

**HIGH BAR FOR TRAINING  
WITH CABLES M'2010****3120G - 3125G****KEEP THIS  
DOCUMENT****Warning:**

This equipment should be installed by a qualified individual.

The apparatus should be used by only one person at a time, supervised by a qualified individual and with appropriate landing mats or a landing pit.

Using this equipment for purposes other than those originally intended is not allowed.

**Compliance:**

This equipment complies with the requirements of the European standard EN 913 "Gymnastic equipment - General safety requirements and test methods" and EN 12197 "Gymnastic equipment - High Bars - Safety requirements and test methods - type 3".

**Recommendations:**

As shown in French Standard NF S 52-400 the following is recommended:

- keep these instructions for subsequent reference (inspection, maintenance, etc.).
- periodically carry out predictive maintenance.
- depending on how much it is used, have the equipment serviced yearly or every few years.

**Weight of the apparatus:**

Ref.: 3120G → 57 kg (125.66 lb)

Ref.: 3125C → 54 kg (119.05 lb)

**Overall size:**

- Apparatus without cabling: 2.63 x 0.10 m (8.63 x 0.33 ft)
- With standard cabling: 5.50 x 4.00 m (18.04 x 13.12 ft)
- With short cabling: 4.00 x 2.00 m (13.12 x 6.56 ft)

**Packaging:**

| Package<br>Ref.  | 3120/50<br>Pair of sliding<br>tubes - High<br>Bar for training | 3120/60<br>Pair of uprights -<br>High Bar for training | 3110<br>Hand-rail -<br>High Bars  | 3011B<br>Standard cabling -<br>High bars | 3012B<br>Short cabling -<br>High bars | No. of<br>Packages |
|--|--|--|-----------------------------------|--|---------------------------------------|--------------------|
| <b>3120G</b><br>High Bar for training with<br>standard cabling                 | 1  | 1  | 1                                 | 1  | -                                     | 4                  |
| <b>3125G</b><br>High Bar for training with<br>short cabling                    | 1  | 1  | 1                                 | -  | 1                                     | 4                  |
| <b>Volume (ft<sup>3</sup>)</b><br><b>Weight (lb)</b><br><b>Dimensions (in)</b> | 1.031<br>24.25<br>30.71x8.66x6.70                              | 1.059<br>57.32<br>113.39x5.12x3.15                     | 0.434<br>26.46<br>98.43x2.76x2.76 | 0.544<br>21.83<br>19.68x11.02x4.33       | 0.576<br>15.43<br>20.08x11.42x4.33    | X                  |

## I. Preparing the cables:

- Standard cabling (Ref.: 3011B) : Refer to the Assembly Instructions NM180.
- Short cabling (Ref.: 3012B) : Refer to the Assembly Instructions NM179.

## II. Assembling the apparatus (minimum of two people required):

**Note:** Prepare a clean area for assembling the apparatus.

- 1 - Position the hand-rail (3) on the floor, to view the spacing of uprights (1).
- 2 - Lay both uprights (1) parallel on the floor.
- 3 - Install the sliding tubes (2) in high position (maximum) onto the uprights (1) (thumbscrews (4) outward).
- 4 - Remove the black plastic caps (8) from the end of uprights (1), insert the spacers (11) inside (see Fig. 1).
- 5 - Install 2 bracing flats (10) on the top of each upright (1), using the screws (12), (13) and (14), then moderately tighten to allow flats (10) to be turned with regard to the cables. Put up again the black plastic caps (8).
- 6 - Install the hand-rail (3) onto the sliding tubes (2) using pins (9) (see Fig. 2).
- 7 - Position the pivots (6) into their housings, in line with the plotting, or the connecting flat (7) on the floor. Attention : plastic washers (17) have to be placed like Fig. 3 or 4.

## III. Assembling, adjusting and tightening the cables:

**Important:** When the vertical position of the uprights (1) is adjusted, and before tightening the cables, do not forget to lock the bracing flats (on top of the uprights).

- Standard cabling (Ref.: 3011B) : Refer to the Assembly Instructions NM180.
- Short cabling (Ref.: 3012B) : Refer to the Assembly Instructions NM179.

## IV. Adjusting the height (see Fig. 5 and Fig. 6):

- 1 - Loosen the cabling (15) or (16) using the quick tighteners (see NM180 or NM179).
- 2 - Unlocking: loosen the thumbscrews (4) by 2 to 3 turns on both of the sliding tubes (2).
- 3 - Unnotching: press and hold down the pawl (5).
- 4 - Raise or lower the sliding tubes (2) until the bar is at the desired height.

**Important:**

- Notching: make sure that the height is locked by checking that each pawl (5) is locked against the sliding tubes (2). In this position, it should not be possible to raise nor lower the sliding tubes (2).
- Check that both sliding tubes (2) are adjusted to the same height (horizontal hand-rail) — this is mandatory.

- 5 - Locking: Tighten the thumbscrews (4).
- 6 - Retighten the cables (15) or (16).

## V. Adjustment values:

Height of hand-rail: 0.95 to 2.75 m . From the bottom: 6 locking notches per steps of 20 cm, then 7 locking notches per steps of 10 cm)

## VI. Usage (warranty validity):

For safety reasons:

- This high bar is a training apparatus and, as such, should never be used as a competition apparatus.
- Never use abrasive materials on the hand-rail, in order to avoid modifying the mechanical properties of the steel.

### VERY IMPORTANT:

- Never modify the cable tightening in accordance with the height of the hand-rail (3). In lower position, it is normal for the cables to look loose.
- Do not install the removable access platform (Ref.: 2720) on the uprights of this apparatus.

## VII. Maintenance:

- Before use, check the state of wear parts and safety parts each time: thumbscrews (4) tightened, pawls (5) notched, cabling (quick links closed, etc. see NM177, NM178), plastic washers (17), pins (9) in good condition and locked, hand-rail (3) (to be periodically replaced depending on usage).
- Maintain the hand-rail (3): remove the pins (9), clean (magnesium deposits), lubricate the hand-rail ends, then re-install the hand-rail.
- Check the cabling (15) or (16) tightening.
- Check the tightness of all the attachment elements (12) + (13) also the bracing flats of anchors.

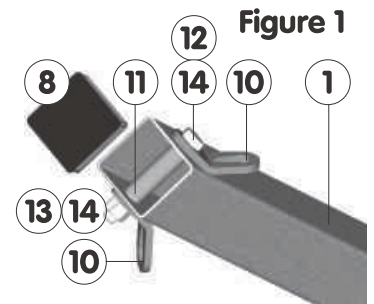


Figure 2



Figure 3

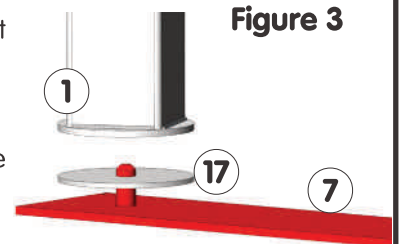


Figure 4

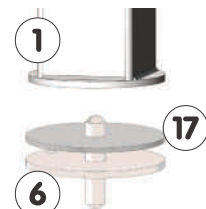


Figure 5

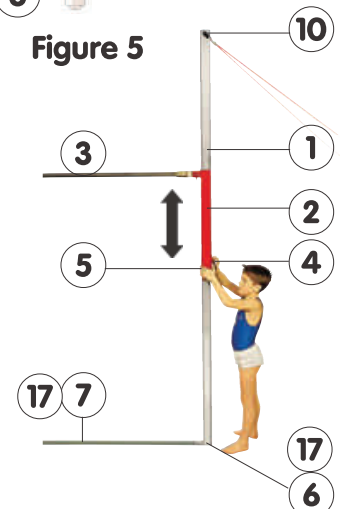
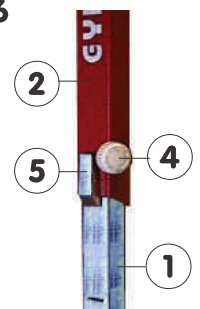


Figure 6

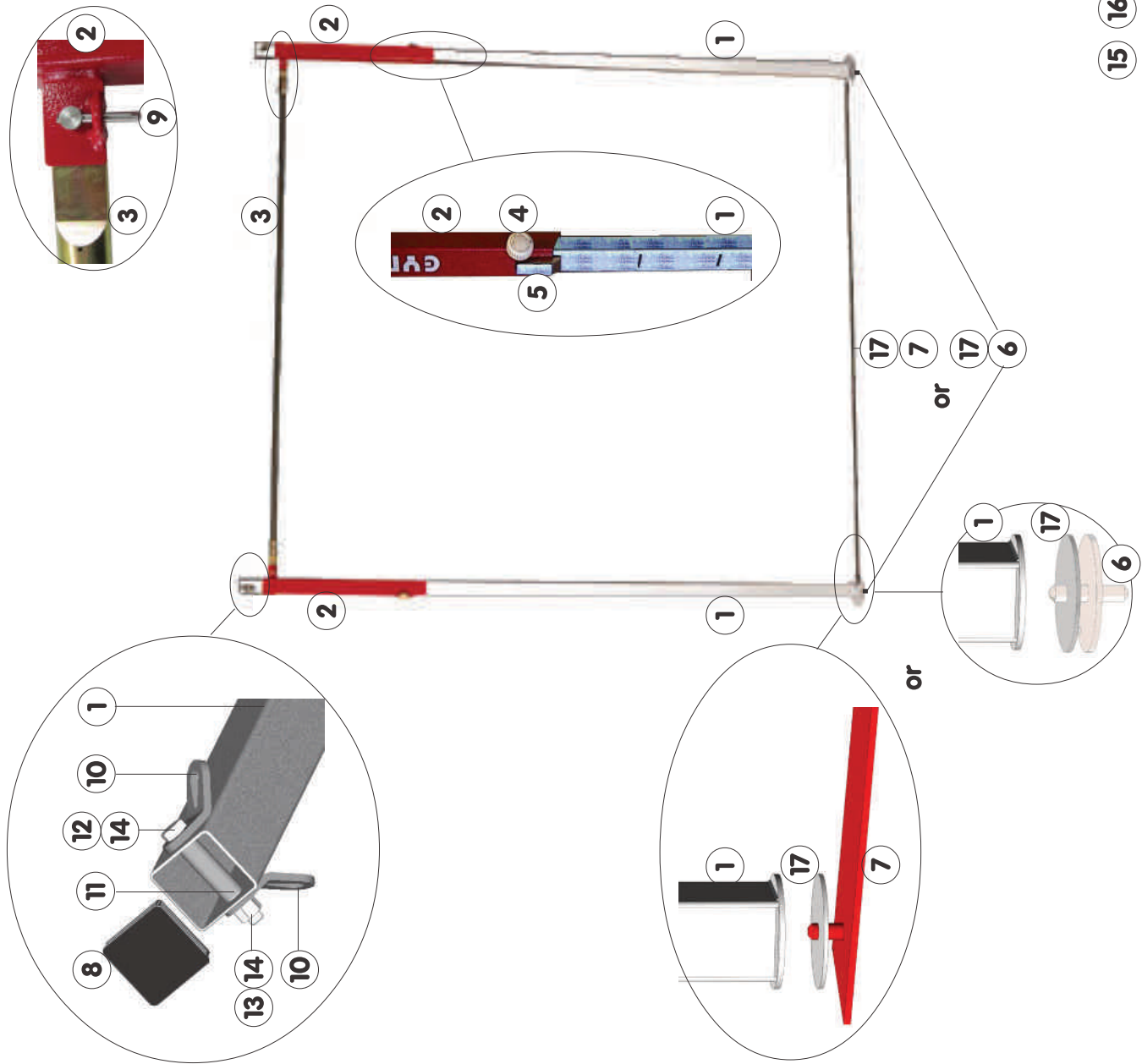


|    |   |  |            |   |                 |
|----|---|--|------------|---|-----------------|
| 30 | - | -  | -          | - | -               |
| 29 | - | -  | -          | - | -               |
| 28 | - | -  | -          | - | -               |
| 27 | - | -  | -          | - | -               |
| 26 | - | -  | -          | - | -               |
| 25 | - | -  | -          | - | -               |
| 24 | - | -  | -          | - | -               |
| 23 | - | -  | -          | - | -               |
| 22 | - | -  | -          | - | -               |
| 21 | - | -  | -          | - | -               |
| 20 | - | -  | -          | - | -               |
| 19 | - | -  | -          | - | -               |
| 18 | - | -  | -          | - | -               |
| 17 | 2 | Interface plastic washer                       | -          | - | included in 2&6 |
| 16 | 1 | Short cabling - High Bar                       | 3012B      | - | see NMI179      |
| 15 | 1 | Standard cabling - High Bar                    | 3011B      | - | see NMI180      |
| 14 | 4 | L 12x32 flat washer                            | VRP012320Z | - | included in 2   |
| 13 | 2 | M12 H locknut                                  | VEHF12000Z | - | included in 2   |
| 12 | 2 | M12x90 H screw                                 | VH0012090Z | - | included in 2   |
| 11 | 2 | High Bar upright spacer                        | -          | - | included in 2   |
| 10 | 4 | Bracing flat                                   | X3120/12   | - | included in 2   |
| 9  | 2 | Stainless steel pin                            | 322/13     | - | included in 2   |
| 8  | 2 | 60x60 plastic cap                              | QEPA6060NO | - | included in 1   |
| 7  | 1 | Connecting flat - Training HB                  | 3120/62    | - | optional pack   |
| 6  | 2 | Pair of High Bar pivots for pit                | 3120/52    | - | included in 2   |
| 5  | 2 | Locking Pawl + Spring                          | 333/29     | - | included in 2   |
| 4  | 2 | Tightening thumbscrew                          | 333/38     | - | included in 2   |
| 3  | 1 | Hand-rail - Training HB                        | 3110       | - | pack            |
| 2  | 1 | Flat + Pair od slides - Training HB            | 3120/50    | - | pack            |
| 1  | 1 | Pair of uprights for High Bar, training + flat | 3120/60    | - | pack            |

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15 16  
**NOT SHOWN**

To order spare parts, provide the description, part no., and delivery date of the entire apparatus.