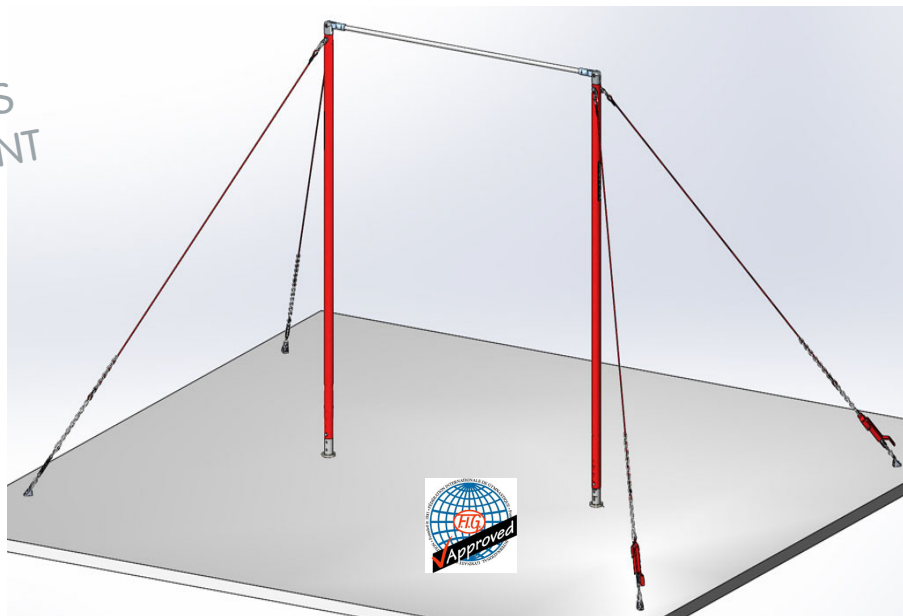


# "LONDON" & "MONTREAL" COMPETITION HIGH BARS

## 3020F - 3025F 3030 - 3035

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.

### Compliance:

This equipment complies with the requirements of the European standard EN 913 "Gymnastic equipment - General safety requirements and test methods" and EN 12197 "Gymnastic equipment - High Bars - Safety requirements and test methods". These equipments (References: 3020F & 3030 are F.I.G. approved).

### 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.

### Weight of the apparatus:

Ref.: 3020F → 49 kg

Ref.: 3025F → 48 kg

Ref.: 3030 → 49 kg

Ref.: 3035 → 48 kg

### Overall size:

- Apparatus without cabling: 2.47 x 0.10 m (distance between hand-rails: 2.40 m)
- With standard cabling: 5.50 x 4.00 m
- With short cabling: 4.00 x 2.00 m

### Packaging:

Ref.	Package	3020/51 Upright + slider comp. High Bars	3110 Handrail for High Bars	3117 Handrail with safety cable for High Bars	3011B Standard cable system for High Bars	3012B Short cable system for High Bars	No. of Packages
3020F	"London" Comp. High Bar Standard cable system	2	1	-	1	-	4
3025F	"London" Comp. High Bar Short cable system	2	1	-	-	1	4
3030	"Montreal" Comp. High Bar Standard cable system	2	-	1	1	-	4
3035	"Montreal" Comp. High Bar Short cable system	2	-	1	-	1	4
	Volume (m <sup>3</sup> ) Masse (kg) Dimensions (mm)	0,06 17 2750x150x150	0,01 12.6 2500x70x70	0,01 12.6 2500x70x70	0,02 10.4 500x280x110	0,02 7.4 510x290x110	X

## I. Preparing the cables:

- Standard cable system (Ref.: 3011B) : Refer to the Assembly Instructions NM180.
- Short cable system (Ref.: 3012B) : Refer to the Assembly Instructions NM179.

## II. Assembling the apparatus (minimum ):

**Note:** Prepare a clean area for assembling the apparatus.

- 1/ Position the hand-rail (3 or 3') on the floor, to view the spacing of uprights (1).
- 2/ Lay both uprights (1) parallel on the floor.
- 3/ On the top of each upright (1), mildly unscrew the bolting (10) and (11), then to allow bracing flats (9) to orient with the cables (see Fig. 1).
- 4/ Install the hand-rail (3 or 3') into the caps (4) of uprights (1) then tighten using the screws (5), (6), (7) and (8).
- 5/ To obtain the 2.80 m prescribed height for the hand-rail (3 or 3'), install the attachments (13) + (14) at the uprights (1) bottom into the 3rd hole of the sliding tubes (2). Moderately lock the attachments (13) + (14) (see Fig. 2).
- 6/ Install the pivots (20) into their housings on the floor, in line with the plotting.

## III. Assembling, adjusting and tightening the cable system:

**Important:** When the vertical position of the uprights (1) is adjusted, and before tightening cables, do not forget to lock the bracing flats (9) (on top of the uprights).

- Standard cable system (Ref.: 3011B): Refer to the Assembly Instructions NM180.
- Short cable system (Ref.: 3012B): Refer to the Assembly Instructions NM179.

## IV. Adjusting the height (see Fig. 2):

- 1/ Loosen the cabling (15) or (16) using the quick tighteners (see NM180 or NM179).
- 2/ Slightly lift the upright (1) to remove the attachments (13) + (14) at the bottom of the uprights (1).
- 3/ Raise or lower the uprights (1) until the bar is at the desired height.
- 4/ Install the attachments (13) + (14) at the bottom of the uprights (1) into the hole of the sliding tubes (2) corresponding to the desired height. Moderately lock the attachment elements (13) + (14).

**Important:** Check that both uprights (1) are adjusted to the same height (horizontal hand-rail) - this is mandatory.

- 5/ Retighten the cables (15) or (16).

## V. Adjustment values (as shown on sliders):

Height of hand-rail: 1st hole = 2.70 m, 2nd hole = 2.75 m,  
F.I.G. height: 3rd hole = 2.80 m, 4th hole = 2.85 m

## VI. Usage:

For safety reasons, do not use abrasive materials on the hand-rail, in order to avoid modifying the mechanical properties of the steel (warranty validity).

### VERY IMPORTANT:

- Do not install the removable access platform (Ref.: 2720) on the uprights of this apparatus.
- We recommend changing the hand-rail (3 or 3') at least every 3 years.

## VII. Maintenance:

- Before use, check the state of wear parts and safety parts each time: cables (closure of quick links, ... see NM180, see NM179) and hand-rail (to be periodically replaced depending on usage).
- Maintain the hand-rail (3 or 3'): remove the attachments (6) + (8), clean (magnesium deposits), mildly lubricate the hand-rail ends, the caps (4) and the spacers (5), then re-install the hand-rail (see Fig. 1).
- Check the cable system tightening.
- Check the tightness of all attachment elements (6) + (8), (10) and (13) + (14).

Figure 1

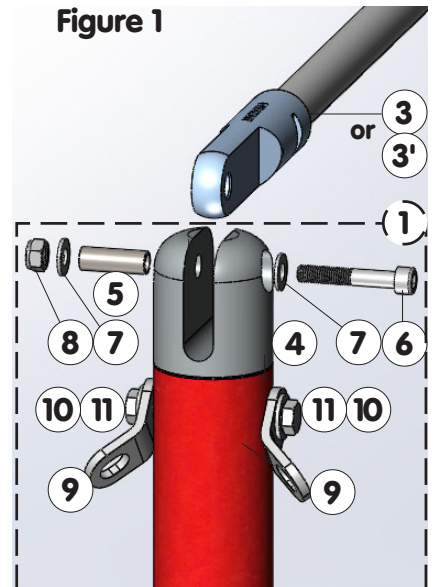
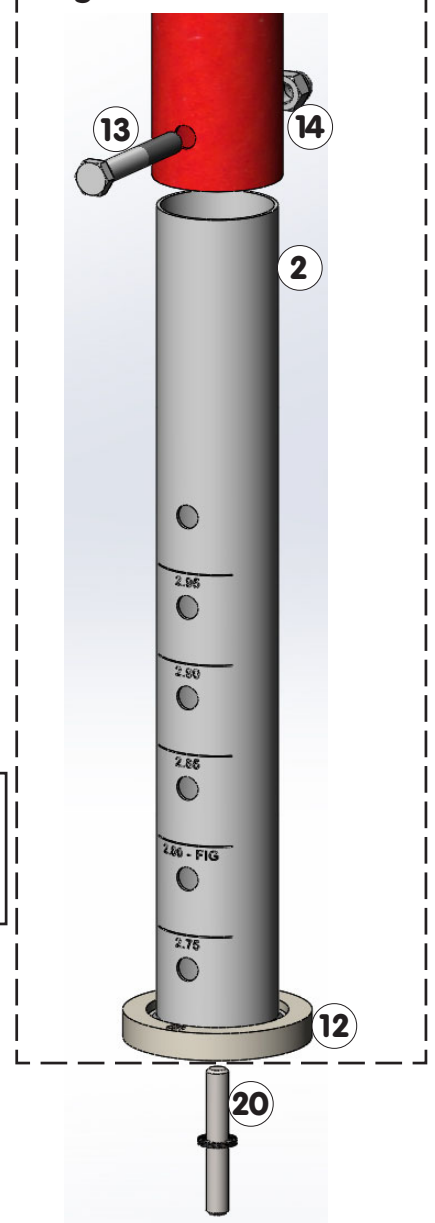
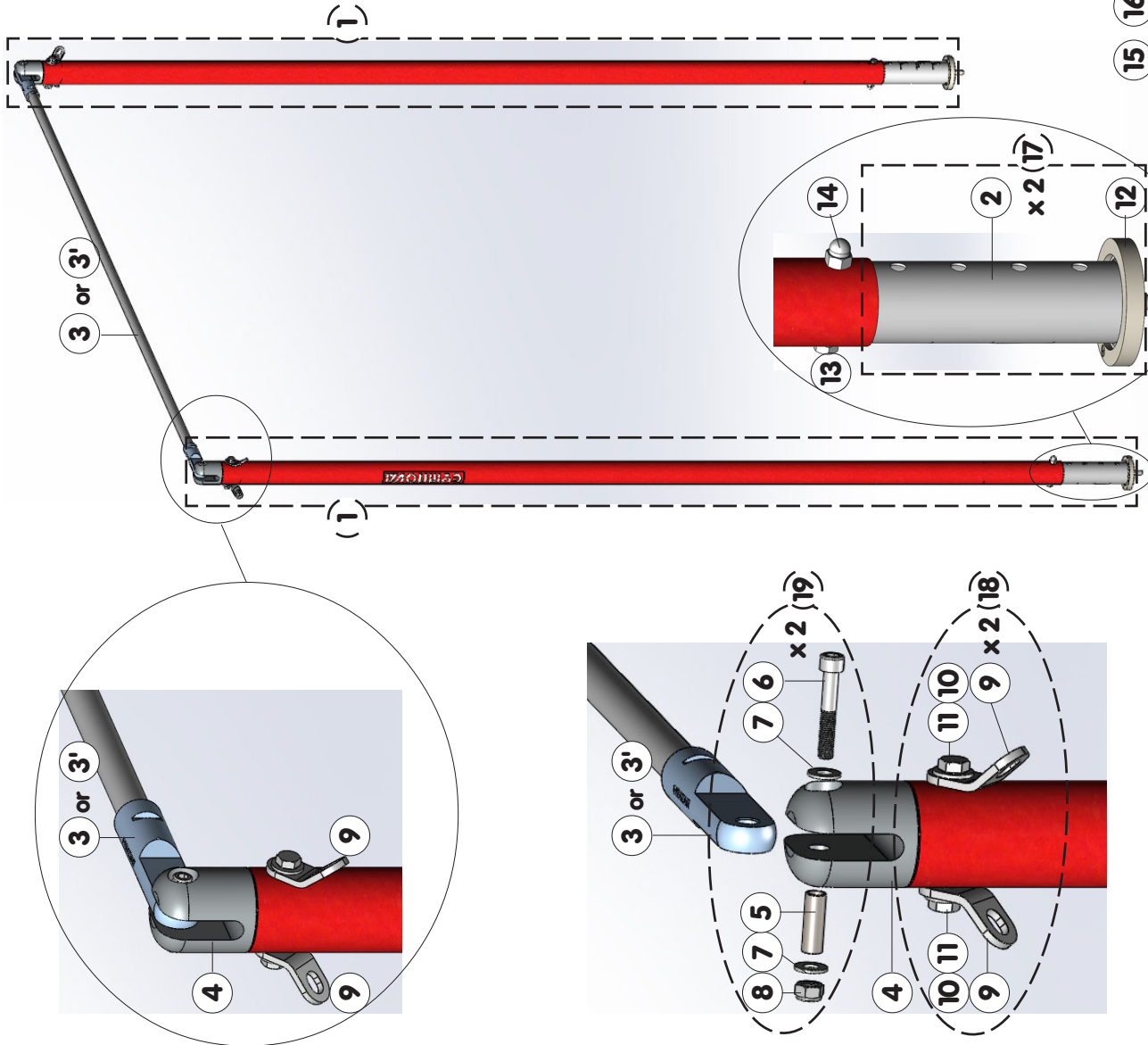


Figure 2



ITEM	QTY	DESCRIPTION	REFERENCE	REMARKS
29	-	-	-	-
28	-	-	-	-
27	-	-	-	-
26	-	-	-	-
25	-	-	-	-
24	-	-	-	-
23	-	-	-	-
22	-	-	-	-
21	-	-	-	-
20	-	Support pivot HB & ABars	328/02	each
19	1	Pair Spacers for HR caps	3020/17	Service kit
18	1	Bracing kit Comp HBar	3020/54	Service kit
17	1	Pair engraved sliders HBar	3020/52	Service kit
16	1	Short cables system - HBar	3012B	see NM179
15	1	Standard cables system - HB	3011B	see NM180
14	2	M12 Cap Nut	VEBR12000Z	included in 1
13	2	M12x80 H screw	VH0012080Z	included in 1
12	2	High Bar pad	370/05	each-included in 1
11	4	12x27 flat washer	-	included in 1 & 18
10	4	M12x25 H screw	-	included in 1 & 18
9	4	Bracing flat	-	included in 1 & 18
8	2	M10 H locknut	-	included in 1 & 19
7	4	10x22 flat washer	-	included in 1 & 19
6	2	M10x60 CHC screw	-	included in 1 & 19
5	2	Spacer for cap Comp. HBar	-	included in 1 & 19
4	2	Complete cap Comp. HBar	3020/35	each
3'	1	Hand-rail safety cable Comp HB	3117	pack
3	1	Hand-rail Comp. HB	3110	pack
2	2	Engraved slider Comp. HBar	-	included in 1 & 17
1	2	Upright + Slider Comp. HBar	3020/51	pack

## "LONDON" & "MONTREAL" COMPETITION HIGH BARS



To order spare parts, please provide the description, reference and delivery date of the entire apparatus.  
Constantly aiming to improve our products, we reserve the right to make changes to the equipment and dimensions without further discussion.

PAR : M-CHARBONNEAU LE : 14/07/17 NM96C-GB

Refs. : 3020F - 3025F - 3030 - 3035

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