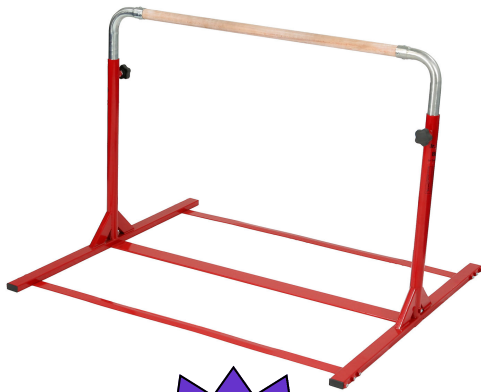


# Assembly Instructions

## Jr. Kip Bar



Available  
in Red or  
Purple

Thank you for purchasing the Jr. Kip Bar. We hope you will enjoy years of use of this product.

After opening the boxes, please check the parts list to make sure all pieces have arrived in good condition. If you have any questions during this assembly process, please call customer service at 44 (0)2921 167 949.



### **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.

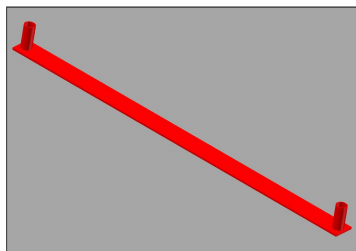
**DO NOT** use the apparatus with damaged, worn or missing parts.

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

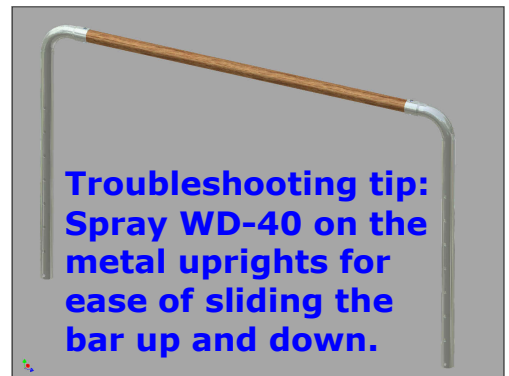
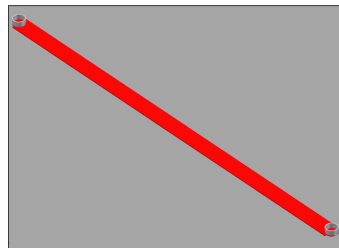
2 - End Cross Supports



2 - Uprights



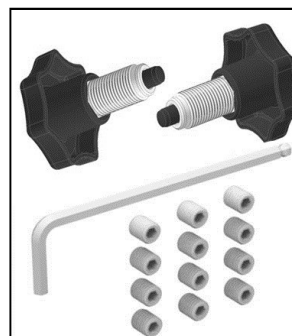
1 - Center Cross Support



**Troubleshooting tip:**  
Spray WD-40 on the metal uprights for ease of sliding the bar up and down.

1 - Bar Assembly

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



### Hardware Includes:

- (2) D-2 Knobs
- (1) Allen Wrench
- (12) Set Screws



**Tumbl Trak**  
Train Smart



**1** Place the Center Cross Support and 2 End Cross Supports parallel to each other on the floor (Fig. A).

**2** Slide one of the Uprights down into the tube of the Center Cross Support. (Fig. A) **Make sure the set screws on the Upright face outward.**

**3** Align the circular tubes of the 2 End Cross Supports with the appropriate holes on the bottom of each end of the Upright. See bottom of Upright (Fig. B).

**4** Insert 3 set screws along the edge of the upright. One in the center and one on each end in the hole closest to the center (of the three at each end - Fig C). Tighten with allen wrench.

**5** Repeat with 2nd Upright.

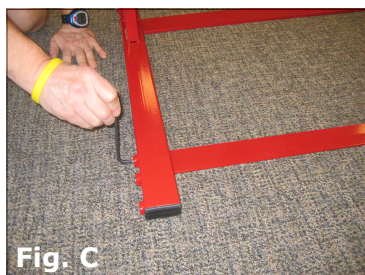
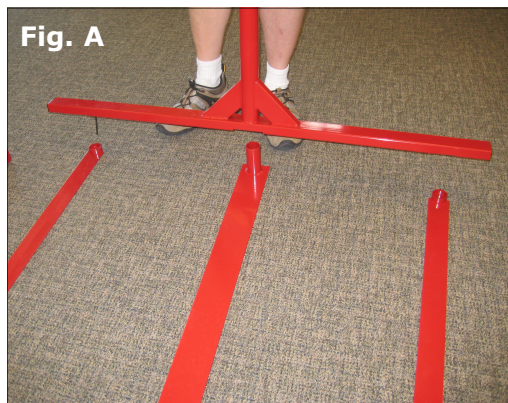
**6** Slide the down tubes of the Bar Assembly into the receiver of the Uprights (Fig. D).

**7** Select the appropriate height for the bar and align the holes of the down tube of the Bar Assembly with the holes of the Upright. Insert the D-2 knobs on both sides and lock into place (Fig. E).

**8 Enjoy!**

### To adjust bar height:

- loosen D-2 knob (1-2 turns counter-clockwise)
- pull back on knob to retract pin from tube hole, and raise/lower bar to desired location
- release knob, assuring that the pin goes into the appropriate tube hole
- tighten knob (turning clockwise) until knob is fully seated against the tube, holding it securely



\*If the Bar Assembly is difficult to move, raise and lower several times. This will free the chambers of any extra paint or metal particles that may have been stuck in the chamber during the manufacturing process.



### **General Guidelines (56kg weight limit)**

Standard Base: for athletes weighing between 22-32kg for BASIC skills

Standard Base with Extensions: for athletes weighing between 22-32kg for ADVANCED skills.

Standard Base with Extension & Plywood (purchased from a local home improvement store): for athletes weighing up to 56kg

# Accessories for the Jr. Kip Bar

The following accessories can be purchased from Tumbl Trak's website at [www.tumbltrak.co.uk](http://www.tumbltrak.co.uk) or by calling 44 (0)2921 167 949.



## Base Extensions

- For increased stability for higher level skills or heavier athletes
- Easily attaches to the Jr. Kip Bar Base.



## 4'x8' Plywood (1.2m x 2.4m)

(\*purchase at your local home improvement center)

- We recommend 3/4" (18 mm) Particle Board
- Secures the base with or without the base Extensions
- Helps prevent rocking of the unit with heavier athletes or for higher level skills



## 1.2 m x 2.4 m Tumbling Mat

- Provides softer base for skills
- May be used for tumbling skills when not in use with the Jr. Kip Bar.
- Available in a variety of colours and designs
- Two thicknesses available, 3.5cm recommended for Carpeted/Soft Surfaces, 5cm for Hardwood/Cement Surfaces.



## Jr. Practice Mat (90cm x 1.8m x 10cm)

- Provides a softer base for landings
- May also be used for tumbling
- Folds in half and features handles for ease of transport
- Non-skid material on the bottom prevents sliding
- Available in Royal Blue or Purple



**Tumbl Trak**  
*Train Smart*