



**BOLD DOWN SINGLE BAR TRAINER
AND QUAD BAR SYSTEM
PRODUCT SPECIFICATION & INSTALLATION SHEET**
Models GSB-105, GSB-107, GSB-153, GQD-400

Single Bar Trainer uprights, Channel Bar uprights,
and Quad Bar System **OUTSIDE UPRIGHT** installation
instructions on pages 2 and 3 of this PDF.

Quad Bar System **CENTER UPRIGHT** installation
instructions on pages 4 through 6 of this PDF.

BOLD DOWN SINGLE BAR TRAINER PRODUCT SPECIFICATION/ INSTALLATION SHEET

Model GSB-105, GSB-107, GSB-153, GQD-400



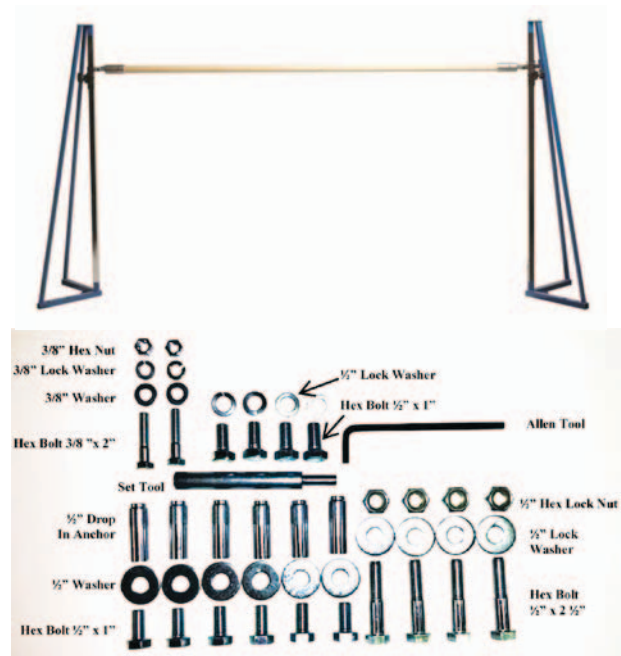
WARNING: Any activity involving motion or height creates the possibility of landing or falling on the head or neck. Serious injury, including permanent paralysis or death, can result. This equipment cannot eliminate this hazard entirely. It should be used **ONLY** by properly trained and qualified participants under the supervision of a trained professional instructor. Do not allow use of this equipment without proper supervision. Consult the instructor before use. Do not use if there is evidence of defect. Check for proper positioning of mats before each use.

PRODUCT DESCRIPTION:

The Bolt-Down Single Bar Trainer, 3', 5' or 7' high, brings strength and stability to an old idea. We have increased the base footprint and added a forward anchor bolt to give this unit a solid stand-alone performance for bigger swing movements. In addition, our chrome adjusting rail attachments provide safe, no pull-out confidence, not available on any other unit. Not recommended for training giants or Level 10 and Elite Level release skills.

KIT INCLUDES: Bar sold separately

- Two uprights (one adjustable rail attachment and non-adjustable rail attachment)
- Parts pack consisting of: (10) 1/2"-13 x 1" hex bolts, (12) 1/2" washers, (6) 1/2" drop in concrete anchors, (1) drop in anchor set tool, and (1) 1/4" hex key (Allen tool), (4) 3/8"-13 x 2" hex bolts, (4)



TOOLS REQUIRED FOR INSTALLATION:

- Allen wrench set
- Magnetized Torpedo Bubble Level
- Hammer
- Concrete Drill
- 5/8" Masonry Drill Bit
- Permanent Marker
- 3/4" Box Wrench (or 19mm)
- Crescent Wrench

PRODUCT INSTALLATION:

Proper installation of the Bolt-Down Bar will result in easy adjustment of the rail throughout the adjusting range. Shim washers under the base may be necessary because of uneven floors. It is imperative that both uprights be perfectly vertical in both planes and installed on a concrete floor. The purchase of an inexpensive Magnetized Torpedo Bubble Level will aid in this installation.

Consult an engineer for advice as to the appropriate type of floor anchors to be used for your situation. The stability and safety of this equipment is determined by the permanent holding ability of your anchors.

- Assemble the Bolt-Down Trainer completely with the rail in place before mounting bases to the floor.
 - To assemble attach square tube upright to base with height adjustment holes facing toward the open end of the V base 3/8" x 1.75" hex bolt, 3/8" flat washer, 3/8" lock washer and 3/8" nut. Tighten until square upright does not wiggle.





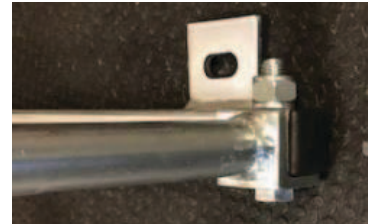
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1.2. Attach top plate to top of square tube upright using 3/8" x 1.75" hex bolt, 3/8" flat washer, 3/8" lock washer and 3/8" nut. Tighten until top plate does not wiggle.

1.3. Next, attach round side supports to top plate with 1/2" x 1" bolt and 1/2" lock washer.

1.4. Attach round side supports to base with 1/2" x 2 1/2" hex bolt, 1/2 washer and 1/2" lock nut.



2. Place the unit at the desired location and attach rail to the slide assembly on both uprights. Check to see that the chrome adjusting rail end-piece is centered. (This will be found on only one upright). Tighten the jam nut and Allen set screw. This will allow you to fine tune the rail adjustment at a later time.

3. Lower the rail to the lowest setting.

4. Mark the floor through the holes in the tabs on the base to determine the location of the floor anchors. It is extremely important that the holes are accurate.

5. Use the 5/8" masonry bit to drill a hole in the concrete. Drill to a depth of 2" into the concrete. Make sure this hole is on the centerline (center of the hole). Blow the hole clean with a rubber bulb, vacuum or air hose. Insert the anchor, threaded end up, into the hole, flush with top of concrete. Drive the setting tool into the anchor with a hammer until the setting tool shoulder meets the top of the anchor.

6. Place the training bar unit over the anchors and loosely install the 1/2" x 1' hex bolts through the 1/2 flat washers, the tabs in the base and into the anchors. To level the unit, it may be necessary to place shim washers under the base at the anchors. You may need additional shim washers. Place the Bubble Level on the upper section of the square upright to check that the upright is vertical at all angles. Most floors are not perfectly level and some shim washers may be necessary. Tighten all anchor hex bolts at this time. (Proper installation will allow the bars to easily adjust up or down without dragging or binding).

7. Check for ease of adjusting the rail up and down. If binding is encountered, make slight adjustments to the adjusting rail end piece. Retighten and try adjusting rail again. After all adjustments are made and bar adjusts easily, check that all Allen screws, nuts and jam nuts are tight before performing any large circle or swing skills, i.e. clear hip handstand or back up-rise.

****IMPORTANT****

**Check all knobs, bolts and set screws prior to use.
Do not exceed weight limit of 160 lbs.**

Guarantee: Equipment is guaranteed for a period of one year from the date of invoice against faulty manufacturing or defects in material. The seller's sole obligation under this warranty shall be to repair or, at its discretion, replace at its expense any defective part or parts. Material claimed defective must be returned prepaid by customer to us for examination, if requested. Damage caused by extreme usage or misuse will not be covered.

Model GQD-400 Item: Quad Bar System

These installation instructions are for the Center piece only. For install instructions for the 5' uprights see pages 4 and 5 of this PDF.



WARNING

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Product Description:

The Norbert's Bolt-Down Four-Bar Trainer, 5' tall, brings strength and stability to an old idea. We have increased the base footprint and added a forward anchor bolt to give this unit a solid stand-alone performance for big swing movements. In addition, our chrome adjusting rail attachments provide safe, no pull-out confidence, not available on any other unit.



Not recommended for training giants or Level 10 and Elite Level release skills.

Kit Includes: Bar sold separately

Included in this box:

1. One center unit (with two adjustable rail attachments and two non-adjustable rail attachments)
2. (1) Parts pack for center unit consisting of: (4) 1/2" Drop-In anchors, (1) Drop-In anchor setting tool, (4) 1/2" -13 x 2" hex screws, (4) 1/2" USS wrought washers, (1) 1/4" hex key, (4) 1/2" -13 x 2" hex screws, (4) 1/2" -13 x 1.5" hex screws, (8) 14mm flat washers, (4) 1/2" lock washers, (4) 14mm lock nuts.



Tools Required for Installation:

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|------------------------------------|------------------------------|
| 1. Allen wrench set | 5. 5/8" Masonry Drill Bit |
| 2. Magnetized Torpedo Bubble Level | 6. Permanent Marker |
| 3. Hammer | 7. 3/4" Box Wrench (or 19mm) |
| 4. Concrete Drill | 8. Crescent Wrench |

Model GQD-400 Item: Quad Bar System

Product Installation:

Proper installation of the Bolt-Down Four Bar System will result in easy adjustment of the rails throughout the adjusting range. Shim washers under the base may be necessary because of uneven floors. It is imperative that all uprights be as close to vertical in both planes as possible and installed on a concrete floor. The purchase of an inexpensive Magnetized Torpedo Bubble Level will aid in this installation.

The anchors provided in the parts pack will, in most instances, work in standard concrete floors. But we recommend that you consult an engineer for advice as to the appropriate type of floor anchors to be used for your situation. The stability and safety of this equipment is determined by the permanent holding ability of your anchors.

1. Assemble the Bolt-Down Trainer completely without the rails in place. Place the entire unit at the desired location before anchoring to floor.
2. Identify the two uprights with the adjustable slide assemblies. Check to see that the chrome adjusting rail end-piece (L-Bracket) is centered. (This will be found on two uprights and two sides of the center unit). Loosen the jam nut, nut and Allen set screw. This will allow you to fine tune the rail adjustment at a later time.
3. Attach one upright with an adjustable slide assembly to the base using one 1/2"-13 x 2" hex screws, two 14mm flat washers and one 14mm lock nut. Insert the hex screw from the outside so that the lock nut will be on the inside of the base frame. Install the next upright with a nonadjustable slide assembly in the same fashion. Repeat with the two remaining uprights insuring the two with adjustable slide assemblies are opposite each other and not adjacent to one another.
4. Next attach the top frame piece with four 1/2"-13 x 1.5" hex screws and four 1/2" lock washers. Tighten the hex screws down until the lock washer is flat and then an additional 1/8 turn. **DO NOT OVER TIGHTEN.**
5. Mark the floor through the holes in the flanges in the base to determine the location of the floor anchors. It is extremely important that the holes are accurate.
6. Use the 5/8" masonry bit to drill a hole in the concrete. Drill to a depth of 2" into the concrete. Make sure this hole is on the centerline (center of the hole). Blow the hole clean with a rubber bulb, vacuum or air hose. Insert the anchor, threaded end up, into the hole, flush with top of concrete. Drive the setting tool into the anchor with a hammer until the setting tool shoulder meets the top of the anchor.



7. Place the training bar unit over the anchors and loosely install the bolts through the wrought washers, the base and into the anchors. In leveling the unit, it may be necessary to place shim washers under the base at the anchors. You may need additional shim washers.



Place the Bubble Level on the upper section of the chrome upright to check that the upright is vertical at all angles. Most floors are not perfectly level and some shim washers may be necessary. Tighten all anchor hex screws at this time. (Proper installation will allow the bars to easily adjust up or down without dragging or binding).

8. Lower all slide assemblies to the base before rails and installing the 5' or 7' uprights.



9. Once the outside 5' or 7' uprights are installed check for ease of adjusting the rails up and down. If binding is encountered, make slight adjustments to the adjusting rail end piece. Retighten and try adjusting rails again. After all adjustments are made and bars adjust easily, check that all Allen screws, nuts and jam nuts are tight.

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****IMPORTANT****

Check all knobs, bolts and set screws prior to use.

Do not exceed weight limit of 160 lbs.

WARRANTY:

EQUIPMENT SOLD IS WARRANTIED FOR A PERIOD OF 1 YEAR from the date of invoice against faulty manufacturing or defects in materials for mats and padding. The seller's sole obligation under this warranty shall be to repair at its option or replace at its expense, any defective part or parts. Material claimed defective must be returned PREPAID to us for examination. Breakage caused by extreme usage will not be covered as it does not constitute defective material or faulty workmanship.