

**"ELASTANO"  
FOR RING FRAMES****3794****KEEP THIS  
DOCUMENT****Warning:**

The apparatus should be installed by a qualified individual.

The apparatus should only be used under the supervision of a qualified individual.

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

This equipment is designed to be used with the GYMNOVA ring frames only (ref.: 3700 & 3770).

**Recommendations:**

As shown in French Standard NF S 52-400 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.

**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:
  - Condition of the sandows (10) and crimpings, 5-hole plate (11), quick links (6).
  - Correct operation of the pulleys (5), shackle snap hooks (12), bearing systems (14) + (15).
  - Check for correct tightening of all quick links (6) and screws (3) + (4) .
- 3 - 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.

**Packaging:**

- 1 Pack (ref.: 379/40): Elastano without belt  
Weight: 5 kg (11 lb)      Dimensions: 310 x 190 x 220 mm (1 x 0.62 x 0.72')      Volume: 0.0130 m<sup>3</sup> (0.459 ft<sup>3</sup>)
- 1 Pack (ref.: 2840): Safety belt  
Weight: 1 kg (2.2 lb)      Dimensions: 170 x 120 x 110 mm (0.56 x 0.39 x 0.36')      Volume: 0.0022 m<sup>3</sup> (0.078 ft<sup>3</sup>)

Note: Other GYMNOVA belts may be installed on the Elastano: small harness belt – (ref. 2814), large harness belt – (ref. 2815), small belt with clips – (ref. 2819), and large belt with clips – (ref. 2820).

## I. Assembling the Elastano (two people recommended):

- 1 - First of all, lay down the frame on the floor.
- 2 - Fit (but do not tighten) the top brackets (1) inside each side of the frame, using the tightening flats (2) and screws (3) and (4), as shown by Figures 1 & 2. Position the brackets (1) in accordance with distances A or B specified in the Table (measured along the tubes).
- 3 - Hook the pulleys (5) using the quick links (6) installed at the chain (7) end, to the top brackets (1).
- 4 - Then, symmetrically attach the top brackets (8) fitted with swivel pins (9) inside each side of the frame, using the tightening flats (2) and screws (3) and (4), as shown by Figures 1 & 3. Position the brackets (8) in accordance with distance C specified in the Table.
- 5 - Hook the quick links (6) (installed on the adjusting buckle of the sandows (10)) to the swivel pins (9).
- 6 - Before raising the frame, check that the sandows (10) and pulleys (5) are neither mingled, nor coiled, then tighten all attachment elements and quick links (6) using a wrench.
- 7 - Hook the belt (13) using the snap hooks (12).

ref.:	3700	3770
distance (mm)		
A	1800 (5.9') from top	1900 (6.3') from top
B	700 (2.3') for elbow	1050 (3.44') from sleeve junction
C	950 (3.12') from floor	1000 (3.28') from floor

Bracket position table

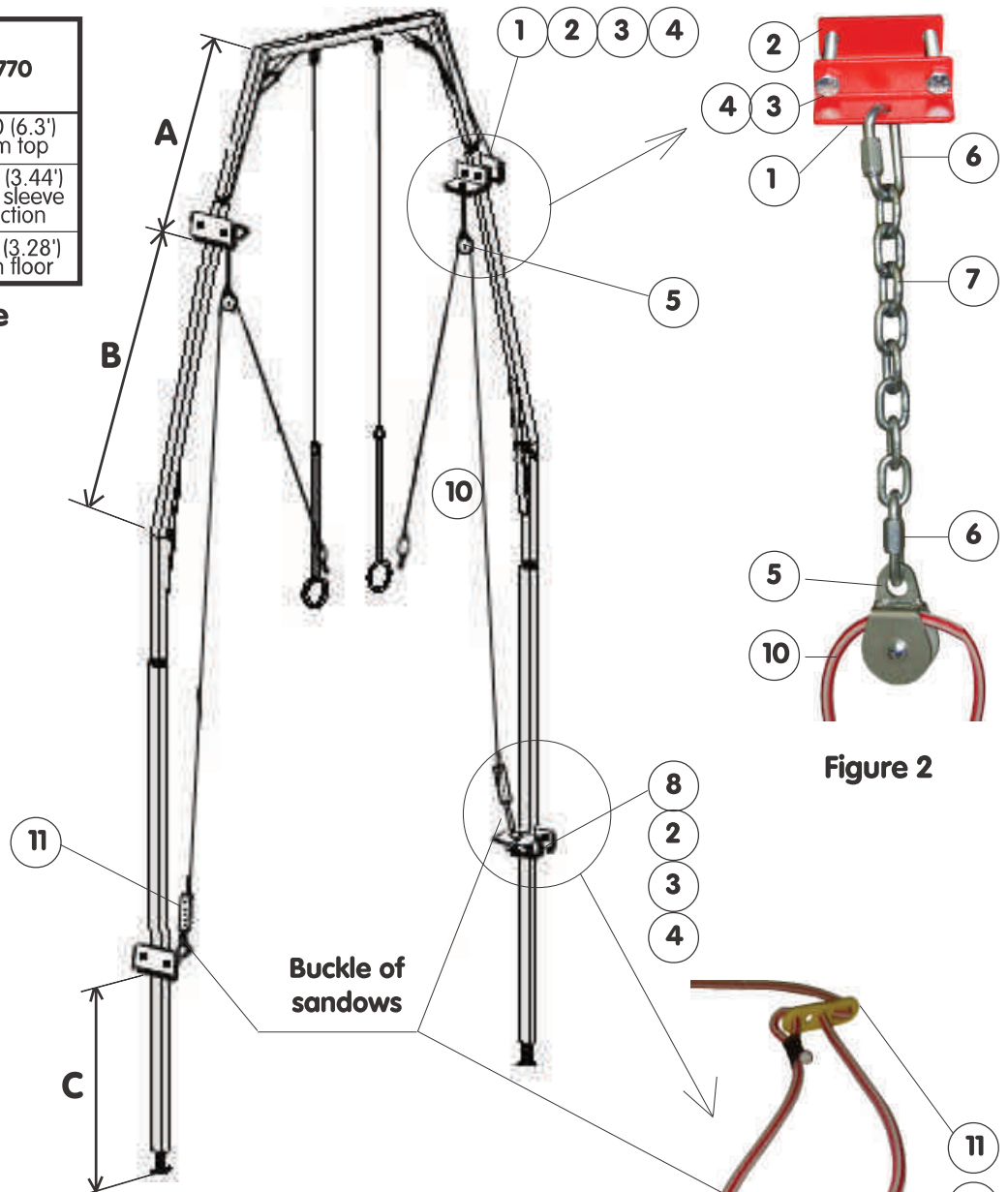


Figure 1

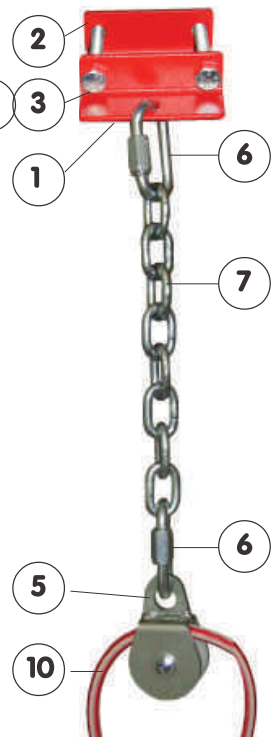


Figure 2

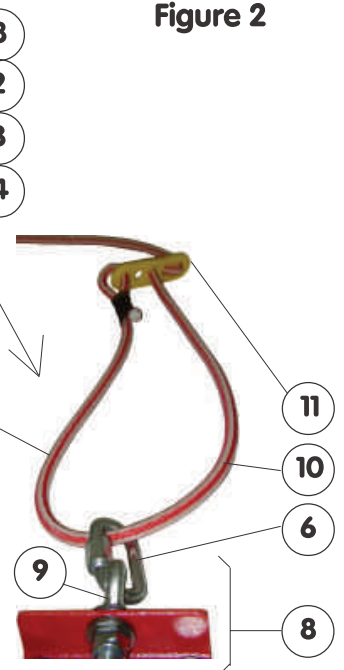


Figure 3

## II. Elastano adjusting height:

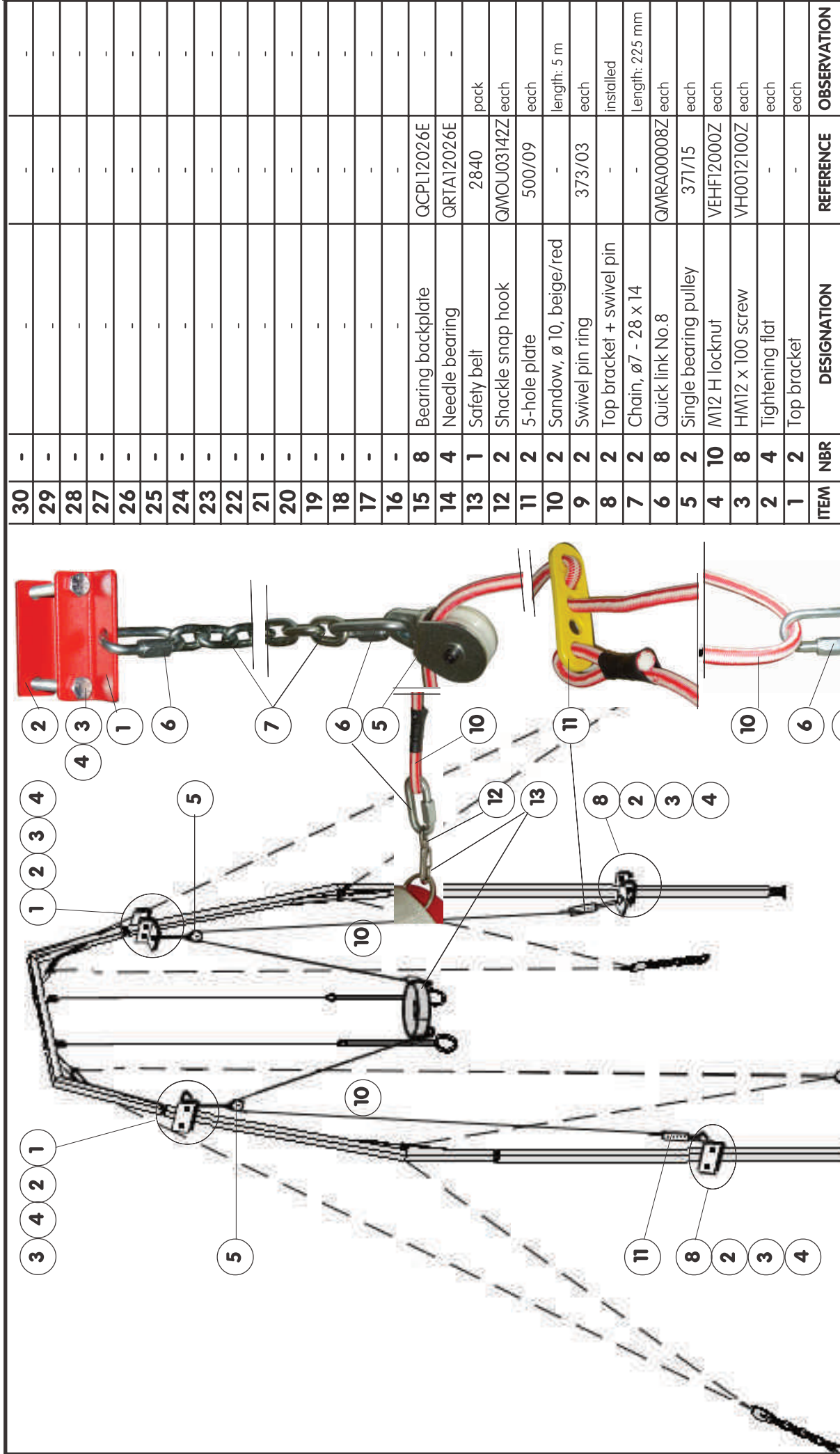
Depending on the general gymnast sizes, two adjustments are possible:

- 1 - Adjusting the size of the buckle on the sandows (10) using the 5-hole plate (11).
- 2 - When no adjusting tolerance remains for the buckle on the sandows (10):
  - Buckle reduced to the minimum: raise the bottom brackets (8).
  - Buckle opened to the maximum: lower the bottom brackets (8).

Tip: find a trade-off that allows a quick adjustment, by acting on the sandow buckle only.

## III. Storage:

Always store the equipment away from humidity and heat.



ITEM	NBR	DESIGNATION	REFERENCE	OBSERVATION
30	-	-	-	-
29	-	-	-	-
28	-	-	-	-
27	-	-	-	-
26	-	-	-	-
25	-	-	-	-
24	-	-	-	-
23	-	-	-	-
22	-	-	-	-
21	-	-	-	-
20	-	-	-	-
19	-	-	-	-
18	-	-	-	-
17	-	-	-	-
16	-	-	-	-
15	8	Bearing backplate	QCPL12026E	-
14	4	Needle bearing	QRTA12026E	-
13	1	Safety belt	2840	pack
12	2	Shackle snap hook	QMOU03142Z	each
11	2	5-hole plate	500/09	each
10	2	Sandow, ø 10, beige/red	-	length: 5 m
9	2	Swivel pin ring	373/03	each
8	2	Top bracket + swivel pin	-	installed
7	2	Chain, ø7 - 28 x 14	-	length: 225 mm
6	8	Quick link No.8	GMRA00008Z	each
5	2	Single bearing pulley	371/15	each
4	10	M12 H locknut	VEHF12000Z	each
3	8	HM12 x 100 screw	VH0012100Z	each
2	4	Tightening flat	-	each
1	2	Top bracket	-	each

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