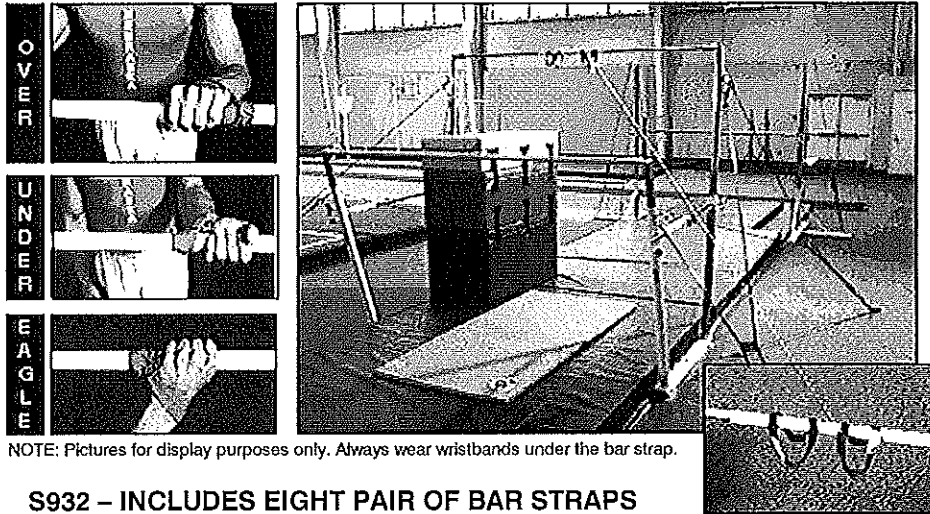




By GMR, Inc,

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## INSTALLATION & USER INSTRUCTIONS FOR S932 BAR STRAPS



NOTE: Pictures for display purposes only. Always wear wristbands under the bar strap.

### S932 – INCLUDES EIGHT PAIR OF BAR STRAPS

- |                  |                  |
|------------------|------------------|
| 1. Tan – 24.5"   | 5. Navy – 26.5   |
| 2. Red – 25"     | 6. Fuchsia – 27" |
| 3. Black – 25.5" | 7. Royal – 27.5  |
| 4. White – 26"   | 8. Green – 28"   |

## WARNING

User and coach are responsible for using the appropriate length strap.

Strap length may vary depending on which giant you are training.

Always wear wristbands underneath bar straps.

Use Bar Straps Only on PVC Tube, which has been permanently installed over men's competition stainless steel bar. Do not use Bar Straps on plain steel bar or women's bar as the friction could cause "LOCK UP", or cause "WEAR & TEAR" on the straps. Always inspect straps before each use for "WEAR & TEAR" (nylon material fraying or thread deterioration).

Use the same prerequisites for giant training on the PVC Tube Strap Bar as you would on a regular bar. Be sure the gymnast is competent in all the "lead up" skills. DO NOT attempt a giant unless gymnast has mastered a proper tap swing and HAS acquired the proper strength to maintain correct body position.

"YOU CAN'T CHEAT ON THE BASICS".

Do not make any alterations to the design, construction or materials of the By GMR Straps as this may result in failure of the straps during use causing serious injury, paralysis, or even death.

Follow instructions carefully and use your straps under the supervision and with the advice of your coach at all times. Failure to do so could result in serious injury, paralysis, or death. By GMR is not responsible for any consequential, special, or general damages resulting from any loss or injury occasioned by his/her own risk and user assumes complete risk arising from participation in any activity with the By GMR straps. Purchaser, in order to induce By GMR to sell or provide the By GMR straps to the user/purchaser, agrees by such purchase to the foregoing.

Bar Straps can be used to train over grip, under grip or eagle grip giants.  
**BAR STRAPS CAN BE USED TO TRAIN OVER GRIP, UNDER GRIP OR  
EAGLE GRIP GIANTS.**

NOTE: The Bar Straps have a twist permanently sewn into the straps, which will allow the straps to drape over the PVC tube/bar. See "Inset" picture on unevens. Use the appropriate length, which will maintain your grip on the bar, but not cut off circulation. Different giants may require different length straps. Use a spotting block to stand on or stand on low bar of the unevens when putting on bar straps.

**OVER GRIP**

Drape the strap over the PVC tube/bar. Insert hand with palm down through both halves of straps (underneath bar), then turn palm sideways – thumb up – and reach to the inside of the strap, then grasp the top of the PVC tube/bar in over grip.

IN SHORT: through-in-palm over PVC tube/bar.

**UNDER GRIP**

Drape the strap over the PVC tube/bar. Insert hand through the back side through both halves of the straps (underneath bar). Then turn palm inward and grasp the underside of PVC tube/bar.

IN SHORT: Reverse through-in-under grip to PVC tube/bar.

**EAGLE GRIP**

Drape the strap over the PVC tube/bar. Insert hand through the back side through both halves of the straps (underneath bar), then straighten arm (which twist the strap),. Then reach to the outside of straps and grab the PVC tube/bar in eagle grip. The strap will be to the inside of the hand. Step off spotting block slowly and dislocate shoulder.

IN SHORT: Reverse through-out-eagle grip to PVC tube/bar.

**CAUTION**

Any activity involving motion or height creates the possibility of catastrophic injury, paralysis or even death. This equipment is intended for use ONLY by properly trained and qualified participants under supervised condition. Use without proper supervision, or abuse, could be DANGEROUS and should NOT be undertaken or permitted.

Before using, KNOW YOUR OWN LIMITATIONS and the limitations of this equipment. If in doubt always consult your instructor.

Always inspect for loose fittings or damage and test stability before each use. Be sure proper matting is in place.