

Z Athletic Adjustable Off Ground Training Beam



Thank you for purchasing the Z Athletic Adjustable Off Ground Training Beam! We hope you love it!

Please note that this item comes in two packages and **they might not arrive on the same day.** Before starting assembly, check the parts list and verify everything has arrived as you expected, and if not please reach out to us by phone or by email.

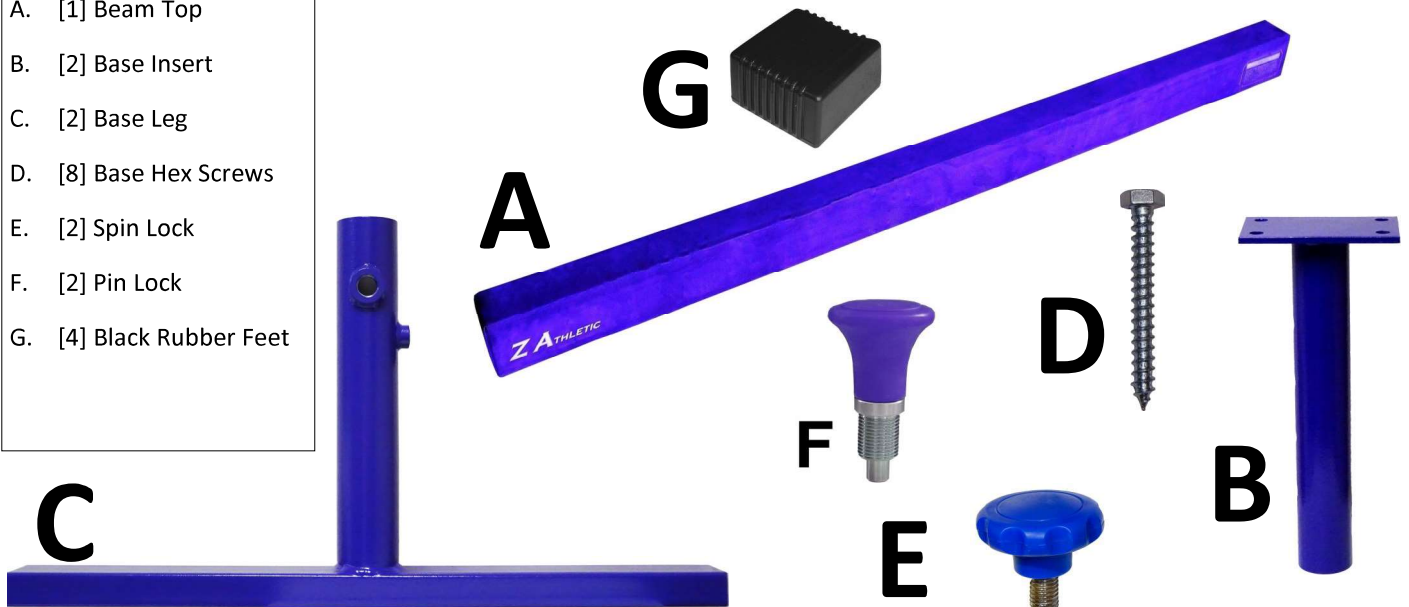
Email : administration@zathletic.net

Phone: 317-219-5647

If your item is damaged during shipping or any part breaks within 2 years of purchase, please contact Z Athletic directly for assistance.

Parts List

- A. [1] Beam Top
- B. [2] Base Insert
- C. [2] Base Leg
- D. [8] Base Hex Screws
- E. [2] Spin Lock
- F. [2] Pin Lock
- G. [4] Black Rubber Feet



Z Athletic Adjustable Off Ground Training Beam Assembly Instructions

Step 1: Lay Beam Top (A) upside down on the floor.

Step 2: Line up Base Insert (B) plate with Beam Top (A) pilot holes and use a wrench, socket-wrench or drill to screw in Base Hex Screws (D).*

Step 3: Repeat step two with second Base Insert (B) and pilot holes.

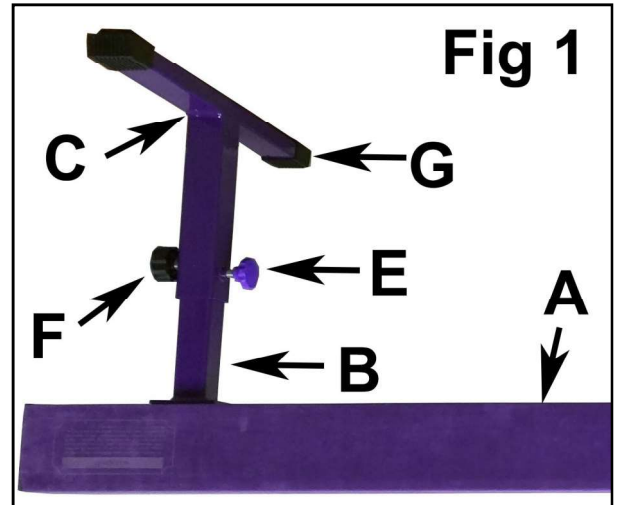
Step 4: While Beam Top (A) is still upside down, carefully lower the Base Leg (C) onto the Base Insert (B).

Step 5: Adjust the height to the desired position, then screw the Pin Lock (F) and Spin Lock (E) into their respective holes. (Fig 1)

Step 6: Repeat Step 4 and 5 for other side.

Step 7: Flip assembled beam over .

Step 8: Enjoy your new beam!



* - Screw the four Base Hex Screw lightly at first, then after all 4 are in go back through and tighten them for a more even fit.

Important Safety Information! Please Read!

Any activity involving motion or height creates the possibility of serious injury. This equipment is intended for use only under direct supervision. Before use, know your own limitations and the limitations of the equipment. The apparatus should always be placed on a firm, flat surface. Always inspect the equipment to ensure the locking devices are secure before use. Failure to do so may result in serious injury. Always consult an instructor before trying new moves. Always use the equipment with mats on the floor in case of a fall.

Z Athletic Expandable Kip Bar Recommended Accessories



Z Athletic Junior Spring Board

Designed for young vaulters, this board is perfect for children practicing at home. Use it to mount beams and bars or practice landing dismounts! Dimensions : 30 inches long, 22.5 inches wide, 8 inches height from tallest end.



Z Athletic Chalk

Use our chalk for gymnastics, in-door rock climbing, out-door rock climbing, pull up bars, weight lifting, power lifting, and so much more! Each Chalk Ball is filled with 100% pure Magnesium Carbonate chalk. Free of additives and pigments it's safe for adults and children!



Z Athletic Expandable Kip Bar

Bring the gym to you with the Z Athletic Expandable Kip Bar! Practice kips and other bar moves in the comfort of your home. This bar is ideal for gymnasts level 3 or 4. Designed for your young athlete, the Kip Bar is made of steel and can adjust up to a height of 58".



Women's Uneven Bar Grips

Protect your little gymnast's hands from blisters and tears with our selection of bar grips. Using grips allows for longer, more comfortable training.

**Check out our complete product selection
at [amazon.com](https://www.amazon.com)**