

**MINI-POMMELS AND
PROTECTION M'07****3586A
3588****KEEP THIS
DOCUMENT****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.

The mini-pommels are installable on GYMNOVA beams only.

Compliance:

This equipment complies with the requirements of the European standard EN 913 "Gymnastic equipment - General safety requirements and test methods".

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.: 3586A): Pair of pommels

Weight: 2 kg (4.4 lb)

Dimensions: 400 x 300 x 200 mm (15.75 x 11.8 x 7.87 in)

Volume: 0.024 m³ (0.85 ft³)

- 1 Pack (ref.: 3588): Protection

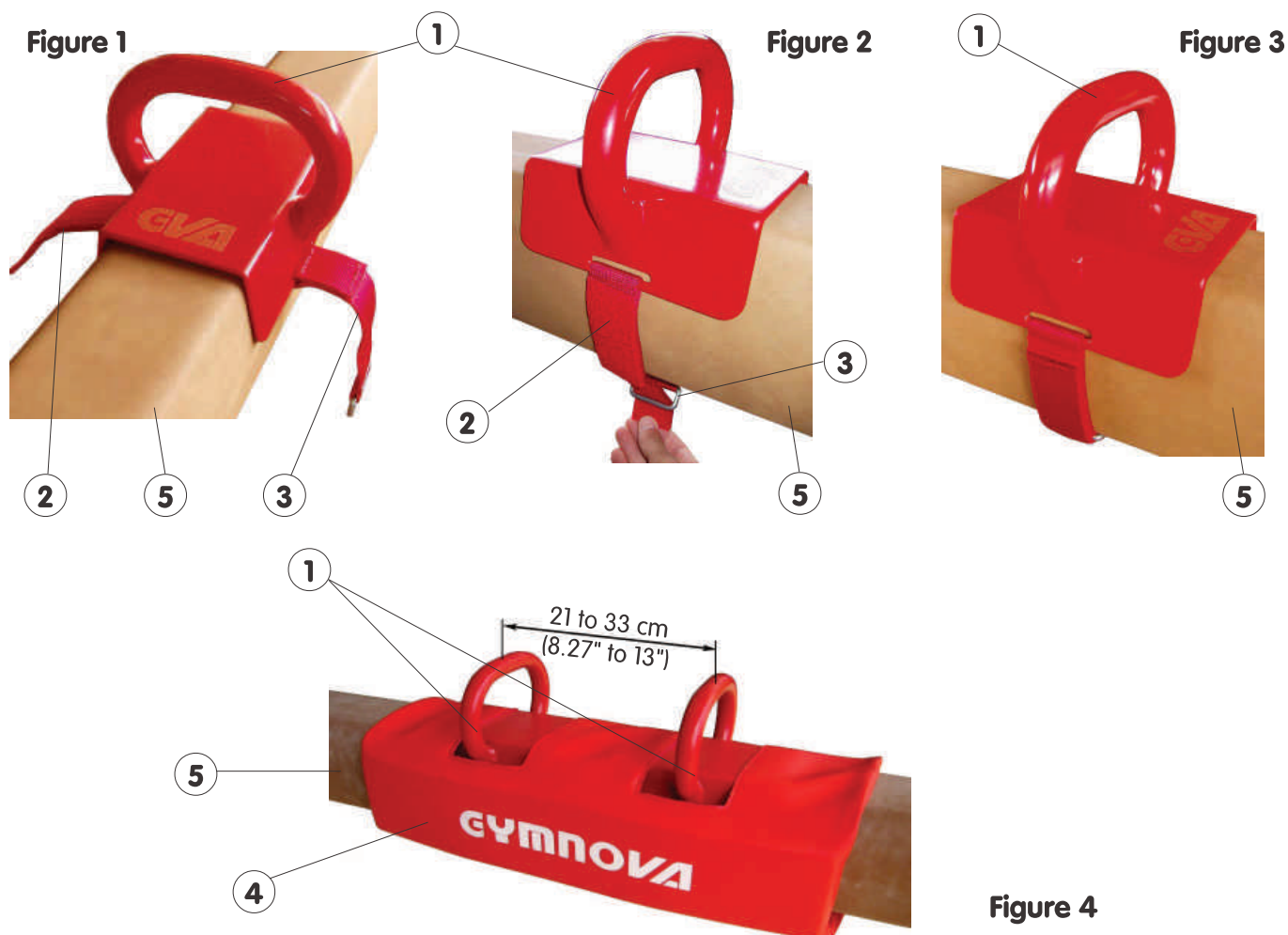
Weight: 2 kg (4.4 lb)

Dimensions: 600 x 400 x 50 mm (23.6 x 15.75 x 1.97 in)

Volume: 0.012 m³ (0.42 ft³)

I. Set-up:

- 1 - Position one mini-pommel (1) onto the beam (5) and attach the straps (2) and (3) on both sides of the beam (5) (see Fig. 1).
- 2 - Open the male strap (2), insert its end into the rectangular ring of the female strap (3) (see Fig. 2).
- 3 - Tighten the mini-pommel (1) by pulling the end of the male strap (2) and fold it over the self-sticking strip (see Fig. 3).
- 4 - Position the second pommel with the desired space with regard to the first one, then repeat the previous operations.
- 5 - Open and center the protection (4) with regard to both mini-pommels (1). Fold the protection back using the self-sticking strip, and wrap it over the beam (5) (see Fig. 4).



II. Adjusting the distance:

The minimum distance between both mini-pommels is 21 cm (8.27"). When using the protection, it is limited to 33 cm (13") (see Fig. 4).

III. Usage (warranty validity):

This apparatus is for practice only: For safety reasons, it should never be used as a competition apparatus.

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 and safety elements each time for good condition and operation: straps (2) and (3) (self-sticking strips, metal rectangular ring, strap cuts).
- 3 - **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.
- 4 - When replacing the straps (2) and/or (3), always check for correct assembly direction: the self-sticking strips of straps should be set outward, in order to avoid damaging the beam.

V. Storage:

Always store the equipment away from humidity 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	-		-	-
10	-		-	-
9	-		-	-
8	-		-	-
7	-		-	-
6	1	Pair of mini-pommel straps	3586/20	spare kit
5	-	Beam body	-	-
4	1	Mini-pommel protection M'05	3588	pack
3	2	Female strap M'2007	3586/22	each
2	2	Male strap M'2007	3586/21	each
1	2	Mini-pommel M'2007	3586/15	each

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

BY : E BRIEU	DATE : 01/06/07	NW215	Ref. : 3586A - 3588
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MINI-POMMELS AND PROTECTION M'07

To order spare parts, provide the description, part no., and delivery date of the entire apparatus.

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