

# ASSEMBLY/INSTALLATION INSTRUCTIONS

## GF-864 MINI BAR (PAGE 1 of 2)

**READ THIS DOCUMENT AND ALL OTHER ACCOMPANYING PRODUCT DOCUMENTATION THOROUGHLY BEFORE INSTALLING, USING OR PERMITTING USE OF THIS EQUIPMENT. REQUIRE ALL PERSONS INTENDING TO USE THIS EQUIPMENT, AS WELL AS THOSE INSTRUCTING OR COACHING USERS, ASSISTING USERS AND/OR SPOTTING USERS TO READ THIS DOCUMENT THOROUGHLY BEFORE YOU AUTHORIZE EQUIPMENT TO BE UTILIZED FOR ANY PURPOSE.**

### IMPORTANT BAR LIMITATIONS!

**This portable beginning gymnastics bar is not designed for kips or big swings.**

Use this bar only for pull ups, pull overs and other strength development exercises. Only a qualified instructor can make recommendations regarding the exercises this equipment can handle based on user skill, weight and other factors.

### BEFORE YOU BEGIN, PLEASE READ THESE IMPORTANT REMINDERS!

- A 4X8 panel mat or mini bar mat **MUST** be used with product to stabilize the bar and provide cushioning.
- The area where you will use the bar **MUST** be flat, level and free of any obstructions.
- Small scratches can be repaired with grey spray paint or model paint.
- This bar is meant for indoor use; it can be used outside, but should never be left out overnight.
- As with all gym equipment, all use **MUST** be properly supervised.
- **NEVER** use the bar without first checking for loose fittings or damage.
- Only experienced professional coaches are qualified to assess weight load limitations of this product by factoring in complex variables as user size/type of activity to which it will be subjected. Supplied rails did not fail when subjected to static weight load of 100 lbs.

### FAMILIARIZE YOURSELF WITH ALL SUPPLIED COMPONENTS. YOU SHOULD HAVE RECEIVED THE FOLLOWING:

- A. Rail W/Pistons Attached (1 Set)
- B. T-Leg Uprights (Two Each) W/Factory-Installed Clamping Pull Pins
- C. Base Plate Spreader Bar (1 Each)
- D. Pouch With Allen Wrench and Instruction Sheet



### STEP 1.

Lay base plate spreader bar on a smooth even surface and install T-legs by sliding them over the two shafts on base plate.

### IMPORTANT:

- T-leg struts **MUST** be facing outwards as pictured.
- Allen nut **MUST** be on outside of T-leg.

Use Allen wrench (provided) to tighten T-leg to the Base Plate.

**DO NOT OVER TIGHTEN ALLEN NUT!**



### IMPORTANT CONSUMER PRODUCT HAZARD WARNING INFORMATION--PLEASE READ!

Risk of serious injury, paralysis and/or death, is inherent in all activities involving motion or height. This equipment is to be used only by properly trained, qualified persons under supervised conditions. Use without proper supervision is dangerous and should never be undertaken nor permitted. Norbert's Athletic Products, Inc. shall not be liable nor responsible for personal injury or property damage incurred through the use or misuse of this equipment or any other product manufactured by Norbert's Athletic Product's, Inc.

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**STEP 2.**

**IMPORTANT!**

**HOLDING METAL PISTON WHEN ASSEMBLING, ADJUSTING OR USING THIS EQUIPMENT IS DANGEROUS AND SHOULD NEVER BE DONE NOR PERMITTED! ALWAYS HOLD RAIL ASSEMBLY BY WOOD RAIL ONLY (AS SHOWN IN PHOTO AT RIGHT).**

Holding Wood Bar ONLY, insert Rail Assembly Pistons into T-leg shafts until Clamping Pin snaps into place and stops Piston.

**DO THIS!**

**DO NOT DO THIS!**

**STEP 3A**

**STEP 3B**

**STEP 3C**

Adjust rail height by first loosening Clamping Pin by turning it ¼ clockwise.

Then pull Snap Lock out while raising or lowering bar to desired height.

CLAMPING KNOB/SNAPLOCK  
CLOSE-UP

When pin snaps through hole in Piston, retighten Clamping Pin

**ENJOY YOUR NEW MINI BAR!**

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