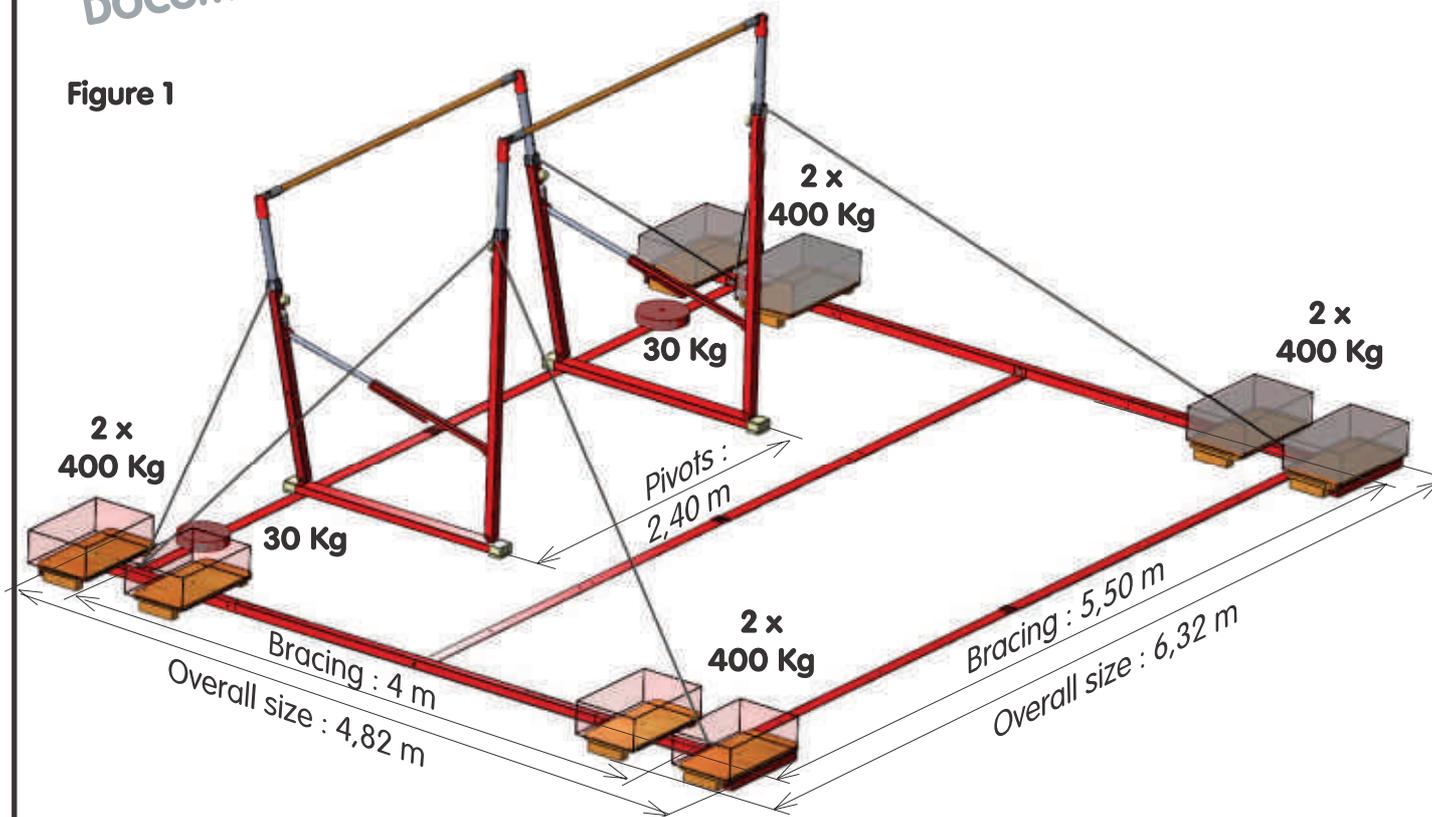


**WEIGHT-TYPE SELF-STABILIZING FRAME
M'2009****2751A****KEEP THIS
DOCUMENT****Figure 1****Warning:**

This equipment should be installed by a qualified individual.

This equipment should be used by only one person at a time, supervised by a qualified individual and with appropriate landing mats.

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

This frame is designed to support bracing of Gymnova apparatus with standard cabling.

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:

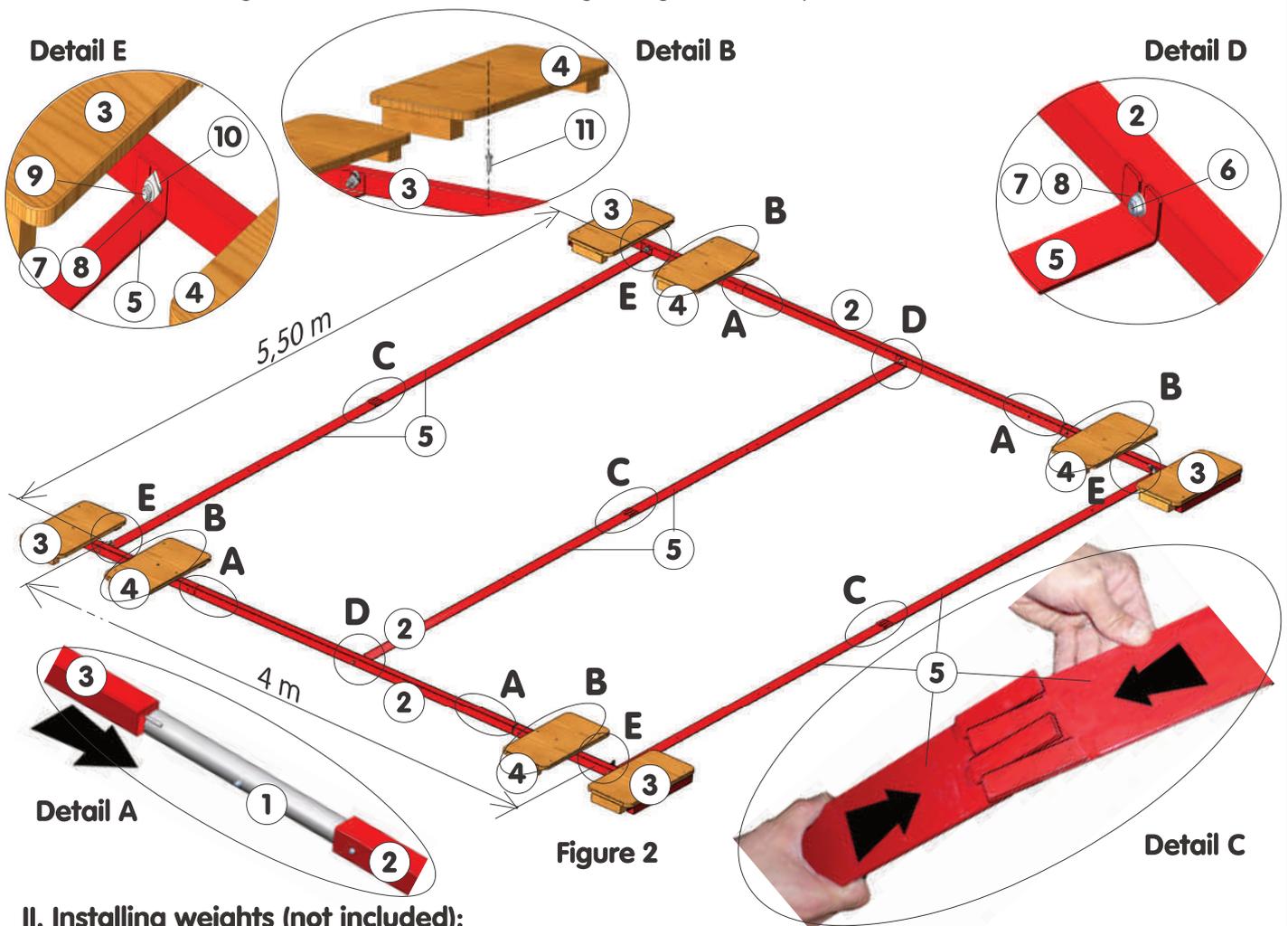
- 1 Pack (Ref.: 2751/10) -> Pair of center bars
Weight: 20 kg Dimensions: 2520 x 160 x 160 mm Volume: 0.064 m³
- 3 Packs (Ref.: 2751/20) -> Pair of transverse flats
Weight: 30 kg Dimensions: 2920 x 120 x 120 mm Volume: 0.042 m³
- 1 Pack (Ref.: 2751/30) -> Set of 4 connecting sleeves
Weight: 10 kg Dimensions: 1040 x 200 x 150 mm Volume: 0.031 m³
- 2 Packs (Ref.: 2751/50) -> Pair of weight supports
Weight: 39 kg Dimensions: 1160 x 1160 x 140 mm Volume: 0.188 m³

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

I. Assembling the frame (Figure 2):

Note: Prepare a clean area for assembling the apparatus.

- 1 - Assemble 2 connecting sleeves (1) to the ends of each center bar (2) as shown by **detail A**.
- 2 - Then, install 2 fixed weight supports (3) to each end of the sleeves (1). Position the removable weight supports (4) on the fixed weight supports (3) using the specific pivots (11) as shown by **detail B**.
- 3 - Assemble all 6 transverse flats (5) in pairs, as shown by **detail C**, then set them at right angle with regard to the center bars (2), referring to the overall layout shown by **Figure 2**.
- 4 - Align 2 flats (5) with the center of each center bar (2) to insert the screws (6) from outside the frame, through the assembly, before installing the washer (7) and the nut (8) (do not tighten) from inside the frame, as shown by **detail D**.
- 5 - Repeat the operation between both wooden plates of both opposite weight supports (3), using the screw (9), the bracing flat (10), the washer (7) and the nut (8), as shown by **detail E**.
- 6 - Correctly align the various frame components in order to obtain the 4 m and 5.50 m between the bracing flats (10) (check the 6.80 m diagonal, between nuts (8)), before tightening the assembly.



II. Installing weights (not included):

Position two 400 kg weight centered on each support as shown by **Figure 1**, as compactly as possible, in order to obtain a maximum stability. If the stabilizing frame is used with the asymmetric bars, add one 30 kg weight on each transverse flat (5) on short uprights side (see **Fig. 1**).

Maximal size of weight (in mm) : length = 650, width = 400, height = 250. Recommended material : stell

III. Installing the apparatus:

- 1 - Insert both specific pivots (11) shipped with the equipment, into the holes provided for this purpose on the transverse flats (5):
 - on 2 external flats for asymmetric bars with a 2.40 m center-to-center distance (Ref.: 3210);
 - on both center flats for ring frames with a 2.60 m (Ref.: 3700), or 4.27 m (Ref.: 3770) center-to-center distance;
 - on 2 external flats for asymmetric bars with a 2.40 m center-to-center distance (Ref.: 3010 & 3020).
- 2 - Depending on the intended usage, position the apparatus as shown by **Figure 1, 3, 4** or **5**.

IV. 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 the attachments (6), (7), (8), (9) and bracing flats (10);
 - visually inspect the wooden plates for weight supports (3) and (4) for correct condition.
- 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.

V. Usage cases:

1 - Bracing of Competition (Ref.: 3010) and Top level competition (Ref.: 3020) high bars with standard cabling (Ref.: 301).

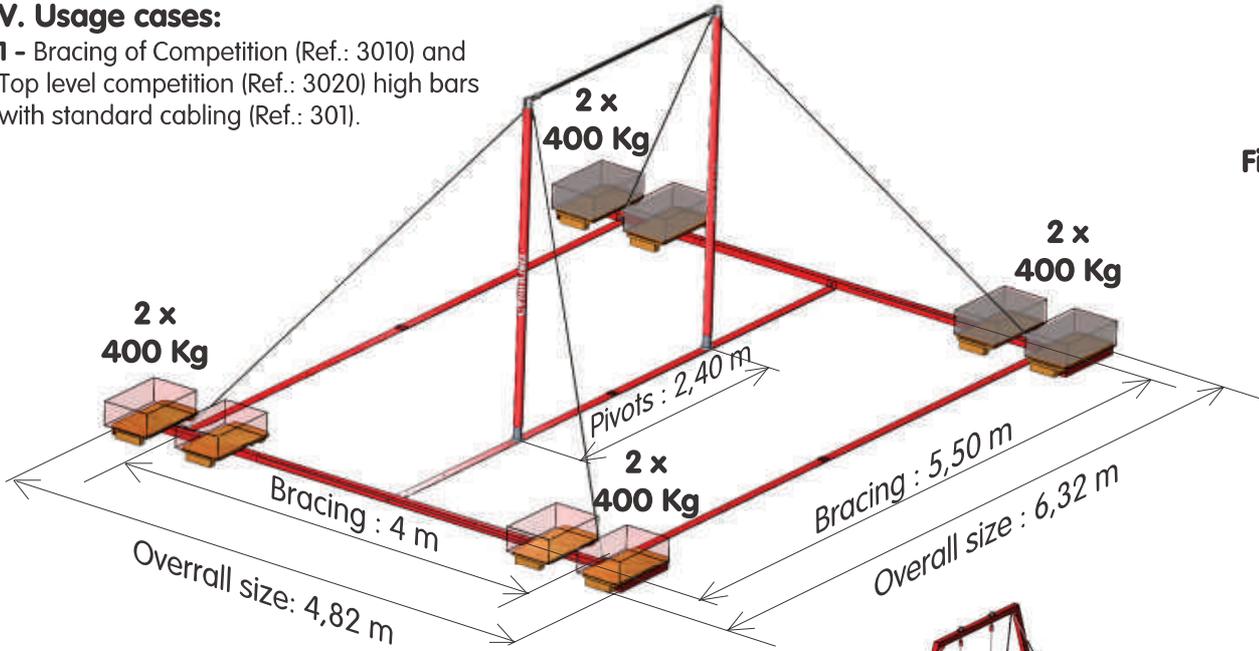


Figure 3

2 - Bracing of competition ring frame (Ref.: 3700) with standard cabling (Ref.: 3700/20).

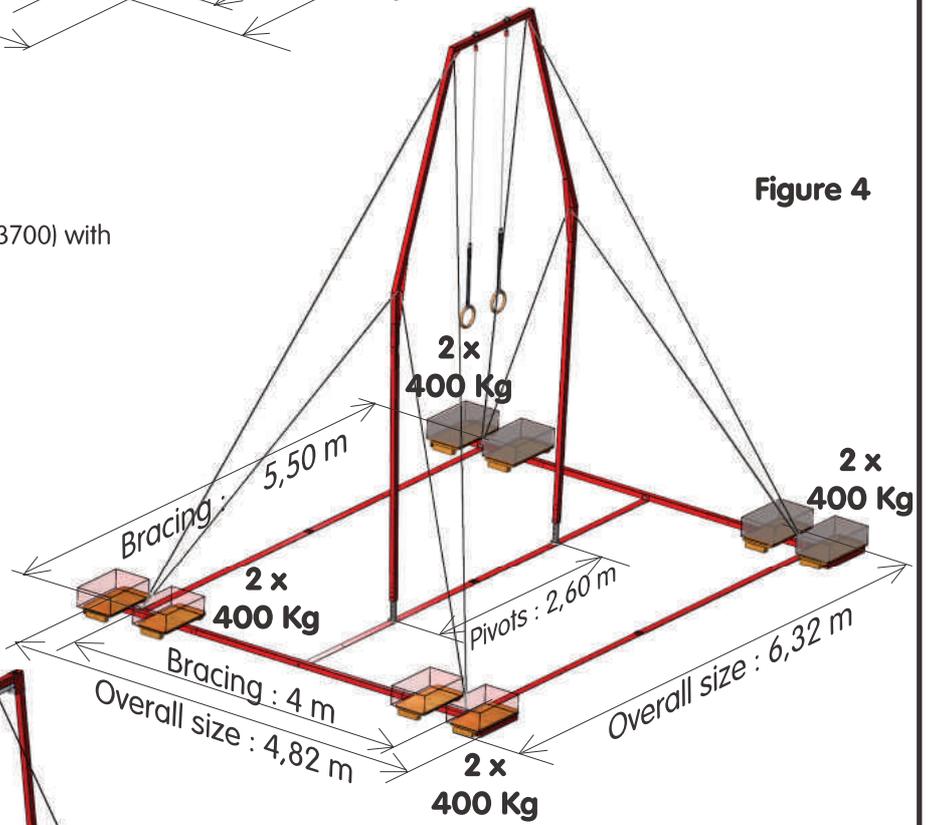


Figure 4

3 - Bracing of elastically adjustable competition ring frame (Ref.: 3770) with standard cabling (Ref.: 3700/20).

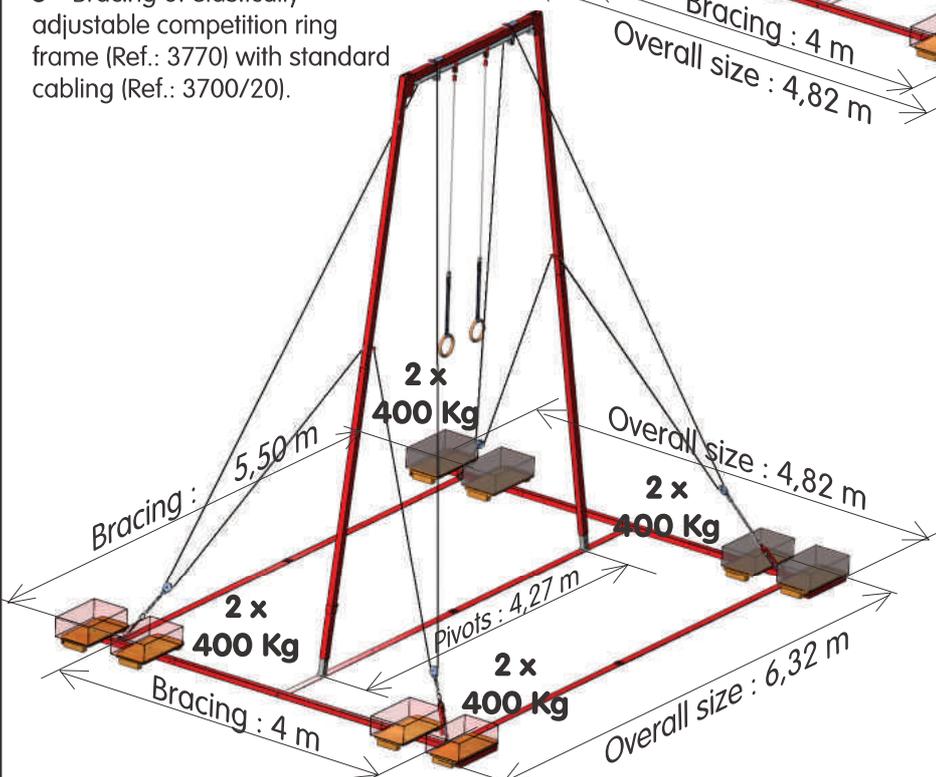


Figure 5

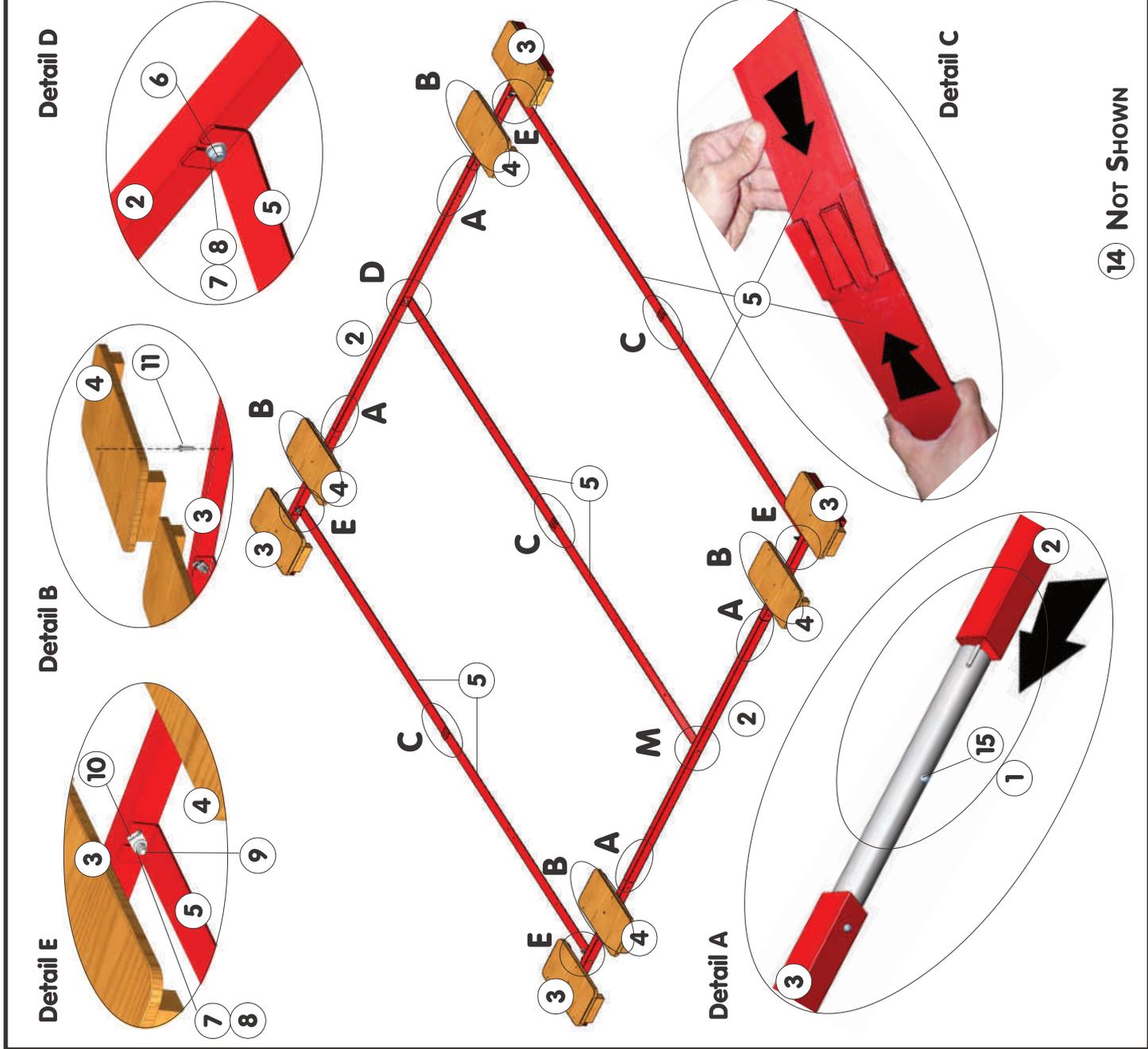
ITEM	QTY	DESCRIPTION	REFERENCE	REMARKS
30	-		-	-
29	-		-	-
28	-		-	-
27	-		-	-
26	-		-	-
25	-		-	-
24	-		-	-
23	-		-	-
22	-		-	-
21	-		-	-
20	-		-	-
19	-		-	-
18	-		-	-
17	-		-	-
16	-		-	-
15	8	Locating pawl	5000/06	each
14	8	60 x 60 Finned endpiece	QEPA6060NO	each
13	1	Set of 4 bracing flats	3210/40	Service kit
12	2	Pair of bracing flats	3210/20	Service kit
11	2	Pivot, frame-specific		each
10	4	Bracing flat		each
9	4	H M12 x 90 ZP screw	VH0012090Z	each
8	6	M12 H galvanized locknut	VEHF12000Z	each
7	6	M12x27 galvanized flat washer	VRP012270Z	each
6	2	H M12 x 80 ZP screw	VH0012080Z	each
5	6	Transverse flat		each
4	4	Removable weight support		each
3	4	Fixed weight support		each
2	2	Center bar		each
1	4	Connecting sleeve		each

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

**WEIGHT-TYPE SELF-STABILIZING FRAME
 M'2009**

BY : J.BRIOT DATE: 15/07/09 NM236a Ref.: 2751A

THIS DOCUMENT IS THE PROPERTY OF GYMNNOVA. IT IS CONFIDENTIAL AND SHALL NOT BE REPRODUCED WITHOUT PRIOR AUTHORIZATION.



14 NOT SHOWN