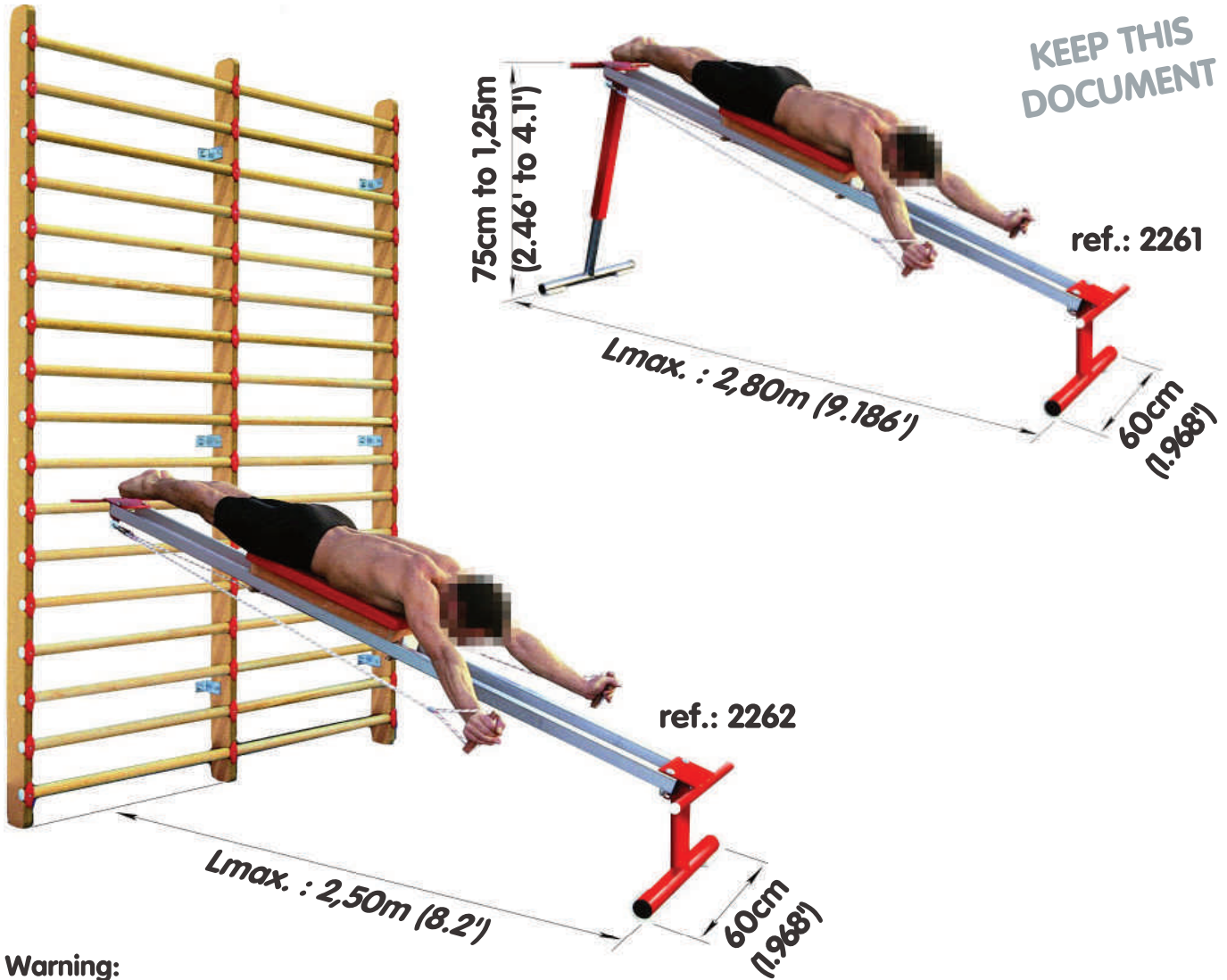


# STRENGTH TRAINING BENCH FREESTANDING OR FOR WALL BARS

2261 - 2262

KEEP THIS DOCUMENT



### Warning:

This equipment should be installed by a qualified individual.  
The apparatus should only be used by one person at a time, under the supervision of a qualified individual.  
Using this equipment for purposes other than those originally intended is not allowed.  
The strength training bench for wall bars (ref.: 2262) is to be attached to GYMNOVA wall bars only.

### 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:

Packages	2261/03 Carriage + Ropes + Hand-rail plate	2261/20 Fixed leg with pommels	2261/30 Pair of rail bars	2261/10 Adjustable leg + Sliding tube	No. of Packages
<b>Ref.</b>					
<b>2261</b> Freestanding strength training bench	1	1	1	1	4
<b>2262</b> Strength training bench for wall bars	1	1	1	-	3
<b>Volume (ft³)</b>	1.741	2.235	0.646	3.076	X
<b>Weight (lb)</b>	17.637	8.8185	22.046	17.637	
<b>Dimensions (ft)</b>	2.59 x 0.79 x 0.853	2 x 2 x 0.558	8.33 x 0.295 x 0.262	2.756 x 2 x 0.558	

### I. Assembling the freestanding strength training bench (ref.: 2261) (two people recommended) (Figure 2):

- 1 - Install the fixed leg (1) onto the rails (4) but do not tighten the screws (13), (15), (16) and (17), as shown in detail view (see Fig.1).
- 2 - Insert the carriage (8) in the direction indicated by the stud (27) (see Fig. 7) before fully assembling the rails (4) onto the other leg.
- 3 - Carefully position the hand-rail plate (5), the adjustable leg (2) + (3), and the clamping plates (9) in the direction shown by the details on Figure 3, before attaching the assembly using screws (14), (15), (16) and (17).
- 4 - Set the assembled bench onto the floor, before fully tightening all attachments.

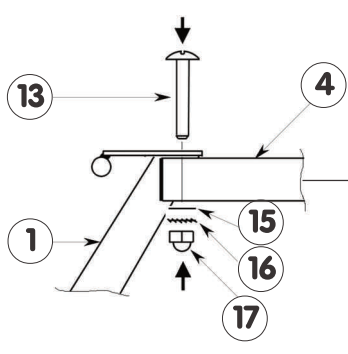


Figure 1

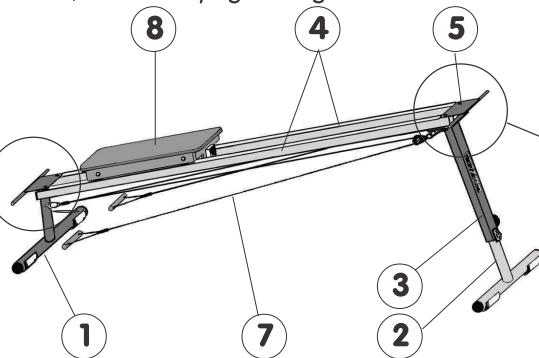


Figure 2

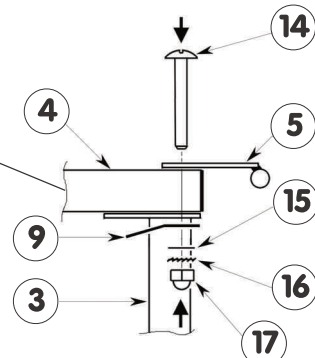


Figure 3

### II. Assembling the strength training bench onto wall bars (ref.: 2262) (two people recommended) (Figure 5):

- 1 - Install the fixed leg (1) onto the rails (4) but do not tighten the screws (13), (15), (16) and (17), as shown in detail view (see Fig.4).
- 2 - Insert the carriage (8) in the direction indicated by the stud (27) (see Fig. 7) before fully assembling the rails (4).
- 3 - Carefully position the hand-rail plate (5), and the clamping plates (9) in the direction shown by the details on Figure 6, before attaching the assembly using screws (14), (15), (16) and (17).
- 4 - Install the assembled bench onto the wall bars, before fully tightening all attachments.

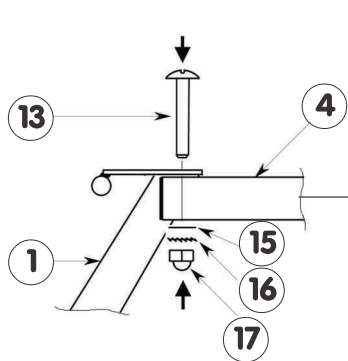


Figure 4

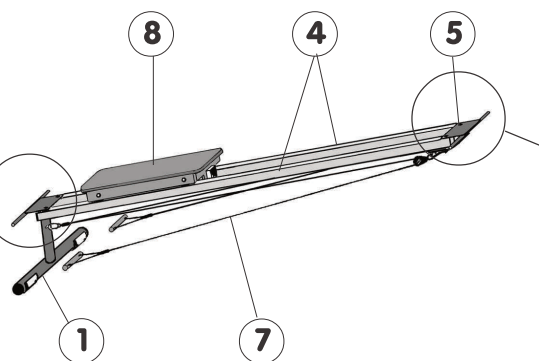


Figure 5

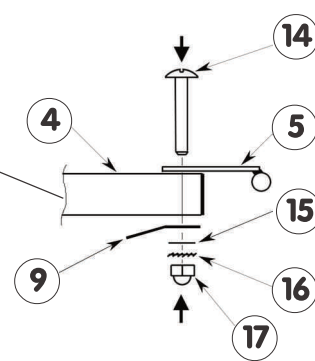


Figure 6

### III. Assembling the ropes on the strength training bench (ref.: 2261 & 2262) (Figure 7):

- 1 - Hook the pulleys (10) of the ropes (7) to the clamping plates (9) using the quick links (12).
- 2 - Attach the shackle snap hook (11) to the fixed leg (1) (option B) or under the carriage (8) (option A).

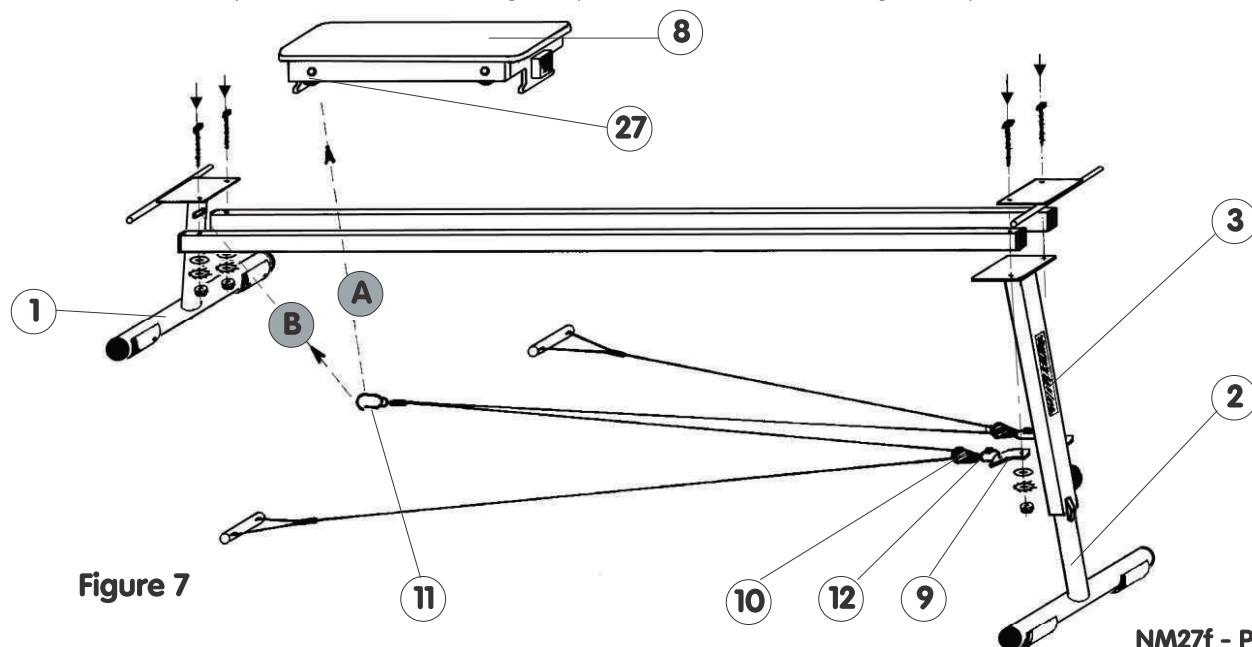


Figure 7

#### IV. Adjustment values:

##### 1 - Freestanding strength training bench (ref.: 2261):

The height of the adjustable leg varies from 0.75 to 1.25 m (2.46 to 4.1'). To adjust it, untighten the thumbscrew (21), unnotch the pawl (22), adjust the sliding tube (2) to the desired distance, notch the pawl (22) into the corresponding hole, and tighten the thumbscrew (21) (see Fig.9).

##### 2 - Strength training bench for wall bars (ref.: 2262):

Adjust the slant of the strength training bench by setting the hand-rail plate (5) onto a wall bar, as shown by Figure 8. Do not use the wall bars located above 1.25 m (4.1').

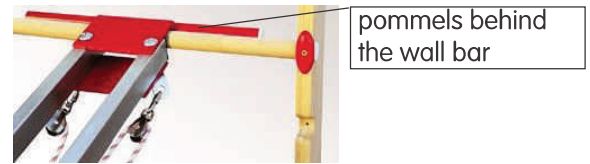


Figure 8

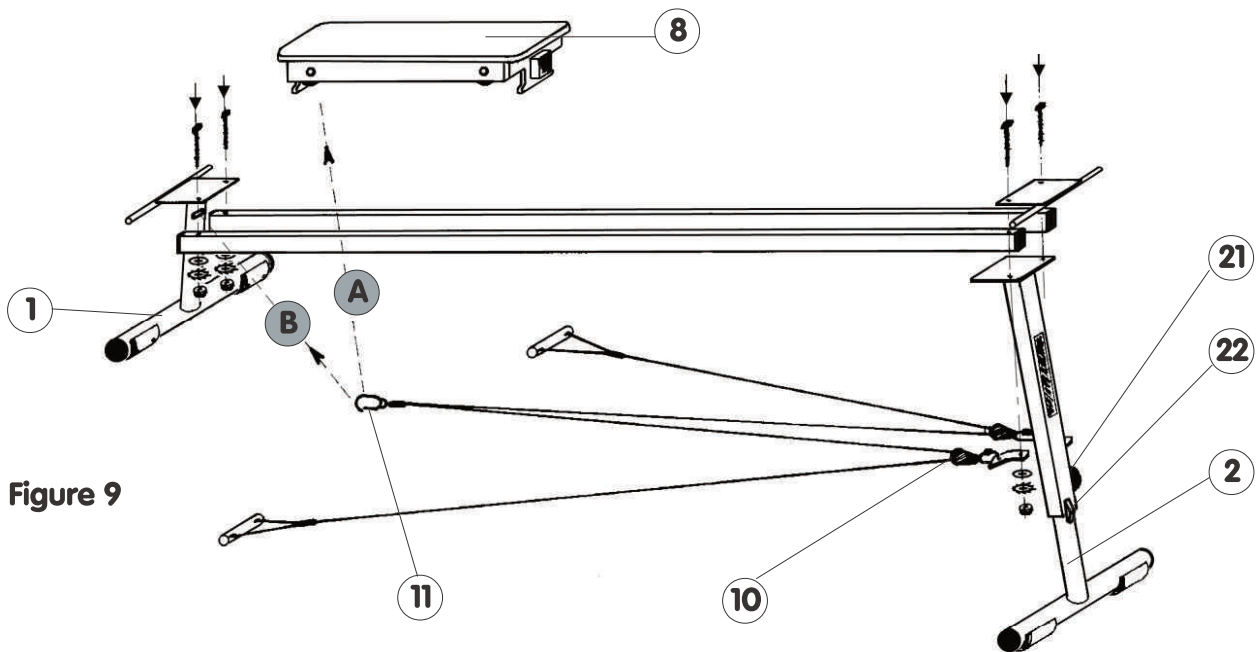


Figure 9

#### V. Usage:

##### 1 - Options (see Fig 9):

- A: shackle snap hook (11) attached under the carriage (8) -> the force is reduced by both pulleys (10).
- B: shackle snap hook (11) attached directly to the fixed leg ring (1) -> the force is direct, thus stronger.

##### 2 - Purpose:

The options, the bench slant, and the athlete's position during exercises allow obtaining numerous combinations, as well as an accurate adjustment of the work intensity. It is designed for specific strengthening exercises on the following apparatus: asymmetric bars, rings, parallel bars, and high bar.

##### 3 - Muscular actions:

Both versions of this strength training bench (ref.: 2261 and 2262), allow:

- Closing shoulder angles: to work kips on bar;
- Opening shoulder angles: handstand cast movements;
- Shoulder adduction and abduction: giants on rings, crucifix;
- Exercises: direct gripping on pommels (no ropes) with upper and lower limbs.

#### VI. 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:

- condition of ropes (7), wheels (25), pads (24);
- correct tightening of screws (13), (14), (15), (16) and (17);
- correct notching of pawl (22) on the adjustable leg (3) and tightening of thumbscrew (21).

##### 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.

#### VII. Storage:

Always store the equipment away from humidity and heat.

