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## ASYMMETRIC / UNEVEN BARS



### SAFETY

This specialist item of gymnastics equipment must only be used under the supervision of a suitably qualified gymnastics coach

### OPERATION

1. A minimum of three people are required to assemble the bars.
2. Ensure all parts are to hand, i.e. base/uprights, bar woods, chains/cables, distance strap etc.
3. Check all parts for undue wear or damage.
4. Connect the four chains to floor anchor points by connecting to middle link of chain. This allows each chain to be used as a double connector.
5. Two people (one to each base/upright) to place and hold uprights in a vertical position allowing for width of bars/distance strap to be set equidistant between the width of floor anchor points, and 0.8m approximately from end of base on high upright end to back floor anchor plates.
6. The third person then slots the bar wood into position.
7. The third person then connects the short cables to the high upright and links back to the floor anchor points. Connect two medium cables to high uprights and link to the two front floor anchor points. Tension all four of these cables ensuring that the cable clamp that is on one of the short cables is in the closed position and at the same time make sure that the uprights are in a vertical position and parallel with each other.
8. Position width adjuster to No. 6 and link the two long cables by the pulleys to the low uprights and connect the cables to the chains to front and rear.
9. Tension cables equally (ensure the clamp on one of the long cables in the closed position) making sure the tension indicator does not extend beyond the red line.
10. A final safety check of the bar assembly should be made by the coach in charge before any Gymnast is allowed to work.
11. To remove low bar for single bar work, release front clamp only, remove and re-clamp.
12. To alter height of Bars, release clamp adjust height and re-clamp.
13. To disassemble the Bars follow assembly instructions in reverse order.

See recommendations in the Continental maintenance manual concerning regular maintenance