



## ASSEMBLY/INSTALLATION INSTRUCTIONS

### SINGLE BAR AND/OR QUAD BAR TRAINERS

**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, ASSISTING OR COACHING OTHERS IN THE USE OF THIS PRODUCT, TO READ THIS DOCUMENT THOROUGHLY BEFORE AUTHORIZING THEM TO ENGAGE IN THOSE OR RELATED ACTIVITIES.**

**NOTE:** This equipment is designed for installation on a concrete floor and requires floorplates or cement anchor bolts not included with your purchase. **We strongly recommend using floorplates.** Cement anchor bolts are easily obtained from hardware stores or industrial supply outlets.

1. Completely assemble Single Bar/Quad Bar Trainer with rail(s) in place. Center moveable end piece to which rail is attached to permit easy adjustment in either direction if necessary. To move end piece, loosen setscrews. After adjusting, be sure to re-tighten setscrews.
2. Lower rail(s) to lowest setting.
3. Position assembled unit at desired location.
4. Mark exact locations for anchor bolts through holes in equipment bases.
5. Move equipment assembly aside and drill holes in concrete floor according to floorplate or cement anchor bolt manufacturer's specifications and recommendations (i.e. drill size, hole depth, etc.) Install anchor bolts according to manufacturer's instructions. .
- 6 When bolts are properly installed, move equipment assembly into place and snug down all bolts.
- 8 Use a level to ensure all uprights are exactly vertical so rail height adjustments may be made without dragging or binding sliding collars. If floor is evenly flat, uprights will be exactly vertical. If not, it will be necessary to shim one or more bases to attain exact vertical upright position before proceeding further.
9. Once all uprights are exactly vertical, equipment may be bolted down tightly.
10. After tightly bolting floor anchors, check to be sure rail height is easily positioned. Raising or lowering rail freely may require a slight adjustment to moveable end pieces bolted to rails by loosening setscrews. Be sure to tighten all setscrews before using equipment.

**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 PRODUCTS, INC.