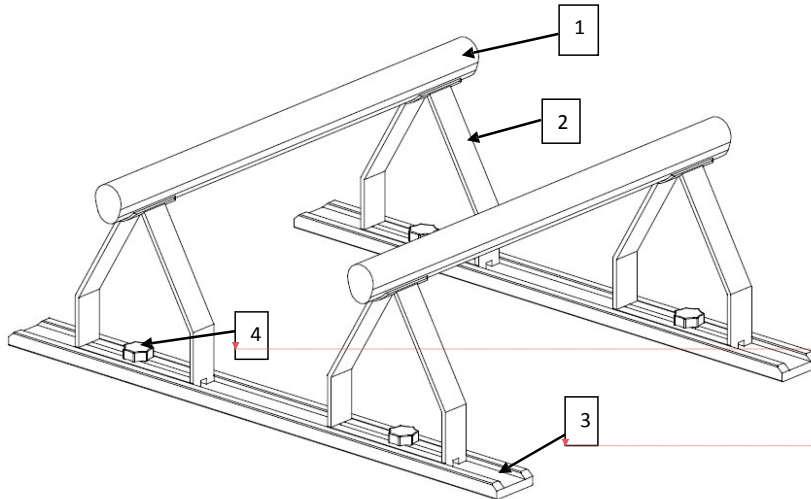


Operating/assembly instructions for Sport-Thieme handstand practice bars

Thank you very much for choosing a **Sport-Thieme** product. We want to make sure that you can enjoy this product, so here is some important advice for your safety as well as for the use and maintenance of the equipment.

Please read these instructions fully before you assemble and use the equipment:



Stephen Lyons 6.1.2016 12:18

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Stephen Lyons 6.1.2016 12:18

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III. 1 Sport-Thieme handstand practice bars

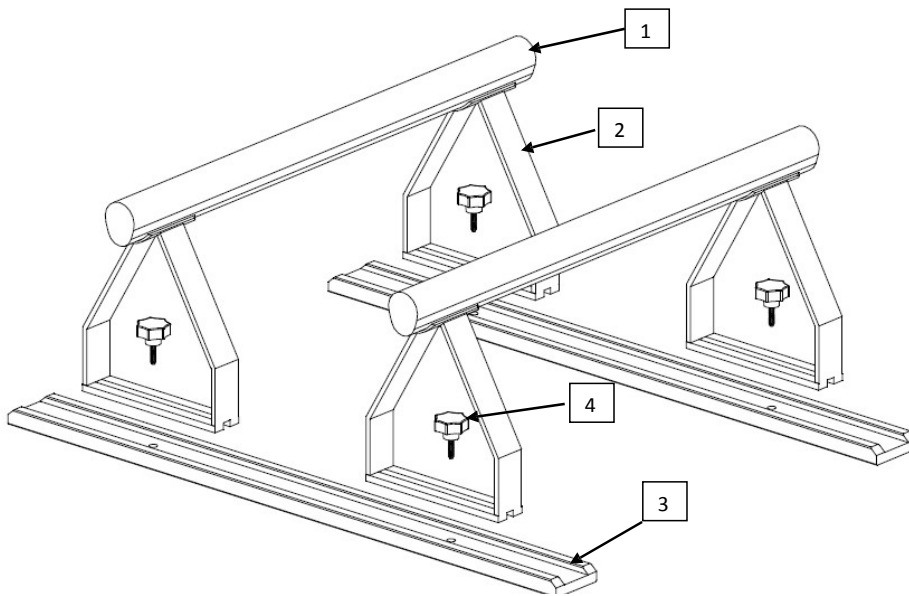
Included:

<u>Pos.</u>	<u>Description</u>
1	bars
2	brackets
3	wooden rails
4	star grip screws

1. General

The Sport-Thieme handstand practice bars are a piece of sports apparatus for targeted training of individual holding positions on the bars. It is designed for sports-specific use only. Assembly is easy and only takes a couple of minutes.

2. Assembly instructions



The bars and brackets ① and ② come pre-assembled. For assembly, put them on the wooden rails ③ as shown in the illustration. Fix the bar brackets to the wooden rails at the desired distance using the star grip screws ④.

3. Instruction manual

Because of their variable width adjustment, the handstand practice bars are perfect for training with children and teenagers. If you want to change the bars' width, simply loosen the star grip screws and adjust to the required width by sliding the bars along the wooden rail. The width can be adjusted between 30 and 60 cm.

Caution: Do not overload or climb the equipment!
Max. load 100 kg



Maintenance and care instructions

Instructions:

Carry out a visual check at regular intervals. Due to our continuous quality control of the products, technical changes may occur.

Check at regular intervals that the screw connections are tight.
Check the condition of wooden elements as chipping and other signs of wear can result from use.

Check the equipment for possible damage and replace worn-out parts.

We are happy to answer any questions you may have.

Your **Sport-Thieme** Team