

SPOTTING FRAME M'2007 (ASYMMETRIC BARS & HIGH BARS)

2778A
2779A

**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.
Using this equipment for purposes other than those originally intended is not allowed.
This equipment is designed to be used with the GYMNOVA apparatus with "short" or "standard" cabling.
Please contact us for all other configurations.

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.

Frame weight:

Ref.: 2778A → 59.8 Kg (131.84 lb)

Ref.: 2779A → 62 Kg (136.69 lb)

Overall size:

- Frame without cabling: 2.50 x 0.10 m (8.20 x 0.33 ft)
- Apparatus with standard cabling: 5.50 x 4.00 m (18.04 x 13.12 ft)
- Apparatus with short cabling: 4.00 x 2.10 m (13.12 x 6.89 ft)

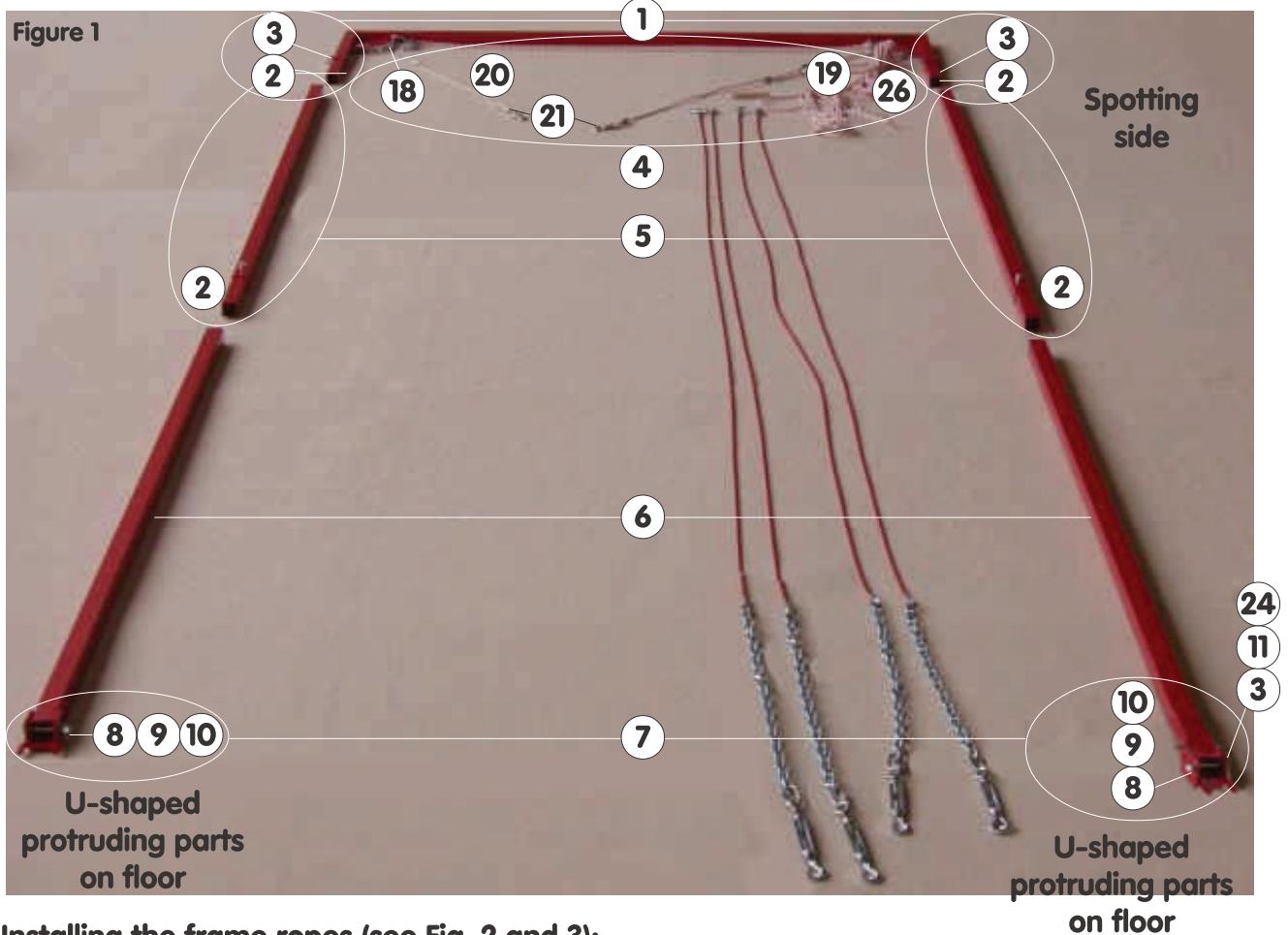
Packaging:.

| Package Ref. | 2779/65 Installed head Spotting Frame | 2779/45 Complete ropes Spotting Frame | 2779/25 Pair of lower uprights Spotting Frame | 2779/60 Pair of shoes Spotting Frame | 2779/30 Pair of upper uprights Spotting Frame | 2778/00 Short cabling Spotting Frame | 2779/00 Standard cabling Spotting Frame | No. of Packages |
|---|--|--|--|---|--|---|--|--------------------|
| 2778A Spotting Frame Short cabling M'07 | 1 | 1 | 1 | 1 | 1 | 1 | - | 6 |
| 2779A Spotting Frame Standard cabling M'07 | 1 | 1 | 1 | 1 | 1 | - | 1 | 6 |
| Volume (ft³) Weight (lb) Dimensions (in) | 5.650 30.86 98.43x31.5x3.15 | 0.36 8.82 11.8x 7.87x 6.69 | 1.412 34.17 98.43x5.51x4.33 | 0.17 3.3 8.66x6.69x5.12 | 0.0311 18 2780 x 140 x 80 | 0.0117 6.8 490 x 265 x 90 | 0.0117 9 490 x 265 x 90 | |

I. Assembling the frame structure (as shown by Figure 1):

Note: Prepare a clean area for assembling the frame, close to the apparatus used for spotting.

- Position the head (1), fitted with 2 sleeves (2) and 2 bracing flats (3), on the floor.
- Position both upper uprights (5) fitted with sleeves (2) in downward direction, then fit the other end into the head (1).
- Position both lower uprights (6) on the floor, then slide (but do not attach) both fastening shoes (7), and direct them facing the clamping holes. **Warning:** The U-shaped protruding part of the shoes (7) should be directed to the apparatus.
- Fit the other end to the sleeve (2) of each upper upright (5).



II. Installing the frame ropes (see Fig. 2 and 3):

1 - Installing the hooking rope on the frame top (see Fig. 2):

Warning: The assembly of the rope (4) directs the frame in accordance with the selected side for spotting.

- Attach both metal pulleys (18) and (19) to the head (1), using the links No.8 (11): the double pulley (19) receiving the pulley block rope (26) is set on the spotting side.

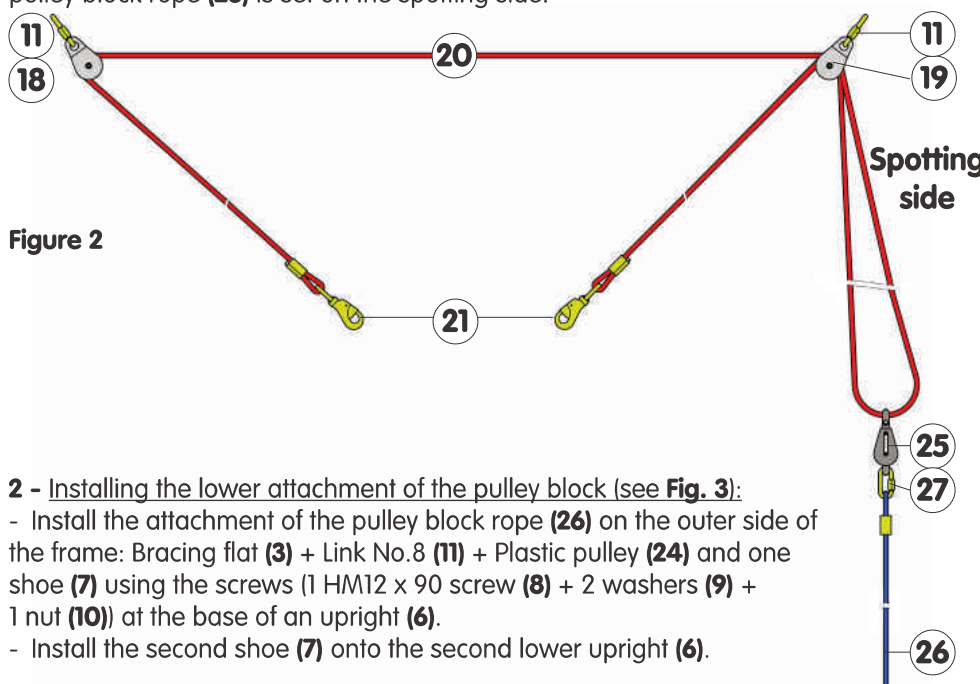


Figure 2

2 - Installing the lower attachment of the pulley block (see Fig. 3):

- Install the attachment of the pulley block rope (26) on the outer side of the frame: Bracing flat (3) + Link No.8 (11) + Plastic pulley (24) and one shoe (7) using the screws (1 HM12 x 90 screw (8) + 2 washers (9) + 1 nut (10)) at the base of an upright (6).
- Install the second shoe (7) onto the second lower upright (6).

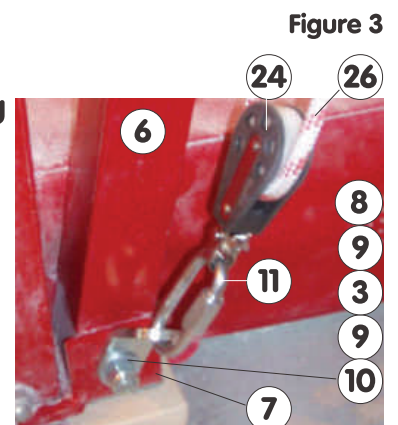


Figure 3

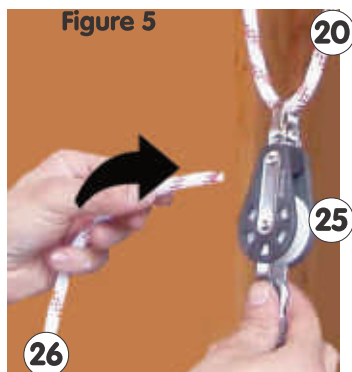
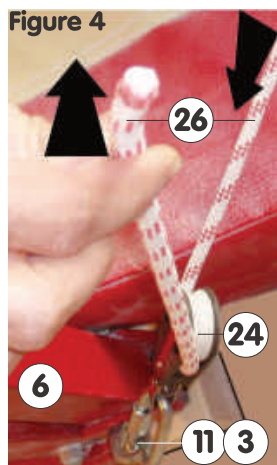
3 - Installing the frame pulley block (see Fig. 4, 5 & 6):

Note: The pulley block may be created when the frame is ready for use (see IV).

In this case, tie the end of the pulley block rope (26) around the lower upright (6) in order to prevent the rope assembly to rise up, then install the cabling (see III).

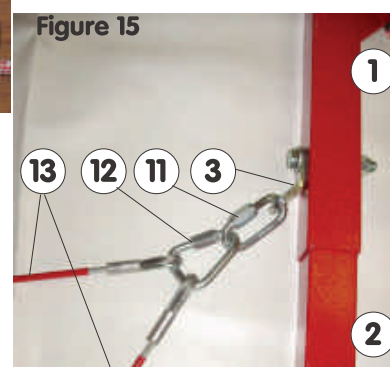
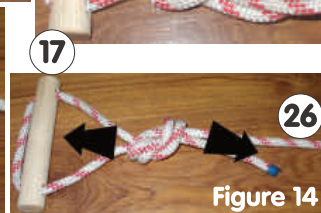
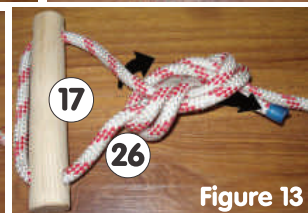
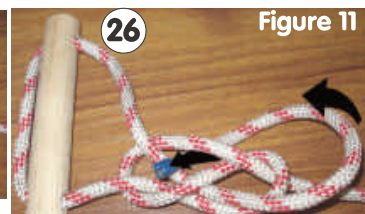
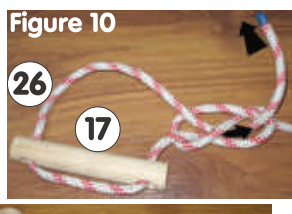
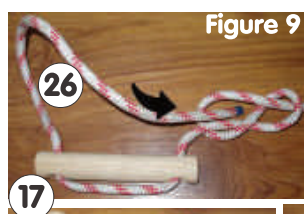
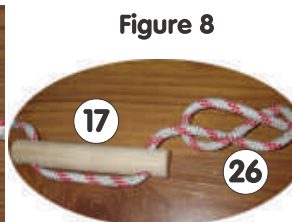
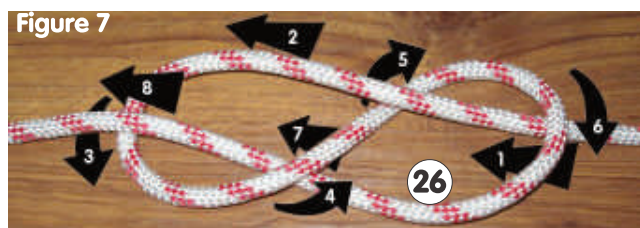
- Otherwise, create the pulley block using the rope (26): insert the end into the lower pulley (24) from inside the frame (as shown by Fig. 4), in order to avoid crossing the rope.
- Raise the end of the rope (26) and insert it into the upper pulley (25) (as shown by Fig. 5), in order to obtain the assembly shown by Figure 6.

Figure 6



4 - Installing the spotting grip (as shown by Fig. 7 to 14):

- Adjust the position of the spotting grip (17) to the desired height, in order to obtain the optimum grip on the rope (26): prepare an 8-shaped knot, spaced by 1 m (39.4") minimum from the end.
- Slide the wooden grip (17), then complete the 8-shaped knot, in accordance with the steps below.



III. Installing the bracing cabling:

1 - Attach the cabling to the frame (see Fig. 15):

- Install a quick link No.8 (11) into each bracing flat (3) of the head (1).
- Add a Delta link (12), then attach 2 cables (13) on each side of the frame.
- Close the links (11) and (12), and tighten using a wrench.

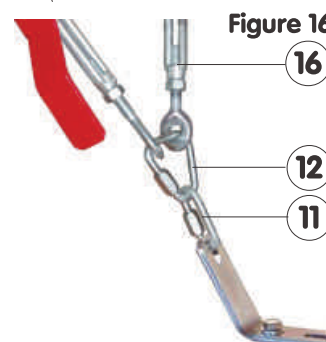
2 - Prepare the floor anchor bolts (see Fig. 16):

- The frame cabling (4 cables (13)) will be hooked onto the anchor bolts provided on the apparatus.

- Fasten the 4 Delta links (12) to the 4 quick links No.8 (11) installed with the apparatus cabling, in order to hook 2 cables on each anchor *.

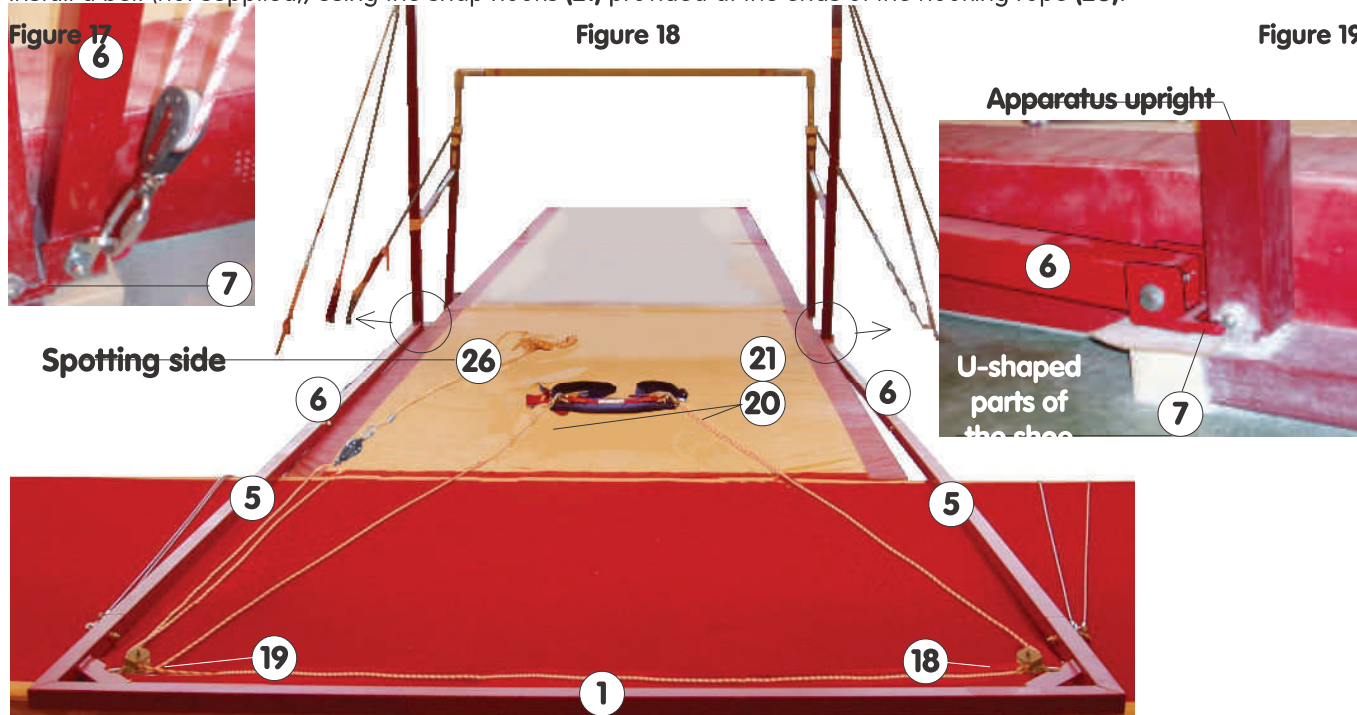
Note: For short cabling asymmetric bars, use the anchor bolts aligned on the low hand-rail (large bracing flat). * For standard cabling asymmetric bars, 2 cables and a Delta link (12) are already installed on either side of the lower hand-rail, add each cable (13) of the frame.

Important: It is imperative to tension the apparatus cables before bracing the spotting frame.



IV. Setting up the frame:

1 - Install the frame on the apparatus (see Fig. 17, 18 and 19): Position the shoes (7) against the apparatus uprights. Install a belt (not supplied), using the snap hooks (21) provided at the ends of the hooking rope (20).



2 - Lift the frame (see Fig. 20):

We highly recommend 3 individuals minimum for handling.

- 2 individuals lift the frame, starting from the head (1), then push it toward the apparatus, moving down along the uprights.
- The 3rd individual simultaneously pulls the 2 cables (13) (apparatus side (A)).
- First hook the cables (A) onto the Delta links (12) of the apparatus anchor bolts, most remote from the frame: the frame is then held in position.

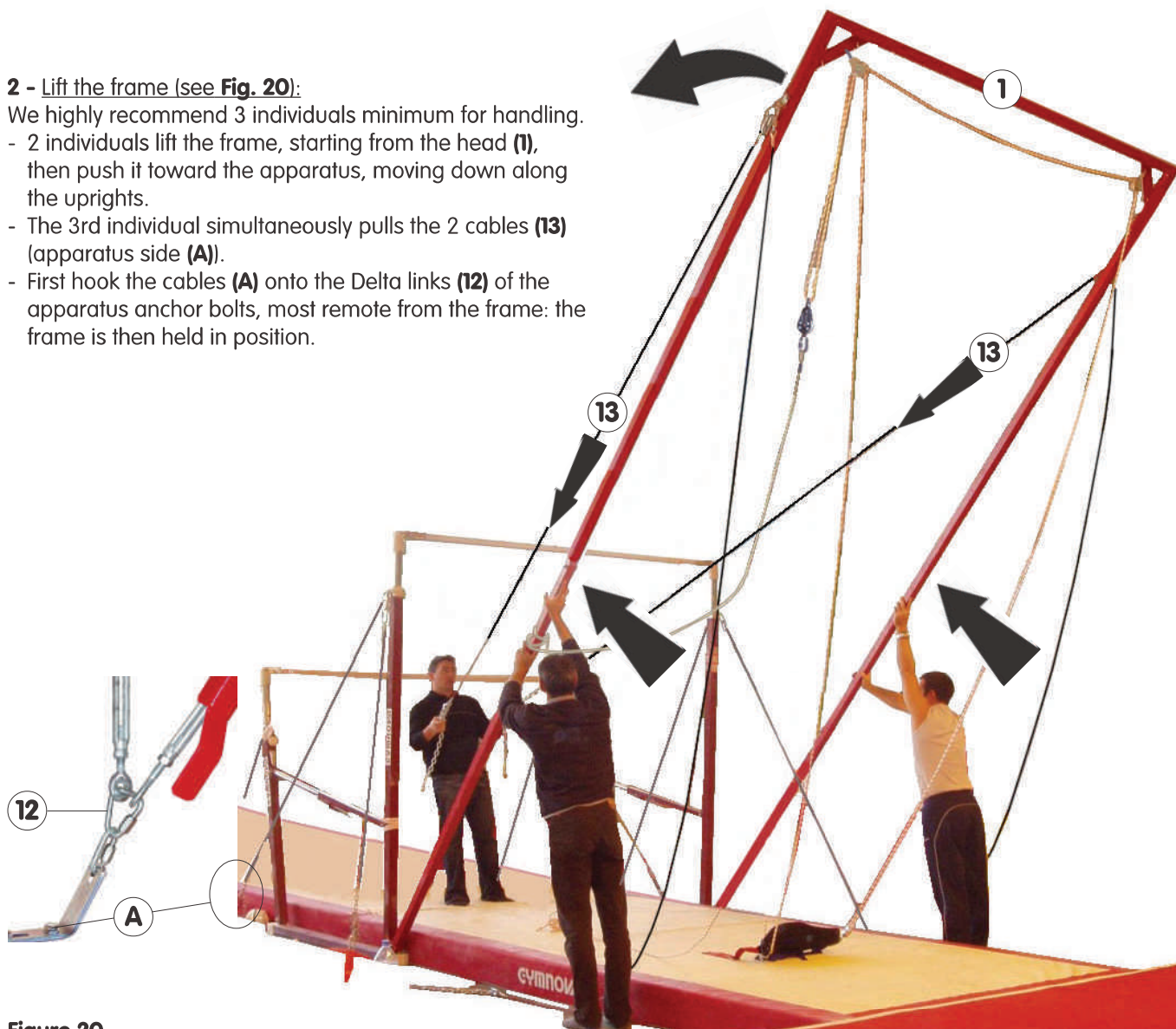
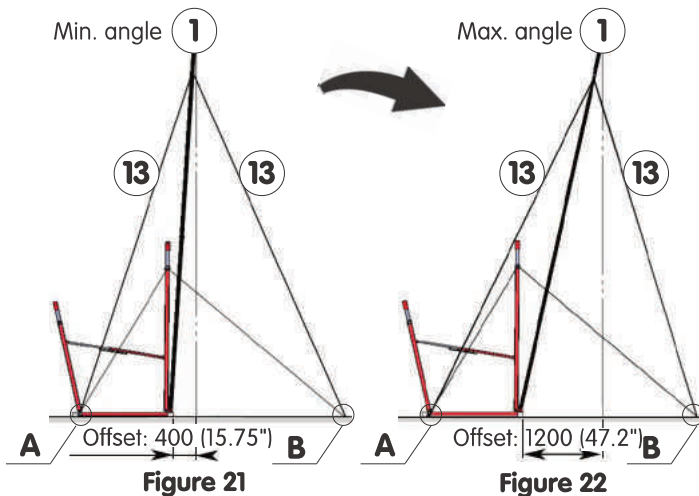


Figure 20

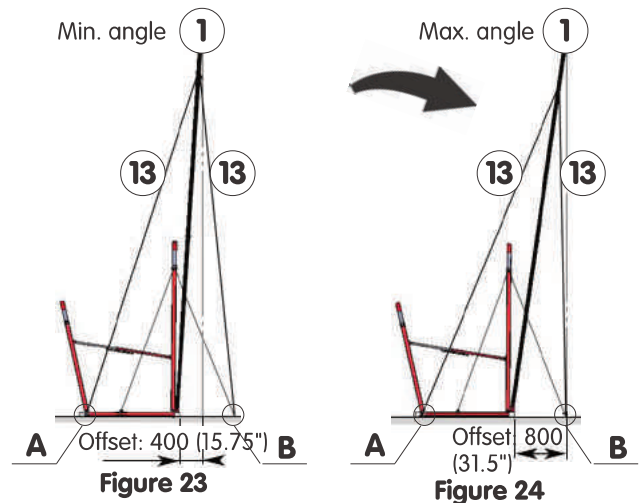
V. Adjusting the frame angle (see Fig. 19 to 23):

- 1 - Select the angle corresponding to the practice requirements, by adjusting the length of the 4 cable assemblies (13):
 - between the **Min. value** obtained by hooking quick link No.8 (11) directly to the end of the crimped cable (14),
 - and the **Max. value** obtained by hooking it to the end of chain (15).

Standard cabling (Ref.: 2779)



Short cabling (Ref.: 2778)



Important: For safety reasons, make sure that in the maximum angle position, the offset of the head (1) on floor does not overrun the anchor bolts (B).

It is **prohibited to extend the frame cabling** to obtain an angle larger than the limit of the initially specified adjusting range.

- 2 - Secure the cabling of the Delta links (12) to the anchor bolts provided on the apparatus (see Fig. 25): With the frame held by the cables (A), hook the cables (13) to the opposite side (B).

3 - Tension the cables:

Evenly tighten the turnbuckles (16) in pairs ((A) then (B)), on either side of the frame (Visually check that the frame head (1) is parallel to the hand-rail).

Important: The cables (13) of the frame should be less tight than the apparatus cabling.

4 - To modify the angle:

- 2 individuals should hold the frame on the angle side (B) (see Fig 20).
- Slacken both cables (13) using the turnbuckles (16):
 - > Either on the anchor bolt (A) side to increase the angle (toward the anchor bolts (B)),
 - > Or on the anchor bolt (B) side to decrease the angle (toward the anchor bolts (A)).
- Adjust the length by modifying the position of the quick links (11) on the chain (15).
- **Imperatively tension the cables before any use.**

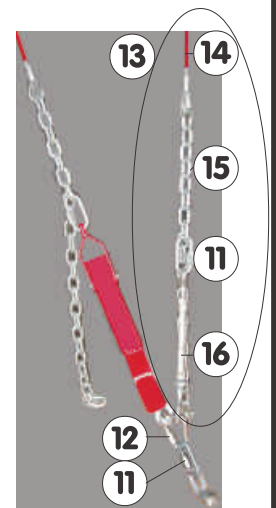


Figure 25

VI. Using the frame (see Fig. 26):

- The spotting rope (4) is fitted with a set of pulleys (18), (19), (24) and (25): strength reducing system, allowing an effortless spotting, regardless of the size (weight) of the gymnast.
- Depending on the use, various types of GYMNOVA belts (optional) may be used (Ref.: 2790A, 2792, 2795A, 2814, 2815A, 2819, 2820).

VII. 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:
 - the ropes (20) and (26), snap hooks (21) and pulleys (18), (19), (24) and (25).
 - the quick links (11) and (12) and all attachment elements for correct tightening.
- 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.

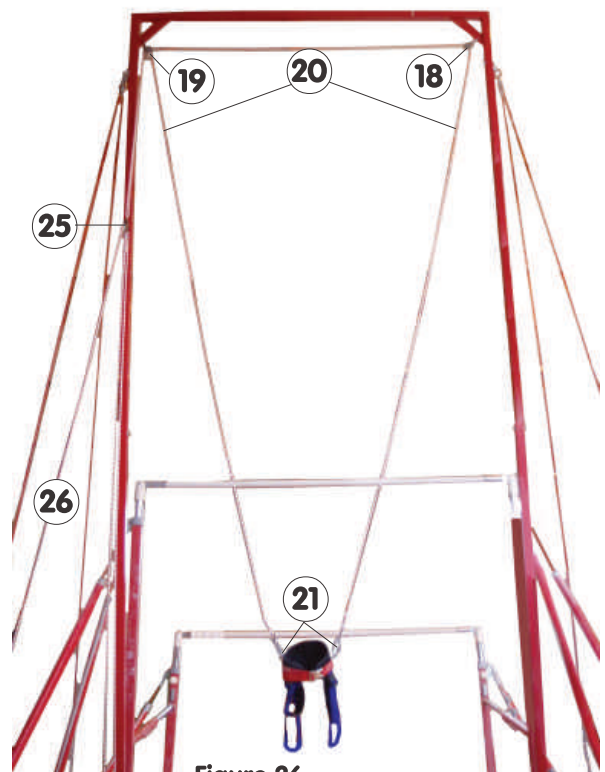


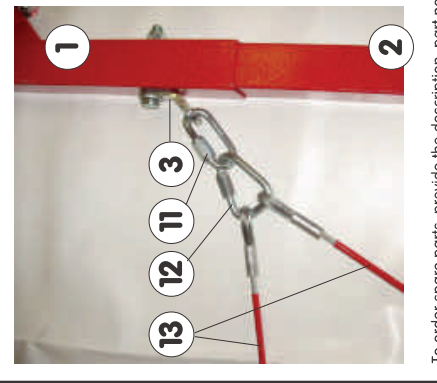
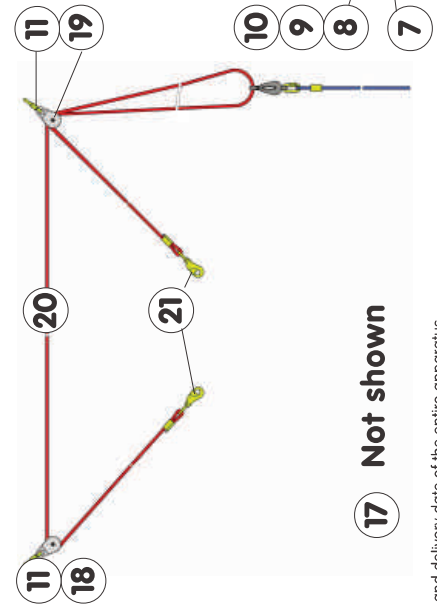
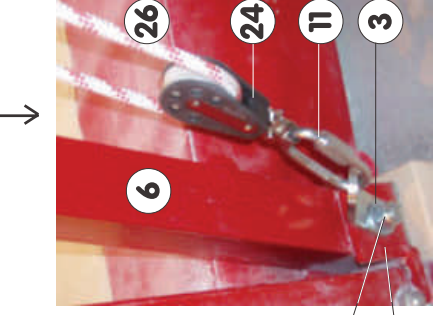
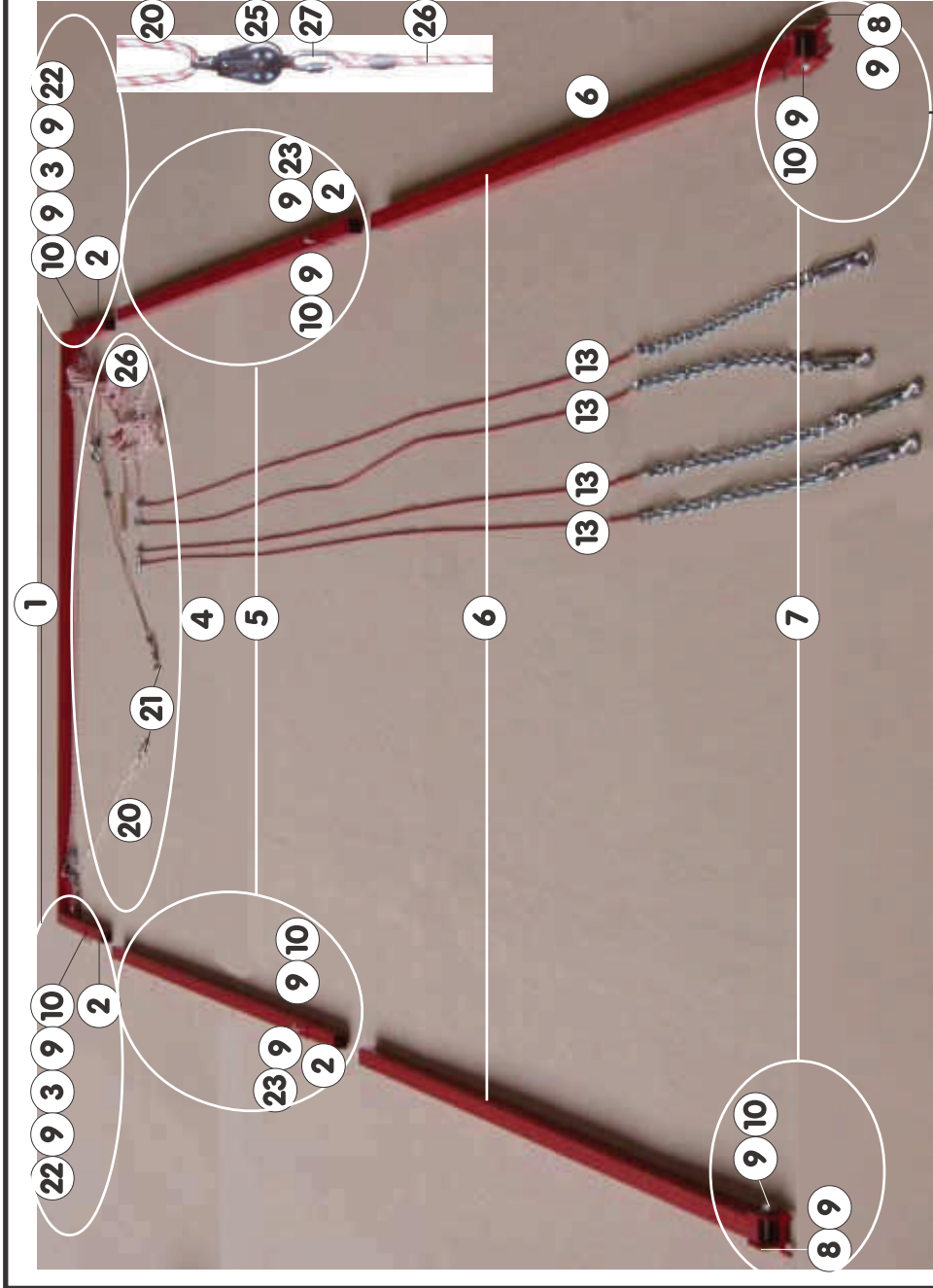
Figure 26

| ITEM | QTY | DESCRIPTION | REFERENCE | REMARKS |
|------|-----|-------------------------------|-------------|---------------------|
| 30 | - | - | - | - |
| 29 | - | - | - | - |
| 28 | - | - | - | - |
| 27 | 1 | Quick link No. 6 | QMRA00006Z | included in (4) |
| 26 | 1 | Pulley block rope | 2779/62 | included in (4) |
| 25 | 1 | 2-ring plastic pulley | QPOUS45142 | included in (4) |
| 24 | 1 | 1-ring plastic pulley | QPOUS45141 | included in (4) |
| 23 | 2 | HM12 x 70 screw | VH0012070Z | included in (5) |
| 22 | 2 | HM12 x 80 PF screw | VH0012080Z | included in (1) |
| 21 | 2 | Shackle snap hook | QMOLU03142Z | included in (4) |
| 20 | 1 | Belt hooking rope | 2779/61 | included in (4) |
| 19 | 1 | Dual bearing pulley | 371/16 | included in (4) |
| 18 | 1 | Single bearing pulley | 371/15 | included in (4) |
| 17 | 1 | Spotting wooden grip | 2260/05 | included in (4) |
| 16 | 4 | O/O turnbuckle | GTELE1012G | included in (13) |
| 15 | 4 | Apparatus chain only | - | included in (13) |
| 14 | 4 | Crimped cable only | - | included in (13) |
| 13 | 4 | Bracing cable assembly | - | each |
| 12 | 6 | Delta link | QMRADL08Z | - |
| 11 | 11 | Quick link No. 8 | QMRA00008Z | - |
| 10 | 6 | M12 H locknut | VEHF12000Z | - |
| 9 | 12 | M12 x 27 flat washer | VRP012270Z | - |
| 8 | 2 | HM12 x 90 PF screw | VH0012090Z | shoe spin axis |
| 7 | 1 | Pair of floor fastening shoes | 2779/60 | pack (+ screws) |
| 6 | 1 | Pair of lower uprights M'07 | 2779/25 | pack |
| 5 | 1 | Pair of upper uprights | 2779/30 | package (+ sleeves) |
| 4 | 1 | Rope only M'2007 | 2779/45 | pack |
| 3 | 3 | Bracing flat | X3210/12 | each |
| 2 | 4 | Sleeve only | - | each |
| 1 | 1 | Head + Sleeves M'2007 | 2779/65 | pack |

Gymnova
RUE GASTON DE FLOTTE
13012 MARSEILLE
Tel. : 33-(0)-4-91-87-51-20
Fax : 33-(0)-4-91-93-86-89

BY: J.BRIOT DATE: 07/12/07 NM217A Ref.: 2778A - 2779A
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**SPOTTING FRAME M'07
(ASYMMETRIC & HIGH BARS)**



17 Not shown

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