

# Assembly Instructions

## Jr. Bar Pro



Thank you for purchasing the Jr. Bar Pro. We hope you will enjoy years of use of this product.

After opening the boxes, please check the parts list to make sure all pieces have arrived in good condition. If you have any questions during this assembly process, please call customer service at 1-800-331-4362.

### CAUTION

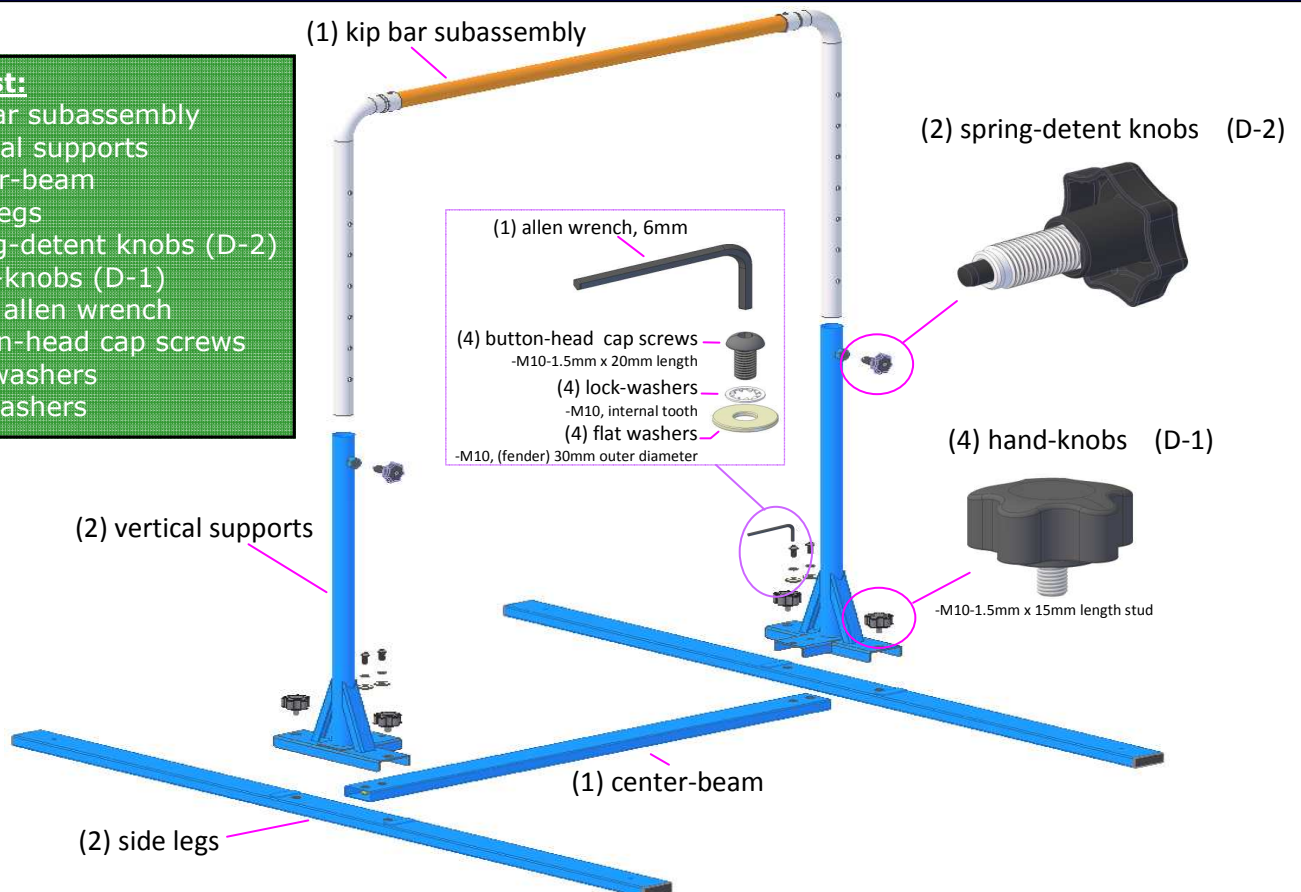
Any activity involving motion, rotation or height creates the possibility of serious injury including permanent paralysis and even death from landing or falling on the neck, head or other parts of the body. Gymnastic mats and floors cannot and do not eliminate this hazard entirely. You still assume a risk of serious injury when using this equipment.

Before each use, always check apparatus for damages or wear. If in doubt, do not use the product. This gymnastic apparatus can move during use. Always check for proper positioning of the product before use.

## Parts List

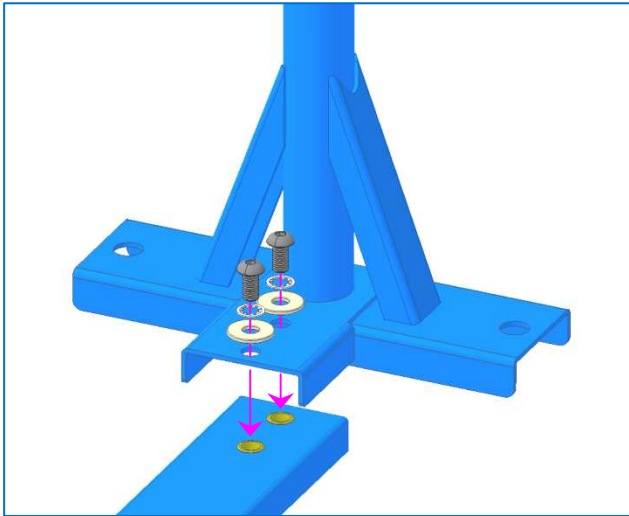
### Parts List:

- (1) kip bar subassembly
- (2) vertical supports
- (1) center-beam
- (2) side legs
- (2) spring-detent knobs (D-2)
- (4) hand-knobs (D-1)
- (1) 6mm allen wrench
- (4) button-head cap screws
- (4) lock washers
- (4) flat washers

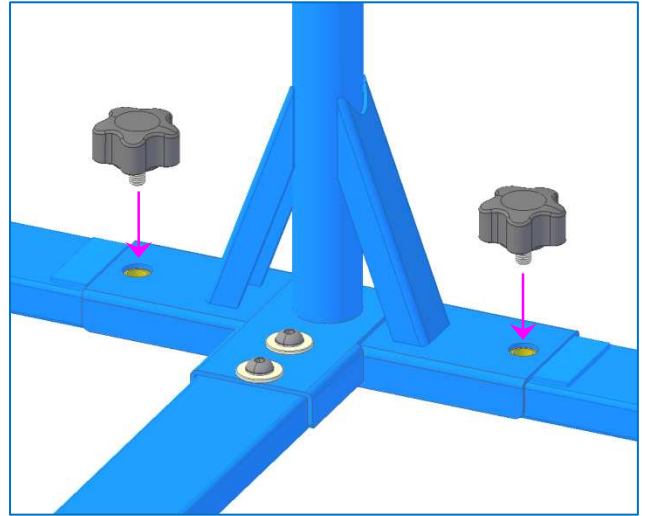


**Tumbl Trak**  
Do It Again

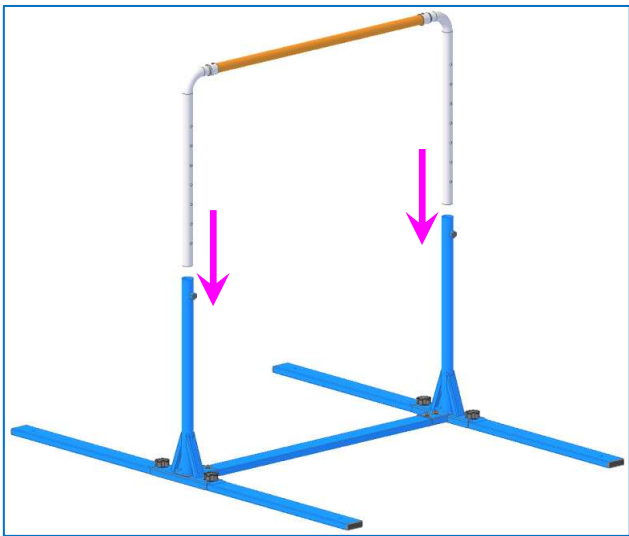
① Attach vertical supports to center-beam



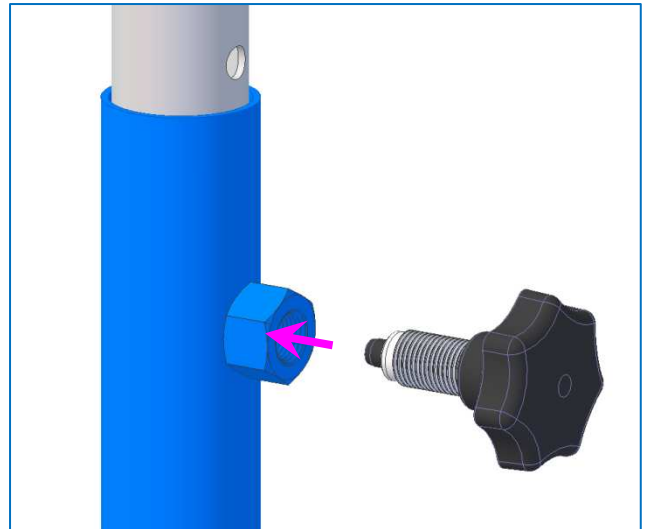
② Attach side-legs to vertical supports



③ Insert kip-bar into vertical supports



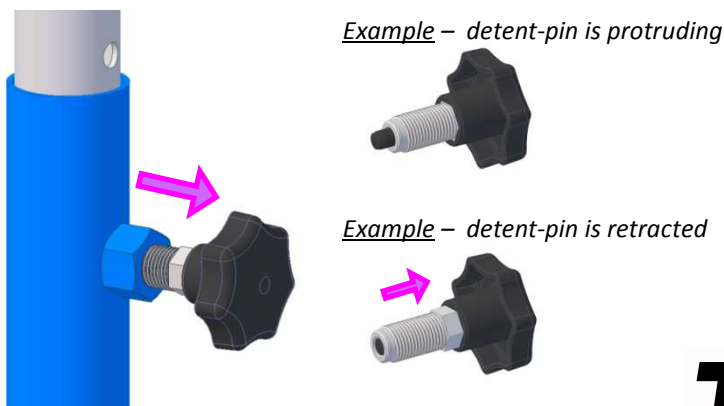
④ Align tube holes and insert spring-knobs



- Assure that detent-pin is in desired kip-bar tube hole, then fully tighten knob to secure fit.

To adjust kip bar height:

- loosen spring-knob (1-2 turns counter-clockwise)
- pull back on knob to retract pin from tube hole, and raise/lower kip bar to desired location
- release knob, assuring that the pin goes into the appropriate tube hole
- tighten knob (turning clockwise) until knob is fully seated against the tube, holding it securely



**NOTE:** Tumbl Trak equipment is not recommended for the use in **Parkour/Free Running** related activities.

**General Guidelines**  
**(125 lb. limit)**

**Tumbl Trak**  
Do It Again

# Accessories for the Jr. Bar Pro

The following accessories can be purchased from Tumbl Trak's website at [www.tumbltrak.com](http://www.tumbltrak.com) or by calling 1-800-331-4362.



## Cast Trainer

- Use to create a mini set of uneven bars or use in a team program for casting, pirouetting and much more
- Easily attaches to the Jr. Bar Pro



## Bar Pad

- Developed for the smaller athlete
- Easily attaches to bar with Velcro
- Measures 9.5" wide and 1.5" in diameter



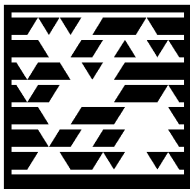
## 4'x6'x6" Mat

- Provides softer base for skills
- May be used for tumbling skills when not in use with the Jr. Bar Pro
- Folds in 1/2 and has handles for ease of transport
- Non-skid material on the bottom prevents sliding



## Air Barrel and Cradle

- This is a great station to use with your Jr. Bar Pro
- Put the Air Barrel behind the bar and do drills for Kips and straight arm bouncy butt drills
- Let your imagination go and you will discover so much more



Scan the Microsoft Tag with your smartphone to learn more about what you can do with your new Tumbl Trak product!

**Tumbl Trak**  
Do It Again