

## **ASSEMBLY INSTRUCTIONS**

NM37j

04/12/06

# ELASTICALLY ADJUSTABLE RING FRAME M'2000

3770A





# 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.

## **Compliance:**

This equipment complies with the requirements of the European standards EN 913 "Gymnastic equipment - General safety requirements and test methods" and EN 12655 "Gymnastic equipment - Rings - Safety requirements and test methods". This equipment is F.I.G. approved.

#### **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.

#### Weight of the apparatus:

Ref.: 3770A -> 132 kg (291.01 lb)

## **Overall size:**

- Apparatus without cabling: 4.37 x 0.10 m (172.05 x 3.94 in)
- Apparatus with standard cabling:  $5.50 \times 4.00 \text{ m}$  (216.54 x 157.48 in)

# Frame height:

- Maximum frame height: 6.02 m (237.01 in)

# Packaging:

Package Ref.	<b>377/02</b> Upper upright of dynamic frame	<b>3770/03</b> Lower upright of dynamic frame	<b>377/00</b> Head of dynamic frame	3770/14 Pair of ring + straps + cabling	<b>3770/10</b> Bracing cables of ring frames	No. of Packages
<b>3770A</b> Elastically adjustable ring frame	2	2	1	1	1	7
Volume (ft³) Weight (lb) Dimensions (in)	1.1265 46.30 126.77 x 4.33 x 3.54	1.8081 52.91 120.08 x 5.51 x 4.72	4.2734 57.32 99.21 x 6.30 x 11.81	0.4485 6.61 14.17 × 12.60 × 4.33	0.8475 28.66 15.75 x 11.81 x 7.87	X

## I. Preparing the cables:

Refer to the Assembly Instructions NM181.

II. Assembling the apparatus (minimum of six people required) (see Fig. 1):

**Note:** Prepare a clean area for assembling the apparatus. Before starting the assembly, select the most easily accessible side to install the elasticity adjustment system.

- 1 Fit the frame head (1) and upper uprights (2) on the floor, then secure them using screws (23) and (24).
- 2 Fit the cable tightener (12) onto the lower upright (3).
- 3 Fit the lower uprights (3).
- 4 Slighly tension the elasticity adjustment cable (14), then attach the tightener (12) and tighten the screw (13) using the wrench provided for this purpose.
- 5 In order to obtain the 2.80 m prescribed height for the rings with regard to the floor, install the attachment elements (21) + (23) at the bottom of uprights (3) into the 4th hole of the sliding tubes (4) (3 visible holes). Moderately lock the attachment elements (21) + (23).
- 6 Install the rings together with their cables (5) on the frame head (1): tighten each pivot (8) as shown in the detail of Figure 1, until abutting against the locknuts (9), taking care not to modify their position (factory adjustment), then install the safety pin (10).
- 7 Install the pivots (19) into their housings on the floor, in line with the plotting, or position the spacing cable (20) at the bottom of the sliding tubes, (4) and lock it using the attachment elements (25) + (23).

# III. Assembling, adjusting and tightening the cables:

**Important:** When the vertical position of the frame is adjusted, and before tightening the cables, do not forget to lock all the attachment elements on floor. Refer to the Assembly Instructions NM181.

## IV. Adjusting the elasticity (see Fig. 2 and Fig. 3):

- 1 Position the self-adhesive strip with graduation marks (17) so that mark "1" is facing the upper hand grip. This corresponds to the maximum adjustment of the frame flexibility (maximum spacing of silent-blocs (11) on the frame head (—>+1).
- 2 Then, position the arrow of the adjustment self-adhesive strip (18) opposite mark "20", which corresponds to the approved flexibility of the ring frame for competition (F.I.G. position).
- **3** Operate hand grips to obtain the flexibility degree required.

## V. Adjusting the height:

- 1 Loosen the cables (25) using the quick tighteners (see NM181).
- 2 Slightly lift the upright (3) to remove the attachments (21) + (23) at the bottom of the uprights (3).
- 3 Raise or lower the uprights (3) until the bar is at the desired height.
- 4 Install the attachment elements (21) + (23) at the bottom of the uprights (3) into the hole of the sliding tubes (4) corresponding to the desired height. Moderately lock the attachment elements (21) + (23).

**Important:** Check that both sliding tubes (3) are adjusted to the same height - this is mandatory.

**5** - Retighten the cables **(25)** using the quick tighteners.

### VI. Adjustment values (see Fig. 4):

Ring height: **1st hole** = 2.65 m **2nd hole** = 2.70 m **3rd hole** = 2.75 m **4th hole** (F.I.G.): = 2.80 m **5th hole** = 2.85 m **6th hole** = 2.90 m

#### **VII. Maintenance:**

- 1 A regular cleaning of the apparatus allows better viewing of the problems, if any (distortion, breakage, or corresion)
- **2** Before use, check wear parts and safety elements each time for good condition and operation:
  - pads (7), the elasticity adjustment system (hand grips move on all the adjustment space),
  - all the bracing cable elements (cables, tighteners, quick links locked, etc.).
  - complete rings (5): cables (no shreded), straps (no cut seams), and swivel pins (tightened). We recommend to change them regularly as required by usage frequency (at least every 3 years).
- 3 Check the tightening of cables (25) and closure of quick links, ... (see NM181), before each use.
- 4 Check the correct tightening of all attachment elements (8) + (13) + (21) + (14) + (24) and the locking of anchors.
- 5 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.

#### VIII. Storage:

Always store the equipment away from humidity and heat.

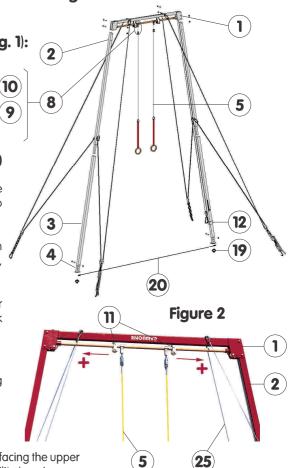
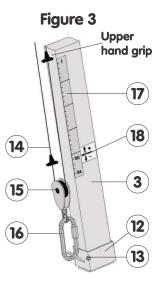
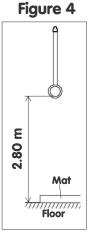


Figure 1





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