Dimensions: 400 x 310 x 210 mm Volume: 0.03 m³

I. Assembly:

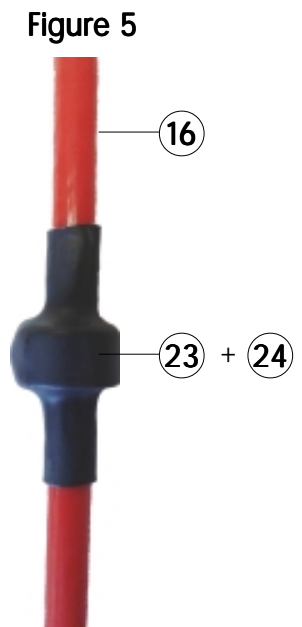
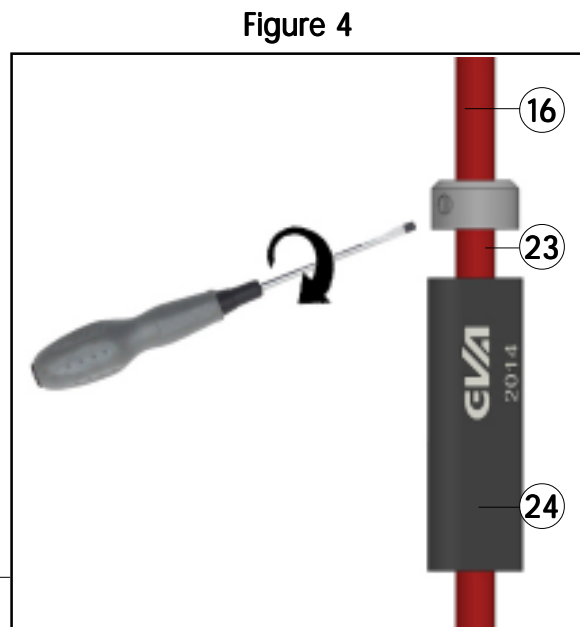
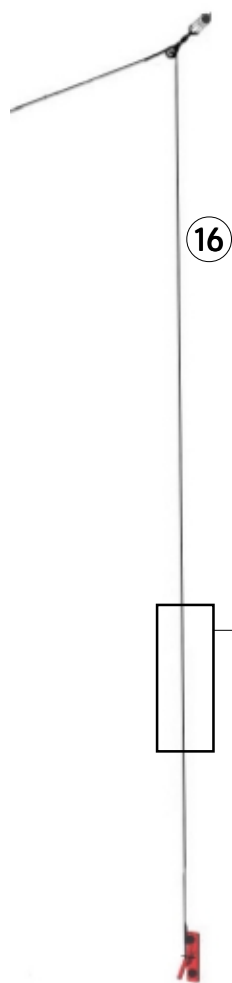
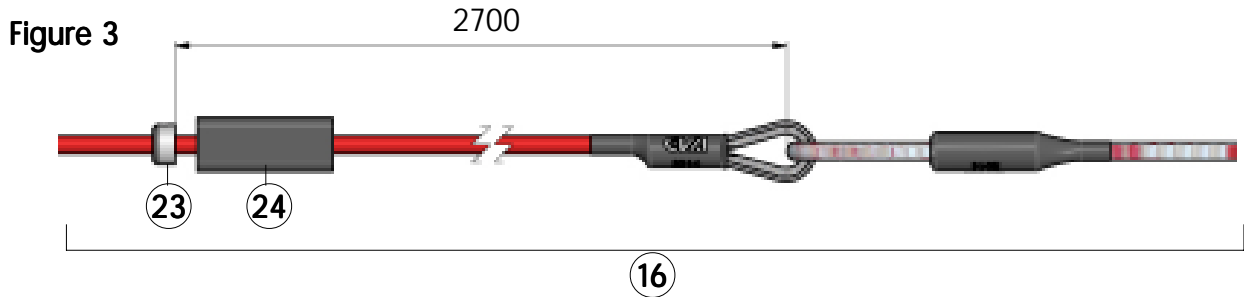
Note: Prepare a clean area for assembling the apparatus.

- 1 – Assemble both horizontal (1) and slant (2) crossbars, using the fasteners (3) and (4).
- 2 – Install the pivot caps: Upper (5) on the horizontal crossbar (1) and lower (6) on the slant crossbar (2), using the fasteners (7), (3) and (4). Tighten but do not lock, in order to allow bracket hinging on the wall.
- 3 – Remove all 5 plastic pulleys (8), in order to install the ring cabling (9).
Then, install all 5 pulleys (8) back: the pulley (8) alone, secured to the end of the horizontal crossbar (1), using fasteners (10), (3) and (4); and the 4 others (in groups of 2), using fasteners (11), (3) and (4).
- 4 – Trace the position of wall attachments, as shown by **Figure 1**.
- 5 – Follow the steps shown by **Fig. 2**: Drill 12 holes, 12 dia., 8 cm deep, then vacuum clean before installing the expansion bolts (12) shipped with the equipment. Insert the bolts (12) through the attaching parts (5), (6), (13), (14) and (15) of the bracket, then hammer them into the wall. Torque all wall attachments to 25 Nm.
- 6 – Install the bracing (16), then tighten the upper flat (17) in order to direct the bracket to "work" position.

Figure 1



- 7/ Release the rope from the stopper plate (13) in order to direct the bracket to the "rest" position. Ensure you that the cable stopper location (23) permit to fold down the bracket against the wall.
- 8/ Otherwise, adjust the location of the cable stopper (13) with a flat screwdriver (Fig. 4), and cover it completely with the thermo-shrinking sheath (24).
- 9/ Warm up the sheath with a heating source until complete retraction of the sheath around the cable stopper (13) (Fig. 5).

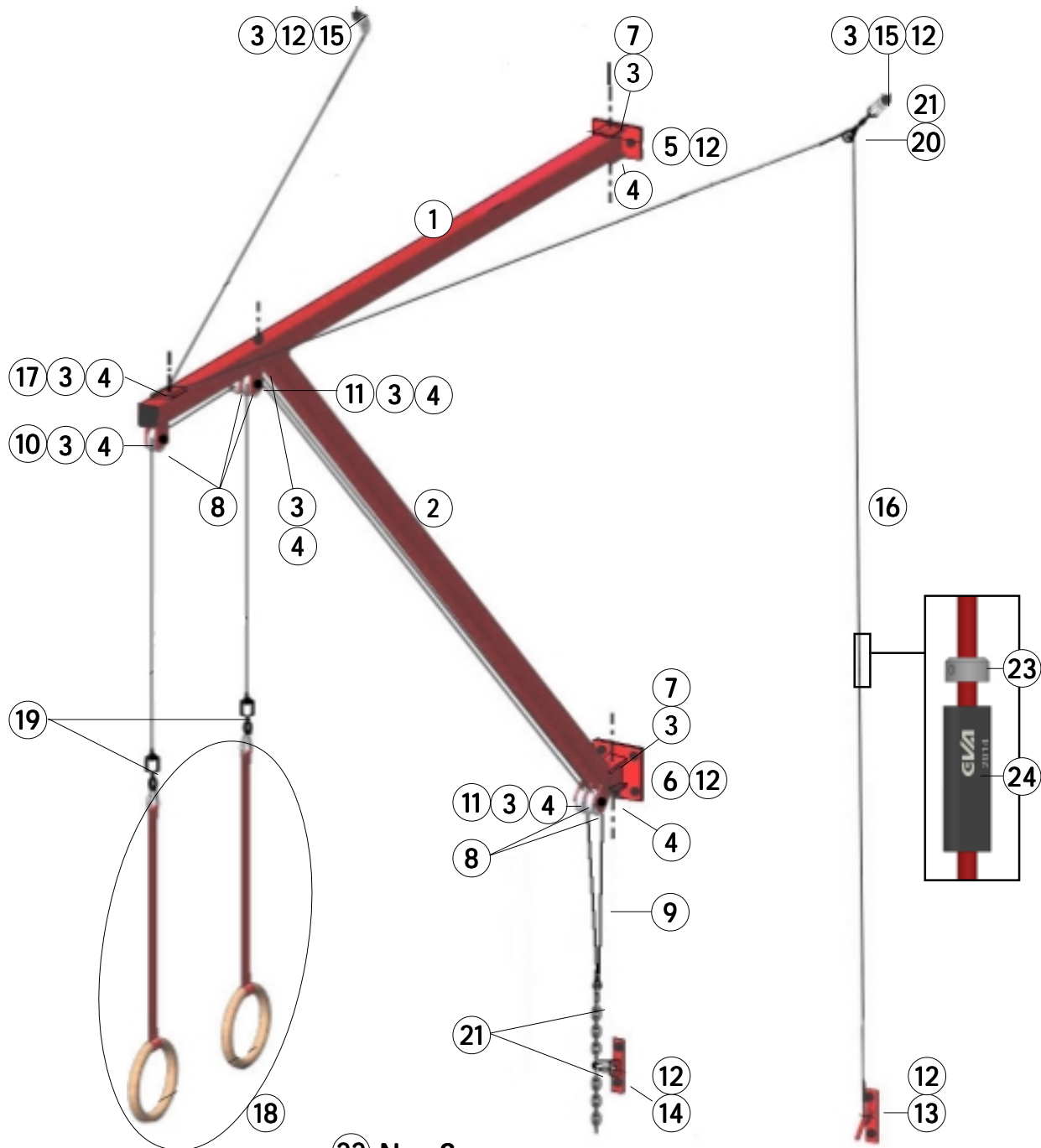


IV. Ring height adjustment: 20 cm to 2.80 m

The height adjustment is obtained via the chain secured to the end of the ring cabling (9) to be hooked to the plate (14).

V. 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 each time for good condition and operation:
 - Check for correct tightening of links (21), wall attachments (12), hinges (7) and pulley shafts (10) and (11).
 - Visually inspect the condition of rings + straps (18), swivel pins (19) and cables (9) and (16).
- 3 - Important:
 - If a defect 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 must be replaced as soon as possible.



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

30	-	-	-	-
29	-	-	-	-
28	-	-	-	-
27	-	-	-	-
26	-	-	-	-
25	-	-	-	-
24	1	thermo-shrinking sheat	-	included in 16
23	1	Cable stopper	-	included in 16
22	1	Ring ballasting bag	375/11	-
21	3	Quick link No.8	QMRA00008Z	included in 9 & 16
20	1	Single pulley ø51, bearing	371/15	included in 16
19	2	Bracket ring swivel pin	375/18	included in 9
18	1	Pair of rings + Straps	3720	+ delta links
17	1	Cable stopper flat	-	included in 1
16	1	Bracket bracing	3750/73	flats+pulley, Indus.
15	2	Bracing flat	3120/12	each
14	1	Cable hold plate	-	each + attachments
13	1	Rope stopper plate	-	each + attachments
12	12	M12 expansion bolt	QCHESPMG08	Wall attachments
11	2	M12 x 90 PF H galvanized screw	VH0012090Z	Dual pulley shaft
10	1	M12 x 60 PF H galvanized screw	VH0012060Z	Single pulley shaft
9	1	Ring cabling alone	3750/10	Rings excluded
8	5	Pulley plastic sheave 80 dia.	-	-
7	2	HM12 x 110 PF galvanized screw	VH0012110Z	Pivot shafts
6	1	Lower pivot cap (4 dia.)	-	-
5	1	Upper pivot cap (2 dia.)	-	-
4	7	M12 H galvanized locknut	VEHF12000Z	-
3	10	M12 x 27 flat washer	VRP012270Z	-
2	1	Slant crossbar	-	each
1	1	Horizontal crossbar	-	each
REP	NBR	DESIGNATION	REFERENCE	OBSERVATION

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 45 RUE GASTON DE FLOTTE
 13012 MARSEILLE
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 Fax : 33-(0)-4-91-93-86-89

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 M'2010**

PAR : M.CHARB | LE : 29/04/15 | NM12G | Ref. : 3750C
 CE DOCUMENT EST LA PROPRIETE DE GYMNOVA, IL EST CONFIDENTIEL ET NE PEUT ETRE REPRODUIT SANS NOTRE ACCORD