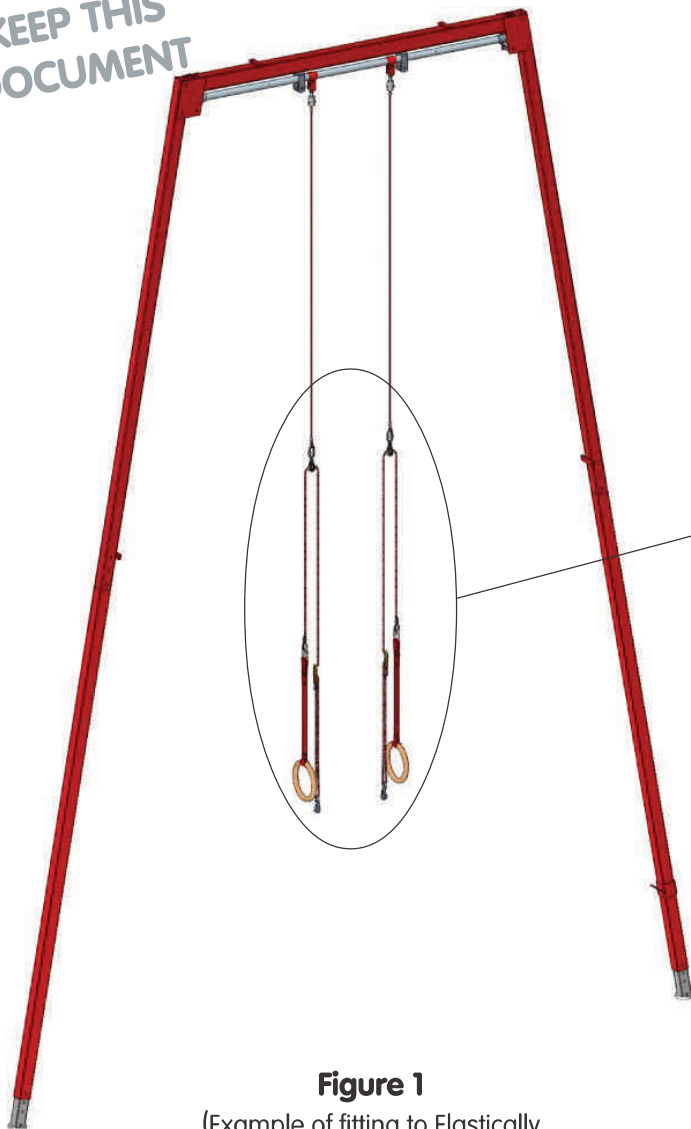
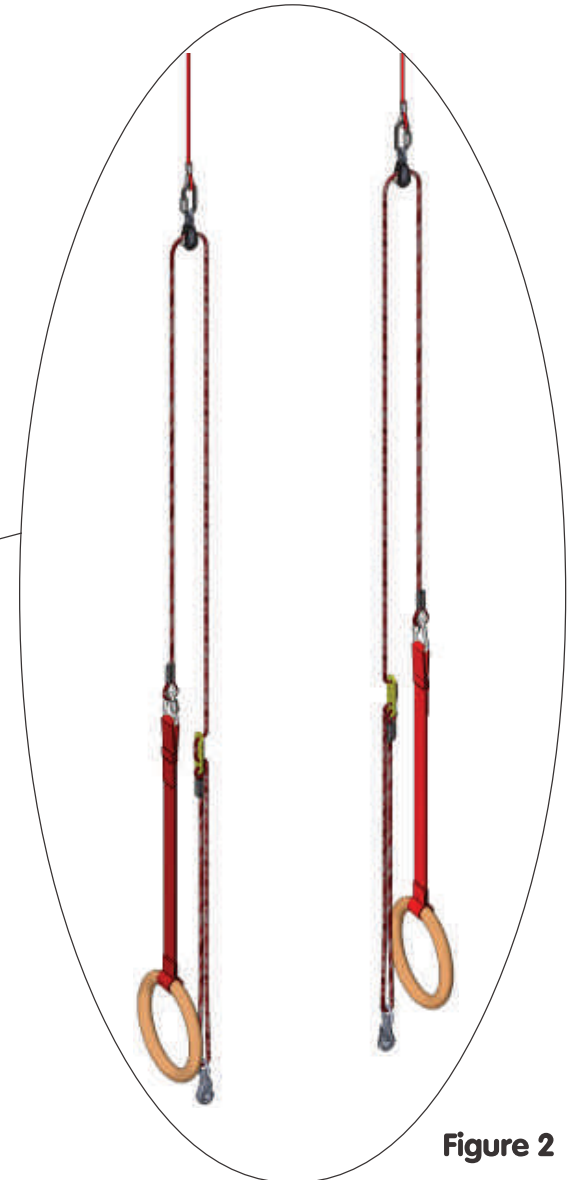


FIFTY-FIFTY FOR M'2007 RINGS**3795****KEEP THIS
DOCUMENT****Figure 1**

(Example of fitting to Elastically adjustable ring frame, ref.: 3770)

**Figure 2****Warning:**

This equipment should be installed by a qualified individual.

This 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 suitable for fitting to all ring frames (ref.: 3700 & 3770), wall brackets (ref.: 3750), inverted frames (ref.: 3765 & 3768) and suspended rings (ref.: 3761). It is nevertheless necessary for the initial height of the rings off the floor to be 2.80 m to enable the Fifty-Fifty to be used over its full range of adjustment.

This equipment is also suitable for all GYMNOVA belts (ref.: 2840 - 2814 - 2815 - 2819 & 2820).

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.

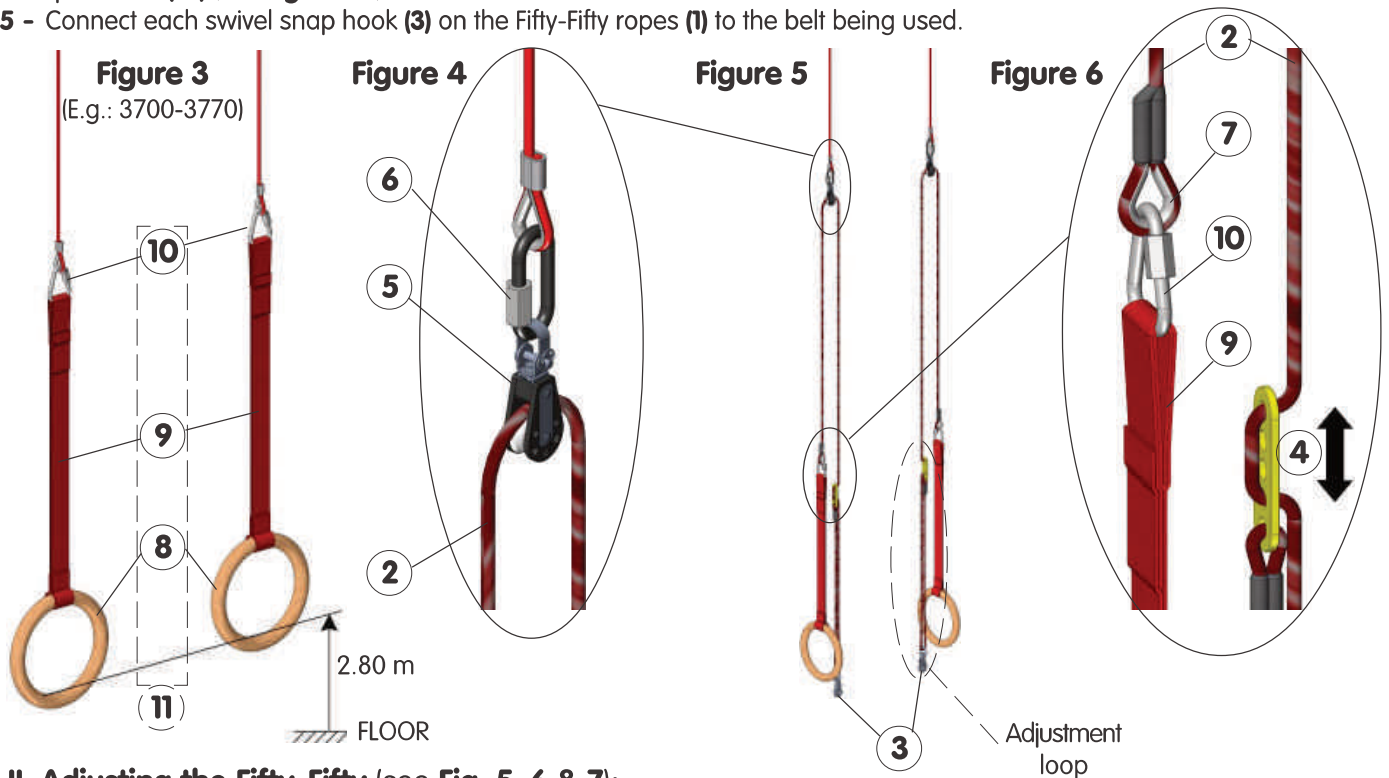
Packaging:

- 1 Pack (ref.: 3795): Fifty-fifty M'07 rings

Weight: 4 kg (8.82 lb) Dimensions: 150 x 130 x 170 mm (0.492 x 0.426 x 0.558 ft) Volume: 0.0033 m³ (0.116 ft³)

I. Assembling the Fifty-Fifty (see Fig. 1 to 6):

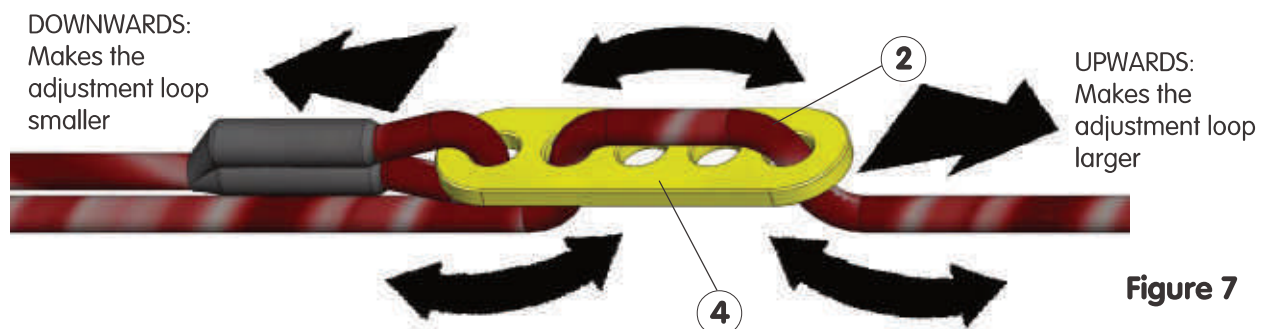
- 1 - Ensure that rings (8) are 2.80 m above the floor. If they are not, set the height of the rings to this value (on the wall bracket and suspended rings).
- 2 - Remove the rings with straps (11) via the delta quick links (10) (see Fig. 3): from the ends of the cables on both types of frame (ref.: 3700 - 3770 - 3765 - 3768) or from the ring swivel pins on the brackets and suspension units (ref.: 3750 - 3761).
- 3 - Attach quick link (6) on the Fifty-Fifty ropes (1) to each end of the cables or swivel pins. The nut on each quick link (6) should be tightened with a wrench in a downward direction (see Fig. 4 & 5).
- 4 - Attach the rings with straps (11) to the ends of the Fifty-fifty ropes (1) (crimped end with thimble (7)), using the delta quick links (10) (see Fig. 5 & 6).
- 5 - Connect each swivel snap hook (3) on the Fifty-Fifty ropes (1) to the belt being used.



II. Adjusting the Fifty-Fifty (see Fig. 5, 6 & 7):

Once the Fifty-fifty has been set up, the height of the rings (8) can be adjusted relative to that of the belt to suit the different sizes of gymnast:

- 1 - Fasten the belt around the waist. Attach the swivel snap hooks (3) on the Fifty-Fifty ropes (1) either side of the belt.
- 2 - Increase or reduce the height of the rings (8) to suit use by running the static rope (2) through the 5-hole tensioner (4) as shown in Figure 7: this makes the adjustment loop larger or smaller.



III. Maintenance:

- 1 - Cleaning the apparatus regularly will make it easier to spot any problems (distortion, breakage or corrosion).
- 2 - Before use, fully check wearing parts and safety features each time for proper condition and operation:
 - all components that make up the ropes (static rope (2), swivel snap hooks (3), 5-hole tensioners (4), single pulley swivel (5) and quick links (6), thimbles (7) and crimps), and the pair of rings (11).
 - check quick links (6) and (10) for tightness.
- 3 - **Important:**
 - If a problem is found or suspected, do not use the equipment until it has been checked by a technician.
 - Any damaged or distorted component should be replaced as soon as possible.

IV. Storage:

Always store the equipment away from moisture and heat.



ITEM	QTY	DESCRIPTION	REFERENCE	REMARKS
30	-	-	-	-
29	-	-	-	-
28	-	-	-	-
27	-	-	-	-
26	-	-	-	-
25	-	-	-	-
24	-	-	-	-
23	-	-	-	-
22	-	-	-	-
21	-	-	-	-
20	-	-	-	-
19	-	-	-	-
18	-	-	-	-
17	-	-	-	-
16	-	-	-	-
15	-	-	-	-
14	-	-	-	-
13	-	-	-	-
12	-	-	-	-
11	-	Pair of rings with straps	3720	pack (not supplied)
10	-	Delta quick link No.8	QMRADL08Z	included in (11)
9	-	Red strap for ring	-	included in (11)
8	-	Wooden ring 236dia.x180x28	-	included in (11)
7	2	Thimble 8dia.	-	included in (11)
6	2	Quick link No.8	QMRA00008Z	included in (11)
5	2	Single pulley swivel	-	included in (11)
4	2	5-hole tensioner	-	included in (11)
3	2	Swivel snap hook	-	included in (11)
2	-	Static rope 8dia.	-	included in (11)
1	2	Ropes for Fifty-fifty M'07	3795/10	each

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FIFTY-FIFTY FOR M'2007 RINGS

BY: E.BRIEU DATE: 08/09/08 NM241 Ref.: 3795

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8 9 10 11 NOT SHOWN

To order spare parts, provide the description, part no., and delivery date of the complete unit.