

Z Athletic Gymnastics Kip Bar Assembly Instructions

Step 1: Insert Bar Rail (A) into a Metal L Support (B) while lining up the bolt holes. (Fig 1)*

Step 2: Insert Rail Bolts (I) into the bolt holes with the washer flush to the head of the bolt. Screw on the rounded nuts to secure the bolts. (Fig 2)**. Repeat step 1 and 2 for the other side of the Bar Rail.

Step 3: To assemble the bar base, insert Column Insert (J) (with the Pin Lock hole facing the outside) into Bar Base (D). Screw in the Column-Base Bolt (K) tightly. Repeat for other side.

Step 4: Insert the bottom of the Metal L Support (B) into the Column Insert (J). Make sure the L Support holes are on the correct side so the Pin Lock can insert when ready to secure height. Repeat for other side.***

Step 5: Next, Line up the Cross Bar (C) hole with the hole on the bottom of the Base Leg (D).

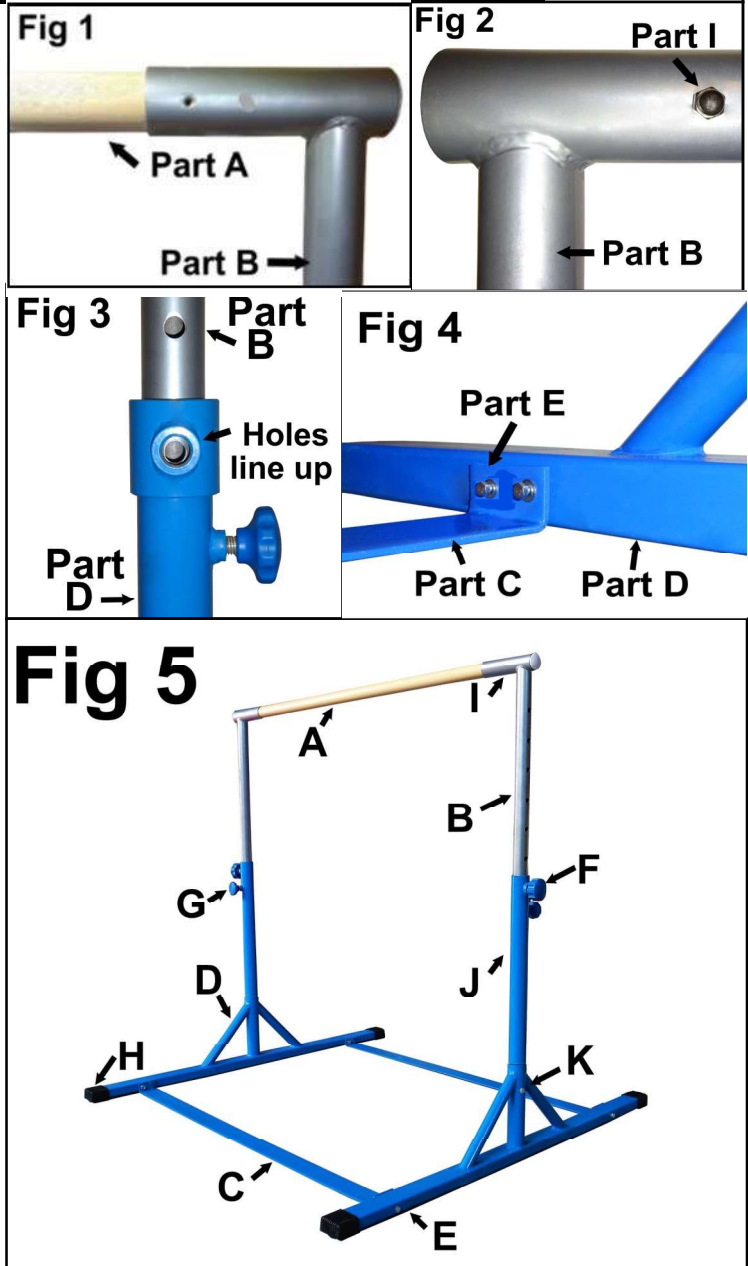
Step 6: Insert Base Bolts (E) and secure with a wrench. (Fig 4)

Step 7: Screw in the Pin Lock (F) and Spin Lock (G) into their respective holes. ****

Step 8: Cover exposed Bar Base (D) ends with Black Rubber Feet (H)

Step 9: Adjust the bar height (see next page)

Step 10: Enjoy your new bar!



*- If the holes do not line up, you can drill your own pilot holes without compromising the rail integrity.

** - If you cannot tighten the rounded nut properly, remove the washer.

*** - The Spin Locks (G) sometimes will face different sides. This is normal and doesn't interfere with the bar's functionality.

**** - For most bars, the Spin Lock (G) will come already screwed into it's home.

Z Athletic Gymnastics Kip Bar

Additional Information

Important Safety Information! Please Read!

- ◆ This bar is only meant for indoor use. If used outside, make sure it is not left out overnight.
- ◆ For safety and stability, only use the bar if it has a 4ft wide mat between the bar legs.
- ◆ Always consult an instructor before trying new moves.
- ◆ Any activity involving motion or height creates the possibility of serious injury. This equipment is intended for use only under 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 equip to ensure the locking devices are secure before use. Failure to do so may result in serious injury.

To Adjust the Bar Height:

Two people are needed to adjust the bar height

- ◆ Loosen the Spin Lock (Part G) by turning it counter clockwise.
- ◆ Pull the Pin Lock (Part F) so that the metal pin retracts from the tube of the Metal L Support.
- ◆ Raise or lower the bar to the height you need, then release the Pin Lock Knob and insure it inserts into a new support hole.
- ◆ Tighten the Spin Lock (Part G) by turning it clockwise.

**Formed in 1993 by a
Former US Olympic Gymnastics Coach**

Z Athletic strives to bring professional quality products directly to your home for gymnastics, martial arts, tumbling, and exercise.

We design and sell our products directly, giving the customer the highest quality for one of the best prices.

We position employees oversees to monitor our manufacturing process, ensuring a high quality product that we can adapt as customers recommend adjustments.

Our products are designed to competition specifications whenever possible, so you can practice at home on gym quality equipment.

This Z Athletic product come with a 2 year manufacturer's warranty.

Z ATHLETIC

Z Athletic Gymnastics Kip Bar Recommended Accessories

Z Athletic 4ft x 8ft x 2in Gymnastics Mat



Provides soft landings while also stabilizing the bar base.

Designed for a variety of uses, our 4ft x 8ft x 2in mat is made from the highest quality material to provide the best support even during heavy usage. Whether you're sparring while practicing judo or landing after the perfect kip, our high quality mat provides firm support.

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!

4ft x 8ft x 3/4in Plywood



Like most in-home bars, we recommend a 3/4 inch thick particle board placed between the legs of the bar. This helps stabilize the bar and prevents it from rocking left to right or forward to back.

Plywood boards can be purchased at your local hardware store.

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 <https://www.amazon.com/zathletic>**