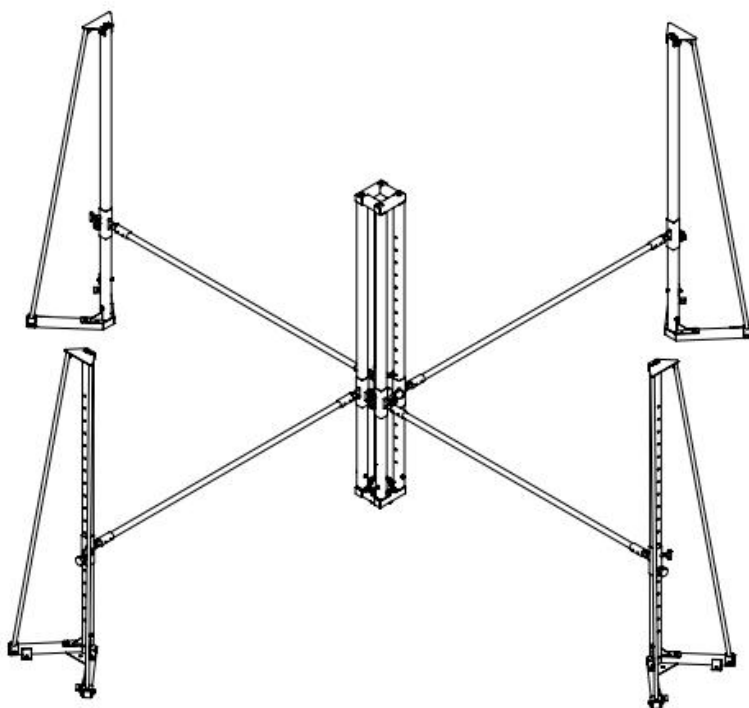




Introduction for quad bar set



Please read the instructions carefully before use

Shandong Taishan Sports Equipment Co., Ltd

Address: No. 1 Taishan Sports Road, Leling City, Shandong Province, China

Tel: 0534-6295977 Fax: 0534-6295976

Website: <http://www.taishansports.com>



Please read the instructions carefully before use

1、Announcements

- 1) The equipment is only applicable to gymnastics. The equipment should be used under the guidance and supervision of professional personnel. People without gymnastics experience should use it with caution.
- 2) Prohibit the use of children under 5 years old;
- 3) The equipment can not be used by many people at the same time, the maximum bearing capacity is 100Kg;
- 4) Equipment is only used indoors;
- 5) Special protective pads should be installed before the equipment is used;
- 6) Before the use of the equipment, check whether the components of the equipment are intact and firmly locked, if not, should not be used;
- 7) The bar surface of the equipment is a high-risk part, and it must be carefully checked for damage before use. If it is damaged, it should not be used;
- 8) If there is abnormal noise and obvious loosening of parts during the use of the equipment, the use should be stopped immediately;
- 9) After the adjustment of the equipment, ensure that the equipment is adjusted in place and locked firmly before use;
- 10) It is strictly forbidden to adjust the equipment during use;
- 11) The bar surface can be polished, but it is strictly prohibited to over-polish, it is recommended to use more than 100 mesh sandpaper for grinding;

- 12) Magnesium powder for gymnastics can be attached to the bar surface. In order to make magnesium powder better adhere, it is recommended to use a watering can to spray an appropriate amount of water on the bar surface (do not use liquid containing additives), and do not spray too much water (do not soak the bar surface). When attaching magnesium powder, pay attention to protection, prevent excessive inhalation of magnesium powder, and prevent magnesium powder from attaching to other parts and protective pads except the rod surface. If there is any attachment, it should be wiped clean in time to prevent injury and slow corrosion of the equipment during use;
- 13) Before using the equipment, fully warm up to prevent injury. If you feel obvious pain or discomfort during use, please do not continue to use to avoid further injury;
- 14) Do not use heavy objects to knock the surface of the equipment, do not use sharp objects to scratch the equipment;
- 15) Do not use liquid other than neutral detergent and water to wipe the surface of the equipment.

2、 Introduction

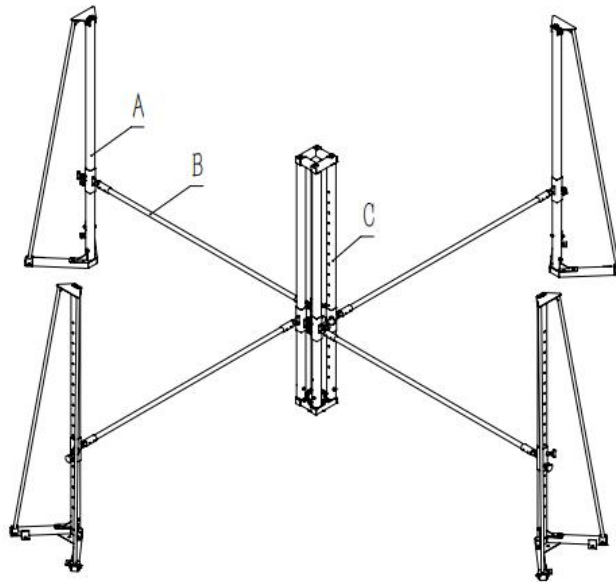
This product can be used for children's training. The connecting part is connected with special standard fastener, convenient installation; The contact between the bar and the regulating tube is isolated by nylon gasket, low noise; The column is equipped with a special locking lift handle, which can quickly adjust the height of the bar surface.

Product Parameter:

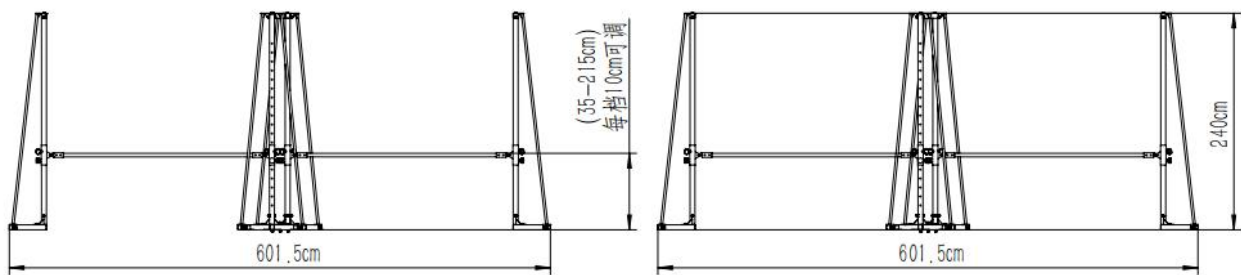
1. The overall dimension is 601.5cm×601.5cm×240cm (19.6 ft x 19.6 ft x 7.87 ft), the height of the

rail is adjustable from 35–215cm (13.78 x 84.65 inches), and the lifting distance is 10cm (3.94 inches);



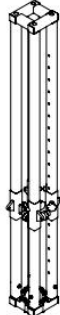
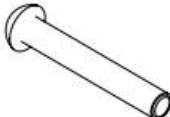

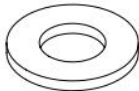

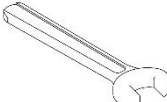

2. Rail specifications: Bar surface length 240cm (94.5 inches), diameter 4cm (1.57 inches)



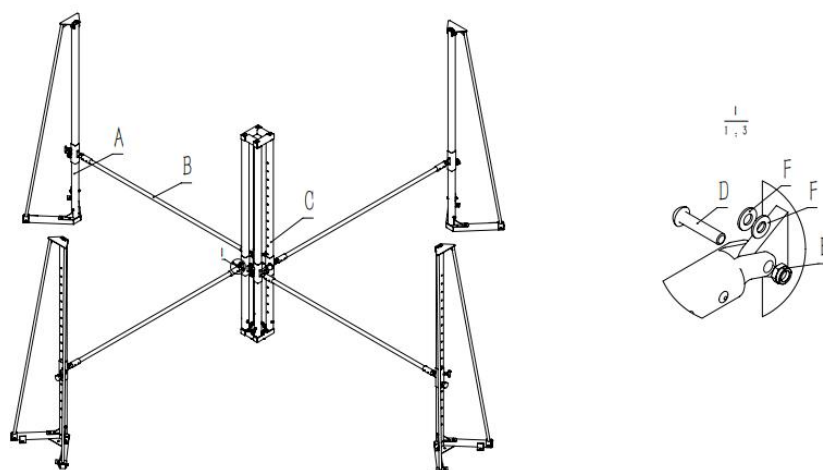
A. Triangle Out Rigger B. Rail C. Centre piece



3、 Installation Instructions

 <p>A 4 pcs</p>	 <p>B 1 pc</p>	 <p>C 1 pc</p>	 <p>D 8 pcs</p>	 <p>E 8 pcs</p>
 <p>F 16 pcs</p>	 <p>G 16 pcs</p>	 <p>H 1 pc</p>	 <p>I 1 pc</p>	

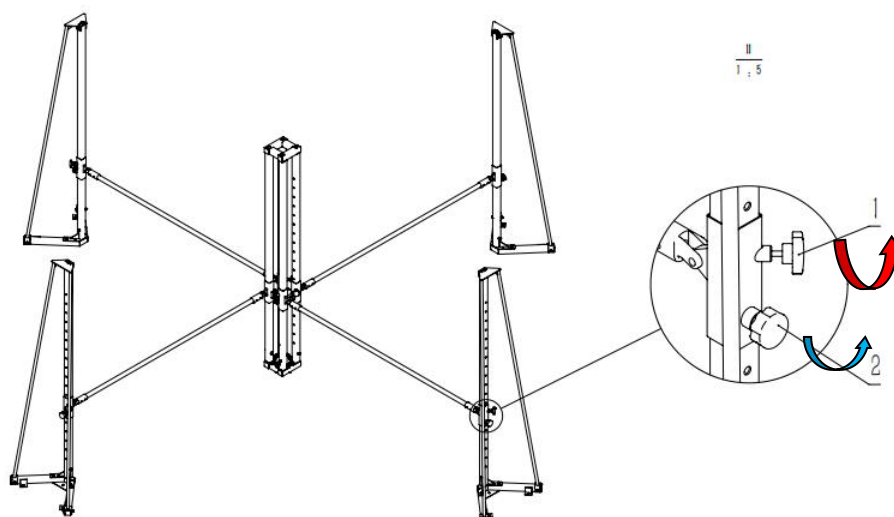
- 1) Place A and C on a flat solid ground for easy installation.
- 2) As shown in the following figure, use H and I to tighten A, B and C with D, E and F.
- 3) Note: A and C are installed at the factory.
- 4) Use G to fix A and C on the ground.



4、 Direction Of Use

This product is designed for children's horizontal bar training.

As shown in the following figure, first loosen the 1 rotation, rotate the 2 adjustment, and then lift the outer sleeve to achieve the purpose of adjusting the height.



Maintain:

- 1) In the process of use, it should be regularly checked whether all

the connected parts of the product are loose, falling off, and fastened or replaced in time after finding out to ensure the safety of use.

- 2) When there are stains on the surface of the bar and the surface of the equipment, the towel can be dipped in a little water to gently wipe the surface.
- 3) After 1 year of use, the equipment should be checked and maintained by professional personnel before use.

5、Warranty

- 1) The time starts from the date of completion of installation acceptance.

The warranty period is as follows :

No.	Name	Warranty Time	Note
1	Centre piece	1 year	Excluding locking handle and adjusting part
2	Triangle Out Riggers	3 years	Excluding locking handle and adjusting part
3	Rail	1 year	
5	Locking Handle1	1 year	
6	Adjusting Part1	1 year	

- 2) The damage caused by improper use and failure to maintain the equipment as required shall be borne by the user.
- 3) Damage to the surface coating caused by scratches or bumps is not covered by the warranty.
- 4) For equipment that exceeds the warranty period, we provide lifelong free technical support and paid maintenance services.