

# TOP COMPETITION ASYMMETRIC BARS WITH CABLES M'16

**3220A - 3225A**  
**3230 - 3235**  
**3240 - 3245**

KEEP THIS DOCUMENT



### 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 prohibited. Do not use the equipment when the cables are slack. We strongly advise against climbing on the width adjusters (8).

### Compliance:

Equipment Refs : 3220A & 3230 are FIG approved.

### Recommendations:

As set out 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 often it is used, have the equipment serviced yearly or every few years.

### Floor space:

- Apparatus without cables: 2.50 x 1.50 m
- With standard cable set: 5.50 x 4.00 m
- With short cable set: 4.00 x 2.10 m

### Pack list:

Pack Ref.	3260D H-rail Std ABM'14	3262 H-rail Hard ABM'15	3265 HR nat. fibers AB M'16	3220/00 Pair Short uprights + slid. TC AB M'15	3220/10 Pair Tall uprights + slid. TCABM'15	3220/30 Pair of Feet TCABM'15	3220/40 Pair Spread. TCABM'16	3203B Std. Cable set M'09	3204B Short Cable set M'09	No. of Packages
<b>3220A</b> TC AB Hard Standard C.	-	2	-	1	1	1	1	1	-	7
<b>3225A</b> TC AB Hard Short C.	-	2	-	1	1	1	1	-	1	7
<b>3230</b> TC AB Std. Standard C.	2	-	-	1	1	1	1	1	-	7
<b>3235</b> TC AB Std Short C.	2	-	-	1	1	1	1	-	1	7
<b>3240</b> TC AB nat. fibers Standard C.	-	-	2	1	1	1	1	1	-	7
<b>3245</b> TC AB nat. fibers Short C.	-	-	2	1	1	1	1	-	1	7
<b>Volume (m<sup>3</sup>)</b> <b>Weight (kg)</b> <b>Dimensions</b> <b>(mm)</b>	0.0089 4.5 2470x60x60	0.0089 4.5 2460x60x60	0.0089 5 2460x60x60	0.044 19 1500x210x140	0.065 25 2310x200x140	0.061 22 1540x220x180	0.009 12 1070x120x70	0.0163 14 510x290x110	0.0140 14.5 500x280x100	

### Tools required

17 mm tube spanner



18 mm spanner



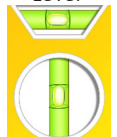
19 mm spanner



4 mm Allen key



Level

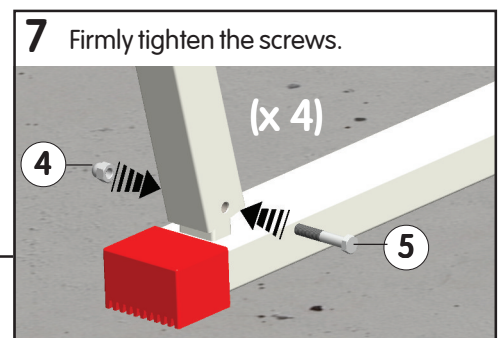
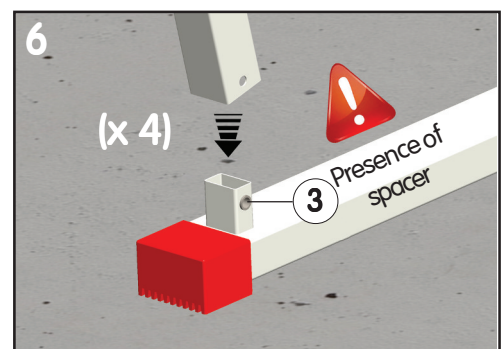
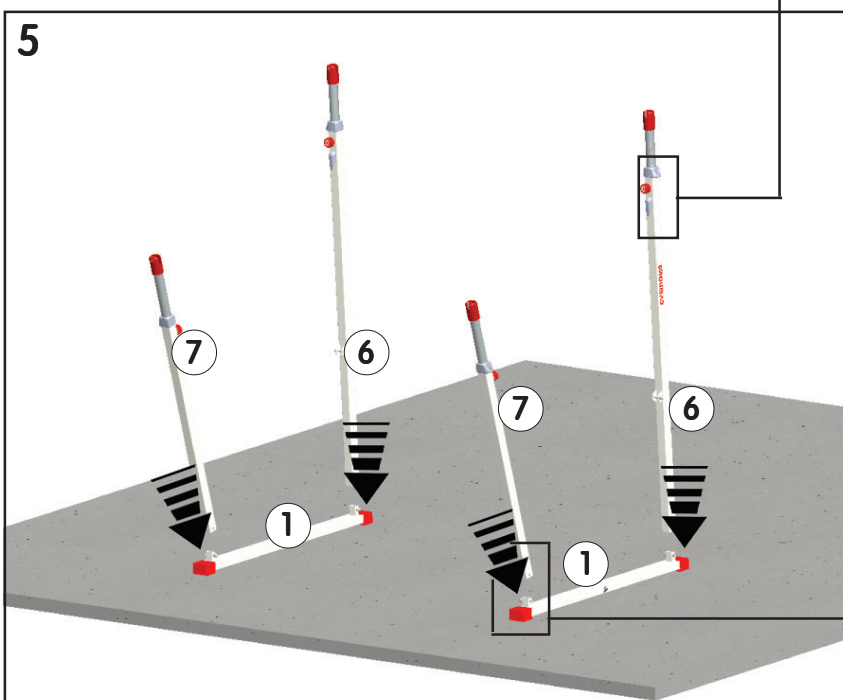
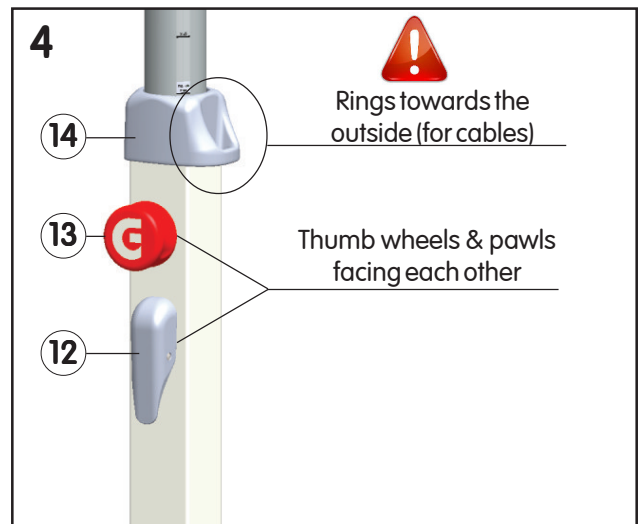
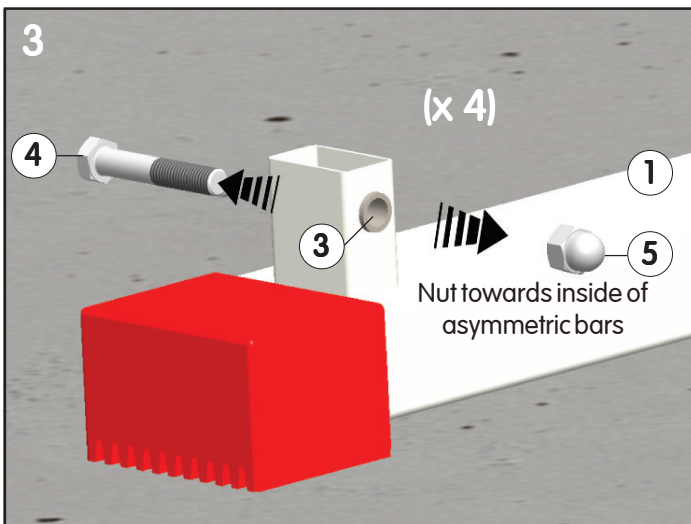
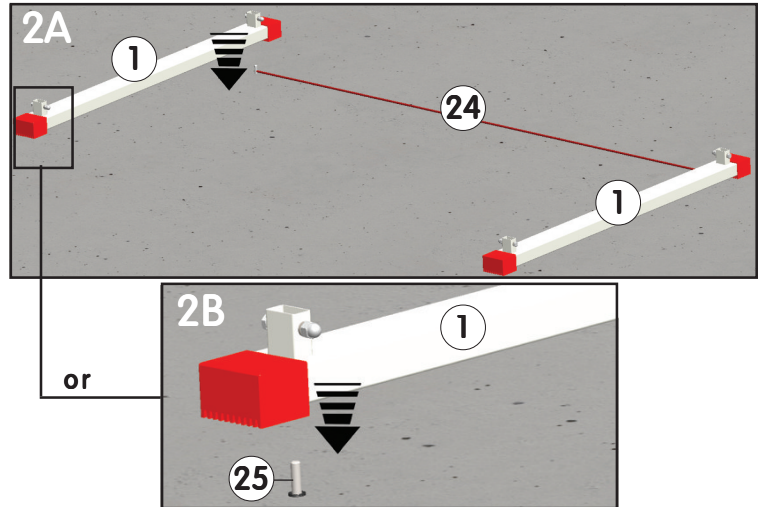
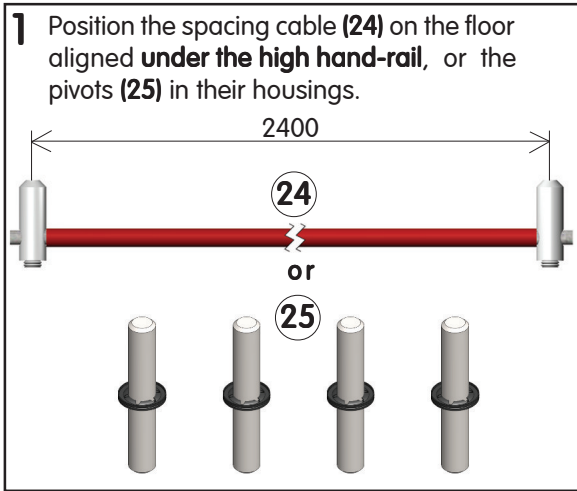


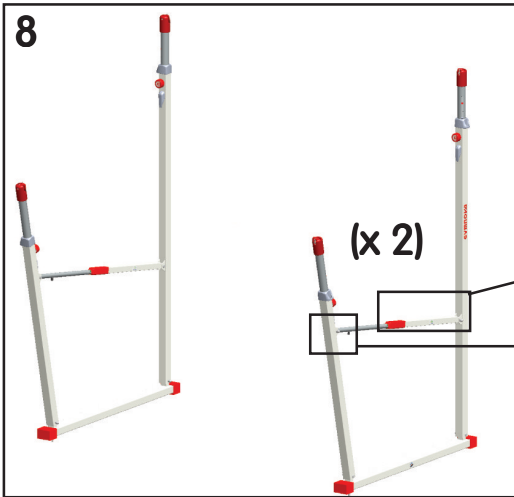
## I. Preparing the cable set

- Standard Cable Set (Ref: 3203B): refer to assembly instructions NM177.
- Short Cable Set (Ref: 3204B): refer to assembly instructions NM178.

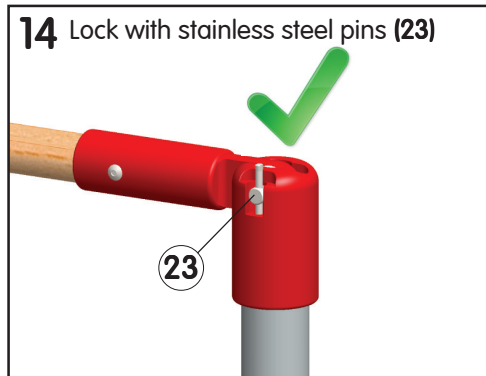
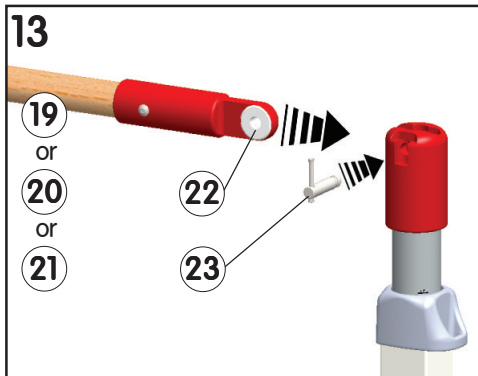
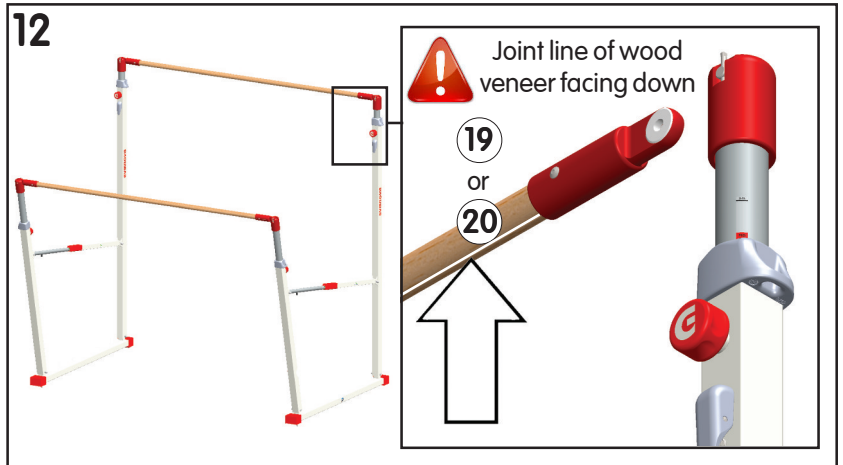
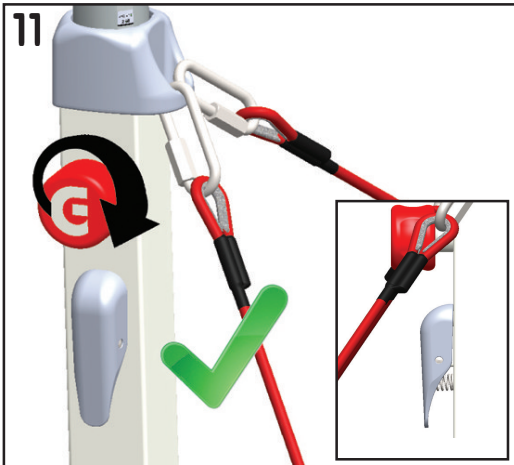
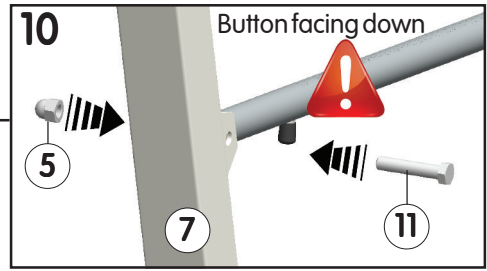
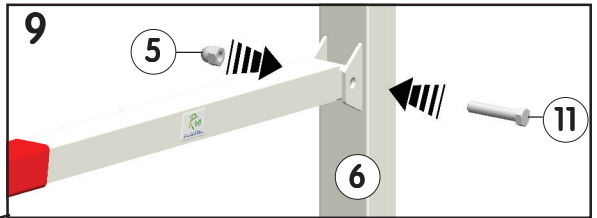
## II. Assembling the apparatus (👤 minimum)

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





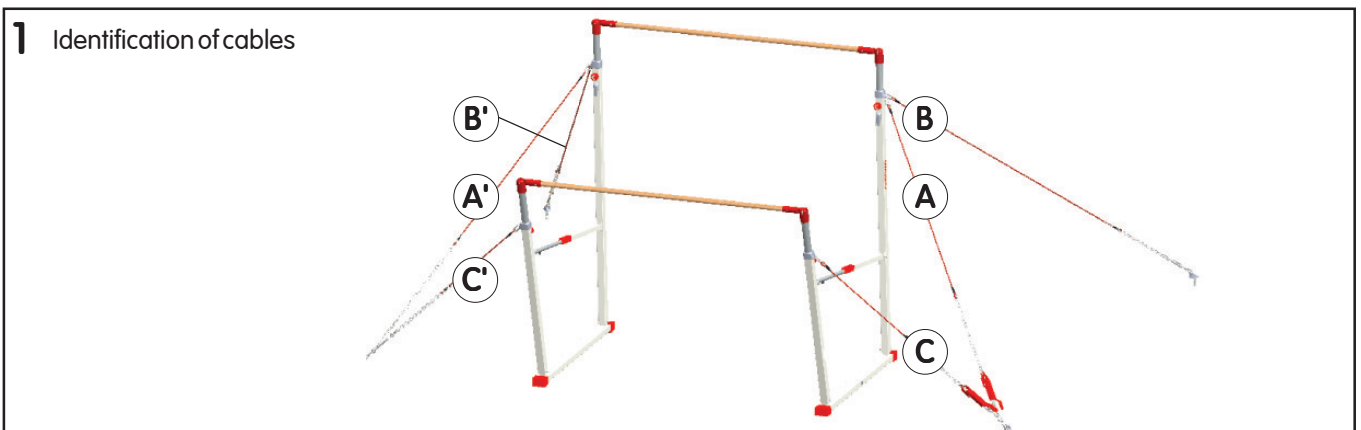
Firmly tighten the screws.



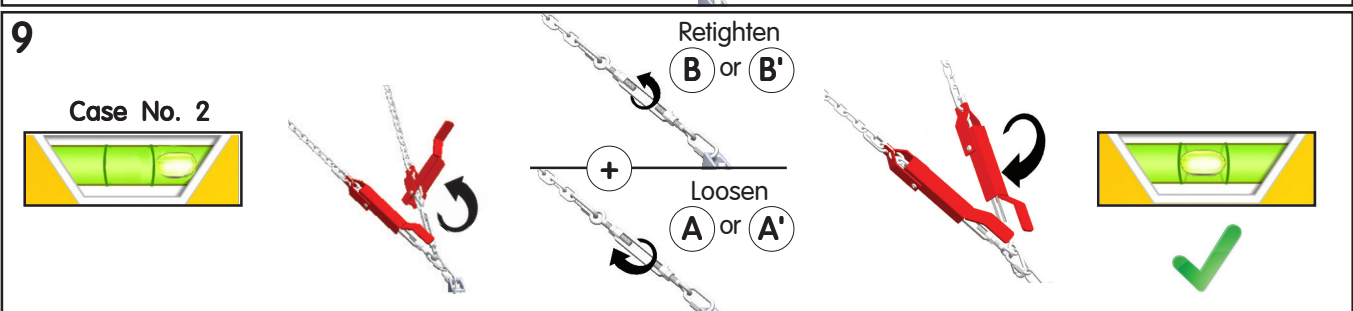
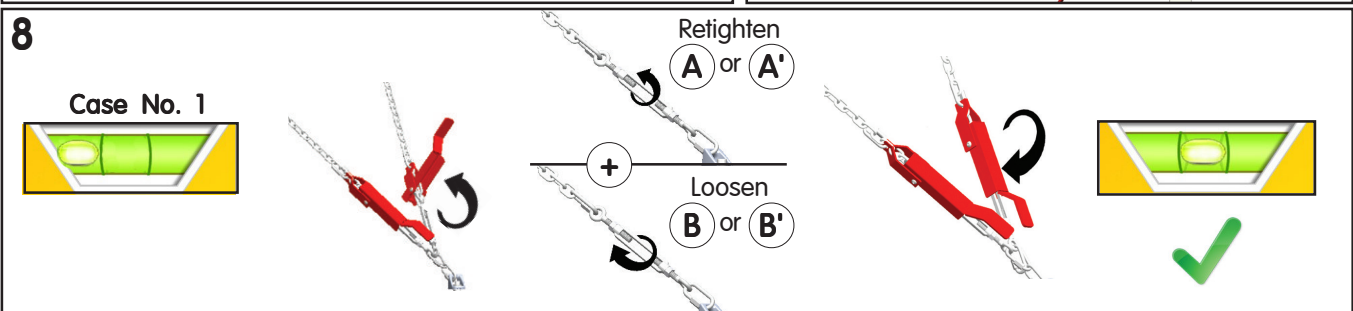
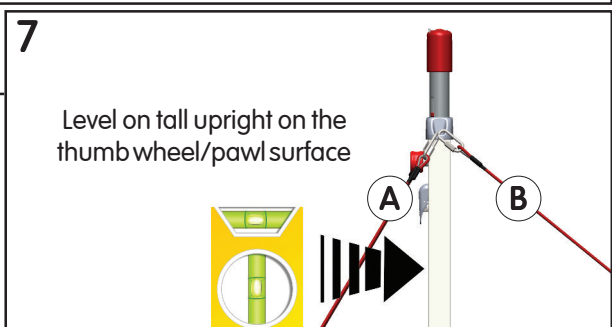
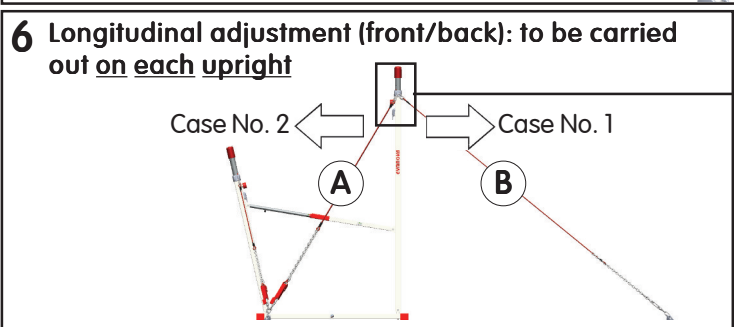
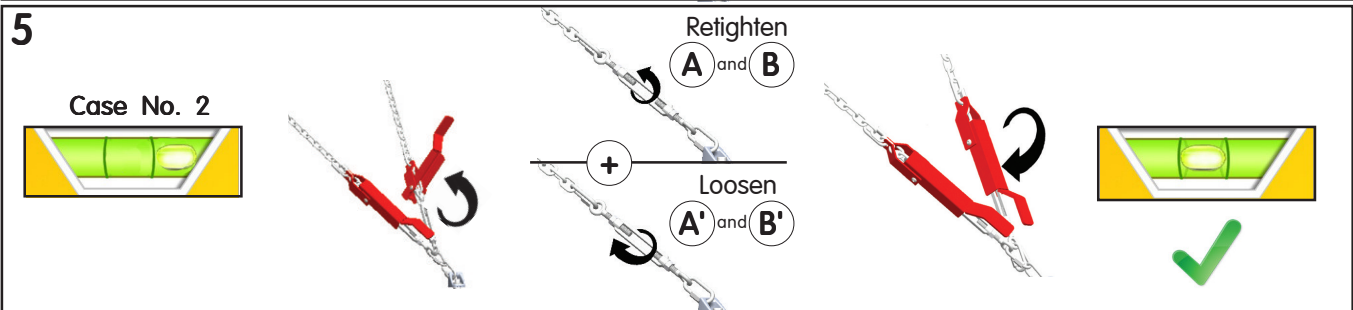
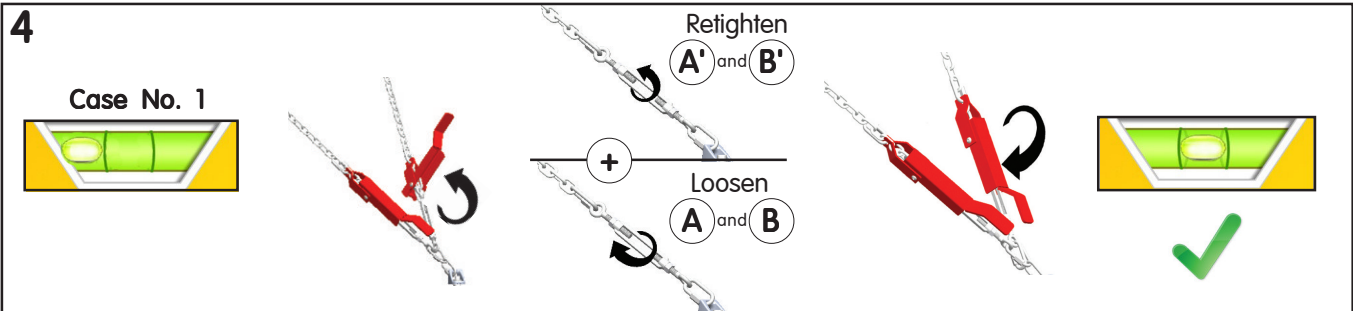
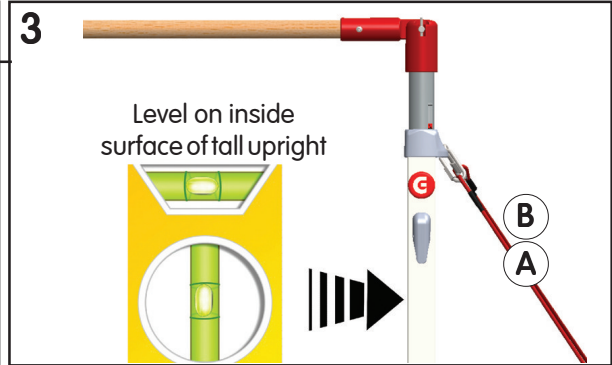
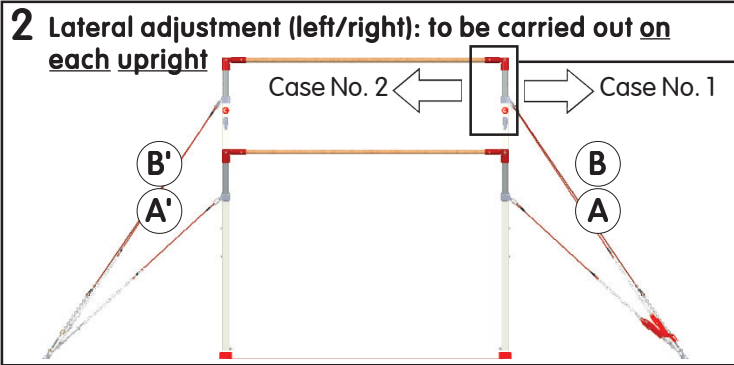
### III. Assembling, adjusting and tensioning the cables

- Standard Cable Set (Ref: 3203B): refer to assembly instructions NM177.
- Short Cable Set (Ref: 3204B): refer to assembly instructions NM178.

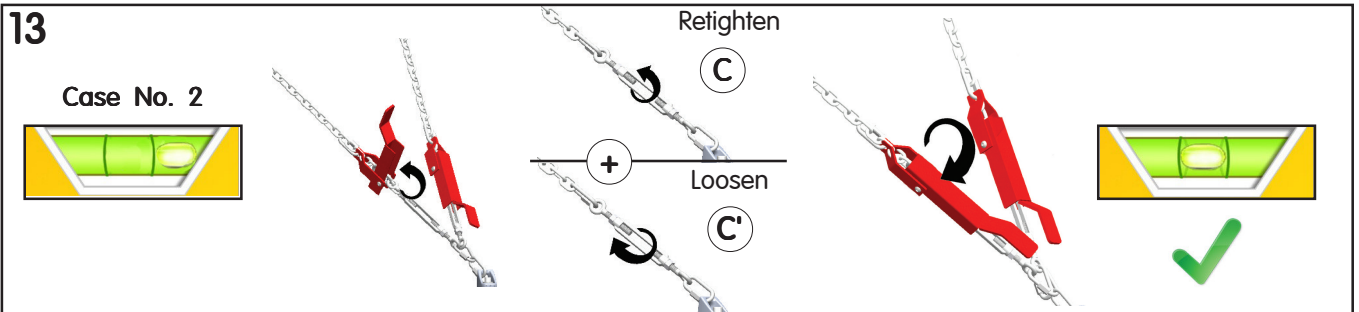
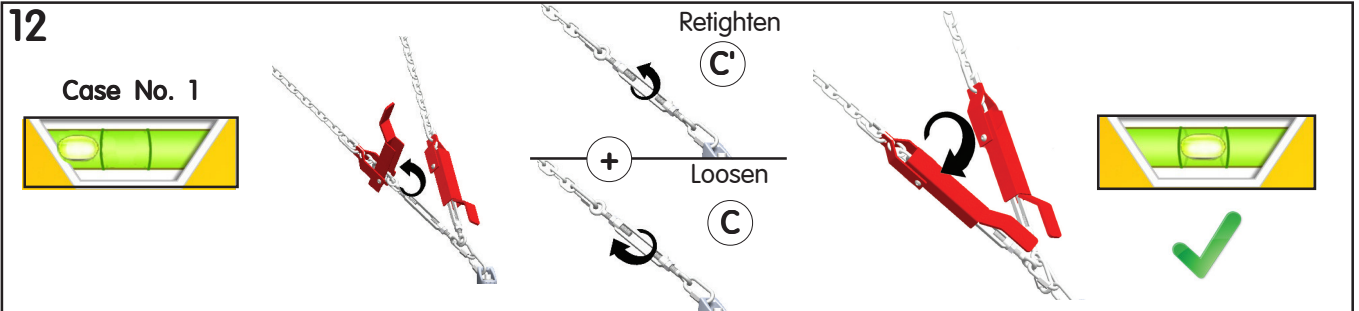
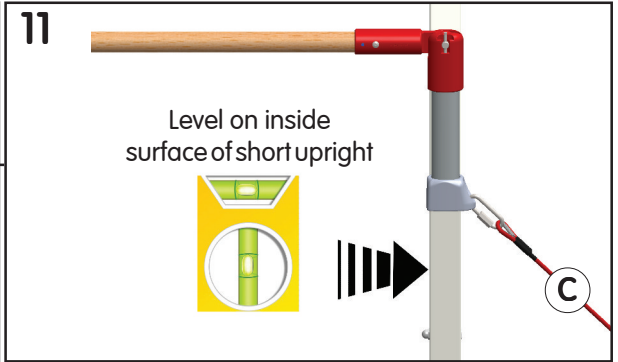
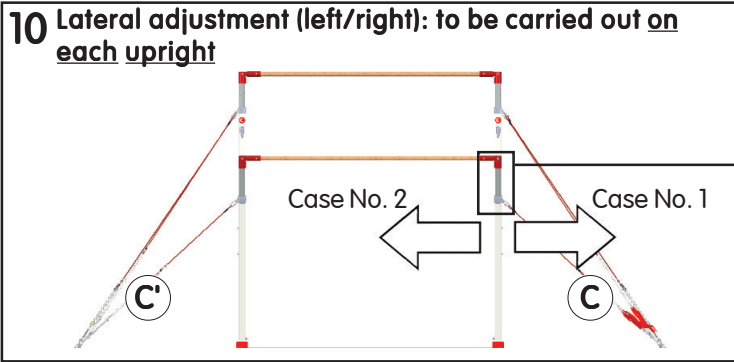
### IV. Adjustment of the bar, verticality of uprights



1/ Adjustment of tall uprights

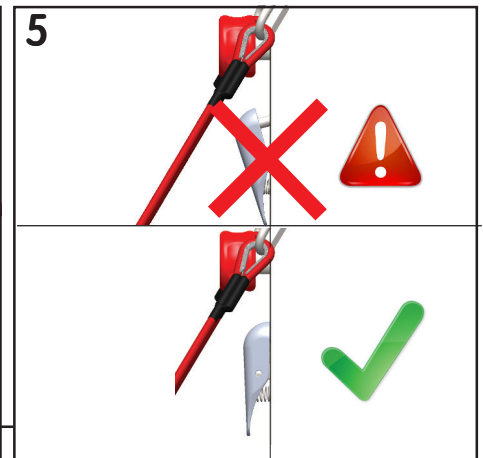
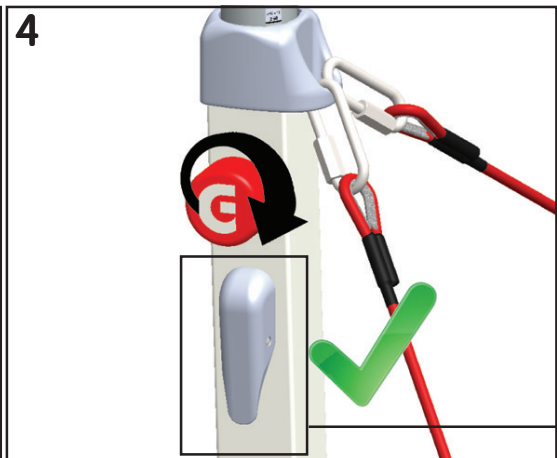
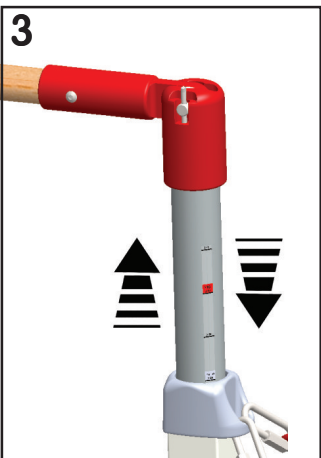
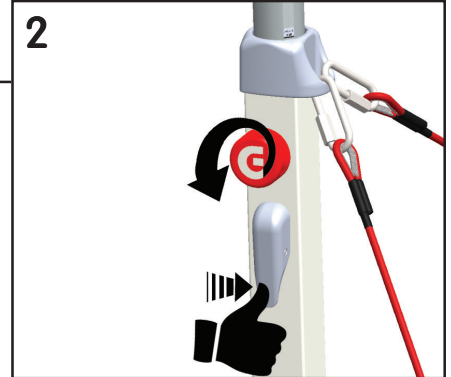
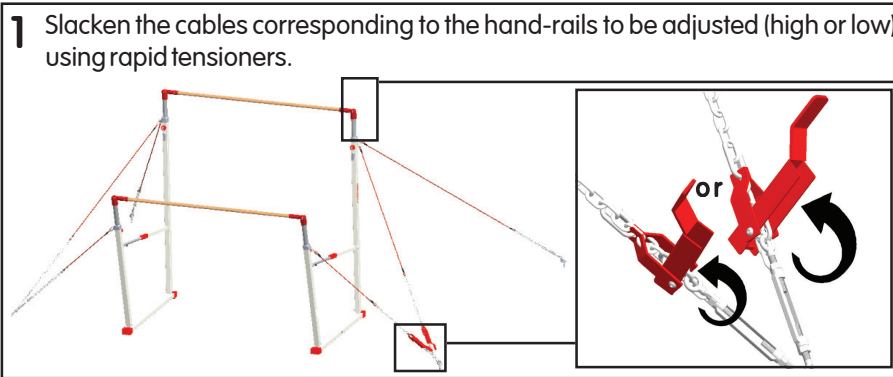


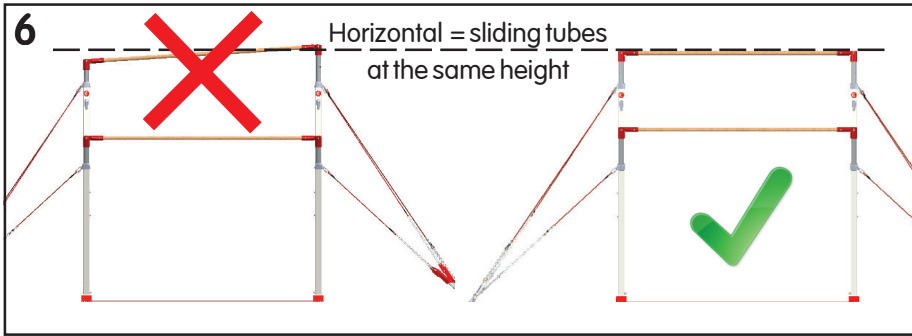
## 2 / Adjustment of short uprights



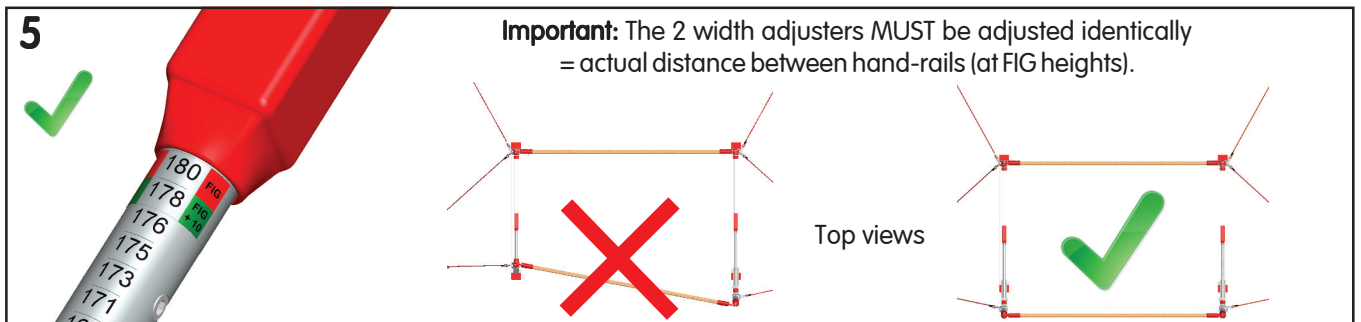
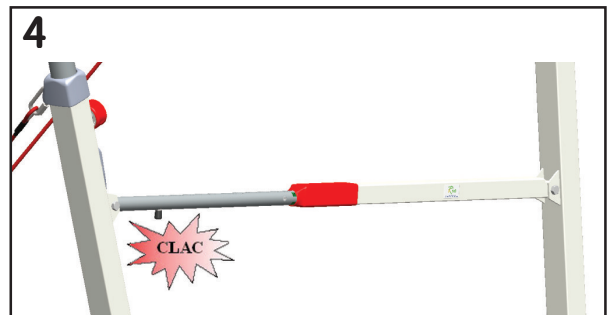
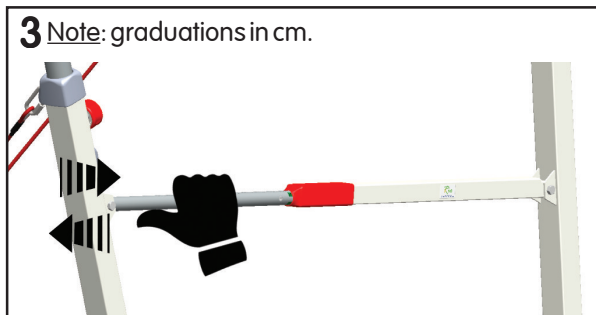
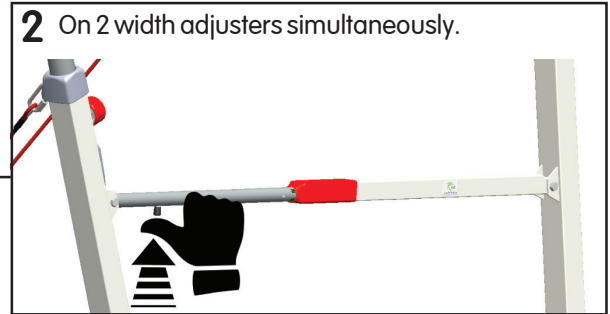
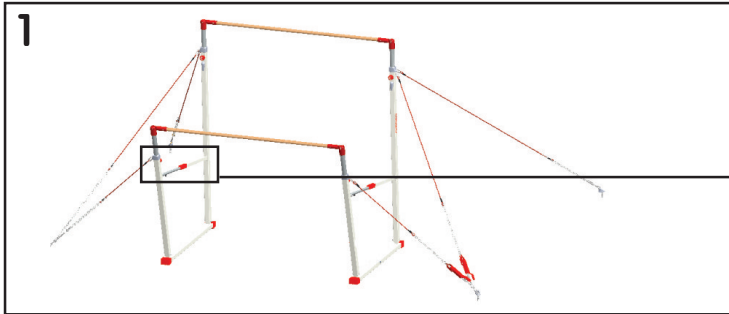
**14** End by making a thorough check on the bar adjustments (§ IV steps 2 to 13). Adjust as necessary.

## V. Adjusting the Height

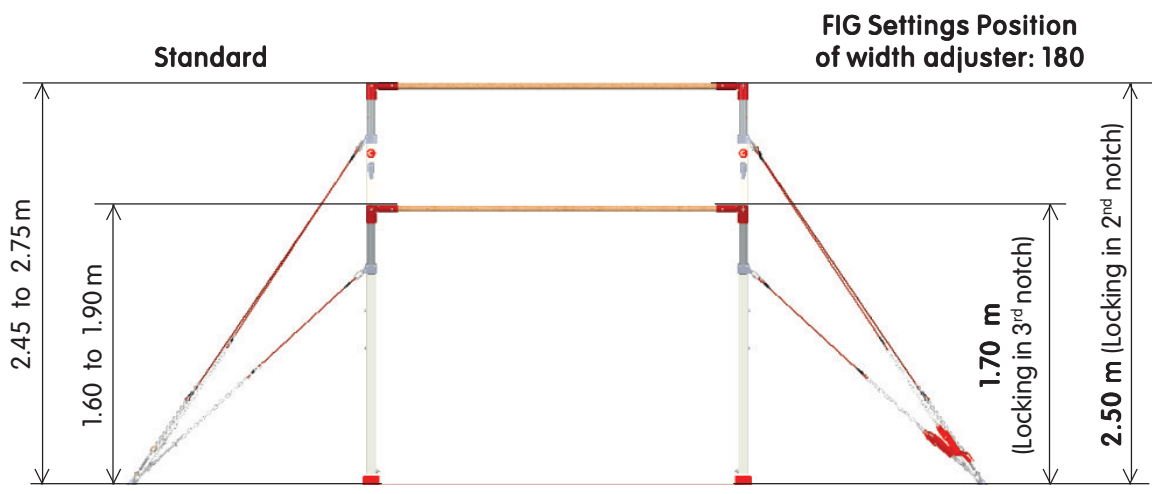




**VI. Adjusting the spacing** or



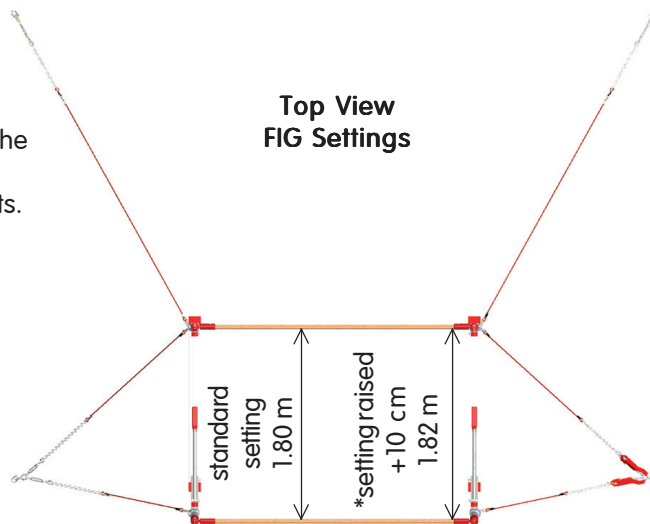
**VII. Adjustment values**





The distance values given on the width adjuster are valid for uprights adjusted to FIG heights.

Top View FIG Settings



Distance range	
MIN 1.02 m	MAX 2.22 m
- width adjuster at min.	- width adjuster at max.
- short upright max. height	- short upright min. height
- tall upright min. height	- tall upright max. height

**\*Warning: change in FIG standards for apparatus**

Transition period for maximum distance of inside diagonal between bars for raising of the FIG height by 10 cm:

- up to 31/12/2016: max. distance between the 2 bars = 1.80 m (width adjuster position 178)
- from 01/01/2017: max. distance between the 2 bars = 1.82 m (width adjuster kept in position 180)

Further information on: [www.fig-gymnastics.com/site/rules/app-norms](http://www.fig-gymnastics.com/site/rules/app-norms)

### VIII. Use and Benefits

- **Spacing of the hand-rails and height adjustment** of the hand-rails is quick to do **without changing the cable adjustment: simply open & close the rapid tensioners.**
- You can quickly and easily remove the low hand-rail, in order to **use the high hand-rail only.** Simply open the rapid tensioner (see § V Step 1) of the low hand-rail and remove the two pins (22) to remove the hand-rail. Close the rapid tensioner.



**IMPORTANT:**

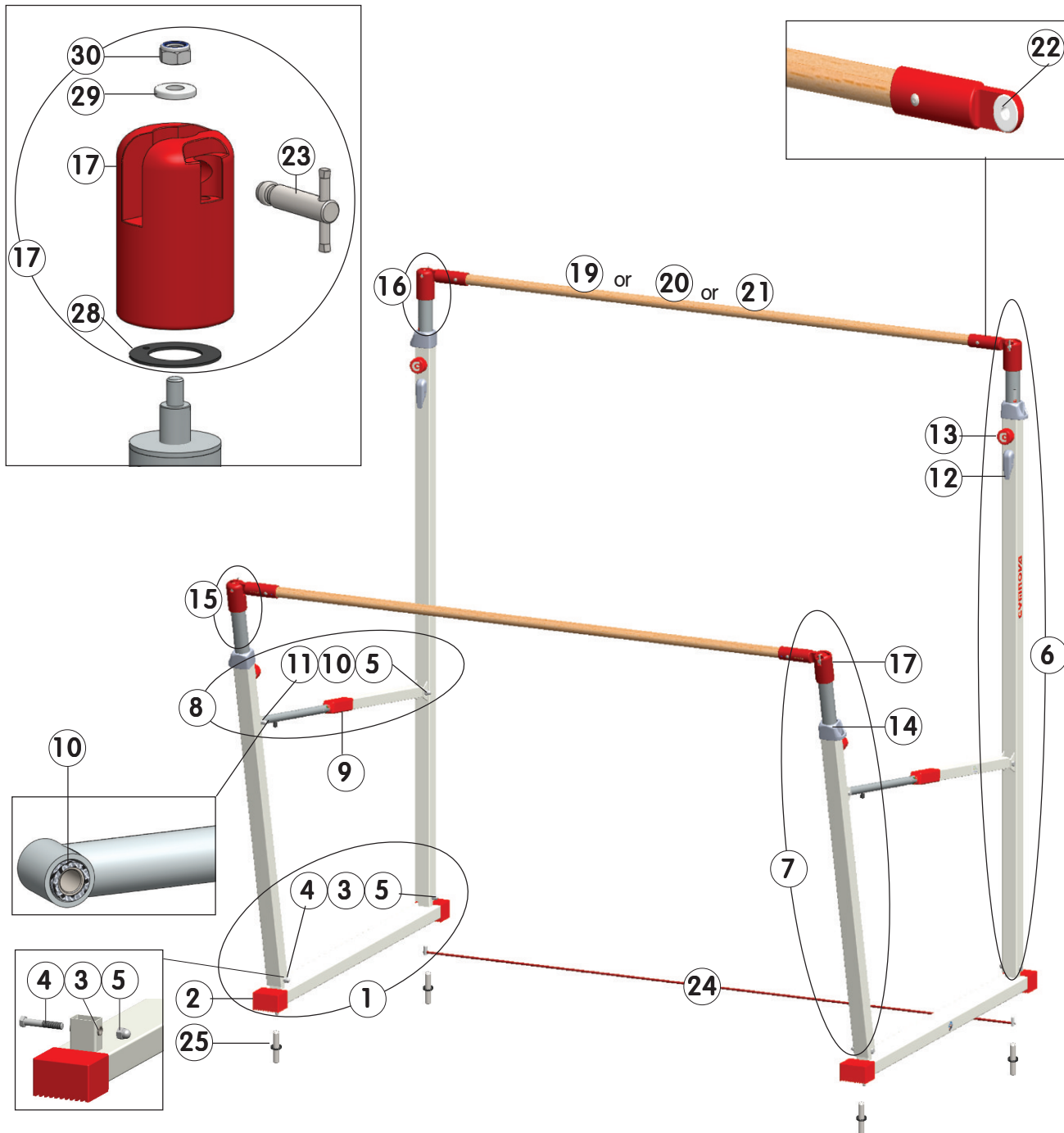
**Do not mount a High Bar hand-rail** on the tall uprights for MAG use to avoid premature wear and tear of the apparatus (warranty validity).

### IX. Maintenance

- 1/ Regular cleaning of the apparatus will make it easier to spot any problems (distortion, play, breakage or corrosion).
- 2/ Before each use, make a thorough check on good condition and correct operation of wear parts and safety elements:
  - pads (2), silent-blocs (10) of width adjusters, tightened thumb wheels (13), aluminium cups (14), pawls (12) and correctly locked width adjusters (8), rotating heads (17), locked pins (23).
  - Check on play and condition of hand-rails (19 or 20 or 21), and of the cable system (cables, tensioners, quick links locked, etc.).
- 3/ Check correct tightening of all fixings (4) + (11) + (5) + (30), and that anchors are correctly locked.
- 4/ Maintenance of hand-rails (19 or 20 or 21): Remove the pins (23), clean (magnesium deposits), and replace them. If you see raised wood fibres (19 or 20): lightly sand (grain 120) the hand-rail.
- 5/ Check that the width adjuster covers (9) are correctly fitted against the upright of the width adjuster (white section). This can cause errors of adjustment in the bar spacing. The distance between the hand-rails must be identical to that shown on the width adjuster (at FIG height for tall & short uprights). If this is not the case, push the cover (9) in the direction of the tall upright until it is resting against the upright of the width adjuster.
- 6/ If you detect play on the width adjusters (movement and/or noises): move the width adjuster cover (9) towards the short upright until you see 2 adjustment screws. Very slightly tighten with a 4 mm Allen key until the play is eliminated with the width adjuster also able to slide freely. Replace the width adjuster cover (9) in position.  
If the width adjuster is locked into position: very slightly loosen the 2 adjustment screws.
- 7/ Check tensioning of the cables (26) or (27), closure and direction of quick links, etc. (see NM177, see NM178), before each use.
- 8/ Over-tightening the screws of the caps of the short uprights on the width adjuster can make it difficult to correctly adjust the sliding tube of the short upright (15). Slightly loosen the screws if necessary (5 & 11).
- 9/ **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 quickly as possible.

### X. Storage

Always store the equipment away from humidity and heat.



31	-	Pair spacers & silent bloc, fixings	3220/33	Service kit
30	4	Lock nut H M10	-	incl. in 15, 16 & 17
29	4	Flat washer M10 x 25	-	incl. in 15, 16 & 17
28	4	Friction washer ø32 x 54	-	incl. in 15, 16 & 17
27	-	Short Cable Set M'2009	3204B	see NM178
26	-	Standard Cable Set M'2009	3203B	see NM177
25	4	Support pivot	328/02	each
24	1	Spacing cable	333/41	each
23	4	Stainless steel Hand-rail pin	322/13	each
22	2	Set of 4 HR bearings M'15	3260/54	-
21	2	Hand-rail Linen AB M'16	3265	each
20	2	Hand-rail Hard AB M'15	3262	each
19	2	Hand-rail Std AB M'14	3260D	each
18	2	Pair alu. caps + fixings	3220/12	Service kit
17	4	Single alu. cap	-	-
16	2	Complete upper sliding tube M'15	3220/13	Service kit
15	2	Complete lower sliding tube M'15	3220/03	Service kit
14	1	Set of 4 reinforced Alu. Cups	3210/95	-
13	2	Pair soft-grip thumb wheels M'15	333/101	-
12	4	Complete Locking Pawl M'15	333/115	each
11	4	Screw HM12 x 6 0 PF	-	included in 8 & 31
10	4	Silent-Bloc of width adjuster	-	included in 31
9	1	Pair plast. width adjuster covers	3220/24	-
8	1	Pair Width adjusters TC AB M'15	3220/40	Service kit
7	2	Pair Short uprights + sliding tubes	3220/00	Service kit
6	2	Pair Tall uprights + sliding tubes	3220/10	Service kit
5	8	Cap nut M12	-	included in 1, 8 & 31
4	4	Screw HM12 x 70 PF	-	included in 1 & 31
3	4	Feet spacers	-	included in 31
2	4	Red apparatus pad + screw	3220/31	Service kit
1	1	Pair of Feet AB M'15	3220/30	Service kit

ITEM	QTY	DESCRIPTION	REFERENCE	REMARKS
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**TOP COMPETITION  
ASYMMETRIC BARS WITH  
CABLES M'16**

BY: M. CHARBONNEAU | DATE: 20/04/17 | NM231C-GB | Refs: 3220A - 3225A - 3230 - 3235 - 3240 - 3245

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