

Assembly Instructions

Quick Flex Bar

Thank you for purchasing the Quick Flex Bar to be used with the original Tumbl Trak™. ***This product is not designed to be used with other tumbling tracks or trampolines.*** 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:

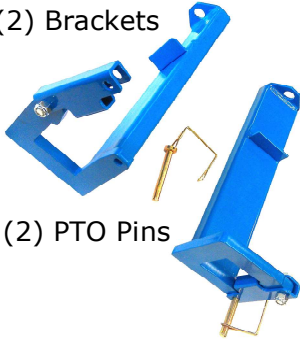
1. Consult an instructor prior to use.
2. Use equipment **ONLY** under the supervision of trained and qualified instructors.
3. Use equipment with trained spotters and the proper spotting equipment.
4. Check equipment before use for proper positioning; equipment can move during use.
5. Follow a progressive 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.

Parts List

(2) Brackets



(2) PTO Pins

(2) Bar Pads



(1) Bar Strap with Ratchet



(1) Bag to hold everything



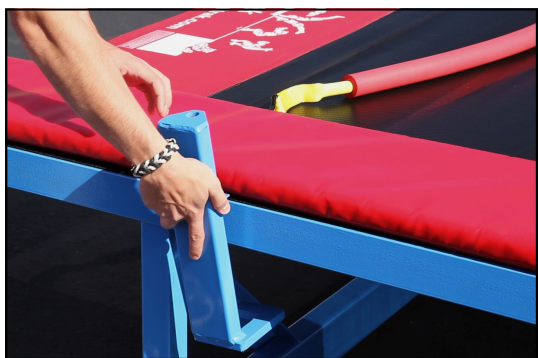
Parts List

- (2) Brackets
- (2) PTO Pins
- (2) Bar Pads
- (1) Bar Strap
- (1) Bag



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

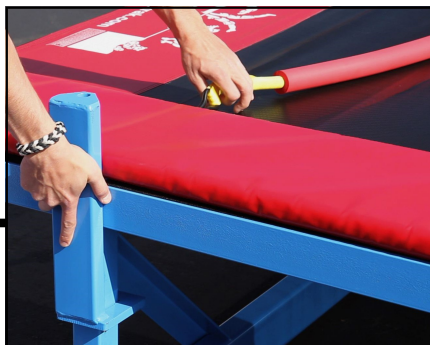


①

Locate the leg of your Tumbler Trak on which you want to place the Quick Flex Bar bracket. Remove the PTO pin of Bracket #1 and open the hinged portion of the bracket.

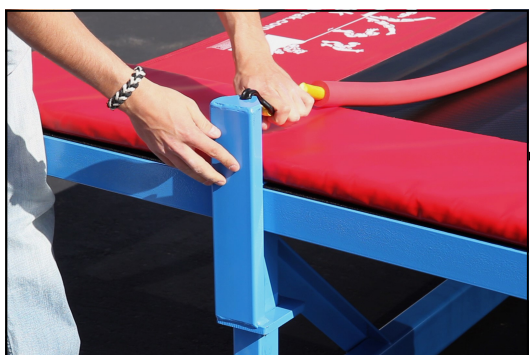
Slide Bracket #1 into position, placing it tightly against the leg. Close the hinge and replace the PTO pin into the hole on the "U" (hook) part of the bracket.

②



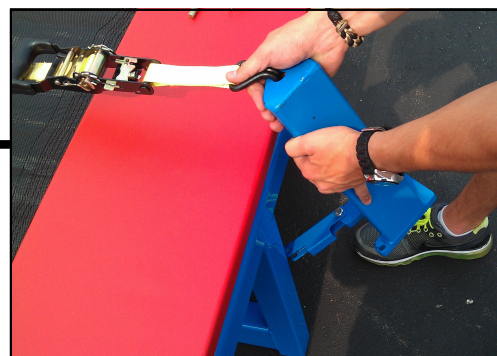
③

Attach the non ratchet end of the strap to Bracket #1. **Failure to attach properly could result in injury.**



④

Attach the end of the strap with the ratchet to Bracket #2. Remove the PTO pin and open the hinged bracket. Slide Bracket #2 on to the opposite leg, placing it tightly against the leg. Close the hinge and place the PTO pin into the hole. Begin to tighten the ratchet. You will want to push down on the bracket to make sure it is tight to the Tumbler Trak.



⑤

Tighten the ratchet as tight as you can. You will then want to bounce on the strap a few times and tighten again. **Make sure to lock down the ratchet when you have reached the desired tightness.**



⑥

Place the two provided bar pads over the ratchet for safety. *Enjoy the Quick Flex Bar!*



NOTE: If you have trouble ratcheting the Quick Flex Bar, stop and find the end of the strap. Pull the end of the strap with the thick webbing away from the ratchet. Begin tightening the ratchet again.



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To watch the Quick Flex Bar in use visit the training tips section of our website, www.tumblertrak.co.uk