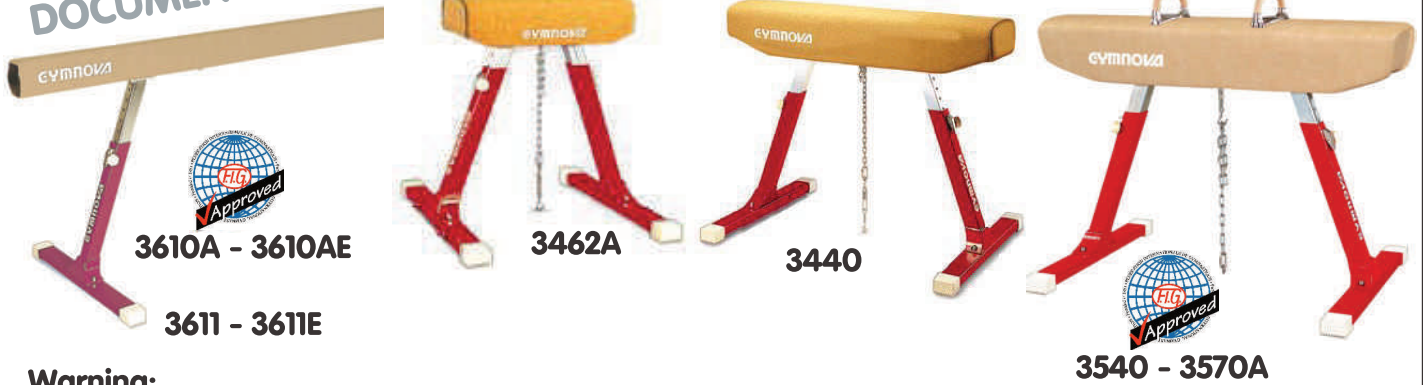


### VAULTING AND POMMEL HORSES - VAULTING BUCK - BALANCE BEAMS STANDARD LEGS

**3440 - 3462A**  
**3540 - 3570A**  
**3610A - 3610AE**  
**3611 - 3611E**

**KEEP THIS  
DOCUMENT**



#### Warning:

This equipment should be installed by a qualified individual.

This 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.

Make sure that the quick links are closed and the anchor is tightened before tightening the cables.

Do not use this equipment when the ground anchoring system is not tightened.

Attachments that are not provided with the apparatus may only be used if the support complies with the **CC34** specifications for GYMNOVA chemical anchors, (ref. : 2005 or ref. : 2010) or **CC22** for GYMNOVA retractable anchors, (ref. : 2000/40 - 2000/80).

#### Compliance:

This equipment complies with the requirements of the European standard EN 913 "Gymnastic equipment - General safety requirements and test methods".

This equipment (ref. : 3610A - 3610AE - 3540 - 3570A) is approved by the F.I.G.

#### Recommendations:

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

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

#### Weight of the apparatus:

Ref. : 3440 → 2998.29 oz	Ref. : 3462A → 1904.80 oz	Ref. : 3540 → 2927.74 oz	Ref. : 3570A → 2998.29 oz
Ref. : 3610A → 2821.92 oz	Ref. : 3610AE → 3809.59 oz	Ref. : 3611 → 2821.92 oz	Ref. : 3611E → 3809.56 oz

#### Overall size (maximum):

Ref. : 3440 → 5.25 x 3.28 ft	Ref. : 3462A → 4.13 x 3.28 ft	Ref. : 3540 → 5.25 x 3.28 ft	Ref. : 3570A → 5.25 x 3.28 ft
Ref. : 3610A → 16.40 x 3.28 ft	Ref. : 3610AE → 16.40 x 3.28 ft	Ref. : 3611 → 16.40 x 3.28 ft	Ref. : 3611E → 16.40 x 3.28 ft

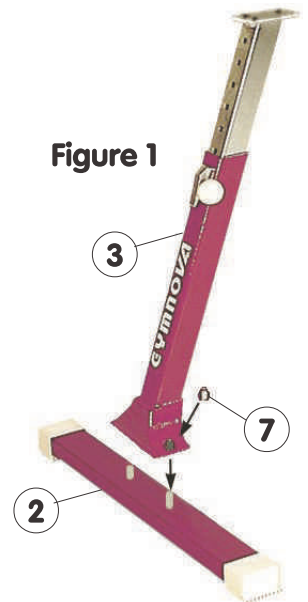
#### Packaging:

Ref.	Pack	345/20 Pair of standard leg uprights	345/30 Pair of leg bases	340/15 Vaulting horse body	3462/01 Vaulting buck body	350/10 Pommel horse synthetic body	3570/00 Pommel horse leather body	3610/40 Approved beam body	3610/40E Approved beam body Export	3611/40 Competition beam body	3611/40E Competition beam body Export	No. de Packages
<b>3440</b>	Vaulting horse	1	1	1	-	-	-	-	-	-	-	3
<b>3462A</b>	Vaulting buck	1	1	-	1	-	-	-	-	-	-	3
<b>3540</b>	Pommel horse synthetic body	1	1	-	-	1	-	-	-	-	-	3
<b>3570A</b>	Pommel horse leather body	1	1	-	-	-	1	-	-	-	-	3
<b>3610A</b>	Competition beam F.I.G.	1	1	-	-	-	-	1	-	-	-	3
<b>3610AE</b>	Competition beam F.I.G. Export	1	1	-	-	-	-	-	1	-	-	3
<b>3611</b>	Competition beam	1	1	-	-	-	-	-	-	1	-	3
<b>3611E</b>	Competition beam Export	1	1	-	-	-	-	-	-	-	1	3
<b>Volume (ft³)</b>		0.054	0.678	7.204	3.033	8.553	8.504	6.123	8.656	6.123	8.656	
<b>Weight (oz)</b>		917.12	458.56	1622.60	529.11	1552.06	1622.60	1446.23	2433.91	1446.23	2433.91	
<b>Dimensions (in)</b>		30.71x8.66x9.45	40.35x6.69x4.33	66.93x11.81x15.75	33.86x14.57x10.63	67.72x12.60x17.32	67.32x17.32x12.60	200.79x7.87x6.69	203.15x9.84x7.48	200.79x7.87x6.69	203.15x9.84x7.48	

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

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

- 1 - Place the leg bases (2) on the ground.
- 2 - Position the leg uprights (3) on the bases (2) and fix them, without tightening, using the cap nuts (7) (see Fig. 1).
- 3 - Place the body (1) upside down on the ground (on a clean area or protecting the body).
- 4 - Fix the legs (2) + (3) to the body (1) using screws (16) + washers (17), without tightening.  
**Note:** For the beams, use the attachment points located at the ends of the body.  
Remove all screws and only use those needed for the assembly.
- 5 - Right the equipment and place it on its legs on a flat surface (at the chosen location).
- 6 - Lock all the attachments (7) and (16).



## II. Assembly of the anchoring system for the (12) vaulting horse (Ref. 3440) or pommel horse (Ref. 3540, 3570A) and vaulting buck (Ref. 3462A) (see Fig. 2):

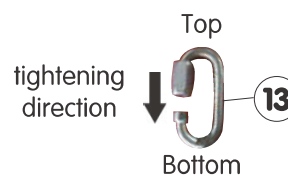
**Note:** apparatus of this kind must be attached to the ground in order to comply with the stability requirements of European Standard EN 913.

- 1 - Attach the eye of the turnbuckle tie (14) to the ring under the body (1) using a quick link (13), ensuring that you have correctly oriented and screwed closed the quick link (13) (see Fig. 3).
- 2 - Place the apparatus directly above the ground anchoring point.
- 3 - Adjust the apparatus to the desired height (see "IV. Adjusting the Height").
- 4 - Attach one end of the chain to the anchor bolt using a quick link (13), ensuring that you have correctly oriented and screwed closed the quick link (13) (see Fig. 3).
- 5 - Attach the hook of the turnbuckle tie (14) to the chain, adjusting it so it is as short as possible.
- 6 - Tighten the anchoring system (12) by screwing tight the turnbuckle tie (14).
- 7 - Lock the turnbuckle tie (14) using its locknuts.

Figure 2



Figure 3



## III. Assembly of the pommels (Ref. 3540 and 3570A):

- 1 - Insert a clamp rod (10) into each pommel (8), which has been previously positioned on the body (1).
- 2 - Screw a lever (11) onto each clamp rod (10) under the body (1). Turn the levers (11) horizontally to lock the pommel (see Fig. 5).

To adjust the tightness of the pommels (8) screw or unscrew the lever (11) when it is in the vertical position (see Fig. 4).

Figure 4

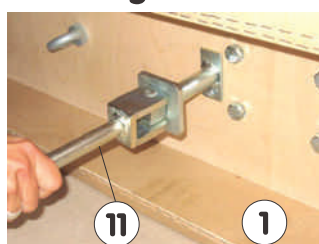
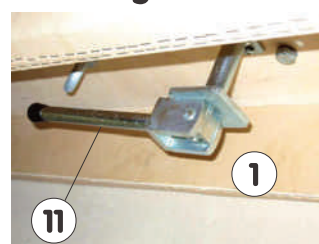


Figure 5



#### IV. Adjusting the height of the different apparatus (see Fig. 6):

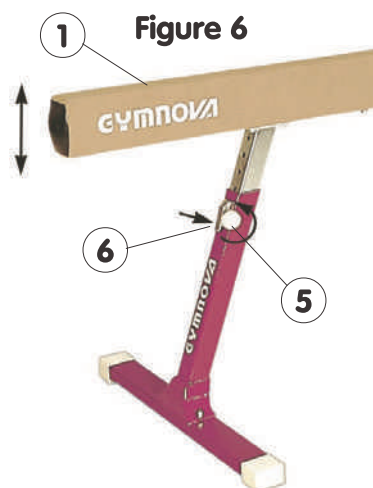
**Note:** it is imperative that the height of the 2 legs is the same.

Adjustment values:

- Ref. : 3440 - 3462A - 3540 - 3570A → 0,90 à 1,40 m (F.I.G. Height: 1,15 m)

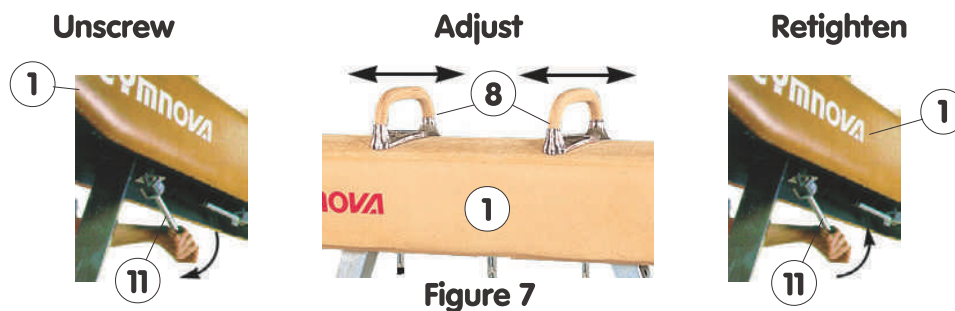
- Ref. : 3610A - 3610AE - 3611 - 3611E → 0,90 à 1,35 m (F.I.G. Height: 1,25 m)

- 1 - For the vaulting and pommel horses and the vaulting buck, don't forget to loosen and undo the ground anchoring system (12).
- 2 - Unscrew the thumbscrews (5) by 3 turns.
- 3 - Hold the body (1) and press down on the piston pawl (6) to unlock the height adjustment system.
- 4 - Adjust the height by lifting or lowering each end of the body (1).
- 5 - Lock at the desired height by releasing the piston pawl (6).
- 6 - Lock the thumbscrews (5).
- 7 - Retighten the ground anchoring system for the vaulting and pommel horses and the vaulting buck.



#### V. Adjusting the pommel distance (Ref. 3540 and 3570A) (see Fig. 7):

- 1 - Turn the levers (11) downwards (vertical position) (see Fig. 4).
- 2 - Adjust the pommel distance (8) (from 15.35 to 19.09 in).
- 3 - Turn the levers (11) upwards (horizontal position) (see Fig. 5).



#### VI. Usage (warranty validity):

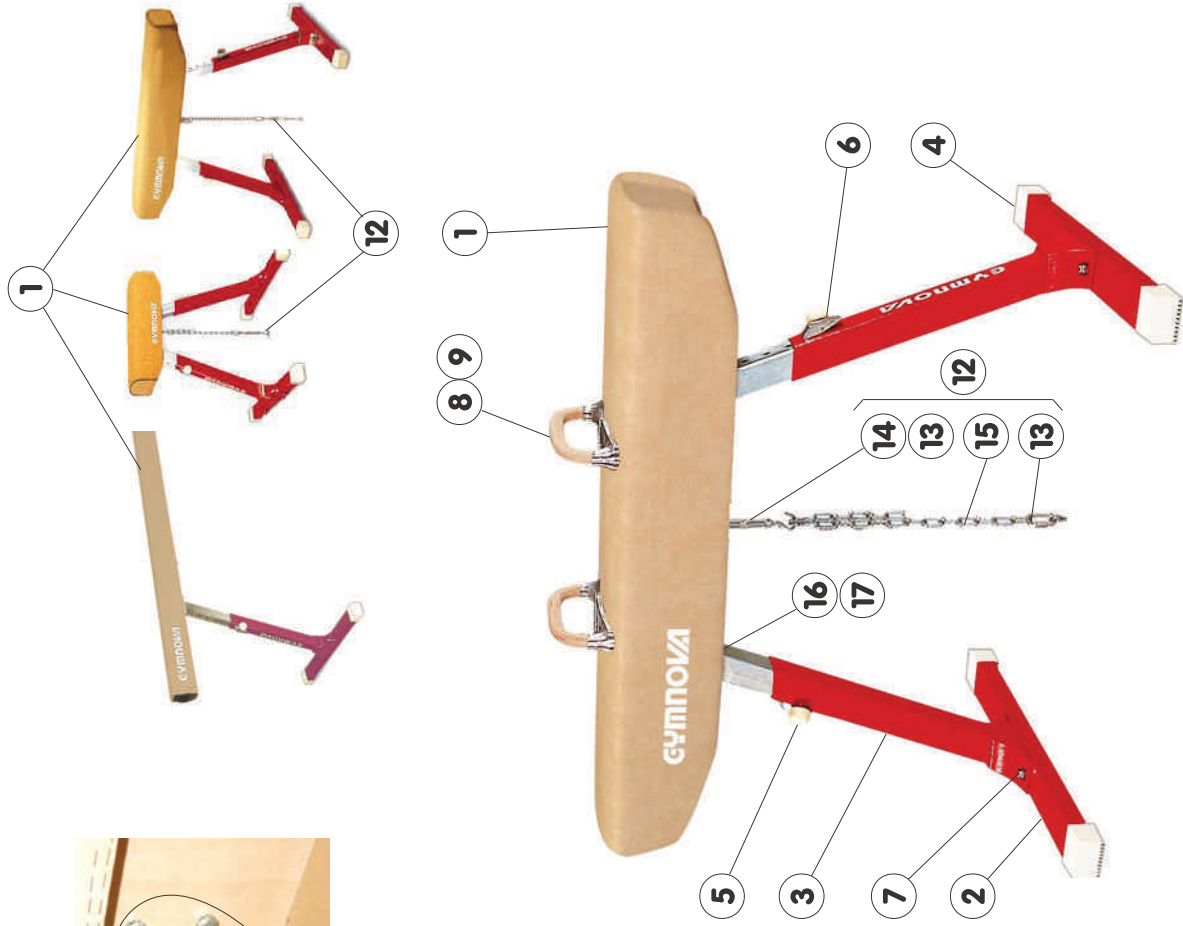
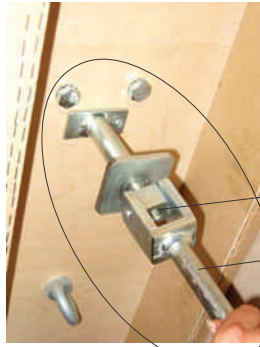
These apparatus (Ref : 3611 - 3611E - 3540 - 3570A) are for practice only, for safety reasons, they should never be used as a competition apparatus.

#### VII. Maintenance:

- 1 - A regular cleaning of the apparatus allows better viewing of the problems, if any (distortion, breakage, or corrosion).
- 2 - Before use, check wear parts and safety elements each time for good condition and operation:
  - pads (4), thumbscrew (5) (tightened), pawls (6) (notched).
  - all the anchoring system elements (tighteners, chain, quick links locked, etc.).
- 3 - Grease the thumbscrews (5) the ends of the pommel tightening lever (11) screws (8).
- 4 - Check the tightening of the anchoring system (12) before each use.
- 5 - Check that the anchor is locked and that it does not draw out from the floor.
- 6 - Check the correct tightening of all attachment (7) and (16) and the locking of the anchoring system (12).
- 7 - **Important:**
  - If a problem is detected or suspected, do not use the equipment as long as it has not been checked by a technician.
  - Any damaged or distorted piece should be replaced as soon as possible.

#### VIII. Storage:

Always store the equipment away from humidity and heat.



ITEM	QTY	DESCRIPTION	REFERENCE	REMARKS
25	-	-	-	-
24	-	-	-	-
23	-	-	-	-
22	-	-	-	-
21	-	-	-	-
20	-	-	-	-
19	-	-	-	-
18	-	-	-	-
17	-	12 x 20 external tooth lock washer	VREE12200Z	-
16	-	M12 x 30 H screw	VH0012030Z	-
15	1	30-link chain	-	included in 12
14	1	Turnbuckle tie M12	QTELS0012G	each
13	2	Quick link N°8	QMRA00008Z	each
12	1	Ground anchoring system	3595	included in 1
11	2	Pommel tightening lever	350/16	spare kit
10	2	Pommel clamp rod	350/14	spare kit
9	2	Tightening system	3500/11	the pair in 1
8	1	Pair of pommels	3520	included in 1
7	4	M12 H Cap nut	VEBR12000Z	-
6	2	Piston pawl + spring	333/05	each
5	2	Tightening thumbscrew	333/38	each
4	4	Apparatus pad + screw	3800/07	spare kit
3	1	Pair of leg uprights	345/20	pack
2	1	Pair of leg bases	345/30	pack
1	1	Beam body	3611/40	each
1	1	F.I.G. beam body	3610/40	each
1	1	Leather pommel horse body	3570/00	with pommels
1	1	Synthetic pommel horse body	350/10	with pommels
1	1	Vaulting buck body	3462/01	with anchoring system
1	1	Vaulting horse body	340/15	with anchoring system

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**VAULTING AND POMMEL HORSES -  
 VAULTING BUCK - BALANCE BEAMS  
 STANDARD LEGS**

BY: J.GAULTIER      DATE: 24/11/06      NM02f      Ref.: 3440-3462A-3540-3570A-3610A-3611-3611E  
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To order spare parts, provide the description, part no., and delivery date of the entire apparatus.