



WARNING

- Serious injury (including permanent paralysis or death) could result from any activity involving motion, rotation or height.
- All users of this equipment assume this risk of serious injury.
- Mats and pits cannot and do not eliminate hazards.

Safety Instructions

ALWAYS:

1. Consult an instructor prior to use.
2. Use equipment **ONLY** under the supervision of trained and qualified instructors.
3. Use equipment with trained spotters and the proper spotting equipment.
4. Check equipment before use for proper positioning; equipment can move during use.
5. Follow a progressive learning pattern. Assure basic skills are achieved before attempting more advanced skills.
6. Use equipment **ONLY** when all hard exposed surfaces are protected with proper mats.
7. Assure that all inflatable equipment has sufficient air pressure to avoid injury.

DO NOT use the apparatus with damaged, worn or missing parts.

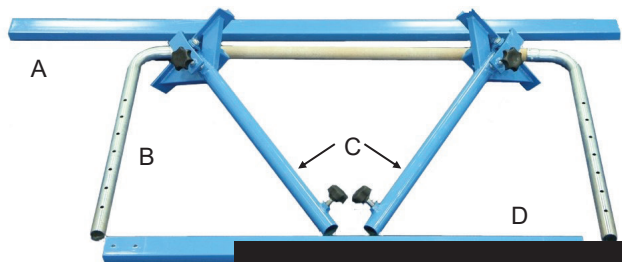
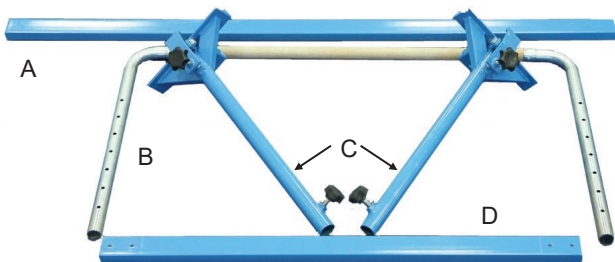
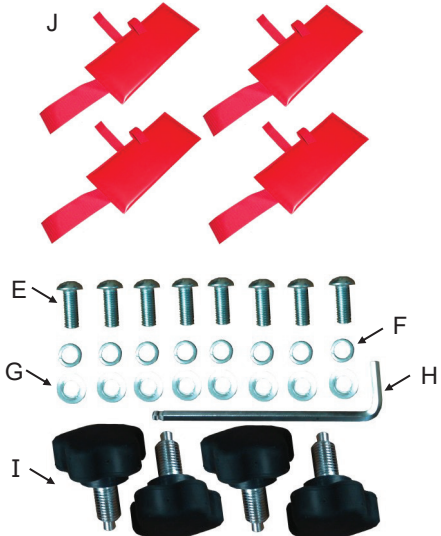
DO NOT allow more than one person at a time to use the equipment.

Thank you for purchasing the 5-in-1 Bar. You will enjoy years of use with this product.

After opening the boxes, please check the parts list to make sure all pieces have arrived in good condition.

Parts List

- Parts List:**
- [A] Side Legs (qty 2)
 - [B] Kip Bar assembly (qty 2)
 - [C] Vertical Supports (qty 4)
 - [D] Center-Beam Support (qty 2)
 - [E] Button-Head Cap Screws (qty 8)
 - [F] Lock Washers (qty 8)
 - [G] Flat Washers (qty 8)
 - [H] 6mm Allen Wrench (qty 1)
 - [I] D-2 Spring-Detent Knobs (qty 4)
 - [J] Clamp Pads (qty 4)

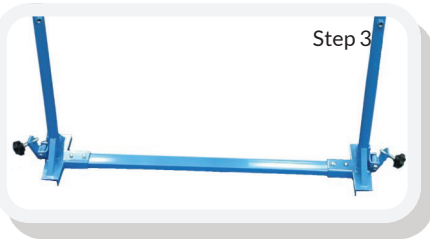
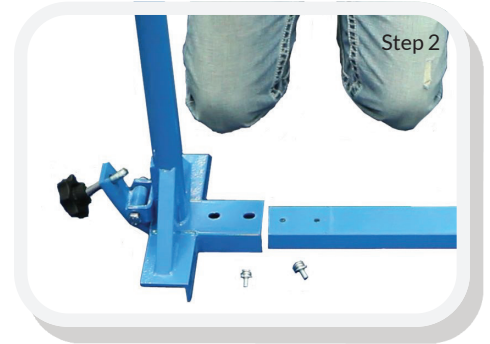


Need help?
 Call 1-800-932-3339 or
 Email info@gymsupply.com



Step 1- Place the screw through the lock washer and then the flat washer. Repeat for all 8 screws.

Step 2- Align the one of the uprights with the center support. Align the second upright with the center support. **NOTE:** Make sure D-2 knob holes are facing the same way. (See Step 3 Pic)



Step 3- Place two of the screw and washer sets into the upright and center support on each end. Tighten these by hand. **NOTE:** It will be easier to have these slightly loose.

Step 4- Repeat Steps 2 & 3 for the second set of uprights and center support.

Step 5- Place the downtubes of the bar assembly into the uprights. You may have to adjust the uprights to allow the downtubes to slide in. If it is still difficult spray some WD-40 on the downtubes. Repeat for second bar & upright set.



Step 6- Once the bar assembly is seated all the way in the upright, finish tightening the screws in the center support. Repeat for second bar & upright set.

Step 7- Place the D-2 knobs in all four uprights.



Step 8- Adjust the bars to your desired height and tighten the D-2 knobs. Ensure you see and hear the knob lock. **NOTE:** You should not be able to move the bar assembly if it is properly locked with the D-2 knobs.

NOTE: Tumbl Trak equipment is not recommended for the use in **Parkour/Free Running** related activities.



Step 9- Lift and push the knob against the upright then place the unit on the side leg. Release the knob and allow the bottom lip to fit securely under the side leg. Repeat for the other side of the upright & bar assembly. **NOTE:** You may have to unscrew the knob slightly to allow clearance.



Step 10- Tighten the knob to secure the bottom lip under the side leg and the upright in position. Repeat for the other side of the upright & bar assembly.



Step 11- Wrap the clamp pad around the knob on the outside of the upright. Velcro the small strip around the upright and the large strip below the clamp. Repeat for the other side of the upright & bar assembly.



General Guidelines
(125 lb. limit)

Accessories for the 5-in-1 Bar



Power Launch

- Provides a bouncy surface under the 5-in-1 Bar
- Attach it to the side of the unit for a handstand station
- Use it behind the bar for a clear hip wall
- Add the carpet wall overlay and Fun Sticks (shown here) as a handstand Trainer



4'x8'x8" Mat

- Provides soft base under the 5-in-1 Bar
- May be used for tumbling skills when not in use with the 5-in-1 Bar
- Folds in 1/2 and has handles for ease of transport
- Non-skid material on the bottom prevents sliding



Bar Pad

- Developed for the smaller athlete
- Easily attaches to bar with Velcro
- Measures 9.5" wide and 1.5" in diameter