

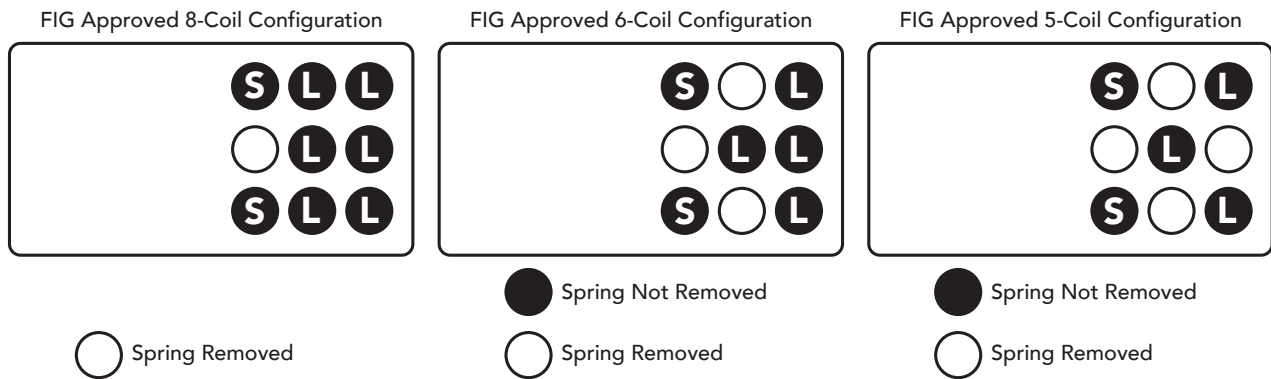
FIG Approved Springboard Coil Configuration

Eight springs are installed in the board and the number of springs can be adjusted to meet the needs of the gymnast's weight and ability.

To remove a spring, stand the board on end with the legs facing you. Place your thumbs on the leg for leverage and pull the top coils of the spring away from the rubber bumper. To insert the spring, place the spring in the board pushing down on the top coils until it pops over the rubber bumper.

For approved FIG spring configurations, please refer to our 8-coil, 6-coil and 5-coil spring configuration diagrams.

Note position of Large and Small springs. **L** Large Spring **S** Small Spring



Inspect the springboards periodically for loose fasteners or other damage. Do not use damaged equipment. Contact Norbert's at 1 (800) 779-1904 for repair or replacement.

⚠ IMPORTANT CONSUMER PRODUCT HAZARD WARNING — PLEASE READ!

Serious injury (including paralysis or death) could result from any activity involving motion, rotation, and/or height. All users of this equipment assume the risk of serious injury. Mats, pits, and padding cannot and do not eliminate hazards. This product should be used ONLY by properly trained and qualified participants under the supervision of a trained professional instructor. Do not allow use without proper supervision. Do not use a mat with tears, evidence of flattening, and/or other defects. Do not use apparatus with damaged, worn, and/or missing parts. Check for proper positioning of mats and apparatus before each use. Replace this label if it becomes damaged or illegible. This is not a toy.