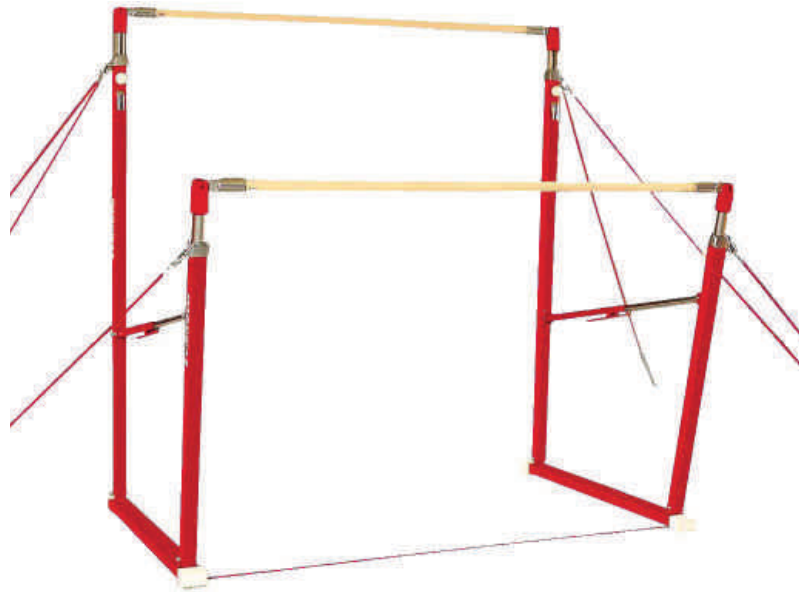


**TRAINING UNEVEN PARALLEL BARS  
WITH STAYS**

**3270A  
3275A**

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.

Do not use the equipment when the cables are slack.

You are strongly advised against climbing on the spreaders (8).

**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.: 3270A → 185.2 lb	Ref.: 3275A → 187.4 lb
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**Overall size:**

- Apparatus without cabling: 2.50 x 1.50 m (8.20 x 4.92 ft)
- With standard cabling: 5.50 x 4.00 m (18.04 x 13.12 ft)
- With short cabling: 4.00 x 2.10 m (13.12 x 6.89 ft)

**Packaging:**

Colis Réf.	3260/02 Pair of Hand-rails M'05	433/05 Spreaders (2) + Bases (2)	327/00 4 Uprights Training Bars	3203A Standard Cabling M'07	3204A Short Cabling M'07	No. of Packages
<b>3270A</b> Training B.# Standard Cabling	1	1	1	1	-	4
<b>3275A</b> Training B.# Short Cabling	1	1	1	-	1	4
<b>Volume (ft³)</b>	0.8652	2.38	2.91	0.58	0.60	X
<b>Weight (lb)</b>	15.43	63.93	79.37	26.45	28.66	
<b>Dimensions (in)</b>	98.4 x 5.5 x 2.8	60.6 x 9.05 x 7.5	81.1 x 7.87 x 7.87	20.1 x 11.4 x 4.33	20.1 x 11 x 4.72	

## I. Preparing the cables:

- Standard cabling (Ref. : 3203A): refer to the Assembly Instructions NM177.
- Short cabling (Ref. : 3204A): refer to the Assembly Instructions NM178.

## II. Assembling the apparatus (minimum of two people) with Fig. 1 & 2:

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

- 1 - Place the support cable (18) on the floor aligned on the mark, or support pivots (19) in their holes.
- 2 - Position the bases (1) in the support pivots (19) or on the fingers of the support cable (18).
- 3 - Locate and remove the screws (4) + (5) from the bases (1).
- 4 - Assemble the tall uprights (6) then the short uprights (7) on each base (1) using the screws (4) and the nuts (5) making sure that the spacers (3) remain in position. Firmly tighten the screws.

**Be careful,** uprights have to be assembled in the right way:

- Tightening thumbscrews (12) of (6) and (7) uprights on the same base (1) have to be opposite each other.
  - The stay wire attachment rings of the aluminium cups (13) are towards the outside of the apparatus.
- 5 - Check that sliding tubes (14) are locked, then adjust the swivel heads (15) to receive the hand-rails (16).
  - 6 - Assemble each extremity of the hand-rails (16) in swivel heads (15) notches (adjust the joint of the handrail wooden veneering towards the bottom), then lock them with the stainless steel pins (17).
  - 7 - Attach the spreaders (8) (lever towards the bottom, sliding tube on the side of the short upright (7)) on the uprights (6) et (7) with the screws (10) and the nuts (5). Tighten the screws in moderation.

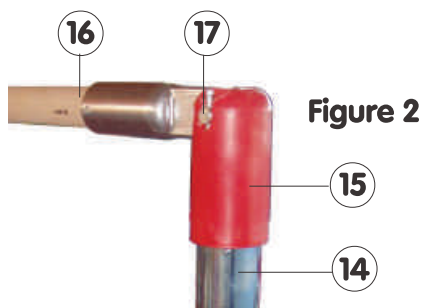
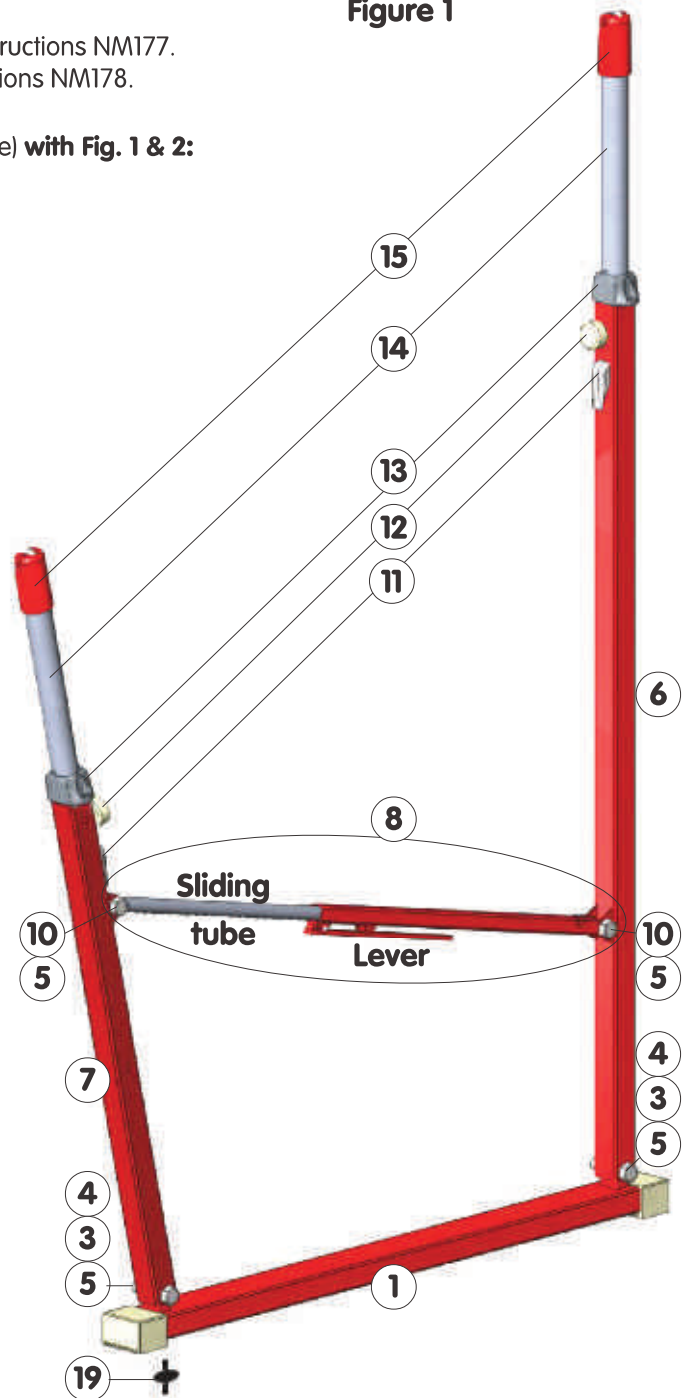


Figure 2

Figure 1



## III. Assembling, adjusting and tightening the cables:

- Standard cabling (Ref. : 3203A): refer to the Assembly Instructions NM177.
- Short cabling (Ref. : 3204A): refer to the Assembly Instructions NM178.

## IV. Adjusting the height (see Fig. 3 and Fig. 4):

- 1 - Loosen the cables matching to the hand-rail (16) to adjust using the quick tighteners (cf. NM177 ou NM178).
- 2 - Unlocking: Loosen the thumbscrews (12) by 2 to 3 turns on both of the uprights (6) or (7).
- 3 - Freeing the pistons: press and hold down the pawl (11).
- 4 - Raise or lower the sliding tube in question (14) until the bar is at the desired height (corresponding marking).
- 5 - Locking: Tighten the thumbscrews (12), after check the correct catching\* of the pawls (11).
- 6 - Retighten the cabling (20) or (21) using the quick tighteners.

### Important:

- \*Catching : make sure of the height is locked, checking each pawl (11) leans on the uprights (6) or (7). In this position, the sliding tubes (14) must neither move up nor move down.
- Check that both uprights on a single hand-rail (16) are adjusted to the same height (horizontal hand-rail) - this is mandatory.

## V. Adjusting the distance between the bars

(two people advised):

- 1 - Adjustment is possible without loosening the cabling: press the lever of the 2 spreaders (8) in the same time.
- 2 - Adjust the distance wanted matching the graduation, pushing or pulling the short upright (7).
- 3 - Release the spreader lever (8).
- 4 - Make sure that the spreader (8) is locked: the piston pin must be correctly engaged.

**Important:** Both spreaders (8) must be adjusted to the same value (mandatory).

**Nota :** If spreaders (8) catching is difficult, check balancing tension of cables to keep the verticality of the uprights tall (6) and short (7), and line them up with the same base (1) like shown on **Figure 5**.

## VI. Adjustment values:

Lower hand-rail:	1.40 to 1.70 m
Upper hand-rail:	2.15 to 2.45 m
Distance between uprights:	0.72 to 2.01 m

## VII. Usage and Benefits:

- The adjustment between hand-rails is done quickly without modifying the adjustment of cabling.
- The uneven parallel bars allow you to quickly and easily remove the lower hand-rail in order to use the high bar only. Simply release the quick tightener (see: NM177 or NM178) on the lower hand-rail and remove its two pins (17) to remove the hand-rail. Thus you can safely use the upper hand-rail only.

For safety reasons:

- These uneven parallel bars are training apparatus, which must not be used like competition apparatus.
- Never use abrasive materials on the hand-rails (16), in order to avoid modifying their mechanical properties or their dimensions.

### VERY IMPORTANT:

- Don't fit a high bar hand-rail on the tall uprights for a GAM use, to avoid all premature damage of the apparatus (warranty validity).

## VIII. 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:
  - pads (2), silent-blocs (9) spreader, thumbscrews (12) (tightened), aluminum cups (13), pawls (11) and spreaders (8) (notched), swivel heads (15), hand-rails pins (17) (locked).
  - visual inspection of correct tightening and condition of the hand-rails (16), and all the bracing cable elements (cables, tighteners, quick links locked, etc.).
- 3 - Maintenance of the hand-rail (16):
  - Remove the pins (17), clean (magnesium deposits), lubricate the hand-rails ends, then re-install the hand-rails.
- 4 - Check the tightening of cabling (20) or (21) and closure of quick links, ... (see NM177, NM178), before each use.
- 5 - Check the correct tightening of all attachment elements (4) + (10) + (5) + (23) and the locking of anchors.
- 6 - **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.

## IX. Storage:

Always store the equipment away from humidity and heat.

Figure 3 - Tall Upright

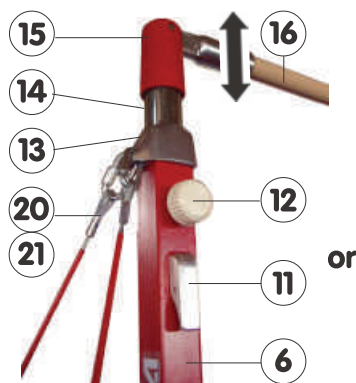


Figure 4 - Short Upright

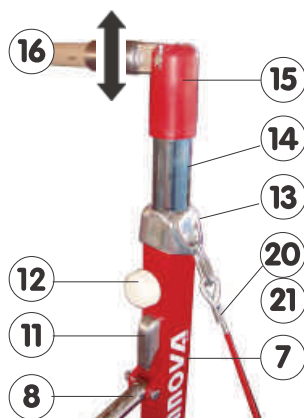
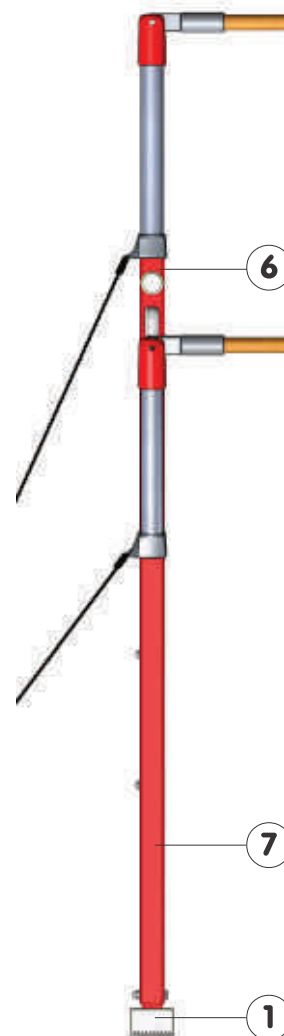


Figure 5



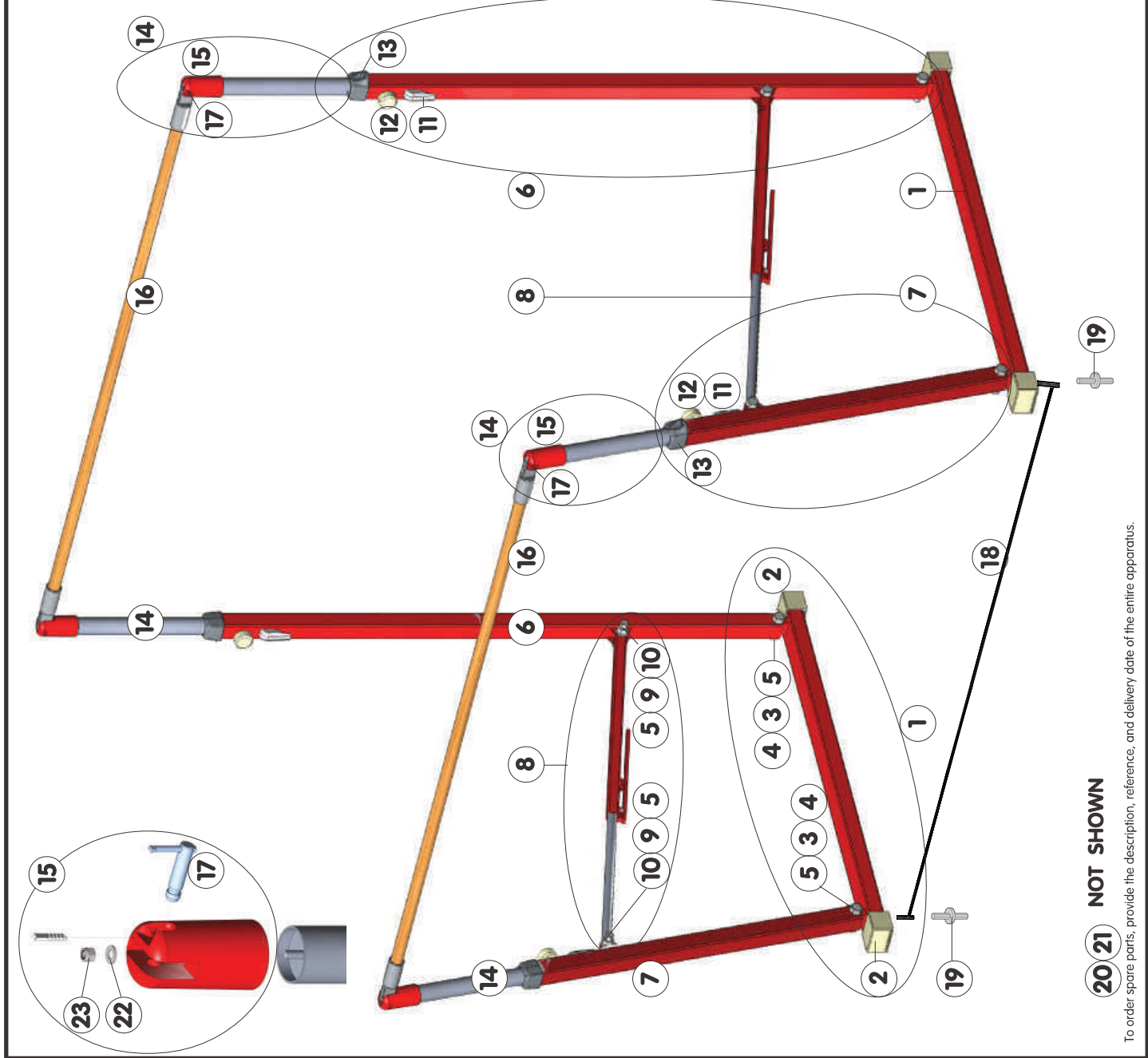
30	-	-	-	-	-
29	-	-	-	-	-
28	-	-	-	-	-
27	-	-	-	-	-
26	-	-	-	-	-
25	-	-	-	-	-
24	-	-	-	-	-
23	4	M8 Brake Nut	VEHF08000Z		
22	4	M8 x 18 plane washer	VRP008180Z		
21	-	Short Cabling M'07	3204A	see NMI178	
20	-	Standard Cabling M'07	3203A	see NMI177	
19	2	Support Pivot	328/02	not supplied	
18	1	Support Cable	333/41	not supplied	
17	4	Stainless Steel HR Pin	322/13	includ. in 14&15	
16	2	Hand-rail for Uneven Bars 05	3260A	spare kit	
15	2	Pair of swivel Heads	3210/20	spare kit	
14	4	Sliding Tube + Head + Pin	328/13	spare kit	
13	4	Uneven Bars renf. Alum. Cup	3210/30	included in 6&7	
12	4	Tightening Thumbscrew	333/38	included in 6&7	
11	4	Piston Pawl + Spring	333/05	included in 6&7	
10	4	HM12 x 60 Screw	VH0012060Z	included in 8	
9	4	Silent-Bloc Spreader	433/06	included in 6&7	
8	2	Giant Spreader	433/01	spare kit	
7	2	Short Upright-Training	328/10	spare kit	
6	2	Tall Upright-Training	328/15	spare kit	
5	8	M12 Cap Nut	VEBR12000Z	included in 1&8	
4	4	HM12 x 70 Screw	VH0012070Z	included in 1	
3	4	Base Spacer	-	included in 1	
2	4	Apparatus Pad + Screw	3800/07	spare kit	
1	2	Base	433/02	spare kit	

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**TRAINING UNEVEN PARALLEL BARS WITH STAYS**

BY: J.BRIOT      DATE: 29/01/09      NMI/ij      Ref.: 3270A - 3275A

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**20 21 NOT SHOWN**

To order spare parts, provide the description, reference, and delivery date of the entire apparatus.