

POMMEL HORSE – BALANCE BEAM LOW LEGS

3575
3670A - 3670AE

KEEP THIS
DOCUMENT



3670A - 3670AE



3575

Warning:

This equipment should be installed by a qualified individual.

This equipment should be used by only one person at a time and supervised by a qualified individual, with appropriate landing mats. 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".

Recommendations:

As shown in French Standard NF S 52-400 the following is recommended:

- keep these instructions for predictive 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. : 3575 → 47.8 Kg (1686.10 oz)

Ref. : 3670A → 44 Kg (1552.06 oz)

Ref. : 3670AE → 72 Kg (2539.73 oz)

Overall size:

Ref. : 3575 → 1.60 x 0.4 m (5.25 x 1.31 ft)

Ref. : 3670A → 5 x 0.4 m (16.40 x 1.31 ft)

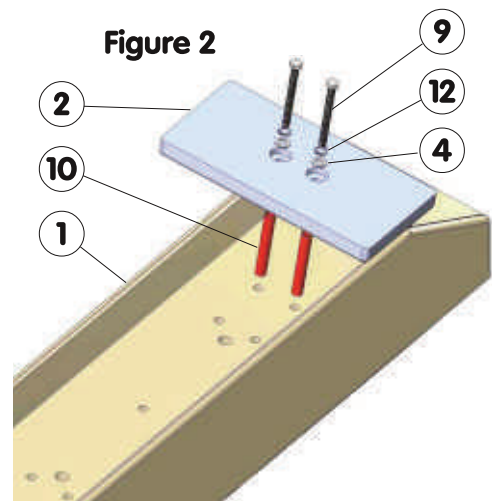
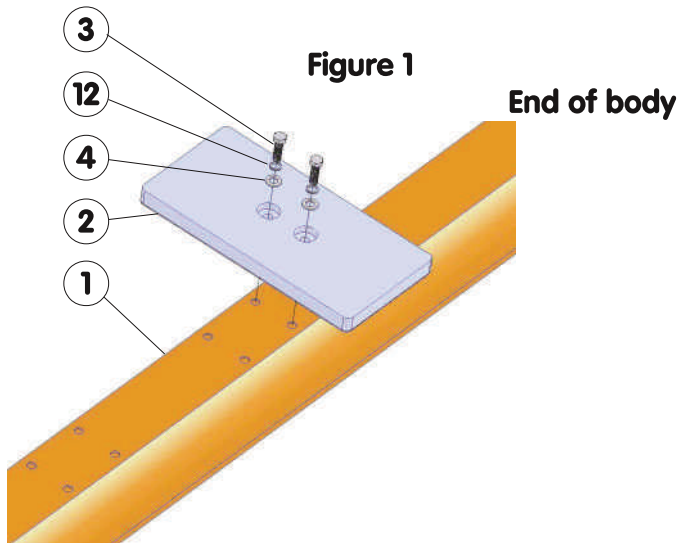
Ref. : 3670AE → 5 x 0.4 m (16.40 x 1.31 ft)

Packaging:

Package Ref.	367/04 Pair of low legs	3575/10 Pommel horse leg fixing system	350/10 Pommel horse synthetic body	3611/40 Competition beam body	3611/40E Competition beam body Export	No. of Packages
3670A Low leg balance beam	1	-	-	1	-	2
3670AE Low leg balance beam Export	1	-	-	-	1	2
3575 Low leg pommel horse	1	1	1	-	-	3
Volume (ft³)	0.3814	0.0848	8.5532	6.1236	8.6556	X
Weight (oz)	105.82	28.22	1552.06	1446.23	2433.91	
Dimensions (in)	16.14x12.99x3.15	7.09x4.72x4.33	67.72x12.60x17.32	200.79x7.87x6.69	203.15x9.84x7.48	

I. Assembling the legs:

- 1 - Place the body (1) upside down on the floor (on a clean area or protecting the body).
- 2 - Fixing the legs (2) to the body (1) (**Attention**, the legs have one direction: slip-resistant surface towards the floor):
 - 2.1 - For the beam (see Fig. 1) : Use the fixing points situated at the ends of the body. Remove all screws and only use those needed for the assembly. Fix the legs (2) to the body (1) using the screws (3) and washers (4) + (12) and then tighten.
 - 2.2 - For the pommel horse (see Fig. 2): Fix the legs (2) to the body (1) using the tubular spacers (10), screws (9) and washers (4) + (12) and then tighten.
- 3 - Right the apparatus and place it on its legs on a flat surface (at the chosen location).



II. Assembling the pommels (Ref. : 3575) :

- 1 - Tilt the pommel horse onto its side.
- 2 - Insert a clamp rod (7) into each pommel (5), which have been previously positioned on the body (1).
- 3 - Screw a lever (8) onto each rod (7) under the body (1) (see Fig. 3). Turn the lever (8) perpendicularly to the rod (7) (see Fig. 4) to lock the pommel. To adjust the tightness of the pommels (5) screw or unscrew the lever (8) when oriented with the alignment of the rod (7) (see Fig. 3).
- 4 - Tilt the pommel horse back onto its legs.

Figure 3

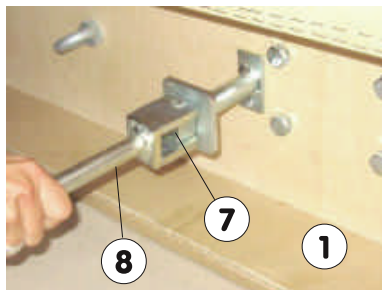
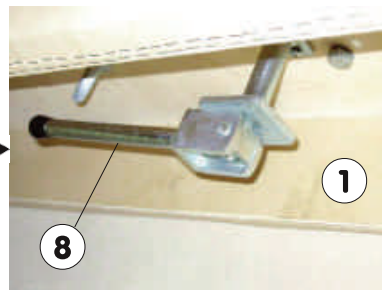
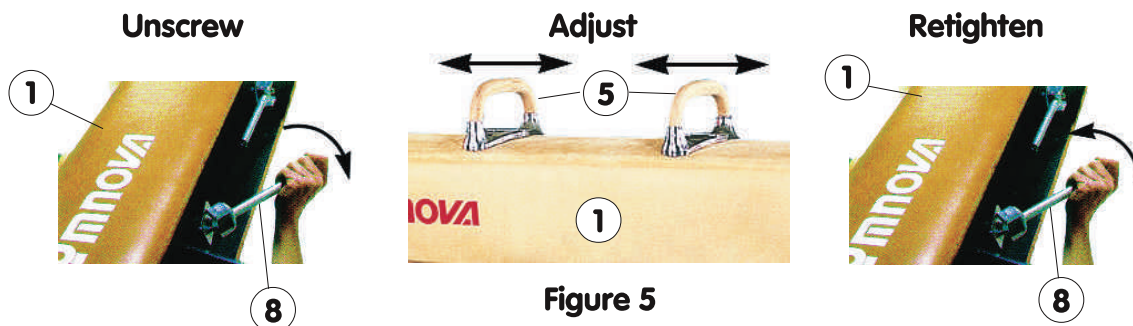


Figure 4



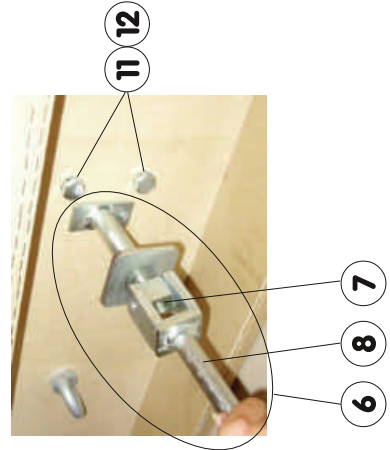
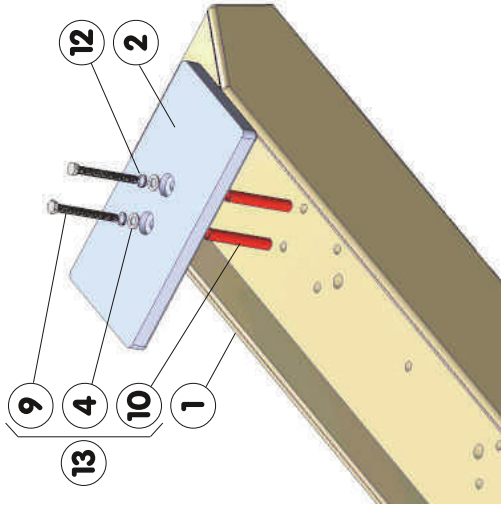
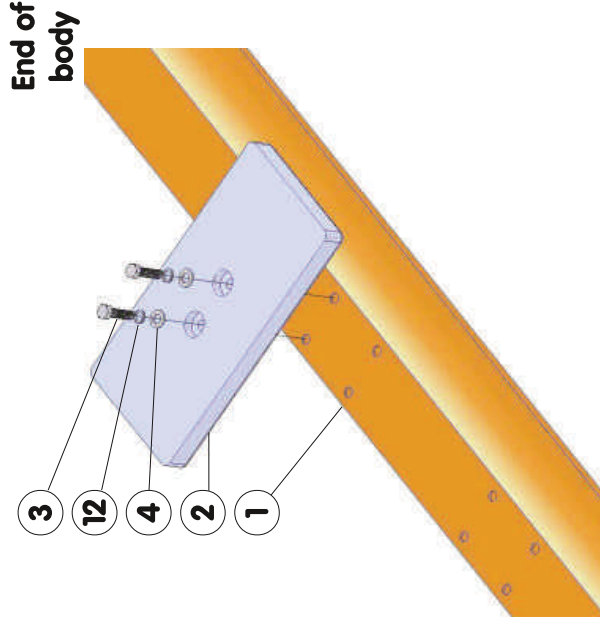
III. Adjusting the pommel distance (Ref. 3575) (see Fig. 5):

- 1 - Tilt the pommel horse onto its side.
- 2 - Turn the levers (8) so they are aligned with the rods (7) (see Fig. 3).
- 3 - Adjust the pommel distance (5) (from 15.35 to 19.09 in).
- 4 - Turn the levers (8) so they are perpendicular to the rods (7) (see Fig. 4).



IV. Maintenance:

- Check the tightness of the attachment elements (3) or (9).
- Grease the ends of the pommel tightening lever (8) screws (5).
- Replace any defective elements.



ITEM	QTY	DESCRIPTION	REFERENCE	REMARKS
29	-		-	
28	-		-	
27	-		-	
26	-		-	
25	-		-	
24	-		-	
23	-		-	
22	-		-	
21	-		-	
20	-		-	
19	-		-	
18	-		-	
17	-		-	
16	-		-	
15	-		-	
14	-		-	
13	1	Pommel horse low leg attachment element	3575/10	pack
12	-	Ø12x20 external tooth lock washer	VRE012200Z	-
11	-	M12x30 H screw	VH0012030Z	-
10	4	"Pommel" tubular spacer	-	included in 13
9	4	Pommel horse leg fixing screw	-	included in 13
8	2	Pommel tightening lever	350/16	spare kit (each)
7	2	Pommel clamp rod	350/14	spare kit (each)
6	2	Pommel tightening system	3500/11	each
5	1	Pair of pommels	3520	pack
4	4	M12x27 flat washer	VRP012270Z	bag
3	4	M12x40 H screw	VH0012040Z	bag
2	1	Pair of low legs	367/04	pack
1	1	Pommel horse synthetic body	350/10	with pommels
1	1	Beam body	3611/40	each

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**POMMEL HORSE
 BALANCE BEAM
 LOWLEGS**

BY: J.GALJTER	DATE: 02/03/06	NM221	Ref.: 3575 - 3670A - 3670AE
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To order spare parts, provide the description, part no., and delivery date of the entire apparatus.

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